

# THE BUGLE



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## Rain falls cause increase in mosquitoes

By Tracy Yoshida Gruen  
STAFF WRITER

The bad news is there's an abundance of aggressive mosquitoes due to the recent hot weather and rainfall.

The good news is these types of mosquitoes, also known as the floodwater or nuisance mosquitoes, are not known to carry the West Nile Virus.

Mike Szyska, the director of the Northwest Mosquito Abatement District, said that he hasn't seen so many nuisance mosquitoes since the 1980s.

However, Szyska said that there has been less West Nile Virus-infected mosquitoes found so far this summer than in previous years because the Culex mosquitoes don't do well

in rainy weather. He said mosquitoes found positive for WNV are still being found, however, and it's important to wear repellent and wear long clothing to stay protected.

"It's been a particularly bad August," said Dave Zazra, the director of public relations for the Northshore Mosquito Abatement District.

Zazra said that many of the eggs laid by the floodwater mosquitoes a few years ago are now hatching due to the rainy weather. As a result, he said they are hearing from a large number of residents being bitten by the floodwater mosquitoes.

"They are aggressive biters and day time biters as well,"

**See Mosquitoes, page 2**



**Right:** Lab Assistant Alex Pastushenko sorting through one weekend trap collection of nuisance mosquitoes. At the Northwest Mosquito Abatement District lab.



### Dons Prevail 49-0

Defense, offense dominate. St. Joseph, look ahead to Carmel  
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### Property Plans

MG commissioners hear plans for old Domicile Furniture site  
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## Husband suspected of murdering wife

By Tracy Yoshida Gruen  
STAFF WRITER

The husband of a 32-year-old woman who grew up in Park Ridge is now the prime suspect in her murder that happened about 10 weeks ago.

Kira Simonian's body was found in her apartment on June 28 in Minneapolis. Police report there is strong forensic evidence that her husband killed her.

"It's so horrible for all of us," said Gladys Simonian, Kira's aunt, who resides in Park Ridge. "She was very talented and a very kind person."

Gladys said that this type of tragedy is like something they've only seen on television.

"Now we're living it," said Gladys.

She said Kira's mother, Ferryl Simonian, who also resides in Park Ridge and all of the other family members are in shock that her husband is the number one suspect.

When Kira was found her husband was reportedly in New York on a business trip. He left town in the early morning hours of June 27, said police. She was found by the caretaker of the apartment building about 18 hours after her husband left for the trip. Police said she died from "complex homicidal violence."

Kira graduated with honors from Maine South High School in Park Ridge. With a true passion for art, she earned a bachelor's degree in graphic design and a bachelor's degree in painting at the

Art Institute of Chicago. She also went on to pursue her master's degree.

Kira worked at JB Chicago, a marketing agency. On the JB Chicago website her co-workers wrote, "Kira was always trying to become the best she could, as a designer and as a person. She left JB Chicago to begin a Master's program at MCAD in Minneapolis. We promised to keep a spot open for her when she returned - and it will always be here. She will be forever missed."

In her artist statement she wrote, "My hope is that people will look at their environment in a new way after they step back from my work; that they will find the notions of life, value and energy to be intrinsic in the world outside of humanity."

## Local 'medicinal' eggs doctor re-sentenced

A Niles doctor who claimed to sell "medicinal eggs" has been ordered to be re-sentenced in the US District Court in Columbus, according to the Associated Press.

A federal appeals court has upheld the conviction of the doctor who helped to sell powdered egg yolks.

The doctor and his partner claimed the "medicinal" egg yolks could cure and prevent a variety of diseases, such as Alzheimers.

The Sixth U.S. Circuit Court of Appeals has ordered a lower court to re-sentence the doctor from Niles. The panel reportedly says that the trial judge wrongly

considered a letter written by the Niles doctor to increase his sentence past federal guidelines.

The doctor and his co-defendant were convicted of 15 misdemeanor counts that included selling unapproved drugs and failing to register them.

In 2005, they were both sentenced to five years probation.

## Governor signs Garrett Bill on underage drinking

At the beginning of the first holiday weekend of the school year, Governor Blagojevich today signed SB 158, a bill that addresses underage drinking and parents' responsibilities.

This bill sponsored by Senator Susan Garrett (D-Lake Forest) provides that it is unlawful for parents to knowingly authorize, enable, or permit underage drinkers to have access to either their residence or liquor kept in the residence. Currently the law states that if parents allow underage drinking, the parents can be charged with a Class A misdemeanor. Garrett's bill, SB 158, adds a new provision, which carries a felony charge if bodily harm occurs when parents are aware that alcohol is being served in their home.

"I am pleased that the Governor signed this critical  
**See Governor, page 4**

# Community mourning death of Niles Police Detective Chamopoulos

By Tracy Yoshida Gruen  
STAFF WRITER

The Niles Police Department and community members are deeply saddened by the sudden death of Niles Police Detective Tom Chamopoulos.

Chamopoulos, 39, had been with the Niles Police Department for 12 years. He died at his home in Wheeling on Aug. 29.

"Tom was a good cop, a good person and a good friend of mine," said Niles Police Sgt. Tom Davis.

"Everybody loved Tommy," said Niles Police Chief Dean Strzelecki, who said that he would be sorely missed. He said that Tom was someone who was extremely likeable and a very kind person.

In 1995, he came on board with the Niles Police force and in 2003 he became part of the detection division. Strzelecki said that Chamopoulos received several awards throughout his police career. A dedicated employee, he said he only missed two days of work due to illness in 12 years.

He is survived by his parents, Chris and Helen Chamopoulos; brother Gus (Ellen) Chamopoulos; sister Anna (Charles) O'Donnell; fiancée Vicky Kalogeris; many cousins, aunts and uncles.

A funeral service was held Sept. 1 at St. Haralambos Greek Orthodox Church, 7373 N. Caldwell Ave. in Niles. Interment followed at Elmwood Cemetery, River Grove.

## Mosquitoes

continued from page 1

shared Zazra.

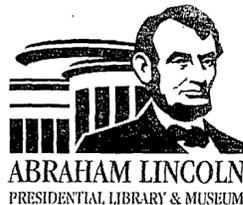
Zazra said the Culex mosquitoes, which carry the West Nile Virus, are attracted to stagnant pools of water so he said it's

important to remove any stagnant water.

So far out of 845 pools, 135 have been positive for West Nile Virus. Last year, through October, out of 1,065 pools tested there were 339 positive for West Nile Virus.

# Mrs. Lincoln to stay a little longer

Mary Todd Lincoln: 'First Lady of Controversy' exhibit extended through November 2007



The Abraham Lincoln Presidential Museum has invited the First Lady to stay a little longer.

The "Mary Todd Lincoln: First Lady of Controversy" exhibit has been extended through November 30, 2007. The world-class exhibit, including many items publicly displayed for the first time, was originally scheduled to conclude October 28. In addition, a new publication is available that highlights the exhibit with photographs and historical information.

"The tremendous response to the Mary Todd Lincoln exhibit convinced us to keep it another month, which will allow thousands more people the opportunity to see this once-in-a-lifetime display of Mrs. Lincoln's life and times," said Rick Beard, executive director of the Abraham Lincoln Presidential Library and Museum (ALPLM). "Visitors may also take Mary Todd Lincoln home through a new book that has been developed featuring the exhibit's history and artifacts."

The Mary Todd Lincoln Exhibit Catalog is available at the ALPLM Museum Store or online at [www.alplm.org](http://www.alplm.org). The \$19.99 publication was written by

Illinois State Historian Dr. Thomas Schwartz, one of the world's top Lincoln experts, with a foreword written by Director Beard. This exclusive book includes full-color photographs of documents and artifacts from the exhibit and kept insights into Mrs. Lincoln's often misunderstood life and role as First Lady.

"Mary Todd Lincoln: First Lady of Controversy" is the first major retrospective of Mrs. Lincoln. Visitors can explore her childhood, courtship of Abraham Lincoln, her role as wife and mother, and her tumultuous tenure as First Lady. The exhibit examines the tragedy surrounding the Civil War, the death of her son, Willie, and the assassination of her husband; and the estrangement from her eldest son, Robert Todd Lincoln. Guests may see dozens of arti-

facts, some never before displayed that provide an intimate look at Mrs. Lincoln such as her clothing, accessories, jewelry, photos and letters. The exhibit also showcases newly-uncovered documents relating to two special elements of controversy: The First Lady's precarious finances; and her insanity trial, confinement to the Bellevue Sanitarium, and release.

The ALPLM's next exhibit, "Packaging Presidents," opens on Super Tuesday, February 5, 2008. The exhibit will run through the November General Election and will explore the change in the electoral process spanning 200 years of presidential campaigns. The nation's pre-eminent private collections will be the foundation for displays that trace the evolution of American presidential politics from the sedate campaigns waged by our first chief executives to the often cutthroat electoral battles that have characterized recent runs for the White House.

For more information on "Mary Todd Lincoln: First Lady of Controversy" or other events at the Abraham Lincoln Presidential Library and Museum, visit [www.alplm.org](http://www.alplm.org).

## Village takes over Niles teen center management

By Tracy Yoshida Gruen  
STAFF WRITER

The Village of Niles is now in charge of the teen center whose management was previously shared with the Niles Park

District.

The change was made in order to streamline management so it will run more efficiently.

On Aug. 1, the teen center moved into its new home at Golf Mill Shopping Center.

Previously, both the village board of trustees and the park district board needed to vote on actions and now just the board of trustees will make decisions related to the teen center.

The village will now pay about \$75,000 per year, about \$30,000 more than they currently pay for the teen center.

At a pre-board meeting on Aug. 28, Village Trustee Joseph LoVerde, who is also the Niles See Teen Center, page 20

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# MG Commissioners hear plans for old Domicile Furniture property

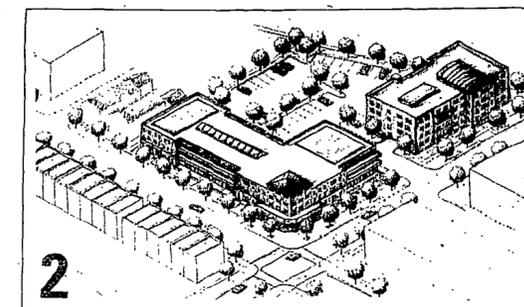
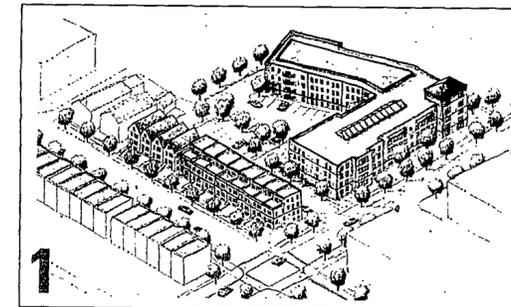
By Tracy Yoshida Gruen  
STAFF WRITER

A special meeting was held by the Morton Grove board of trustees on Monday, Sept. 10 to discuss the two conceptual plan options for the village-owned property that was previously Domicile Furniture in the Lehigh/Ferris TIF district in the area of Capulina and Ferris.

At the meeting, several commissioners belonging to the economic development commission, the appearance and planning and zoning commission approached the Morton Grove board of trustees with their thoughts, concerns and suggestions regarding the proposed plan options.

In option 1, there are a total of 68 residential units, with 56 condominium units and 12 town-house units. In the second option, there are 62 residential units, two condo units, one with 38 condo units above 4,000 square feet of retail and the other with 24 condo units.

In addition to residential units, representatives from S. B. Friedman and Company and Farr Associates indicated that many residents have expressed



the desire for more retail in town and they believe that the small-scale retail such as "Mom and Pop" type of stores is feasible for the site.

At the meeting, a few members of the economic development commission said that the village does not need any more town-houses or condominiums; instead they felt the village could use a nice restaurant or a "pedestrian friendly" shopping area. One member suggested a small movie theatre that people can just walk to in order to see a movie.

Mayor Richard Krier and other representatives explained that the village has been told that devel-

opers don't want to build major retail or things like movie theatres in an area that sees about 7,000 cars per day, as opposed to streets like Dempster that about 40,000 people drive down each day.

"Just because we want it, doesn't mean we could get it," said Krier.

Another member of the EDC commission meeting said if they put something of a "high caliber" such as a nice restaurant then people will come, despite where it is located.

One member of the EDC commission said that adding more residential units will increase the pop- See Plans, page 12

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## Niles cracks down on graffiti removal

By Tracy Yoshida Gruen  
STAFF WRITER

The Village of Niles recently updated its original graffiti ordinance from 1965 in order to improve the village's ability to quickly and safely remove gang graffiti from businesses and residences.

"It's an ongoing problem and it needs to be addressed as soon as possible," said Village Attorney Joe Annunzio.

The new ordinance says that the owner of the property upon which graffiti has been illegally placed shall remove the graffiti within two working days from the

date of a notice. The ordinance states that if someone violates this they shall be fined not less than \$25 or more than \$100.

Previously, the owners of the property had five working days to remove the graffiti.

Niles Sgt. Rich Leddy, who deals with graffiti throughout the village, said that they generally try to remove the graffiti within 48 hours.

"People get used to seeing what they see," said Leddy. He said that generally the offenders won't come back to damage the same building if the graffiti was removed rapidly.

Leddy said that most of what they see is gang-related graffiti and much of it occurs in unincorporated areas, such as in the northern part of town.

Asst. Village Manager Steve Vinezeano said they wanted to put "more teeth" into the ordinance and also make the removal process safer.

The new ordinance also states that property owners may obtain a primer paint that is neutral in color for the removal of the graffiti from the public services department in order to avoid the toxicity of the chemicals used in removing the graffiti.

years. Additionally, statistics from the National Traffic Safety Administration (NHTSA) show Labor Day weekend as a very deadly holiday for alcohol-related deaths.

While this bill's intention is to deter parents from serving underage teens in their homes, it also sends a strong message that the State of

Illinois intends to be vigilant when it comes to drinking and driving.

"I hope this law will be another milestone to ensure cooperation between parents, teens and law enforcement when it comes to underage drinking. Our goal is to keep our communities stronger, our parents more involved and our teens safer," Garrett said.

## Kotowski bill helping women at risk of breast cancer becomes law

Legislation sponsored by State Senator Dan Kotowski (D-Park Ridge) which will allow women who are at risk of having breast cancer to get the medical care they need to catch the deadly disease in its early stages has been signed into law.

"We know that early detection is key to surviving breast cancer," Kotowski said. This bill will ensure that more women get the coverage they need to detect and treat breast cancer as quickly as possible."

Senate Bill 1365 ensures that women who are at a "high risk" level of contracting breast cancer will have the necessary testing options they need for early detection covered by their health care provider. The bill takes into account the patient's prior personal history of breast cancer and positive genetic testing, making the early

detection procedures "medically necessary."

"If a woman has a genetic predisposition to contracting breast cancer, insurance coverage is a medical necessity. Insurance companies should not be given the option to neglect coverage," Kotowski added. "This new law makes good fiscal sense and most importantly, it saves women affected by breast cancer from falling through the cracks."

Breast cancer is the most frequently diagnosed cancer among women in the United States, accounting for nearly 1 in 3 cancers diagnosed in U.S. women. It is estimated by the American Cancer Society that there will be 7,030 new female breast cancer cases in the state of Illinois in 2007. It is also estimated that approximately 1,740 women will die of breast cancer in Illinois in 2007.

# HAVE YOU HEARD

## Cartridge World - Morton Grove Partners To Increase Environmental Education

Cartridge World - Morton Grove, which is part of the world's largest printer ink cartridge refilling and remanufacturing retailer, today announced it has partnered with the Go Green Initiative, a non-profit organization dedicated to creating a culture of environmental responsibility, for its "Students & Teachers Unite" September promotion.

The "Students & Teachers Unite" promotion will give students, teachers and PTA members who present valid K-12 identification a 20 percent discount on refilled or remanufactured printer cartridges, when they exchange an empty cartridge. Cartridge World North America also announced it is donating \$10,000 to the Go Green Initiative, and will distribute its educational materials to schools around the nation.

"We are really looking forward to getting started on this 'green partnership,'" said Brett Robinson of Cartridge World - Morton Grove. "Our local team is glad to join in on the company's continuous efforts to help people become more eco-friendly aware."

Cartridge World is no stranger to helping local environment support initiatives. The company has an established recycling fundraising program with community groups, schools, and businesses throughout the nation. The fundraising programs invite participants to collect empty ink and toner cartridges, and Cartridge World will offer to buy back those cartridges to ensure each one is recycled properly.

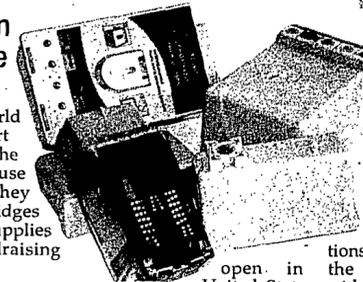
"Cartridge World's program provides our clients schools with an ideal opportunity to put the principles of the Go Green Initiative (GGI) into action," said GGI Founder Jill Buck. "By recycling ink cartridges, and purchasing replacement cartridges that are reusable, the parents, teachers and administrators on campus are role modeling environmentally responsible behavior for the students."

Since January, 2006, schools participating in the GGI have removed 39.6 million pounds of recyclable material from the U.S. waste stream, resulting in among other environmental benefits, the avoidance of 31 million metric pounds of greenhouse gas emissions and 208 billion BTU's of energy use.

This is a great way for Cartridge World to help give back to schools in communities around the nation," said

Cartridge World CEO Burt Yarkin. "The schools can use the money they save on cartridges for needed supplies and fundraising efforts."

If your company or group is interested in establishing a printer cartridge recycle program contact 1-888-99-REFILL or visit [www.cartridgeworldusa.com](http://www.cartridgeworldusa.com) or visit your local Cartridge World - Morton Grove at 847-966-8866.



Local Franchise Provides Support for Go Green Initiative, National Schools

**About Cartridge World**  
Emeryville, CA-based Cartridge World is the world's fastest growing ink refilling retailer and franchisor in the \$60 billion printer cartridge industry. The company refills empty ink cartridges and remanufactures empty toner cartridges for inkjet printers, laser printers, fax machines, and photocopiers with top quality, brand-specific ink and toners. It offers consumers and businesses a more affordable option to buying new, provides a 100 percent satisfaction money-back guarantee and helps the environment by keeping cartridges out of landfills. Voted #1 in the category of toner replacement services by Entrepreneur Magazine Franchisee 500, Cartridge World has more than 1,500 franchised retail locations in 47 countries. Cartridge World North America was founded in 2003. There are currently 600 loca-

tions open in the United States, with 800 locations expected by the end of 2007. For more information call (888)-99-REFILL or visit [www.cartridgeworldusa.com](http://www.cartridgeworldusa.com)

**About Go Green Initiative**  
The Go Green Initiative is a simple, comprehensive program designed to create a culture of environmental responsibility on school campuses across the nation. Founded in 2002, the Go Green Initiative unites parents, students, teachers and school administrators in an effort to make real and lasting changes in their campus communities that will protect children and the environment for years to come. For more information [www.gogreeninitiative.org](http://www.gogreeninitiative.org)

## The Summit of Uptown to Host How-to Seminar on Moving

The Summit of Uptown (formerly Summit Square Retirement & Assisted Living Residence), 10 N. Summit Ave. in Park Ridge, will host an informative real estate seminar on how to make the move from your home easy and worry-free, Thursday, Sept. 20 at 1 p.m.

Real estate marketer Mike Rickert and relocation planner Gloria Bersani will be on hand to give the latest advice on how to sell a home in today's market and discuss ways to plan your move without being overwhelmed. The two speakers will also address issues on how to get your home ready to be sold and how to handle the liquidating, sorting, packing, as well as the set-up of your new home.

Refreshments will be served. Reservations are required. Please RSVP to Josephine at 847-825-1161 Ext. 104 by Monday, Sept. 17. While at The Summit of Uptown, arrange a tour and ask about new apartments and pre-renovation pricing.

## Liberty Bank for Savings to Host Shredding Day

The public is invited to attend a free Shredding Day at Liberty Bank for Savings' Foster office, 7111 W. Foster Ave. The event will be held from 9 a.m. to 12:30 p.m. on Saturday, Sept. 22, 2007. Protect yourself from identity theft and get rid of unnecessary financial documents at this free event.

According to the Federal Trade Commission, more than a quarter of a million identity theft complaints were reported last year, marking the seventh consecutive year ID theft has risen. They estimate that around 10,000 of the victims were Illinois residents, and identity theft costs victims across the nation almost 49.3 billion dollars. You can bring up to 25 lbs. to be shredded. There is no charge and reservations are not required. For more information on this Liberty Bank for Savings event and other summer activities, call Susan Andrews at 773-489-4458.

## FIND YOUR PARTNER & DO-SI-DO

Square Spares & Pairs Square Dance Club dances the second and fourth Mondays of each month all year, at the Senior Center, 100 South Western Avenue, Park Ridge, IL.



Round dancing begins at 7:30PM and square dancing starts at 8PM. Admission: \$6 visitors, \$5 members,

September 24, 2007  
Eric Tangman / Al Krol  
October 8, 2007  
Jerry & Juliann Hill

Lessons start Tuesday 9-11-07 at 7:30PM to 9:30PM at the Glen Park Center, Room 201, 2400 Chestnut Avenue, Glenview, IL  
Call: 847-398-8087 for information. First lesson is free.

## This may be our last reunion!!!!

The 64th Steinmetz High School classes of January & June, 1943 Dear Classmate it is time to celebrate. When: October 14, 2007 Where: Wellington Restaurant, 2121 Arlington Heights Road, Arlington Heights, Illinois Time: 11:30AM to 3:30PM January graduates to: Ralph Black 3102 Tollview Drive Rolling Meadows, IL 60008 847/394-4100 June graduates to: Will Burgess 445 Park Barrington Drive Barrington, IL 60010 847/382-6417

## Liberty Bank for Savings Pursues Jumbo Mortgages

As other banks and financial institutions are currently reducing their participation in the Jumbo mortgage market, Liberty Bank for Savings is actively pursuing it. A Jumbo mortgage, also known as a non-conforming mortgage, is a mortgage that exceeds the standard limit of \$417,000 set by government agencies Fannie Mae and Freddie Mac.

Many lending institutions have recently been abandoning their Jumbo mortgage programs due to their inability to sell them in the secondary

market. However, Liberty Bank is continuing to offer Jumbo mortgage programs in order to serve their communities. Liberty Bank retains these loans as a sound investment for the future.

Alan Kilburg, Senior Vice President of Mortgage Lending at Liberty Bank says "we continue to offer Jumbo mortgages because there is a need for them, also to help the community that has helped us so much and to distance ourselves further from the growing number of banks that are

not offering this type of service."

Established in 1898, Liberty Bank for Savings has been a member of the Chicago business community for over 109 years offering a variety of products to meet the financial needs of individual and business customers. Liberty Bank has branches in Chicago and the northwest suburbs.

For information on Liberty's Jumbo mortgage program, call 888-LIB-BANK (888-542-2265) or visit their website at [www.libertybank.com](http://www.libertybank.com).

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	self skin exam	monthly	skin cancer		lipid profile	every 5 years	high cholesterol
	skin exam by physician	every 3 years	skin cancer		blood pressure test	every 1-2 years	high blood pressure
	lipid profile	every 5 years	high cholesterol		self testicular exam	monthly	testicular cancer
	blood pressure test	every 1-2 years	high blood pressure				
35+	TSH test	every 5 years	thyroid dysfunction	35+	TSH test	every 5 years	thyroid dysfunction
40+	mammogram	annually	breast cancer	40+	skin exam by physician	annually	skin cancer
	skin exam by physician	annually	skin cancer				
45+	blood sugar test	every 3 years	diabetes	45+	blood sugar test	every 3 years	diabetes
50+	fecal occult blood test	annually	colorectal cancer	50+	fecal occult blood test	annually	colorectal cancer
	colonoscopy	every 10 years	colorectal cancer		colonoscopy	every 10 years	colorectal cancer

\* For healthy, normal risk female.  
A bone mineral density test is used to check for osteoporosis based on known risk factors. Discuss osteoporosis with your doctor.

\* For healthy, normal risk male.  
A prostate-specific antigen (PSA) blood test or digital rectal exam is used to check for prostate cancer based on known risk factors. Discuss prostate cancer with your doctor.

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# iPod stolen from vehicle in for service at dealership

## MORTON GROVE

### 1 iPod Stolen from Vehicle (9100 block of Waukegan)

An Apple iPod with a value of \$350 was taken from the glove compartment of a vehicle after being dropped off at a dealership in the 9100 block of Waukegan Ave. for service and detailing sometime between Aug. 27 and Aug. 31.

### 2 Credit Card Fraud (8600 block of Waukegan)

An unknown person made two charges on the victim's credit card without permission on Aug. 28. The charges were for \$565 and \$899.

### 3 Burglary to Garage (9400 block of Overhill)

Unknown person or persons entered a garage in the 9400 block of Overhill and took multiple tools on Sept. 5.

### 4 Wallet Stolen (7100 block of Golf)

A man went to make a purchase and left his wallet on a counter at a business in the 7100 block of Golf Rd and when he came back it was missing. The theft of the wallet that contained \$20 and credit cards took place between Sept. 2 and Sept. 3.

### 5 Criminal Damage to Residence (6000 block of Crain)

Unknown person or persons used a BB-gun type device to damage the front window and screen of a residence in the 6000 block of Crain on Aug. 30.

### 6 Deliver of Cannabis (5800 block of Lincoln)

A 20-year-old Morton Grove man was arrested on Sept. 3 for selling cannabis in the 5800 block of Lincoln. The court date is Sept. 14.

### 7 Aggravated DUI (Lehigh Ave/Park)

A 58-year-old Morton Grove man was arrested on Sept. 1 for driving under the influence of alcohol. Police said the occupant of the other vehicle suffered major injuries. The court date is Sept. 14.

### 8 Criminal Damage Arrest (5900 block of Crain)

A 21-year-old Morton Grove man was arrested on Sept. 3 for causing \$2,000 worth of criminal damage to property. His court date is Sept. 28.

## NILES

### 9 Possession of Cannabis (6400 block of Touhy Ave.)

A man was issued a citation for the possession of cannabis at a motel parking lot in the

6400 block of Touhy Ave. after an officer smelled the odor of burnt cannabis coming from his vehicle on Sept. 8.

### 10 Industrial Building Damaged (7700 block of Lehigh Ave.)

Unknown person or persons shattered the glass door on the north side of an industrial building in the 7700 block of Lehigh Ave. on Sept. 8. The value of the damage is \$500.

### 11 Quarters Taken from Gumball Machine (200 Golf Mill Center)

A 14-year-old Des Plaines boy admitted to taking quarters from the gumball machines at 200 Golf Mill in the mall about eight times a week for the past month on Sept. 8. About \$120 was stolen over the past month from the gumball machines.

### 12 Jewelry Stolen from Store (200 Golf Mill Center)

Unknown person or persons took jewelry and home decor worth \$140.92 from a store at 200 Golf Mill Center on Sept. 8. The offender was apprehended by the complainant outside the

store and given a ticket that was paid on the scene.

### 13 Window of Restaurant Damaged (8500 block of Golf Rd.)

A 5' by 5' window on the southside of a restaurant in the 8500 block of Golf Rd. was broken on Sept. 6. The damage is estimated at \$500.

### 14 Pumped Gas, Fled Away (7200 block of Caldwell)

Unknown person pumped \$74.40 worth of gas in his vehicle and then fled northbound on Caldwell Ave. without paying for the gas on Sept. 8.

### 15 Eggs Thrown at Residence (6800 block of Lexington Ln.)

Several eggs were thrown at a residence in the 6800 block of Lexington Lane on Sept. 10. The eggs were thrown on the window and surrounding brick.

### 16 Zucchini Plants Cut Down (7200 block of Lill St.)

Unknown person or persons cut down the zucchini plants growing on the fence of a residence in the 7200 block of Lill St. sometime between Sept. 7 and Sept. 8.

## PARK RIDGE

### 17 Burglary to Residence (1300 block of S. Vine)

Unknown person or persons entered a residence in the 1300 block of S. Vine by prying open the front door on Sept. 2. A television with a value of \$1,000, iPod, jewelry box and sunglasses were taken.

### 18 Grill Knocked Over (200 block of N. East Ave.)

Unknown person or persons knocked over a grill in the backyard of a residence in the 200 block of N. East Ave. sometime between Sept. 1 and Sept. 2. There is a dent in the side of the grill and the burners are broken. The estimated cost of the damage is \$8,000.

### 19 Graffiti Sprayed on Playground Equipment (1000 block of S. Fairview)

Graffiti was sprayed on the playground equipment at a school in the 1000 block of S. Fairview sometime between Aug. 31 and Sept. 4. The estimated cost of the damage is unknown.

### 20 Eggs Thrown at Vehicle (1400 block of W. Park Ridge Blvd.)

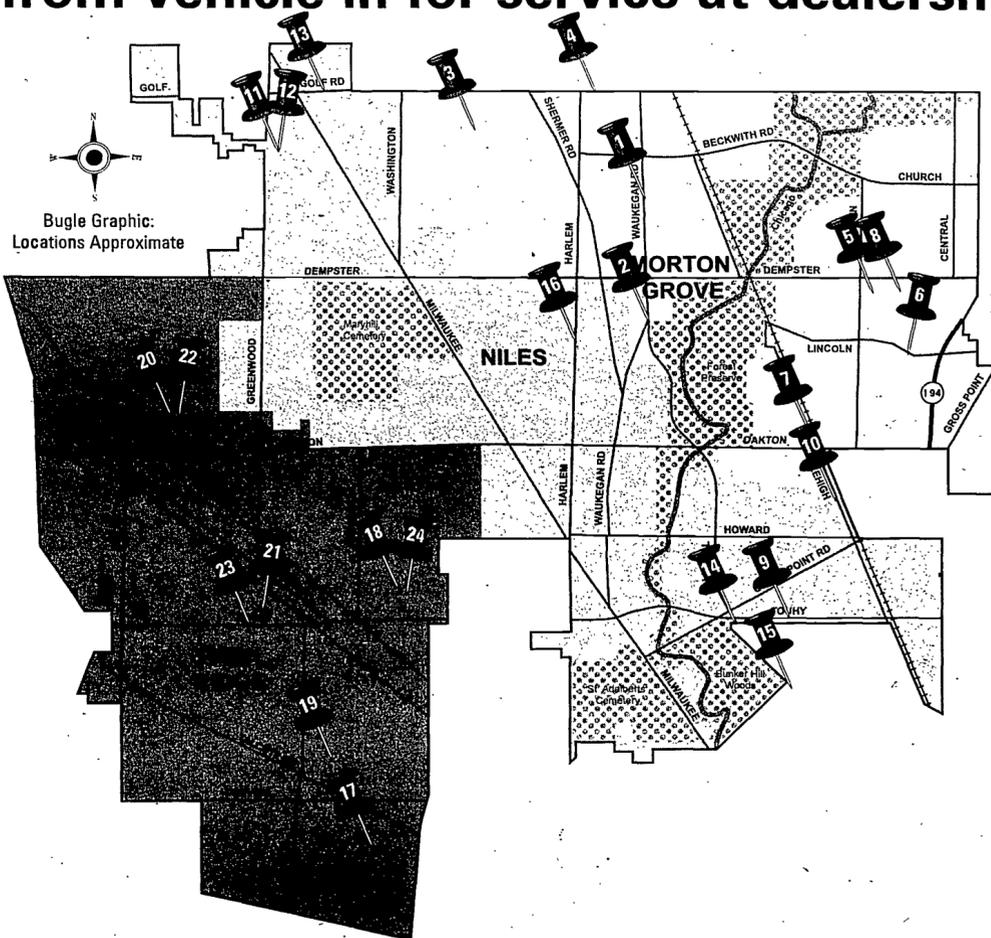
Unknown person or persons threw eggs at a 2006 Audi A6 causing damage to the paint on the driver's side doors and side quarter panel sometime between Sept. 1 and Sept. 4. The estimated cost of the damage is \$350.

### 21 Burglary to Residence (200 block of W. Grace)

A homeowner returned to her home in the 200 block of W. Grace and discovered her front door was ajar, a sliding glass door was open and a kitchen window was opened with the screen removed. Police said between Aug. 29 and Aug. 30 someone entered through the kitchen window and took a Compaq computer worth \$1,300 and a lap top computer worth \$700.

### 22 CDs/Navigation System Taken (1900 block of W. Woodland)

A \$700 GPS navigation system, a \$1,500 IBM computer and a CD case with about 80



Bugle Graphic: Locations Approximate

# Niles man given 10 years for 2004 jewelry heist

A 40-year-old Niles man has been sentenced to 10 years in prison for a 2004 jewelry heist at Hertzberg Diamonds in Hobart.

In addition to the Niles man, a 25-year-old Rockford man was also sentenced.

Lake County Superior Court Judge Salvador Vasquez ordered the sentences to run consecutive to the prison terms that the Niles man had received for a similar jewelry store robbery in Oak Brook, IL.

Both men pleaded guilty on Aug. 1 for the store robbery at the Hobart jewelry store, a class B felony carrying a maximum 20-year sentence. During the robbery, the men took about \$650,000 in jewelry.

The night prior to the well-planned heist, they drove from Rockford to Merrillville where they stole a Crown Victoria vehicle and a license plate to put on the stolen car.

The Niles man's adoptive father, a retired Chicago police officer, testified at the recent sentencing hearing, along with two of the store's employees.

The defendants took the surveillance videotape but they did not realize there was a backup recording. The video aired on "America's Most Wanted."

The 25-year-old co-defendant from Rockford pleaded guilty in January of 2006 and has a Sept. 19 hearing.

## Blotter

continued from page 6

CDs were taken from a vehicle in the 1900 block of W. Woodland sometime between Aug. 29 and Aug. 30.

### 23 Juveniles Arrested for Shoplifting (1100 block of W. Touhy Ave.)

Two 13-year-old females were charged with retail theft and cur-

few and released to a guardian on Sept. 3 in the 1100 block of W. Touhy Ave. A 15-year-old, 14 year old and 17 year old were charged with curfew violations.

### 24 Charged with Batter (300 block of N. Merrill)

A 17-year-old Park Ridge boy was charged with battery after he was involved in a physical altercation on Sept. 4. His court date is Oct. 2.

Joseph Hedrick, CRS  
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Letters to the Editor

Al-Anon Thanks Bugle

Dear Editor,  
On behalf of the Northern Illinois Al-Anon Family Groups and the Public Outreach Action Committee, I thank you and The Bugle for printing an article in the 8/23 paper about Al-Anon groups meeting in Niles. Perhaps, through that article, someone troubled by alcoholism in a relative or friend received the message that there is hope - and if so, that would be wonderful!

Meredith Mengler  
NIAFG POAC Chairperson

8th Annual Taste of Park Ridge A Success

Dear Editor,  
Once again, it is with amazement in our minds, and deep gratitude in our hearts that we express thanks to our entire community of Park Ridge and its neighbors, for the unprecedented reception of the eighth annual (third with the current committee) Taste of Park Ridge. Upon reflection, we're not as amazed as gratified, because we know that this committee consistently demonstrates its ability to present a superb event. We are also cognizant of the incredible

assistance we receive each year from the municipal arena—the City Park Ridge, the Park Ridge Police Dept., Fire Dept., Public Works Dept., Park District, School Districts, Library, Citizens' Patrol, and Maine Township. While one can never rely on the weather, this year's was definitely helpful. Thanks to record attendance and vendor sales figures, both the taste Committee and its Board of Directors are delighted with the results. These factors also signaled the overwhelming reaction to the community to both the highly professional entertainment (highlighted by Beatlemania Live) and delectable culinary offerings at the Taste. What makes the Taste team so unique is its commitment to Park Ridge as an entity. Not only have we pledged from the outset, to "give back" to our town through extensive Community Outreach efforts, but we have also continued to embrace as many volunteer individuals and organizations as possible in the process. This (2007) Taste included even more such participation than in past years. Among the newcomers were the Park Ridge Youth



Campus, the Park Ridge Rotary, the Park Ridge Teen Center, and Wunder Studios. Always acknowledged and appreciated, are the many local businesses, clubs and organizations that continue to support this celebration, like the Park Ridge Kiwanis clubs, Rainbow Hospice, the Park Ridge Community Fund, and numerous others. We were encouraged by a landslide of positive feedback subsequent to the Taste, gaining particular pleasure in the ever-increasing popularity of the Kids' Fun

Zone in Hodges Park. We are very proud of the more than \$8,000.00 reinvested by the Taste in the Park Ridge Community. We felt that it was a clear endorsement of neighborhood youth when we established \$1,000.00 scholarships via our Taste of My Hometown Essay contest for a Maine South and a Maine East student. We were also proud to contribute significantly to the third annual National night Out for the Park Ridge Police Department, as well as sponsoring the Park Ridge

Fine Art Society's concert in the Park. Additionally, The Taste of Park Ridge paid for one of the three double-decker buses during last year's winterfest (formerly known as Open House). Our mission is to create a memorable community event each year. This takes many dollars, when the radio and print advertising, tents, and equipment are considered, not to mention the enormous cost for noteworthy entertainment. Nevertheless, attendees responded to this event with such fervor that we could not shake our heads in wonder as we witnessed the gathering masses of humanity dring much of the Taste. Our Canopies on Courtland served the dual purposes of both business and community Organization Expos, whereby area residents were able to discover more about our outstanding local companies as well as many of our service clubs and social agencies. Ultimately, The Taste of Park Ridge has become more than just a fest. We believe it has evolved into an eagerly anticipated park ridge radio. your readers receive more specific information regarding volunteers and any other facts and illustrations by logging onto the Taste web site at [tasteofparkridge.com](http://tasteofparkridge.com).

Century 21 McMullen Celebrates 320 Years

Thirteen veteran agents celebrate 320 years at Century 21 McMullen in Edison Park. All 13 agents helped a generation of neighbors buy and sell homes, and all live on Chicago's northwest side or its adjacent suburbs.

Company President Barry Paoli praised their strong reputations, high regard and decades of service. All spent 20 to 36 years at the company and are some of the best-known local agents. Together, they transacted hundreds of millions of dollars of home sales.

Century 21 McMullen agents with 30 to 36-year tenures are Dianne Guest, John Guest, Carol Mason and President Barry Paoli.

Diane Guest, GRI (Graduate Realtor Institute), has been the top residential producer in Edison Park for 10 years and has been recognized for outstanding quality service. She's active in teaching, community Bible study and other St. Juliana activities. Her husband, John Guest, is general manager of their company and a lector



Veteran agents at Century 21 McMullen celebrate 320 total years at the company. Proudly stating outside their new offices are, from left, Marti Janus, Debbie Schroeder, Margaret Flanagan, Anna Tarbeau, President Barry Paoli, Jan Robertson, Carol Mason, John Guest, Colleen Barrett and Polly Filipi. Not pictured are veteran agents Frank Wuich, Diane Guest and Betsy Palumbo.

and coach at St. Juliana. Both graduated from Marquette University, live in Park Ridge and have four grown children—two of whom are in real

estate. Carol Mason has a psychology degree, was a long-term election judge and Girl Scout leader and lives in Niles. She

has four grown children and enjoys golf, genealogy and promoting Channel 11. Barry Paoli is president of Century 21 McMullen and

joined as partner in 1974. He made this the largest real estate firm on Chicago's northwest side and adjacent suburbs with 100 agents and 400 million annual sales. He was formerly president of the Northwest Real Estate Board and Realtor-of-the-Year in 1994. Paoli lives in Park Ridge and has four grown children.

Agents with 20 to 29-year tenures are Colleen Barrett, Marti Janus, Frank Wuich, Jan Robertson, Polly Filipi, Debbie Schroeder, Anna Tabeau, Margaret Flanagan and Betsy Palumbo—and all have been multi-million-dollar producers.

Colleen Barrett is a long-term top producer on Chicago's northwest side. She lives in Old Norwood Park and was active on many school boards and community programs. Marti Janus holds a math degree, taught at Notre Dame High School in Niles for eight years and runs company activities at the Edison Park Fest. She's fluent in Italian and lived in Jefferson Park for 25 years. **See Century 21, page 10**

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BY JEFFREY CARDELLA  
Special to The Bugle

Edward Jones

Strike a Balance Between Saving for Retirement, College

PUBLIC SERVICE ADVERTISEMENT

If you have young children, you may want them to attend college someday — and you may want to help them pay for it. At the same time, you also need to save for a comfortable retirement lifestyle. Are the two goals compatible?

There's no easy answer to this question. But one thing seems clear: For many parents, saving and investing for their children's future is every bit as important — and maybe more so — than saving and investing for their own. In fact, two-thirds of parents said they would postpone retirement if necessary to help pay for their children's college education, according to a survey by Alliance Bernstein Investments, Inc.

Parents have good reason to believe that investing in a college education will pay off for their children: Over the course of their lifetimes, college graduates will earn, on average, about \$1 million more than high school graduates, according to the U.S. Census Bureau.

So, since a college education appears to be quite valuable, shouldn't you do everything you can to help pay for it?

Ultimately, you'll have to weigh your potential college contributions against your need to save for your own retirement. On one hand, you'd like to help your children as much as possible: as a parent, you don't want your children saddled with enormous debts when they leave college. But on the other hand, that type of reluctance may be based more on emotion than on sound financial planning. After all, college graduates seem to find a way to eventually pay off their loans.

Furthermore, your children may be able to find grants, scholarships and work-study opportunities.

Many students can earn a decent amount of money at summer jobs, too.

Nonetheless, you still may feel obligated to pay something toward your children's college education. But if you're going to help pay for college, be smart about it. For example, think twice before borrowing from your 401(k). Such a move would slow the growth potential of your retirement funds — and it could prove costly in other ways, too. For one thing, if you leave your job, voluntarily or involuntarily, you'll need to repay your 401(k) loan completely, usually within 60 days. If you can't, the balance will be considered a taxable distribution — and you may even have to pay a 10 percent penalty on it.

Instead of tapping into your 401(k), IRA or other accounts you've designated for retirement, look for other ways to help build your children's college funds. You might decide to open a Section 529 plan, which offers tax-free earnings potential, provided the money is used to pay for higher education costs. Contributions are tax-deductible in certain states for residents who participate in their own state's plan; however, a Section 529 plan could reduce your child's ability to qualify for financial aid.

You might also want to consider a Coverdell Education Savings Account, which offers another tax-advantaged way to save for college.

As you already know, much of your life involves balancing acts of one type or another, so you should be able to handle one more — college for your kids against a comfortable retirement for you. By making the right moves, though, you may be able to reach an "equilibrium" that works for everyone.

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

## Couples' finances: Yours, Mine & Ours

By Carrie Schwab Pomerantz  
COPLEY NEWS SERVICE

I've yet to meet a couple who was attracted to each other because of compatible investing styles or a shared abhorrence of credit card debt. Still, as I'm sure we've all witnessed, money and all the issues surrounding it can often become a wedge that

drives people apart. But it doesn't have to be that way, even for partners with wildly different approaches to personal finance. If you're about to make a long-term commitment, if you've recently entered a serious relationship, or if your relationship is being strained by financial differences, read on.

It goes without saying that

honest, open communication is vital to the success of any relationship, and I am a passionate advocate for honest, open communication about money. I firmly believe that this conversation should begin when your relationship gets serious and continue as long as you're together. And unless you're financial clones with identical attitudes,

you're also going to need a financial structure that allows for independence and autonomy and, at the same time, creates a foundation for your life together.

**Starting the Conversation**

If you're serious about someone, you already have a sense of his or her approach to issues like spending, saving, credit and investing. But if you're thinking

about tying the knot, it's time to open up your personal balance sheets to one another. Start with the simple stuff: what you own and what you owe. You need to know if you are about to forge a commitment with someone who has racked up \$100,000 in credit card debt or has major financial responsibilities from a previous relationship.

### Century 21

continued from page 9

years. Frank Wuich entered real estate after 33 years at Chicago's Sewer Department. He enjoys softball, fishing and living in Des Plaines.

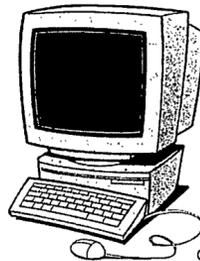
Jan Robertson is the company's #1 producer with \$24 million annual sales. She's long active in her church and neighborhood associations, enjoys reading and shopping, and lives in Olde Portage Park. Polona (Polly) Filpi was on the Edison Park Chamber of Commerce for 23 years, on its board of directors for most years and chaired the Edison Park Parade and Fest. She's long active in St. Juliana's church and local scouts. Filpi studied accounting and now lives in Park Ridge.

Debbie Schroeder owns several apartment buildings, likes travel, theater, shopping and football, and lives in Niles. Anna Tabeau is one of the area's top producing agents. She specializes in Chicago and the suburbs' fast-paced real estate markets. She loves good books, travel and tennis, and now lives in Park Ridge.

Margaret Flanagan is a multi-million-dollar producer, sells residential and commercial real estate, taught public school in Chicago and lived in Old Norwood Park for 30 years. Betsy Palumbo earns high quality ratings, has business and art design degrees, likes art, reading and music, and lives in Dunning/Cumberland Park.

All are long-term agents at Century 21 McMullen, one of the larger real estate firms in Chicagoland and in the top 25 of 6,500 Century 21 offices nationwide. They recently developed and moved back to the impressive Tuscan Terrace building at the corner of Harlem, Northwest Highway and Devon—and are celebrating 62 years in real estate. For information call 773-631-8300.

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# SCHOOLS

## Culver School back in action after summer break

Culver School welcomed 46 new kids to Culver School this year and they held a New Student Get Together on Friday, Sept. 1.

The teachers at Culver School spent two days in workshops getting ready for the students to return.

During the workshops, faculty and staff were introduced to new members and information on various procedures; curriculum, technology and more were exchanged.

Also, there was a presentation on the topic of Stress Burnout. There was also a special PTA lunch where staff had the opportunity to mingle with PTA members.

During the summer, some of

the students from Culver helped out with the summer reading program at the Niles Public Library. More than 1,600 students were registered in the summer reading program. A number of Culver students who dedicated their time to the program were treated to a pizza party to thank them for their participation.

"The first day of school went well," according to the Culver bulletin. "We had plenty of smiling faces coming into the building. The teachers and staff were all outside to greet the students as well as the parents who dropped off their children."

Curriculum Nights were held on Sept. 5 and Sept. 6.

## Maine South High School Class of 1982 25th Reunion

Homecoming Weekend, October 5-6, 2007

**Friday, October 5**  
Moretti's, Edison Park, 7:30 - ? Cash Bar, Pay-As-You-Go

**Saturday, October 6**  
Varsity Football Game - 1:30 p.m., Maine South, Golf Outing: 12 p.m., Reunion Party: 7:00 p.m. - 11:00 p.m.

**Golf Outing** - Cost \$30, including cart Bartlett Hills Golf Club, 800 W. Oneida, Bartlett. Tee Times Limited starting at 12:00 p.m. - first come, first served  
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**Reunion Party** - 7:00 - 11:00pm  
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We are looking for missing alumni; send their contact information to maine south1982@comcast.net

## Niles Township High School District 219 Off to Great Start

The year has only just begun and Niles Township High School Dist 219 staff and students have made the following accomplishments:

■ Niles North High School students Keya Patel, Lena Ham and Darcy Foreman took home a gold medal in the Focus on Children event while participating at the Family, Career, and Community Leaders of America's (FCCLA) 2007 National Leadership Meeting that took place last month in Anaheim, CA.

More than 5,000 members, advisors, alumni and guests from across the nation attended this meeting. Nearly 2,500 students advanced from the local, regional and state level of STAR events to the national meeting.

The Niles North students prepared a display and an oral presentation to win their gold medal in the Focus on Children event. They used their Family and Consumer Sciences-related occupation skills to develop a Parenting and Child Fitness Fun

Workshop to address childhood obesity by using parent and child involvement in a physical activity.

■ Three Niles West High School students successfully completed the National Youth Leadership Forum on Medicine (NYLF/MED) held in Washington, DC this summer. David Oria, Manju George and Francis Villanueva spent ten days at NYLF/MED exploring the world of medicine, meeting with leaders of the medical community and examining hospitals, clinics and other centers of public health.

The students participated in simulations covering exercises in ethics, disaster response and the residency match process; discussions with established medical professionals; and the Public Health Symposium in which the scholars developed a solution to a public health problem in their communities.

The students were nominated to attend NYLF/MED by Niles West teacher Ami LeFevre.

■ Niles North student Angelica Garcia placed third in the inaugural Metra Safety Poster Contest. The contest theme was "Lead by Example," and Garcia's entry was selected as one of the winners out of the hundreds of entries received, for its creativity in illustrating how everyone can contribute to a culture of safety around trains and railroad tracks. Garcia received a \$150 gift card for her hard work.

■ Niles North graduate Emily Morrissey (Class of 2007) is the national winner of Wachovia's Gimme Five Scholarship Sweepstakes. This scholarship program provides high school seniors a \$5,000 scholarship to be used for college as well as a \$5,000 grant to their high school to support educational programs. Morrissey will attend the University of Illinois this fall. The \$5,000 grant to Niles North will be used to support students who need financial help to pay for such things as ACT preparation classes and college application fees.

## Maine East Hosts 'Meet Teachers Night'

Maine East will host a "Meet the Teachers Night" on Wednesday, September 19, 2007 from 6:00 p.m. - 9:00 p.m. This is an opportunity for parents and families to learn what their student is doing during the school day, what teachers want their students to do, how

students are graded and when quizzes, tests, projects and other assignments are scheduled. Parents will follow their student's schedule and attend ten minute classes to find out information about the student's teachers, classes, schedule, and the challenges

of the day. The evening will also include time for parents to meet deans, department chairs and building administrators. All Maine East families are expected to participate in this important opportunity to help students do well in school.

### OAKTON COMMUNITY COLLEGE NEWS & EVENTS

#### Oakton Wins \$580K National Science Foundation Grant

Oakton Community College is the recipient of a National Science Foundation grant worth

nearly \$600,000 - the second major NSF award the College has received in the past year. The Scholarships in Science, Technology, Engineering and Mathematics (S-STEM) grant

provides \$580,550 over five years to "APEX Scholars," full-time math, engineering, science, and technology students who demonstrate financial need. In October 2006, Oakton

received nearly \$1 million from the NSF for a five-year program to encourage college and high school students to major in STEM studies.

In addition to covering expenses up to the estimated annual cost of attending Oakton, the new grant provides "APEX Plus" scholarships for students to continue their STEM studies at four-year institutions.

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## Sanctuary Rededication Sunday, September 16

Park Ridge Community Church will offer special worship services in celebration of the rededication of the sanctuary at both 9:00 and 10:30 a.m. on Sunday, September 16.

The rededication follows three months of renovations to restore the colonial architectural design of the church and renew the worship space to better serve the congregation's extensive worship and music ministries.

Park Ridge Community Church, the oldest congregation in Park Ridge, was founded in 1843. The current sanctuary was completed in 1952, replacing the previous sanctuary built in the 1870's.

Each Sunday, three worship services are offered: a half-hour service at 8:00 a.m. in the church garden, weather permitting, and 9:00 a.m. and 10:30 a.m. services in the main church. Sunday school for all ages is offered during the 9:00 a.m. service. Children worship with their families for the first 15 minutes before attending Sunday school.

Park Ridge Community Church also provides a strong youth ministry for middle school and high school students, wide-ranging music programs, as well as opportunities for local, national, and global outreach and service.



Back row: Left to right, preschool teacher Mrs. Nichols, Mr. Dacuycuy, Mrs. Perns and Preschool teachers aide Mrs. Lalich. Front row: Gabrielle Dacuycuy, Giana Perns, and Jayden DeLeon.

## SJB Preschoolers off to a Great Start

The preschoolers at St. John Brebeuf School have made an amazing entry into their classes. The children began by coming to the classroom in separate small groups to meet their new teachers and explore their new room. What an exciting place: fifteen centers in which to play and wonderful friends to be with! Each child received a new tote bag for carrying mail and art to and from school. Monthly the children will draw a picture on the

tote bag. How personal it will look when it is finished and what a fine memory it will make.

The following day all the children and their moms were again invited to participate so both children and parents felt comfortable. It was no surprise that the children came in happily and confidently for their third class. The groundwork had been laid for a great year. The SJB preschoolers are off to a great start in their education.

### Plans

continued from page 3

ulation in Morton Grove but they will still have no where to shop and eat. Another EDC member and mom, was concerned that the schools in Morton Grove, which she said are already getting crowded, would become even more crowded by additional children moving into the neighborhood.

"It's frustrating for us," said Village Trustee Sheldon Marcus, about trying to find the right development for the neighborhood and the village. "We're trying to put together two worlds."

Other suggestions that were given at the meeting included more parking spaces that are easily accessible for shoppers, angled parking and underground parking.

## The Bugle 50th. Anniversary Business Of The Month Featuring Niles Chamber Members

### Yiannis Grill Serves Customers Bright and Early

By Tracy Yoshida Gruen



**YIANNIS GRILL**  
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Yiannis Grill, located at 8850 N. Milwaukee Ave. opens everyday bright and early at 4 a.m.

The family owned and operated grill has been located on Milwaukee Ave. since June of 2006. Jimmy Bertso, John's father, previously operated the Niles Grill at the same location from 1985 to 2000.

John Bertso said they have been very happy with the location on Milwaukee Ave. The grill offers a variety of breakfast items and lunch items. Some of the popular items are eggs and ham and Denver omelets.

The diner-style restaurant offers booth seating and a lot of counter space as well.

On the weekdays, Bertso said that they get a lot of regulars and on the weekends they see many regulars and new customers.

Bertso said that some of the common early risers include police officers working the night shift and workers of bars that close in the early morning hours.

The name "Yiannis" is John Bertso's name in Greek. The grill is open from 4 a.m. until 3 p.m. Monday through Saturday and Sunday from 4 a.m. until 2 p.m.



**NYPG - Niles Young Professionals Group**



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# Dons defense blanks St. Joseph 49-0

Week Three of the 2007 Notre Dame H.S. football season brought St. Joes to Niles for the first conference game of the year. A late afternoon rain dampened the field but not ND's mounting success as the Varsity Dons rolled over St. Joes by a score of 49-0.

A superbly played defensive game saw Coach Dan DeFranza's troops swarming and making hits all over the field. Tremendous upfront pressure by defensive linemen Erique Hendley, Jack Thompson, Joe Springer, and Matt Franzen negated St. Joes rushing efforts to minus yardage. Two interceptions by defensive back, Pat Lazzara (one for a 42 yd TD), excellent coverage by safeties P.J. Cummings, Brendan Murray and Joe Ufheil, and tough corner-play by Chas Eitz and Mike Casey kept the Chargers from putting together any sustained drives. Leading tacklers, linebackers Bo Cisek, Rick Szukala, and Anthony



Notre Dame wide receiver Mark Gustafson scampers across the goal line in the Notre Dame 49-0 win over St. Josephs. (Photo by Dave Urquhart)

Ricchio, made sure that the ND offense got great field position for their

6 touchdowns.

The ND aerial express struck early as QB Zach Abraham connected for three touchdowns passes in the first half (21 yards, to Mark Gustafson, and 2 touchdowns to Ryan Irwin, 6 yards, and 37 yards.)

Touchdowns runs by Tim Swieton (4 yards), Eric Hennessey (51 yards) and Tom Kerkes (1 yd) gave the Dons an insurmountable 42-0 halftime lead. The explosive first half was steered by the ND Offensive Line of Matt Gallery, Kevin

**Up Next**  
The Dons will host Carmel Friday night at 7:30 p.m. Carmel is 2-1 after defeating Marian Catholic last week.

Smith, David Gonzalez, Kyle English, and Bo Cisek. A great team effort produced a great team victory as the Dons celebrated Senior Parent/ Player night with a resounding 49-0 win.

The Freshman Dons were the initial Friday night game as St. Joes only has two levels of football this year. The Freshman Team responded to the Friday night lights in a big way as they defeated the Chargers 42-8. Running their record to 3-0, the Frosh Football squad scored six touchdowns in the first half while keeping St. Joes off the board. Two impressive Notre Dame touchdowns highlighted the ND Scoring. QB Tim Whalen completed a long pass to WR Omar Medina, and Devante Penick picked up a fumble on a kickoff and ran 40 yards for the score.

The Sophomore and Varsity football teams host Carmel on Friday in challenge #4. The Freshman Play at Carmel on Saturday.

### AREA FOOTBALL ROUNDUP

#### Maine South defeated 13-10

Maine South took a 10-6 lead into halftime against Glenbrook North in Friday nights 13-10 loss. South was unable to score in the second half and lost the game in the fourth quarter after yielding an 84 yard touchdown pass to round out the scoring.

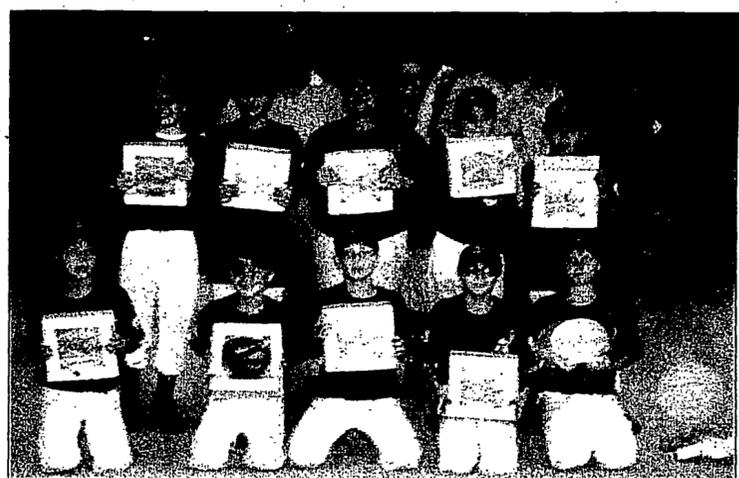
#### Niles North beats Niles West

Niles North pulls out a nail biter versus cross town rival Niles West 29-28.

#### Week 4 Matchups

This Friday night, Niles North (2-1) will travel to Winnetka (New Trier) game time 7:30 p.m. Niles West (0-3)

will host Deerfield, game time 7:30 p.m., Niles Notre Dame (3-0) will face off with Mundelein (Carmel) at home, game time 7:30 p.m. Maine South will host cross town rival Maine East on Saturday at 1:30 p.m. in what is sure to be another grudge match.



## Niles Little League Indians Finish Victorious Season

The world series games were fought hard, Indians against Cardinals. It all came down to one game. Both teams had one win. In the World Series game, number 3, Indians won 15 to 8. The team wants to thank the coaches, Tony Calderone and Chuck Krone for their hard work with the team and would also like to thank their sponsor, Kappys.

## Cubs fans sitting on the edge

Well it's official. The Chicago Cubs have me on the edge of my seat heading into late September, never mind that seat is located in the bathroom at least I am not at the edge of a cliff yet. Being a Cub fan is always a challenge when they actually have something to play for other than the normal reason, a paycheck. Last week Chicago bounced up and down and even sideways like the pinball wizards of old. My mind is already racing for excuses for their demise this season. Do you think I am being too negative? Easy for a Sox fan to say, you have a ring in the last 100 years even though it seems like your team is that far away from another today. The Sox are now huddled around a burning 55 gallon rusty drum somewhere on the south side singing karaoke to the Rocky V opening in last place. No being a Cub fan is like hoping your car won't get the Chicago "boot" after 10 unpaid parking tickets. You know it's



**Chalk Talk**  
ROBERT LEACH | SPORTS EDITOR

I am always amazed that professional athletes somehow feel that they don't have to answer to the fans. Their loyalty is to their paychecks and even that can be questioned when free agency pops up and a better offer is on the table regardless of what they agreed to when they signed their contract. I want the Cubs to win but at the same time I cheer against Zambrano. Nothing is more gratifying in sports than to see a side show like this fall flat on his face and leave town. Don't think I ever remember Jordan, Payton, Sandburg or any other Chicago great call out fans in their own park. Even Rex Grossman who has been booted unmercifully and made fun of hasn't gone that road. Nope being a Cub fan doesn't mean I have to like every Cub player. Put up or shut up, simple rule in my book. Guess I'll have to think Bears, wait they just lost. Ho hum, the life of a sports fan in Chicago. As always, I'll see you in the stands!

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## Maine Twp. Seniors Plan Trips, Classes and More

### 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.mainetownship.com](http://www.mainetownship.com).

### Savings Bonds

Wednesday, Sept. 19, 10 to 11 a.m. No charge-Registration required.

Savings bonds are known to be conservative, safe investments. Paul Cook, a savings bonds specialist, will explain how to avoid any pitfalls with bonds.

### 'AARP'S Driver Safety Program'

Monday Sept. 24 and Wednesday, Sept. 26, 9 a.m. to 1 p.m. Instructor: Stanley Fukai, AARP. Cost: \$10 check, due on the first day, made payable to AARP.

This two-part class helps you update your knowledge of age-related changes and rules of the road. Upon completion, your automobile insurance company will offer a discount.

### The Older and Wiser Driver

Tuesday, Sept. 25, 10 to 11 a.m. No cost - Registration required.

This program will help you understand how aging affects your ability to drive safely, how important vision is to driving, what types of medications can affect your driving and what you can do to adapt.

### 5 Township Job Fair

Thursday, Sept. 27, 10 a.m. to 12 noon. The Cotillion, 360 Creekside Drive (Rt. 53 and Northwest Hwy.), Palatine.

Looking for employment? Don't miss this award winning event for people 50 and older. Meet potential employers and apply for positions available. Be sure to bring plenty of résumés. For more information call 847-297-2510 Ext. 240 or visit [www.5townshipseniorjobfair.com](http://www.5townshipseniorjobfair.com).

### We need you

In order to offer FREE Income Tax assistance to our members, we need volunteers to make a commitment to volunteer at least 4-hours a week during the tax season. Training provided. Please contact Mary Swanson at 847-297-2510 for more information.

### Used Cell Phones Collected

Maine Township, in cooperation with the Cook County Sheriff's Office, is collecting used cell phones to be converted for emergency 911 usage for Senior Citizens. If you have a phone you would like to donate, drop it off at

Maine Town Hall. Distribution of the cell phones will occur at a program scheduled in Dec. Watch for details to follow.

### Day Trip

The following Day Trip is currently on sale. In order to sign up for a Day Trip you must first sign up to be a member and then a reservation form will be sent to you. To become a member, call the MaineStreamers at 847-297-2510 and ask for an application. All Day Trips depart from Golf Mill Mall in Niles.

### 'Meet Me in St. Louis' Trip

Drury Lane Oak Brook, Thursday, Nov. 1 - 10:30 a.m. to 5 p.m. Cost: \$52 members / \$57 guests.

One of our favorite dinner theatres - Drury Lane Oak Brook - will be our destination today. Upon our arrival we will enjoy a three course lunch with your choice of tilapia-baked filet - served with a lemon beurre blanc and garnished with fresh chives or roast sirloin of beef - sliced prime sirloin in its natural juices. Both entrees are served with spinach Mandarin salad, garden vegetables, potato or rice, fresh baked bread, and dessert. Then we'll enjoy the musical "Meet Me in St. Louis." The story of this wonderful family will warm your heart, tickle your funny bone, and get your feet tapping. Set against the backdrop of the 1904 World's Fair, this nostalgic musical includes such old favorites as The Trolley Song, The Boy Next Door and the title song.

### Niles Senior News

#### 5TH Annual Flea Market

Saturday, September 15-9:00 a.m.-1:00 p.m.

Drop on by and see what treasures you can find at our annual Flea Market. It's always a lot of fun! A raffle to benefit the Niles Food Pantry will be held. Winners need not be present. A \$2 hot dog lunch will also be available.

#### LIHEAP Application Assistance

Tuesday, October 9th, 9:00 a.m.-4:00 p.m.

Representatives from CEDA, Neighbors at Work, will be at the Senior Center on Tuesday, October 9th to assist people with processing their LIHEAP applications. You must bring the following with you in order to complete an application:

1. Proof of gross income for all household members for the 30-day period prior to the application date.

2. A copy of your current heat and electric bills (if you pay for your home energy directly).

3. Proof of Social Security Number of all household members.

4. If a member of your household receives TANF, you must bring their "Medical Eligibility Card."

5. If you rent, bring proof of your rental agreement that must state your monthly rent amount.

#### Grief Workshop to Begin in September

Beginning Wednesday, September 12, the Niles Senior Center will hold a three-session grief workshop for Niles residents touched by the loss of a loved one. The workshops will meet on Wednesdays from 1:30-3:00 p.m. and will focus on the following areas:

Workshop #1, September 12 -

"What has happened to me?" Trying to make sense of the many feelings you experience after the loss of a spouse or loved one is a difficult process.

Workshop #2, September 19 - "Dealing with expectations of ourselves and others." Dealing with other people's feelings and concerns can raise anxiety, especially if we feel that people want us to "move on" or "be happy again."

Workshop #3, September 26 - "Adjusting to a different lifestyle." At this workshop we will explore the stress of living alone and ways to adjust to new social roles and responsibilities.

Please call Bev Wessels, MSW, LSW, ACSW, or Melanie Amin, LCSW, at (847) 588-8420 for more information. This program is offered at no cost, but enrollment for this workshop is necessary.

#### Niles Senior Center First Annual Variety Show

Thursday, September 20 5:30-8:00 p.m. \$2

It's spectacular! It's amazing! It's the Niles Senior Center Variety Show featuring a delightful array of performances. All are welcome. Refreshments will be served following the show. \$2.

#### Secret Chicago

Tuesday, September 25, 9 a.m.-3:30 p.m. \$57

We'll start the day with a snack at Superior Nut Company where you will have an opportunity to stock up on all kinds of goodies. Then we'll have a hearty lunch at an Italian restaurant in Chinatown (of all places). Then we're off to visit a Buddhist temple in Bridgeport followed by a trip over to Pilsen to see the beautiful artwork and enjoy a fabulous dessert. A professional tour guide will be accompanying us on this wonderful trip.

### Morton Grove Senior News

#### Bridge Lessons

The Morton Grove Senior Center offers a new eight-week series of Bridge Lessons on Thursdays from 9:30 to 11:30 a.m. beginning Sept. 13. The Lessons are taught by Mr. John Krelle who will help students improve their game and learn new tactics, while meeting friendly players. Register in-person at the Senior Center at a cost of \$57 for Senior Center Members and \$66 for non-members.

#### 'Two for the Road' Concert

This musical duo is back by popular demand to entertain with singing and acoustic guitar at the Morton Grove Senior Center at 1 p.m. on Monday, Sept. 17. Register in-person at the Senior Center at a cost of \$4 for Members and \$5 for non-members. There must be a minimum of 15 people registered.

#### AARP Mature Driving Program

The AARP Driver Safety Program is a two-day, four-hour refresher course for drivers age 50+. The class covers information needed to pass the State of Illinois license exam and reviews vision, hearing, and physical

changes that drivers experience with age. There is also instruction on safer driving habits, avoiding hazards, changes in roadway conditions, auto safety equipment and a discussion of when to consider driver retirement. Completion of the course may entitle drivers to a discount on their auto insurance. In Morton Grove classes are offered from 12 noon to 4 p.m. on Tuesday, Sept. 18 and Thursday, Sept. 20 in the Prairie View Community Center. Then in October the course dates will be from 9 a.m. to 1 p.m. on Saturdays, Oct. 13 and 20 at the Morton Grove Senior Center. The cost is \$10 and only a personal check is accepted. Register in-person at the Morton Grove Senior Center.

#### Visually Impaired Motivators

The Morton Grove Visually Impaired Motivators is a low vision support group for seniors with macular degeneration and other degenerative eye diseases and their families. Their next meeting will be at 9:45 a.m. on Tuesday, Sept. 18 in the Morton Grove Senior Center. For more information please call Richard Englund at 847/965-8517.

### Park Ridge Senior News

#### Flu Shots

Thursday, October 25 is the day The American Lung Association will be giving flu shots at the Center. No reservation is required and is free for anyone over 65 with Medicare Plan B. The time will be from 9 a.m. to 12 noon.

#### Senior Center Variety Show

The dates for the annual Center variety show have been set for Saturday, October 20 and Sunday, October 21 at 2

p.m. This year the cast will be bring back some favorite acts from the past 25 years of shows as well as bring new material with the theme "Weather or not?" Due to the kitchen construction, there will be no steak fry as was usual in conjunction with the show, but refreshments will be served after the show. Tickets are \$8.00 and guests are welcome.

#### Wellness Screening

Wellness Screening has been set for Friday, November 16

from 8:30-11:30 a.m. This is a very comprehensive blood test. The blood is drawn at the Center and sent to a lab for analysis. The results are sent directly to your home. The cost is only \$54.50. Please call the Center to register, 847-692-3597. You must fast 8-12 hours before the blood test.

#### Senior Center Annual Bazaar

The Center's annual Bazaar and White Elephant sale is scheduled for Saturday, November 3.

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Question and answer session to follow  
at  
**Glenview Terrace**  
1511 Greenwood Road • Glenview, Illinois 60026  
Please RSVP to Stephanie Jarvis  
today at 847.832.4629.

## Obituaries

**Edward F. Arrison, 83**

Edward F. Arrison, 83, former long time resident of Niles, passed away Wednesday, September 5, 2007 at home. He was born August 8, 1924 in Philadelphia, PA. Beloved husband of Gloria; loving father of Craig, Kevin, Erin (Dan) DeNardis and Renee (John) Parlich of Park Ridge; dear grandfather of John, Michael, Dakota, Dillon and Dominic; fond brother of Jack, Robert and Joan (Frank) Panas; fond uncle of many nieces and nephews. Services were held September 8, 2007 at St. Paul of the Cross Church.

Arrangements handled by Ryan-Parke Funeral Home. Interment at Maryhill Cemetery. Memorials to American Cancer Society appreciated.

**Stanislaw Fudala, 55**

Stanislaw Fudala, 55, of DesPlaines, passed away Thursday, August 23, 2007 at Northwest Community Hospital. He was born July 5, 1952 in Poland. Beloved son of Franciszek Fudala of DesPlaines and the late Stefania Fudala. Beloved husband of Anna (Guzy) Fudala of DesPlaines. Loving father of Robert Fudala and Michael

Fudala. Brother of Joseph (Elizabeth) Fudala, Sophie Watychowicz, Casey (Margaret) Fudala, Frank (Janina) Fudala Bogdan (Aldona) Fudala, and Margaret (Marcel) Kubascik. Services were held August 27, 2007 at St. Zachary Church.

Arrangements handled by Skaja Terrace Funeral Home. Interment at Maryhill Cemetery. He was a Tool & Die Polisher.

**Ruth Ann Howe, 74**

Ruth Ann Howe, 74, of Morton Grove, passed away Monday, September 3, 2007 at Rush North Shore Medical Center. She was born June 24, 1933 in Chicago. Beloved mother of George (Gina) Howe and the late Paul Howe. Grandmother of George Howe, Daniel Howe, Jennifer Howe and Michelle Howe. Sister of George (Jeanne) Wenzel and Carol (Bruce) Bartfeld. Services were held September 6, 2007 at Simkins Funeral Home.

Arrangements handled by Simkins Funeral Home. Cremation. She was a housewife.

**Evelyn V. Koziol, 80**

Evelyn V. Koziol, 80, of Niles, passed away Tuesday, September 4, 2007 at Midwest Palliative & Hospice Care. She was born May 25, 1927 in Chicago. Beloved daughter of the late John Ochab and the late Sophie (nee Kaleta) Ochab. Loving wife of the late Walter Koziol. Cherished mother of Judy (Gary) Sifferle of Schaumburg, Theresa (John) Huebsch, Ronald (Geraldyn) Koziol, Barbara (John) Mahoney, John Koziol and Christine (Edward) Fallon. Grandmother of Julie and Timothy Sifferle; Michael, Lisa and Lauren Huebsch; Jennifer and Matthew Koziol; Erin and Kelly Mahoney; Ryan and Alyson Fallon. Sister of Helen (Richard) Mackowiak, Celia (Joseph) Mazur, Joseph (the late Helen) Poblacki and Edward (the late Rose) Ochab. Aunt of many nieces and nephews. Services were held September 8, 2007 at St. Juliana Church.

Arrangements handled by Skaja Terrace Funeral Home. Interment at Maryhill Cemetery. She was a supervisor in Book Publishing. Memorials: In lieu of flowers Masses would be appreciated.

**Gertrude R. Ochonicki, 81**

Gertrude R. Ochonicki, 81, of Morton Grove, passed away Thursday, September 6, 2007 at home. She was born February 9, 1926 in Chicago. Beloved wife of Theodore "Ted" Ochonicki. Loving mother of Randall (Patricia), Michael (Sandra) Robert and Diane Rogers. Grandmother of Michael, Thomas, Meghan, Adam and Marissa. Sister of Robert Leja and the late Irene Kotlarz. Services were held September 10, 2007 at St. Martha Church, Morton Grove.

Arrangements handled by Simkins Funeral Home. Cremation. She was a homemaker.

**Irene C. Pacion, 92**

Irene C. Pacion, 92, of Glenview, passed away Wednesday, September 5, 2007 at Abington of Glenview. She was born January 24, 1915 in Chicago. Beloved daughter of the late Sebastian Cholewa and the late Sophie (nee Druzba) Cholewa. Loving mother of Judy (Paul) Lemke of Prairie Grove, IL, Christine (the late Robert) marik and John J. (Teri) Pacion. Grandmother of these (Armando) Gonzalez, Karen Marik and Jarrod and Dylan Pacion. Great grandmother of Alyssa and Avery Gonzalez. Sister of Richard (Anna) Cholewa. Aunt of many. Services were held September 10, 2007 at St. Juliana Church.

Arrangements handled by Skaja Terrace Funeral Home. Interment at Maryhill Cemetery. She was a homemaker. Memorials: Abington of Glenview, 3901 Glenview Rd., Glenview, IL 60025 or St. Juliana Church, 7200 N. Osceola, Chicago, IL 60631.

**Priscilla A. Ryan, 73**

Priscilla A. Ryan, 73, of Santa Fe, New Mexico, (formerly of Chicago). Cherishing her memory are husband Robert C. Hornstein, children Robert (Sheila) Ryan, Jill Brennan, and Donna Ryan, step children Marc (Tracey) Hornstein, Bram (Kimberly) Hornstein, and Jeffrey (Kathleen) Hornstein. Grandchildren Sarah Ryan, Paul Brennan, and nine step grandchildren. Fond niece of George Dyslin, adored aunt and cousin to many. A retired Chicago Public School teacher who loved life with a passion, Priscilla was a voracious reader, and an enthusiastic fan of travel, art, film, and music, especially jazz. New Orleans, where she shared many wonderful times with her children and husband, held a special

place in her heart. Priscilla's memory may be honored by donating to a charity of your choice or to the BHARE Foundation, (The Brenen Hornstein Autism Research and Education Foundation) 523 Newberry Drive, Elk Grove Village, IL 60007. All are welcome to a memorial service celebrating her life, Saturday, September 29, 10:00am, at St. John Brebeuf Church, 8301 N. Harlem, Niles, followed by a luncheon.

**Betty Jane Zintz, 80**

Betty Jane Zintz, 80, a long time resident of Park Ridge, passed away Sunday, August 26, 2007 in Bonita Springs, Florida. She was born March 14, 1927 in Chicago, Illinois: She graduated from New Trier HS and Beloit College, where she earned pin money teaching dance. Betty loved spending winters in Kauai, supporting her grandchildren in their activities, a good game of bridge or golf, traveling and riding her horse, Charlie, in Montana. Betty and Cal were members of Park Ridge Country Club for 15 years and Park Ridge Presbyterian Church for 25 years, and were active in their community. She was preceded in death by her husband, Calvin H. Zintz who died August 30, 1993. Betty is survived by her son Bruce Zintz (Callie) and daughter Karen Rimel (John). She had four grandchildren, Stacie (Zintz) Miceli, Scott Zintz, Heather Rimel and Colin Rimel, and one great granddaughter, Melissa Miceli. Memorial services will be held at Park Ridge Country Club, 636 N. Prospect, Park Ridge, IL on September 18 at 11:00AM.

In lieu of flowers, please donate to a charity of your choice or to the Park Ridge CC to expand the Cal Zintz flower memorial. Arrangements handled by Ryan-Parke Funeral Home, 847-823-1171.

Arrangements handled by Skaja Terrace Funeral Home. Cremation. She was a homemaker.

## HEALTH &amp; FITNESS

## Medical Stories, Ask the Doctor

By Keith Berndtson, M.D.  
HEALTH MATTERS

**Neuropathy**

Ralph had just retired from a very successful career in sales, but he wasn't happy. For the past three months he was getting a very unpleasant burning sensation in the soles of his feet, along with some tingling and a sensation of pins and needles. He was able to ignore it until it started to affect his golf stance. His doctor sent him to a neurologist, who did a nerve study and concluded that he had a form of peripheral neuropathy.

The cause of Ralph's neuropathy was uncertain. He didn't have diabetes, the leading cause of peripheral neuropathy. Chronic alcohol abuse is the second leading cause, but Ralph was never anything but a light drinker. Hypothyroidism can also produce neuropathy, but his thyroid test results were normal and he didn't have other symptoms that would suggest a subtle problem with thyroid system regulation.

The neurologist prescribed a drug approved by the Food and Drug Administration for peripheral neuropathy, called Lyrica®. The drug helped reduce the burning sensation, but within a month he developed blurred vision, a known side effect of the drug. He was back to square one. A friend referred him to me.

Ralph had developed what doctors call "idiopathic" neuropathy, which translates to "we have no idea why" neuropathy. The truth is, we have an excellent idea about why neuropathy symptoms occur even if we can't figure out the cause.

**Biological Rust**

What most malfunctioning cells in the body share in common is the fact they are under increased oxidative stress. On certain metals, oxidative stress is called rust. In living cells and tissues, think of oxidative stress as biological rust.

Biological rust occurs wherever cells lose their ability to resist oxidative stress. To resist oxidative stress, nerve cells need a continued fresh supply of oxygen and nutrition, and a continued hauling away of the neighborhood trash water. The most common place for neuropathy to show up is the feet because they are the farthest cells from the heart and the trash water is hauled against gravity, which makes the feet one of the hardest areas of the body to circulate well over time.

Once the local circulation starts to fail, the smallest nerve fibers become vulnerable to oxidative stress. Research indicates that four natural substances can help these nerve fibers fight off the rusting process: vitamin B12, lipoic acid, myo-inositol,

and the omega-6 fatty acid called GLA.

Ralph began a care package that included these substances as dietary supplements, along with Epsom salt foot soaks and some physical therapy. Within a month his foot pain and tingling were reduced by 80%. We still don't know what caused his feet to start hurting, but we know we're controlling the damage, not just treating his symptoms, by getting much-needed supplies to front lines. This doesn't work with everyone, but the way to find out is to try.

Before I learned to think about neuropathies this way, I often used the term "idiopathic" when the more accurate term would have been "ignoropathic." In other words, "we have no idea why" is often just another way of saying "I have no idea why" because I haven't explored the issue deeply enough.

Keith Berndtson, MD, combines general, physical, and integrative medicine in his role as Medical Director of Park Ridge Multi-Med. Send your health story or question to info@parkridgemd.com.



## NILES FAMILY FITNESS CENTER EVENTS

**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 Basketball  
Camp T-shirt  
\$95 Member, \$110 Non-Member  
4:45-6:15 p.m. Tues 9/11-10/16

**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 Cheol Chung of Chung's Tae Kwon Do Academy. No Class Thanks-giving Week.

\$102 Member, \$126 Non-Member  
6:00-7:00 p.m. Mon./Wed.  
9/17-10/24

**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.

\$46 Member, \$54 Non-Member  
4:15-5:05 p.m. Mon. 9/10-10/22

**Glamour Girls**

6-11 years. Join us for this girl's only class and learn the secrets of getting glamorous. We will make our own lip gloss, bath salts, body glitter and more. Bring a friend!

\$15 Member, \$20 Non-Member  
3:45-4:30 p.m. Wed. 9/19-10/3

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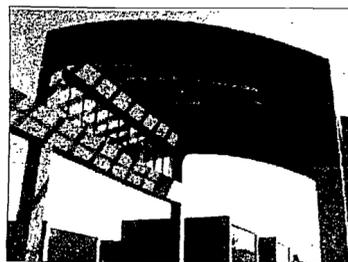


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# Vitamins No Longer as Easy as A,B,C

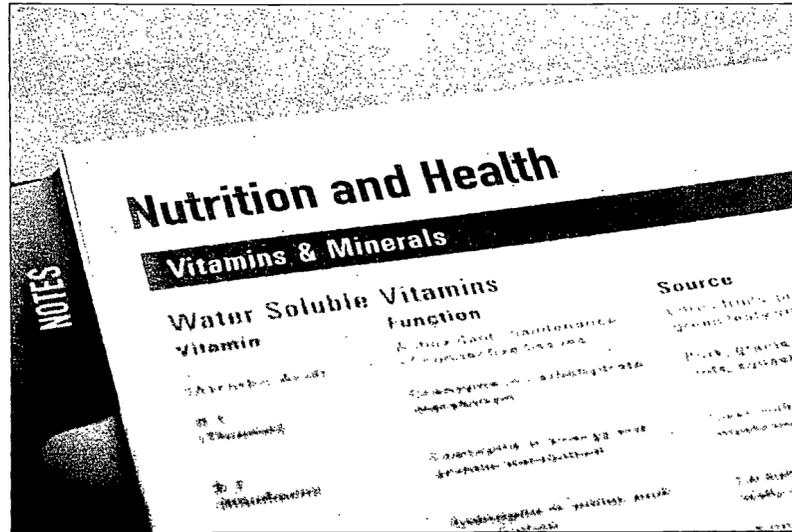
NEWSUSA

With the endless number of vitamin and nutritional supplements on the market today, it's hard to understand exactly what each vitamin and supplement does, and how it benefits your health.

From the latest "good bacteria" to your tried-and-true vitamins A, B and C, what should you be looking for in your nutritional supplement?

The makers of NuVim, a fruit-flavored, dietary supplement drink, offer an expert rundown of must-haves in your supplements and vitamins:

■ **Whey Protein Milk** —: Whey protein milk contains a variety of nutrients and essential amino acids that have been shown to have anti-inflammatory effects such as relief from arthritis pain. In fact, a study of 31 people whose physicians diagnosed them with osteoarthritis in their knees, found improvement in their ability to perform the activities of daily living, including going up and down



stairs and rising from a sitting position. With newer research from the New England Journal of Medicine revealing that arthritis medications such as glucosamine and chondroitin are less effective than previously

believed, this is a must-have in your supplemental routine.

■ **NutraFlora** —: This cutting-edge supplemental ingredient found in NuVim is composed of micronutrients, including antibodies against

pathogens, which limit the ability of harmful bacteria to adhere inside the body. This ingredient thereby assists your immune system. And with cold and flu season on the way, your immune system will thank you for this

powerful nutrient.

■ **Vitamin B12** —: Vitamin B12 is essential to maintaining healthy nerve cells, red blood cells and DNA. New research may even suggest this vitamin can be an ally in the fight against dementia. Vitamin B12, however, often becomes difficult for adults over the age of 50 to absorb from foods. As a result, Vitamin B12 in synthetic or supplemental form is the best way for this age group to get their recommended daily amount of B12.

■ **Zinc** —: Zinc is required in the body to maintain healthy skin and bones, promote fertility, continue proper growth in children, preserve vision and increase immunity.

Zinc deficiencies, however, are more common than you might think. A low-calorie diet, for example, may contribute to zinc deficiencies. As a result, it is a good idea to use a supplement that contains zinc.

For more vitamin and supplement information, visit NuVim at [www.nuvim.com](http://www.nuvim.com).

## Teen Center

continued from page 2

Park District director, said that the park board agrees that this will be a more effective way to manage the teen center and they will still support the teen center.

"They're very eager to provide facility usage," shared LoVerde, for such events as open gym and swim nights.

"Who's going to run this teen center?" wondered Village Trustee Andrew Przybylo.

Trustee Kim Biederman said that there will be one full time and one part time employee at the teen center.

Przybylo asked what the full-time person would be doing when the center that is opened Tuesday through Friday from 1 p.m. to 7 p.m. is closed. He was told she would be planning programs and completing other office related type work.

The Niles Teen Center will hold its grand opening at the Golf Mill Shopping Center on Saturday, Sept. 15 at 11 a.m.

The day will feature various refreshments, door prizes and a raffle. The winner of the new teen center name and logo contest will also be announced.

This event will coincide with the grand opening of the newly renovated Golf Mill Shopping Center.

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# LIFE

# FALLING FOR NEW FLAVORS

## Latin spices add kick to traditional autumn dishes

FAMILY FEATURES

As temperatures drop and the days become shorter, families begin to crave hearty, flavorful autumn meals. Many fruits and vegetables, including apples, cranberries and squashes, are harvested in the fall, making it a great time to showcase the season's freshest tastes.

This fall, put a twist on traditions by infusing Latin spice into a favorite seasonal dish. The Hispanic population is now over 40 million and it is increasing rapidly. According to the U.S. Census Bureau, the percentage of

Hispanic Americans will double by the year 2050. This population surge has resulted in a rise in the popularity of Latin cuisine, an increase in Mexican, Cuban and Latin restaurants and new, spicier ingredients.

"Authentic Latin flavors are enjoyed by all ethnicities," said Dan Hernandez, "Flavor Czar," Hormel Foods, who notes that the rise of Hispanic flavors has been sudden and sharp. "A decade ago, chipotle was virtually unknown to many Americans. Now spices like this can be found in a variety of dishes, adding rich

See Flavor, page 22



## Enhance Your Dining Experience

Joan Hanson, Test Kitchen Director, Hormel Foods, offers a few tips to make sure the dining table looks as good as the food tastes.

■ Adorn your table with linens in brilliant fall hues including warm browns, rich reds, burnt oranges and golden yellows.

■ Create an easy, seasonal centerpiece using fall fruits and vegetables. Place gourds, pumpkins, chili peppers, dried ears of corn and colored leaves around a variety of fall-colored pillar candles for a harvest-themed decoration.

■ Pumpkin is a delicious recipe ingredient and iconic decoration during autumn. Burn pumpkin spice scented oil in your home to create an inviting aroma.

## Harvest Stuffed Squash

- 3 (1-pound) acorn squash, cut in half, seeds removed
- 1 tablespoon Carapelli olive oil
- 1 (20-ounce) package Jennie-O Turkey Store Lean Ground Turkey
- ½ cup chopped onion
- 1 (16-ounce) jar Chi-Chi's Salsa
- 1 cup cooked rice
- 1 cup frozen corn, thawed
- 1 tablespoon chili powder
- 1 teaspoon garlic salt
- ½ cup shredded queso fresco or Monterey jack cheese
- ½ cup chopped cilantro
- Mexican crème or sour cream, if desired
- Heat oven to 375°F. Place squash, cut side up, in 13-by-9-inch baking pan. In large skillet over medium

heat, heat oil until hot. Crumble in turkey; add onion. Cook and stir until turkey is no longer pink and onion is tender; drain. Stir in salsa, rice, corn, chili powder and garlic salt. Divide mixture among each squash half. Cover. Bake 40 to 50 minutes or until squash is tender. Sprinkle with cheese and cilantro. Serve with Mexican crème, if desired. Serves 6.

## Crafters Wanted for Saint Andrew's Annual Crafts Fair and Open House

Attention, all crafters and artists: Saint Andrew Life Center will host its annual Arts and Crafts Fair and Open House on Saturday, October 13, 2007 from 9:00 a.m. to 3:00 p.m. Tables are \$25.00, and free continental breakfast and box lunch will be provided to all exhibitors. Be sure to attend this popular event! For more information and to reserve your table, please call 847-647-8332.

Saint Andrew Life Center  
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# ★½ '3:10 to Yuma'

## A Slow Train to Dumb Brutality

COPLEY NEWS SERVICE

**3:10 To Yuma** - "3:10 to Yuma" is a slow train to dumb brutality, a countdown to the latest, gratuitous death of the Western. Fifty years ago, Delmer Daves made a tight, suspenseful film from Elmore Leonard's story (non-urban, pre-fame Leonard, but taut as a driven nail). Glenn Ford was



smoothly amusing as menacing desperado Ben Wade, whom hard-luck rancher Dan Evans (Van Heflin) was paid to escort perilously to a train, for a date with the noose. Now, Christian Bale is Evans, a gnawed but credible variant on Heflin's sober, fretful decency. As Wade, Russell Crowe is less a Ford than a Humvee on a horse. He's a sly, teasing sadist who revels in cruelty, but to make him vaguely human he does pencil sketches, and his main sidekick is a vile, trigger-happy psycho (Ben Foster). The story's females (Gretchen

Mol, Vinessa Shaw) are marginal softies in the old Western tradition. But Evans has a teen son (Lennie Loftin) who thinks dad is weak and has some sneaking admiration for Wade's deadly machismo. The "moral" is how the boy finally sees Evans as a hero. A Lionsgate release. Director: James Mangold. Writer: Halsted Welles, Michael Brandt, Derek Haas. Cast: Russell Crowe, Christian Bale, Ben Foster, Peter Fonda, Gretchen Mol, Logan Lerman. Running time: 1 hour, 55 minutes. Rated R. 1½ stars.

Notice is hereby given that Niles Park District is accepting sealed bids for: Oasis Water Park. Such proposals as herein concerned shall be for the following as described:

**BID GROUP NO. 5 BID PACKAGES #22, #23,**

Bid Package #22- Flooring - Ceramic Tile (Re-Bid)  
Bid Package #23- Flooring - Carpet, Linoleum, Wood, and VCT (Re-Bid)

SEALED BIDS will be received by Niles Park District at the place, date and time stated below and publicly opened and read there:

**PLACE:** Niles Park District  
6676 West Howard Street  
Niles, Illinois 60714

**DUE DATE:** Thursday, September 27, 2007

**TIME:** 2:00 PM (CST)  
(as Date/Time stamped by Niles Park District Receptionist)

Any bid received after the time and date stated above will be returned unopened to Bidder.

There will not be a Pre-Bid Meeting for this Bid Group.

Pre-qualification of all bidders in this bid group is required prior to the bid due date. Submit one fully executed copy of AIA Document A305 "Contractor's Qualification Statement" prior to submitting this bid form. Fax copies are acceptable.

The competency and responsibility of the bidders will be considered in making awards. The successful bidder shall, upon acceptance of his bid, be required to procure and pay for a Performance Bond and Labor and Material Payment Bond in an amount equal to one hundred percent (100%) of the bid. Bonds shall comply with all laws of the State of Illinois governing public contracts let by governmental units. Bid security in the form of a Bid Bond, certified check or cashier's check made payable to Niles Park District in an amount equal to not less than ten percent (10%) of the Base Bid shall be submitted with the Bid. Bid security is required of all parties submitting a proposal. A fully executed and compliant Bid Security must be included with the Bid Form.

All Contracts for the Construction of Public Works are subject to the Illinois Prevailing Wage Act (820 ILCS 130/1-12).

The Design/Builder for this project is Wight Construction Services, Inc. All questions concerning this project or those concerning bidding requirements should be directed to Craig Polte at 630-918-8120. Questions will be received in writing, via fax (fax # 630-737-0518), until 11:00 AM (CST) on Thursday, September 20th, 2007.

The Park District reserves the right to reject any or all bids; to negotiate contract terms with various Bidders, and to waive all formalities or irregularities to any bid when such is deemed by the Owner to be in the Owner's best interests.

1) Plans and specifications may be ordered at no charge. Order by prior reservation (allow 2-4 hours for printing) from B and H Industries (Main Location - Arlington Heights, phone: 847-593-3161; fax: 847-593-3079) after 11:00 AM (CST) on Thursday, September 13th, 2007. (Distribution Locations) 80 Scegers Rd., Arlington Heights, IL; 19 South Wabash, Chicago, IL; 19 N. Union St., Elgin, IL; 4527 Prime Pkwy. McHenry, IL; 4938 N. River Rd. Schiller Park (O'Hare), IL; 1404 21st Street, Rockford, IL; 50 Lakeview Parkway, Suite 112, Vernon Hills, IL; 30W250 Butterfield, Rd., Warrenville, IL; 1024 Northpoint, Waukegan, IL; 804 Burr Oak Drive, Westmont, IL; 7325 Janes Ave, Suite 120, Woodridge, IL.

Complete sets of plans and specifications may also be viewed at:  
2) B and H Industries - Website [www.bhindustries.com](http://www.bhindustries.com) -> e-Plan Room -> Public Plan Room -> Oasis Water Park Bid Group 5 Bid Packages #22, #23.

This invitation is issued in the name of Niles Park District.

**THEATER LISTINGS**  
**Kerasotes Theatres**  
NILES ShowPlace 12  
301 Golf Mill Center (West side of Golf Mill Shopping Center)  
Niles, IL 60714  
Office phone: 847-544-7380 ShowTime phone: 800-326-3264 #1643

**ShowTimes for September 14-20, 2007**

**THE BRAVE ONE (R)** 1:10, 4:00, 6:50, 9:40; Fri-Sun early Matinee 10:20am  
**DRAGON WARS (PG-13)** 12:50, 3:40, 6:30, 9:10;  
Fri-Sun early Matinee 10:10am  
**MR. WOODCOCK (PG-13)** 2:10, 4:50, 7:10, 9:30;  
Fri-Sun early Matinee 11:30am  
**3:10 TO YUMA (R)** 1:30, 4:30, 7:30, 10:15; Fri-Sun early Matinee 10:30am  
**SHOOT 'EM UP (R)** 2:30, 5:10, 7:50, 10:10; Fri-Sun early Matinee 11:45am  
**HALLOWEEN (R)** 1:40, 4:15, 7:00, 9:50; Fri-Sun early Matinee 10:40am  
**BALLS OF FURY (PG-13)** 1:20, 4:10, 6:40, 9:00;  
Fri-Sun early Matinee 10:50am  
**MR. BEAN'S HOLIDAY (G)** 1:00, 3:30, 6:05, 8:20, 10:30;  
Fri-Sun early Matinee 10:15am  
**THE NANNY DIARIES (PG-13)** 1:50, 4:20, 6:45, 9:20;  
Fri-Sun early Matinee 11:10am  
**SUPERBAD (R)** 2:00, 4:40, 7:20, 10:00; Fri-Sun early Matinee 10:45am  
**RUSH HOUR 3 (PG-13)** 1:15, 3:50, 6:15, 8:30, 10:45;  
Fri-Sun early Matinee 11:00am  
**THE BOURNE ULTIMATUM (PG-13)** 2:20, 5:00, 7:40, 10:20;  
Fri-Sun early Matinee 11:20am

**Pickwick Theatre**  
5 S. Prospect Ave. (Touhy and Northwest Hwy.) Park Ridge, IL 60068  
(847) 825-5800

**Showtimes for September 14-20, 2007**

**Friday, September 14**  
Brave One (R) 5:00, 8:00  
La Vie En Rose (PG-13) 4:00  
Once (R) 7:00, 9:00  
The Nanny Diaries (PG-13) 4:00, 6:30, 8:45  
3:10 To Yuma (R) 4:30, 7:30

**Saturday, Sunday**  
September 15, 16  
Brave One (R) 2:15, 5:00, 8:00  
La Vie En Rose (PG-13) 4:00  
Once (R) 1:30, 7:00, 9:00  
The Nanny Diaries (PG-13) 1:30, 4:00, 6:30, 8:45  
3:10 To Yuma (R) 1:30, 4:30, 7:30

\$4 movies before 5  
\$8 movies after 5

## Flavor

continued from page 21

flavor to mainstream favorites."

"Nearly one out of four Americans prepare a Mexican entrée for dinner once a week," said Hernandez. "Try branching out from tacos and burritos by introducing chili spices and cilantro to a spicy pork chili or queso fresco and salsa to turkey-stuffed squash."

Home chefs can easily add Latin spice to autumn entrées with small substitutions and new ingredients. For example, consider using rich Mexican crème in place of sour cream or adding chilies or jalapeño peppers to crock pot sauce for a spicier slow-cooked meal. The change to the recipe is subtle but unique and exciting for the taste buds.

Hernandez lends his flavor expertise by adding Latin touches to traditional fall favorites like corn bread skillet and chili. These spiced-up seasonal recipes are sure to delight guests and win rave reviews at your next family feast. For more delicious recipes, visit [www.hormel.com](http://www.hormel.com).

# DRAW IT!

DRAW HAIR AND MAKE ME A SHAGGY DOG...



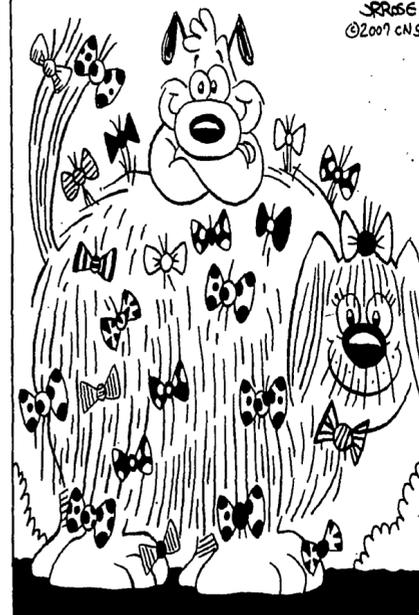
GIVE ME 5 RHYMES FOR HAIR...



HOLD THIS UP TO A MIRROR TO SEE WHAT YOU SAY TO A SHEEPDOG WHEN IT MISBEHAVES...



THIS SHAGGY DOG HAS LOTS OF BOWS! THEY'RE ON HER BACK, HER TAIL AND TOES! JUST FIND TWO BOWS THAT ARE THE SAME AND YOU WILL SOLVE THIS MATCHING GAME!



WRITE US... WE'LL WRITE YOU BACK!  
IF YOU HAVE ANY FUN GAMES OR JOKE SEND THEM TO: PUP  
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HARRISONBURG, VA 22801  
OR E-MAIL: PUP@NAPL.COM

WHAT DID THE SHAGGY DOG SAY WHEN HE FOUND OUT HE WAS GOING TO THE GROOMER TOMORROW?



**HAPPY BIRTHDAY TO**  
**ANNA BAUTISTA AGE 8**  
SEPTEMBER 16

If you want your little one to have a birthday greeting in The Bugle, email us the week before their birthday and we'll give them a shout. Email [buglekids@buglenews.com](mailto:buglekids@buglenews.com) with their name, age & birth date.

# ANIMAL ON THE SEEN

## Tiny Birds of Summer

Now that summer is almost over, many bird species will be migrating some 2,000 miles south to Central America for the winter, including the only hummingbird species that can be seen in Illinois—the ruby-throated hummingbird. In fact, they are the only hummingbird species that breeds east of the Mississippi River. But fear not, you can see two other species of these little fliers at Brookfield Zoo year-round. The zoo recently acquired a female sparkling violet-eared hummingbird, which can be seen in the free-flight aviary of Perching Bird House. Also, a group of four sheartail hummingbirds will soon be released in the Feathers & Scales free-flight area.

There are hundreds of species of hummingbirds. Most are tiny. The one in Perching Bird House weighs about 7 grams. The itty-bitty ones that will soon be in Feathers & Scales weigh only 2.5 grams. That may not sound small until you realize that a penny weighs 5 grams.

One of the most amazing characteristics about these birds is the way they fly. They flap their wings so fast that they are the only birds that can hover, or fly in place. The ruby-throated hummingbirds do this by beating their wings 60 to 80 times per second, allowing them to reach about 25 mph during normal flight.

Hummingbirds get quite a workout when flying. Their little hearts beat around 1,220 times per minute. Even when they are resting, their hearts go at about 250 beats per minute. Just to give a comparison, most human hearts beat 60 to 90 times per minute. Needless to say, it takes a lot of energy to do all that. Hummingbirds tend to eat nectar, which has protein, sugar, carbohydrates, and vitamins, as well as insects. Their tongue fits their diet. It looks a bit like a double-barreled tube that splits and gets sort of "fring-y" at the tip. The tongue is long and can be extended to stick into flowers to suck nectar or swipe at little bugs. To keep up their energy, they tend to eat their weight in nectar and insects each day.

Contents are courtesy of the Chicago Zoological Society, which operates Brookfield Zoo. Interested in getting fun info delivered directly to your inbox? Check [www.BrookfieldZoo.org/Ani-Mails](http://www.BrookfieldZoo.org/Ani-Mails) for info on FREE emails.

# Grammar Matters

by Patty Gibbons Saunier

## Beyond Compare

An adjective used to compare can be changed by adding -er or -est to the end of the word, or by adding "more" or "most" before the word. Decide which adjectives are used correctly in the sentences below.

1. Frank said his new daughter was the (most small, smallest)-baby in the nursery.
2. Our new postal carrier is (more friendly, friendlier) than the old one.
3. That history exam was the (most difficult, difficultest) test I have ever had.

Answers: Add -er or -est to comparative adjectives that have one or two syllables. However, there are some irregular adjectives that don't follow either of these rules. Use "more" or "most" before adjectives that have three or more syllables. (good-better-best), so consult a dictionary when you are not sure.

# Undercover commode

By Maggie Reed  
COPLEY NEWS SERVICE

Excuse me, where's the commode?

That's a question guests may ask when you have the SmartBench from Villeroy & Boch. Part of City Life, one of the company's most sophisticated collections, this is truly a novel and practical addition to any home.

For the first time in the international ceramic company's 259-year history, Villeroy & Boch is producing bathroom fixtures designed specifically to answer

the needs of U.S. consumers. The SmartBench is a gem.

It features a wooden bench that conceals a ceramic toilet beneath its lid. A wooden seat matching the overall design, toilet roll and brush are integrated into a frosted glass panel in the piece of furniture itself.

Villeroy & Boch's proprietary Ceramicplus finish on the bowl's surface makes for easy maintenance. Also, when the lid is closed, it masks the sounds of flush and the bench can once

again be used for seating.

The SmartBench retails for \$4,500. For more information, call 877-505-5350 ext. 209 or visit [www.villeroy-boch.com](http://www.villeroy-boch.com).

### Invisible Savings

Here's a way to save money in the summer and the winter.

Energy Film, from Artscape Inc., is a thin, transparent window film that provides insulation all year long. It does not use a tint or mirrored surface to achieve its insulating properties and is practically invisible.

Energy Film is made of spectrally selective material that uses low-e technology to block out 65 percent of solar heat in the summer, retain 38 percent of escaping heat in the winter, block 99 percent of ultraviolet rays and still allows 85 percent of natural light into the room.

All that is needed for installation are: squeegee (included), window cleaner, utility knife, liquid soap, straight edge, spray bottle and paper towels. No adhesives are needed and the film is applied directly to the inside of the windows.

Energy Film is available in three sizes: 24 by 48 inches, 36 by 48 inches and 48 by 84 inches. Prices are \$18, \$27 and \$35, respectively.

Panels can be combined for larger windows or trimmed to fit specialty windows.

For more information, call 877-729-0708 or visit [www.energy-film.com](http://www.energy-film.com) and [www.artscape-inc.com](http://www.artscape-inc.com).

### Take A Load Off

Outback Chair Co. has just given you another reason to kick your feet up and relax ... indoors and out.

Inspired by the traditional porch swing, the Expanse Double is a takeoff of the popular Double Lounger, only in a resin rattan.

The resin rattan allows air to circulate through the weave for cool comfort in warm weather. It is also ultra-violet resistant, durable and maintenance-free which allows it to stand up against the sun, rain and dirt.

The Expanse can also be moved inside to a sunroom,

porch or even a living room.

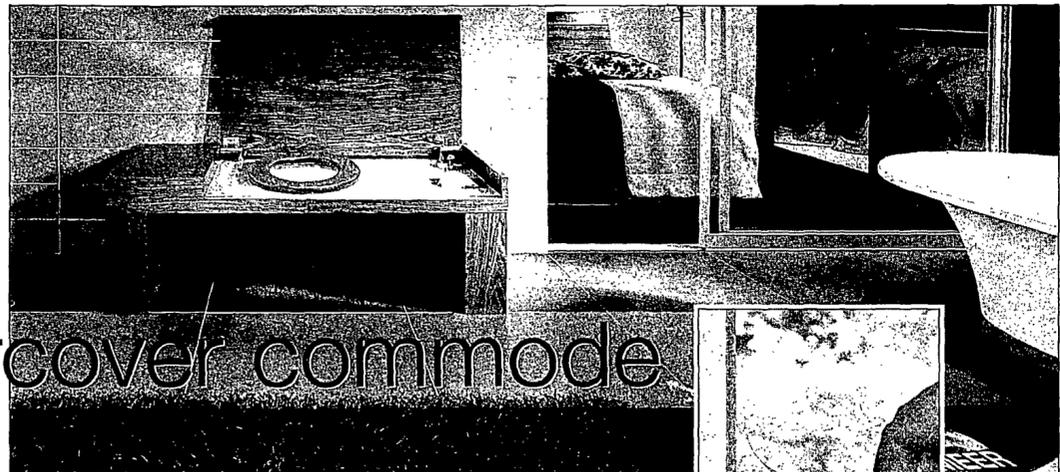
The Expanse is crafted with top-quality materials, including resin rattan in a dark-

chocolate color and epoxy-coated steel cables. Color options for its 1½ inch thick closed cell foam seat cushions include ocean blue, kiwi green and mandarin orange. Seating width is 52 inches and the weight capacity is 500 pounds. Hanging hardware is included. It retails for \$650.

The Expanse is the latest in the Urban Balance Collection, manufacturers of hanging furniture. Also in the collection are the Curve (a hanging chair with a gently contoured seat and back), the Cove (a floating alcove) and the Wave (a boldly styled hammock).

For more information, visit [www.outbackchair.com](http://www.outbackchair.com).

Maggie Reed can be reached at [maggie.reed@copleynews.com](mailto:maggie.reed@copleynews.com); 619-718-5821; or P.O. Box 120190, San Diego, CA 92112.



# Filling low lawn spots can take time and patience

By Jeff Rugg  
COPLEY NEWS SERVICE

Q: During the recent rains, my lawn was very soggy. Some people rode their bikes and four-wheel vehicles through the lawn and left rut marks all along one side. How do I fix these ruts?

When the soil dried out a little bit, I tried to flatten the tops by stepping on them; however, they were already too stiff to mold back into shape. Can I use sand to fix them?

A: The best way to fill low spots is to use the same soil that already exists in the lawn. Unless your lawn is already on a sandy soil, do not use straight sand. Mixing soils that do not match in nutrient levels, chemistry and water-holding capacity will cause you many problems. The grass roots will not easily grow through the different layers, and the sand will dry out the grass in strips while the other grass remains green.

The first thing to try is a hose to make the soil damp, but not too soggy. It may take some practice to get the right soil consistency. Use a hand lawn roller partially filled with water to try leveling out the ruts and hills. A tractor roller will leave more ruts. Once the soil is mostly leveled out, you can add new soil to complete the leveling process.

To add more soil, use a garden fork or aerator to open some holes in the old soil; therefore, the new soil will mix into the existing soil without the need for roto-tilling. Get soil that matches as closely as you can and then only spread it about an inch or 2 thick. Let the grass grow up through it for about six months and then add the next layer of new soil if necessary.

If you do not want to wait so long to fill deep trenches, you may be better off using a sod cutter to remove the grass and then regrade the area and put the grass back or install new sod or seed.

The roller will compact the soil and the bottoms of the ruts. Use an aerator to open up the soil and to help mix the old and new soils. It may take more than one aeration and the best time to do them is fall and spring.

Fall is a good time to fix the

situation followed by spring and summer. You will want the old existing grass to grow up through the newly added soil and the grass plants on the high spots to grow sideways and fill in the new soil.

Grass is actively growing in fall and spring, so that is the time to get the grass to fill in. In the spring, there are more weeds that may come with the soil that will not grow in the fall.

Q: We recently moved to the Midwest from the East Coast. At our old home we added limestone to the lawn every fall, but I was told by my new neighbors that no one does that in my new neighborhood. The lawns look fine, but then so did the old lawns. What should I do?

A: You live in a new climate that has a new type of soil. Most of the Midwestern soils are derived from a limestone base and rarely need additional lime added for lawn care. The pH of these Midwestern soils is much

higher than many East Coast soils and therefore don't need any products that will raise the pH. And for the most part don't need any products designed to lower the pH either.

Even on the East Coast, limestone should be added based on a soil test that shows the need for it, rather than just doing it because everyone else is doing it, or because it is fall and that is the time most people do it.

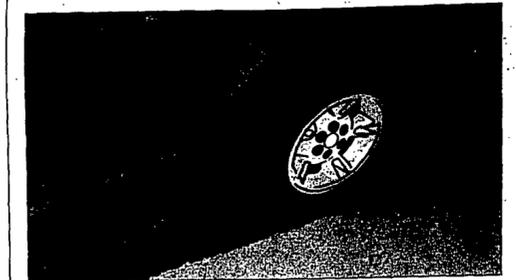
If your soil test shows a need for limestone, it is generally best to use calcitic lime rather than dolomitic lime. The dolomitic lime adds too much magnesium for most soils.

Fall is when limestone is added because it takes a long time for it to work; it will be ready by next spring when the grass begins growing. Never breathe in the limestone dust as you are applying it. Wear a dust mask or apply pelletized limestone that has much less dust. The pelletized limestone also moves into the soil more quickly.

## GARDEN TIP

### Fixing ruts

Vehicles of any weight will compact the soil and could leave ruts. Soil added on top of the compacted soil would simply be a shortcut, and not a good one for the soil.



### METHODS FOR REMOVING RUTS:

#### HAND ROLLER

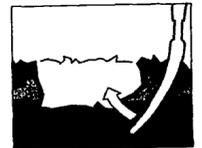
One way to repair deep ruts is to dampen the soil and use a hand lawn roller partially filled with water to level out any raised areas around the ruts. Dress with a bit of topsoil. Heavy compaction from rolling and tamping may just cause more compaction, causing weak growth for years.

#### AERATE

Work along each side of rut that is raised with a digging fork, push the fork straight through the raised area and pull fork backward, so the soil underground fills depression. Dress with a bit of topsoil.

#### RE-GRADE

A fast but more labor-intensive method involves removing the compressed grass with a sod cutter. Under the removed sod, add soil then put the grass back in place.



Copley News Service/Bob Kast

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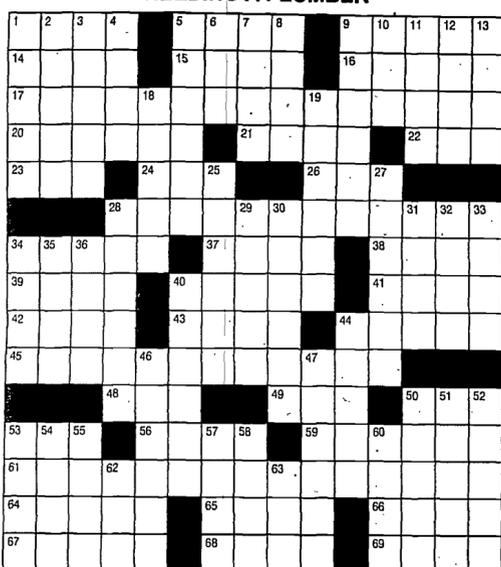
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NEEDING A PLUMBER



COPY NEWS SERVICE By Charles Preston

- ACROSS**
- 1 In the center of Lemme
  - 9 Established belief
  - 14 Flax or linen: L.
  - 15 Soprano TeKanawa
  - 16 French pronouns
  - 17 Shea Stadium environs
  - 20 Pants measure
  - 21 Fein
  - 22 Diner order
  - 23 Ample shoe width
  - 24 Univ. degree
  - 26 Banker's abbreviation
  - 28 Hits the ceiling
  - 34 Sailor's Song start
  - 37 Comedian Crosby
  - 38 Leadership position
  - 39 Southwest stewpot
  - 40 Top of a platter
  - 41 Actress Chase
  - 42 Beowulf beverage
  - 43 Med. school hurdle
  - 44 Drip-dry material
  - 45 Kegler's wear
  - 48 Sign off
  - 49 Tiny toilet
  - 50 Scroogian expletive
- DOWN**
- 1 1966 Warwick hit song
  - 2 Pooh's creator
  - 3 Occupied
  - 4 Pill portion
  - 5 Arms position
  - 6 Tenth anniversary gift
  - 7 Joule fragments
  - 8 Soprano Benzell
  - 9 Actress Durbin
  - 10 Noachian
  - 11 Soft, thick lump
  - 12 Whimper
  - 13 Like a VP
  - 18 Speak, to Francisco
  - 19 Poser
  - 25 Store front covering
  - 27 Casual cover-up
  - 28 Sexton
  - 29 Counter offers?
  - 30 Queen of soul
  - 31 Half-of-Famer George
  - 32 Nevada town
  - 33 Counterfeit catcher, familiarly
  - 34 Great Pyramid, essentially
  - 35 Pat on the buns?
  - 36 Deli side order
  - 40 Sound modification
  - 44 One-other connector
  - 46 Sort of
  - 47 Moved slowly
  - 50 Picture falsely
  - 51 Conjointly
  - 52 Axed a tree
  - 53 Plushbottom's expletive
  - 54 Fix in place
  - 55 El Misti locale
  - 57 Not much
  - 58 Whaler's direction
  - 60 Immature salamanders
  - 62 Poetic div.
  - 63 Caterina's three

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**Fighting The Battle Against Odor**

(NAPSA)-There are simple ways to ward off unpleasant household smells that-despite homeowners' best efforts-sometimes invade a home.

The solution from experts: Go straight to the source. The odor of wet dogs, laundry and pet stains can all take over a home if left untreated-and many smells intensify in warm weather and seem inescapable during cool seasons. To help homeowners in their battle against household odors, Clean Control, manufacturer of OdoBan Odor Eliminator, offers a few helpful odor-fighting tips for attacking odor at its source:

- Humidity can intensify one of the biggest odor-causing problems in the home: mildew and mold. By controlling the humidity in your home-through ventilation, opening windows and using dehumidifiers-water will effectively be kept out and the level of humidity will stay down.
- When clothes or fabrics smell smoky (from household fireplaces or a local establishment), throw the items in the dryer on the fluff cycle for approximately 20 minutes along with a small towel or cloth dampened with OdoBan Odor Eliminator. It will help take the smokey smell out of the clothes, and save you a dry cleaning bill. It will also help keep the odors from getting on other household fabrics.
- Wet raincoats and shoes making the jacket closet smell? Closed-up closets and drawers that don't get a lot of ventilation are a breeding ground for offensive odors in a home. Wrap a bar of soap in cloth and place it in the closet to help eliminate damp-smelling odors.
- Too cold to open the windows to eliminate household odors? Try adding plants to a few rooms to combat airborne pollutants and release oxygen back into your house, which will help fight unpleasant odors.
- Whatever the season or the smell, experts say to remember to attack the odor at its source and to do it quickly. Odors are easier to clean and eliminate when they are fresh. For more information and helpful tips for fighting odor, visit www.OdoBan.com. Being proactive in the home can help prevent household odors.

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 Multi-family garage sale 7700 block of Oconto, Niles. Sat. Sept. 15 9AM-3PM. Sun. Sept. 16 9AM-12PM.

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 Qualified applicants should fax resume to (847) 647-0991, or email to nilsgoc@aol.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 1st, 2007, at 7:30 P.M.** at the Niles Municipal Building, 1000 Civic Center Drive, Niles, Illinois, to hear the following matter(s).

**07-ZP-21** - Mr. Peier Slavin, 8933 W. Golf Road, Niles, IL 60714, requesting rezoning from B-2 to B-2 Special Use to operate a medical clinic at 8269 W. Golf Road.

**07-ZP-22** - Mr. Dan Shapiro, attorney, Schain, Burney, Ross, & Citron, Ltd., 222 N. LaSalle St., Suite 1910, Chicago, IL., 60601, requesting rezoning from R-1 to B-2 Special Use for a banking facility with a drive thru upon approval of annexation at 8001 Golf Road.

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.

Last Week's Puzzle Answers

LINKS LYRICS

ADAGE MEIR SALT  
 TAROT ANNE BOBE  
 TSWOINGSIMSURE  
 SNO TYRONE TEIN  
 PIA DIM  
 DONOTLONGDURE  
 IRATE MORE ISAY  
 NOV RETAR ODE  
 ENID EGAN ASAR  
 DOGSCHASINGCARS  
 ORA EAR  
 STR OSWEGO AND  
 PROSCHASINGPARS  
 AUTO ETAL RESET  
 REAP STUO OSAGE

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.

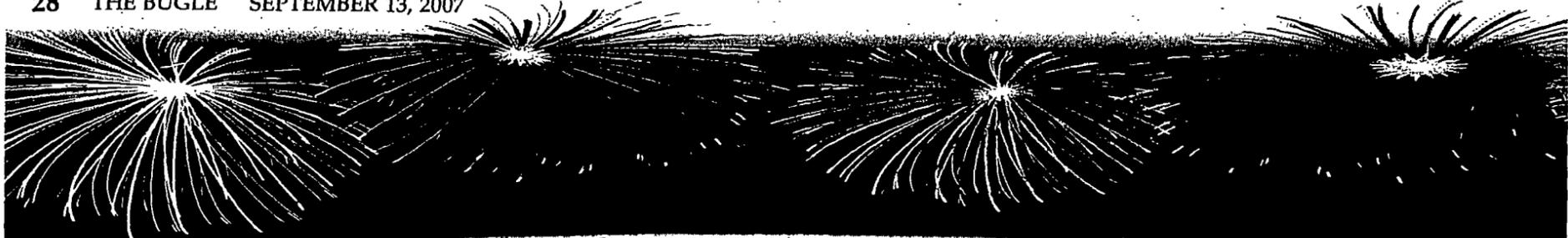
**THE WINNERS**

**1st Lorraine Truskolaski**

**2nd Ralph Stempinski**

**3rd Leo Madura**

Send your answers to the editor by Fax: 847-588-1911or E-mail crossword@buglenewspapers.com



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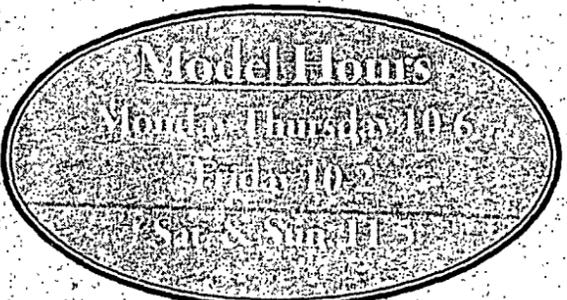
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