

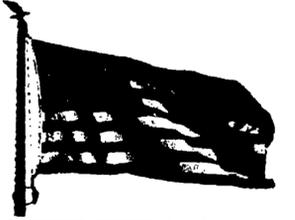
CHEF HARRY SERVES UP SEAFOOD ON THE GRILL FOR ALL YOUR SUMMER PLANS, SEE LIFE PAGE 21



PARK RIDGE RESIDENTS STAGE PROTESTS AGAINST NEW COUNCIL, WEAR PURPLE FOR 'MOURNING,' PAGE 5



MAY 19 2005
THE BUGLE



SINCE 1957

MAY 19, 2005

VOL. 45 No. 51

NILESBUGLE.COM • PARKRIDGEBUGLE.COM • MORTONGROVEBUGLE.COM

Effect of Chicago cell phone ban uncertain for neighbors

BY ANDREW SCHNEIDER
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The Chicago City Council's ban of hand-held cell phone use while driving may cause motorists consternation, but the effect it will have on Chicago's neighbors, like Niles, Park Ridge and Morton Grove is, as yet, uncertain.

The ban, which goes into force July 8, makes it illegal to talk on a hand-held cellular phone in the city of Chicago while driving.

It is still acceptable, however, for drivers to use either earpieces or speakerphones, prompting criticism by some who say that it's the call that's distracting, not holding the phone. Proponents of the ban hope to make the ban state-wide in the near future.

Opponents of the ban, enacted last week by the city council, argued that some of Chicago's northwestern areas, where it borders Park Ridge and Niles will be places in which police can enforce the ban in a predatory manner, since drivers cross jurisdiction with little or no warning.

Niles Mayor Nick Blase said that he thought a ban made sense for the city of Chicago, but that a similar ban would probably not make sense for Niles.

"I believe in what Chicago's doing," said Blase. "I don't think it's a

problem that people talk on their cell phones, it's a problem when they're balancing a cup of coffee in one hand, a cell phone in the other and trying to turn."

Blase said that, while he thinks it's a problem, he doesn't think that Chicago's law is particularly enforceable.

"I think someone should be fined if they get in an accident and you can prove they were on a cell phone," he said. "But I don't see how Chicago police are going to enforce this law."

Blase's sentiments were echoed by Morton Grove Mayor Rick Krier and Park Ridge Mayor Howard Frimark.

"This is definitely something that deserves attention," Frimark said. "I am concerned about people driving with their cell phones."

Krier said that he hasn't heard many people in Morton Grove clamoring for a cell phone ban.

"Government shouldn't babysit people," Krier said. "I think it's important to try to keep government out of things."

None of the local mayors thought that a local ban would be

Story Continues...
OUT OF HAND page 4.



A Furry Friend

Alaina Pluhar-Schaeffer, 9, of Park Ridge carries Whitney, a 3-year-old Beagle looking for a home at the Beaglefest at Hinkley Park, Saturday afternoon, May 14.

(Photo by Allen Kaleta)

Much ado over Morton Grove Osco outlot

Freshman Trustee Kogstad calls for independent investigation of allegations against village attorney

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

Morton Grove Trustee Roy Kogstad called this week for an independent investigation of allegations of impropriety that have been leveled against Corporate Counsel Teresa Hoffman Liston because of her attempts to purchase the eastern

Osco outlot located on Dempster just east of Austin.

The property in question is currently a parking lot. Several village residents who supported the Caucus Party in the last election took aim at Liston, one of the few remaining Action Party officials at the Apr. 25 village board meeting and the Apr. 28 town hall meeting, alleging that she used her office improperly in order to have an

advantage over others interested in purchasing the property.

Liston herself said this week that she had made an offer on the property but that it was not yet under contract. She said that the Osco outlot was the second in which she had expressed interest and that she was working through a broker.

"For all I know, Osco is taking tons of offers on the building," she said. "To my knowledge, the vil-

lage has never expressed an interest in the parcel."

She said she wants to construct a three-story office/retail building.

"I love Morton Grove," she said. "I want to make something nice for the village. I wouldn't want to do anything that would harm it."

Kogstad said that the matter needs to be investigated because of the sensitivity of the corporate counsel's position.

"For someone in her sensitive position, we can't have doubts," he said.

Liston said that she would be happy to answer any questions.

"I want to understand his concerns," she said. "I'd be happy to answer any questions he may have."

Complicating matters is a rede-

Story Continues...
MUCH ADO page 7.

NEWS

Morton Grove board meetings move back to Flickinger Center

Village officials announced at last Monday's meeting that future meetings of the village board would be held at the Richard T. Flickinger Municipal Center, 6101 Capulina.

For the last two years, most meetings of the village board have been held at the American Legion Civic Center on Dempster St. Village Administrator Ralph Czerwinski said that the future meetings would be held at the Flickinger Center in the board meeting room.

The next meeting of the village board is at 7 p.m. on Monday, May 23.



Taking the Oath

At the April village board meeting, Village Clerk Marcia Jendreas administered the oath of office to Nicholas Blase, Kim Biederman, Robert Callero, Louella Preston and Andrew Przybylo, that they will support the Constitution and laws of the United States and the ordinances of the village of Niles and will faithfully discharge the duties of the offices of mayor and trustee according to the best of their abilities.

Maine Township to Offer Hazardous Waste Disposal

On Saturday, June 11, between 8 a.m. and 2 p.m., Maine Township will offer household hazardous waste collection and disposal. The new service is free to residents of unincorporated Maine Township. Collection will be at Maine Township Town

Hall, 1700 Ballard Road.

For those living in the township but in a municipality, there will be a flat fee of \$20 per car with possible adjustments for special circumstances.

"There is no limit on the amount of items collected," says

Supervisor Bob Dudycz who spearheaded this new service. "However, no regular recycling materials will be accepted."

The items that can be collected include electronic equipment such as TVs, VCRs, computers, radios, stereos and most household haz-

ardous wastes including: Batteries, Cleaners/Paints, Solvents/Thinners, Fertilizers, Pesticides/Herbicides, Insecticides, Aerosols, Batteries, Propane cylinders, Anti-freeze, Oils/Grease, Muriatic acid, Poisons, Tile grout/Sealers/Adhesives, Tires, and more.

Items that cannot be accepted include appliances, medical waste, explosives, commercial waste, asbestos, ammunition, or any container larger than 30-gallon size.

For further information, call 847/297-2510.

NEWS

Village of Niles not 'delinquent' on taxes

Readers may have noticed that in last week's list of Delinquent Property Taxes, at least four parcels appeared under the name "Village of Niles." Niles Officials said Friday that the parcels appeared there by mistake.

The four parcels in question are currently occupied by either the Police Station or the Public Works Building. Village Attorney Joe Annunzio said that they were incorrectly listed by the Cook County Treasurer's Office and that the village did not owe any taxes on them.

"Sometimes PIN numbers drop off the exempted list," Annunzio said. "We don't know about it until we get the bill."

Annunzio said that there are certain properties that are owned by the village that

have always been a problem. "We don't pay taxes on these parcels because they're municipal property," he said.

The delinquent tax list showed that the village of Niles owed over \$35,000 in back taxes for the property. The tax list is published once a year in advance of a tax sale where individuals can "buy" the debt from Cook County. The sale of the taxes can eventually lead to a forfeiture of property in extreme cases. Annunzio said that back taxes that the County says are owed by the village could not be sold.

Annunzio also said that, if the village of Niles appears more regularly on the tax lists, it might be because Niles buys and sells property with more frequency than other municipalities.



Caucus takes the helm

New Morton Grove Mayor Rick Krier takes the oath of office while his fellow members of the village board and Caucus Party look on from the background. The Caucus candidates swept the village elections in April and took office at last week's meeting.

Advertisement for Bugle Newspapers listing staff members: Barbara Karawack, Jeff Borgardt, Neil Schierstedt, Frank Montiel, Gloria Caputo. Includes contact information and office hours.

Advertisement for OIL EXPRESS Fast Lube Systems. Features a \$6 OFF coupon and lists services like Full Service Oil-Filter-Lube, Transmission Service, Differential Service, Coolant Flush Service, and Transmission Flush. Locations in Des Plaines and Chicago are listed.

Advertisement for Le Peep restaurant. Offers breakfast, brunch, and lunch. Features a \$99 deal for breakfast, brunch, or lunch with a second entree. Locations in Evanston and Park Ridge are listed.

Advertisement for Samuel J. Grandinetti, D.D.S. and Elise Grandinetti Adley, D.D.S. Located at 7215 W. Touhy Ave. Phone: (773) 775-3431.

Advertisement for a dental clinic offering a \$65 First Exam & Cleaning. Includes a cartoon illustration of a tooth character.

Advertisement for KAPPY'S Restaurant & Pancake House. Features a 'Fresh Fish Daily!' promotion and lists breakfast, lunch, and dinner hours. Phone: 847-470-1900.

Advertisement for Greek Chicken. Promotes a \$10.95 deal for Greek Chicken on Friday-Saturday-Sunday. Includes a 'Complete Dinner' offer and a 'Senior Menu' for \$6.25.



Crafty Patrick McPartland, 10, right and his friend Joe Azzaro, 10, of Park Ridge look over jewelry on sale at the Park Ridge arts and craft show at Hodges Park Saturday morning, May 14.

Maine Democrat Peter Ryan Breaks into 'Uncharted Territory'

BY JEFF BORGARDT
jborgardt@buglenewspapers.com

W owing to better educate the public on the functions of township government, Park Ridge attorney Peter Ryan was sworn in as the lone Democrat on the Maine Town Board Sunday. Ryan, who defeated former collector Audrey Nankervis, snuck into office along with Supervisor Bob Dudyecz's slate of Republicans. Married to Park Ridge sixth ward alderman Mary Wynn Ryan, he said he plans to work together with the Republicans rather than playing the role of the sole dissenter. "When I was sworn in, I said this should be a bi-partisan effort. We all need to get in the harness and pull in the same direction," he said. Ryan said his hometown of Park Ridge is trending Democratic.

"Over the last two to four years, the demographics have really been changing," he said. Ryan added that he hoped to focus on providing services to foreigners residing in Maine Township since these residents are often underserved due to a lack of communication between the township and the immigrant communities. He said a Democrat breaking into the Republican-dominated Maine Township is 'uncharted territory' as the government has been controlled by this party for decades upon decades. He attributed his electoral victory to bi-partisan appeal and his electioneering "door-to-door." "I think I got the bulk of the Democratic vote but I also convinced a lot of Republicans who know me personally to support my candidacy," he said. "When I talked with people, some said I was the first township person to speak with them and others had never heard of Maine Township. I think we need to do a better job communicating what we have to offer." He said many of his supporters voted for him "based on character, not political party." In a 'Statement to the Voters of Maine Township,' Ryan writes "I will form a citizens committee to help officials find creative new solutions to issues before any tax increase is contemplated. I would evaluate on a cost/benefit basis all township needs through better deployment of existing dollars." As a newcomer to the incumbent board, Ryan said it will take him some time to catch up. His law practice focuses on elder and juvenile law with estate planning and real estate transactions thrown in for good measure. He also served as attorney of record to issue bonds in order to build Emerson Middle School in district 64.

Out of Hand



Under a new law, drivers in the city of Chicago will be fined for talking on hand-held cell phones after July 8. Chicago's neighbors are considering the effect the ban will have on them.

a good idea, despite the concerns that drivers in those areas that neighbor Chicago could conceivably be targeted, though Frimark said that the issue could be taken up by the public safety committee. "It's something we could take a look at," he said. "My primary concern is safety." Park Ridge Public Safety Chair Mark Anderson agreed with Frimark, but said that a ban in Park Ridge might be unfair to passing motorists.

"It makes sense for a city the size of Chicago," Anderson said. "I'd be willing to look at it, but I think it might be unfair to enforce the law on someone passing through." Anderson also said that the issue should be taken up at a state level. "I scratch my head about the 'hands-free' idea," he said. "Many studies suggest that it's the call that's distracting, but people are ducking the issue. It's time to take it up at a state level." Blase agreed that the ban makes

more sense at a state level. "The telephone ban should be state-wide," he said. "Locally, it's like [proposed smoking bans in restaurants], restaurants in the area of the ban are penalized while restaurants outside the ban benefit. It should be state-wide, whether it's enforced or not is another question." Krier also believed a state-wide ban made more sense than a piecemeal, municipality by municipality approach.

(Continued from page 1)

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Frimark supporters stage a protest at council meeting

BY JEFF BORGARDT
jborgardt@buglenewspapers.com

S upporters of Park Ridge Mayor Howard Frimark staged a protest against the new voting majority of the city council at their meeting Monday night. At about 8 p.m., resident Judy Barclay took the podium and named each of the nine members in the majority voting against Frimark. "Each of you has turned your back on us," she declared. "Now we turn our back on you." At that point, some of those in attendance stood up and turned their back on the council. A handful were wearing t-shirts and one of the shirts read "We turn our back on you." Barclay was sporting purple clothing and a portion of the protesters were wearing purple ribbons. Barclay explained the purple signifies the fact that they are mourning the de-powering of the mayor and the majority voting block lined up against him. Last week, nine council members took the mayor's appointment privileges and pushed through their own slate of committee chairs on the council. On Monday night, members of the council majority said they are a bipartisan coalition consisting of seven Democrats and two Republicans. The meeting itself was packed with Frimark supporters who spilled into the hallways and even the outside of City Hall. Speakers were set up in these places to broadcast the meeting proceedings. Frimark sought to maintain decorum as his supporters scornfully laughed at statements by council

majority members. "No laughing please," he said. In addition, when audience members condemned the majority with cheers and calls, Frimark chided "We would prefer no applause." Resident Albert Galus addressed the council majority saying "The will of the people is to have a fully empowered mayor. We the people are outraged by your deceitful actions and will continue to denounce your abuses." The council wars were sparked over appointments to powerful city council committees. On Monday night, council majority member and seventh ward Ald. Jeff Cox offered to relinquish his chairmanship of the procedures and regulations committee to Frimark supporter Second Ward Ald. Rich DiPietro but DiPietro declined saying he was truly angered by the chairmanship appointment of third ward Ald. Kim Jones to the Public Works Committee. Both sides made statements of reconciliation and called for a truce to the council wars. "We need to work together to move Park Ridge forward," Frimark said. Also at the meeting, the council approved the purchase of three new ambulances for \$380,468. The ambulances replace models seven to eight years old. Fire Chief Ed Dubowski explained the importance of having ambulances that work effectively saying that older ambulances are more likely to break down en route to an emergency call when time is essential. A survey of neighboring communities found other local fire departments replace their ambulances every seven to eight years as well.

Dudyecz Elected President of Supervisor Organization

Bob Dudyecz, Supervisor of Maine Township, was elected this week as the 2005 President of the Supervisors' Division of the Township Officials of Cook County. He takes over following the retirement from public office by David Regner, Supervisor of Palatine Township. "I respect all that Dave Regner did in this office and wish him all the best in retirement," says Dudyecz. "We have fine traditions in TOCC but some challenges to face as we continue to battle for township rights".

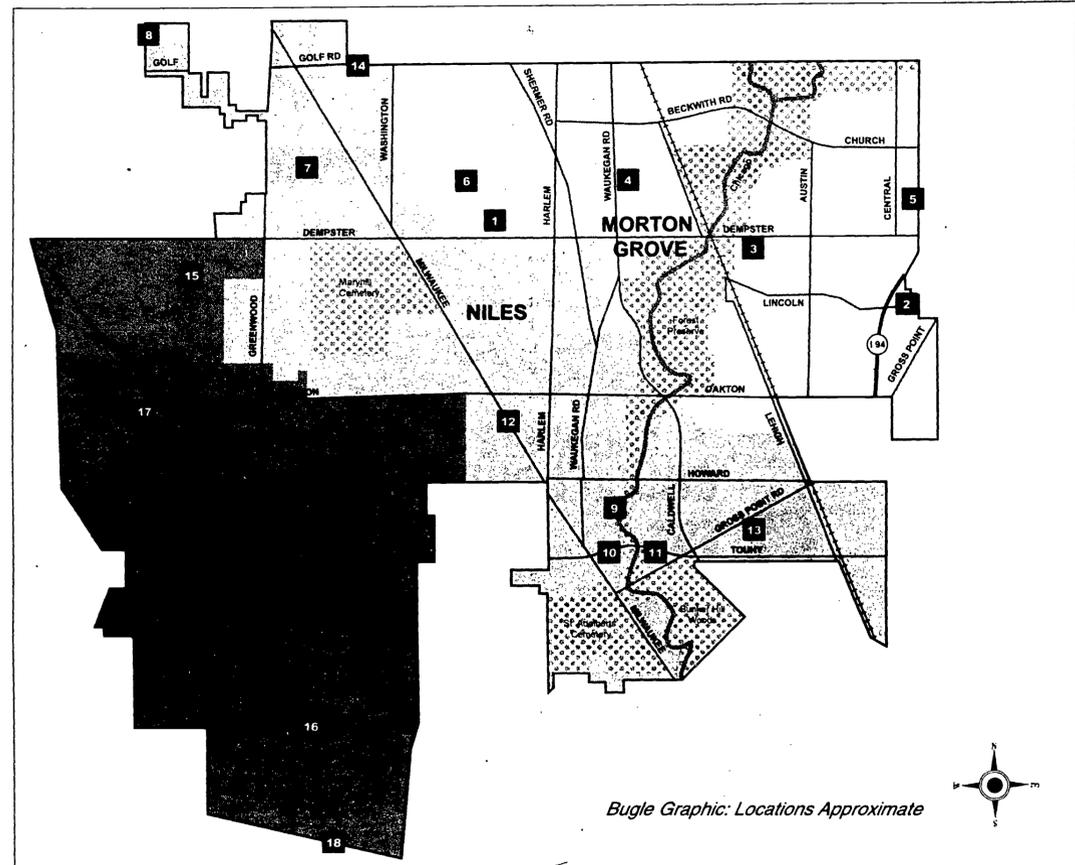
Other township supervisors elected to office include Patricia Pavlich (Riverside) as Vice-President and James Morley (Rich) as Treasurer. They all will serve one-year terms. TOCC exists for the purpose of representing townships at the county and state levels. It works with elected officials on legislative changes that benefit township residents especially those living in the unincorporated areas of Cook County. Dudyecz's township is one of the largest in the state of Illinois.

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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 May 13, 2005.

1 I'm Your Relative, Can I Park Here? (8800 Ozark)
A man in his 30's and a boy about 10 years of age rang to doorbell of the home of a Morton Grove man, 84 on May 7. They were let inside the residence. At that point, the stranger claimed to be a relative of the old man. The man said he'd never seen them before and does not believe they are related. The duo then explained they were working on a landscaping project next door. They requested to use his driveway to park their landscaping truck. The man refused, told the two to get out of his home and then informed police of the incident. The man also reported that a similar incident occurred to him one year earlier.

2 Off We Doze to Grandmothers House (5500 Lincoln)
A Palatine man, 42, was discov-

ered slumped over his steering wheel sleeping April 29 at 1 a.m. When approached by police, the officer noticed the keys in the ignition but the vehicle was turned off. The man said he'd been there sleeping for about one and a half hours and was voyaging to his grandmothers house. He was arrested for driving under the influence.

3 What's Going On In That Alley? (8800 Menard)
A woman reported to police May 10 that she discovered an empty beer can, empty beer bottles and condoms in the alley behind her house.

4 Lost Handicap Placard (9100 Waukegan)
A Des Plaines woman, 73, reported she last saw her handicap placard that hangs on her rear view mirror at a car wash on the 9100 block of Waukegan May 12. Car wash employees searched for the sign to no avail.

5 Gang Graffiti (9100 Luna)
Gang members spray-painted the word "NSANE" on an alley garage May 7 along with a six-pointed star and two pitchforks. Four other residences in the alley

were also tagged with graffiti.

6 Teen Left Wallet on Counter, Snatched (7200 Dempster)
A girl, 16, of Chicago was shopping at TJ Maxx May 6 when she left her pink wallet on the counting. Security workers watched the videotape and saw the girl leave the wallet and then observed a middle age woman pick it up and walk out of the store. The wallet and its contents are valued at \$70.

NILES

The following items were taken from official reports of the Niles Police Department for the week ending May 16, 2005.

7 Woman has 40 Cats, One Bites Toddler (9000 Clifton)
A four-year-old boy was bitten and scratched by a cat last week. Police learned the neighboring home has an estimated 40 felines living there.
The child was bitten on the finger and scratched on the neck. He was treated at the emergency room and given antibiotics. The Animal Control Unit is following up on the case.

8 No Free Beer (9100 Golf)
A Hispanic man in his 20's entered Vinny's Liquor Store May 13 just before midnight and requested free beer. The store owner refused and the man, wearing a blue shirt and blue jeans, repeated his request. When the store repeatedly refused to provide free beer, the man became irate and threatened to attack the storekeeper, 38.
The offender then walked outside, grabbed an empty bottle and cracked it open on the sidewalk. After that, he got onto a bicycle and rode away.

9 Flood You (7000 Niles Terrace)
A man, 58, reported someone turned on his outdoor water hose the evening of May 13. This caused his basement to flood with 3/4 inch of water.

10 Police Gate Crashed (7000 W. Touhy)
Someone drove a vehicle through a police station parking gate Friday May 13 at 1 a.m. The parking gate was down but the vehicle drove through it anyway damaging village property.

11 Postal Workers Ice Skates Stolen (6800 Touhy)
A U.S. Postal worker, 40, reported his vehicle was burglarized the weekend of May 14. \$1,100 of merchandise including his collection of CD's, stereo, gym shoes and ice skates were swiped. On the same block at the same time, a truck driver, 51, reported a \$200 stereo missing from his vehicle.

12 Funeral Home Auto Burglary (7800 Milwaukee)
A funeral director, 84, at Skaja Funeral Home had a Global Positioning System stolen from his 1999 Buick last week. In addition, a Mercury parked at the funeral home had a cell phone taken about the same time.

13 Lawn Mower Stolen (6300 Gross Point)
A business reported their Toro lawn mower was stolen May 10 at 6 p.m.

14 Purse Gone (8200 Golf)
A Chicago saleswoman, 35, reported that she was shopping at a grocery store May 8. Her purse was in the shopping cart. She walked to grab an item off the shelf and discovered the purse missing.

PARK RIDGE

The following items were taken from official reports of the Park Ridge Police Department for the week ending May 16, 2005.

15 Leaving Accident (1400 Coral)
A man, 56, was arrested May 6 at 2:30 p.m. for leaving the scene of an accident and driving without insurance or a license. He was arrested on the same block that he lives.

16 Attempted Burglary (1200 Brophy)
Someone tried to pry open the door and pick a lock of a home May 9 but failed.

17 Needle Driver (1100 Dee)
A Des Plaines man, 30, was arrested May 12 at 10:25 p.m. for drunk driving and possession of a hypodermic needle. His bond was set at \$1,000 and he was given a court date.

18 Laptop Taken from Car (800 W. Higgins)
A laptop computer was stolen from inside a vehicle parked in a business parking lot May 12. The window of the Mercury Sable was broken and the computer was removed.

News from the Police Reports

Niles man attacks police officer, says he is sorry about everything

BY JEFF BORGARDT
jborgardt@buglenewspapers.com

A Niles police officer, 39, was attacked on duty by a Niles man May 11 on the 8500 block of Dempster.

The officer was responding to a police call at McDonalds Restaurant when he noticed a suspect who had made several police calls earlier in the day reporting suspicious activities.

The officer got out of his car and walked after the man who was later identified as Daniel

Gargula, 44, of Niles.

When the officer approached, Gargula allegedly took a combative stance and started swinging at the officer.

"I'm sorry about everything."

Gargula struck the policeman on the head, neck and body, according to the police report.

The officers neck was cut open.

The officer tried to grab Gargula but was pushed backwards.

He then managed to get his arm around the suspect's neck and bring him to the ground. At this point, another officer arrived and handcuffed Gargula.

He was arrested for battery and resisting and obstructing a peace officer.

After being processed at the police station and posting bail, the suspect told the officer "I'm sorry about everything."

The officer then returned to his patrol duty.

Much Ado

velopment agreement penned by the village several years ago and giving Osco up to \$250,000 of tax revenue if they're able to generate more than what was previously generated by a Laz-y-Boy furniture store and a professional building that formerly occupied the site.

Liston served as a village trustee at the time and has also served on the Dempster Street Corridor Committee. Resident Chris Arns was among the residents who attacked Liston at the town hall meeting for what he perceived as a violation of the village's ethics ordinance, which prohibits even the appearance of a conflict of interest.

"This parcel is now subject to corporate counsel's own self-dealing," said Arns. "How do we know when she won't pop up on the other side of deals with the village in the future?"

Allegations of impropriety against Liston have been met with caution by new Mayor Rick Krier who said that while it has the

appearance of a conflict, he doesn't want to jump to any conclusions.

"I think it's something that we have to take seriously," he said. "But my threshold is, 'how is this hurting the village,' and I can't see how this has done that yet."

Krier said that there is still a problem with the situation, however, because it raises questions about Liston's impartiality.

"Are people asking if she's on the other side of any other deals?" he asked. "It's a stretch, but with this going on, it's a valid question and she's made it valid."

Liston has been taking fire from residents like Arns since last year because her office resides in the Lehigh/Ferris Tax Increment Financing (TIF) District. She served on the formation of the district, which is slated to receive \$10 million in village funds this year. She rents her office space from former Village Attorney Gabe Berrafato and says she has been looking for office space of her own

for some time.

"Where else in the village could I move?" she asked. "I have been actively looking to buy my own office for 15 months. I had a contract on another piece of property about a year ago but it fell through."

The situation is complicated for Liston, who has worn a variety of hats in the course of her service to the village. Though currently corporate counsel, she has served as village trustee, chair of the Lehigh/Ferris TIF as well as other boards, president of the Morton Grove Foundation and president of the Morton Grove Chamber of Commerce, making it likely that anywhere she attempts to purchase property she could be open to accusations of impropriety.

The proposed deal with Osco is further complicated because of an attendant redevelopment agreement; it spells out the tax revenue-sharing agreement and, in the preamble, suggests that the eastern outlet will be used for another

Woman Rejects Motel Advances, Choked

An African-American man, 44, has been charged with entering the motel room of a white woman, 40, at the Vegas Motel with a friend May 14 and then choking the woman when she refused to kiss him.

The man allegedly sat beside the woman on her bed and made sexual advances saying they should 'start a relationship.' When the woman resisted, the man allegedly stood up, placed his hands around her neck and started to choke her.

The incident occurred around midnight, Saturday May 14. Police catalogued photographs displaying the bruises on the woman's neck.

Alcohol was a factor in the incident and the man, his friend and the woman all listed their addresses at the motel.

When police arrested the man for battery, he said he had been sleeping at that time and was not involved.

(Continued from page 1)

retail facility. In most respects, however, the agreement is no different from others the village has inked with businesses, including one with Walgreens Drug Store, just down the street from Osco.

Liston's plan for the site would include retail on the first floor, she said, as well as professional condominiums on the two upper stories.

Liston said that the reason she wants to build on the site is because her practice is centered in Morton Grove.

"I want to stay in the village," she said. "This is the second piece of property I've seriously pursued. I've been an attorney in the village since 1980 and all that time I've been paying rent. There's not a lot of office space that is available for sale anywhere in the village."

She said that, though she had no intention to ever become a developer, she was considering it in this case because the property is too large to build an officer for herself alone.

As far as the potential for a conflict of interest, Liston said she would make a disclosure when she had a contract on the building.

"I've always felt that disclosures are the best way to deal with appearances of a conflict," she said. "The problem is, I don't have anything to disclose at this point."

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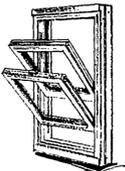
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COMMENTARY

Letters to the Editor

Frimark revives Homeowners

Dear Editor,

In a beautifully executed orchestration, the Homeowners Party was brought back to life at the special Park Ridge City Council meeting held May 3rd. The Homeowners were the good old boy/girl social network that ran Park Ridge for about thirty years.

About a dozen former Homeowners Party aldermen and countless fellow travelers lambasted the city council for about four hours regarding their decision to change the rules negating the mayor's powers on how the membership of various council committees would be comprised as well as various city boards and commissions. The city council did a poor job of defending themselves and of providing a rationale for the actions taken. That does not mean that the old system was any better.

For years, your aldermen were selected at a Homeowners Ward Caucus attended by a relative handful of people held in someone's living room or basement. Then they would run nearly always unopposed in the next municipal election. The pecking order in their unique social strata would then determine committee assignments as well as memberships on city boards and commissions. Is this a form of paternalistic elitism or democracy? You make the call.

After many years, the Homeowners eventually came under assault because they were advocating positions the public found wanting. They included a proposed high-priced new public library, years of Uptown redevelopment inaction, the hundreds of thousands of dollars spent on the sinkhole that is the Suburban O'Hare Commission and committing over \$600,000 in city funds to the phantom, pretend Peotone Airport.

In the election of 2003, the voters abandoned the Homeowners Party. In 2005 the Homeowners Party abandoned Park Ridge city government. None of the seven sitting Homeowner aldermen chose to run for reelection. Nineteen months ago their arrogant Mayor/High Priest Ron Wietecha left town in the middle of his term because the new political circumstances meant he could only preside over city council meetings, not pontificate over them. The Homeowners apparently dis-

solved.

Now they have taken their political steroid shots and want to fight. Mayor Frimark obviously had some coattails in the last election. If a few of the departing aldermen would have hung around or had found like-minded replacements, the special May 3 meeting would have never occurred. It is too late, at least for this round. Nine always trumps four.

Walter Kazmierczak
Park Ridge Resident
Maine Township Trustee

The Shadow Knows

Reports that our own village corporate council is involved in a potential business/condominium building project with a recipient of \$250,000 village redevelopment agreement is stunning and shocking. A building project against the best interests of a village seeking public trust and Dempster Street businesses choked for parking. This building project is purported for the Osco outlet on Dempster and Marmora.

In 1999, Village Corporate Counsel Terry Liston was chairperson of the Comprehensive Plan Update Committee that defined the Dempster Street corridor and all the projects born from it. In Dec. 2001, as part of that plan, the village was urged into an agreement with Osco, giving Osco \$250,000 to expand into the land then occupied by Lazy Boy and the Yorktown Professional Building. They were given access to the whole block and license rights to the entire alleyway from Austin to Marmora. This was justified on increasing our anticipated sales tax base to promote "economic development" from "developer" Osco/Jewel.

The problem is that the Osco agreement specified this outlet "additional acreage" was to be used for Osco/Jewel's "future retail sales in a separate building." In short, the sales under current back then was for the east side grocery store this town has been clamoring for a future retail sales generating facility that corporate council herself, personally or on behalf of hidden principles seems to be competing against.

Instead of holding Osco to the terms of their own proposal, apparently used to secure \$250,000 in your tax money (resulting in the kind of shortfalls that raise your garbage tax), corporate counsel seems to be grabbing this opportunity for herself, in a side deal with the very people she (of all corporate officers) should be policing.

Any deal between any recipient of \$250K in village taxes and a corporate attorney or her undisclosed clients must be stopped and

investigated in its tracks - that's if the recipient keeps its promises. If the deal itself relieves this recipient of a municipal obligation while a municipal employee benefits in anyway, it's time for not only special counsel but help from the Dirksen Building. How dare any employee in such a sensitive position as corporate counsel apparently cash in a \$250K favor with the seller of choice property conveniently located at a coveted Dempster Street locale? A locale where state and/or federal funds are pre-destined to benefit?

This deals secret benefits flow directly from counsel's own Comprehensive Plan, Osco agreement and position of ultimate trust as the village's lawyer.

Instead of being outraged and demanding Osco build its second retail sales outlet or grocery store, we have the thundering silence of counsel refusing to answer town hall inquiries on the exact nature of her involvement here.

Moreover she has not denied insider knowledge of the state of state and/or federal funds for Dempster Street projects arising from her municipal work with the village.

Next thing you know she will issue a legal opinion on her own behavior on behalf of the village or worse, have a law firm she has steered hundreds of thousands in village business to do it for her. Even if she was to "fess up" and back out of this self-deal tomorrow, the damage to her trustworthiness has been done.

Until this matter is fully investigated by outside authorities corporate counsel's office exists only under a dark gray shadow. A shadow that makes a mockery of Dempster Street corridor plans, the businesses horrified by this potential project and the citizens paying for it. How do we know that the next time a TIF plan, comprehensive plan or economic development comes up, her office will not pop up on the other side of the deal? How do we know when she speaks via legal hair-splitting whether she is speaking for herself, the village or the Shadow's interests?

Chris Arns, Morton Grove

Aldermen didn't make 'power grab'

Dear Editor,

At a special meeting on Tuesday, May 3, 2005, the City Council voted by a 9-to-4 majority to re-establish its lawful responsibility for organizing itself into committees.

During the past 30+ years while the Homeowners Party dominated

City government, past Councils had established a "tradition" of turning their backs on that responsibility by regularly handing over to the mayor the right to assign Council members to the various Council committees, as well as the control over appointments to City boards and commissions. Consequently, the mayor had effective control over the Council.

Not unexpectedly, Mayor Frimark - supported by Alderpersons Kirke Machon (1st), Rich DiPietro (2nd), Andrea Bateman (3rd) and Joe Baldi (5th) - denounced that action as a "power grab" and sought the opinion of the City Attorney, Everette Hill, to prevent it. Attorney Hill, however, explained in great detail the overwhelming legal authority for the Council, as the legislative branch of local government, to exercise these powers instead of delegating them to the executive branch.

This should have been no surprise to the mayor, who had all of this information available to him long before Tuesday night's meeting. In fact, over the several days leading up to that meeting, various independent alderpersons had reached out to Mayor Frimark to discuss the committee structure

and to see if an accommodation could be achieved.

Instead of working toward an accommodation, however, the mayor claimed that he did not want to appear weak in the eyes of his "friends", and he refused to discuss the matter any further. He then sent out word to those "friends" that the Council was "trying to take away his powers," and he packed the Council chambers with those "friends" Tuesday night.

That "friendly" crowd - almost all of whom the mayor addressed by name - proceeded to personally attack, insult and attempt to intimidate the members of the Council's majority and other members of the audience, while the mayor pretty much sat back and smiled. Many of those people were former Homeowners Party alderpersons, who themselves had abdicated their Council organizational responsibilities to previous mayors, as well as other Homeowners Party members and supporters who populated various City boards and commissions as appointees of former Homeowner mayor Ron Wietecha.

Despite the actions of those individuals, I voted with eight other alderpersons - Don Crampton



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COMMUNITY ANNOUNCEMENTS

Park District Events

Morton Grove Park District Summer Programs

Join the Morton Grove Park District this summer for Family Fun! From Tots to Teens we have something for everyone! Tots will enjoy a variety of classes including: Tot Rock, Kid Rock, P4-Tots (NEW), and Muddies & Butterflies. Teens can keep in shape with Sleve and Teen Fit! For adults we have lots of new and exciting classes. Sign up soon - enrollment is limited! For our families, seniors and singles, the Summer Concert Series begins on June 14th and runs through the end of July. Join us for six nights of family entertainment and good food!

For more information, please call 847-965-1200 or visit our website at www.mortongrovetparks.com

Niles Grove Park District Events

"Family Fun Nights" at Pioneer Park

Our "Family Fun Nights" at Pioneer Park begin again. Join us every Friday night, 5:00-10:00 p.m.! Our \$5.00 per person fee includes one round of mini-golf, one batting cage token, one hot dog, small drink and bag of chips for each family member. Pioneer Park is located at 7135 N. Harlem Ave. Please call (847) 647-9092 for additional information.

Teddy Bear Picnic

Calling all Teddy Bears big or little to join us for a picnic Thursday, June 2 from 9:30-10:45 a.m. Games, snacks and a Teddy Bear Parade are waiting for you. Bring your favorite Teddy Bear for our special picnic event. Event takes place at the Howard Leisure Center, 6676 W. Howard Street. Fee is Res \$10; Non-Res \$14. For more information, please call (847) 967-6633.

Letters

(1st), Kim Jones (3rd), Jim Radermacher (4th), Mark Anderson (5th), Rex Parker (6th), Mary Wynn Ryan (6th), Jeff Cox (7th) and Frank Wsol (7th) - to re-assume the Council's legislative responsibility for its own organization.

I cast my vote the way I did for several reasons. One of the reasons was City Attorney Hill's advice that it was both a lawful and appropriate exercise of Council responsibility. Another reason was because of the article "Patronage Lite" that appeared in the October, 1996, issue of Illinois Issues, which discussed how access and influence peddling through the appointment powers of the Executive branch of government can create a "shadow government" able to influence the course of legislative action.

As I have looked at our City boards, commissions and committee assignments over the past 10 years, I've noted a discomfiting pattern of "the same old names", and an equally discomfiting pattern of "musical chairs" - the same old names moving from one board and commission to another. That strikes me as the exact kind of shadow government that is inconsistent with an open and democratically operated government.

Despite the unquestioned legitimacy of the Council's action, it appears that certain people - primarily those who have been Homeowners Party members and

supporters of Mayor Frimark or the four alderpersons aligned with him - refuse to accept the legal authority of the Council and prefer a return to the way Park Ridge was ruled by the Homeowners Party under Ron Wietecha.

I find it highly ironic that one of the criticisms hurled at members of the Council majority by the mayor and his supporters is that we are trying to turn Park Ridge into Chicago. I grew up in Chicago and have seen first-hand the evils of a system of one-party rule and a legislative body that has handed over its own legislative responsibilities to Mayor Daley, giving him total control over the entire City government. That's what we had under the Homeowners, and I can't believe that my fellow Park Ridgians, other than those who prospered under Homeowner Party dominance, would advocate a return to it.

I find it even harder to believe that my fellow Park Ridgians buy into conspiracy theories about "Chicago Democrats moving in to take over Park Ridge," especially because Chicago residents have always been one of the main groups of Park Ridge home buyers. To now attempt to brand those residents as political enemies strikes me as being as vicious as it is foolish.

Our Mayor has capitalized on this polarizing attitude, pitting neighbor against neighbor for no reason other than his own desire

for power and control. It is a viciousness I never expected and am disheartened to see. Still, I suppose conspiracy theories and divisiveness are easier to promote than consensus building on the real quality of life issues that face our community.

Conspiracy theories are probably easier and more pleasant for the old Homeowners Party faithful to understand, rather than how a substantial number of Park Ridgians have become tired of the old Homeowners Party business-as-usual. Conspiracy theories are probably easier to understand, rather than accepting that a majority of Council members really want truly open and accountable government that provides access and opportunity to all, irrespective of who you know and who you supported in the last political campaign.

Conspiracy theories also distract people from wondering about the ethics of a mayor who accepts a \$1,000.00 political contribution from a private company, which then and now, is negotiating for business with our City government. Conspiracy theories distract people from asking questions about the ethics of maintaining close ties to a local real estate investor who, only days after he bought a building, attempted to sell it to the City for a substantial profit - apparently using insider information and contacts that he had gained through his long histo-

News from the Niles Family Fitness Center

LEARN TO SWIM PLACEMENT TESTING

FEES: \$5 Member / \$ 8 Non-Member

In order to ensure that your child is in the appropriate class, all new participants to the Learn To Swim program must attend a Placement Test. Children will be tested on their swimming skills and advised to which class level to register for. Participation in this class does not guarantee your child a spot in the Learn To Swim program.

2005 SUMMER BASKETBALL CLINICS

Mike Ipjian and Niles Family Fitness Center present a highly instructional, highly competitive basketball program. The camp will address proper shooting mechanics, ball handling, playmaking skills, rebounding, defensive fundamentals, and offensive principles. The focus of the clinic is to enhance both knowledge and performance while providing an opportunity for players to compete. Players will participate in 1-on-1, 3-on-3, and 5-on-5 tournaments, as well as various jumping-shooting competitions.

Fee includes:

Elite Instruction Basketball Camp T-shirt
AGES: Boys and Girls Ages 8-13

SIGN UP EARLY SPACES ARE LIMITED!

(Continued from previous page)

ry of City board and commission service, and personal ties to other board and commission members.

And conspiracy theories also help people forget about what happened to \$650,000 the old Homeowners' Party-controlled Wietecha Administration sold to us as an "investment we could get back" at any time from those who are trying to build a new airport in Peotone; and they help distract them from asking questions like why one of the greatest booms in U.S. economic history passed us by while the quality of our Uptown degraded on the watch of that same Homeowners/Wietecha Administration.

Believe what you will, but I ask that you form your beliefs after making the effort to know the issues thoroughly and with an open mind. I ask that you trust your neighbors. We are not enemies of each other. We are a community of individuals, but we are still one community.

The Council members who voted for a return to the principles of separation of powers and checks and balances that are at the heart of our democracy are a politically, economically and ideologically diverse group of individuals. We simply all agree on what is proper, ethical, legal and constitutional government policy. Just because we agree on these core value issues does not mean that we are not independent individuals. We are, and we shall remain so.

Finally, to those few constituents who phoned my home, thinking that I can be intimidated by veiled threats and promises of revenge, you should know that I will not be intimidated. I will not depart from my core values, and I will not relinquish the responsibilities of the office I hold. I am committed to staying the course.

Jeannie K. Marckch
Alderman, 2nd Ward, Park Ridge

An easy one for Morton Grove village board

Dear Editor,

Our neighbors in Chicago have come up with an excellent ordinance requiring drivers to have both hands on the wheel at all times. This is directed at the cell phone people, who drive with one hand on the wheel and the other on their cell phone. I think this ordinance would be just as helpful in Morton Grove, as it is in Chicago. This should be an easy one for the village board to pass, to show that safety is a big concern in our town. When they pass that one, they can look into the reason why many people in the village think that stop signs are really 'slow down and roll through' signs.

Sherwin Dubren, Morton Grove

BUSINESS

Work together to split up



Divorce can do much more than officially shred a marriage certificate. The dissolution can create emotional bleeding that may never heal among the parents and the children, who must somehow move on with their altered lives. And the financial impact can leave behind as much destruction as a mushroom cloud.

Which is why any mother, father or even childless couple contemplating divorce may want to consider a more innovative approach to dissolving a marriage.

The path less traveled is called the collaborative divorce process, which is growing in popularity across the country.

At first glance, the rules for this collaborative process may sound laughable for two people who long ago stopped sharing confidences, much less bathrooms.

If you sign on, you pledge not to go to court even if things don't appear to be going your way. You can't even stand up in the room with your spouse, pound on the conference table being shared by the lawyers and even threaten to do so. If you break your promise, you'll find yourself all alone. The professionals, who had been guiding you through each step in the divorce, will disappear as quickly as the candy inside a broken pinata.

You see, the key word in this approach is collaboration, which means you've got to

check your howitzers at the door. The aim is to break up in a way that strives to take into account the highest priorities of each spouse and their children.

Mutual respect is crucial, and husband and wife are expected to be honest with each other. That means, for instance, that if one of them was having an affair, which led to the divorce, that needs to be revealed. And obviously, hiding assets or being less than candid when talks turn to money is a no-no.

At this point, you might be thinking, "Lady, this is a divorce, not some Zen exercise." Yes, it's true that some divorces would never have happened if couples had treated each other with respect and honesty throughout the marriage.

And, obviously, an embittered wife, who discovered her husband's infidelity, isn't going to be preoccupied with getting the cheater's emotional and financial needs met. Which is why the collaborative process relies heavily on a team of professionals who can keep the couple walking down the path to an equitable and emotionally healthy divorce while defusing the anger. If the couple can pull this off, they could increase their chances of not falling into the same trap again.

At first glance, the number of people necessary for this type of breakup might seem to rival Michael Jackson's entourage.

Husband and wife each have an attorney, but the lawyers work together and share all information. In addition, each spouse ideally has a divorce coach, who helps with emotional issues and gets the process moving when there are arguments.

Grand Opening



New Age Dental celebrated its grand opening Friday night from 7 p.m. to 9 p.m. in Morton Grove located at 8930 N. Waukegan, just north of the intersection with Dempster. Pictured above Morton Grove Chamber Director Suzanne Archer, right, helps prepare for the ribbon cutting.

And they share a neutral financial specialist, such as a certified public accountant, certified divorce financial analyst or certified financial planner, who sorts out the money issues. Also in the mix is a child specialist, who provides the kids with a voice during the process.

Having a therapist or psychologist help the kids is important because they can be so traumatized by the breakup and fearful of losing one or both parents' love that they will say whatever they think mom or dad wants to hear.

One of the big perks of going this route is that you and your

spouse get to make decisions jointly, on such things as child support, custody and what to do with the house, instead of relinquishing that power to a judge. Another advantage is that it levels the playing field for a spouse who was dominated in the marriage or who knew little about the family's finances.

With so many helpers in this process, you might assume that the cost will be prohibitive. That's not necessarily so. Sure, the price tag will be higher than if you and your soon-to-be ex hashed out the divorce yourself. Doing that, of course, could hurt one of the spouses financially.

What's more, the emotional and professional needs of the husband and wife wouldn't necessarily be explored in a traditional divorce. Working collaboratively can be much cheaper than waging a contested divorce that requires the court's intervention. In contested divorces, court and legal costs can add up quickly. A couple of battling attorneys, for instance, might sit for hours in a courthouse waiting for their case to be called. Guess who pays for all that down time?

Cinda Jones, a certified financial planner at Divorce Financial Solutions in San Diego, says she's seen these collaborative cases cost between \$5,000 and \$20,000, depending upon their complexity.

Calendar

□ **May 26,** Women's Power Luncheon
Topic: Exercise in the workplace with Sophia Hui, Morton Grove Village Hall, 6101 Capulina

□ **Tuesday, June 7th**
-Niles Chamber Business After-Hours
Dunkin' Donuts, Baskin Robbins, Togo
7039 Dempster Street, Niles

□ **June 23,** Women's Power Luncheon, Topic: Women's Self-Defense, Morton Grove Village Hall, 6101 Capulina

□ **June 27,** Golf Outing, Old Orchard Country Club, 700 W. Rand, 10 a.m. check-in, contact Morton Grove Chamber for details

□ **Tuesday, July 19th**
-Niles Chamber Golf Outing 11:30am - 8:30pm
Oak Meadows Golf Course
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

SENIOR LIVING GUIDE

Cholesterol screening at the Morton Grove Senior Center

Morton Grove Senior News

CHOLESTEROL SCREENING

The Morton Grove Senior Center's monthly Cholesterol Screening will be held at 9 a.m. on Wednesday, June 1. Swedish

Covenant Hospital will administer the screening, which provides a full lipid profile including total cholesterol, HDL, LDL and triglycerides. Results will be available within seven working days. Reservations are required and can be made by calling the Morton Grove Senior Hot Line at 847/470-5223. Fasting for 12 hours is also required but water

and medications are allowed. The cost is \$10 for residents age 65+ and \$12 for non-residents and residents under age 65.

INTRODUCTION TO "DUPLICATE BRIDGE"

In this 10-week class, Morton Grove Senior Center Bridge Instructor, John Krelle will prepare Bridge students for the

world of "duplicate 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 June 2 in the Senior Center. The class fee is \$48 for Senior Center Members and \$56 for non-members. Please register in person at the Senior

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

Story Continues...
MG SENIORS page 14.

Senior, 103, lives American Dream

Submitted by Helen Baker of Niles

Marie Nelson was celebrating her 103rd birthday when I met her in February. I knew in those few moments that I wanted to learn more about this extraordinary woman. A part of her story follows:

Marie was the second of eight daughters born to August and Henrietta Flodell. Their home in Sweden was near the coast of Bothnia.

Marie speaks fondly of her parents; her mother was a wonderful cook and homemaker. Her father was an engineer who designed the bridge over the Ljusne River.

He built the family summer home on the small island across the inland lake from their home. These name just two of Mr. Flodell's engineering achievements.

At age seven, Marie accompanied her Aunt Elin (a school teacher) by train to a teaching position further north. The locale of their living quarters was the one-room schoolhouse where Marie and other students from several grades were taught by Aunt Elin for the school term.

At home, Marie skied to school - a 15 minute trip. She attended the school for a total of eight years.

Marie's older sister Lisa learned cooking and housekeeping at her mothers side while Marie and her avid fisherman father were casting buddies. Explorers together, they often rowed the small fishing boat to

the island. Fish caught were cooked and enjoyed on many occasions with the few villagers on the island.

Marie as a young girl was interested in art. Her works of scenic art have been in water colors and oil paintings. Two of her most recent paintings grace the main wall of the Hampton Plaza in Niles.

In Sweden during World War I, food as rationed. Of the daily bread ration, there was a very small portion for each child. So, the family gathered dandelions from the fields. Broth was made from the flowers and stems and the roots were baked. The food resembled spinach.

Marie had attended business school before the nine-day cruise to America in 1924. She was met in New York City by Lisa who journeyed there three years earlier. They were the only two family members to voyage to the New World.

Marie found work as an employee of Hansen Imports. She traveled and wore fashionable clothing. Lisa was a pianist who sometimes provided music for silent movies.

Marie has visited Sweden three times since making America her home.

Marie's husband to-be Aron traveled to the U.S. via Canada in 1924. The couple met in Chicago and their son Robert and his family now live nearby. She moved to Niles several years ago and frequently advises youngsters on tips to maximize life gleaned from 103-years of experience.

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available within the Terrace Suites. While our Terrace Suites program is new, we at Bethany Terrace have been providing excellent, comprehensive nursing care to seniors on the North Shore since 1965.

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SENIORS

Gardens Brighten Seniors' Lives

Rebecca's Garden star partners with local senior care service to make gardening fun again for older adults

Rebecca Kolls, star of the popular syndicated television show "Rebecca's Garden," is partnering with the eldercare service Home Instead Senior Care this year in a campaign to make gardening fun again for maturing adults.

The public education campaign is designed to bring back the joy of gardening to seniors who are having difficulty maintaining gardens or who have given up gardening alto-

gether because of illness or the conditions of aging.

Kolls, whose own grandparents inspired her interest in gardening, said that gardens supply us with food and beauty, as well as a healthy mental and physical well-being. "There's a nurturing aspect of gardening where you take a seed and coddle it. Seniors have given up their child rearing, so gardening gives them baby plants and seedlings again. It's

a new way of caring for something."

As part of the campaign, Kolls and Home Instead Senior Care have produced a four-color gardening guide complete with gardening tips, and fun and simple gardening projects for seniors to do alone or with their family caregivers. The guide is available free of charge from the Home Instead Senior Care office serving the north side of Chicago and the North Shore by calling (847)

673-1250.

Statistics from the National Gardening Association show that 81 percent of households age 55 and over (26 million households) surveyed participate in one or more types of lawn and garden activities, spending an average of \$495 per household per year.

A further breakdown of the latest gardening statistics from 2004 reveals that 44 percent of "over 55"

gardeners participate in flower gardening and 26 percent in vegetable gardening, while 47 percent raise indoor houseplants, according to the National Gardening Association.

Home Instead Senior Care, a company that employs CAREGivers to go into the homes of older individuals to assist them with day-to-day living such as errands, shopping and activities, can attest to the benefits of this popular pastime. "We have

Norwood Park Home Resident Betty Ohlgren receives award

Norwood Park Home resident Betty Ohlgren, an avid Chicago Cubs fan and a former resident of Edison Park, performed a triple play when she received three honors within one week. At the Annual Conference of Lift Services Network (LSN) in Chicago, she was awarded the Shining Star Volunteer Service Award. The following Saturday, she was presented with the Dr. Larsandrew Dolan Award from Nor-Wood Life Care NFP and, two days later, was honored at a special Celebration Tea by the residents and staff of Norwood Park Home.

The Shining Star Award was presented to Ohlgren for her ongoing outstanding voluntary contribution to improving the quality of life for fellow residents, clients, families, and employees. She was one of 12 honorees of more than 200 nominated from LSN-member retirement communities in Illinois. The presentation took place at the LSN Annual Conference at Navy Pier. The Dr. Larsandrew Dolan Award called attention to her nearly 80 years of volunteer work at Norwood Park Home.

In an earlier interview, Betty expressed her philosophy: "You must help people as long as you are able," recalling her mother's advice that was passed along from previous generations. "I have to help those who need help."

Betty's volunteerism began when she accompanied her parents to Norwood Park Home's Annual Picnic, leading to a lifelong commitment to NPH. "I remember going the first time when I was 11 years old and have not missed one since," recalls Betty. "I was the 'go fer.' The coffee, Norwegian sandwiches and floteget were prepared in the basement. I brought them from there to the 'coffee house' for serving to the

picnickers. Mom made 2,000 cups of coffee on a two burner portable range in large open pots, and water was carried from a spigot at the back of the building."

The simplicity of the annual picnic in the 1920s with its food, children's games and entertainment stage continues to the present. Norwegian specialties are now supplemented by traditional American outdoor faire, the games have expanded and the entertainment is more diverse.

In the 1980s, she and her husband, Frank, served on the Board of Directors and were active in committee work. She also served for many decades as an officer and volunteer member of the Women's Service League that was founded in 1965. When Betty's husband passed away in 1990, she decided to move into Norwood Park Home.

She became so busy with her full-time volunteer work that she had no time to participate in activities and outings. Her day begins early with sorting and delivering mail to residents and "always with a smile." One resident commented, "It may be a bill but you always get a kind word, too, and that helps."

Her sewing skills are used to create cloth bags with Velcro fasteners for residents to use on their walkers and wheelchairs. The donated fabrics vary in color and design, making each bag somewhat unique to the resident.

Betty also assumed responsibility for organizing and maintaining the library, leading to an increase in readership. In the summer, she and several other residents select crafts to display and sell at the Residents' tent during the Annual Picnic. When the holiday season approaches, Betty helps to decorate Norwood Park Home so that everyone can share in the colorful festivities.

SENIORS

Belmont Village's Center for Life Enhancement aids seniors in regaining physical strength and improves outlook on life

More seniors are seeking the social environment of an Assisted Living community as their capabilities diminish, and when living alone becomes more isolating. That sounds simple enough but the Assisted Living industry is full of complexity as it moves to provide for the health, morale and general well-being of the senior segment—a group of people with a lot of time to critique their service providers. Beyond the obvious - licensure, physical features, location and financial considerations - there are the amenities and benefits that the community must offer. They include atmosphere, added services such as superior food service, personal care services, and activities that are both appropriate and stimulating.

"What makes an Assisted Living community stand out among other communities is an environment that is empathetic to aging, and at the same time, offers a distinctive level of service," said Patricia Will, president and co-founder of Belmont Village Assisted Living Communities.

With 15 communities in five states, Belmont Village believes that they have found the right combination by providing housing services that exceed the seniors' expectations. For instance, each community has a Center for Life Enhancement (CFLE) that provides state-of-the-art equipment and professional trainers who put seniors on programs to increase their strength, flexibility and balance. Because of this, many residents have been able to put their

wheelchairs and walkers aside and gain lost muscle control from years of inactivity.

The CFLE was the inspired by the personal experience of Patricia Will. She became a strength-training devotee several years ago when her doctor recommended knee surgery. She declined to have the operation and instead enlisted the services of a personal trainer to help her build the muscles in her leg to compensate for the weakening effects of osteoarthritis. The improvement in strength was dramatic. It was at that point she decided to install the fitness centers in all Belmont Villages.

At a recent event at the Glenview Belmont residents and guests enjoyed the fruits of Belmont's fitness innovation by

learning a variety of exercises including yoga, tai chi and therapeutic techniques taught by the physical therapists from Comprehensive Therapeutics of Chicago. "Many of our guests said it was the first time they had tried these exercises and looked forward to continuing with the fitness programs," said Sally Myers, Community Manager. Cardio screenings and balance tests were conducted as well.

The participants also learned how to find healthcare resources online at Belmont's Learning Center. "It was an exciting day for us. It was wonderful to see everyone learning, laughing and discovering things they didn't know they could do," said Linda Christensen, Community Relations Director.

Belmont Village Assisted

Living communities are designed for seniors who need assistance with daily activities. The company's programs and services are supported by industry-leading best practices and research in the fields of gerontology, hospitality, architecture, and consumer preferences. Residents enjoy chef-prepared meals, housekeeping, transportation, social activities, and support from a well-trained staff including licensed nurses around the clock. Individuals with Alzheimer's disease are supported by Belmont's proprietary program, Person-Centered Living™. Belmont Village is a member of the General Electric family of companies, currently operating 15 communities in California, Chicago, and the mid South. Chicagoland communities

Senior Fitness Day, Health Fair in Niles, May 25

Niles Senior News

NSC Highlights

For a detailed description of programs & activities or to ask about

membership requirements, please check the Naturally Active Program Guides or call the Niles Senior Center at 588-8420 ~Visit us online at www.vniles.com.

MAY REGISTRATION

Drop-Off Registrations for programs and classes advertised in

the MAY Naturally Active were due at the Center by Friday, May 6th. Walk-in registrations began Wednesday, May 11th (assuming program space is available.) For more information, call 847 588-8420.

HEALTH FAIR and SENIOR FITNESS DAY- Wednesday Morning, May 25th 9AM - 11:30AM

Celebrate National Senior Health and Fitness Day at the Niles Senior Day. You will have an opportunity participate in a wide variety of free screenings, raffles

& give-aways, visit with approximately thirty exhibitors, gather information on numerous health issues, and/or have some lab work done: CBC, CMP, Cholesterol/Lipid Panel, and TSH for women (\$35) and add the PSA

Story Continues...
NILES SENIORS page 17.

Tai Chi, Women's Tea with Maine Township Seniors

Maine Township Senior News

Maine Township MaineStreamers The Maine Township MaineStreamers program offers a variety of opportunities for residents 55 and older. Membership includes a free subscription to the MaineStreamers monthly newsletter, which details all activities for the upcoming month. Most activities take place at Maine Town Hall located at 1700 Ballard Rd. in Park Ridge. For more information contact the MaineStreamers at 1-847-297-2510 or visit us at www.Mainetown.com. Here are some of the programs/activities offered:

WOMEN'S TEA

Thursday, May 26

10:30 a.m. to 12:00 noon

Cost: \$2.00 Continental Breakfast

We will meet the advanced master of Feng Shui, B.J. Gorman. She will introduce us to the basic principles of harmony and balance in your home.

BEGINNERS/INTERMEDIATE TAI CHI

Thursdays, June 2 to July 21

3:30 p.m. to 5:00 p.m.

Instructor: Sylvester Marshall

Cost: \$40.00 for 8 classes

Learn and review your Tai Chi postures and stances in this class. Wear comfortable clothing. Newcomers are welcome to join. Classes are held at Maine Town Hall.

INTRODUCTION TO INDIAN CULTURE

Mondays, June 6 to 27- 4 sessions

2:00 p.m. to 3:00 p.m.

Instructor: Swami Ganeshanandji

No Charge - Registration Required

The enchanting country of India will be visited thru music, Yoga and meditation techniques, astrology and history. Food samplings will be featured.

ANNUAL SPELLING BEE

Come and compete in our Annual Local Spelling Bee on

Wednesday, June 15th at 2:00 p.m.

The winner and 1st runner up will compete in the Regional Event which will be held at Maine Town Hall on Tuesday, August 2 at

10:00 a.m. To register and receive the rules contact the

MaineStreamers at 1-847-297-2510.

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Michelle Caldwell,
Special Care Unit Director
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SENIORS

MG Seniors

(Continued from page 13)

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 times from 9 a.m. to 1 p.m. on Saturdays, June 4 and 11 at the Morton Grove Senior Center; and from 12 noon to 4 p.m. on Tuesday, July 12 and Thursday,

July 14 in the Prairie View Community Center. The cost of the course is \$10. Call the Morton Grove Senior Hot Line at 847/470-5223 to sign up.

"UNDERSTANDING YOUR PROPERTY TAX ASSESSMENT"

Nancy McCready from Cook County Assessor James Houlihan's Office will be at the Morton Grove Senior Center at 1:30 p.m. on Monday, June 6 to explain home property taxes.

Learn about senior freezes and other senior exemptions that are too rarely utilized by seniors. Homeowners who bring in a copy of their last property tax bill or their 14-digit index number, will be able to examine their property tax history one-on-one with Ms. McCready. All Assessment forms and applications will be available on this day. Please register for this free lecture by calling the Morton Grove Senior Hot Line at 847/470-5223.

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Norwood Park Home to graduate 'SeniorFitness' and 'Get Fit' classes

The public is invited to attend and share in the excitement of the graduation ceremony for 12 new members of the "SeniorFitness" and "Get Fit" Strength Training Class at Norwood Park Home (NPH). The ceremony, in conjunction with National Senior Health and Fitness Day, will take place on Wed. May 25, at 3:00 p.m., in the NPH dining room at 6016-20 N. Nina Ave. in Chicago.

Join in and celebrate the accomplishments of each NPH "SeniorFitness" graduate and "Get Fit" graduate from the community. See their successes highlighted in a special audio-video presentation and hear how strength training improved their daily agility. Many previous graduates will also be on hand to greet their new alums.

All sessions are held in the Ralph C. Capparelli Strength Training Center at Norwood Park Home. Two new pieces of equipment—a Nautilus Nitro Plus (hip abductor) and a Nautilus 2ST (leg extension/hamstring strengthening device)—were added recently to the other nine pieces of senior-friendly Nautilus equipment. Existing machines include a compound row, low back machine, triceps press, vertical chest, free weights, leg press, recumbent bikes, steppers, and treadmills.

Members of the community are invited to enroll in the 12-week customized "Get Fit" program that offers opportunities to improve muscular strength, endurance, posture, flexibility, and cardiovascular health. An exercise physiologist creates and coaches individual through their programs.

Healthy snacks will be served after the graduation. Staff will also conduct tours of the Ralph C. Capparelli Strength Training Center. For more information on how to participate in the "Get Fit" program, call Linda Kreger, director of marketing, at (773) 577-5328.

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SENIORS

Maine East Seniors "Hook-Up" with Seniors

On a stormy Wednesday morning seniors chatted with seniors, that is, seniors from the Niles Senior Center visited Maine East High School seniors to share their life experiences and bestow some wisdom for the journey ahead.

As graduation day looms less than 12 days away, the students' lives will dramatically transform. No longer donning their "Senior Stud" and "Senior Nerds" t-shirts, the de rigueur will be college sweatshirts. So, students in Career and College Literacy (CCL), an elective senior-only English course, turned to those with a wealth of knowledge and an open-heart for an intergenerational conversation.

During the panel discussion, Holocaust survivor John Kutyla, urged students to start seeing themselves as "globans," a term he coined to mean citizens of the globe. "I never think in terms of nationality anymore. Let's all see each other as cousins," he said. An informal conversation



in Spanish followed.

George Mahony, praised diversity and stressed his World War II lesson, "We all are one even if we do not speak the same language." Al Aronson shared his vivid memories as a medic during the war.

While only in grade school at the time, Ann Marie Cannizzo

recalled a time when chocolate, coffee, sugar and nylon stockings were rationed. "I'm proud to be an American. We work together," she said. On behalf of all the mothers who lost their sons and everyone on the panel she declared, "Wake up people. War is not the answer!"

The stories reminded Andrzej

Mankowski, senior, of his great grandfather, "They show how much better we have it. The struggle to survive and accomplish is universal."

Some seniors voluntarily skipped their lunch to attend two of the three sessions. Others stuck around long after the passing bell to look at photographs

and memorabilia. All listened appreciatively to the visitors. Fortunately the intergenerational lessons and relationship will continue through exam week, as many students choose to interview a senior citizen for their oral history project.

In the meantime, the Niles Senior Center in Trump-fashion "hired" CCL students to actively pursue their own real-world experiment. Working as a marketing team, the young men and women are creating marketing plans, writing press releases, public service announcements, constructing media lists and original ads. Seniors are realizing the academic skills are purposeful for problem-solving outside of Maine East. They aim to increase attendance at the Center's annual "Arts and Crafts Fair" in November.

High school Senior Pawel Jamrozik put it best, "We must listen to older adults so history will not be forgotten. Stories have power."

"Now I'm sure I did the right thing."

"If someone said five years ago that I was going to live in a retirement community, I would've said you're crazy. *The Park* has opened up avenues of interest for me, and I've become part of the family. I go to current events, arts and crafts classes, and my favorite activity is music appreciation. The food is delicious and nutritious, and guess what? I'm eating properly! I think it's one of the best places in the city."

Letter written by Charles M. - resident

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Niles Poppy Day this weekend

Niles residents, including Mayor Nick Blase and Trustees Kim Biederman and Robert Callero make and accept donations to the Niles Memorial Post 77112 Buddy Poppy Day Fund which will be held on Thursday, May 19 and Saturday, May 21. The Niles Veterans and Ladies Auxiliary will be out on the street corners as well as in local shopping centers collecting donations. Monday will be used to support needy military veterans. Pictured from left to right are, Vice Cmdr. Hal Horstman, Post 7712 Cmdr. Bette Horstman, Mayor Blase, Tr. Kim Biederman, Tr. Robert Callero and QM Walt Beusse.

Senior Events at Niles Library, Abington of Glenview

Avoiding Nursing Home/Medicaid Financial Disasters

Attorney Chester Przybylo will explain how to protect you or your loved one's financial assets when faced with nursing home expenses or forced to go on Medicaid. Anyone with aging parents or other relatives will learn how to protect their financial assets. The seminar will be given at the Niles Public Library, 6960 Oakton Street, Niles, on Tuesday, May 24, at 1 P.M. or 7 P.M. Register for this program at the Library, or call 847/663-1234, or online at www.nileslibrary.org.

Pet Therapy - A little love goes a long way

The Abington of Glenview Skilled Nursing and Rehabilitation Facility Presents Animal Education and Rescue. NFP Pet Therapy - A Little Love Goes A Long way. Pet Therapy is widely accepted as a form of therapy for the sick, depressed, old and young alike. Studies have proven that overall mental and physical health of humans is improved when they are exposed to animals. Please join us for a fun and educational program that teaches participants how animals communicate with us, what roles animals play in our lives and what we can do to make it a better world for all animals and people.

Tuesday, May 24, 2005, 2:30 p.m. to 3:30 p.m. at The Abington of Glenview, 3901 Glenview Road, Glenview, Illinois 60025. Seating is limited. Reservations are required. Please call Darren Edwards at 847-725-0000 to RSVP. This seminar is free, open to the public and everyone is welcome. Light refreshments will be served.

This Continuing Educational Credit will be awarded to Licensed Social Workers and Nursing Home Administrators who attend.

United Methodist Homes Brunch May 25

United Methodist Homes & Services and Bethany Methodist Homes & Methodist Hospital cordially invites you to the CLERGY & SPIRITUAL CAREGIVER APPRECIATION BRUNCH featuring a Round Table Discussion on "Advance Directives & The Future" Presented by John Schumacher, Manager of Spiritual Care & Healing Arts Rainbow Hospice and Reverend Sarah J. Beggs, Provider Relations Representative, Palliative Care Center & Hospice of the North Shore, Wednesday, May 25, 2005, 11:30 a.m.-1:30 p.m. The Methodist Home, 1415 W. Foster Avenue, Chicago, IL 60640. PLEASE RSVP TO 773-769-5500.

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SENIORS

AGING LIFESTYLES Retirement paradise

BY JOE VOLZ
Copley News Service

Well, there's a big surprise in Warren Bland's latest list of the top 10 cities to retire in.

Portland, Ore., and Boulder, Colo., are tied for first. No surprise. But Pittsburgh is seventh. Don't be surprised says Bland, 64, a California State University geography professor, who has traveled across the country extensively for the last 20 years.

He says, "The Pittsburgh renaissance is a reality. The city has evolved from Steel City to a corporate headquarters and service economy and its air is now cleaner than that of most large cities.

"And it has good transportation, health care, retail services and cultural activities, all essential to retirees."

I have also traveled the country the last couple of decades looking at retirement sites,

before settling on the historic hamlet of Frederick, Md., 40 miles north of Washington, mainly for a reason that not all retirees consider - being near our grandchildren.

But along the way, I developed a checklist on what I considered essential to a good retirement. Good health care - world-class hospitals and specialists can be a life or death issue. And, for me, living hundreds of miles from a great cultural center is not appetizing. If I had my druthers, I probably would have headed south to get out of the cold, although Bland lists three Colorado towns in the Top 10 - Colorado Springs, Fort Collins and Boulder.

Only one Florida town made the list - Boca Raton. I would have added Melbourne on the Atlantic side and Naples, Sarasota and St. Petersburg on the Gulf Side. But of course, it can get kind of tropical in summer, not to mention hurricanes at the end of the summer. You don't have to experience a hurri-

cane to know whether you want to live in Florida, but you might want to try a couple of weeks in July to see if you can stand the heat.

Portland is the only town listed on the West coast but Ashland, Ore., and Seattle are delightful. For the sunbirds, San Diego is nice, but expensive.

Here are highlights of some of Bland's favorites:

In the Northeast, how about Burlington, Vt.? It can get chilly in January and February, regularly below freezing, but it is a lively town with great natural beauty.

The Midwest has a sleeper, Bloomington, Ind., home of Indiana University. It's small, only 70,000, and that can be a big asset to those tired of crowded and unmanageable cities. Bloomington is very manageable. The big cities of Indianapolis and Cincinnati aren't that far away.

For those wanting to head south, you don't have to go all the way to Florida. How about

Asheville? One of my favorites. It is cradled in the Blue Ridge Mountains of western North Carolina, and has a rich history going back to the 1700s. It was the home of the late novelist Thomas Wolfe, who was way off base when he said, "You can't go home again." Ironically, his house is now a museum.

If you insist on braving the heat and hurricanes of Florida, I prefer the Gulf Coast - less crowded. Naples is delightful, but pricey. But be warned: the temperate is in the 90s from June through September. And in summer, the humidity reaches about 70 percent.

The Southwest can be a bit cheaper - as long as you don't set up shop in some gold-plated Phoenix suburb like Scottsdale. Try Tucson, Ariz., 60 miles north of the Mexican border. It is virtually surrounded by mountains and not as clogged as Phoenix. Every time I go there, I wonder why I don't retire there. Of course, you know the rea-

son - the grandchildren would be too far away.

E-mail Joe Volz at jvolz2003@adelphia.net, or write to 2528 Five Shillings Road, Frederick, MD 21701. © Copley News Service Visit [Copley News Service at www.copleynews.com](http://www.copleynews.com).

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Niles Seniors

for men (\$45). The Fair will be open from 8:30AM until Noon and is open to all ages. Advanced reservations for lab work are required. For more information about the Health Fair or to schedule your lab work, please call the Senior Center 847 588-8420.

MONTHLY GET ACQUAINTED MEETING 10AM - 11:00AM

Meet with the staff, learn what the Center offers in the way of classes, programs, and outings. You'll have a chance to tour the building, and ask questions. Meets the third Thursday of every month. The summer schedule of meetings are as follows: May 19th, June 16th, July 21st, and August 18th. Please register in advance by calling (847) 588-8420.

MEN'S CLUB SPRING BBQ, Friday, June 17th, 11:00AM - 2:00PM
It's BBQ time at the Center and tickets are going fast! Lunch, served at 11:30AM, features burgers and brats fresh off the grill, Baked beans, German potato salad and ice cream for dessert. then we'll go "Down Memory Lane" with Young at Heart. \$10. includes lunch, raffle, and entertainment. Reserved Seating.

ATTENTION, ALL NILES SENIOR SPELLERS! IT'S REGIONAL SPELLING BEE TIME!
Anyone who loves to spell is invited to join this fun filled competition, Thursday, July 14th at 10:30am. The top two winners of our Local Spelling Bee will represent the Niles Senior Center at the Regional Spelling Bee hosted by Maine Township, Tuesday, August 2nd at 10:00am. All seniors invited! Prizes!
For more information, contact Jaymi at 847-588-8420.

MOONLIGHTERS AT THE METROPOLIS FOR FOREVER PLAID, Sunday, June 26th
Join us for this entertaining Sunday afternoon. First we'll enjoy a fabulous lunch at the Metropolis Theater to see Forever Plaid, a musical comedy about a 50's singing group that suffers a tragic accident on their way to their first gig and their miraculous return to earth 25 years later for a chance to fulfill their dreams of success. Check-in at the Senior Center is at 12:00 (noon); we should return by 5:30PM. Cost: \$50.

(Continued from page 13)

CELEBRATE BASTILLE DAY AT THE CENTER, Thursday, July 14, 12 Noon - 2:00PM
Celebrate with a Cabaret featuring Claudia Hommel, best known for her cabaret concerts featuring French and American Songs about Paris. Lunch will be served prior to the performance. Cost \$10

NILES SENIOR CENTER RED HATTER LUNCHEONS (must be a Red Hatter)
For more information about the Red Hatters, how to become a member, and/or information about outings, contact Kelly (847) 588-8420

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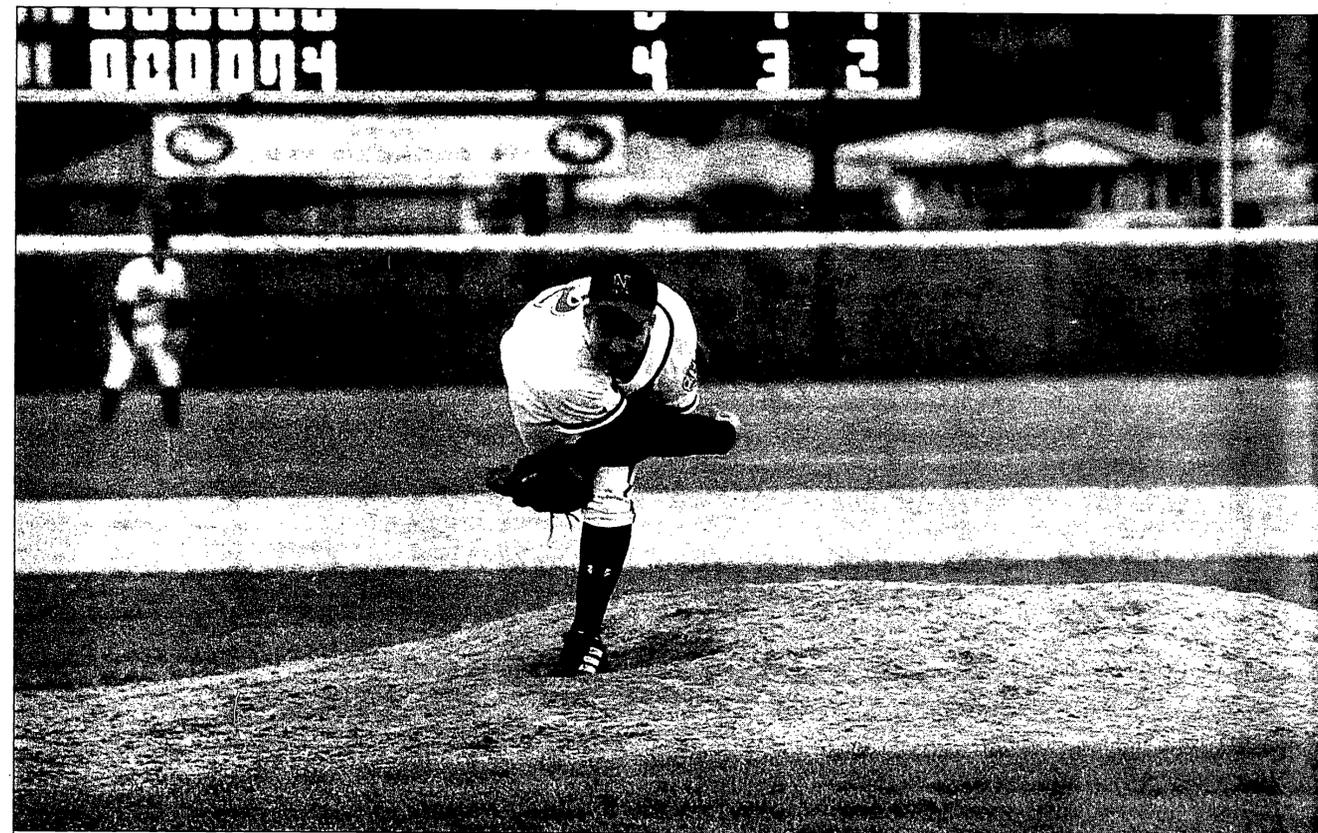
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SPORTS



Fastball

Niles West starting pitcher Tom Gustafson (32) throws during his one-hit masterpiece against Waukegan Thursday evening May 12, 2005. (Photo by Allen Kaleta)

Falcons Travel Football and Cheerleading Registration is coming

The Park Ridge Falcons Travel Football and Cheerleading program will hold registration this weekend. Registrations are this Saturday from 9:00 a.m. to Noon and this Sunday from 1:00 p.m.- 4:00 p.m. at the Maine Park Leisure Center, 2701 W. Sibley Avenue in Park Ridge. The Falcons have joined a new league called the Northwest Youth Football League. The towns they will travel to will be Mount Prospect, Arlington Heights, Elk Grove, Schaumburg, and Palatine. Eight to twelve teams will be fielded at five different levels including a new unlimited weight team for players age 11-14. All players are guaranteed a place to play and will be placed according to age and weight. Within each age and weight class, tryouts will be conducted to place players onto teams according to skill level which will allow us to offer this program to inexperienced players as well as advanced players. For more information, please call Jim DiHu at 847-409-2228.



Santo visits Park Ridge

Chicago Cubs Legend Ron Santo, center, was greeted last Friday night by Park Commissioners Dick Barton, left, and Sal Raspani. Santo was on hand to kick-off the 2005 Park Ridge Baseball season. The Hinkley Field event was attended by several thousand league and softball players, coaches, and guests. Santo threw out the first pitch for the little league. Barton threw out the first pitch for the softball league.

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Summer CAMP



Tips for Parents:

Coping with First-Time Camp Experiences

For thousands, the camp experience has been a long-standing family tradition. For others, the camp experience seems almost counterintuitive. Send your child off to camp for maybe weeks at a time? "As parents, recognizing that you and your child are growing and learning on a journey together is key to adequately preparing yourself and your child for any type of separation, including going to camp for the first time," states Peg Smith, executive director of the American Camping Association (ACA).

Following are helpful tips to consider as you ask yourself, "Who's going through separation anxiety, me or my child?"

• Separation is a part of growing up. Find opportunities to give your child independence in safe, structured surroundings with caring adults. Understanding that healthy separation prepares your child to be a confident, pro-

ductive adult, sometimes makes the process more successful

- Understand that separation is natural and necessary; remember your baby's first crawl, the first time your child stepped onto a school bus, and the overnight at a friend's or relative's - these memories are all important developmental phases you and your child successfully encountered. Each successful separation gives your child confidence for the next challenge. Recognize and expect success

- Implement steps to help prepare you and your child to have a smooth transition to camp by using the tips in "Preparing Children for the Summer Camp Experience." Both parents and children benefit from these recommendations. Share the experience

- Ask the right questions about the camp you are choosing for your child and be sure to match

your child's interest and age to the appropriate camp atmosphere. "How to Choose a Camp" can give you helpful ideas about what questions to ask. Gathering information about the camp will make you feel better about your decisions

- Recognize separating from your child may be just as difficult for you as for your child, maybe even more so

Opportunities for children to experience healthy, successful separation help your child discover who they are and to recognize their strengths. "As children prepare to eventually leave home permanently, I often wonder who is being prepared during each separation experience throughout a child's life - the growing child or the maturing adult," comments Smith. "I think it proves learning is a life-long process."

Source: American Camping Association

Niles Park District Summer Camp Registration

It's not too late to register for summer camp! Niles Park District offers a wide variety of summer camp programs for preschool age through incoming eighth grade kids. Traditional day camp, half-day camp and sports camp sessions are available. Stop by the Howard Leisure Center, 6676 W. Howard Street to plan an exciting summer for your child! Campers will enjoy swimming at Oasis Waterpark, weekly field trips, arts & crafts, sports and tons of fun! Please call (847) 967-6633 if you have any questions.

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LIFE

Chef Harry Presents Easy Grilling Recipes Relieve Fear of Fish!



BY HARRY SCHWARTZ
Copley News Service

I was on an airplane trying to decide what to write about and decided to ask the woman sitting next to me what kind of recipes she would like to see. Without skipping a beat, she responded by saying, "I am scared to grill fish. What are some easy recipes for fish on the grill?"

Well, that I can do. But we need to talk first. Fish can be hard to handle on the grill, especially once it begins to cook. Fish that falls apart or gets stuck to the grill is a barbecue bummer. In most department stores or grill specialty shops, you can find fish screens or fish baskets that make grilling and turning fish easier. There are also stir-fry baskets that make shrimp, scallops, mussels and the like a breeze to grill. Heavy, dense fish like tuna makes great kebabs. Brush the grill with oil before heating to help prevent fish from sticking.

As for marinating, this is done for flavor, not texture. Fish takes on flavor quickly and should therefore marinate for less than 30 minutes before grilling - otherwise, the marinade will overpower the fish. Heavily salted marinades can draw moisture from fish resulting in dry or tough texture. Instead, use marinades for basting fish directly on the grill - the flavor will be terrific. Lemon juice cures raw fish and changes the color dramatically. Better to give a spritz of lemon for after grilling.

Because fish cooks quickly, throwing herb bundles on the grill just before you put the fish on can create a burst of smoky flavor and delicious results. Bind herbs with a bit of cotton string or non-toxic twine. Soak the bundle in water and shake off excess water before placing on the grill. This will give a good burst of smoke. If you are using charcoal, place the bundle right on the edge of the coals. If you are using gas, place on the grill with the fish.

For most types of fish, I start with a hot grill and then turn it down to

medium after placing the fish on the grill. Cover the fish and turn carefully. Be creative. Be confident. You'll be a pro in no time!

GINGERED SALMON
2 tablespoons fresh ginger, minced
1 teaspoon fresh garlic, minced
1 tablespoon soy sauce
2 tablespoon brown sugar
1/4 cup pineapple juice
2- to 3-pound salmon fillet
1 teaspoon vegetable oil
Yields 6 servings.
Mix ginger, garlic, soy sauce, brown sugar and pineapple juice together into thin paste, dissolving sugar. Brush skin of salmon with vegetable oil and place on hot grill, skin-side down. Spread ginger mixture into even layer over salmon and put cover over grill. Grill about 6 minutes and carefully turn salmon to cook and char other side. Remove to warmed platter, skin-side down, and serve immediately.

You have the option of skewering cleaned tail-on large shrimp or using a stir-fry or shrimp basket made for the grill.

LEMON PEPPER SHRIMP
1 1/2 pounds shrimp
1 cup white wine
1 teaspoon soy sauce
1 teaspoon dried Italian herbs
1 teaspoon fresh garlic, minced
Dash paprika
2 tablespoon olive oil
Melted butter to taste
2 or 3 lemon, cut into wedges
Yields 4 to 5 servings.
Rinse shrimp in cold water and drain well. Place wine, soy sauce, Italian herb blend, garlic, paprika and oil into glass or ceramic mixing bowl. Marinate shrimp for 20 minutes and grill until almost cooked, turning once. Baste with melted butter until fully cooked, about 6 to 7 minutes in all. Remove to platter and squeeze lemon juice from lemon wedges over shrimp, to taste. Serve immediately.

If you don't have a shellfish basket for the grill, you may use a disposable aluminum-foil tray for this

recipe. Poke a bunch of wholes with the tip of a sharp knife in the bottom of the foil tray and then place on the grill just before dumping the mussels into the tray.

ROSEMARY MUSSELS
2 pounds live mussels
1 cup white wine
1/2 cup fresh basil, chopped
1 teaspoon fresh garlic, minced
1/4 cup fresh rosemary leaves
3 tablespoon olive oil
1 rosemary bundle
Lemon wedges

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Events Calendar

GOVERNMENT

Thursday, May 19
-7:30 p.m. Park Ridge Park Board meeting
-7 p.m. Morton Grove Park Board meeting
-7:30 p.m. Golf-Maine School District 67 board meeting

Monday, May 23
-7 p.m. Morton Grove Village Board meeting
-7:30 p.m. Park Ridge/Niles School District 64 board meeting

Tuesday, May 24
-8 p.m. Niles Village Board meeting

COMMUNITY

Saturday, May 21
• Bird Watch - Join Marian Thill, certified naturalist, on a birdwatch in Morton Grove's own backyard, Linne Woods, on Saturday, May 21, 2005 at 8 a.m. Come see for yourself whose been migrating through our Village. By summer these visitors have passed us by, so join Marian and members of the Morton Grove Historical Museum staff on this special watch. Enter the Cook County Forest Preserve at the entrance on the north side of Dempster, across from Ferris Avenue.

Drive down the road, past the pavilion, to turn-around and park near turn-around. Although not strenuous, the birdwatch will require some walking. An adult must accompany children under 18 years of age. This birdwatch is free, but reservations are required. Watch may be postponed or canceled in the case of inclement weather. Please, no pets allowed on the Bird Watch.

Call now to reserve a spot on this special nature watch: 847-965-0203.

• Like water? Like music? Like music about water? As the final program until September, the Niles Historical Society is happy to have Lee Murdock regale us with songs of the Great Lakes region. He has uncovered a boundless body of music and stories in the lakes and his program includes both maritime history and songs about people who settled on the Midwestern shores.

Lee is a fluent instrumentalist on the six and twelve string guitars and his musical influences span 15 generations from 17th century harp music to Scott Joplin guitar rags to original songs. Lee has released 10 albums heard on radio stations in North America, Europe and Australia.

Mark your calendar and join us for a fun-filled toe-tapping afternoon on Sunday, May 22, 2005 at the Niles Historical Museum, 8970 Milwaukee Avenue at 2:00 p.m. There is no admission charge (donations welcome); plenty of free parking and following the program, free refreshments.

All programs are planned for the family, so come early, enjoy the socializing, and explore 3 floors of museum exhibits, collections and memorabilia before the program.

Cast your job hunting fears away.

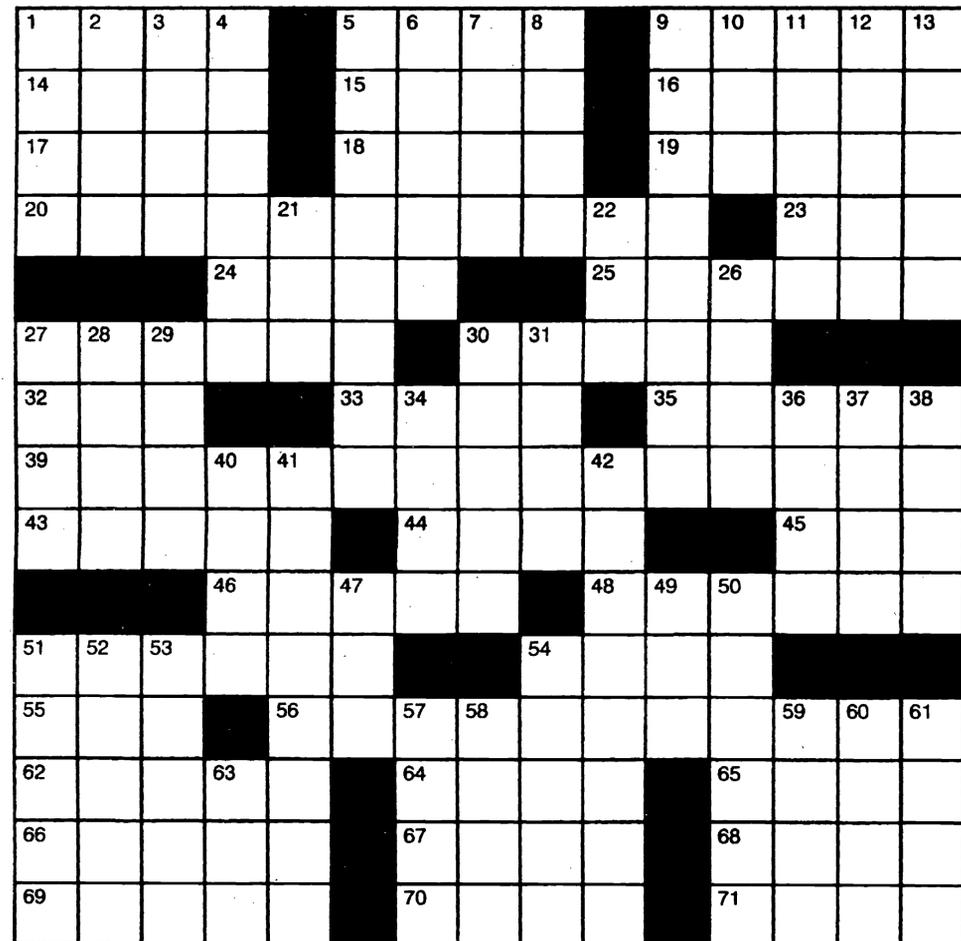
Check out the Bugle Classifieds, for the latest job listings!



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CONTROL! CONTROL!



COPLEY NEWS SERVICE

By Charles Preston

ACROSS

- 1 Audacious
- 5 Overlook, perhaps
- 9 Resonance, on the streets?
- 14 Fencing gear
- 15 Raced
- 16 Greek muse
- 17 Roof overhang
- 18 Operatic highlight
- 19 Dating from birth
- 20 Go ape
- 23 IRS expert
- 24 "Das Rheingold" role
- 25 In the ___ regions: underworld
- 27 Yankee, to Pedro
- 30 Lone Ranger's pal
- 32 Lend a hand
- 33 Trepidation
- 35 Pinch or adjust
- 39 Rage
- 43 "The Most Happy ___"
- 44 Elephant's trunk
- 45 Laugh-provoking act
- 46 Tiny pond plants
- 48 Parthenon's site
- 51 Squelch
- 54 Concept
- 55 Actress Balin or Claire
- 56 Explode
- 62 Snorkeling upgrade
- 64 Silver coin

- 65 Antitoxins
- 66 Uniform jacket
- 67 Napoleon's exile spot
- 68 Plumbing concern
- 69 Was awful
- 70 Awaken
- 71 Otherwise

DOWN

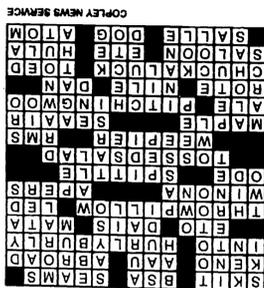
- 1 Complaint
- 2 Milky gemstone
- 3 Jeans maker
- 4 Intensify
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- 8 Ring out
- 9 Feud
- 10 Roth account, briefly
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- 12 Troops encampment
- 13 Type of power
- 21 NATO word: abbr.
- 22 Travel stop
- 26 Wilder's "Our ___"
- 27 Hook with a handle
- 28 Aggravate.
- 29 Pastoral poem
- 30 Lake by Reno
- 31 Smelter fodder
- 34 Lab burner
- 36 Advantage
- 37 Mr. Greenspan
- 38 Beer holders
- 40 Norwegian king
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- 47 Coagulate
- 49 Afternoon affair
- 50 Difficulty
- 51 Sprinkles lightly
- 52 Complete
- 53 Some wildlife
- 54 Metrical feet
- 57 Keats offerings
- 58 Go limp
- 59 Ship's hull feature
- 60 Notable times
- 61 Proceeds
- 63 Storage container

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

This Week's Winner is...

Lorraine Truskolaski

Send your answers to the editor: Andrew Schneider
Fax: 847.588.1911 E-mail editor@buglenewspapers.com



Last Week's Answers

REAL ESTATE

Decor Score

Mixed Media Can Work Well Underfoot



BY ROSE BENNETT GILBERT
Copley News Service

Q: Someone must have been tipsy when they built the house we're thinking of buying. The living room floor is part ceramic tile (in the center) and part regular hardwood (around the edges). We love the rest of the house and the price will be right (we'd be buying from my cousin, which is why I don't want to raise a fuss about the floor). Will it be expensive to take up either the tile or the wood, so everything is the same?

A: Not especially, but why bother? Instead of "tipsy," that original designer might have been drunk on inspiration. As

long as the colors are compatible, mixed media can work well underfoot.

To wit: the two-faced floor in the room we show here. Created by top New York designer Glenn Lawson (212-319-3003), the floor, like yours, features a center of ceramic tile, wrapped all around with hardwood planking. Not only do the two materials blend easily, the tile acts like a large area rug, anchoring the arrangement of the furniture itself.

Try not to give into the impulse to make everything alike. Matchy-matchy thinking already robs too many rooms of their potential personality. Even if the dual flooring feels odd at first, you'll eventually

be glad you didn't rip it all out.

Q: We are about to move to our condo in a Sun Belt resort area. When we inventoried our household belongings, we realized that our collection of art - mostly paintings and prints - is more extensive than we realized, and more valuable. Nice, but here's the rub: our condo has almost floor-to-ceiling glass walls to take advantage of the view. The glass is tinted, which is supposed to block the sun, but we're not taking chances. What should we do for window curtains? Is there any special fabric that blocks the sun?

A: Yes, but at the same time, you don't want to block the view you're moving to. It's a true conundrum: the very

light than can damage your artwork also offers the very best technology, you can consider light in which you can enjoy viewing them. Happily, help is at hand. Thanks to modern technology, you can consider

Story Continues...
DECOR SCORE page 25.

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REAL ESTATE

GARDEN TIP

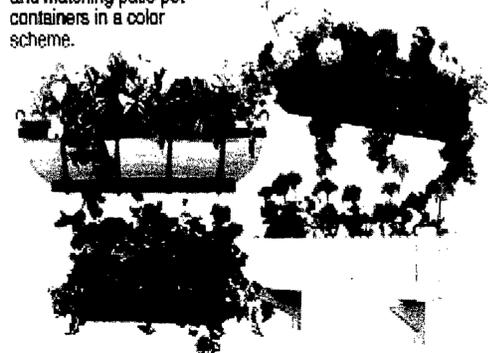
Winning window boxes

A few things to consider when creating container gardens.

WHEN PUTTING A WINDOW BOX TOGETHER:

- There should be an accent plant that is tall, coming out of the top like a fountain.
- Choose leaves that are big and blocky.
- Use colors that are similar.
- Do several window boxes and matching patio pot containers in a color scheme.

- Make sure all plants require the same growing conditions.
- Use vegetables and herbs in the containers.
- Leave at least a half-inch of room at the top of the box, above the soil, for water.



A Greener View Window Boxes Should be a Portrait of Color

Jeff Rugg Copley News Service

Q: My mother plants window boxes that look beautiful, but mine always look awful.

A: Isn't it wonderful to be inspired by our mothers. My mother's green thumb is so good; she could probably get petrified wood to come back to life.

There are a few things you need to know when creating pretty container gardens. First, imagine taking a picture of a pretty window box in black and white and just looking at the plant shapes.

Then there will be something filling the top of the container and something cascading over the sides.

Each of these areas will be created from different plants.

Next, while still looking at it in black and white, look at the textures.

In other words, some of the leaves will be big and blocky, like coarse textured sandpaper and other leaves will be tiny and close together like fine sandpaper.

Finally, look at the picture in color.

In the beginning, try using colors that are similar. There should be some continuity.

A red flowering plant could be next to a plant with red on its leaves.

The colors of the rainbow are red, orange, yellow, green, blue, indigo and violet.

Just call the last two purple. Try doing several window boxes and matching patio pot containers in a color scheme.

Pick a color as the main color and only use it and the two colors next to it in the rainbow.

If you pick orange, you would use red and yellow. Red can use yellow and purple and so on.

You could pick your main flower color based on a color used in the fabric of your patio furniture or on the trim of your house to tie them all in.

Next year, you can pick a main color and use the color opposite it on the rainbow or color wheel.

These combinations of red and green, yellow and purple and then orange and blue are complementary colors that can be very visually stimulating.

Using white variegated and silver-leaved plants in each container can also help tie all the containers together visually.

Choose plants that fill all three of these criteria to mix and match in your container. Before you plant them, look to be sure that they all require the same growing conditions. You can't expect a plant that likes to grow in dry sunny conditions to do well in the same container with a plant that needs moisture and shade.

Don't make it too complicated this year. Choose one tall kind, one or two filler kinds and one cascading kind for each planter.

Next year, try a few new combinations in additional pots while repeating the best combinations from this year.

Don't forget to use vegetables and herbs in the containers.

Cascades of small tomatoes, large colorful peppers, colored basil leaves and ferny leaves of fennel can all add new colors and textures to standard flower boxes.

Window boxes are much like any other container, except they are long and skinny, instead of round.

The soil mix will be the same as in other containers.

You need to leave at least a half inch of room at the top of the box, above the soil, so it can hold water.

When you water a box that is too full of soil, not enough water soaks into

the soil and the roots.

Are your window boxes in full sun or in a windy location?

They may need to be watered more often if they are.

A drip irrigation line can be set up to slowly water the boxes at a steady rate that is better for plant health than the excess wet and dry cycles that sometimes develop in sunny locations.

What is below the window box?

There needs to be drainage holes so that excess water can drain out and you may not want it to land on window ledges or patios below the window.

Window boxes and other containers are often considered to be seasonal, but they don't have to be.

Evergreens, perennials and ornamental grasses can all be planted in them and saved until the next year.

Of course, a plant that is a tender annual up north may be a perennial or shrub down south.

If you want to overwinter plants in a northern garden, you will probably have to move it to a protected location so the soil doesn't dry out too much and keep the roots cold, but not excessively cold. Window boxes don't have to be hung in windows.

The long skinny shape can be used on top of deck railings if they are wide enough and sturdy enough.

They can also be used on a patio or deck to divide large spaces into more intimate room-sized spaces.

Use the boxes to make a horseshoe shaped area around a couple of deck chairs and accent the corners with taller pots to make a small room on the patio.

Don't forget to add water and sculptural elements to the containers for further visual interest.

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

REAL ESTATE

Decor Score

(Continued from page 23)

window coverings with louvers that you can rotate throughout the day as the sun moves around the house. Architect Richard Meier applied such a system at the Getty Center in Los Angeles with great success - a good thing, indeed, considering the important artwork he is protecting from the California

sun. By using louvers to redirect the strong light, Meier managed to shield the collections and still fill the galleries with daylight, by far the best light for seeing the true beauty in a work of art. One louvered window covering that could do the job is "Silhouette." It's a relatively

new and different idea in window treatments, comprising a system of soft, rotate-able fabric vanes suspended between panels of sheer fabric. A twist of the wrist adjusts the vanes, which can block some 66 percent of UV rays, according to the manufacturer (www.hunter-douglas.com). Other window coverings that

effectively block UV rays - but not all the light - include honeycomb shades and hardwood shutters - with their very wide vanes, plantation shutters are especially efficient. Whatever window covering you choose, look for its "UV Blockage" rating on the label. The higher the number, the better the protection, the

longer your art will retain both its visual and fiscal value. 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. 921120190, or online at copleysd@copleynews.com.

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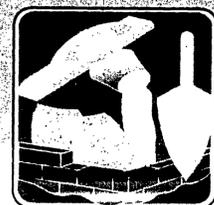
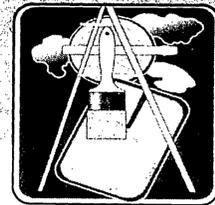
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How did your house fare?

Check out these areas and see for yourself:



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Gutters & Downspouts. Clean out any debris that may have collected over the winter.

Air Conditioning System. Have it inspected by a professional and change the filter as needed to keep it running efficiently.

Deck. Replace any loose nails and warped and rotting boards.

Screens & Windows. Fix any torn screens and replace any loose caulking.

Outside Pipes. Repair any that might have been damaged by the cold weather.

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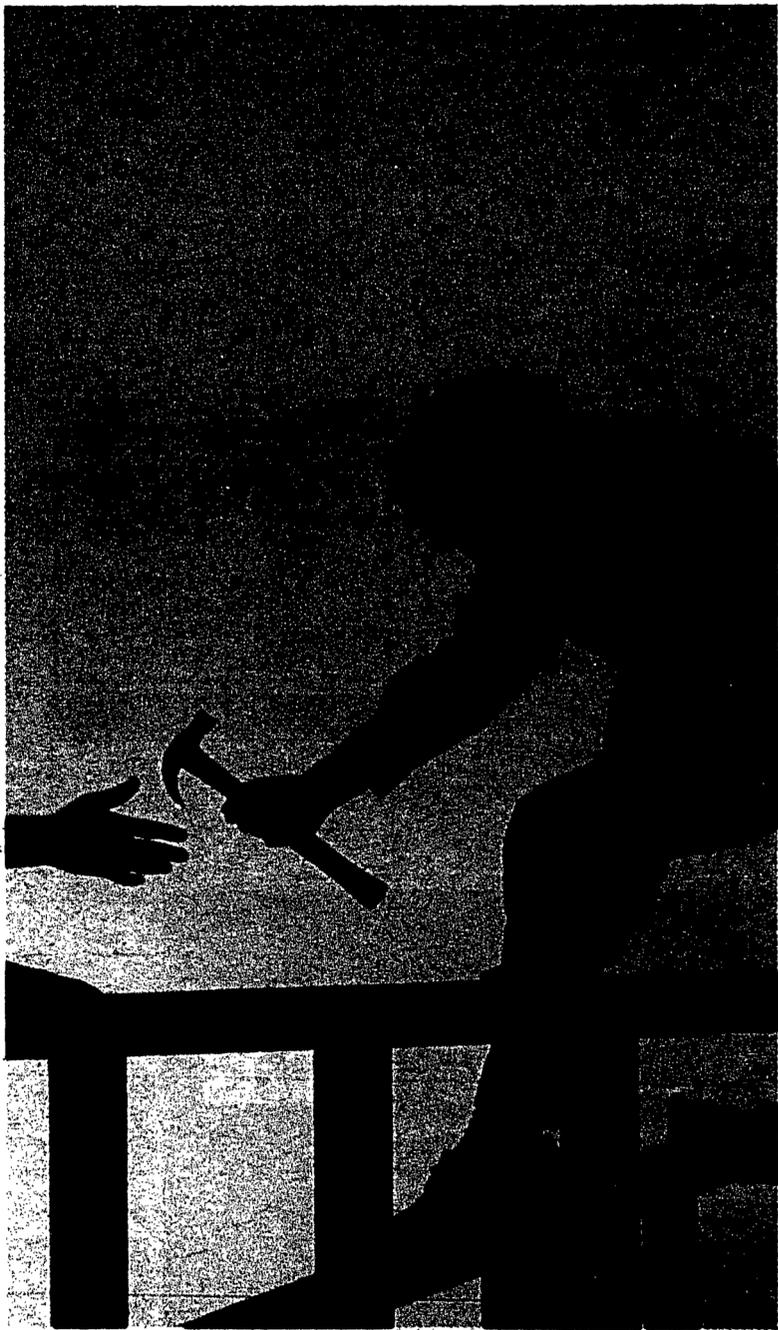
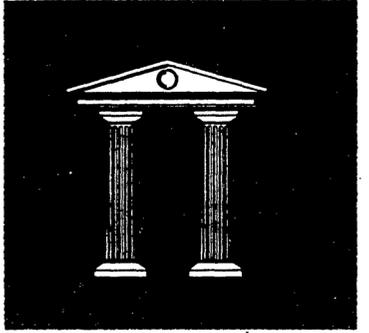
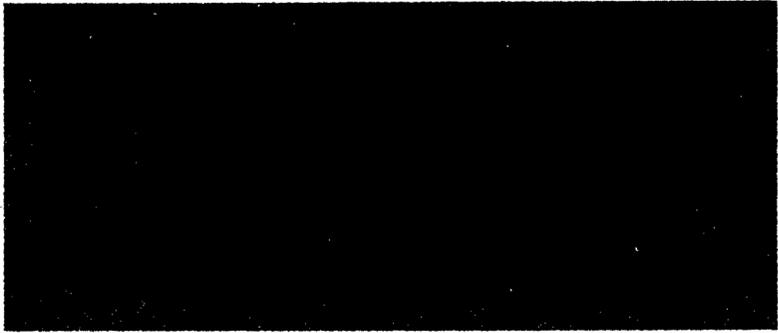
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