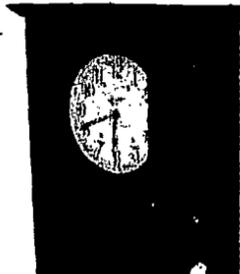


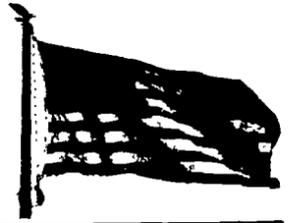


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THE BUGLE



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Park Ridge approves \$5M guarantee to developer

BY ANDREW SCHNEIDER
MANAGING EDITOR

Markech is lone dissenter, argues for fiscal responsibility

Park Ridge Uptown Developer PRC Partners is a little less exposed after a special meeting of the city council last Friday, where the city's legislative body voted to guarantee up to \$5 million of a loan from LaSalle

Bank to the developer. The guarantee will protect PRC up to \$5 million from any lost revenue caused by Park Ridge Resident Chuck Baldacchino's lawsuit against the city and the developer.

"It only applies to the Baldacchino lawsuit," said City

Manager Tim Schuencke. "If it goes away then the guarantee is null and void."

This is at least the third meeting that the city council has held on the guarantee, the others were in closed session. According to Schuencke, those meetings were closed to the public on the grounds

that the discussion was related to the Baldacchino suit, a rationale of which some members of the council were reportedly doubtful.

The guarantee applies to Phase II of the Target Area 2 (TA2) Development, planned as mixed use retail and residential on the former reservoir and Bredemann

properties. Phase III of the project comprises much of the planned retail space and condominiums. There are clauses which trigger the guarantee to be decreased to \$2.5 million in the event that either the majority of the retail space is rented or the majority of the condos

Story Continues...
see **GUARANTEED** page 2.

Police investigating tire-slashing spree

An estimated 50 vehicles had their tires slashed last week.

The majority of the tire-cuttings occurred in Park Ridge, but Niles police also received reports of vehicles having their tires slashed.

In Park Ridge, there were nine reports of vehicles having their tires slashed the night of Friday, July 22. On the night of Saturday, July 23 Park Ridge police fielded 11 tire-slashes. Then, on the night of Monday, July 25 Park Ridge police received 25 reports of vehicles having their tires cut.

In addition, Niles police received reports of five separate

tire-slashings the night of July 22 on the 8400 and 8500 blocks of North Terrace. Each of the five vehicles had two tires cut apiece.

Deputy chief Tom Svoboda said there have been instances in the past where groups of two or three people go on a rampage and shoot out windows with bb guns, rip off rear-view mirrors or throw bricks.

"In this instance, we are talking about quite a large number of vehicles," he said. "Since the 26th they have ceased. Now, we are just trying to follow up on those that had their tires slashed and come up

Story Continues...
see **TIRES** page 7.



Bunker Hill Resident Mitch Kaminiski speaks to the Niles village board Tuesday, July 26.

New Morton Grove Library Trustees Sworn In

BY JEFF BORGARDT
STAFF WRITER

The Morton Grove Library has three new trustees and will now have an easier time making a quorum at board meetings.

On July 28, Agnes Quinn, Patrick Kansoer, and Sadiqua Ahmad were sworn in as members of the Library Board.

Before these new members were sworn in, the Library Board had

only four members. The four-member board had been running the library since after the April elections.

Only one candidate, Renee Miller, appeared on the April ballot and three spots were vacant.

The board approved the appointments July 14 and the new trustees were sworn in July 28.

Board president Estelle Cooperman said the three trustees

Story Continues...
see **NEW TRUSTEES** page 2.

Bunker Hill Residents cause uproar at Niles Board meeting

BY ANDREW SCHNEIDER
MANAGING EDITOR

With some threatening lawsuits, residents of Niles' Bunker Hill Subdivision left the village board meeting Tuesday, July 26 after the board approved a new zoning regulation they believe will decrease the value of their

homes.

The regulation approved by the village board is designed to govern additions to homes which have non-conforming rear yards. Now, every home in the village with a back yard less than the required 40 feet cannot add a second floor that exceeds a 35 degree plan of angle surveyed from the rear lot line.

The regulation began over a

year ago as a proposed zoning overlay for Bunker Hill, a subdivision where 70 percent of the yards are non-conforming. Some are as short as nine feet. The discussion morphed however, from an overlay that would standardize existing variations to a new regulation that, instead, grandfathers

Story Continues...
see **BUNKER HILL** page 3.

GUARANTEED: An unprecedented partnership

CONTINUED FROM PAGE 1

are sold.

"This is a partnership between Park Ridge and PRC Partners so that this project can move forward," said Schuencke.

The guarantee was the only thing that would have allowed the project to move forward, after LaSalle refused to issue financing to PRC until the Baldacchino suit was settled. Baldacchino, who currently lives in the Summit Square Retirement Hotel within the PRC redevelopment has brought suit because, he argues, opponents of the plan were not allowed equal time during hearings and because traffic issues had not been addressed within the project area. He also cited the lack of a final approval from the Illinois Department of Transportation (IDOT) for a proposed traffic light at Summit Ave. and Touhy Ave., a lynchpin of the development. PRC and the city have maintained that an earlier, conditional approval was acceptable.

The next court date for the Baldacchino suit is Sept. 9, when

Judge Dick Siebel is expected to rule on motions for dismissal from both PRC and the city, arguing that Baldacchino and his co-plaintiff, Josephine Perry, do not have standing to file the suit. In spite of constant statements that the lawsuit was frivolous, City Attorney Everett "Buzz" Hill said that the guarantee was the only way to move forward immediately.

"We expect that, at the end of the day, we will win," said Hill. "We are not so confident that the case will be dismissed on Sept. 9."

About 20 residents turned out for the meeting and all but one of those who spoke opposed the prospect of a guarantee, one nearly cried.

"This is ridiculous," said Resident Ken Balaskovits. "They're taking the risk that they should be taking and putting it on the taxpayers."

Balaskovits also said that the guarantee amounted to little more than two or three high-priced homes, an amount of money PRC ought to be willing to put on the line for the project.

"Get back in the room and tell them baloney," he said.

Resident Patricia Heavey said that it was a bad move to risk taxpayer money when private investors weren't willing to risk theirs.

"We have a bank, a title compa-

ny and a developer saying that they won't put their money on the line," said Heavey. "Why are we putting the taxpayers' money on the line?"

The vote was an historic one; no one interviewed could recall Park Ridge ever guaranteeing a developer's financing.

Proponents of the proposal, however, felt that it was time to move the Uptown project forward.

"This project has been in the works for eight years," said Ald. Jim Radermacher (4th), referring to the time period with the Uptown Advisory Task Force was formed. "It's time to move forward."

Mayor Howard Frimark also said that he was behind the proposal.

"I'm behind it 100 percent," Frimark said. "We have to get moving."

Ald. Jeannie Markech (2nd) was the sole dissenter, arguing that if the taxpayers of Park Ridge were being asked to take on additional risk, they should receive a greater return.

"If the lawsuit really is without merit," Markech asked the council at their special meeting, "why are PRC and LaSalle demanding that the city undertake this supposedly non-existent risk?"

One factor which may have influenced the council to move forward with such an unprecedented move was the prospect of a retail "dead

zone" when retailers who planned on moving into the Uptown Redevelopment would pull out of the project if it ran into a "dry" period in sales, from Dec. 31 to March 31. One possibility discussed by PRC representatives and the city was that a major "national specialty grocer," such as Trader Joe's, was on the verge of signing a lease agreement within seven days, but wouldn't unless the project moved forward.

Markech argued, however that the city should be in the business of development.

"The City is in the business of governing, not developing," she said. "It should not be guarantying LaSalle's loan to PRC, especially when PRC is already looking at an 11% profit and may already be get-

ting the city land at well below market prices."

The vote could come back to haunt the council, especially if Baldacchino is able to obtain an order from the judge in the case to prevent PRC from beginning construction on the project. While the council was skeptical that such a thing could happen, it might qualify as a loss for PRC under the guarantee and allow them to begin collecting money from the city.

One way or another, the voters are watching, Resident Pat Livensbarger reminded the aldermen: "we're tired of looking at downtown Baghdad in Uptown Park Ridge."

NEW TRUSTEES: Board selected three residents

CONTINUED FROM PAGE 1

were the only ones to apply for the positions.

When asked for information about the new trustees' backgrounds both Cooperman and outgoing library director Sharron

McCoy said they didn't have any information about the new trustees.

"We don't evaluate based on professional background or anything like that," Cooperman said. "They are residents of Morton Grove."

McCoy said she was not involved at all in the selection of the new trustees.

"That is something for the board," she said.

Quinn, Kansoer and Ahmed's terms will last for two years until the next election.

Niles Board bans Marijuana-flavored candy

Trustee Preston has never tried it

Saying that it promoted a drug culture among children, the Niles Village Board passed a ban against

Marijuana-flavored candy at their last meeting Tuesday, July 26.

Citing marketing slogans such as "every lick tastes like taking a hit" Village Trustee Louella Preston presented an ordinance to ban the sale of the candy.

"It represents a risk to chil-

dren," said Preston. "The slogans constitute an indirect marketing campaign to kids."

The candy is also sold in "dime bags."

Preston said that the marijuana-flavored candy tasted like no other candy and, as such, could be banned safely. She also said

that, though other food products used hemp as an ingredient, none marketed it for its taste.

"It is similar to taste of no other products," Preston said.

Preston also said that it was ironic that she was bringing the ordinance before the village board, since she had never tried

marijuana. At this remark, Trustee Andrew Przybylo scoffed.

"I never tried it," Preston insisted, "because I lived at home and commuted during college. Trustee Przybylo, which cut down significantly on opportunities."

BUNKER HILL: Some residents outraged over new rules

CONTINUED FROM PAGE 1

in all homes that exceed the 35 degree angle.

Village Community Development Director Chuck Ostman said that the new regulation would be a serious encumbrance for the residents of Bunker Hill, but also argued that the irregular lots were themselves an encumbrance.

About 30 residents, mostly from Bunker Hill, showed up to the board meeting. When the 35 degree angle was approved without any discussion, the residents got ugly, arguing that they were

being excluded from a building boom that was sweeping the country.

"Right across Caldwell [Ave.] smaller homes are being torn down and replaced with mansions," said Mitch Kaminski, a resident of Bunker Hill. "This is a building boom that is happening around the country. Why should we be excluded?"

The residents at the board believed that the new regulation would decrease the value of their homes.

"How can you prevent me from improving my home to compete with the million dollar homes going up across the street?" Kaminski asked. "What do you do with a teardown?"

Other residents argued that the new regulation and the building moratorium that has been in effect for a year had made it difficult to sell a home in the subdivision.

"All our homes have been devalued," said Bunker Hill Resident Grace Neville. "There have been three houses for sale in Bunker Hill that have been taken off the market because there have been no offers in a year."

At the meeting, Niles Mayor Nick Blase told the residents that they had to make a decision for the entire village.

"You elected us to make these decisions," Blase told the assembled residents before adjourning the meeting.

Blase also told the residents that the issue was discussed in a pre-board meeting at 7:30 p.m. Regular board meetings begin at 8 p.m. He asked where they had been.

The residents angrily replied that they were in the main board room, where village personnel had told them to go. They also said they were upset because a mailing

that went out to the subdivision informing them of the meeting said it began at 8 p.m.

After the meeting, Blase said that the mistake the board made was moving too slowly.

"We all got stuck in the middle," Blase said. "We all feel bad but at this point, we're sort of stuck with what we've got."

As to the Bedoya family and their stalled project and, it would seem, cancelled project, Carlos Bedoya said that they're going to stay quiet for a while as they decide what to do. The Bedoyas initially proposed their expansion project after they became unexpectedly pregnant.

Bedoya has said, in the past, that he believes his project, which was approved by the Niles Zoning Board, should be evaluated based on the previous set of regulations and that he may sue in order to achieve that.

THE BUGLE

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HEALTH & FITNESS

Fitness Forum

Is your body ready to tackle everyday tasks?

R.J. Ignelzi
Copley News Service

Yesterday you were a dynamo at the gym. You bench-pressed more weight than ever before; your "lats" popped with definition on each pull-down; and the muscles in your thighs rippled as you worked the leg press machine.

Today, you hoist a 20-pound bag of potting soil into your car and you wrench your back.

You may look fit, but chances are you're not functionally fit.

While working out on gym weight machines can strengthen isolated muscles and make you look buff, it does little to help you perform everyday activities. To move through life more efficiently and with less risk of injury, no matter if you're picking up a toddler, lifting a suitcase into the overhead bin or balancing on a step-ladder, functional exercises that mimic normal movement patterns should be incorporated into every fitness regimen.

"We used to focus on fitness to only improve our muscular or cardiovascular strength, but never really asked ourselves, 'OK, I'm getting fit, but what does it mean to me and how I pursue my life?'" says Cedric Bryant, chief exercise physiologist with the American Council on Exercise.

"We now see that by using an integrated approach to exercise and training muscles to work not in isolation but in concert as they do in life, we can make our jobs, recreation and normal, mundane chores easier and less stressful on our bodies."

Nobody knows the value of functional fitness better than firefighters.

"When there's an (emergency) event, you're moving fast and often lifting heavy equipment or people in and out of all kinds of situations. It demands that you're physically fit to do the job effectively," says Deputy Fire Chief Jon Handley, manager of the San Diego Fire-Rescue Department's Wellness Program, which assesses firefighters' fitness, health and nutrition and works with them to make needed improvements.

"Unfortunately, in our job we don't have the convenience of always being in the correct posture or position before we lift or do some of the other physical tasks," he says. "We can get injured just by the nature of what we do every day. That's why it's so important for us to train in such a way that not only makes us stronger, but also lets us



do our jobs without hurting ourselves."

Functional fitness works multiple muscles on multiple planes, simulating how we use them in real life. Functional exercises do more than strengthen. They also improve coordination and balance, prevent strength imbalances and target the stabilizing muscles that we call on many times a day.

Performing several sets of biceps curls while seated at an exercise machine may eventually give you

"Functional fitness is training for life, not events," Bryant says. "It's extremely rare that we ever use just one muscle for anything we do in life. Even something as simple as getting up off the sofa requires several muscles working together."

Performing several sets of biceps curls while seated at an exercise machine may eventually give you

strong and nicely defined upper arms. But it's rare that the biceps muscles ever work alone in real life. A more functional movement would be to do bicep curls with free weights while standing on one leg or lunging forward on alternate legs. These exercises would not only work the arms but also the legs. At the same time, in either the lunge or one-legged position, the core (abdominal, gluteal and lower back muscles) would get a workout as it's forced to contract and tighten to help you keep your balance.

Plus, these are the same combination of muscle movements that we use everyday when we pick up a heavy briefcase, a trash can or a bag of groceries.

"Muscles help minimize stress on our skeletal system. If we keep those muscles strong in all ranges of motion, they can more easily stabilize joints, protect our bones and be all-around better shock absorbers," says Rob Rezende, exercise physiologist and nutritionist with the firefighters' wellness program.

"However, if you've worked a muscle from just one angle on a weight machine and you deviate from that angle, as it usually happens in real life, that's when injuries occur," he says.

One of the first steps in getting functionally fit is to get rid of the "no pain, no gain" mindset which still exists among many exercisers.

But don't be fooled into thinking functional fitness is easy. It's not. Working various muscles at the same time can be taxing on the body and the brain. Functional exercises need to be done with concentrated effort and can't just be mindless repetition. The movements are usually done at as low, deliberate pace and with lighter

than normal weights. Some speed and heavier weights may be added after your body adjusts to the movements.

Because many of these exercises are performed freestyle, without the support of an exercise machine, proper form needs to be the first concern. When beginning a functional fitness program, it's a good idea to get some guidance from a fitness trainer or enroll in a group body conditioning exercise class that incorporates functional movements to help you keep your balance.

The functional approach borrows liberally from disciplines as varied as yoga, Pilates and physical therapy. The workouts can have participants exercising on oversized rubber balls (stability balls), racing up and downstairs, and balancing on one leg or wobbly boards all in pursuit of core strength, aerobic endurance, flexibility, coordination and balance ... the components of any good exercise program.

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HEALTH & FITNESS

Balance often a missing ingredient in fitness

BY JACK WILLIAMS
COPLEY NEWS SERVICE

The typical fitness menu - cardio, weights, flexibility training - may suit your taste. But you're not really getting a balanced diet of exercise unless you add a missing ingredient.

Balance.

For years, it's been sort of an afterthought, like that recipe you wanted to try but never got around to. Unless you fall off a treadmill or trip over a seam in the floor, you're probably content to leave balance training to surfers, skateboarders and skiers.

Yet any personal trainer worth his or her certification, will stress the importance of balance in two contexts: enabling the body to adapt to varied terrain and avoiding the muscle imbalances that cause injury and pain.

Then there's the issue of an

aging population and the resultant balance/coordination deficit. The older you are, the more likely you are to fall, which can mean broken bones and, ultimately, disability.

Look around any health club these days and you're liable to see stability balls, foam rollers, rubber footpads and/or Bosu balance trainers. Incorporated in class settings or used individually, they're all designed to add an element of kinesthetic awareness and motor skills to the fitness basics.

"Balance is a very functional aspect of health and fitness," said David Weck, who invented the Bosu device. "It's the foundation of movement, whether you want to run faster or walk without pain."

His product, introduced in 1999 to help train the U.S. Ski Team, is squishy, domed-shape half sphere on which you can stand, squat, lunge and bounce. Turn it over (Bosu is shorthand

for both sides up), and you can do push-ups or tricep dips.

For many years, similar devices were largely confined to physical therapy and rehabilitation settings. With the advent of core training - emphasis on the abdominals, hips and back - balance boards and stability balls found their way into the mainstream.

For the past two years, the American Council on Exercise has listed balance training at the top of fitness trends for all levels of participants.

The range of options includes yoga and tai chi. Lunges, squats (with or without weights), leg extensions and calf raises also can produce subtle changes in balance without the use of apparatus.

A 10-year study by researchers at Harvard, Yale and Emory universities showed that tai chi practitioners reduced their risk of falling by more than 47 percent.

According to a 2003 issue of the "American Journal of Preventive Medicine", a combination of strength training and balance training has been shown to reduce falls by about 40 percent.

"By practicing balance, you are going to a point where the mind and body unite," said Weck, 35, a former college football player who lives in San Diego. "You start to become more mindful. Movement becomes easier, more enjoyable, and therefore you want to do more of it."

If you do slip - on the proverbial banana peel, say - better balance will trigger a quicker response. "You'll go down with greater awareness, which translates to better movement," Weck said. "You'll be less likely to hurt yourself." Balance begins with the feet. Strengthening them improves coordination and sensory awareness from the ground up.

"To truly make the foot strong, I like to go barefoot," Weck said. "In health club classes, where they do patterns and jumps on a Bosu ball, they'll use footwear. But, ultimately, barefoot is better."

Try balance work in appetizer portions at first, before the main course of your workout. As you become more proficient, you can even make it the dessert.

Newcomers to balance training will soon discover that it can be fatiguing. Not so much physically as neurologically.

As you wobble and twitch don't despair. "It's like learning to type or play the piano," Weck said. "Because balance is such a skill-based phenomenon, you can increase it - even when your other physical capacities are diminishing."

One thing's sure about balance: Ignore it and it will go away. Guaranteed.

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Morton Grove Residents open 'Healthwise' store on Waukegan



Morton Grove residents Jerry Shimomura and Mark Zimmerman

Longtime Morton Grove residents Jerry Shimomura and Mark Zimmerman have opened "Healthwise Sports & Fitness Supplements" located at 9136 Waukegan Road. The retail store carries specific lines of brand name products for customers interested in weight loss, fitness, athletics and body building. Also avail-

able are vitamins, minerals, and herbal products.

Formerly located in Glenview, the new location is ideally situated near two prominent Morton Grove health clubs. "When this location became available, Jerry and I immediately pursued it. We knew this was a great location that is convenient for our customers. As

Morton Grove residents, we also liked the idea of being back in our home town," said Mark Zimmerman, partner.

Zimmerman's background as a former sales representative for a vitamin company has come in handy, making it easier for the partners to secure new product lines.

Many of Healthwise's customers are very health conscious...and age isn't an issue. "We have customers of all ages, body types and ethnicities, and some of our customers are senior citizens. Health products aren't just for young people," said Zimmerman. According to Shimomura, "We won't sell a product we haven't thoroughly researched." The partners state that their prices are lower than their competitors...including Internet-based companies. Shipping and handling costs add several dollars to a product's price. Since Healthwise's customers are all walk-ins, no additional shipping costs are necessary, and prices remain low.

Healthwise Sports & Fitness Supplements is open Monday through Friday from 11 am to 7:30 pm, and Saturday from 11 am to 4 pm. Closed Sundays. Appointments are available by request. For more information call (847) 967-5555.

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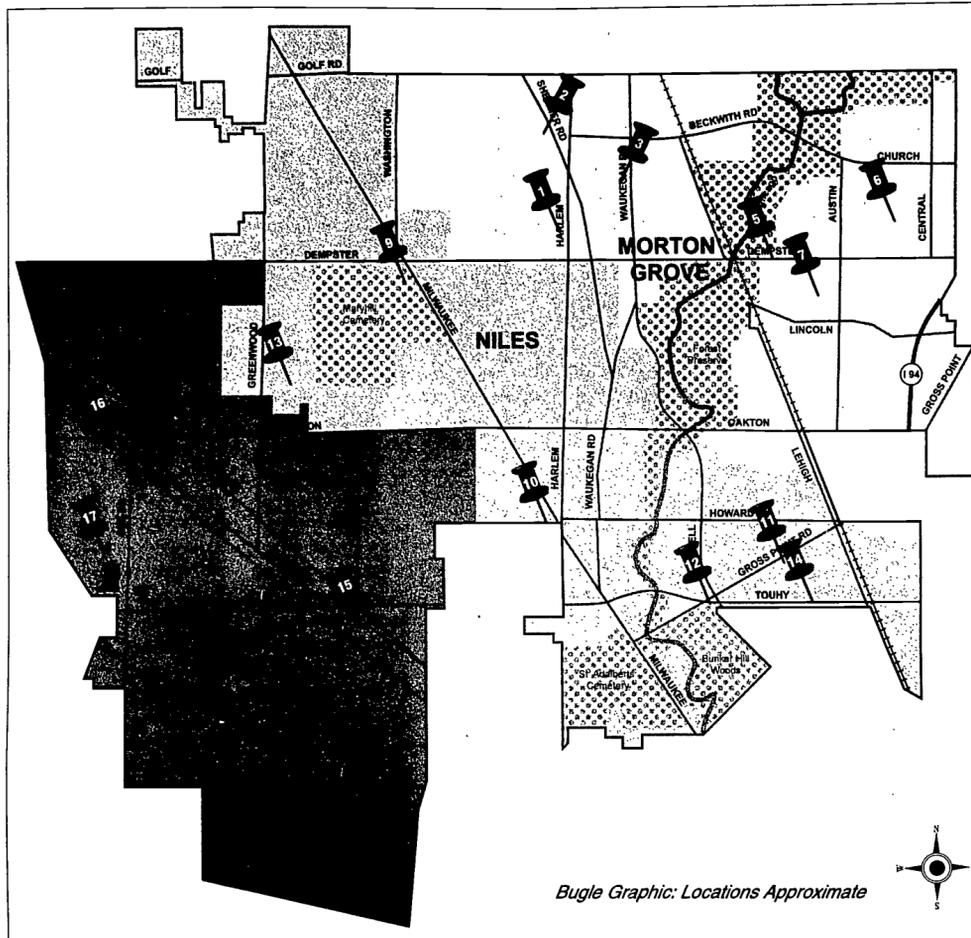
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POLICE BLOTTER



Bugle Graphic: Locations Approximate

10 U-Haul theft
(7600 Milwaukee)
A locked U-Haul vehicle was stolen from the parking lot July 26.

11 \$23,168 in bad checks
(Costco)
A River Grove grocer, 36, was arrested for buying \$23,168 in cigarettes from Costco with bad checks. He bought the smokes on four separate trips. When officials tracked him down, he had changed the name of his grocery store.

12 Motel crime
(6400 Touhy)
A truck driver was staying at the Days Inn July 25. He walked out of his room and went to the motel office for a cup of coffee leaving his door unlocked. When he returned, his wallet stuffed with credit cards and cash was gone.

13 Tires slashed
(8400 and 8500 North Terrace)
Five separate vehicles each had two tires slashed the night of July 22.

14 YMCA locker theft
(6300 Touhy)
As a 37-year-old worked out at the YMCA, someone broke into his locker and stole his wallet.

PARK RIDGE

The following was derived from the official reports of the Park Ridge Police Department for the week ending Monday, Aug. 1.

15 Car Stolen and Found
(0-100 S. Northwest Highway)
A 1996 Nissan Pathfinder was stolen from a business parking lot July 23. It was found in Chicago but the vehicle was damaged.

16 Food Taken
(1000 N. Northwest Hwy.)
A business reported a crate of food worth \$110 was taken July 22.

17 Camcorder, Laptop Removed from Car
(600 N. Parkwood)
Someone broke the window of a car the night of July 25 and then took a \$1,000 video camera and a \$500 laptop computer.

9 Underage beer sale
(8700 Milwaukee)
A cashier, 26, at a deli in the 8700 block of Milwaukee was cited for selling a six-pack of beer to a 20-year-old man last week. She has an Aug. 18 court date.

All information printed in the 'Police Blotters' is obtained from written reports of the respective police departments. Publication in the Police Blotter does not presume guilt or innocence

MORTON GROVE

The following was derived from the official reports of the Morton Grove Police Department for the week ending Friday, July 29.

1 Intruder?
(7200 Lake)
A woman, 88, reported that someone entered her residence, walked up stairs and then walked out of the house. Nothing was missing. Police checked the neighborhood and found no reports matching the suspects description. The woman's daughter, 63, said her mother takes too many medications and she will contact the doctor.

2 Arson
(9300 Shermer)
Morton Grove authorities say a mentally retarded man started a fire at the Aspen Home on the 9300 block of Shermer July 25. Authorities responded to a fire alarm at 5:30 p.m. They checked the premises of the home and found a locked door with smoke coming from inside. They yelled but the resident inside the bedroom, 40, did not open the door. Rescue officials then kicked the

door open and observed a night-stand on fire. The fire was extinguished. The man then said he started the stand on fire using a lighter. The lighter was in his pants, he said. The man also broke his window and tried to exit. The lighter was seized as evidence and the man was taken to Lutheran General Hospital.

3 Bank Squat
(9100 Waukegan)
Bank security officials at MBNA bank observed two men in their 30's or 40's squatting behind bushes in front of the bank July 27. The same thing happened last week too.

4 Bike Crash
(Linne Woods)
A financial planner, 49, was bike-riding with his daughter and wife July 21 at 8:40 p.m. when he turned to enter Linne Woods and then struck a chain across the drive causing him to fly off the bicycle. He was unconscious for a few moments and suffered a bump to the head and an abrasion on his leg. He was transported to Lutheran General Hospital.

5 Neighbors Dispute
Fire Call
(6300 Ferris)
Workers at Ferris Nail and neighboring Ferris Bubble had an argument July 26. The Ferris Bubble owner reported smelling smoke from next door and said the same thing happened three weeks earlier. An officer arrived on the scene and smelled no smoke. The nail shop said the owner of the neighboring business only called in the fire as retaliation over the argument.

6 Vehicle damage
(9000 Major)
A man, 65, came home and saw a running white truck next to his car. A man was hunched over his vehicle. The owner approached and the man fled. \$150 damage was done to the vehicle. Police have a lead on the suspect's possible identity.

7 Car plundered
(5800 Capulina)
Someone took a \$425 radar detector and a \$600 digital camera from a car July 25.

NILES

The following was derived from the official reports of the Niles Police Department for the week ending Friday, July 29.

8 Police Station Pee
(Police station interview room)
A woman, 53, of Des Plaines was being questioned by police July 23. She was given a cup of water and left alone for 10 minutes. When an officer returned to the room, a puddle was spotted on the floor. "Did you spill the water?" the officer asked. At this point, the woman stated that she urinated on the floor. The woman was arrested for damage to village property and given an Aug. 18 court date. Crime Scene Cleaners were called to sterilize the interview room.

9 Underage beer sale
(8700 Milwaukee)
A cashier, 26, at a deli in the 8700 block of Milwaukee was cited for selling a six-pack of beer to a 20-year-old man last week. She has an Aug. 18 court date.

News from the Police Reports

Mailman arrested for indecency

BY JEFF BORGARDT
jborgardt@buglenewspapers.com

Following public indecency reports in Niles and Morton Grove last week, police have since arrested a mailman for an act of public indecency in his car.

Danny Barnett of Elmwood Park was arrested on the 7000 block of Wright Terrace in Niles. A woman, 55, saw Barnett from her bedroom window on the second floor in the middle of the night.

His drivers seat was reclined and the woman said he was engaged in an indecent act.

When a Niles police officer arrived, Barnett zipped up his pants and jumped out of the car.

He was wearing a postal workers uniform and told the officer he was sleeping in his car. According to the police report, he "appeared nervous." Barnett then told the officer

that he "was urinating in empty bottles." The officer noticed empty bottles in the car but they had no urine inside them. Police arrested the mailman for public indecency.

He has an Aug. 10 court date. His vehicle was towed away.

Last week, Niles police received a report of a man who blew a kiss at a woman, 20, in her car and then exposed himself as he drove next to her vehicle on the 7300 block of Milwaukee July 21.

Morton Grove police also received a report of a man observed by two children July 17 engaged in an illegal and indecent act in his car on the 5800 and 5900 block of Dempster.

Police have not said if any of the three events are related though Barnett does not fully match initial descriptions provided by the witnesses of the other two incidents.

TIRES: Niles Police also on the case

CONTINUED FROM PAGE 1

with any information we can as to the identity of those responsible." In the Niles tire cuttings, all the vehicles had two tires slashed. In Park Ridge, all but one of the vehicles had only one tire cut.

Swoboda said there are no suspects at this time.

The nine Friday night slashings were reported on the following blocks: 200 Kathleen, 700 Merrill,

200 Lahon, 600 Greenwood. The 11 Saturday night slashings occurred on these blocks: 1100 N. Lincoln, 700 Austin, 0-100 S. Lincoln, 200 N. Lincoln, 200 N. Delphia, 600 N. Delphia, 700 N. Delphia, 300 S. Delphia.

The 25 Monday night tire cuttings were reported on the blocks of 400 S. Lincoln, 500 S. Lincoln, 100 N. Lincoln, 200 N. Lincoln, 700 Austin, 700 N. Elmore, 800 N. Merrill, 100 E. Lahon, 200 E. Lahon, 300 W. Cuttriss, 800 East, 600 Wisner, 200 Edgemont, 700 Oriole, 0-100 E. Sibley and 300 S. Delphia.

It is possible more tires were slashed and not reported.

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COMMENTARY

Letters to the Editor

Niles resident wants OTB

Dear Editor,

This is in response to a letter written by Sherwin Dubren of Morton Grove in last week's Bugle (7/28/05, Morton Grove Resident Against Niles OTB).

As a Niles resident I am totally willing to have the OTB come to our community. I think the expected revenue it would generate would help better the village of Niles. Mr. Dubren made the comment about "gamblers," does he not realize that if a person chooses to gamble that is his or her business. The potential gambler will travel to where ever he chooses to gamble. Not having an OTB in our community will not stop that person from gambling. So, Mr. Dubren, if Morton Grove choose not to allow OTB in their city, that's their business. Why should you care if it came to Niles, so we can reap the benefits of the huge amount of revenue it would bring to our community?

Also, as to the OTB "corrupting our youth" as Mr. Dubren claims it would, our "youth" will not be allowed into the establishment, I'm sure IDs will be checked. The OTB is state-licensed, if they

allow youths to gamble, they could loose the license, I do not think that they would want to do that.

Jim Schiller, Niles

Thanks for opportunity to serve

Dear Editor,

On Thursday, July 28th, there were three new trustees appointed to the Morton Grove Library Board. I was one of the three and would like to express my gratitude.

I want to thank President Cooperman and the board for giving me the honor and privilege of serving the Morton Grove Library as an appointed member of the board.

A library is a magical place where you can sit and converse with the wisest men and women throughout the ages; travel through foreign lands or time; cavort with princes, pirates and wizard-sæ you can do all this and still be home in time for supper and the price of admission is the possession of your library card. A library, to paraphrase Socrates, should be the delivery room for the birth of ideas - a place where history comes to life.

Arthur Schlesinger said; "The public library has been historically a vital instrument of democracy and opportuni-

ty in the United States.... Our history has been greatly shaped by people who read their way to opportunity and achievements in public libraries."

"A democratic society depends upon an informed and educated citizenry," was one of Jefferson's maxims.

Knowledge is power and as such the Morton Grove Library building and the materials within it's walls are the things which empower every Morton Grover.

The inscription on the Berlin Royal Library reads; "Nutrimentum spiritus" (Food for the soul).

Thank you for the opportunity to help prepare the meal.

Patrick C. Kansoer, Morton Grove

Congrats to Morton Grove Public Works

Dear Editor,

We just wanted to thank the Morton Grove Public Works for their fabulous job of cleaning up after the recent storm. Within a few days all of the tree branches and limbs were gone from our neighborhood.

Public Works is always there when you need them. Thanks people.

Harold and Mary Ellen Cohn, Morton Grove

Another Perspective



Public Virtue, Private Vice

DYou own nothing. At least not when government wants it. That is the message the Supreme Court sent in *Kelo v. New London*. Their decision nullifies the Constitution's Public Use clause and continues the trend where the rich and powerful may use

government to seize the property of ordinary citizens for private gain.

The Fifth Amendment reads in part "nor shall private property be taken for public use, without just compensation." This forbids the government from taking your property for merely private uses; if it did not, the "public use" clause would be meaningless and empty, contradicting the warning of chief justice John Marshall over 200 years ago that no clause of the Constitution is intended to be meaningless.

Eminent domain should be reserved only for the most extreme circumstances, just like any use of force by government. It was to be a limitation on government so as to stop takings without compensation and to insure that if a necessary taking exists compensation will be paid. In practice though, eminent domain has been used well beyond the original intent of the Founders.

The original idea was that a need may arise to take private property for a public use. A public use being a prison, military base, park or any land the government owns and uses. The problem arises when a government takes land not to use for itself but to hand it off to a private party without ensuring that the public retains the right to use it.

The responsibility to protect private property now falls on our Illinois legislators. They need to reassert and restore the property rights of their citizens. The problem is that politicians will say anything and then do something else. We have heard some remark that the people need to read the Illinois statutes, which refer to blight, but what politicians say is of no comparison to what they do.

Anyone who has been to Milwaukee and Lawrence

avenues knows that that area was not blighted, yet eminent domain is being used to transfer private

“Eminent domain should be reserved only for the most extreme circumstances, just like any use of government force.”

property from one private owner to another. The difference being that the new owner is politically connected. The government motive is more tax revenue. Is the increase in tax revenue worth the reduction in liberty, freedom and your rights?

If we continue to define blight down to gaining more tax revenue, then we will see more and continued abuses. A shopping mall generates more tax revenue than a home. And keep in mind that these property transfers to private investors by eminent domain always involve clout. Clout is by definition an abuse of the rules.

The simple solution is an amendment that will require the government to either own the property it seizes through eminent domain or guarantee the public the legal right to use the property. It should also require that such property must be restored to the original owner or his rightful successor, if the government ceases to use it for the purpose of the eminent domain action.

An honest politician should step up to the plate and restore the rights we have lost. Is that too much to ask?

BUSINESS

Corporations could fix the 401(k) faults



The 401(k) began as a noble concept. The workplace retirement plan was heralded as a way to boost our chances of retiring with the kind of lifestyle that you see on Carnival Cruise Lines ads. But plenty of warning signs now suggest that 401(k) boosters were far too optimistic.

"What we've done is conducted a vast experiment in social engineering that almost certainly is going to fail," suggests William Bernstein, the author of "The Four Pillars of Investing, Lessons for Building a Winning Portfolio." The current system may seem robust to many but, he observes, the swapping of pensions with 401(k)s "is a social and economic time bomb primed to explode sometime in the next few decades."

Why such dourness? Bernstein ticks off plenty of reasons: meager savings rates, dreadfully portfolio decisions, outrageously expensive 401(k) plans, and potentially lower stock market returns in the future.

The 401(k), however, can become more valuable if corporations overhaul their plans. Here are some suggested fixes:

- Automatic enrollment. If you look around your office, one out of every four of your colleagues is probably not participating in the company's 401(k). A way exists, however, to improve this dismal national statistic. For the slackers of the work world, the key is to make enrolling in a 401(k) as easy as possible. An excellent way to do this, without having to browbeat anyone, is to automatically enroll every new employee.

Instead of requiring people to sign up for the 401(k), you make them fill out paperwork to opt out of the retirement plan. Studies have shown that automatic enrollment can boost participation rates to 90 percent. Voila! Despite their

inertia, workers will find themselves building a nest egg. Unfortunately, only about 20 percent of large companies are currently using automatic 401(k) enrollment.

- Set meaningful savings rates. When a company automatically enrolls workers, it should set a default savings rate that gives workers a fighting chance of retiring with a reasonable retirement income. This default contribution rate should be 4 percent to 6 percent, which would also accomplish another objective.

You'd like to see the default rate set high enough so that the employee can capture the company's matching contribution. Many companies provide a match of 50 cents for every dollar a worker invests up to 6 percent of his or her salary.

Hal Schweiger, a fee-only adviser at Capital Financial Advisors in San Diego, which helps firms develop 401(k) plans, recommends going a step further. He suggests that companies automatically increase the contribution rate each year for employees who did not sign up for the maximum contributions. Participants who balk at this could scale back their savings rate at any time.

- Nail the escape hatch shut. As I mentioned in last week's column, 70 percent of workers cash in their 401(k) when they leave their jobs. Obviously, someone needs to hide the cookie jar or, better yet, erect an electrified fence around it.

Ideally, cash-outs from 401(k) plans should be prohibited unless a person retires, dies or becomes disabled. Everybody else would be required to keep the money in the old plan, move it to a new employer's plan, or, better still, transfer the money into an Individual Retirement Account, which can be established at most financial institutions.

Open the doors immediately. While the financial talking heads lament the nation's poor savings rates, corporate America has aggravated the problem by digging moats around their 401(k) programs for incoming employees.

Homemakers in Niles closes



The Niles Homemakers Furniture Store in Four Flags Shopping Center. It closed last Tuesday.

The Niles John M. Smith Homemakers furniture store closed Tuesday last week, ahead of schedule for the planned closings of stores throughout the Chicago area.

The closing was a surprise to Inland Real Estate, manager of the Four Flags Shopping Center, where Homemakers is located.

They said that Homemakers closed without notice.

A Homemakers Spokesman said that the store was sold into bankruptcy court and that the company that purchased it had decided to close the stores and liquidate their assets.

Homemakers is expected to spend the next week conducting inventory and will then hold a liquidation sale.



BY JEFFREY CARDELLA
Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones

Are You On Track Toward Retirement Savings Goals?

Although he may never have said it, Mark Twain, the author of *Huckleberry Finn*, is often credited with this quote: "Everybody talks about the weather, but nobody does anything about it." Unfortunately, just about the same thing can be said about saving for retirement: We all think about it, but we don't take much action.

In fact, your fellow Americans are, at the moment, doing an inadequate job of saving for their retirement. Early in 2005, personal saving as a percentage of disposable personal income was just 0.4%, according to the Bureau of Economic Analysis, an agency of the U.S. Department of Commerce. And consider these numbers from the 2005

Retirement Confidence Survey, issued by the Employee Benefit Research Institute:

- Nearly four in 10 workers have not saved anything at all for retirement.
- Those who have put something away are not saving nearly enough. Half the workers surveyed have set aside, on average, just \$25,000.
- About 60% of those surveyed have not even tried to calculate how much they'll need during their retirement years.

How can you determine how much you'll need to live comfortably during retirement? You must consider a variety of factors, including the age at which you retire, your retirement lifestyle, your health and your projected longevity. To arrive at a good estimate, you may want to work with a financial professional — someone with the tools to generate several alternative retirement-income scenarios.

After you determine about how much money you'll need during your retirement years, your next step, not surprisingly, is to figure out where that money will come

from. Basically, you will need to rely on three sources: Social Security, employer-sponsored retirement plans, and personal savings and investments. Let's take a quick look at each of these:

• **Social Security** — No one can predict the ultimate result of the current national debate on funding Social Security. But no matter what happens, one thing is clear: Social Security will cover a relatively small percentage of your retirement income — perhaps one-fifth to one-third of what you will need. To get an idea of what you can expect, study your Social Security benefit statement when it arrives in the mail.

• **Employer-sponsored retirement plans** — If you have a traditional "defined benefit" retirement plan that is based on your years of service and level of income, your employer should be able to provide you with a statement projecting your future benefits. If you have a 401(k), 403(b) or 457 plan, your income will depend somewhat on the performance of the investments within your plan. Keep close track of how your plan is doing, and make adjustments, as needed, to diversify your holdings and manage your risk.

• **Personal savings and investments** — Closely monitor the performance of your IRA, stocks and other investments. If they are not producing the type of return you need to help you meet your retirement income goals, you may have to make changes over time, keeping in mind your need for diversification and your tolerance for risk.

By taking the time to calculate your retirement funding needs and by knowing where your income is coming from and how much you can expect, you can avoid unpleasant surprises when you retire. So, start planning today for a rewarding tomorrow.

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

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BUSINESS

Growth Spurt in Morton Grove

Increase in new housing sparks influx of young professionals

This article is the second in a three part series analyzing economic development in Niles, Morton Grove and Park Ridge.

BY JEFF BORGARDT
jborgardt@buglenewspapers.com

As housing prices jump and low interest rates fuel a local growth spurt, economic development officials report more and more young professionals are moving to Morton Grove.

Built to the hilt in the 1950's and 60's, Morton Grove ran out of land in the 1970s and population started to shrink.

In 1970, Morton Grove had approximately 27,000 residents; today that number is closer to 22,500.

Now, the local economy is picking up and young people are moving back to Morton Grove as new housing stock is quickly built.

Officials expect the history of Morton Grove to show a rebirth in the 2000s and 2010s and hope to see population jump back over that 27,000 mark it stood at in 1970.

Village administrator Ralph Czerwinski said new townhouses and condos coming online will give a boost to the village.

Those moving into the new housing developments are much younger than long-time residents.

He said Morton Grove is attractive to developers because of its prime location, access to transportation and good village services offered.

He also stated people are pleased with the abundant open space and recreational opportunities afforded by the Cook County Forest preserve which owns about 20 percent of the land bisecting the village and bordering the Chicago River.

The municipality itself is named for 19th century politician Levi Parsons Morton. Morton turned down an offer to serve as the vice-president of James Garfield, the 20th president of the United States who was assassinated. Morton also served as ambassador to France and famously accepted the gift of the Statue of Liberty in 1884.

After early settlers dubbed the village "Morton," the tag "Grove" was added when the village was incorporated in 1895.

The village remained a sleepy hamlet known mostly for a greenhouse up to World War II. In 1940, Morton Grove had about 2,000 residents. After the war, Chicago-land expanded north and northwest at a furious pace. By 1970, Morton Grove

Some say the village has not done enough to provide assistance to the unique challenges faced by this community such as immigration, access to information on government grants and programs and overcoming language barriers.

Meanwhile, the economic conditions in Morton Grove remain lucrative.

The largest employers are mechanical sealers John Crane with 1,350 employees, Avon cosmetics, 1,100 employees, pump-makers ITT Bell & Gossett with 750 employees, Schwarz Paper with 445 employees, jewelry manufacturers Sunstone with 412 employees and Morton Grove Pharmaceuticals with 250 employees.

Czerwinski applauded the recent Menards development. The superstore is located at 6301 Oakton near Lehigh.

Menards bought 20 acres of land and demolished 290,000 sq. ft. of corporate and industrial buildout to erect the hardware shop.

Menards adds approximately half a million dollars to village coffers in sales taxes per year. Mayor Rick Krier said "there are a lot of things in the pipeline."

He had a meeting Tuesday with engineering officials regarding the allocation of fresh cash on infrastructure improvements for the Dempster corridor. He said he'd like to see more business at the shopping center anchored by Bally Total Fitness.

Krier said he is pleased by new development coming online but disappointed by a lack of new senior and affordable housing. In addition, he'd like to see a 'white cloth' fine dining restaurant in Morton Grove.

Manufacturing in Morton Grove has declined. In 1970, more than 30 percent of Morton Grove jobs were in manufacturing. Today, that figure is lower than 10 percent.

This shift represents a manufacturing decline trend mirrored nationwide. In addition, some manufacturers fled Morton Grove because of a lack of available land to expand and high Cook County taxes. The majority of lost manufacturing jobs have been replaced by jobs in the service sector. Northern Telecom, Abt Electronics, US Robotics and Baxter Labs are among those who have left Morton Grove.

With low interest rates fueling home building, many old industrial and commercial spaces are being shifted to residential use. This has the disadvantage of

lower tax revenue for the village and an increase in demand for public services and education. However, it has the advantage of increasing the vibrancy of Morton Grove along with the jobs and business created by the construction, sale and maintenance of the new property.

Economic Development efforts proceed at Village Hall. Last year, economic development director Tim Angell left his post for a job at the economic development department in Des Plaines. Angell was Morton Grove's first economic chief.

The economic development department focused on tax-increment financing districts to lure business to Morton Grove.

Waukegan and Dempster shopping strips continue to be among the most prosperous commercial shopping districts in the area.

Meanwhile, the area near Lehigh and Ferris is ripe for major redevelopment. Lincoln Avenue has also seen substantial residential development.

Over the past few years, village staff devised corridor plans for Dempster and Waukegan. On July 25, the Village Board approved the nomination of William Neuendorf to the position. Neuendorf, 37, is slated to start Aug. 8. Krier said the new director should catch on quickly and having him aboard will help move things along nicely.

Suzanne Archer is the executive director of the Morton Grove Chamber of Commerce and Industry. She started that job last October. "We have seen a lot of builders lately because of the big growth spurt," she said. Those involved in building new homes active in the chamber also include companies specializing in heating, venting and air-conditioning.

Archer said Morton Grove is a great location with good schools and quick access to O'Hare International Airport and highways.

Archer said banks are among the most active members of the chamber; 12 banks are members of the chamber. Lawyers, realtors and medical professionals are also active in the chamber, Archer said.

The influx of these doctors, lawyers and realtors represents a far cry from the blue-collar workers that originally inhabited Morton Grove historically.

Now one thing seems clear — with new developments coming online buoyed by thriving commercial districts, good schools and increasing ethnic diversity, Morton Grove is becoming home to more prosperous young middle-class professionals.

"We have seen a lot of builders lately because of the big growth spurt."

Suzanne Archer
Executive Director
Morton Grove Chamber

had 27,000 residents and no more available space for development.

The demographics of Morton Grove have shifted slightly as more people with an Asian background have moved in.

In 1990, Morton Grove was 15 percent Asian. By 2000, that figure had jumped to 23 percent.



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HAVE YOU HEARD

COMMUNITY ANNOUNCEMENTS

Nor-Wood Life Care NFP shows support for troops

Nor-Wood Life Care NFP (NWLC) is encouraging residents, family members, employees, and the community to support our troops by writing letters and donating unused frequent flyer miles. The two-month campaign will run from July 12 - September 12 with a goal of sending 100 letters and amassing 100,000 miles. The NWLC drive is part of a national effort by AnySoldier.com and Maryland based Fisher House Foundation with Hero Miles.

To participate in either one of the programs, visit the display

near the lobby at Norwood Park Home, 6016 N. Nina Ave. in Chicago. For writing letters, simply pick a name from the display box in the lobby, write a letter to the person you choose and return the letter to the locked box. All letters will be mailed each Friday. To donate miles, find your airline - Alaska, America West, American, Delta, and Northwest - in the folder at the lobby display, fill out the information on the form and drop it in the locked box. Forms will be faxed or distributed every Friday and shredded immediately after-

ward. "Supporting our brave men and women abroad is the patriotic thing to do," said Mike Toohey, administrator of Norwood Park Home, one of three divisions of Nor-Wood Life Care. "We are asking people to write letters to troops who don't have families to support them while deployed in Iraq or Afghanistan or to donate frequent flyer miles so that families who are without funds can visit their injured loved ones far from home. "We were impressed by the

fine work of two charitable organizations - AnySoldier.com and Fisher House Foundation," he continued. "They laid the groundwork, and we decided to get involved and do our part. Although people may have differing opinions about the war, we are resolute in our support of our troops." Any Soldier, Inc. was started in August 2003 as a simple family effort to help the soldiers in one Army unit. However, due to overwhelming requests, the Any Soldier effort was expanded on January 1, 2004, to include any

member of the Armed Forces in harm's way. Fisher House Foundation is a not-for-profit organization that partnered with participating airlines to further its Hero Miles program to support wounded and injured servicemen and women and their families. The frequent flyer miles will be used by wounded servicemen and women with an approved convalescent leave and by family members and close friends to visit their wounded serviceman or woman undergoing treatment at a medical center.

In-House hemodialysis program opening at Bethany Terrace Nursing Centre

Bethany Terrace Nursing Centre located in Morton Grove will be opening an In-House Hemodialysis Program at the beginning of August. The program will be able to accommodate 12 residents on dialysis without the hassle of leaving the facility. The unit consists of three dialy-

sis stations with privacy curtains, a TV/VCR/DVD and a telephone. The program will be beneficial to short-term rehab patients that will be returning home and to their outpatient dialysis clinic after therapy, as well as extended care residents. Providing quality care for 40 years, Bethany Terrace is not only

adding the new dialysis program, but also expanding current programs such as wound care and rehabilitation. Each program was developed with input by a physician that specializes in that area and is staffed with individuals continuously trained specifically for each program.

Niles Family Fitness Center Events and Classes

FREE August's Free Sale 7-Day Free Trial Membership & Free Enrollment (\$59 savings) With the purchase of a New Annual Membership

Learn to Swim Registration

MEMBERS ONLY: 8/8/05-8/14/05
OPEN REGISTRATION: 8/15/05-9/2/05

LESSON FEE: \$43 MEMBER / \$58 NON-MEMBER

LEARN TO SWIM PLACEMENT TESTING
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.
FEES: \$5 Member / \$8 Non-Member

FALL 2005	DAY / DATE	TIME
Placement Test	TUES. 8/9	6:00 - 7:00
PM		
Placement Test	WED. 8/10	5:00 - 7:00
PM		
Placement Test	SAT 8/13	9:00 - 11:00
AM		

Morton Grove Park District August Calendar of Events

August 1st	Fall Program Registration Begins
August 10th	Ice Cream Social at Arnum Park
August 12th	Back to School Bash Party for Teens at Harrer Pool
August 14th	Oriole Pool Closes
August 16th	Historical Museum Star Watch
August 18th	Park Board of Commissioners Meeting

For more information on any of the events, please contact the Morton Grove Park District at 847-965-1200 or go to our website at www.mortongrovecity.com

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MEMBER FDIC

ANTIQUES

Antique or Junque

Time has been kind to old clock

Anne McCollam
Copley News Service

Q: I would like to know the approximate value of this Simplex time recorder clock. It was in an old S.H. Kress variety store. The overall measurements are 31 inches tall, 12 inches wide and 7 inches deep. It works well and was made by Simplex Time Recorder Co. in Gardner, Mass. The case appears to be mahogany. Also there is a label on the glass door stating "Should be cleaned in 1948 by Latham, 76 Third N. W. Atlanta, GA - Write or wire for a loan clock."

Does my clock have any value?

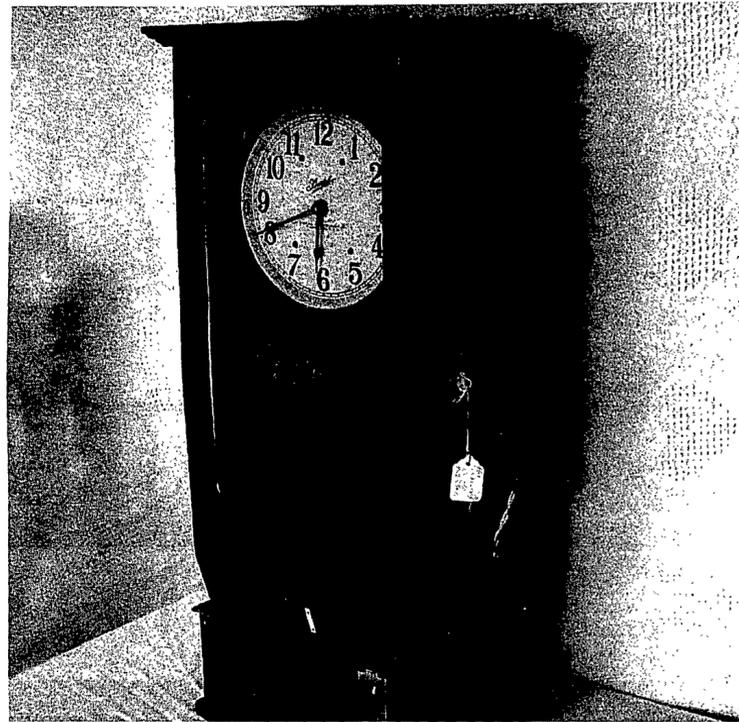
A: Simplex Time Recorder Co. was founded in 1894. They provided service for their clocks and are in business today as Simplex Grimmell.

Your early 1900s time clock would probably be worth \$250 to \$350.

Q: I inherited a porcelain dresser set from my sister and have enclosed the mark that is on the bottom of each piece. The set includes a tray, covered powder dish, a hair receiver and a small covered dish. They are decorated with pink flowers and gold trim against a white background.

Could you please give me an estimate of the value of my set?

A: Tressemanes and Vogt made your dresser set. They have made porcelain in Limoges, France, since 1883. The value of your set would probably be \$100 to \$150.



Q: I have an old Morris chair recliner that was made by the Sturgis Chair Co. in Sturgis, Mich. There is a push button on the right arm that releases the footrest that has an attached metal tray. The frame of the chair is oak, the seat, back and footrest are

upholstered, and it has four slats that support the arms and also has paw feet with casters.

How old is it and what is it worth?

A: The Sturgis Chair Co. made your Morris chair recliner around 1930. The metal tray was

Your Morris type recliner would probably be worth \$300 to \$400.

Q: I have a black Hopalong Cassidy pocketknife that is almost 4 inches long. On the side there is a picture of Hoppy on his horse, Topper. There are two blades, a can opener, and a plastic tag with another picture of Hoppy. It has never been used and is in mint condition. I think it is vintage 1930s to 1940s.

Does it have any value as an antique?

A: Screen actor William Boyd played Hopalong Cassidy, the star of films and TV. He acted in his first cowboy role in the 1931 film, "The Painted Desert" along with Clark Gable who took the "bad guy" role. In 1935 he made the first Hopalong Cassidy film and the rest is cowboy movie history. Around 1948 the Cassidy character was introduced to TV and by the 1950s there was a plethora of items marketed for children.

Your pocketknife is younger than you think. It is not yet an antique, but is a very nice collectible. Your knife was made in 1950 and would probably be worth \$75 to \$125.

Address your questions to Anne McCollam, P.O. Box 247, Notre Dame, IN 46556. For a personal response, include picture(s), a detailed description, a stamped, self-addressed envelope and \$15 per item (one item at a time).

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designed for holding magazines. English artist and architect William Morris designed a chair with an adjustable back, wood frame and upholstered cushions around 1860, thus the name. Morris was one of the major leaders of the Arts and Crafts Movement in the late 1800s.

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ANTIQUES

Books on photographs and puppets, golliwogs and gun molls

BY LINDA ROSENKRANTZ
COPLEY NEWS SERVICE

CONTEMPORARY COLLECTIBLES

- With collector interest in photography expanding and deepening, increased scrutiny is being focused on individual aspects, from the earliest forms to modern fashion and newspaper reportage. A magnificent new book, "Young America: The Daguerreotypes of Southworth & Hawes," with essays by several distinguished scholars, zooms in on Albert Sands Southworth and Josiah Johnson Hawes, the duo who, in the Boston studio they operated from 1845 to 1862, were a dominant force in American photography, raising the new medium of daguerreotypes to an elevated aesthetic level. The book - published in conjunction with an exhibition organized by Eastman House and ICP - features 150 color and 2,000 superbly reproduced black and white illustrations, perceptive essays on the photographers, the

portraits and their social context, plus an explanation of the process and biographies of the sitters.

- One of the world's oldest art forms, puppets have entertained and fascinated for centuries and to this day intrigue a large number of collectors. The four basic types - hand puppets, rod puppets, shadow puppets and string puppets (marionettes) - are all explored in a lavishly illustrated and comprehensive new book, "Puppetry: A World History" by Eileen Blumenthal (Abrams). A cross-cultural study of the history and techniques of the form, the book covers an astonishing range, from primitive Mexican wood carvings to elegantly dressed, operatic Austrian marionettes and Punch and Judys, to more recent and familiar characters like Edgar Bergen's Charlie McCarthy, Burr Tillstrom's Kukla and Ollie, Howdy Doody,

Shari Lewis' Lamb Chop, Jim Henson's Muppets, Julie Taymor's acclaimed creatures for "The Lion King" and the subversive Tony Award-winning puppets of "Avenue Q."

- It's always tricky talking about books that deal with stereotypical subject matter, in particular those once-popular, now-reprehensible - but sought-after - objects that comprise much of the field of black collectibles. A new book, "Buy Golly" by Clinton Derricks - (New Cavendish Books), faces these questions head on, prefacing the text with a caveat from the author, who is African-American himself: "The golliwog's links with slavery and racial prejudice may prove to be unpalatable and uncomfortable to some. My affection is not based purely on artistic appreciation, but derives from love and respect for my culture and its historic associations."

But what is the golliwog? Unknown to most Americans, it was a British doll that originated in the early 19th century, based on the then-popular minstrel figure. This strikingly illustrated book reveals the enormous scope of the character's presence - in children's books, advertising, greeting cards, household objects, sheet music, marionettes, toys and, above all, the stuffed dolls, with their googly eyes, broad grinning "watermelon" mouths and wiry hair - forming an important source-book for anyone interested in an appalling but telling aspect of black social history.

- A vividly illustrated addition to film history, with a large dollop of sly humor, is "Bad Girls: Film Fatales, Sirens and Molls" by Tony Turtu (Collectors Press). Bouncing helter-skelter over the chronology of cinema, it covers all manner of scheming seductresses, some well known,

but focusing far more on the largely forgotten leading ladies of largely forgotten B movies - Doris Merrick, Hazel Court, Sara Shane, Viva Rodann, Joan Taylor, anyone? The chapter breakdown tells it all: "The Lady, the Legend, the Legs," an illustrated introduction by Angie Dickinson; "There's a Gun in My Purse," about classic film noir bad girls; "Passport to Trouble," an adventure in exotic locales; "Queen of the Vile," featuring tropical temptresses and biblical trollops; "Lovely but Lethal," teens and other troublemakers; "Foreign Bodies," global sinners; "Frontier Floozies," lady outlaws and cathouse hotties on the range; and "Make Mine Mink," the comic take on all this. A real hoot.

Linda Rosenkrantz has edited Auction magazine and authored 15 books, including "Beyond Jennifer & Jason, Madison & Montana." She cannot answer letters personally.
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24th Wheaton all-night Flea Market to be held Aug. 20

The DuPage County Fairgrounds will again host the 24th Massive Original All-night, Country Flea Market. This annual "spectacular" is hosted by the management company - Zurko's Midwest Promotions. Opening time is Saturday, August 20 at 5PM and continues until 4AM on Sunday.

Buyers are urged to bring flashlights or lanterns for viewing during this unique and unusual treasure hunt. Many

dealers save their unique items for this special market. Among those showing will be dealers from over 7 states offering rare antiques, Midwest folk art, country furniture, crafts, sports memorabilia, primitives, decorator items, garden collectibles, estate jewelry, bargains, collectibles of all sorts and treasures galore!

Participation, such as the Shrine clowns, and their red sneaker fund to benefit adolescent burn victims, and other fine

groups, special features will be the British Mini Cooper Car Union, live music, French Bakery Harps and much, much, more!

Come for dinner and stay for snacks. Enjoy a taste of unique and unusual-food such as a great pig roast and country corn!

This event will be held rain or shine, as the dealers will be in tents, covered stalls and open-air!

The DuPage County Fairgrounds is 22 miles, directly

west of Chicago's Loop and located between North Avenue and Roosevelt Rd., taking County Farm Rd. to Manchester and going 2 blocks East to the DuPage County Fairgrounds.

For additional information for dealers or buyers contact Zurko's Midwest Promotions at 715-526-9769 or at their website, www.zurkoantiquetours.com or email at zurko@frontiernet.net. Admission \$6.00 per adult, children 16 and under free.

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ANTIQUES

Japanese porcelain is difficult to identify

BY ANNE MCCOLLAM
COPLEY NEWS SERVICE

Q: Enclosed is a photo of two pieces of porcelain that are part of a set of dinnerware that I have. The set is a service for 12 and is in perfect condition. Each dish is marked with the letters "W. R." in a wreath and the words "Pattern No. 3939 - Japan." It belonged to my husband's aunt who passed away at the age of 92 around 25 years ago.

Who is the maker of your dishes and what is their value?

A: As often is the case, many Japanese marks are difficult to identify and continue to be a mystery. In the 20th century there was a plethora of porcelain manufacturers in Japan and not all makers and patterns were documented. The design and style of the platter and sugar bowl appear to be porcelain that was made just before or shortly after World War II.

The value of your set would probably be \$900 to \$1,500.

Q: This mark is on my heavy cut glass bowl. It is in the center of the bowl and almost impossible to see. The bowl is round with a sawtooth

edge and was a wedding gift in 1916 to my grandmother.

I hope you can tell me something about it.

A: T. G. Hawkes and Co. used the trefoil mark with a fleur-de-lis and two hawks. The firm was located in Corning, N.Y., from 1880 to 1962. They cut their own intricate patterns and designs on blanks made by various other glassmakers. Hawkes produced some of their most outstanding cut glass around the turn of the 20th century. As a rule, most pieces were signed, often within the design. Collectors are advised to carefully inspect a piece to find the mark. The value of your bowl would probably be \$250 to \$450.

Q: I recently read about a cast-iron Boston terrier doorstop in Antique or Junque. The one in your column was painted black and white and its head was facing to the right. I have one that is similar except the head is turned to the left and it is approximately 9 inches tall. Are they both worth the same amount?

A: Cast-iron Boston terrier doorstops were usually either 8 or 9 inches tall and manufacturers made them facing right or left. Figural doorstops were in demand



from the late 1800s to the early 1900s and were usually made of cast iron or wood. Market value is based on overall condition and the original painting with no chip-pings. Anyone who repaints one can count on the value plummeting and should be in the doghouse. Records of sales of Boston terrier doorstops indicated those who are

looking to the left are in the range of \$200 to \$500, giving them the edge over those facing right.

Q: Around 63 years ago, my mother purchased a mission-style oak rocker at an auction. It has five slats on the back and four under each arm, and a leather seat. I would like to know the age and value of this rocker.

A: Mission oak furniture was made from the late 19th century to the early 20th century. Many pieces were made in Grand Rapids, Mich., and New York. Mission furniture is eagerly sought by collectors today. Your rocker would probably be worth \$700 to 1,200.

Collecting McDrinkware

For several decades, there have been substantial numbers of fast-food-collectibles enthusiasts, some of whom are willing to pay higher prices than you might imagine for such seemingly disposable objects.

A large proportion of the interest is focused on McDonald's Happy Meals, but because all those Big Macs have to be washed down with something, there's a whole area of McDonald's drink ware as well. In fact, that sub-subject now has its own identification and value guide, "McDonald's Drinkware" by Michael J. Kelly (Collector

Books), one that provides quite a bit more useful information than a run-of-the-mill reference book.

It's been 50 years since Ray Kroc launched the McDonald's we all know and love today, and if by chance you happen to have saved a paper drinking cup from the original restaurant in Des Plaines, Ill., you would have a truly historical document. In fact, author Kelly states that in his opinion, drink ware constitutes the biggest and most important continuous category of collectible McDonald's artifacts.

The earliest paper cups were not a vehicle for advertising nor meant to be saved, but as the franchise grew, the drinking vessels - especially since every burger sold included a drink - gradually took on a promotional function. In the 1960s, Ronald McDonald entered the advertising picture (portrayed on TV commercials by Willard Scott), soon becoming as recognizable to children as Santa Claus. During the next decade, the images of Ronald and his companions, along with the McD logo and whatever the current promotion was, began to be

placed on glasses that could be sold with menu items.

As can be seen in the Kelley book, the field can be broken down into several specialized categories. There were commemorative glasses, mugs and tankards celebrating various anniversaries, grand openings and other events, in-house employee premiums, ordinary paper and plastic cups, insulated beverage mugs, barware, stemware and carafes, tie-ins with sports and entertainment entities, Ronald McDonald House items, sports bottles, cup holders and toy cups.

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SENIORS

Visit the Renaissance Faire with Niles Seniors

Niles Senior News

NSC Highlights

For a detailed description of programs & activities or to ask about membership requirements, please check the Naturally

Active Program Guides or call the Niles Senior Center at 588-8420 ~Visit us online at www.vniles.com.

Pre-registration is required for most programs. Call for more info.

AUGUST REGISTRATION

Drop-Off Registrations for programs and classes advertised in the August Naturally Active are

due at the Center on Friday, August 5th. Walk-in registrations begins Wednesday, August 10th.

FALL CLASS OFFERINGS NOW LISTED

The August edition of Naturally Active contains a full listing and description of the following Fall courses (please check Naturally Active or call for class times or

other information including any prerequisites) Must register in advance. Minimum numbers required for a class to take place: Intro to Computers, Mondays & Wednesdays, Sept. 12- Oct. 19 \$25

Pre-Intro to Computers, Tuesdays & Thursdays, Sept. 20- Sept. 29th \$15

Intro to Computer Maintenance, Thursday, Sept. 29th (One Day Workshop) \$30

Intro to Microsoft Word, Tuesdays & Thursdays, Oct. 4 - Nov. 10 \$35

Sculpting with Clay, Mondays, Sept. 12 to December 5 \$20 returning students/ \$30 New

Oil and Watercolor, Tuesdays, August 30 - Dec. 13 \$30

Stamping/Card Making Classes, Thursdays, Sept. 8 - Oct. 27th \$8 per session

WoodCarving, Wednesday Mornings, Sept. 14 - Dec. 7 \$25

The Carving Center, Thursday Afternoons, Sept. 8- Dec. 8 \$25

Ceramics Class, Thursday Afternoons, Sept. 22 - Dec. 1 \$30

Quilting Class start delayed until

September call for details

SOUNDS OF JAZZ, Wednesday, August 24th 5:30- 8:00 PM
Join us for our August Evening at the Center. Join us for dinner, served at 5:30PM; feast on Grecian Chicken, Salad, Dessert then sit back, relax, and "slide into the groove" as John Temmermans dazzles you with his sounds of Classical Jazz. Must register in advance; non-residents are welcome.

MOONLIGHTERS OFF TO RENAISSANCE FAIRE, Sunday, August 28 10-5PM \$20
Travel back to the time when knights were noble and maids were merry. Enjoy the joust! Laugh along with the master swordsmen as they teach "gentlemanly behavior." stroll the marketplace where over 200 artisans display their goods, and be prepared to be dumbfounded at the infamous Mud Show. Great Fun BUT All Walking! Purchase your own food from one of many stalls. Must register in advance.

Story Continues... see NILES SENIORS page 18.

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SENIORS

AARP driving program, protecting assets lecture in Morton Grove

Morton Grove Senior News

AARP MATURE DRIVING PROGRAM

AARP's "Mature Driving Program" formerly known as "55 Alive" is an eight-hour two-day course for older motorists. It focuses on the physical changes that accompany aging and on ways drivers can compensate for these changes in improving their driving skills. Additionally, drivers will find that by completing this course they can receive a discount on a portion of their automobile insurance. Courses are now offered monthly in Morton Grove with the next course times from 9 a.m. to 1 p.m. on Saturdays, Aug. 13 and 20 at the Morton Grove Senior Center; and from 12 noon to 4 p.m. on Tuesday, Sept. 13 and Thursday, Sept. 15 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.

"THE IMPORTANCE OF SELF EXPRESSION LATER IN LIFE" A certified Art Therapist from the Council for Jewish Elderly will be at the Morton Grove Senior Center on Monday, Aug. 15 to discuss the importance of self expression and how to get started! She will help participants explore the benefits of creativity and how to incorporate creativity into every day life. This free program begins at 1:30 p.m., so please register today by calling the Senior Hot Line at 847/470-5223.

VISUALLY IMPAIRED MOTIVATORS

The Morton Grove Visually Impaired Motivators is a low vision support group for seniors with macular degeneration and other degenerative eye diseases and their families. Their next meeting will be at 9:45 a.m. on Tuesday, Aug. 16 in the Morton Grove Senior Center. They discuss everyday problems of living with low vision and possible solutions, exchange ideas on the latest technology and assistance devices available, and share what has worked for them individually. For more information please call Richard Englund at 847/965-8517.

"PLAY THE CARDS" BRIDGE LESSONS

This is the title of the new 10-week Bridge Lessons course taught by John Krelle and offered at the Morton Grove Senior Center. Classes will be held on Thursdays from 9:30 to 11:30 a.m. starting Aug. 18 through Oct. 20. The class fee is \$48 for Senior

Center Members and \$57 for non-members. Please register in person at the Senior Center.

"IT'S NEVER TOO LATE TO EXERCISE"

Hear about the benefits of exercise and then participate in an actual senior exercise class at 1:30 p.m. on Thursday, August 18 at the Morton Grove Senior. This dynamic program is designed especially for seniors emphasizing non-vigorous exercise while increasing joint mobility and flexibility. There is no charge for this program, which is being presented by Fitness Instructor, Leslye Lehman of the Morton Grove Park District. Please register by calling the Senior Center at 847/470-5223.

COUNTRY WESTERN PARTY

Members of the Morton Grove Senior Center are invited to munch on Western fixins' from the chuck wagon; do some doe-si-doe square dancing with caller, Cliff Benson; and enjoy the western atmosphere for the Senior Center at the Center's annual "Members-Only Event" from 1 to 3 p.m. on Sunday, Aug. 21. Those who are not already Members can still join in time for this party by visiting the Senior Center before Aug. 21. Membership fees are \$15 for an individual Morton Grove resident, \$25 for a resident married couple, \$25 for a non-resident individual, and \$40 for a non-resident married couple. For more information or for Members to register, please call the Morton Grove Senior Hot Line at 847/470-5223.

DIABETES SCREENING

Many people with diabetes go undiagnosed because they are unaware of the signs and symptoms. Some of the warning signs are frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Diabetes screening is offered at the Morton Grove Senior Center from 9 to 10 a.m. on Tuesday, Aug. 23. Screening is free for Senior Center Members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

"THE MERRY WIDOW" at the Cahn Auditorium Everyone's after her money, and Hanna, the saucy widow, knows just how to make them dance to her tune! This is one of the most popular Viennese operettas of all time... filled with waltzes, can-can, and dreamy melodies. The bus leaves the Morton Grove Senior Center at 1 p.m. on Wednesday, Aug. 24 and returns at 5 p.m. The fee is \$37 for Senior Center Members and \$44 for non-members. Please register in per-

son at the Center and also note that there will be no lunch on this trip.

MALL SHOPPING

Morton Grove seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Aug. 30 should call the Morton Grove Senior Hot Line at 847/470-5223 to reserve a seat on the Seniortran. Home pick-ups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Trips are free for Senior Center Members and \$1 for all others.

"PROTECT YOUR ASSETS" LECTURE

Join financial advisor, Arthur Miller as he helps provide some of the tools needed to protect personal financial assets at 2 p.m. on Wednesday, Aug. 31 in the Morton Grove Senior Center. Mr. Miller will discuss topics such as real estate investments, the stock market, nursing home and in-home care protection. Please register for this free program by calling the Morton Grove Senior Hot Line at 847/470-5223.

"ALDEN ESTATES OF EVANSTON" LUNCH AND TOUR

Take a tour of Alden Estates of Evanston located at the border of Evanston and Skokie on Tuesday, Sept. 13. Learn about the amenities Alden has to offer from live-in apartments to day therapy and much more. A chef-prepared lunch will be provided their elegant dining room. The bus leaves the Morton Grove Senior Center at 10:30 a.m. and returns at 2 p.m. There are a limited number of seats for this trip, which costs only 50 cents, so sign up early. Please register in person at the Morton Grove Senior Center Reception Desk.

"SHERLOCK'S LAST CASE" at the Drury Lane Theatre Everybody loves a good mystery but what about one that tells of the demise of our favorite sleuth? Is this really the end of Sherlock Holmes? This astonishing play is guaranteed to keep the audience on the edge of your seats! Laugh and

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cry at this masterful work of intrigue and suspense. The bus leaves the Morton Grove Senior Center at 10:30 a.m. on Wednesday, Sept. 14 and returns at 5:30 p.m. The fee is \$69 for Senior Center Members and \$79 for non-members and includes transportation, the show and lunch with your choice of roast turkey breast or roast sirloin of beef. Register in person at the Senior Center.

"I HAVE PUT MY HOUSE IN ORDER"

The Morton Grove Senior Center at 6140 Dempster Street in Morton Grove now has a small but important free booklet on hand for any visitor to pick up, entitled, "I Have Put My House In Order." This is a unique guide to help individuals record personal data, estate plans, religious affiliation, financial assets, etc. that will help family avoid needless and costly loss of time and money incurred in times of emergency. It will also save hours of anxiety and grief for family. These booklets are provided courtesy of Simkins Funeral Home of 6251 Dempster in Morton Grove.

"DO NOT RESUSCITATE" FORMS

The Illinois Department of Public

Health has revised their "Do-Not-Resuscitate" (DNR) forms. This is a form that allows an individual, in conjunction with a health care professional, to make an advance decision that cardiopulmonary resuscitation (CPR) should not be attempted if his or her heart and/or breathing stops. These forms are available at Morton Grove Senior Center, 6140 Dempster Street. The forms can be picked up Monday through Friday between the hours of 9 a.m. and 4 p.m. For more information call the Morton Grove Senior Hot Line at 847-470-5223.

GUARD AGAINST IDENTITY THEFT

In an effort to thwart identity theft and financial exploitation, the Morton Grove Police Department has installed a high volume paper shredder in the Morton Grove Senior Center. Identity theft is the unauthorized use of another person's personal identifying information, such as name, address, date of birth, Social Security number or mother's maiden name. Identity thieves use this information to open phony bank accounts, obtain unauthorized credit cards, apply for car or house loans and lease apartments using your identity.

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Norwood Park Home is a not-for-profit community offering a continuum of care, including Assisted Living, Nursing Care, Memory Support, Post-Hospitalization Care through the Medicare Part A program, Hospice Care, and Respite Services. We have received numerous accolades - most recently receiving a perfect inspection from the Illinois Department of Public Health!

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SENIORS

Aging Lifestyles
Inspiration and its many sources

Joe Volz
Copley News Service

Inspiration comes from the most intriguing places.

Of course, we read about great athletes, such as bicyclist Lance Armstrong who survived testicular cancer, and they inspire us.

Those struggling with any form of cancer can look to him and be encouraged. While most of us in the senior generation won't ever win the Tour de France or any other race, just the idea that one man like us, in many ways, refused to give up in the face of an often deadly form of cancer - can encourage us to fight and to hope.

Betty Ford, the wife of former President Gerald Ford, is another inspirer. After an intervention by her children, she kicked the alcohol habit. Later, she overcame breast cancer. Her Betty Ford Clinic for rehabilitation now helps others to follow in her footsteps.

But we can find encouragement closer to home. My father-in-law, Otto Bird, is currently battling non-lymphatic lymphoma (cancer). Though the disease's death

rate is higher than some cancers, at least 50 percent of people survive five years or more if the cancer has not spread by the time it is detected. Otto is 91, so five years is a lifetime to him.

I asked Otto why he wasn't worried, literally almost to death, when he virtually lost his ability to walk because of where the cancer was located. He replied, "I never worry about things that I can't do anything about." Remarkable!

Throughout six weeks of radiation treatment, Otto has remained upbeat and cheerful. Just now, after finishing radiation, he sounds discouraged somewhat because of the side effects. Not to mention having to go for radiation five days a week.

People cope with deadly diagnoses in various ways. Otto's daughter, Sarah, and her husband, Ken, live in the same town as Otto.

Otto, a retired philosophy professor, compares Sarah to the good wife in Geoffrey Chaucer's "Canterbury Tales," who suffered as her husband, the king, kept tak-

ing away baby after baby after birth to test her loyalty. Ultimately the king relented, seeing that she was utterly true.

Sarah, fortunately, doesn't need to suffer such extreme abuse. But she is her father's mainstay, suffering right along with Otto. He lives alone and she visits him every day, drives him to his many doctor and treatment appointments and takes him shopping once a week. On Sundays it's dinner, with Sarah or Ken cooking.

There's also the woman in her 50s who lives down the street from me. She quit her job and took up gardening while she recovered from breast cancer.

Now, it has spread to her bones but she fights on, taking more chemotherapy. She is determined to live as long as she can. Lately, she has been forming a cancer survivors' group even though she may not live to attend many meetings. But she wants her husband to have some people to turn to after she is gone.

Sometimes, though, people just

give up. When an overweight, inactive relative was diagnosed with diabetes, her doctor told her to cut out red meat and to diet strenuously. She also was supposed to exercise. She refused all his suggestions.

After several years, when her kidneys failed she was put on dialysis. Even then, she continued to cat as she pleased. She died not too much later. Her husband, though, also diagnosed with diabetes, went on a strict diet and began to exercise moderately. He is still thriving and enjoying life.

Why do some people fight and others don't?

I can guess at a few of the reasons.

1. People with a positive attitude toward life are going to approach diseases much differently than those who are negative. People who reach their 90s and 100s, whom I've interviewed, invariably have upbeat attitudes about life. They look for, and find, what's good in life.

2. Patients who have good rela-

tionships with their families and receive excellent support during their illnesses also have much better results than those loners who are estranged from family and have few friends.

3. Support groups of others with the same illness are tremendously helpful to many people. Patients see they are not alone and they can get tips on what others find helpful. Many hospitals sponsor such groups, as does the mental health department with the council on aging in many communities.

4. Religion is another standby when people are ill. Many religions will send parishioners over to visit housebound people. My Aunt Jean receives great solace from her parish visitor. Every Sunday she brings communion to Jean along with conversation. For Jean, it's particularly important because, at 89, she rarely goes out and has few friends visit her.

E-mail Joe Volz at jvolz2003@adelphia.net or write to 2528 Five Shillings Road, Frederick, MD 21701.

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- Chopped Steak with Grilled Onions

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SENIORS

Twilight dining at Amici's with Maine Township Seniors

Morton Grove Senior News

otherwise noted. For further information on membership or call MaineStreamers at 1-847-297-2510.

Here is a sampling of available activities:

RULES OF THE ROAD CLASS Thursday, August 11 1:00 p.m. to 3:00 p.m. Instructor: Stan London

No Charge - Registration Required Need to renew your drivers license? Plan on attending this Secretary of State refresher course that prepares you for the written exam. Next Class: Oct. 13!

TWILITE DINING Amici Ristorante 7620 Milwaukee, Niles Wednesday, August 17 5:30 p.m to 8:00 p.m. Cost: \$27.00 members/\$29.00 guests

Let's experience traditional Italian Cuisine with a menu featuring Italian Bread, Minestrone Soup, Salad, Penne Pasta with Marinara Sauce, Vegetable, Eggplant & Veal Parmigiana and Italian Sausage with Peppers followed by a tray of assorted Italian Desserts. What a great way to

spend an evening!

MEDICARE D PRESCRIPTION DRUG PROGRAM Thursday, August 18 10:30 a.m. to 11:30 a.m.

Presenter: Kris Sadur, Suburban Area Agency of Aging No Cost - Registration Required

Learn about the changes in the Medicare prescription drug program effective January 1, 2006! Maine Township also has staff available to assist Township residents. To make an appointment call 1-847-297 2510 and ask for the General assistance Office.

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NILES SENIORS: Grief workshop also available

CONTINUED FROM PAGE 15

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 remaining meetings is as follows: August 18th. Please register in advance by calling (847) 588-8420.

CHECK OUT OUR HEALTH SUPPORT GROUPS

Registration is required; please call for more information Weight Management Support Group, 1st Thursday of every month 1:00-2:30 \$10 annual fee Diabetic Support Group, 2nd Thursday of every month 1:00-2:30 \$10 annual fee Arthritis Support Group, 4th Thursday of every month 1:00-2:30 \$10 annual fee

GRIEF WORKSHOP TO OFFER SUPPORT - THREE SESSION SERIES BEGINS IN SEPTEMBER

Beginning Wednesday, September 14, the Niles Senior Center will hold a three-session grief workshop for Niles residents touched by the loss of a loved one. Participants can come for one workshop or join us for the entire series. Please call Bev Wessels, MSW, LSW, ACSW or Melanie Amin LCSW for more information (847 588-8420). The workshops will meet on Wednesdays from 1:30PM-3:00PM and will focus of the following areas:

Workshop #1, Sept. 14th - "What Has Happened to Me?" Trying to make sense of the many feelings you experience after the loss of a spouse or loved one Workshop #2, Sept. 21st - "Dealing with Expectations of Ourselves and Others" Dealing with other people's feelings and concerns can raise anxiety, especially if we believe people want us to "move on" or "be happy again."

Workshop #3, Sept. 28th - "On My Own" Explore the stress of living alone and ways to adjust to new social roles and responsibilities.

Terrace Suites THE PERFECT ALTERNATIVE The privacy seniors cherish with the safety net of licensed nursing care available around the clock. A new program for older adults at Bethany Terrace Nursing Centre, the Suites are accessible through a separate entrance in the main lobby. EACH SUITE FEATURES: Private bath with walk-in shower Fully furnished Television with VCR and DVD player Personal refrigerator Wall-to-wall carpeting Varying Levels of Care After settling in at the Terrace Suites, you likely won't have to go through the trouble of moving again if your health needs grow greater over time. Bethany Terrace's 24-hour nursing care is always available within the Terrace Suites. While our Terrace Suites program is new, we at Bethany Terrace have been providing excellent, comprehensive nursing care to seniors on the North Shore since 1965. TERRACE SUITES' MANY OTHER AMENITIES: Restaurant-style dining Beauty salon and spa with whirlpool tub Internet access Gardens and walking paths Complimentary newspaper The Price Includes So Much! THE TERRACE SUITES' DAILY RATE COVERS: Around-the-clock nursing care Your private room All meals A full range of activities Daily housekeeping

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SPORTS

Sports Unlimited Open tryouts seek diamonds in the rough

Kevin Gemmill Copley News Service

Chris Oxspring, tired, sweaty and drunk with adrenaline, sat secluded in the first-base dugout of Alexian Field in Schaumburg, Ill.

The 23-year-old Australian kept his eyes glued on the third base dugout as scouts from the San Diego Padres dismissed would-be players from the day-long open tryout at the minor league field.

After about 20 minutes, scouts Bill Byrk and Bill Clark - their heads buried in clipboards - made their way toward Oxspring. That's when the chills kicked in, and not because it was the day before Halloween - Oct. 30, 2000.

"I really didn't know what was going on," said Oxspring, nov 28. "They just told me to go sit over there and wait for them. The adrenaline was pumping and I remember I was fairly fidgety. I was nervous, excited and anxious all in one."

When they got to Oxspring's dugout they eased his anxieties and told him they were interested in signing the right-hander, pending approval from the Big Club. The next day Oxspring got his Halloween treat - a contract to pitch in the Padres organization.

Almost five years later, he has a spot on the Padres 40-man roster, is currently 7-5 with Triple-A Portland and has a silver medal from the 2004 Olympics as a member of the Australian baseball team.

Stories like Oxspring's are rare. Every major league base-

ball team holds open tryouts - but few yield significant results. Technology has made it near impossible for anyone to slip past the all-seeing eyes of scouts. A digital world of information is at the fingertips of anyone, so open tryouts usually produce more duds than diamonds. But because Oxspring grew up and played ball in Australia, he wasn't on the radar until he started playing for an independent league in Illinois. Current Brewers pitcher Victor Santos signed out of a Detroit Tigers tryout camp in New Jersey; former major leaguers Luis Alicea, Dan Driessen, Tommy Herr and Kevin Hickey are among the open tryout grads to reach the majors.

Padres scout Brendan Hause recently held an open tryout at The Diamond in Lake Elsinore, Calif. He knew the chances of finding a major league-caliber player was unlikely, so he opened up the tryouts to players as young as 16. The hope was to identify future stars early.

"This is a chance for anyone to come out and show us what they've got," said Hause, who played in the Oakland A's system for six years. "For whatever reason, there might be a guy who slips through. But it doesn't happen often."

Perhaps the most famous open tryout story is one that's already been told - by Disney. The 2002 movie "The Rookie" tells how Jim Morris, portrayed by Dennis Quaid, went from high school coach to Tampa Bay Devil Rays' closer when he walked into an

open tryout at age 35. Morris made a deal with his squad in rural Texas that if it won the district title, he'd go to an open tryout despite being out of baseball for more than a decade.

"I really thought I was going to embarrass myself," said Morris, who lives near Dallas and travels as a motivational speaker. "I weighed 250-plus, and I looked at all of these kids and thought, 'You have to be kidding me.' This was going to be worse than I thought. I didn't really expect anything out of it. I thought I'd embarrass myself and then go home. I didn't think I'd light the world on fire."

But he did. Morris threw 13 straight pitches at 98 mph. Apparently, the decade of rest did his arm some good. Three months later, in September of 1999, he made his major league debut for the Devil Rays - in his home state of Texas. In his first appearance, he struck out Royce Clayton on four pitches.

"Most people that have a lot of talent have been seen," Morris said. "Unless it's a specific case like mine, people know who you are. But some guys are getting Tommy John surgery and coming back stronger. I find it amazing that getting hurt is actually a good thing."

The majority of players at open tryouts are recent college graduates, independent league players and high schoolers. But there are also the dreamers - those who are convinced their big break is one open tryout away.

Professional Golf Tips With Tina Mickelson

Putting drill to help shorten backstroke

A common problem in the putting stroke is decelerating at contact. One of the main causes of decelerating at contact is taking the putter back too far. Clearly, if you take the putter back too far you must decelerate in your forward stroke or else you will blow your putt by the hole.

If you have trouble taking the putter back too far but just can't seem to force yourself to make your backstroke shorter, try this drill:

- Start off with a 5-foot putt. Set up to the putt and slide your right foot behind the ball about 4 inches. Don't let the putter touch your right foot in the backstroke. Accelerate all the way through contact, keeping the putter face moving square to your target line.

You will find more forward spin on the ball, which improves roll and increases consistency.



Copley News Service/Tina Mickelson, PGA

Photo by Paul Nasri

SPORTS FACT

Secretariat stakes claim to best ever

Was Secretariat the greatest racehorse ever? It's hard to say. But by one measure he must be given his due. In the spring of 1973, the big red stallion set course records in all three Triple Crown races. On May 5 at the Kentucky Derby, Secretariat ran each successive quarter mile faster than the previous in covering 1 1/4 miles in 1 minute, 59 2/5 seconds. Controversy broke out, however, on May 19 at the Preakness. It was not over which horse won. Secretariat beat Sham by 2 1/2 lengths. But the official time (1:55) was questioned by many, including two Racing Form clockers who timed Secretariat in a course record 1:53 2/5. After much debate, their time stood as official. There would be no question on June 9 at the 1 1/2-mile Belmont Stakes, the final jewel of the Triple Crown. Secretariat won by 31 lengths in a record 2:24.



Source: www.secretariat.com

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LIFE

PERFECT PAIRINGS

Tortilla soup goes well with sauvignon blanc

RON JAMES
Copley News Service

THE CHEF

"It was like any love affair," Chef Rick Bayless says of his passion for Mexican cuisine. "I went to Mexico in my early teens and it was more like going home than going to a foreign country." Inspired by south-of-the-border colors, flavors and smells, Bayless and his wife Deann eventually spent six years doing culinary research in Mexico. The result was the first of his five cookbooks, the now classic "Authentic Mexican: Regional Cooking from the Heart of Mexico" (William Morrow, 1987).

With two acclaimed Chicago restaurants, Frontera Grill and Topolobampo, a television series and his popular cookbooks, Bayless is one of America's most recognized chefs. His culinary honors include being named 1995 chef of the year by the Beard

Foundation and the International Association of Culinary Professionals.

THE DISH

For this pairing, Bayless chose a dish that captures the spirit and flavors of Mexico, a soup spiced with pasilla chilies and garnished with avocado, melting cheese and crisp tortilla strips. Wonderfully light but layered with complementary flavors and textures, it can be served as a first course or entree. "This is a VERY popular soup! And good!" Bayless exclaimed, "It's always on the menu in both restaurants."

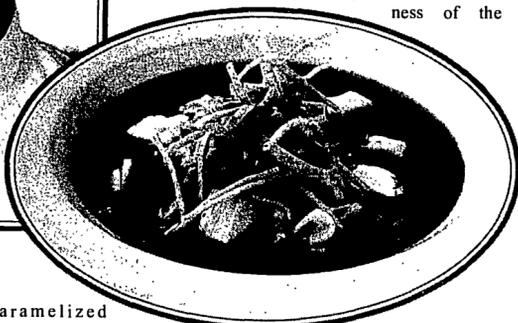
Bayless crumbles dried pasilla chili peppers to finish the soup. They are fried first to release their flavors.

"Most of the time people have no idea of what to do with chiles," Bayless admits. "It's most important to learn the proper basic tech-



wine for every food." But, teaming this or any soup with wine is challenging. The best approach is to match the wine not to the soup as a whole but to key flavors, in this case, pasilla chilies, fried tortilla strips and

broth. The red, from Spain's Rioja Alta region, is a 1995 Reserva, Marquis de Caceres (\$20), is aged in oak for two years and two years in the bottle before it is released. It is an earthy, tobacco-scented wine with ripe tannins and underpinnings of fresh blackberries and vanilla. "The earthiness of the Tempranillo grape works very well with the earthiness of the pasilla chilies," Gubesch says. Plus, the wine's refined vanilla flavors complement the sweetness of the



niques of preparing chiles, whether soaking, toasting or frying them."

When serving this soup as a main course, add grilled shrimp or chicken breast. Place cooked bite-sized shrimp or strips of chicken in the bottom of a bowl and pour the broth on top. Finish with a dollop of cool creme fraiche.

THE WINE

Bayless's sommelier, Jill Gubesch, matches wines with food so they either contrast or complement each other. "I honestly believe there's a perfect

caramelized onions. Surprisingly, she picked both a red and a white wine. The white is a typical Marlborough wine, the 2004 Villa Maria "Private Bin" Sauvignon Blanc (\$13), bursting with passion fruit, ripe guava and gooseberry flavors with herbaceous nuances. It's well balanced and fresh on the palate with a crisp finish. The tropical fruit flavors accent the sweetness of the pasilla chili and tortilla strips. Its racy acids cut through the rich

caramelized onions and tortilla strips.

THE RECIPE

TORTILLA SOUP WITH PASILLA CHILE, FRESH CHEESE AND AVOCADO

- Vegetable oil, for frying
 - 6 corn tortillas, cut into 1/2-inch strips
 - 4 whole garlic cloves, peeled
 - 1 small white onion, sliced
 - 2 dried pasilla chilies or 1 dried
- Story Continues... see PERFECT PAIRINGS page 21.

PERFECT PAIRINGS: Tortilla Soup

CONTINUED FROM PAGE 20

ancho chile, stemmed, seeded and torn into several flat pieces
 1 (15-ounce) can whole tomatoes in juice, drained and roughly chopped, or 2 medium-small, round, ripe tomatoes, cored and roughly chopped
 6 cups chicken broth
 1 large sprig fresh epazote
 Salt, to taste
 6 ounces Mexican queso fresco, cut into 1/2-inch cube (see note)
 1 large, ripe avocado, peeled, pitted and cut into 1/2-inch cube
 1 large lime, cut into wedges
 Yields 6 servings as a first course, 4 as a light main dish.

In medium-large saucepan, heat 1/2 inch of oil to 350 F. Smoking oil is too hot and will burn tortillas. Add 1/2 of the tortilla strips. Stir constantly until golden brown. With slotted spoon, remove strips and drain on paper towels. Repeat with remaining tortillas. Pour off all but thin coating of hot oil. Add garlic and onion, stirring regularly, and cook until golden. Remove garlic and onion, pressing against side of pan to leave behind as much oil as possible, and transfer to blender or food processor. Add chile pieces to hot pan. Fry, turning quickly, about 30 seconds in all. Drain on paper towels. Add chopped tomatoes to blender containing garlic and onion, and process to a smooth puree. (Strain puree if using fresh tomatoes.) Set saucepan over medium-high heat. When hot, add puree and stir until it has thickened to consistency of tomato paste, about 10 minutes. Add broth and epazote, bring to a boil, then partially cover and simmer for 30 minutes. Season with salt, to taste.

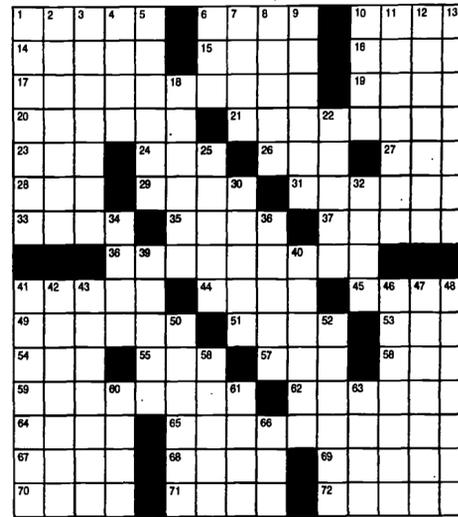
When ready to serve, divide cheese and avocado among soup bowls. Ladle portion of broth into each bowl, top with portion of tortilla strips and crumble on a little toasted chile. Serve with wedges of lime.

Note: If queso fresco is unavailable, you may use another crumbly fresh cheese (such as salted, pressed farmer's cheese or feta) or Monterey Jack.

"Mexico One Plate At A Time" by Rick Bayless (Scribner, \$35).

LIFE

TINE LINE



COPLEY NEWS SERVICE

By Charles Preston

ACROSS

- 1 Yellow pigment
- 6 Sharp feeling
- 10 Bolt
- 14 Quartz variety
- 15 Take out
- 16 Netman's org.
- 17 Busy U.S. airport
- 19 Mimic
- 20 Make beloved
- 21 This puzzle's theme
- 23 First century year
- 24 Church or down
- 26 Edible root
- 27 Govt. stat
- 28 Golfer Woosnam
- 29 North Carolina college
- 31 Spirit
- 33 Seaweed
- 35 Word before 25
- Down
- 37 Facilitated
- 38 Open carriage
- 41 Old weapons
- 44 Makes a dress
- 45 Form of transport
- 49 Iranian city
- 51 Actress Kudrow

DOWN

- 53 Trenchcoat color
- 54 Circuit
- 55 Sticky stuff
- 57 Parasite egg
- 58 Table scrap
- 59 Adjective for 21
- Across
- 62 Casual look
- 64 Personal: prefix
- 65 Lack of progress
- 67 Chimney residue
- 68 Lake or tribe
- 69 Vendor's booth
- 70 Austrian river
- 71 One pill, perhaps
- 72 Mediterranean port

ACROSS

- 12 Part of a church
- 13 Stressed out
- 18 Playful antic
- 22 Mideast ruler
- 25 Word after 35 Across
- 30 Dynamite inventor
- 32 Little ones
- 34 In the sack
- 36 Like some situations
- 39 Treatment
- 40 Specify
- 41 Onset of illness, perhaps
- 42 Leave completely
- 43 Words under a picture
- 46 Prince William, for one
- 47 Wireless telegraphy developer
- 48 Aims to
- 50 Worked for the Red Cross
- 52 Finally!
- 56 Form of transport
- 60 Realtor's units
- 61 Platform
- 63 Westmost of the Aleutians
- 66 Command to a horse

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...

Leo Madura

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



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BUGLE KIDS

By J.R. Rose-Copley News Service

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DRAW SPOTS ON THIS GIRAFFE...



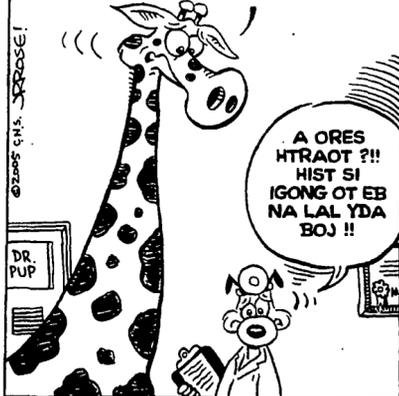
GIVE ME 5 RHYMES FOR HIGH...



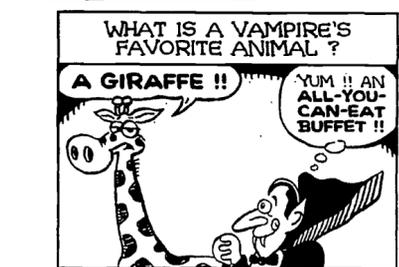
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Grammar Matters

by Patty Gibbons Saunier

Brand X

Identify which words should be capitalized in each sentence.

- If you are going to the drugstore, can you pick up some tylenol, band-aids and kleenex for me?
- Put this leftover macaroni salad in some tupperware or on a styrofoam plate with some plastic wrap over it.
- Mandy was shocked when she walked to her car and saw a large neon poster covering her jeep's windshield. In black magic marker, the sign said, "Will You Marry Me?"



Answers: 1. Tylenol, Band-Aids and Kleenex are all trademarked brand names. 2. Tupperware and Styrofoam are brand names. 3. Jeep and Magic Marker are brand names.

Copley News Service

REAL ESTATE

Decor Score

This indoor tile can come out to play

Rose Bennett Gilbert Copley News Service

Q: We are redoing my mother's house at the beach and plan to use ceramic tile all through the first floor, including the porch, living room and dining/kitchen area. Can we use the same tile outside as we do inside? Should it all match, or would it be too "busy" to mix-up colors since the three areas flow into each other?

A: There usually is a difference between indoor ceramic tiles and those that can take the outdoors, where the freeze-thaw cycle can cause grout cracking and crumbling. However, a number of manufacturers, such as Crossville (www.crossvilleinc.com) offer tiles designed for inside use to right out into the elements on exposed surfaces.

The advantage of matching flooring materials is that unbroken color carries the eye forward, making the space look larger than it really is. The disadvantage? A risk of being bored by too much of a good thing. Avoid it, not by using different colors on adjacent surfaces, which could add more jazz than you want underfoot. Instead, simply changing the direction in which the tiles are laid can make a subtle, visually interesting difference.

In the run-together rooms we show here, the tiles' grout lines add visual texture enough to dif-



ferentiate the spaces. Laid on the diagonal, the tiles energize the floor in the game room. In the open living-room-porch next door, they are put down straight, so the joins form a gentle transition between the areas.

These, by the way, are cement

Q: What about fabrics that can also live indoors or out?

A: They're out there, for sure. And also in here, looking as soft and rich as the most traditional of materials.

Manufacturers, such as Sunbrella, a name you may remember from patio chairs of yore, are enabling low-maintenance fabrics to assume high-style colors and patterns that look equally at-home in a drawing room or on the deck. For example, Old World Weavers' new "Elements" Collection includes traditional florals and plaids and stripes in pastels that may look precious, but you couldn't kill them with a vengeance.

Made of acrylic yarns, these 21st century wonders resist stains, mildew, rot, and are water-repel-

lant, colorfast and light-fast.

Bring on rainy days and dirt, or children, pets and food. Indoors, or out, these fabrics fight back without breaking a sweat.

Currently, "Elements" is available through interior designers only (see www.starkcarpet.com), but Sunbrella's impervious yarns are also showing up in less exclusive fabrics, cushions, curtains and even decorative fringes and tassels you might swear were made of delicate silks - until you see how well they weather the latest downpour.

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

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A GREENER VIEW

Oops, there goes another rubber tree leaf

JEFF RUGG
Copley News Service

Q: I have a large rubber tree plant that has dropped its large leaves the last two springs. Last year it came out of it and became quite beautiful. Now it is happening again. Is this normal or am I doing something wrong?

A: Was the tree indoors or outdoors? If it is an outdoor plant and there are any other such trees in the neighborhood, see if they are experiencing the same symptoms. If so, it would seem that you are not alone in doing something to harm your tree.

Rubber trees are evergreens, but not permanently green. Some evergreens lose their leaves in large numbers at unexpected times.

If the tree was moved from one growing condition to another, from indoors to outdoors, for example, or from a nursery to a home, store or an office, it is possible that the existing leaves were unsuited for the new environment. The tree will drop those leaves and grow new ones for the new environment. When the plant is moved back indoors, it will often go through the same routine.

Rubber trees do have large leaves, so a dry period could cause leaves to drop.

Q: Our home is 20 years old and

has large overhangs, some as large as 10 feet. To get to our front door, you walk between our house and the neighbor's. The overhang on the neighbor's house is about 3 to 4 feet from ours. Our side of the house faces south. What kind of plants would you recommend that never see direct sunlight? The area under our overhang is always in the shade. Would grass grow here?

A: Unfortunately, virtually all grass plants grow in sunny prairie situations and not wooded shady situations. If you need a shade-loving plant that can take the wear and tear of people walking on it, you are pretty much out of luck. In that case, a layer of mulch would work fine and gravel mulch would last longer.

As far as shady plants, there are quite a few, as long as there is some moist soil. There are few that can tolerate dry soil.

I like ferns, hosta, begonia, impatiens and ivy, but you might think those plants are ugly. So, the best thing to do is to take a few pictures of the area and go to a local garden center - not the garden department of a chain store, but a store that only sells plants year-round. They will have a wider selection of plants for a variety of growing conditions.

Q: We have been offered a large piece of rubber pond liner for free. It may have a leak and it

could leak more when it is removed from its display. Is there an easy method to determining where the leak is, before we install it in our yard?

A: Yes, I can think of an easy method to check for a leak. People with existing ponds can use this system, too, although if a pond is already installed with rocks and gravel and a filter system, it will be much harder.

Find a flat, level location slightly wider and longer than the liner. This could be a driveway or tennis court, depending on the size of the liner. Check to make sure there are no sharp objects on the surface. Unroll the liner and spread it flat. Use boards or blocks or whatever it takes to lift the entire edge up just a few inches and to hold the liner up, so it can hold water a few inches deep. Fill it with water and let it sit for at least 10 minutes. Drain it and, beginning at one end, roll it up. Look for any water spots on the surface under the liner. As soon as any water is found, begin looking at the liner. The water on the surface will probably be in a circular pattern centered on the leak. Even if it is hard to see any kind of hole, that is a spot that needs a patch. Circle it with a marker and continue rolling the liner up. When the whole liner has been

Story Continues...
see **GREENER VIEW** page 25.

GARDEN TIP

Leaf loss leaves questions

Any rubber tree plant, an evergreen, that drops its leaves can pose a dilemma.

TO SOLVE, ANSWER THESE QUESTIONS

■ **Is the tree indoors or outdoors?**
A perplexing outdoor tree should be compared with other such trees in the neighborhood to see if they are experiencing the same symptoms.
■ **Did you know rubber trees are not permanently green?**
Some evergreens lose their leaves in large numbers at

unexpected times.
■ **Was the tree moved from one growing condition to another?** (Indoors to outdoors, for example). It is possible that the existing leaves were not suitable for the new growing conditions.
■ **Was there a dry season or a lack of watering outdoors?**
This could also cause some leaves to drop.

Rubber plant
Ficus elastica



Copley News Service / Pete Chenard

HOME HOW-TO

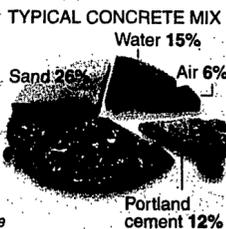
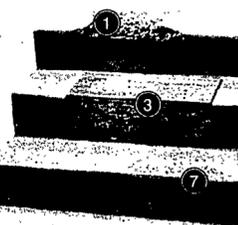
Fix chipped concrete steps

There are two essentials for success in a concrete patch: the damaged area must first be clean, rough and sound; and the patch material must be designed for minimal shrinkage.

TO REPAIR DAMAGED STAIRS

1. Remove all cracked and crumbled concrete and "key" the area to be filled.
2. Roughen and clean the surface to be patched.
3. Build a form to support any patches (either on the corner or on the front surface of a step) and oil the boards to prevent the patch from sticking.
4. Follow manufacturer's

- directions and prepare a pre-mixed sand mix (not concrete mix, below right) which requires a liquid bonding agent to help the patching material stick to the old concrete.
5. Apply when the patch mix is at the proper consistency.
6. Let it cure and remove the forms.
7. Keep the patch moist.



*Keying is when the bottom sides of the damaged area are made wider than the top.

Copley News Service / Pete Chenard

GREENER VIEW

Oops
CONTINUED FROM PAGE 24

checked, go back and patch the holes.

Q: The plants in my patio containers are getting plenty of water and the soil is staying moist, but the plants wilt every afternoon. They perk up each evening and morning, yet I am sure this is not

good for them. What can I do to prevent this?

A: Some days are so hot, and the patio area in such direct sun, that plants have a hard time keeping enough water in their leaves. A plant's leaf evaporates water to help cool the leaf and to move water and nutrients throughout the plant. If the water is leaving the plant faster than it can be re-

supplied, the plant will wilt. Even though the plant recovers on its own each night, it might still have some tissue that dies. The leaf may develop brown edges or whole leaves might fall off the plant.

Next year, use larger containers or use fewer plants in each container. This will allow the plants to develop larger root systems

within the pot. Hopefully, the larger root system will be able to keep up with the demand for water.

Using water-retaining crystals in the soil will help the soil hold more water, but if the plant can't remove enough water, it won't help.

Spraying the patio surface with an occasional small amount of

water will help. It will cool the whole patio and prevent the plants from wilting. This is how many greenhouses are cooled.

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

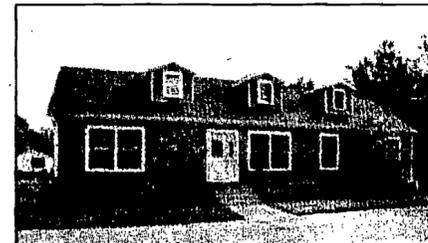
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Deck. Replace any loose nails and warped and rotting boards.

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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Bachelor's Degree in youth related programming and experience with youth a plus. Good written and verbal communication skills, computer skills and interpersonal skills are necessary.

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PUBLIC NOTICE IS HEREBY GIVEN that the Niles Park District, Cook County, Illinois (the "District"), will hold a public hearing on the 16th day of August, 2005, at 6:00 o'clock P.M. The hearing will be held at 6676 West Howard Street, Niles, Illinois. The purpose of the hearing will be to receive public comments on the proposal to sell bonds of the District in the amount of \$928,000 for the payment of land condemned or purchased for parks, for the building, maintaining, improving and protecting of the same and the existing land and facilities of the District and for the payment of the expenses incident thereto.

By order of the President of the Board of Park Commissioners of the Niles Park District, Cook County, Illinois.

Dated the 15th day of July, 2005

Joseph V. LoVerde, Jr.
Secretary, Board of Park Commissioners,
Niles Park District, Cook County, Illinois

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AUTO SCENE

Consumers can take a shine to new items in the car-care aisle

MARK MAYNARD
Copley News Service

We're well into the show-and-shine season and its bounty of new car-care products. Here are a few I've tried that had good results.

MICHELIN'S CLEAN AND SHINE

Michelin has come out with its own line of wheel- and tire-care products that it says are acid-free and environmentally friendly. "Until now, we did not recommend using these types of products because we weren't totally comfortable about their effects on tires or the environment," spokesman Chris Dawes says. "These products not only enhance the appearance of tires and wheels but condition, rejuvenate and protect them while avoiding any harm to either (people) or the environment." Three products are available now - Michelin Wheel & Tire Cleaner, 3 in 1 Tire Shine and Brake Dust Repellent - and more will be released, including tire inflation and pressure monitoring, air com-

pressors, air tools and car mats. The brake-dust repellent is supposed to help prevent grime from accumulating on wheels and tires. The Wheel & Tire Cleaner is not corrosive, so overspray won't stain or damage body parts. The tire shine contains no petroleum distillates, so it won't attract dirt and, the company claims, the solution will shield rubber from ultraviolet light and ground-level ozone that might reduce tire strength and flexibility. The rubber has a new appearance, not a shiny glaze. Prices for the tire and wheel products range from \$6 to \$7 at most auto-parts stores.

BALM FOR THE ROAD TRIP

Among the things you should be loading in the car for the family vacation, particularly if one of your tribe is sensitive to motion sickness, is a bottle of Scotchgard OXY Auto Carpet & Upholstery Spot Cleaner with Stain Protector. New car or old, a few sprays of this stuff and the slops and spills of road food become memories.

Scotchgard OXY easily wipes up and freshens up the interior. Child seats, seat belts and trunk liners are prime targets, and it's also good for an after-trip rub-



down of armrests and fabric. Cleaner not wiped from chrome trim will leave a white film, but the carpet dries soft and without any residue that would soon attract more dirt. Available at Pep Boys for about \$6.

REACH FOR THE ROOF

I used to wield a floor mop to reach the hood and roof of my Chevy Suburban. I liked the plas-

tic-handle mop because it had no metal parts to scrape the paint, but it was inadequate for good scrubbing.

When the Quickie Manufacturing news release arrived, I saw my answer and one that many do-it-yourself caretakers of cars, boats and RVs might have. The Auto-Pro Car Mop, \$15, has a 360-degree swivel head and 5-foot extension handle. One side of the mop head has a loopy, chenille mitt for gentle scrubbing and the other side is a scrubbing-mesh sponge for the dried on bits. Both sides can be removed for cleaning and reuse. The aluminum handle has soft foam grips and uses a twist-lock motion to adjust lengths. The mop head can fit into snug spots along mirrors and under roof racks. Quickie is a manufacturer of household cleaning tools and the car mop is sold primarily in hardware and grocery stores but also at Home Depot and Lowe's. Information: www.quickie.com.

KICK THE BUCKET

One of the best car washes to use

with the Auto-Pro Car Mop is Eagle One's new Bucket-Free Car Wash.

The pump bottle spray-on soap is supposed to make obsolete the bucket of dirty water for car washing. The soap's super-concentrated formula gives whipped-cream foamy suds just like at the car wash. Spray it very sparingly on a wet vehicle, or the mop head, use a good wash mitt or sponge and rinse with the hose. Use too much soap and you'll spend a lot more time and water rinsing. Old pluggers, such as myself, might find it hard to dispense with the bucket for rinsing a dirty mitt, but it's a good idea to hose off the mitt frequently to release the dirt it gathers.

A bottle of Bucket-Free should be good for 60 washes. The suggested retail price is \$5 at most automotive parts stores. For details on car care, visit www.eagleone.com. Mark Maynard is driving in cyberspace at mark.maynard@uniontrib.com. Visit Copley News Service at www.copleynews.com.

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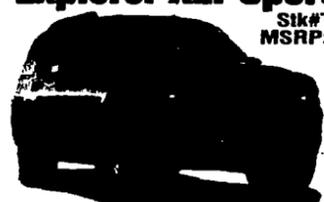
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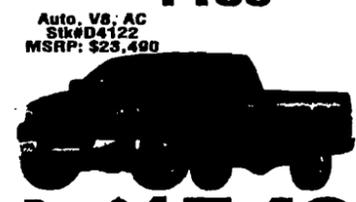


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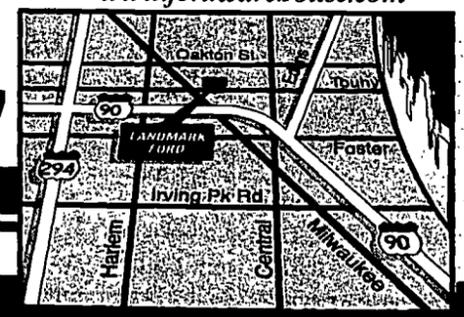
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