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# THE BUGLE



SEPTEMBER 14, 2006

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VOL.50 NO.17



## Marking 9-11

Despite foul weather members of the Maine Twp. Emergency Management Agency, Cook Co. Sheriff's Dept., Supervisor Bob Dudycz, Trustee Peter Ryan, and other staff observed a flag lowering ceremony in observance of the tragedy of Sept. 11, 2001, Monday at Maine Town Hall.

### Culver School remembers 9-11

On Monday, Sept. 11, Culver School in Niles had a moment of silence and dedicated the Pledge of Allegiance to the victims of the Sept. 11 tragedy and in the event that a terrorist attack should ever occur in the area the school is prepared.

In the classrooms, teachers also discussed the tragic event with the students at an age appropriate level.

"We've always had top security here," said Principal Alexandra Nicholson.

Nicholson said that they have always had emergency plans in place, but ever since the Sept. 11 tragedy, they have stepped up their preparedness.

A couple times a year, the students at Culver now practice a "Lock in" and a

"Lock down."

In a Lock-in scenario, an intruder is located outside of the building and the students and staff lock themselves in the building and keep the intruder out. In a Lock-down, Nicholson said that the scenario is that the intruder is suspected to be inside of the building and in this case the students and staff hide themselves and remain totally silent so they are not discovered by the intruder.

Culver also has a meeting with the Niles Police every year to update and improve the school's emergency plan. The plan includes what to do in the instance of an intruder, a bomb scare, etc.

### Police have stepped up vigilance, security

Following the Sept. 11 tragedy that took the lives of many innocent people five years ago, local police departments have become increasingly more vigilant.

"We've increased patrol in certain areas of town," said Sgt. Tom Davis of the Niles Police Department. "There's been more training with our officers."

A closer eye is kept on certain types of thefts, such as those involving propane tanks, shared Davis.

Davis said that the police are more aware of vehicles that are parked in fire lanes and other suspicious activities around town.

See Security, page 2

### Local police search for automobile burglars

By Tracy Yoshida Gruen  
STAFF WRITER

Local police departments are on the look out for car burglars and they are asking the community for their help.

The Park Ridge Police Department is seeking the assistance of the community in order to reduce the chance of property crime in the neighborhood.

During the past several weeks, there have been more than 70 vehicle burglaries throughout Park Ridge in the over-night hours. In most of these cases, the vehicles were not locked and valuable property was left in plain sight.

The Park Ridge Police Department is urging the public to avoid leaving valuable items inside their vehicles and if they have to leave it in the car they should place it out of sight or in a locked compartment. The police also encourages people to use their vehicle alarm systems and lock their cars at all times, no matter where it is parked.

In Niles, on the early morning hours of Aug. 23, several

See Burglaries, page 2

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## Farewell: John W. "Jack" O'Brien 1927-2006

"If it was for Morton Grove, he was there."

These are words that Morton Grove Mayor Richard Krier uses to describe John W. "Jack" O'Brien who recently passed away.

O'Brien was up on his roof fixing the chimney when he fell off, later dying of the injuries he sustained, explained Krier.

"Jack was always a type of guy who did everything himself," said Krier. "He could probably build a house from

scratch by himself."

Krier said that O'Brien was a fixture in Morton Grove and was very active in the community. Since 1955, O'Brien was a member of St. Martha's Parish. He was a member of the American Legion Post 134, the Lions Club and was a co-founder of the Action Party of Morton Grove.



John O'Brien

Krier said that sometimes they agreed on political issues, sometimes they disagreed, but they always remained friends.

"He was a great guy and will be greatly missed," said Ed Hildebrandt, of the building department of the village. "He was a very personable guy."

In 1977, he started his own electrical contracting firm, the John W. O'Brien Corp. His company helped change the appearance of the Chicago skyline by installing the antennas on both the Sears Tower and the John Hancock building. His corporation has completed various projects at the Museum of Science and Industry, United Airlines, Alexian Brothers

Hospital, and many more. During 1945-1946, he served in cryptographic maintenance in the U.S. army.

O'Brien is survived by his wife of 56 years, Lorraine (Binsfeld), six children, 15 grandchildren and one great grandchild. He is preceded in death by his parents and his sister, Peggy.

The visitation will be this Friday from 3 p.m. to 9 p.m. at the Simkins Funeral Home and the mass will take place Saturday at 11 a.m. at St. Martha's Church.

### Burglaries

continued from page 1

vehicles in the 7700 block of Nordica were burglarized and items including stereos were stolen from the vehicles.

The Niles Police are urging the public to contact the Niles Crime

Stoppers if they have any information regarding the crime. People that call never have to leave their names and if the information results in an apprehension and conviction the person will receive a cash reward.

The Niles Crime Stoppers phone number is (847) 588-6533.

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## North Maine Fire Dept. open house Saturday

The North Maine Fire Department will host its annual open house on Saturday, Sept. 16 from 11 a.m. to 3 p.m.

The open house is celebrating and commemorating 37 years of service to the community. The fire station is located at 9301 Potter Rd. in unincorporated Maine Township.

At noon, the North Maine

Fire Protection District will dedicate their newly purchased monument sign to the residents of unincorporated Maine Township. The sign was acquired partially with federal grant funds to display fire prevention and life safety messages to thousands of residents who drive past the firehouse.

Many municipal support

agencies will have displays and equipment set up for viewing and they will also answer questions from guests. There will also be a canine demonstration by the Cook County Sheriff's Police.

Chief Richard Dobrowski is inviting everyone to attend this special event. For more information those interested can call (847) 297-5020.

## Pluto joins smaller family

Over the last two weeks scholars have argued about the definition of a planet. The debate initially confirmed the planethood of distant Pluto and briefly promoted an asteroid, Pluto's moon Charon and a distant object known as 2003 UB313 or "Xena." But now scholars appear to agree that none of those three celestial objects are planets, labeling them "dwarf" planets in an effort, they claim, to preserve the constructive meaning of the term.

The International Astronomical Union (IAU) announced on Aug. 26 a new definition that says in order to be classified a planet an object must:

- be in orbit around a star or stellar remnant;
- have sufficient mass for its self-gravity to overcome rigid body forces so that it assumes a hydrostatic equilibrium (nearly round) shape;
- is not massive enough to initiate thermonuclear fusion of deuterium in its core (something that would make it instead a star); and,
- has cleared the neighbor-



Page Two  
ANDREW SCHNEIDER | EDITOR

"I think that the new definition of planets and the addition of a new class of planets known as "dwarfs" is something that will help us as we move outward in our exploration of our Solar System and the galaxy."

hood around its orbit. Great. That's what I think anyway. I've been telling little children for years that Pluto doesn't qualify as a planet and that, instead, it is merely one of potentially numerous "Kuiper Belt" objects. The Kuiper Belt is a col-

lection of objects that form a scattered disk extending from the orbit of the Planet Neptune up to 50 AU (Astronomical Units) from the Sun. Theorists have yet to explain the Belt in much greater detail or an even more distant Oort Cloud, something that is theoretically comprised of dust and particles ejected from the Solar System during its formation or debris that failed to coalesce into planets.

I think that the new definition of planets and the addition of a new class of planets known as "dwarfs" is something that will help us as we move outward in our exploration of our Solar System and the galaxy and will keep us from re-writing textbooks everytime a new planet-like object is discovered because we have a category ready for it (not to mention the fact that now we won't have to come up with a new mnemonic device every time we discover a new planet, we can stick with My Very Good Mother Just Served Us Nectarines).

Of course the sanity of the new See Column, page 8

### Security

continued from page 1

"You have to use discretion," said Davis. Commander Brian Bolger of the Morton Grove Police Department said that they now have more extensive training in emergency preparedness, in both man-made and natural disasters.

Bolger said they also keep a closer eye on areas of town, such as utilities, schools and other places.

"We just look at a lot of things differently now," said Davis.

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COUPON

## Celebrating 35

Northridge Preparatory marks auspicious date

By Tracy Yoshida Gruen  
STAFF WRITER

As the boys walked into the auditorium, the energy at Northridge Preparatory School in Niles bounced around the room.

It was no ordinary presentation. This gathering on Friday, Sept. 8 was to celebrate the 30th anniversary of the all boys school. The program included a video that was put together, showing the school 30 years ago and as it progressed and grew throughout the years. On Saturday, Sept. 9, there was a special Mass and banquet.

One of the founders of the school, James Stenson, flew in from his hometown of Boston in order to celebrate the special anniversary, with students and staff.

"It's a pretty special occasion," said Stenson, in an interview with the Bugle Newspapers. "It's an excellent school. I love coming back here."

Stenson said that one advantage of having an all-boys school



Northridge Prep students applaud speakers during a celebration of the school's 35th anniversary in Niles Friday.

is that the boys participate more in class. He said that co-ed classes are often "intellectually dominated" by the female students. At Northridge, he said the boys are not afraid to take risks and are happy and confident. Stenson is pleased that the boys also do get a chance to socialize with girls at dances and other social events.

During his presentation, he said, "I see the same spirit and happy and confident students."

belief that "nothing is impossible" made the school turn into a reality, and one that continues to succeed, thirty years later.

Today, the school has 314 students, compared to the 33 students it started with 30 years ago. It has been recognized both locally and nationally by US News and World Report, the Sun-Times and North Shore Magazine. Many of the students move on to continue their education at universities such as Northwestern, U of I in Champaign-Urbana, Loyola and more and there are several AP classes offered at the school.

The current headmaster of the school is Luke Ferris, who as excited about the significant anniversary. Although it is faith-based, there are a number of students who do not share the same religious beliefs.

Although Stenson is an internationally recognized educational author and speaker who has traveled to many countries to speak, Northridge Preparatory School in Niles, Illinois, has always been one of his favorite places to visit.

## Minelli Brothers to be honored

The Grand Lodge of the Order Sons of Italy will honor the "Minelli Brothers" of Minelli Brothers Finer Foods at the 82nd annual Columbus Banquet on Friday, Oct. 6.

The Minelli Brothers, Fred, Lenny and John, will be recognized at the event.

The banquet will take place at Villa Brunetti, 9755 W. Grand Ave. in Franklin Park and will recognize the achievements of Columbus, the 2006 Humanitarians and The Sons of Italy scholarship recipients.

There will be cocktails at 6 p.m., a scholarship presentation at 7 p.m. and dinner at 8 p.m.

Those interested in tickets can call (708) 352-9375.

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## Proper posture can lead to health benefits

By Jack Williams  
COPLEY NEWS SERVICE

How much would you pay for something that not only makes you look pounds thinner and

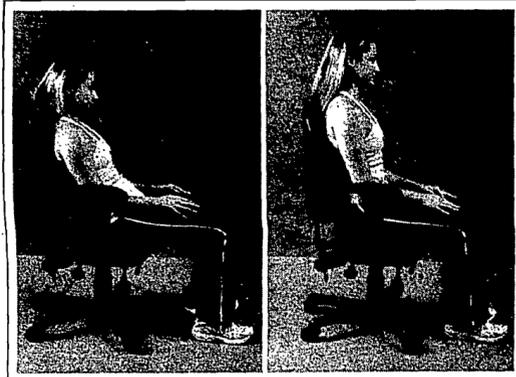
### FITNESS FORUM

years younger, but also ramps up your energy and tames those nagging aches and pains?

Put your checkbook away. The miracle solution is proper posture, and it's free and available to everyone. So, if it's such an accessible panacea, why don't more of us keep our spines in line?

"We've become a nation of professional sitters," says Janice Novak, a Minneapolis health educator and author of the book and DVD "Posture, Get it Straight" (Expert Publishing, \$14.95, www.improveyourposture.com). "We're being damaged by our lifestyle. We're spending too much time leaning over computers and video games all day or slouched on the sofa watching TV."

And it doesn't help that we're less active and more overweight



than ever before.

"We're not as physically active, so our muscles won't be as fit and won't be able to hold our joints in correct alignment," says Todd Galati, research scientist and exercise kinesiologist at the American Council on Exercise.

When sitting at a computer, your arms are always out in front of you, which often leads to shoulders that are rolled forward. And, as your head leans forward toward the screen, the

chest caves in a bit, and you end up with a rounded upper back.

To make it worse, some people slouch down into the chair so the hips are in front of the shoulders, and there's no support for the lower back.

"While it's possible to maintain good posture while sitting watching TV or working at a computer, many of us don't, especially as we get tired," Galati says.

If you have any doubt about how we've let our posture slip, take a look at yourself as you read this. What's your head doing? Chances are it's jutting forward instead of positioned directly over your shoulders.

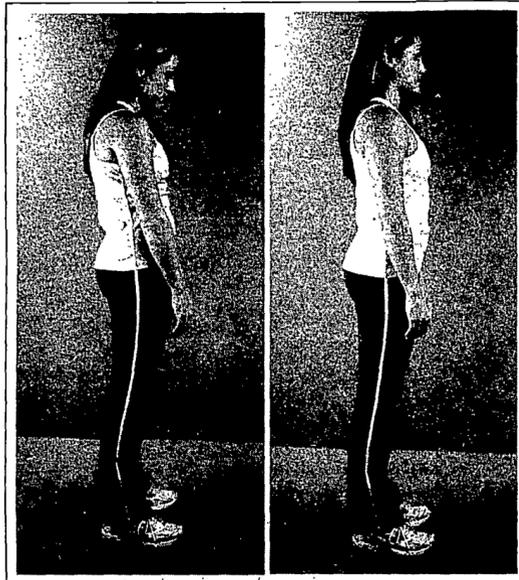
How about your shoulders? Are they rounded forward instead of pulled back and down? And, what about your lower back? Instead of maintaining the natural lumbar curve by holding your pelvis in a neutral position, it's probably arched or swayed.

But posture experts want you to get one thing straight - besides your back. It's never too late to improve your posture.

"No matter how bad your posture or how long you've had bad posture, you can change it," Novak says. "It's really just a matter of strengthening some muscles and stretching others that have become too tight. It's not that hard to do, but it does take practice."

The first step to improving your posture is becoming aware of your alignment as you stand, sit and walk.

Ideally, good posture means the body is aligned or the joints are stacked directly on top of each other from head to toe. As you look at yourself in a mirror from the side, you should see earlobes over shoulder blades over hips over knees over ankles. Your abdomen should be pulled in ("As if you are zip-



ping up a pair of tight pants," Novak says) and your knees should be slightly bent.

Some people aren't sure what correct alignment is and exaggerate their posture. They think that standing in military position with chest out, knees locked and chin in is good form. However, experts say that's too rigid and can't be maintained. But, even proper neutral posture can be tough to sustain if you don't experience it regularly.

"If you've had poor posture for a long time, (proper posture) can feel strange or foreign. You're asking your muscles to hold the body in the position it should be in, but hasn't been in for a while. Those muscles will probably feel some fatigue," Galati says. "But like with any exercise routine, if you stick with it, you'll be able to do it longer, and eventually proper posture will become more natural."

To get proper alignment and maintain it, it's important to strengthen the abdomen and middle back, stretch the chest, hamstrings and hip flexors, and develop a good range of motion in the hips. After just four weeks of practicing good posture and performing some simple exercises, you should notice a big change, Novak says.

"Good posture is a matter of retraining the body, and that takes time and focus," Novak says. "As soon as the mind drifts, it's easy to fall back into poor posture. That's why prac-

ticing alignment techniques several times a day is so important. If you slump over, straighten up and align yourself."

A quick cue to good posture is to imagine the top of your head or breastbone attached to a string on the ceiling. Perfect alignment keeps that string straight, but not overly taut.

Practicing proper posture is like a face-lift for the body.

"Posture has a huge effect on the waistline and midsection measurement. Stand up straight, and you will look like you've lost five to 10 pounds, and your waistline will be an inch or two smaller," Novak says. "And it has a real effect on the spirit. People with good posture exude health and vitality, and project a strong and confident image."

Proper posture does more than just make you look good. It can aid digestion, since the digestive system is less cramped. It can relieve neck, shoulder and lower-back pain. It may calm some tension headaches, since poor posture can overstretch and irritate spinal nerves and connective tissues. Good posture can optimize muscle performance and help reduce the risk of some sports injuries. And by straightening hunched-over shoulders and opening up the chest, you can get more oxygen, which leads to more energy.

"When the spine is aligned, everything works better," Novak says. "The nerves conduct messages more efficiently."

## Niles Family Fitness Center News & Events

### Tae Kwon Do

6 years-adult: Learn the Korean Art of Tae Kwon Do and develop your physical, mental and muscular strength. Classes taught under the direction of Master Instructor San Chel Chung of Chung's Tae Kwon Do Academy. No Class Week of Thanksgiving

Tues/Thurs 9:00-9:30 PM  
9/5 - 10/19 #6361  
FEES: \$124 Member  
\$144 Non-Member  
LOCATION: Gym

### Elite Instruction Basketball

7-10 years: Mike Ipjian and Niles Family Fitness Center present a highly instructional, highly competitive basketball program.

The camp will address proper shooting mechanics, ball-handling, play-making skills, rebounding, defensive fundamentals, and offensive principles. The focus of the clinic is to enhance both knowledge and performance while providing an opportunity for players to compete. Players will participate in 1-on-1, 3-on-3, and 5-on-5 tournaments, as well as various jumping-shooting competitions.

Fee includes:  
Elite Instruction Fall Basketball Camp T-Shirt

Mon/Wed 6:00-7:00 PM  
9/11 - 10/18 #6192  
FEES: \$83 Member  
\$108 Non-Member  
LOCATION: Multi A & B

### Youth Core Conditioning Basics

9-12 years: This class is designed to develop torso / core strength by working with the BOSU. Increasing core stability and strength will both enhance the athleticism of kids involved in sports and functionally train them for their daily activities.

No Class Week of Thanksgiving  
Mon 4:15-5:05 PM  
9/11 - 10/23 #6310  
FEES: \$49 Member  
\$59 Non-Member  
LOCATION: Aerobic Studio

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Tues/Thurs 8:00-9:00 PM  
9/5 - 10/19 #6196  
FEES: \$189 Member  
\$219 Non-Member  
LOCATION: Gym

Tues 4:45-6:15 PM  
9/12 - 10/17 #6200  
FEES: \$90 Member  
\$100 Non-Member  
LOCATION: Gym

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## MG Park District Sept. Calendar of Events

September 16 Back to School Teen Dance

September 21 Park Board of Commissioners Meeting

## Niles Park District News & Events

### Pioneer Park Fall Hours

Niles Park District Pioneer Park Batting Cages and Mini-Golf are now in their Fall hours. Monday-Friday 5:00-9:00 pm, and Saturday & Sunday Noon-9:00 pm. Pioneer Park will be closing Sunday, October 29.

Our popular "Family Fun Nights" will continue every Friday night until October 27. Our \$5.00 per person fee includes one round of mini-golf, one batting cage token, one hot dog, small drink, and bag of chips for each family member.

For more information, please call Pioneer Park during our hours of operation, (847) 583-2746.

### Niles Park District Preschool Openings

There are still openings for Niles Park District Bright Beginnings Preschool for this year. Spaces are still available in the morning and afternoon programs. Registration will be accepted at the Howard Leisure Center, 6676 W. Howard Street, until classes are filled. For more information on our Bright Beginnings Preschool Program, please stop in the Howard Leisure Center or call (847) 967-6633 to have information mailed to you.

### NEW Fall Sport & Rec Programs

Niles Park District will be

offering new Sport and Rec programs this Fall. Adult (18 & over) programs include: Co-Ed Dodgeball League, Men & Women Basketball Leagues, Co-Rec Adult Volleyball League, and Retired Men's Basketball. Youth Programs include: Boys Dodgeball League, and Basketball & Volleyball Academy's. High School programs include: Co-Ed Fresh-Soph Dodgeball League, and 7 on 7 Flag Football Leagues. Tot Classes are also available. Please check our website, www.niles-parks.org for a full listing of programs, dates and fees, or call (847) 967-6975 for information.

## Portion distortion striking the waistline

By Charlyn Fargo  
COPLEY NEWS SERVICE

Forget super-sizing that meal - it's already too big.

New research shows that people's perceptions of normal portion sizes have bal-

looned in the past 20 years. A study out of Rutgers University, published in the September issue of the Journal of the American Dietetic Association, reports that "portion distortion" is to blame. Consumers perceive large portion sizes as appropriate for a single serving.

The study replicated one performed 20 years ago, during which participants were asked to serve themselves the amount they considered a typical portion of each item on a buffet table. For the current study, 177 young adults selected what they thought were average portions of eight breakfast items or six items for lunch and dinner.

On average, less than 45 percent of the portions selected at the breakfast meal were within 25 percent of the reference portion size. For lunch and dinner, only 30 percent were within 25 percent of the reference point. The result, researchers said, is that the amount of food thought appropriate for a single serving doesn't match the U.S. Food and Drug Administration Nutrition Facts panel.

"With portions being distorted to this degree," said study co-author and registered dietitian Carol Byrd-Bredbenner, "it's no surprise that people's waistlines are expanding."

- Rutgers University.

### Winning Question

Q: Is it true that almonds with their skins on are more nutritious than blanched almonds?

A: Just 1 ounce of almonds (about a handful) with or without their skins provides almost half the vitamin E recommended for a whole day. They also are equally good sources of magnesium, dietary fiber and plant compounds that can help control blood cholesterol. The big difference is that the almond's skin contains a certain type of phytochemical called flavonoids. Some research suggests that there could be synergy in which the flavonoids in the skin and the vitamin E in the nut "meat" provide greater health benefits together than individually.

- American Institute for Cancer Research.

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# 26 steel posts stolen, potentially scrapped

## MORTON GROVE

### 1 Steel Posts Stolen (5700 Main)

An unidentified person(s) removed 26 steel posts from the front of a garage of a home in the 5700 block of Main on Sept. 1. Police said one week prior to the theft a man came to her door and asked if he could take the posts. Police said she told him that they were not scraps and then he left. The value of the stolen posts is \$780.

### 2 Retail Theft (6300 Oakton)

Police said a subject was in the drill bit section of a retail store in the 6300 block of Oakton opening packages and placing items into his pants pockets on Sept. 2. The total amount of the items stolen was \$38.44.

### 3 Assisting Another Agency (5600 Dempster)

While on patrol, a Morton Grove Police officer saw four subjects in the parking lot of a gas station. Police said one subject was holding "The Club" car theft deterrent device over his head and chasing another subject. The subject said he was awakened by his car alarm and observed the other subject inside of his car removing stereo equipment. The subjects were turned over to the Chicago Police Department.

### 4 Criminal Damage to Vehicle (8600 Waukegan)

Police said sometime between Sept. 3 and Sept. 4, unknown person(s) scratched the paint off the victim's vehicle. The front passenger's side door, trunk door and rear passenger's door were damaged. The victim said he and his neighbor had a minor disagreement.

### 5 Pumped Gas and Drove Away (8800 Waukegan)

An unidentified subject pumped \$42.86 worth of gas into his 1980s model gray Audi and then drove away without paying, leaving the pump on the ground on Sept. 2. Police said there were no license plates on the vehicle.

### 6 DUI/Possession of Cannabis Arrest (Dempster at Lincoln)

Police arrested a 17-year-old Skokie female for driving under the influence of drugs on Sept. 4. The woman was stopped initially for improper lane usage. Her court date is Sept. 25 and she posted a cash bond of \$100.

### 7 Possession of Cocaine (Beckwith at Oak Park)

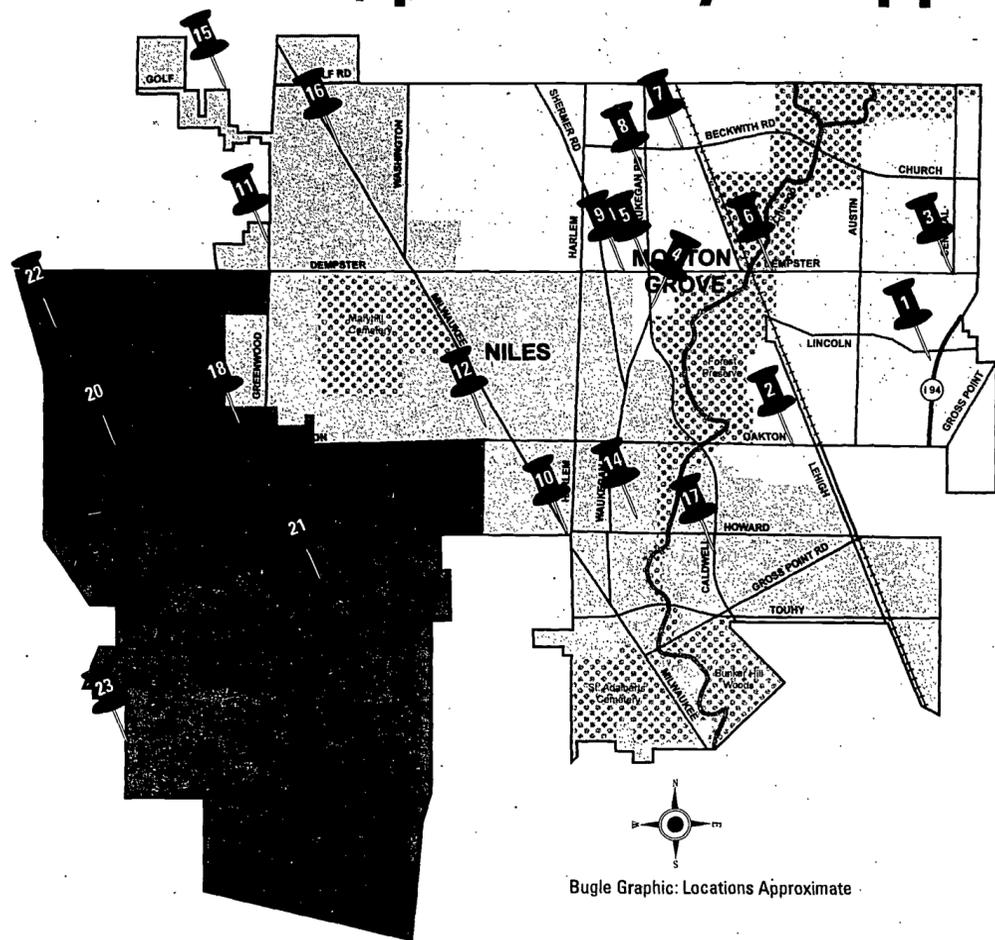
A 41-year-old Morton Grove resident was arrested after cocaine and a cocaine "hitter" cylinder were found in his vehicle on Aug. 31. A week prior to that arrest, the same subject was arrested for possessing a controlled substance. His court date was Sept. 8.

### 8 Unlawful Possession of a Weapon (9100 Waukegan)

Police arrested an 18-year-old Bensenville man, driving a stolen vehicle, for unlawful use of a knife on Sept. 2. The man has a court date of Sept. 25.

### 9 Standing Sewage to Burger King (7100 Dempster)

Police said there were two to three inches of standing sewage water in the kitchen/food area of a Burger King in the 7100 block of Dempster on Sept. 4. The fast



Bugle Graphic: Locations Approximate

food store was told it had to close down at that time as a result of a possible "health hazard."

### 10 Burglary to Home (7600 Milwaukee)

Police said unknown person(s) burglarized a home in the 7600 block of Milwaukee on Sept. 5, taking a video camera, two diamond rings, two pictures of the victim's daughter and one gold bracelet. The victim said that the dresser drawers were opened and articles were thrown on the floor.

### 11 Liquor License Violation (9000 N Greenwood)

A bottle of liquor was observed in one of the karaoke rooms of a restaurant in the 9000 block of N. Greenwood on Sept. 3, said police. A female employee attempted to conceal the violation by moving the bottle from the table to the floor.

### 12 Malibu Style Lights Stolen (8100 Ottawa)

Unknown person(s) removed

12 Malibu-style lights from the victim's yard located in the resident's yard in the 8100 block of Ottawa between Aug. 25 and Sept. 5. The estimated value of the items that were stolen is \$150.

### 13 Assisting Glenview Police Department (2000 Tower Dr)

Niles police and K-9 Max assisted the Glenview Police in a search warrant on Sept. 1. Police found a water bong, cannabis, smoking pipes, rolling paper and liquid steroids inside the subject's Glenview home.

### 14 Slashed Holes in Furniture (7700 Nordica)

Police said a subject slashed holes in the furniture and spilled liquid on the furniture in a home in the 7700 block of Nordica sometime between Sept. 1 and Sept. 2. The victim also discovered three holes in the wall. The victim and the suspect have been separated and planned to file for a divorce on Sept. 4.

### 15 Pallets Stolen (9000 Golf Rd)

Police said 150 pallets valued at \$4 each were stolen from a store in the 9000 block of Golf Rd. on Sept. 1. Employees reportedly saw the unknown subject(s) climb a fence and gain access to the pallet storage area.

### 16 DUI Arrest (9400 N. Milwaukee)

Police arrested a 27-year-old Des Plaines man for driving under the influence of alcohol on Sept. 3. The man was also arrested for speeding and improper lane usage. The bond is at \$1,000 and the court date is Oct. 10.

### 17 Driving with Suspended Driver's License (7500 Caldwell)

A 52-year-old Niles female was arrested for driving with suspended registration and a suspended driver's license. The bond is set at \$1,000 and the court date is Sept. 18. See Blotter, page 7

# Park Ridge Police Dept. honored

The Park Ridge Police Department is the recipient of awards by the International Association of Police based on their participation in the "Traffic Safety Challenge" in April.

The program targets three major traffic safety priorities: speeding, driving under the influence and occupant protection. Police departments and other law enforcement entities in the state with exemplary traffic safety and enforcement programs are recognized.

The Park Ridge Police have been notified that they are the recipients of the second place

award in their category, as well as the recipient of the "Clayton J. Hall Memorial Award" that honors the "best of the best" in highway safety and traffic enforcement in North America.

Park Ridge Police will be recognized at the annual International Association of Chiefs of Police conference that takes place in Boston, MA on Oct. 17, 2006.

On Aug. 3, the department was also recognized for coming in third place in the municipal 51-100 sworn officer category. They received this honor at the Illinois Chiefs Summer Conference.

## Blotter

continued from page 6

### PARK RIDGE

#### 18 Sugar Poured into Gas Tank (1500 Greendale)

Police said unknown person(s) covered victim's 2004 Ford Taurus with eggs, tomatoes, ketchup and mustard sometime between Sept. 3 and Sept. 4. Sugar was also poured into the gas tank. The estimated cost of the damage is unknown, said police.

#### 19 Burglaries to Unlocked Vehicles (Several Addresses)

On Sept. 3 there were burglaries to unlocked vehicles in the 400 and 600 blocks of N. Wisner, 300 block of Cuttriss, 200 and 300 blocks of W. Austin, 200 block of W. Kathleen and 600 and 700 blocks of N. Washington.

#### 20 Forced Attempted Burglary (1000 Busse Hwy)

Police said unknown subject(s) attempted to gain entry to the business by removing a vent cover in the rear of the business sometime between Aug. 31 and Sept. 1. Entry was unsuccessful.

#### 21 Spray Painted Building (200 N. Northwest Hwy)

Unknown person(s) spray-painted the side of a building between Aug. 31 and Sept. 1. The estimated cost of the damage is unknown.

#### 22 Lawnmower stolen from Driveway (1500 N. Northwest Hwy)

Police said unidentified person(s) driving a small truck took a Toro lawnmower worth \$300 from the victim's driveway on Aug. 31.

#### 23 Wallet Stolen from School (1100 S. Dee)

Police said unknown subject(s) took a victim's wallet that was left unattended for a few minutes in a bathroom of a school in the 1100 block of S. Dee Rd. on Sept. 1.

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# How to Fix an Election

While back I received a postcard from David Orr, the Cook County Clerk who is in charge of maintaining the integrity of elections. The postcard was an attempt to "clean up" the voting records of Cook County. It stated that if you were the person on the card, do nothing, but if you are not please return the card so you can be removed from the voting rolls. Can you see the problem? Do you think the Post Office carefully checks to see that the person on the postcard is the same one living at the house? How would a dead person get themselves removed? What if you had moved away and your forwarding had expired? Is this the best solution to cleaning up voter rolls the county could come up with?



Another Perspective  
MORGAN DUBIEL | COLUMNIST

How hot and long lived this issue is.

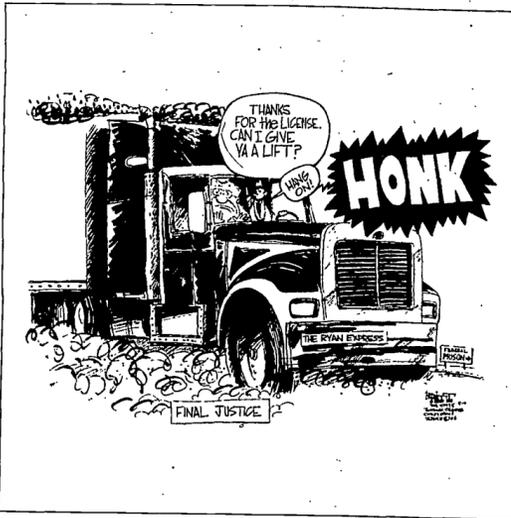
Continued American liberty is predicated on free and fair elections. The Bipartisan Campaign Reform Act of 2002, which essentially bans political speech just before an election, accusations about vote fraud due to the Motor Voter Act (which lets essentially anyone vote if they have a drivers license) and last, but not least the dangling chads debacle in Florida indicate just

The Campaign Reform Act, which should be named the Incumbent Protection Act, is a real abomination. It curtails the freedom of speech enshrined in the First Amendment, namely political speech. Jacob Sullum in Reason magazine online, sums up the issue by stating, "As of Friday, when the 60-day blackout period for "electioneering communications" by nonprofit interest groups begins, political speech will enjoy less protection than dirty movies. While a sexually explicit film is protected by the First Amendment if it has some socially redeeming value, an "electioneering communication"

is forbidden even if it deals with important and timely public policy issues." So right at the time you start paying attention to the elections and just when you most need information to make an informed choice you now don't have a right to received it. A political gag rule, that belongs in Castro's Cuba not the United States.

The National Voter Registration Act (popularly known as the "Motor Voter Act") was passed to protect the integrity of the electoral process and to ensure officials could maintain "accurate and clean" registration rolls. This act allows "citizens" to register to vote simultaneously with an application for a driver's license, by mail, or in person. But, as the above postcard indicates, it is now harder to verify the identity of voters seeking to register. Voter registration rolls are dirtier than ever. For all the money spent you cannot be certain that you have made a difference.

Most people remember Florida as the scene of the last election time mess, St. Louis Missouri also needed its diaper changed due to abusive voter registrations and See Perspective, page 10



## Column

continued from page 2

definition hasn't stopped a minor public outcry against Pluto's demotion that has sparked a sickening amount of puns of the Disney character. Several business owners who even invested money in brand's like "Pluto's Dogs," a Chicago Hot Dog Stand have been upset by

the demotion.

"But times change, even planets change and we should be ready and willing to accept the change in Pluto's status so we can order our knowledge of the universe.

Of course, if our easy acceptance of the metric system is any indicator we'll have quite a few Pluto fans holding out for its vindication sometime during its next orbit of the Sun.

# Most seniors land top college pick and receive financial aid

By Lynn O'Shaughnessy  
COPELEY NEWS SERVICE

The most disheartening moment that I experienced during the college tour that I took with my daughter and husband this month occurred on a stun-

experience is a lot more scary for parents than spending \$80 to fill up a gas tank.

In its most recent price survey, the College Board reports that the average yearly cost of a private education is \$29,026, which represents a 5.7 percent spike from the previous year. The price of the average public school, which jumped 6.6 percent, will now set you back \$12,127 a year.

During our trip to 11 small liberal-arts colleges on the East Coast, I don't think we heard a peep out of any admission officer about price. The standard company line is that no one should rule out a school just because of its cost. And while that might seem like self-serving nonsense, there is a great deal of truth in it.

The chances of getting financial aid will increase if your child enrolls at an expensive school. You may not qualify for financial aid at the local public university, but you could be entitled to money if the tuition were much higher. If your child also qualifies for merit money, he or she could get a private education, if that's something that interests you, for the same cost as a state school.

And don't despair if your kid isn't an Einstein clone. There are plenty of schools that hand out cash to B students. A great source for excellent schools that embrace these kids is "Colleges that Change Lives, 40 Schools that Will Change the Way You Think About Colleges." Loren Pope, a former education editor at The New York Times, released the latest edition of his popular book this summer.

If you've read news accounts of the college arms race or you've talked to admission counselors lately, you might assume that the competition has become so nuts that even Stephen Hawking would get wait-listed today.

Much of the angst, however, is unwarranted. The vast majority of high school seniors capture a spot at their top college pick. And the average college accepts seven out of every 10 applications. Getting into college shouldn't be what causes parental hyperventilation. What really prevents parents from catching their breath is the prospects of paying the tab.

While escalating college costs don't get as much airtime as runaway gas prices, the prospects of paying for that crucial collegiate

# Pantry to be completed soon

By Tracy Yoshida Gruen  
STAFF WRITER

Still under construction, The Niles Pantry located at Waukegan and Oakton will likely be ready for occupancy in about a month.

Also in that area, a special use to open a Jimmy Johns sandwich restaurant was

approved at the last Niles village board meeting.

Community Development Director Chuck Ostman said that the plans have been approved and the sandwich shop should be open in about two to two and a half months.

The owner of the Niles Pantry is no rookie to the

business. He is the former owner of the 7-11 store on Oakton, next to the Walgreens in Niles. Ostman said he decided to open up his own business.

"He knows the business," said Ostman.

Ostman said there are three other vacancies for stores to go in at that location.



By Jeffrey Cardella  
Special to The Bugle

## Edward Jones

Are Your College Savings Plans on Track?

PUBLIC SERVICE ADVERTISEMENT

It's back-to-school time again. If you are a parent of a college student, you've probably already made what- ever arrangements you are going to make to meet those hefty tuition payments — and some of these arrangements can involve considerable sacrifice. But if your children are a few years away from heading off to school, you can still take advantage of some attractive college savings vehicles — and the best time to start exploring these options is now.

How important is it to save early and often for college? Just ponder these figures from the 2005-2006 school year: For students attending four-year public colleges and universities, the average total cost was \$15,566, while students at four-year private colleges and universities paid, on average, \$31,916, according to the College Board. These numbers will surely rise for this school year, and, in all likelihood, for the next few years, too. In fact, for the past decade, inflation has been much higher on the college campus than in the world outside.

So, what are the best ways to save and invest for college? As is the case when you save for retirement, it's a good idea to find vehicles that offer both growth potential and tax advantages. Here are a couple to consider:

**Coverdell Education Savings Account** — Depending on your income level, you can contribute up to \$2,000 annually to a Coverdell Education Savings Account (ESA). Your Coverdell earnings and withdrawals will be tax-free, provided you use the money for qualified education expenses. (Any non-education withdrawals from a Coverdell ESA may be subject to a 10 percent penalty.) You can place your contributions to a Coverdell ESA into virtually any investment you choose — stocks, bonds, certificates of deposit, etc.

**Section 529 savings plan** — In a Section 529 savings plan, you put money in specific investments. All withdrawals will be free from federal income taxes, as long as the money is used for a qualified college or graduate school expense of the beneficiary you've named — typically, your child or grandchild. And Section 529 contributions are tax deductible in certain states for residents who participate in their own state's plan. (However, 529 distributions will appear as income on the child's tax return, which could affect financial aid calculations.) Withdrawals for expenses other than qualified education expenditures may be subject to federal, state and penalty taxes.

Aside from the tax benefits, a Section 529 savings plan offers other advantages. First, account limits are quite high — you can accumulate more than \$200,000 per beneficiary in many state plans, although special gifting provisions may apply.

And, just as importantly, you can get significant estate-planning benefits from a Section 529 savings plan. Because you can contribute large amounts of money to the plan, you may be able to reduce the size of your taxable estate. Plus, even though the assets are out of your estate, you retain control of them. You decide who will get the money and when he or she will get it. You can even change the beneficiary to another family member.

Before investing in either a Coverdell ESA or a Section 529 plan, see your tax advisor. But don't wait too long. While college may look a long way off for your kids now, time has a way of sneaking up on you — so don't let it catch you unprepared.

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

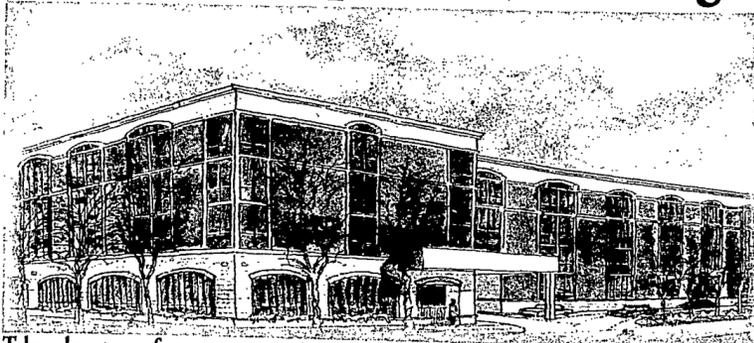
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## "Back to School" Night at St. Juliana

St. Juliana School was in session for parents on the evening of Thursday, September 7, 2006. On hand to greet the parents in the Rev. Donald Ahearn Parish Center were St. Juliana School principal, Mrs. Kathleen Barton, and St. Juliana pastor, Rev. Stephen Kanonik. Parents then made their way through the building to visit the classrooms and hear presentations by individual homeroom teachers.

Teacher presentations included information about curriculum, homework, volunteer opportunities and field trips. Throughout the building were samples of student work. "Back to School" night at St. Juliana School received an A+ grade from all who attended!



Author Carol Hunt Senderak reading her book *A Mommy in My Pocket* to the preschool children at St. Juliana School.

## Epple, Hacker attend American University

Karolina Epple, a Niles resident and 2006 graduate of Maine East High School, has been accepted to American University.

Epple will be one of 1,449 students in the freshman class of 2010 that start their college

studies later this month.

The Niles resident has been accepted to the Honors Program and has been awarded a presidential scholarship. This scholarship is awarded to freshman applicants who demonstrate excellence

through high school grades, test scores, rank in class, community involvement, leadership and service.

American University is located in Washington D.C. and is a leader in global education, enrolling a diverse stu-

dent body from all over the U.S. and more than 150 countries.

Timothy Hacker, a Morton Grove resident and 2006 Niles West graduate, has also been accepted to American University.

## Cornerstone of Mission Awards, Mass and Brunch

Notre Dame High School in Niles will host the 3rd Annual Cornerstone of Mission Awards on Sunday, September 24 at 11 am Mass during the Notre Dame Alumni weekend (September 22-24). The awards are given to individuals who work to further Catholic education in the context of the three tenets of Notre Dame's founding, current and future mission: Faith, Scholarship & Service and the three cornerstones of a

Notre Dame education. This year's awardees will be the Flood family (parents Robert and Patricia, and their sons Bob '66, Kevin '69, Brian '75, Tom '78, Mike '78, Jim '83 and Dan '89) (faith); Rev. Thomas Streit, CSC (scholarship); Joseph Gurdak, Paula Waters, and Anthony Mandolini (service). These individuals are longtime supporters of Notre Dame who embody this distinctive educational mission.

Throughout the history of Notre Dame, families and faith have made such a rich contribution to the Notre Dame family. The Flood family has been part of the fabric of NDHS since its early days and they remain actively engaged in and greatly committed to the life of faith at Notre Dame today and for the future.

The Mass will be held at 11 am in the gymnasium followed by a brunch in the cafeteria.

The cost of the brunch is \$12.50 for adults and \$8.00 for children 12 and under. Families, current students, alumni, alumni parents, faculty and staff, friends, plus anyone else who has ever been involved in the life of Notre Dame High School, are invited to attend. Please contact Ann Mommsen, Director of Special Events, at 847.779.8617 or amommsen@ndhsdons.org if you are interested in attending.

## Perspective

continued from page 8

illegal voting. It happens everywhere. The problem is not improving, as anyone who has paid attention to the missing ballots from our own OTB vote knows. Although the outcome is irrelevant (the OTB was a done deal back when the Mayor voted it in), it is scary to think that ballots and votes would just disappear completely. They have not been found, yet. Now, we are rapidly moving away from paper ballots to electronic ones, which might improve things... or not. It seems that a fully computerized version leaves itself susceptible to mischief. No paper trail means no audit and no accountability.

Hence, the following suggestion: Grocery stores provide a receipt every time you make a purchase. These receipts show the time, date and items with their prices and quantities. Why not do the same thing for elections?

Imagine going in to vote and after your vote you receive a receipt. On that receipt is your voter number (that is the number you get when you walk in, so if you are the 1st, 17th, or 100th voter you would know), the date and time, and the current vote count in that precinct for every race including your just completed vote. You then, along with all your fellow voters, would be the keepers of election integrity. If something went wrong, we would have an audit trail in paper held by the hundred or so voters who vote in each Niles precinct.

Accusations of vote fraud could be resolved easily by just matching a few receipts to their times & totals. The funny thing is that something like this just makes too much sense to be implemented. It puts too much power into the hands of the great unwashed masses. Of course, power to the people is not the object of an election, is it?

## Saint Andrew Life Center Hosts Free Community Health Lecture on Arthritis

Saint Andrew Life Center, 7000 N. Newark Avenue, Niles, will host a community health lecture entitled "Living Easier with Arthritis," presented by Mary Porterfield, an occupational therapist, Wed. September 20, 2006 at 2:00 PM. The discussion will focus on simpler ways to perform everyday tasks for those suffering from arthritis. Many practical solutions will be presented, and time will be allotted for questions and answers as well. Please call 847-647-8332 for any questions or to arrange a personalized tour.

Saint Andrew Life Center is a part of Resurrection Health Care, a family of health care services providing advanced medical care and exceptional customer service with compassion and hope. Our hospitals, nursing homes, retirement communities, home health services, behavioral health programs and other services are conveniently located in many Chicagoland neighborhoods.



## Niles Couple Celebrates 67 Years

Mr. & Mrs. Albert Cassettari of Niles celebrated 67 years of marriage on September 9th. They are the parents of Diane Scarpelli; Grandparents of Debbie Paul and Susan & Louis Czech and the proud Great Grandparents of Jaclyn Louise and twins Lindsay & Louis. Their family & friends would like to thank them for all the little & big things they do to fill our lives with love & happiness. Keep dancing Mom & Dad!

## Saint Andrew Life Center Offers Community Blood Pressure Screenings

Saint Andrew Life Center, 7000 N. Newark Ave. in Niles, will conduct monthly blood pressure screenings for the community. Hypertension, or high blood pressure, is known as the "silent killer" because very often it causes no signs or symptoms to warn the individual of its presence. Periodic blood pressure tests can be a quick way to detect a serious health problem and prevent strokes or other health problems.

The screenings will take place on the fourth Friday of each month from 9:00 AM until 11:00 AM at Saint Andrew. Upcoming dates are September 22, October 27, November 24 and December 22, 2006. Please call 847-647-8332 for any questions or to arrange a personalized tour of Saint Andrew.

## Central Baptist Hosts State Representative Michael McAuliffe

Central Baptist Village, a senior living community in Norridge, Illinois, and member of Life Services Network (LSN) is participating in "Partners in Quality", a grassroots advocacy program.

On Thursday, September 14th, at 10 a.m., Central Baptist Village will host a visit and tour for State Representative, Michael McAuliffe, from the 20th district. During his visit, Representative McAuliffe will tour the full continuum of care offered at Central Baptist Village -- including Independent Living, Assisted Living, and Nursing.

By developing a sound partnership with its local legislators, Central Baptist Village aims to convey a better understanding of the innovative programs and services that are improving the quality of life for residents at Central Baptist Village. One of the main goals facilitating Representative McAuliffe's visit is to further educate our

state legislature about the important work which takes place at senior living communities like Central Baptist Village and the need for adequate funding.

During the visit, Central Baptist Village will present Representative McAuliffe with the Life Services

Network "Partners in Quality" Award. This award recognizes Representative McAuliffe's personal commitment and dedication to the advancement of quality in older adult services in Illinois.

For more information, contact the Marketing Department at 708.583.8500.

## Norwood Crossing Hosts Fall Open House

There are many reasons why Norwood Crossing (formerly Norwood Park Home) should be considered for your new home or the new home of a loved one. To learn about a few of them, plan on attending its Fall Open House on Wed., Sept. 20, from 2:30 p.m. - 4:00 p.m., at 6016-20 N. Nina Ave. in Chicago. Discover why Consumer Reports magazine rated Norwood Crossing as one of the top 29 nursing homes in Illinois.

Guests will view the new Assisted Living Class A Suites and visit other living areas, including the newly created private skilled nursing rooms. There will be time to meet residents and staff, have questions answered, and become better informed about living in a worry-free environment where housekeeping, laundry, meals, and medication professionally delivered.

After your tour, relax and enjoy warm cider, caramel

apples and delicious apple pie topped with ice cream. There will also be time to participate in a fun raffle.

Norwood Crossing is proud of its perfect rating - "no deficiencies" - for the second consecutive year based upon an inspection that was conducted by the Illinois Department of Public Health.



In addition to Assisted Living, Norwood Crossing offers Post-Hospitalization Care through Medicare Part A, Skilled Nursing Care and Respite Services. The Norwood Seniors

Network community outreach program, affiliated with Norwood Crossing, offers home delivered meals, care-giving and other services.

Norwood Crossing is a not-for-profit senior living community serving the needs of the elderly since 1896. For questions or to reserve your spot at the Fall Open House, call Silvia or Peter at (773) 577-5323.

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## Tai Chi classes at the Niles Seniors Center

### Niles Seniors

#### Tai Chi

Thursdays, Sept 14 - Dec 28, 2:30-3:30PM \$5.  
Join in this class taught by our nurse Brigitte Powidzki, certified by the Arthritis Foundation. Learn flexibility, Coordination Movement, Rhythm, Relaxation.

### OktoberFest

Friday, October 20th 11:30AM- 2:00PM \$12  
Join us as we welcome the Bill Beiffuss Duo to perform a lively show of Yodeling, Schnitzelbank, Chicken Dance and other great songs. We will feast upon a delicious catered luncheon featuring Bratwurst and Sauerkraut, Herb Baked Chicken, German Potato Salad, Corn Cobettes with butter and delicious Bavarian Crème Jello Dessert.

### Referrals for Construction & Home Maintenance

The Niles Senior Center is creating a referral list of Construction and Home Maintenance services for our members. If you are interested in having yourself or your company considered for outside referral, please contact Angelo Ginger Troiani at the Center (847 588-8447). By mail: submit your/your company's name to the Niles Senior Center (999 Civic Center Drive, Niles, IL 60714): Address, Phone Number, Trade or Service, Short History of your

Company/Services, Up-to-Date Referrals, and Hours of Operation.

### Dinner & A Movie

The Lake House, Wednesday, October 18th (2006 PG) \$2 5:00PM - 8:00PM  
A hot dog dinner will be served at 5:00, prior to the movie. Stars Sandra Bullock and Keanu Reeves.

### Lite Lunch and Movie

SAHARA, Friday, October 6 12:00-4:00PM \$4.50  
Matthew McConaughy stars as Dirk Pitt in this adaptation of Clive Cussler's novel. When a rare coin is found in a river in Africa, it seems to give some support to a belief by some that a Civil War Iron Clad ship with a Confederate treasure made it all the way to Africa. Dirk also makes the acquaintance of Dr. Eva Rojas (Penelope Cruz) a scientist investigating a rapidly spreading disease with worldwide implications. Lunch served promptly at noon includes Lasagna, Garlic Bread and Dessert. Movie rated PG-13

### 5th Annual Pet Parade

Monday, October 9th 1:00PM, The animal kingdom will reign supreme at our annual Pet Parade. Whether large or small, cute or scary, four-footed (or three), costumed pets and

their adoring humans will take center stage to thrill animal lovers of all ages. All Niles Pet Owners (of all ages) are invited to enter their pets (or their "grandpets"). Advanced pet registration required.

### Lunch with the Red Hatters

On Monday, October 30th, the Red Hatters have reservations at Lucky Magee's Racino Grill and Sports Lounge in Niles. Red hatters will meet at noon for a buffet luncheon featuring Fried Chicken, Polish Sausage, Cold Cuts, Cheese, Kraut, Potato Salad, Cold Slaw and Dessert. Please call Kelly for carpooling and/or directions. Red hat and purple outfit are required. Cost \$14.25.

### The Effective Communication Group

A supportive, informational group that deals with hearing loss issues and the latest in assistive technology. We welcome anyone with Hearing Loss issues to the Effective Communication Group, which meets the last Thursday of the month. If you have any questions or want to look at assistive device catalogs, please contact Trudi Davis (847 588-8420)

### Last 'Hooked' Fishing Outing

We meet at the selected site at 8:00AM. Cost includes bait,

morning snack, lunch and prizes. A valid Fishing License is required. Call MaryAnn (847 588-8420) for more information.

Friday, September 15 - Busse Woods, \$12 - Meet at the specified site at 8:00AM.

Friday, October 13 - BANQUET at DesPlaines Elk Club 4 - 6:30PM \$15

### Grief Workshop

On Wednesday, September 13, the Niles Senior Center began a three-session Grief workshop for residents touched by the loss of a loved one. For more information, please call Bev Wessels, MSW, LCSW, ACSW, or Melanie Amin, LCSW (847 588-8420). The workshops will meet on Wednesdays from 1:30 - 3:00PM. The two remaining workshops will focus on the following areas:

Workshop #2, Sept. 20 - "Dealing with Expectations of Ourselves and Others"  
Dealing with other peoples feelings and concerns can raise anxiety, especially when they want us to "move on" or "be happy again."

Workshop #3, Sept. 27 - "Adjusting to a Difficult Lifestyle." We will explore the stress of living alone and ways to adapt to new social roles and responsibilities.

## This nurturing not natural

By Doug Mayberry  
COPLEY NEWS SERVICE

Q: Our daughter and her husband are raising two wonderful grandchildren for us to love and enjoy. The grandson is 27 and his sister is now 24. Both

### DEAR DOUG

graduated from college and have found entry-level jobs, which don't pay a lot. They have both returned home to live.

We are concerned our daughter is not encouraging them to leave home and go out on their own. She makes most of their decisions for them and both children depend on her for advice. Most of the time they do what their mother recommends. We believe they do so because their mother still needs them.

Our son-in-law is a successful businessman and an amateur race driver. He spends most of his free time away from the family, as he is busy tuning up his car or training on the track. We believe our grandchildren should be living on their own, but shy away from discussing it.

How can we let our daughter know how we feel and not upset her?

A: When our children take off on their own almost every mother and even some fathers cry. It's a dramatic change in the life of every family. Their leaving signifies they no longer need us as much, and they are ready to accept their own responsibility by moving on.

For children, leaving the security of the nest involves changes, risks and the fear of making mistakes. My father saw my mother crying the day

I left for college, and my dad simply said, "Don't you want him to grow up?"

Your grandchildren have leaned on their parents too long. While we nurture and raise our children, we often grant them the privilege of knowing their parents will "always be there for them." In not asking them to take responsibility for themselves, they assume the habit of not doing so.

Both you and their parents should face the reality of what is happening and give the grandchildren a deadline to move out. The fear of failure is a strong emotion within successful families, but accepting it is the best way to learn not to repeat mistakes. We all make mistakes.

Your daughter should also ask her husband to become

See Doug, page 14

## Computer classes at the MG fire station

### Morton Grove Seniors

#### Computer Classes

The "Computer Keyboarding Class" is great for the "hunt and peck" keyboarders as well as "old world typists" who want to increase their speed and accuracy. This one-day class from 9 to 11 a.m. will be held on Saturday, Sept. 23 at the Morton Grove Fire Station #4 at Lincoln and Callie Avenues. The fee is \$10 for Senior Center Members and \$12 for non-members. Please register in-person at the Senior Center.

"Getting Started with Computers" is a class designed for students with little or no computer experience. There will be lots of hand-on exercise and loads of fun in this four-week course from 9 to 10:30 a.m. starting Sept. 30 through Oct. 21 at the Morton Grove Fire Station #4 at Lincoln and Callie Avenues. The fee is \$32 for Senior Center Members and \$37 for non-members. Please register in-person at the Senior Center.

The "Internet" course is designed for beginner Internet users and explorers who want to increase their Internet knowledge and proficiency. This four-week series meets from 11 a.m. to 12:30 p.m. starting Sept. 30 through Oct. 21 at the Morton Grove Fire Station #4 at Lincoln and Callie Avenues. The fee is \$32 for Senior Center Members and \$37 for non-members. Please register in-person at the Senior Center.

### 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, Sept. 26. Screening is free for Senior Center Members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

### Mall Shopping

Morton Grove seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Sept. 26 should call the Senior Hot Line at 847/470-5223 to reserve a seat on the Seniortran. Home pick-ups begin at 9:15 a.m. with arrival at Golf Mill at 10:15 a.m. Trips are free for Senior Center Members and \$1 for all others.

### 'Shear Madness' at Chicago Theatre

Join the Morton Grove Senior Center for "America's favorite whodunit comedy" on Wednesday, Sept. 27 in the quaint downstairs theatre at one of Chicago's best-known venues. On an ordinary day at the Shear Madness hair salon, the regulars stop by for their weekly set and style, and a little gossip. But when a scissor

job gone bad leaves the upstairs landlady dead as a doornail, the crazy company of customers and stylists find themselves locked in and fingered for murder. Full of mischief and mayhem, "Shear Madness" brings a wacky cast of characters to life. The bus departs from the Senior Center at 12:30 and returns at 5 p.m. The cost is \$56 for Senior Center Members and \$88 for non-members. See Morton Grove, page 15

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## Maine Twp. seniors plan trips, events

### Maine Twp. Seniors

#### MaineStreamers

The Maine Township MaineStreamers program offers a variety of opportunities for residents 55 and older. All residents and property owners are invited to apply for membership. Membership includes a free subscription to the MaineStreamers monthly newsletter, which details all activities for the upcoming month. Most activities take place at Maine Town Hall located at 1700 Ballard Rd. in Park Ridge. Members pay individually for whichever activities they want to participate in. For more information contact the MaineStreamers at 847-297-2510 or visit us at [www.maine-township.com](http://www.maine-township.com).

#### Women's Tea

Thursday, Sept. 21, 10:30 a.m. to 12 noon, Cost: \$2. Refreshments included.

Suzanne Hales reviews this very timely book, "Funny and Farsi, a Memoir of Growing up

Iranian in America." It is both humorous and heartfelt, a story about family life, culture shock and discovery. It promises to leave us smiling.

#### Line Dancing

Tuesday, Oct. 3 and 24, 2 p.m. to 3 p.m., Cost: \$4 - Registration Required, Instructor: Frank Karl

Come on out and have some fun as Frank shows us how to Line Dance. We will learn to dance, have fun and get some exercise all at the same time. No gym shoes. Max.: 25 students.

#### Acrylic Painting Class

Wednesdays, Oct. 4 to Dec. 6, (No classes on Oct. 18 & Nov. 22), 5 p.m. to 7 p.m., Cost: \$30

We will continue to learn creative brushstrokes and double loading of color on our brushes as we decorate wooden objects and create more greeting cards and learn simple Rosemailing. Newcomers welcome.

#### 'FallFest Luncheon'

Wednesday, Oct. 18, Doors

open: 11 a.m., Lunch served: 12 noon, Crystal Palace, 2648, Dempster, Park Ridge., \$13 members/\$14 guests +\$1 fish.

Come enjoy an afternoon with us. Our menu will feature Cream of Mushroom Soup, Roast Lojn of Pork, Mashed Potatoes, Apple Sauce, Peas & Carrots with Butter Pecan Ice Cream for dessert.

Our performer will be the fabulous Lou Adams who will entertain us with his great sense of humor as well as his piano and vocal talent. Bingo will follow. Reservations and cancellations must be received by Wednesday, Oct. 11.

#### Handyman Guides 2006 Available

Fresh off the press... the brand new 2006 Handyman Guides are available to residents at no charge. The guide lists numerous handymen that offer services that included plumbing, painting, roofing, remodeling, snowplowing and many more. The book MUST be picked up at the Town Hall and is limited to one per household.

## PR seniors plan fall trips

### Park Ridge Seniors

#### Trips for October and November

On Saturday, October 21 the Rat Pack will be back in the Tribute to Frank, Sammy, Joey and Dean at the Royal George Theatre. This fantastic musical show will take you back to 1960 for a gathering of four great entertainers: Sammy Davis, Jr., Frank Sinatra, Joey Bishop, and Dean Martin. Before the show, there will be lunch downtown at Lawry's, the Prime Rib. The menu includes prime rib, mashed potatoes, creamed spinach, and English trifle for dessert. The trip leaves the Senior Center at 11:30 a.m. and returns about 5:30 p.m. Reservations are required in advance and should be made according to current registration

policy and only members can register. Cost for lunch, show and motorcoach transportation is \$90.00.

On Wednesday, November 1 it's a trip to the Cadillac Palace Theatre to see "The Pirate Queen." This spectacular new musical is based on and celebrating the life of the Irish Chieftain, Grace O'Malley. It is based on her life story as pirate, chieftain, lover and mother in 16th century Ireland. The seats are on the main floor for the 2 p.m. matinee. The bus leaves the center at 10:30 a.m. Lunch is on your own at Water Tower Place.

Then board the bus to go to the theatre. Total ticket price will be \$98, but only a \$25 deposit is required right now to hold your spot. Reservations for members only are required in advance and should be made according to our current registration policy.

### Doug

continued from page 12

involved and help them understand what they need to do for themselves. Suggest to your daughter she needs to encourage them, and allow them to grow to maturity. As they have jobs, they should be pushed out of the nest and begin their transition to responsibility. At their ages, it's overdue. Allowing them to do as they are is a recipe for long-term disaster.

**Q:** My dad is in limbo since retirement. He knows what he doesn't want to do, but doesn't know what he does want to do. It's easy to get an answer from him about his "don'ts" but difficult to get an OK or commitment from him. He was always a strong decision-maker, but not so now.

Can we help him?  
**A:** An excellent approach when trying to get a decision

from him is to offer him two positive options. To further encourage him, help him write down his choice and add photos or print clippings of what he wants. Visualization is a strong motivation for all of us.

Keep his choice a secret from others to protect him in the event he isn't able to achieve his goal. When he does succeed, it will boost his self-esteem. That is the time to reveal his goal to the world - and the great job he did getting it done. Congratulations are in order!

Doug Mayberry lives in a retirement community in Southern California. Send your questions to him at [deardoug@msn.com](mailto:deardoug@msn.com) or write to him at P.O. Box 2649, Carlsbad, CA 92018.

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## Morton Grove

continued from page 13

\$65 for non-members. Please register in-person at the Senior Center.

#### Crochet Class

Learn basic and advanced crochet methods, knots, and have fun! All levels welcome to this twelve-week class from 9:30 to 11:30 a.m. every Friday from Oct. 6 through Dec. 29 in the Morton Grove Senior Center. There will be no class on Friday Nov. 24. The instructor once again will be the incomparable, Diane Brunger. The class fee is \$28 for Senior Center Members and \$32 for non-members. Please register in-person at the Senior Center.

#### Tai Chi Demonstration

Join the Morton Grove Senior Center for an introduction to Tai Chi. Tai Chi uses slow, gentle movements to improve flexibility and build muscle strength gradually. It can help ease sore joints and muscles. An introductory demonstration class will be

offered from 1:30 to 2:30 p.m. on Thursday, Oct. 12 at a cost of \$1 for Senior Center Members and \$1.50 for non-members. Please register in-person at the Senior Center before Oct. 3.

Two six-week Tai Chi Class series will also be offered starting in October. The Monday classes from 10 to 10:45 a.m. begin on Monday, Oct. 23. The Friday classes also from 10 to 10:45 a.m. begin on Friday, Oct. 27. The cost for each six-week series of classes is \$25 for Senior Center Members and \$29 for non-members. Please register in-person at the Senior Center before Oct. 19.

#### 'Opera in Focus'

Here's an opportunity for music lovers to listen and view excerpts from the well-known operas IL Trovatore and Phantom of the Opera. Transportation to the theatre in Rolling Meadows will be via luxury climate controlled bus and will depart from the Morton Grove Senior Center at 12:30 p.m. and return at 3:30 p.m. on Wednesday, Oct. 18. The cost is \$30 for Senior

Center Members and \$34.50 for non-members. Please register in-person at the Senior Center before Sept. 28.

#### Flu Immunizations

The Village of Morton Grove will provide influenza (flu) immunizations for residents age 65 and older. A flu shot is given annually and is the primary method of preventing the flu and its possible severe complications. There will be no charge for Morton Grove residents who have Medicare Part B and bring in their Medicare card. Residents without Medicare Part B will be charged \$36.46. Anyone allergic to chicken eggs, those who have had a severe reaction to a flu shot in the past or anyone who has previously developed Guillain-Barre Syndrome in the six weeks after getting the flu shot should not get the shot. Any person with an active infection or fever should postpone their shot until their symptoms subside.

Resurrection Medical Center will be administering the immunizations at the Morton Grove Senior Center on:

Wednesday, Oct. 18 from 9 a.m. to 1 p.m.

Thursday, Oct. 19 from 9 a.m. to 1 p.m.

Saturday, Oct. 21 from 9 a.m. to 12noon

Wednesday, Nov. 1 from 1 p.m. to 4:30 p.m.

Reservations are required and can be made by calling the Morton Grove Senior Hot Line at 847/470-5223.

#### Afternoon Concert with Larry Levin

Larry Levin will entertain at the Morton Grove Senior Center starting at 1:30 p.m. on Thursday, Oct. 19. Larry sings a variety of popular tunes and with his own musical accompaniment. Refreshments will also be served and the cost is just \$1 for Morton Grove Senior Center Members and \$1.50 for non-members. Larry Hanover, Reverse Mortgage Specialist from Wells Fargo Home Mortgage is sponsoring this afternoon of fun. Mr. Hanover is a retired firefighter/paramedic from the Morton Grove Fire Department. Register for this program in-person at the Senior Center before Oct. 5.

#### 'I love you, you're perfect, now change'

Travelers from the Morton Grove Senior Center will take in this humorous musical about the modern day mating game on Thursday evening, Oct. 19 in Arlington Heights. As the cast explores various aspects of romance, dating, marriage, husbands, wives and in-laws; audiences fill the theater with laughter. The bus departs from the Senior Center at 6 p.m. and returns at 10:30 p.m. The cost is \$37 for Senior Center Members and \$43 for non-members. Register in-person at the Senior Center.

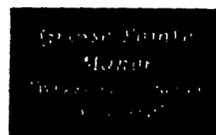
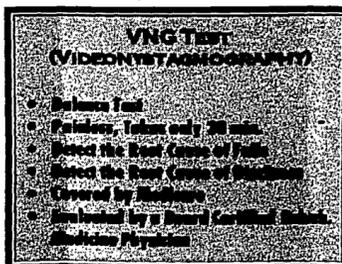
#### Bridge Lessons

The Morton Grove Senior Center offers on-going Bridge Lessons on Thursday mornings. The Courses are taught by the incomparable, Mr. John Krelle. To improve one's game, to learn new tactics, and to meet new friends, contact the Senior Center by calling Morton Grove Senior Activities Coordinator, Alysia Miller-Goldstein at 847/663-6127.

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10:30 a.m.- Mass in our newly-remodeled Chapel  
11:30 a.m. to 3:00 p.m.- Celebrating Autumn Activities  
Saint Andrew Life Center  
7000 North Newark Avenue, Niles  
(One block south and west of the Niles Veterans Memorial Waterfall)  
847-647-8332

**Saturday, October 21**  
11:00 a.m. to 3:00 p.m.- Autumn Open House for the Garden Terrace assisted living center  
Resurrection Retirement Community  
7262 West Peterson Avenue, Chicago  
773-792-7930

Sponsored by the Sisters of the Holy Family of Nazareth and the Sisters of the Resurrection. Resurrection Health Care is committed to fair housing. Its retirement communities include features for persons with disabilities, as required by the federal Fair Housing Act.

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## Eagles win Summer League

The Park Ridge Eagles won the 5th Grade Girls Niles Summer League Basketball Championship. From left to right, standing: Coach Marty O'Gradney, Megan Roberts, Taylor Martell, Katherine Miles,

Summer O'Gradney, Coach Tom Cahill. Kneeling: Haley Miller, Brigit Cahill, and Rachel LaRoe. Not pictured: Abbey Smith, Jena Christie and Coach Kevin LaRoe.

## Dons shut out St. Joe's 48-0

Notre Dame Football had another trio of Saturday games this past weekend as Week 3 brought the St. Joseph

### COACH HENNESSEY'S WEEK IN REVIEW

Chargers to Niles for a Freshman encounter as the Sophomores and Varsity traveled to Westchester.

The ND Frosh opened up this weekend's games with a resounding 34-8 victory over St. Joe's. The offensive line of Eric Schuler, Zach Fudalej, Joe Bushell, Matt Mondala, and Joe Chang opened big holes for QB Drew Diaz, RB Julian Burgos and RB Sam Bunsum to run through as they dominated the Chargers throughout. Bobby Nichols and Sean Morrissey captained the ND Frosh Defense that played hard and fast as they earned their second victory.

The ND Sophomores showed the style that has made them a team to watch as they made quick business on their trip to Westchester by beating St. Joe's 42-0. Five of the six Sophomore touchdowns were scored in the first half. WR/DB Pat Lazzara led the way by scoring 2 touchdowns (one on a pass from QB Eric Hennessey and another on a punt return) and 2 defensive touchdowns were put on the board as DB Mike Angelini and LB Kyle English picked up fumbles and scored six. RB Tom Treslo and RB Matt Bascom had big touchdown runs, Joe Romano

went 6 for 6 with PAT kicks, and Anthony Lemus snared an interception to further highlight a big day for the ND Sophomores.

Running the race to win and pointing out the little things that add up to "What's Important Now" were the great motivational ideas from Fr. Bill Brinker, who led the ND Varsity in their pregame prayer service. What an honor to have Fr. Brinker talk to the team about the "right things", and then to have the Varsity Dons go out and get their third straight victory, beating St. Joe's 48-0.

RB Matt Jackson led the way for the offense with 142 rushing yds. and 2 touchdowns. QB Jeff Larsen threw 2 touchdown passes (54 yds to Tim Swieton and 6 yds to Rich Ruff) and QB Zach Abraham tossed a 21 yd TD pass to Ade Adeniji. A two yard run by RB Matt Abate completed the scoring for the ND Offense. As has been the case over the last two weeks, the ND Defense smothered its opponent and put quality points on the board with a safety by the defensive team and an interception touchdown by DB Brendan Murray.

A big weekend awaits the Dons as the Sophomores and Varsity head North to play Carmel Catholic on Friday, Sept. 15. The Freshman play at Home on Saturday.

Source: Notre Dame High School Website

## Meritage is perfect for peppered steak, mustard sauce



Green Peppercorn Steak au Poivre. See recipe, page 18.

By Ron James  
COPLEY NEWS SERVICE

### The Chef

They called him "The Palate." Even before he was in his teens, Jean-Georges Vongerichten developed his sense of taste in the family's

### PERFECT PAIRINGS

Alsation kitchen where his mother prepared food for nearly 50 employees of the family-owned business. He would sample each dish and recommend salt or herbs to make it better.

Today, Vongerichten is simply called Jean-Georges, and in the food world he is a superstar, a chef with few peers.

Vongerichten was born and raised in the outskirts of Strasbourg in the Alsace region of France. Because his youth revolved around food, it is no wonder that he decided to make it his livelihood.

Fortunately, the stars were aligned for Vongerichten-Michelin stars, that is. In 1973,

his parents took him to the three-star Auberge de L'ill for his 16th birthday. There he met and impressed chef Paul

Haerberlin. A few months later, he began a three-year apprenticeship at the restaurant.

Vongerichten's toiling continued at three more three-star restaurants - L'Oasis in the south of France, Paul Bocuse in Lyon, France, and L'Aubergine in Munich, Germany. Then fate stepped in and changed his course.

Louis Outhier, the chef from L'Oasis, helped Vongerichten win a position at the Oriental Hotel in Bangkok, Thailand. For five years Vongerichten worked in Asia, where he experienced the exotic and aromatic flavors of the Far East.

"The smell, the region, the people, the food, the customs - everything was so different, so it was like a culture shock for me," he said in an interview with the editors of Star Chefs.

He took English lessons from Thai teachers for four years.

And when he eventually went to work in England "somebody said to me, 'You speak English with a Chinese accent.'"

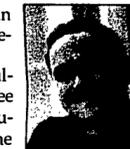
After stints in Geneva, Portugal and England, Vongerichten arrived in the United States in 1985. After a year in Boston, he spent a weekend in the Big Apple and was blown away by the concentration of world cuisines. "I said, 'Wow,

That's it.'"

Wow is what he did to the jaded New Yorker food press.

His first foray was as executive chef at Lafayette in the Drake Swissotel, where, at the age of 29, he received four stars from The New York Times. He opened JoJo, his first restaurant, to rave reviews including Best New Restaurant of the Year and three stars from the Times' Ruth Reichl, who wrote, "His food took my breath away."

Vongerichten was on a roll - opening one great restaurant after another, including Vong, where he put his Asian influence. See Pairings, page 19



Jean-Georges Vongerichten

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**Green Peppercorn Steak au Poivre**

- 3 tablespoons butter
- 1 tablespoon neutral oil, such as canola or grapeseed
- 4 tenderloin steaks (each about 6 to 8 ounces)
- Salt and coarsely ground black pepper, to taste
- 2 tablespoons minced shallots
- 2 tablespoons canned green peppercorns
- 1 tablespoon Dijon mustard
- 2 tablespoons cup heavy cream
- Yields 4 servings.
- Preheat oven to 200 F.

To prepare steaks: Place 2 tablespoons of butter and oil in a large skillet over medium-high heat. When butter melts, add steaks and increase heat to high. Sear on first side for about 3 minutes. Turn and sear second side for 2 to 3 minutes. Lower the heat and cook until just short of your chosen level of doneness (about 7 minutes total for medium-rare). Keep warm in oven while you prepare sauce.

To prepare sauce: Pour out any fat from skillet leaving brown bits. Add remaining butter and shallots and cook over medium-high heat, stirring occasionally, until shallots are soft, about 3 minutes. Add green peppercorns and cook for 30 seconds. Add mustard and cream and cook, stirring, for 30 seconds.

Pour sauce over steaks and serve.  
"Simple to Spectacular: How to Take One Basic Recipe to Four Levels of Sophistication" by Jean-Georges Vongerichten & Mark Bittman (Broadway, \$45).

**Pairings**  
continued from page 17

ences. to work. In 1997, he opened Jean-Georges Restaurant in the Trump International Hotel and Tower, earning a four-star review. In 1998, he was awarded three honors from the James Beard Foundation, including Best New Restaurant and Most Outstanding Chef. "The Palate" has truly lived up to his reputation.

**The Dish**

The Green Peppercorn Steak au Poivre is a quintessential Parisian dish with wonderfully intense flavors. Steak au poivre is French for steak with pepper - usually coarsely ground, which provides an excellent counterpoint to the beef.

In France, it is served with various forms of mashed potatoes or, more commonly, thin shoestring fries. You can also blanch and saute fresh green beans as a side.

The recipe calls for Dijon mustard. It is thought the Romans invented mustard. They mixed ground sinapis

seeds with unfermented grape juice called must to produce, in Latin, mustum ardens, or burning must.

Vongerichten suggests that you might use even more butter in this dish - up to five tablespoons for extra richness. And be sure to use green peppercorns that have been packed in brine. Do not use the kiln-dried kind.

**The Wine**

The traditional match of red wine with steak is perfect for this dish. The only twist is the layers of flavors from the peppercorns, shallots and Dijon mustard. So we looked for a wine with equally layered qualities and selected a Hahn Estates 2004 Meritage.

The Meritage Association was formed in 1988 to identify wines handcrafted using a blend of traditional "noble" Bordeaux varietals. It can be white or red. In this case the red wine is made from a blend of two or more of the following varieties: cabernet sauvignon, merlot, cabernet franc, malbec, petit verdot, St. Macaire, gros verdot or carmenere. No one grape can make up more than 90 percent of the blend.

"The Green Peppercorn Steak au Poivre is a quintessential Parisian dish with wonderfully intense flavors. Steak au poivre is French for steak with pepper - usually coarsely ground, which provides an excellent counterpoint to the beef."

Hahn Estates is located near California's Monterey coast. The 2004 Meritage is a dark and intense wine with layers of cherry and chocolate with blackberry and raspberry overtones. It has a subtle tannin mouth feel with just enough acidity to balance the intense berry flavors.

Ron James welcomes comments and suggestions. E-mail him at ronjames@perfectpairings.us. Listen to his "Gourmet Club" radio show and see archives of previous columns at www.perfectpairings.us.

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**WHAT IS A GEOLOGIST'S FAVORITE ICE CREAM FLAVOR?**

ROCKY ROAD !!

## Kids can live large in a small bedroom

By Rose Bennett Gilbert  
COPLEY NEWS SERVICE

**Q:** My daughter has just moved back into town and we expect our three grandchildren, ages 6, 8 and 9, to spend a lot of time with us. Our

### DECOR SCORE

retirement house only has two bedrooms. We want to alter our second bedroom so all three of them can stay overnight, and had planned to buy a bunk bed but the ceiling is too low. Can you suggest a way to arrange three beds so it doesn't look like a barracks?

**A:** Depending on the sex and compatibility of your three grandchildren, you might consider a convertible sofa (with two sleepers inside) and a single bed you could treat like another couch with bolsters and a tailored spread. This would leave free floor space and make more of the room available for other activities between bedtimes.

Or you might take inspiration from the attic room we show here, designed by architect John Silverio and borrowed from the idea-rich "Babyspace Idea Book" by Suzonne Sterling (The Taunton Press). Three single beds, pushed close against the walls, give each sibling an equal share of the room and still allow ample open play space in the middle.

By positioning the lamp tables strategically, there's comfortable lighting at the head of each bed. Other furniture is minimal, a shared wicker chair and benches at the feet of the side beds. The simple blue and white color scheme keeps things looking fresh and



uncluttered, despite its busy traffic pattern.

**Q:** I am about to marry a man I just learned has two self-storage bins filled with stuff he says he just can't throw away. I'm a widow with a nice little house and a garage, but what about this? He's really nice and normal in most other ways.

**A:** Actually, renting space to store excess belongings is pretty normal these days, according to the Self Storage Association, the trade group for the \$145 billion industry that's been created by

Americans like your fiance who go out and rent space for things they either can't throw away, or need to store for a while.

I'd say stay away from the issue unless he decides to bring it all home to your garage. Then you might want to look into some of the new garage storage systems that offer sleek, sensible racks and cabinets sure to cure the most serious clutter. One to investigate - love the name - is Garage Envy at [www.garageenvy.com](http://www.garageenvy.com) or 888-249-1766.

### Like to Sing in the Shower?

Now you can croon along in the tub, too. We guess it had to happen: a Montreal-based bath furniture maker called Neptune has introduced Neptuner, a bathtub that turns itself into a giant speaker. When powerful acoustic transducers are attached to the tub, the bather is enveloped in sound waves, says the Neptune spokesman, because the water "amplifies and enhances" the music.

The audio technology can be applied to any of the company's

bathtubs, so you could have the spa works at home, including hydro-massage and aromatherapy in tune with your favorite music. Seeing is believing at [www.neptuneb.com](http://www.neptuneb.com).

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](mailto:copleysd@copleynews.com).

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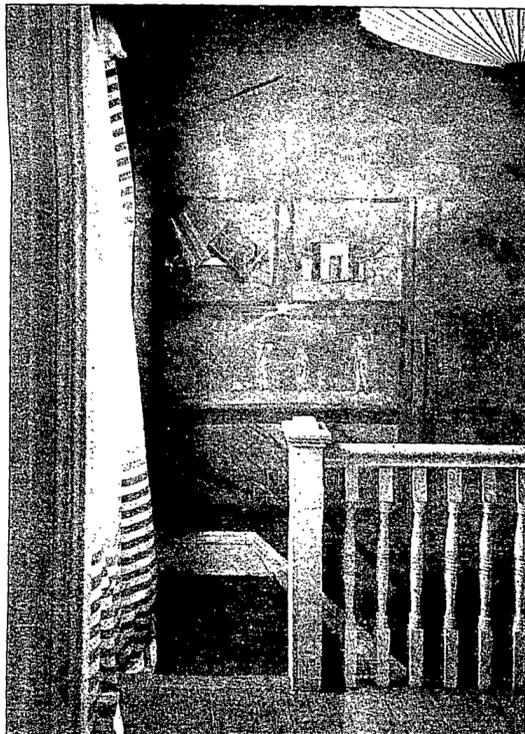
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# Stairway details elevate overall design



**By Christine Brun**  
COPLEY NEWS SERVICE

Looked at creatively, a stairway can be a surprisingly upbeat part of a home. We generally think of a staircase simply as an architectural workhorse that provides access between

### SMALL SPACES

one floor and another. However, it is also a space that can be decorated with an accent color or wall design to bring a dash of pizzazz to a small home.

Such a project is easiest if the house is built according to a traditional house plan with a clearly defined core that features square corners and offers simple starting and stopping points. In a more modern or complex layout that features bull-nose drywall corners and unusual angles, phasing in an accent color is more of a challenge.

The most basic and inexpensive way to apply some noticeable change is with paint. Try out an accent color that complements the rest of your decor in

some way. This might be a repetition of the color of your living room furniture or, if you have neutral fabrics, try to pull out a hue from artwork or flooring.

If your floor is brick and the furniture is off-white, for example, test some variation of terra cotta on one wall of the staircase. Once color is up on one wall, you might better determine if the situation can handle the same color on all of the surfaces.

This is often the favorite spot for a display of vintage family photos, and they will pop off the wall when placed against a pleasing color. If you're in doubt, however, go softer on the color. You can always apply another coat of more intense color if you feel that the result is too bashful.

Another popular idea is to arrange the display of a collection, such as wall clocks. When a stairwell is narrow, it is best to take careful note of the depth of the items and remember that anything that projects more than a couple of inches might be an elbow-bruise.

An active family bouncing up

and down the stairs could knock off delicate items lightly secured to the wall. For this reason, consider all the ways in which you might decorate the staircase in zero-clearance ways.

In the photo shown here, an elegant rendition is a classical mural painted right onto the wall. Artist Dana Westring blends the baseboard and wall together with a faux-marble texture. This ancient technique, used since Roman times in Italy, makes an ordinary drywall or plaster wall appear ancient. Wall frescoes were popular in Greece, Rome, Byzantium and the far-flung Roman Empire.

In this example the rest of the decor supports the whimsical feeling of the wall art. A light fixture that looks like an inverted parasol adds a lighthearted touch. The crisp horizontal striped window covering is nontraditional in design and pillows onto the wood floorboards. Nothing in this particular design solution invades the spare space of the staircase, yet all of the pieces fit together in an atypical way to make the space wonderful.

# Time heals all wounds; air and dryness will assist

**By Jeff Rugg**  
COPLEY NEWS SERVICE

Q: When a branch dies on a sugar maple, eventually the stub end begins to decay into the trunk and insects bore into that opening. Carpenter ants have pushed

### A GREENER VIEW

me to do something on a tree I have been laboring with success, to bring back from other problems. I have been told that the old "tar" application method is not good, nor is a concrete plug. But what do I do?

I chiseled out about a 4-inch amount of the decay in a 5-inch round opening, soaked a rag with diazinon, pressed it in, then stuffed the hole with a plastic bag, just to hold off the ants.

I know what happens to maples whose cores get infested: all kinds of grub and carpenter ants eventually kill the tree. I do not want to lose this one, nor allow it to weaken. Since it casts a shadow on the house, it can be a danger to the house. Another

maple next to it is hollow, but I do not see any breach in the cambium layer. The original nick healed over, curling in tight to itself, but the hole of the stem of a branch is not doing that, at least not yet.

A: It is difficult and time-consuming for any tree to heal across the whole width of such a large cut. If possible, it is much better to plan ahead and remove branches when they are much smaller in diameter. As the tree grows, it will become obvious which branches are going to overhang the house, walkways, driveway, street or other location where they don't belong. They should be removed as soon as possible, while they are as small as possible.

Trees heal from wounds and cuts from two directions. On the outside of the trunk or branch, they create a healing tissue that looks like it is rolling across the wound. This tissue will eventually grow across the wound and seal it from the outside. At the same time, inside the tree, the tissue that makes up the wood of the trunk or branch is being compartmentalized from within the

tree. Inside the tree, it is growing a scar tissue around the wood that is exposed by the cut to seal it from the rest of the healthy wood in the tree.

If the ants, insects, bacteria and fungi breach the defenses around the compartmentalized tissue, they can move within the tree and hollow it.

The best way to help the tree is to make proper cuts. In the case of branches being cut off, as I said earlier, smaller is better. The cut should not be allowed to tear off bark along the branch or trunk that will remain, since that is an additional wound that must be healed.

Large branches should be cut off near the trunk or back to a side branch while leaving the base collar of tissue, a raised portion of tissue that supports the branch where it meets the trunk. This base collar of tissue will heal across the wound much faster than a larger cut flush against the trunk that requires trunk tissue to grow across the wound.

After a cut has been made, if  
**See Greener, page 23**

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# Sophisticated black-and-white decor on the loose

**By Linda Pescatore**  
COPLEY NEWS SERVICE

Designers often turn to animal prints to help a dull room go wild, because nothing zips up a room like zebra prints, leopard spots or, in the case of some fun armchairs from Century Furniture, black-and-white tiger stripes.

### HOME ZONE

With their exaggerated, exuberant herringbone pattern, these chairs add swagger and sophistication to a room - after all, black and white are the official colors of tuxedos and piano keys. They're also easy to mix with a variety of styles and colors, allowing a splash of bold red or merry lime to pop instead of blend in.

Four of these armchairs set at right angles make a striking conversation area that departs from the same old couch and love seat arrangement. The fully upholstered, wood-framed chairs have high rounded sides and appear to float a few inches off the floor.

Of course, a little excitement goes a long way. Some designers recommend limiting other



patterns to basic linear motifs that won't fight your animal prints for attention, such as the Ring Screen from Century's Kelly Hoppen collection. More than 6 feet tall and more than 7 feet wide, the simple yet bold geometric pattern is on a large enough scale to balance the busy tiger stripes.

Another interesting feature of the Ring Screen is that its three panels are staggered with rows of varying widths, making for irregular shadows that add visual interest.

The Ring Screen retails for \$6,285, and black tiger chairs are \$1,500 apiece. Both are available

through Century Furniture dealers. For more information or to locate a dealer, visit [www.centuryfurniture.com](http://www.centuryfurniture.com).

### Sweaters for your Bed

Clothing designer Eileen Fisher has spun muted colors, rich textures and fine natural-fiber fabrics into a new line of textiles for the home.

Silk, wool, cotton and cashmere take on Fisher's warm palette that includes bone, branch, oatmeal, parchment and chocolate hues.

The collection begins with Fisher's 400-count cotton sateen bedding, which can be topped

with lustrous silk quilts, comforters and pillow covers. Her cashmere throws are knitted using a sweater stitch that imparts a subtle rippled texture. Instead of big, bulky loops, her ribbed towels have a smoother, flatter nap.

The calming collection fits well with Zen-inspired spa-like decor, as well as more traditional styles.

Eileen Fisher Home products are available this fall exclusively through the Garnet Hill catalog. Prices begin at \$14 for towels, \$60-\$100 for sheets and cases, and up to \$598 for a seasonless silk comforter. Visit [www.garnethill.com](http://www.garnethill.com) or call 800-870-3513 to request a copy.

### Prevention begins in Construction

It's scary to think about, but in mere minutes fire can wipe out your home and everything inside it. When remodeling or building new construction, you can minimize that risk by choosing materials that resist fire, according to Firefighters United for Safety, Ethics and Ecology, a nonprofit organization of fire management experts.

To that end, the group recently released "A Homeowner's Guide to Fire-Resistant Home Construction," which offers tips to reduce home ignitions from wildfires.

For example, wood and vinyl siding are not recommended for outside walls in areas prone to wildfires, the organization says. Vinyl melts at comparatively low temperatures and wood - especially hardboard and cedar shingles - failed quickly in flame-exposure tests, according to the guide.

Wood treated with fire-retardant chemicals does perform well, especially when used in "tight" building techniques such as tongue-and-groove, but the chemicals should be reapplied periodically because their effectiveness will fade with time.

To learn more, download the brochure as a PDF file at [www.fusee.org/safety/docs/homeowners\(underscore\)guide.pdf](http://www.fusee.org/safety/docs/homeowners(underscore)guide.pdf).

Linda Pescatore is an editor with Copley News Service and a former magazine writer and newspaper editor. E-mail [linda.pescatore@copleynews.com](mailto:linda.pescatore@copleynews.com).

### Greener

continued from page 22

the healthy tissue dies back and leaves a wooden stub sticking out with a ring of healing tissue growing around it, cut the stub off flush so the ring of growth can grow straight across to seal the wound.

Try not to create a cavity of your own. This usually prevents the healing tissue from continuing to grow across the wound. This is especially bad if the new

cavity can hold water. A drain hole may need to be drilled to keep water from accumulating in the cavity. Leaving the trunk cavity open will help it stay dry and allow you to inspect it. Filling it with foam or cement will trap moisture in the wound that allows decay organisms to survive and prevents you from seeing what is going on in there. Insecticide and fungal treatments painted or soaked into the wood of the cavity may be necessary to keep organisms from further damaging the tree.

To summarize: keep the cuts small, keep them dry or exposed to the air, treat them if necessary for insects and disease organisms and let the tree heal across the wound on its own. Continue with your other tree health care treatments to keep the tree in good health and it should be fine.

I received an e-mail from a reader who was responding to my answer on ways to kill Bermuda grass within a lawn composed of other, more desirable grasses. I had said I didn't

know of a chemical that would kill only the Bermuda grass while not harming the rest of the lawn. She said that she had heard of a chemical treatment called Ornamec 170 that would do the job. I always appreciate finding new products or treatments I had not heard of.

Ornamec 170 is a treatment product for getting rid of annual and perennial grasses of all kinds from within ornamental flower and shrub beds where grasses have sprouted up as weeds. It does not affect broadleaf weeds

or sedges. There are hundreds of plants that are not harmed by Ornamec 170 and there are hundreds more that are only slightly harmed. Those require more care by the person operating the sprayer to not get too much spray on the good plants.

This systemic herbicide moves from the treated leaves down into the root system to kill the whole grass plant. Depending on environmental conditions and how fast the grass is growing, it takes from one to three weeks to kill the grass.

**PROFESSIONAL GUIDE**

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LEGAL NOTICE

page 1 section II, Thursday September 14, 2006

LEGAL NOTICE COOK COUNTY REAL PROPERTY ASSESSMENTS FOR 2006

This publication constitutes official notice of the changes in assessment to all owners of real property in Niles Township. The 2006 assessment changes as published herein are those determined by the Assessor of Cook County.

It is the duty of the Assessor to appraise all taxable real property in Cook County at its fair cash value as of January 1, 2006. Fair cash value is described as what the property would bring at a voluntary sale in the normal course of business or trade.

The Assessor does not determine property taxes. Property taxes are determined by the spending needs and requests of municipalities, school boards, park districts and other local government agencies which provide public services to property owners.

In Cook County, real property is classified according to its use. The classification system is used to determine the percentage of the fair cash value at which the real property is assessed for purposes of taxation.

Changes in assessment for land and improvements are listed separately. The dimensions of the land are also listed:

- A - Acres
B - Back Lot
N - Irregular Lot
S - Square Feet

Cook County uses a Permanent Index Number (P.I.N.) system as a means to identify individual real estate parcels. The PIN consists of a 14-digit number.

Note: Blocks are defined as follows:

Blocks 100 to 199 are located in the N.W. Quarter
Blocks 200 to 299 are located in the N.E. Quarter
Blocks 300 to 399 are located in the S.W. Quarter
Blocks 400 to 499 are located in the S.E. Quarter

The next three digits in the series identify the specific parcel or lot. The last four digits, (where applicable), identify individual condominium units, non-operating railroad parcels or leasehold's of exempt parcels.

Whenever possible, the assessment list will be listed by the street name and the street or house number of the parcel. However, the Cook County Assessor's Office official records rely on permanent Property Index Numbers (P.I.N.) only.

If you have any questions regarding the assessment of real property you should visit the Office of the Assessor of Cook County, 118 N. Clark Street, Room 301, Chicago, Illinois 60602, or call (312) 443-7550.

JAMES M. HOULIHAN ASSESSOR OF COOK COUNTY TOWNSHIP OF NILES

Table with columns: AREA, BLK PCL UNIT, SIZE, LAND, IMP. Includes entries for Klamont LLC, DEMCO REALTY LLC, and AREA 10 SUB AREA 28.

Main table listing property parcels with columns: NO., SIZE, LAND, IMP. Includes entries for DEVON LINCOLNWOOD LLC, DRAKE AVE, JEFFREY MERMELSTEIN, etc.

Continuation of the main table listing property parcels with columns: NO., SIZE, LAND, IMP. Includes entries for JEFFREY MERMELSTEIN, JOSEPH & L. GUNAWAN, EAST PRAIRIE RD, etc.

page 2 section II, Thursday September 14, 2006 (continued from preceding page)

Table listing property parcels with columns: NO., SIZE, LAND, IMP. Includes entries for ROBERT HUCK, KNOX AVE, AUREL ARDELEAN, etc.

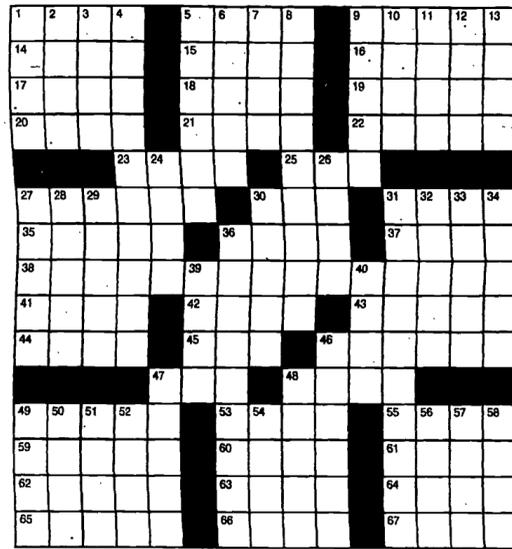
LEGAL NOTICE

Table listing property parcels with columns: NO., SIZE, LAND, IMP. Includes entries for Madison Place LLC, ASP MANAGEMENT LLC, RIDGEWAY AVE, etc.

Continuation of the table listing property parcels with columns: NO., SIZE, LAND, IMP. Includes entries for ASP MANAGEMENT LLC, RIDGEWAY AVE, EXEMPT 8140, etc.

Published by Order of the Assessor of Cook County, Illinois

ONE AFTER ANOTHER



COPY NEWS SERVICE By Charles Preston

ACROSS

- 1 See 38 Across
- 5 See 38 Across
- 9 See 38 Across
- 14 "The Ipress \_\_\_"
- 15 Philippine native
- 16 Beatles craze, once
- 17 First father
- 18 First son
- 19 Proficient
- 20 City on the Truckee River
- 21 Adm. Zumwalt
- 22 Gaggle members
- 23 Spike and Stan
- 25 "Norma \_\_\_"
- 27 5-7 and 8-10
- 30 Chum
- 31 Las Vegas game
- 35 Skoal!
- 36 Extraordinary
- 37 Designer Cassini
- 38 Theme of puzzle
- 41 Swell up
- 42 Capital of Western Samoa
- 43 "\_\_\_ It to Beaver"
- 44 Five per foot
- 45 Guitarist Kotke
- 46 Fixes

DOWN

- 47 Volga feeder
- 48 Obi
- 49 Like Kirk Douglas' chin?
- 53 Distinctive taste
- 55 Mil. school
- 59 Dog and Butterfly group
- 60 Israeli flier
- 61 Spanish surrealist
- 62 Go along with
- 63 Abundant
- 64 Earthen pot
- 65 See 38 Across
- 66 See 38 Across
- 67 See 38 Across
- 1 At a distance
- 2 Hang around
- 3 Circle of friends
- 4 Wipes out
- 5 Roast hosts
- 6 Calumet Farm young
- 7 \_\_\_ Reaper
- 8 Appearance fees
- 9 Persona
- 10 1995 David Caruso film
- 11 Patella location
- 12 "Loose \_\_\_ sink ships!"
- 13 Brisbane buddy
- 24 Jazz singer James
- 26 Actor Baldwin
- 27 Kick off
- 28 Salk's study
- 29 As time goes by
- 30 Barbecue spot
- 31 Presage
- 32 Robert and Alan
- 33 Superman portrayer
- Christopher
- 34 Monsters
- 36 Pistols
- 39 Randy Johnson miscue
- 40 Cheers, for
- Manolete
- 46 High speed train
- 47 Sea critter
- 48 Bugaboo
- 49 Detective Charlie
- 50 Child's building block
- 51 O.K. Corral shooter
- 52 Measured in kHz
- 53 Touched down
- 56 Furnace residue
- 57 Russia, in WWII
- 58 Actress Cameron

Last Week's Puzzle Answers

ON THE LAM



COPY NEWS SERVICE

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.

THE WINNERS

- 1<sup>st</sup> Thomas C. Gekas
- 2<sup>nd</sup> Lorraine Truskolaski
- 3<sup>rd</sup> Ralph Stempinski
- 4<sup>th</sup> Leo Madura

Runner-ups Dale Trebbs & Judith J. Barys  
Send your answers to the editor: Andrew Schneider Fax: 847-588-1911 E-mail editor@buglenewspapers.com

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**LEGAL NOTICE**

The Village of Niles Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, October 2, 2006, at 7:30 P.M. at the Niles Municipal Building, 1000 Civic Center Drive, Niles, Illinois, to hear the following matter(s).

06-ZP-23 - James Walsh, 4120 N. Osceola Ave., Norridge, IL 60706, requesting approval of Plat of Resubdivision James Walsh's Resubdivision of 8536 Greenwood Ave.

06-ZP-24 - Thomas C. Collins, 7005 W Jarvis, Niles, IL 60714, requesting a variation of a covered front porch to encroach into 48% of the required 25' down to 13' at 7005 Jarvis.

06-ZP-25 - Stanislaw Swider, 6967 W Keeney, Niles, Illinois 60714, requesting a variation of a railing/deck serving the 2nd floor at 6967 Keeney

06-ZP-26 - Chuck Ostman, Director, Village of Niles, 1000 Civic Center Dr., Niles, IL 60714, Text Amendment, Chapter 34 Text Amendment, Condominium Conversions.

The Village of Niles will comply with the Americans with Disabilities Act by making reasonable accommodations for people with disabilities. If you or someone you know with a disability require accommodations for a Village service or have any questions about the Village's compliance, please contact George Van Geem, Village Manager, 1000 Civic Center Drive, Niles, Illinois, 847-588-8000.

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Say 24 "Glory Be's" each followed by "St. Therese of the Child Jesus, pray for us".

Say this Novena each day for 9 days starting on the 9th day of the month and ending on the 17th day of the month and promise to spread word of it so others may offer it.

**Most Miraculous Lord**

You have granted so many of my prayers but now I must place this petition in your hands (name petition). This now becomes your request and I ask you to place it in the hands of God the Father. I know He will grant this petition because of His love for you, His son. For this I thank you, O Miraculous Lord. Amen.

Say 3 times a day for 3 days and petition will be granted.

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- '00 Chevy Blazer Z82 44K MI, SBP12914B, Blue. Kelly Blue Book: \$16,830 Landmark: \$8,950
- '99 Ford Expedition XLT 4x4 Red, SBP12898A. Kelly Blue Book: \$11,430 Landmark: \$8,950
- '03 Ford Focus ZTS 39K MI, SBP1855A, Grey. Kelly Blue Book: \$11,850 Landmark: \$8,950
- '00 Dodge Durango SLT 4x4 82K MI, SBP04365, Gold. Kelly Blue Book: \$11,115 Landmark: \$8,950
- '00 Cadillac Seville STS 58K MI, SBP12868A, Black. Kelly Blue Book: \$8,895 Landmark: \$8,795
- '03 Nissan Sentra SE 43K MI, SBP04624, Silver. Kelly Blue Book: \$11,820 Landmark: \$10,950
- '04 Mitsubishi Lancer ES 33K MI, White, SBP04575. Kelly Blue Book: \$12,280 Landmark: \$10,975
- '05 Chevy Malibu Classic 30K MI, SBP04618, Grey. Kelly Blue Book: \$12,795 Landmark: \$11,465

- '05 Ford Focus ZXA ST 43K MI, SBP1722A, Grey. Kelly Blue Book: \$12,885 Landmark: \$11,950
- '03 Ford Focus ZTS Grey, 44K MI, SBP04580. Kelly Blue Book: \$11,950 Landmark: \$11,950
- '03 Hyundai Sonata V6 GLS 47K MI, SBP04364A, Black. Kelly Blue Book: \$12,410 Landmark: \$11,950
- '04 Chevy Malibu Sedan 51K MI, Silver, SBP04563. Kelly Blue Book: \$21,715 Landmark: \$12,450
- '05 Dodge Stratus SXT 22K MI, SBP04645, Gold. Kelly Blue Book: \$13,250 Landmark: \$12,950
- '02 Buick Regal GS 59K MI, SBP04636, Black. Kelly Blue Book: \$13,210 Landmark: \$12,950
- '02 Volkswagen Jetta 1.8T GLS 49K MI, Silver, SBP11918. Kelly Blue Book: \$13,580 Landmark: \$12,950
- '05 Ford Focus SE 20K MI, SBP04619, Tan. Kelly Blue Book: \$13,520 Landmark: \$12,950
- '05 Ford Focus ZXA SE 23K MI, SBP04345A, Black. Kelly Blue Book: \$13,130 Landmark: \$12,950
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- '01 Ford Ranger XLT 42K MI, SBP12823A, Blue. Kelly Blue Book: \$14,275 Landmark: \$13,975
- '00 Chrysler Sebring Sedan 15K MI, SBP04592, Green. Kelly Blue Book: \$14,945 Landmark: \$14,545
- '00 Ford Focus ZXA 19K MI, SBP04576, White. Kelly Blue Book: \$16,740 Landmark: \$14,950
- '03 Ford Explorer XLT 4x4 59K MI, SBP12765A, Blue. Kelly Blue Book: \$16,880 Landmark: \$14,950
- '03 Chevy Trailblazer LS 4WD Drive, 26K MI, SBP04495. Kelly Blue Book: \$22,580 Landmark: \$15,950
- '04 Ford F-150 Supercab STX Silver, 62K MI, SBP12872A. Kelly Blue Book: \$21,215 Landmark: \$15,950
- '05 Pontiac Grand Prix 17K MI, SBP12891A, Maroon. Kelly Blue Book: \$16,110 Landmark: \$15,950
- '04 Ford Escape XLT 39K MI, Blue, SBP04494. Kelly Blue Book: \$18,540 Landmark: \$16,975
- '03 Honda Accord LX 18K MI, SBP04223A, Black. Kelly Blue Book: \$18,240 Landmark: \$16,950
- '00 Ford Fusion S 34 MI, SBP04537, Grey. Kelly Blue Book: \$17,450 Landmark: \$17,450

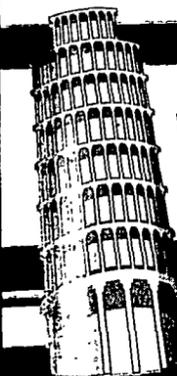
- '04 Jeep Grand Cherokee 4x4 13K MI, SBP04604, White. Kelly Blue Book: \$23,850 Landmark: \$17,950
- '03 Volkswagen Jetta GLX 2.0 43K MI, SBP04615, Black. Kelly Blue Book: \$18,820 Landmark: \$17,775
- '05 Ford Five Hundred SE 13K MI, SBP12852A, Grey. Kelly Blue Book: \$19,400 Landmark: \$17,950
- '03 Toyota Prius Hybrid 4Dr White, 44K MI, SBP04546. Kelly Blue Book: \$18,840 Landmark: \$18,950
- '05 Chrysler Sebring Convert Top 19K MI, SBP04599, 22K MI. Kelly Blue Book: \$20,125 Landmark: \$18,950
- '03 Chrysler Town & Country Limited Black, 39K MI, SBP04573. Kelly Blue Book: \$20,270 Landmark: \$18,450
- '04 Honda Accord EX Gold, 30K MI, SBP04569. Kelly Blue Book: \$20,895 Landmark: \$18,450
- '04 Ford Explorer Eddie Bauer 4x4 Blue, 48K MI, SBP04584. Kelly Blue Book: \$22,365 Landmark: \$20,950
- '00 Ford Five Hundred LTD 16K MI, SBP04683, Blue. Kelly Blue Book: \$24,450 Landmark: \$21,900
- '03 Nissan Maxima SE FWD 42K MI, SBP04698A, Black. Kelly Blue Book: \$22,225 Landmark: \$21,950
- '04 Mini Cooper S 39K MI, SBP04617, Grey. Kelly Blue Book: \$24,895 Landmark: \$22,250
- '03 Lotus GS 300 Black, 58K MI, SBP04543. Kelly Blue Book: \$27,950 Landmark: \$24,950

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- '04 Lincoln Aviator MKD V6 Tan, SBP12859A, 38K Miles. Kelly Blue Book: \$28,995 Landmark: \$25,950
- '04 Volkswagen Touareg 24K Miles, Green, SBP04530. Kelly Blue Book: \$34,355 Landmark: \$27,950
- '05 Chrysler 300C w/Leather White, SBP04544, 26K Miles. Kelly Blue Book: \$32,335 Landmark: \$27,950
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