



Residents held signs showing their support for the U.S. troops and the President during the "Fight for Victory" Caravan rally that took place at the Milwaukee Ave. waterfall in Niles on Sept. 11.

'Fight For Victory' Caravan Stops in Niles

By Tracy Yoshida Gruen

Supporters of American troops waited anxiously for the caravan to arrive.

When the "Fight for Victory" tour bus pulled up near the waterfall on Milwaukee Ave. in Niles on Tuesday, Sept. 11, the occupants were greeted by people dressed in patriotic colors, waving flags, showing their support for defeating terrorism and supporting the troops.

Move America Forward, a large non-partisan, not-for-profit

organization launched this cross-country pro troop tour. It started on Sept. 3 and will continue until Sept. 15, visiting a total of 27 cities. Throughout the tour, the caravan will be greeted by thousands of patriotic Americans who believe that leaders should not be allowed to undercut the troops who are bravely serving on the frontlines of the war.

"I'm somebody out here to say thank you," said Rick Sigel, while holding a large American flag. He said that he wanted to thank those troops currently fighting for our freedom and those from 200 years ago who fought for the freedoms we enjoy today.

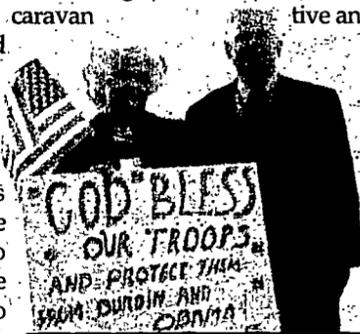
"I'm here for everybody," said Richard Dembinski, of

Arlington Heights, whose son served in Iraq.

Jean Dimpfl, also of Arlington Heights, said that she has always been conservative and a strong believer in patriotism. She said she is "sick and tired of the Liberal Democrats" saying it's time they should withdraw the troops and end the war.

"I wanted to come out to show support for the troops and my distaste with the current mood the country is in," said Chicago resident Robert Coleman. He said he was tired of all of the anti-war rallies that are going on. He believes that having a Democrat for President doesn't mean that terrorism will disappear.

The evening included a



Jean Dimpfl, of Arlington Heights, a conservative and patriotic person, stood beside U.S. Senate candidate Steve Sauerberg waiting to greet the "Fight for Victory."



Candles were lit as part of the "Fight for Victory" Caravan rally. The caravan tour included stops in Carson City, Nev.; Sacramento, San Francisco, Modesto, Fresno, Los Angeles and San Diego, California; Yuma, Phoenix, and Tucson in Ariz.; Las Cruces, N.M.; El Paso, San Antonio, Waco, Crawford, and Dallas, Texas; Oklahoma City; Wichita, Kan.; Kansas City, Mo.; Des Moines and Cedar Rapids, Iowa; Niles, Illinois; Indianapolis; Cincinnati and Columbus, Ohio; Pittsburgh, Pa.; and finally Washington, D.C. (Photos by Tracy Yoshida Gruen)

Something To Do?

Check out the September Senior Living Guide inside. **Special Pull-Out Section**

Grand Opening

New Niles Teen Center opens in Golf Mill Shopping Center. **News, page 2**

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Stepped-Up Enforcement Results in 394 Citations

The Niles Police Department recently announced the preliminary results for the Labor Day "You Drink and Drive, You Lose" Campaign.

During the campaign that started on Aug. 17, 384 citations were given out, including 9 impaired driving arrests, 75 speeding citations, 65 seatbelt

citations, 12 arrests for no driver's license and 233 other tickets.

"Motorists should continue to heed the warning that we are serious about cracking down on impaired drivers. We're doing it to save lives," said Niles Police Chief Dean Strzelecki, in a press release.

During this crackdown, the Niles Police Department joined the Illinois State Police, the Illinois Secretary of State Police and hundreds of local police departments and sheriff's offices in this effort.

"Drunk driving is simply not worth the risk. Not only do you risk killing yourself or

someone else, but the trauma and financial costs of a crash or an arrest for impaired driving are significant," stated Chief Strzelecki. "Violators face possible jail time, the loss of their driver's license, higher insurance rates, attorney fees, time away from work and dozens of other expenses."

Community Attends Grand Opening of Niles Teen Center

By Tracy Yoshida Gruen
STAFF WRITER

Many teens came to Golf Mill Shopping Center to be the first to see what the new Niles Teen Center was all about at its grand opening on Saturday, Sept. 15.

During the grand opening event, Mayor Nicholas Blase, Village Trustee Kim Biederman and Asst. Village Manager Steve Vinzeano welcomed everyone to the new teen center and said they feel it is going to be a great asset to the teens in Niles and that it is more accessible than the prior location at a Niles Park District facility.

Biederman thanked several people who came together to make the new teen center a success, including village staff, park district, police department and more.

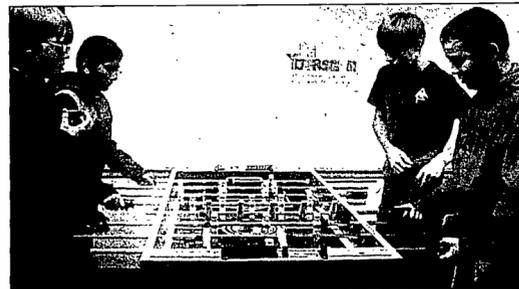
The new Niles Youth Coordinator, Mark Williams, introduced himself to the crowd and said he was excited to get new teen programs started, such as



movie nights at the new theatre at Golf Mill and job shadowing programs.

Following the presentations, the teens were the first to go in to check out the new teen center that features a variety of board games and video games, a lounge area and a computer room.

The new colorful teen center logo that features squares of differ-



Above top: Mayor Nicholas Blase, new Niles Teen Center Coordinator Mark Williams, village officials and teens attended the grand opening of the teen center on Saturday, Sept. 15. Above: A group of teens enjoyed playing games and seeing what the new Niles Teen Center at Golf Mill Shopping Center is all about. (Photos by Tracy Yoshida Gruen)

ent colors was introduced at the event. Biederman said the logo represents teens from various backgrounds coming together to make a colorful, unified whole.

Sandwiches and snacks were served at the event and parents, community members, teens and village staff had the chance to mingle.

The same day of the event, Golf Mill Shopping Center held a special re-opening event to celebrate the renovations and various improvements that have been made at the mall. The day's events included a battle of the teen bands, a fashion show, makeover station, Pepsi Lounge and a safari scavenger hunt.

Park Ridge Residents Can Voice Storm-Related Concerns with Com-Ed Sept. 26

Residents of Park Ridge will be able to express their concerns and share their experiences regarding the recent big storm with Commonwealth Edison on Sept. 26 at 7 p.m.

The city council requested that this meeting be held because a high number of residents lost power, many for several days. The public meeting will be held in the council chambers of city hall.

According to reports received

by Mayor Howard Frimark, of the 15,623 customers in Park Ridge, 10,534 had their power out.

As in Niles and Morton Grove, it was a case of neighbors helping neighbors in order to pull through the tough times.

"I commend and thank our residents for checking on their neighbors, particularly senior citizens," Mayor Frimark, stated in a press release. "I was

See Concerns, page 5



Gilligan's Island Party at GlenBridge Huge Success

Gilligan's Island Patio Beach Party was the theme for GlenBridge Nursing and Rehabilitation Centre's festivities on August 17th, 2007. "There was no special reason for this party", stated Olivia Carey, Activity Director for GlenBridge. "We weren't celebrating any special holiday. We

just wanted a "FUN" party that residents, staff and families could enjoy." The party overflowed from the dining room onto the back patio. Dolphins (inflatable of course), palm trees, scenic 50 foot banners, balloons, beach music, and a bar serving virgin drinks enhanced the atmosphere for the party.

"Everyone got in the spirit," per Ms. Carey. "Our Administrator, Mark Dubovick, dressed as the skipper, Lucy Tur, our Russian Program Director, dressed as Ginger." Costumes were colorful. Many staff members donned grass skirts and Hawaiian shirts and danced with residents to the music.

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Grand Re-Opening Brunch & Learn

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EVENT DETAILS

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Brunch & Learn**
at Sunrise of Highland Park

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Criminal Damage to Dempster Ave. Business

MORTON GROVE

1 Criminal Damage to Business
(5600 block of Dempster)
After a "drunken altercation" with his family, police said a man broke the window of a closed business in the 5600 block of Dempster on Sept. 8.

2 Electronics Stolen from Vehicle
(9500 block of Sayre)
Unknown person or person entered two vehicles in the 9500 block of Sayre and removed various electronics on Sept. 5.

3 Wallet Stolen from Gas Station
(7100 block of Golf Rd.)
Unknown person or persons took a wallet that was left at a gas station in the 7100 block of Golf Rd. on Sept. 5. Police said there is no offender information.

4 Stolen Vehicle
(9300 block of Oak Park)
A vehicle was stolen from the 9300 block of Oak Park on Sept. 10.

5 Damage to Vehicle
(6800 block of Dempster)
Unknown person or persons keyed a vehicle in the 6800 block of Dempster on Sept. 7.

6 Tools Taken from Vehicle
(7000 block of Wilson)
Unknown person or persons took tools from a vehicle in the 7000 block of Wilson on Sept. 7.

7 DUI Arrest
(Dempster and Menard)
A 58-year-old Morton Grove man was arrested on Sept. 10 for driving under the influence of alcohol after being stopped for almost striking other motorists with his car. His court date is Sept. 21.

8 DUI Arrest
(Dempster and Menard)
A 40-year-old Park Ridge man was arrested on Sept. 8 and charged with driving under the influence of alcohol during a DUI grant. He was given a court date of Oct. 15.

NILES

9 Burglary to Vehicle
(8600 block of National)
Unknown person or persons shattered the passenger side window of a vehicle in the 8600 block of National sometime between Sept. 10 and Sept. 11 and took a Sony radio and two speakers. The value of the stolen items is about \$350 and the damage is estimated at about \$100.

10 Wallet Taken
at Grocery Store
(5600 block of W. Touhy Ave.)
A woman's wallet containing

\$65, credit cards and a driver's license was stolen from a grocery store in the 5600 block of W. Touhy Ave. on Sept. 11. While shopping, the elderly woman said a man asked her for her assistance in getting bread off the shelf and asked her to touch the bread to see if it was fresh. The woman said she stepped away from her purse at this time and says this is when the theft may have occurred.

11 Criminal Damage to Vehicle
(6300 block of Gross Point Rd.)
Unknown person or persons slashed all of the tires of a business truck in the 6300 block of Gross Point Rd. sometime between Sept. 7 and Sept. 10. The business's office in Wheeling said three of its trucks were damaged as well.

12 Suspect Cannabis Found
(7200 block of Crain St.)
Police said a bag of suspect cannabis was found on the air conditioning unit behind an

apartment building in the 7200 block of Crain St. on Sept. 10.

13 Change Stolen from Garage
(8200 block of Merrill)
Unknown person or persons took change from an unlocked Ford vehicle inside of a closed but unlocked garage in the 8200 block of Merrill sometime between Sept. 8 and Sept. 10.

14 CDs Taken from Vehicle
(9000 block of Cumberland)
Three or four CDs and two rear view mirrors were taken from a vehicle in the 9000 block of Cumberland sometime between Sept. 9 and Sept. 10.

15 13-Year-Old Arrested for Driving
(9000 block of Golf Rd.)
A 13-year-old Des Plaines boy was arrested on Sept. 11 for driving without receiving a driver's license. The bond is set at \$1,000 and the court date is Oct. 15.

16 Glenview Teens Arrested for Felony Retail Theft
(200 Golf Mill)
Two teens from Glenview

were arrested for felony retail theft after taking more than a \$300 GPS unit on Sept. 7. from a store on Sept. 7.

PARK RIDGE

17 Rocks Thrown Through Bedroom Windows
(900 block of Forestview)
Unknown person or persons threw two baseball-sized rocks through front bedroom windows of a home in the 900 block of Forestview on Sept. 9. The estimated cost of the damage is \$200.

18 Super Glue Used to Damage Locks
(1500 block of N. Northwest Hwy.)
Unknown person or persons used super glue to damage the locks on the exterior doors of an office in the 1500 block of N. Northwest Hwy. sometime between Sept. 10 and Sept. 11. The damage is estimated at \$500.

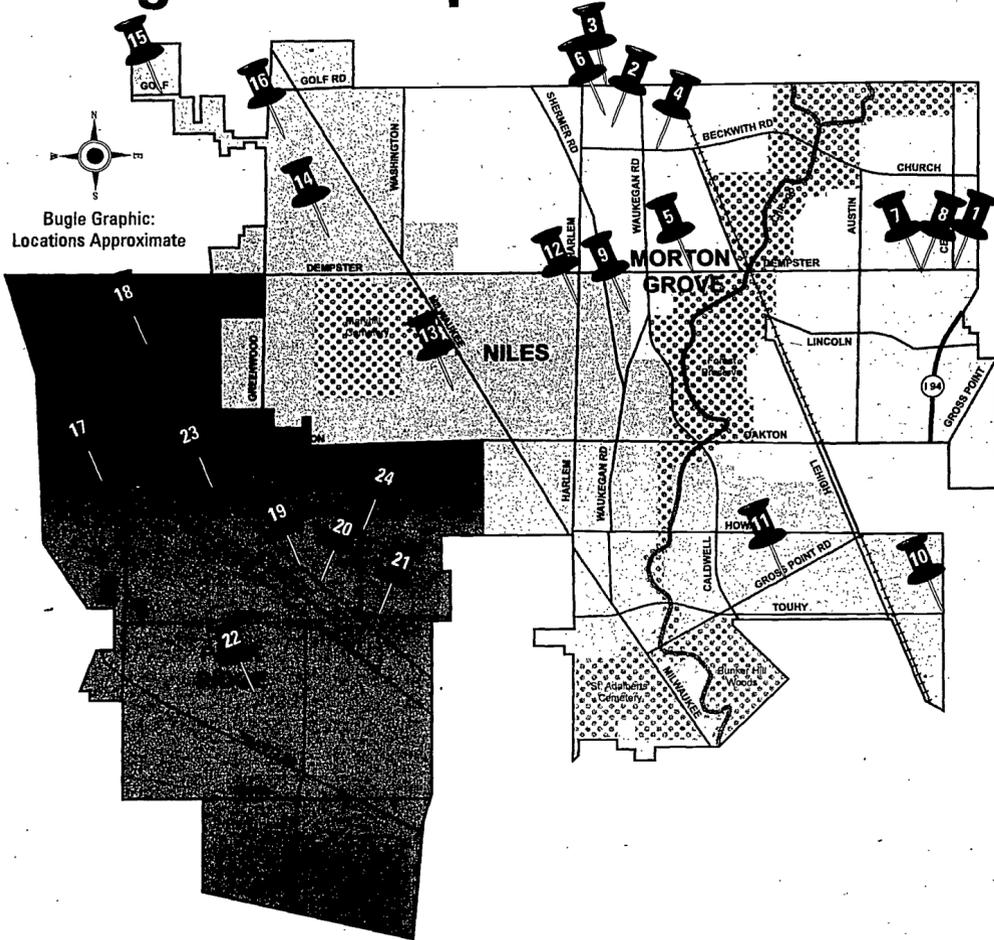
19 GPS Unit Taken
(300 block of S. Northwest Hwy.)
Unknown person or persons entered a 2002 GMC Denali by

breaking the front driver's side door window. The person took a \$300 GPS unit on Sept. 7.

20 Patio Umbrella Taken from Business
(100 block of S. Northwest Hwy.)
A patio umbrella and base with a value of \$350 was taken from business property in the 100 block of S. Northwest Hwy. sometime between Sept. 7 and Sept. 10.

21 Spray Paint Damages Business
(400 block of W. Touhy Ave.)
Spray paint was used to damage the brick wall of a business in the 400 block of W. Touhy Ave. sometime between Sept. 5 and Sept. 6. The estimated cost of the damage is unknown, police said.

22 Stereo Taken from Vehicle
(300 block of S. Knight)
Unknown person or persons entered a 1996 Buick LeSabre by breaking the front passenger window and taking a JVC
See Blotter, page 7



Bugle Graphic: Locations Approximate

Blotter

continued from page 6

stereo with a value of \$250 on Sept. 11.

23 DUI/Speeding (Northwest Hwy. and Seelye)
A 27-year-old Park Ridge man was arrested on Sept. 9 for speeding and driving under the influence of alcohol. The

bond is set at \$1,000 and the court date is slated for Oct. 10.

24 Eight Youths Swimming in Pool
(600 block of N. Prospect)
Eight youths were observed swimming in a pool in the 600 block of N. Prospect on Sept. 6. They were taken into custody and charged with trespass and curfew. They have a court date of Oct. 17.

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The "Weighting" Game is Coming to Morton Grove Civic Center

What is the "Weighting" Game all about?



The "Weighting" Game, written, produced and directed by Helen Magid and performed by senior actors of the North Shore Players is coming soon to the Morton Grove Civic Center. People may want to come and find out what the "Weighting" Game is about.

The show will take place on Sept. 28 and 29 at 7 p.m. and Sept. 30 at 2 p.m., Oct. 3 at 3 p.m., Oct 5 and Oct. 6 at 7 p.m. and Oct. 7 at 2 p.m.

This Broadway-style performance features singing, tap dancing and much, much more. It is a humorous show about the social life that exists at a health club.

The North Shore Players is a group of talented senior actors and actresses who enjoy dancing, singing and acting. Each year, they put on a Broadway-type show at the Morton Grove Civic Center for people of all ages to enjoy.

Magid, who wrote, produced and directed the "Weighting" Game, used to act and sing in her own show and now she runs the North Shore Players, helping the talents of others to blossom.

Magid said the civic center will be magically transformed into a gym and the audience will be treated to a performance filled with laughs.

The Morton Grove Civic Center is located at 6140 Dempster Street.

Those who want more information or to purchase tickets can call (847) 502-8916. Tickets sell fast, so it is recommended to call as early as possible.

Niles Park District Hosts Toddler & Preschool Screenings

Niles Park District is hosting FREE toddler and preschool screenings Thursday, October 11. The Pediatric Therapy Team at Resurrection Medical Center is offering free screenings for children ages one

through six. Screenings include speech language pathology, occupation therapy, physical therapy and hearing. Parents will be given results on the same day as the screening.



MORTON GROVE FAMILY FEST & BLOCK PARTY
8:30 AM to 11:00 PM
Saturday, October 6, 2007
Morton Grove Village Hall
6101 Capulina Avenue

Celebrate our award as a *Top Town to Raise a Family* by attending this community festival with your family and neighbors!

8:30 AM to 11:00 AM	Pancake Breakfast & Family Storytelling
10:00 AM to 12:00 noon	School Scarecrow Challenge
11:00 AM to 4:00 PM	corn roast, chili, smoked pulled pork, pizza, bubble tea, and more food AYSO pumpkin sale and bake sale hay rides, bouncy castle, sing-alongs, sand art, all-ages bingo, climbing wall, guitar hero challenge, touch-a-truck, and other games
4:00 PM to 11:00 PM	live music, beer tent, great food

For more information, call (847) 502-8916

CANDY DRIVE ANNOUNCED

The Knights of Columbus will again take to the streets to collect money for the Mentally Handicapped when they host their ANNUAL 'CANDY DRIVE' ON FRIDAY, September 21, SATURDAY, September 22 and Sunday, September 23, 2007.

The Knights will be asking for your help - a Monetary Donation to help the many organizations in the Chicago Metropolitan area serving and assisting Mentally Handicapped individuals. The Knights sincerely request you to be Generous to this Great and Charitable Cause!

If you'd like to help in the Drive this year by donating your time and efforts, there

are a number of street-corner locations and shopping centers available for you!

For more information on how you can be part of the 'Team' - you do not have to be a member of the Knights to help - simply contact Ron Shulga at 847-663-8334. Spending a few hours asking others to help is not only Heart-Warming, experience but will help the less fortunate.

If you'd like to donate to this Great Candy Drive - Forward your Tax-deductible contribution to: KEN LEE @ 8352 N. OCONTO, NILES, IL. 60714.

GOD BLESS YOU FOR YOUR GENEROSITY!

The Summit of Uptown Seeks Volunteers

The Summit of Uptown (formerly Summit Square), 10 N. Summit Ave. in Park Ridge, is seeking volunteers to teach a basic computer class and to help with bingo and other types of social events. Also needed are those who would like to share their hobby or interests, such as art appreciation, flower arranging or the new, wildly popular game of Sudoku.

Those interested in volunteering should contact Gina at 847-825-1161 Ext. 115 for further details. The Summit of Uptown is a retirement and assisted living community located in Uptown Park Ridge.

St. John Brebeuf "Joy In Jesus" Pre-School Registration

Registrations for the St. John Brebeuf "Joy in Jesus" Sunday pre-school is open to children ages 3 1/2 through kindergarten age. Classes are held during the 10:45AM mass each Sunday. Registration free is \$40 and covers all materials for the year.

Special emphasis is given to the development of self-awareness in the children and their place in the Christian community. The goal of the program is to provide a foundation for a future understanding of their faith. To register, or for additional information, please call Charlotte Lindquist at 847-470-1434.

FREE Niles Park District Health Seminar

Join Marc Ovadia, MD for Screening the Adolescent for Heart Disease seminar on Wednesday, October 10. Today's young athletes are more active than ever. They are closer to professional in their training. The pediatric cardiologist will discuss a couple of groups of diseases and problems that can occur in young athletes. Dr. Ovadia will talk about ways to screen for important diseases and recognize them before they happen.

This seminar is FREE, but registration is required at the Howard Leisure Center. Seminar takes place at Howard Leisure Center on Wednesday, October 10 at 7:00 p.m. Please call (847) 967-6633 with questions.

Engagement Announcement

Mr. and Mrs. Nick & Diana Bavaro proudly announce the engagement of their daughter Nina Marie Bavaro to John Robert Abuja, son of Mr. and Mrs. John F. and Bernadine Abuja. Both families have strong ties to Niles, as John and Nina both grew up here. A fall wedding is planned. Congrats to the happy couple!!!

Skipton Earns Entrepreneurial Woman of the Year Award



Mary Skipton

Mary Skipton, a resident of Park Ridge, will receive the 2007 Entrepreneurial Woman of the Year - WBE Success award from the Women's Business Development Center (WBDC) at the organization's 21st annual Entrepreneurial Woman's Conference at Chicago's Navy Pier, 600 E. Grand Ave.

Skipton will accept her award at the 21st Annual Hall of Fame Awards Luncheon, which takes place on Wednesday, September 26, from 12 noon to 1:45 p.m. Martha Stewart, founder of Martha Stewart Living

21st Entrepreneurial Women's Conference

Skipton will accept her award at the 21st Annual Hall of Fame Awards Luncheon, which takes place on Wednesday, September 26, from 12 noon to 1:45 p.m. at Chicago's Navy Pier.

Omnimedia, will deliver the keynote address.

The WBDC's Entrepreneurial Woman's Conference - which features the Women's Business & Buyers Mart, workshops and opportunities for networking and celebration - will take place on Wednesday, September 26, from 8 a.m. to 6:30 p.m. and Thursday,

September 27, from 9 a.m. to 2 p.m.

Skipton, who launched Energon, Inc. in 1992, committed her lifetime savings and retirement money to start the company and did not take a salary for the first two years. She was convinced that a business selling natural gas would be the most cost-effective and environmentally correct

choice for organizations. Today, Energon's customers include 16 Fortune 500 companies, and privately held companies in transportation and distribution, real estate, insurance, lodging, aerospace, banking, health care, communications, and food sales and distribution. Nationally, Skipton has been recognized as the only woman-owned business selected as one of 44 finalists in the Great Lakes Region of the Ernst & Young Entrepreneur of the Year 2007 award program and was honored by the Kellogg Company as a member of their \$1,000,000 Club.

Experts: Economy Nearing A Recessionary Stall

By Dean Calbreath
COPLEY NEWS SERVICE

Over the next six months, the U.S. economy will be at a near-recessionary stall, with unemployment rising and the real estate market still staggering, according to projections released Sept. 12 by a panel of economists at the University of

California Los Angeles.

After limping along for most of the next year, the economy will start to regain strength in late 2008 or early 2009, as demand for housing begins to revive, said the economists, collectively known as the Anderson Forecast.

Rising exports and growing

See Alert Consumer, page 10

Biz Ed: A Free Monthly Educational Program

Organized by the Morton Grove Chamber of Commerce & Industry

October 2007 Topic: Networking Made Easy

Networking has become an integral component to business success whether you are the business owner or employee. But the vast majority of us dread the idea and can be confused on how to get started and what needs to be done once you get there!

Our speaker, Terry Bass of Chadons Resources Group, will show you how to make it easy

and even enjoyable to network!

Please bring your own lunch. Drinks and desserts will be provided.

Time and Place

Wednesday, October 3, 2007
12 to 1:30 p.m.
Morton Grove Public Library, 6140 Lincoln Avenue, Morton Grove, Baxter Room

Biz Ed. scheduled on the 1st Wednesday of the month
Sponsored by: LIN-MAR Motors

Super H-Mart First Anniversary

By Tracy Yoshida Gruen
STAFF WRITER

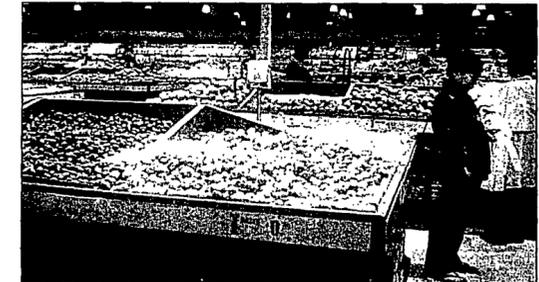
It's been almost a year since Super H-Mart first opened its doors in Niles.

"Things went well," said Woo Choi, the marketing director for the Korean grocery store that sells many fresh fruits, vegetables, frozen items, both Asian and American.

"When we opened we expected only Korean customers," said Choi. Much to their surprise, however, they are seeing many Chinese, Vietnamese, Filipino and Caucasian customers.

Choi said that eventually they would like to attract more Polish and Italian customers to the Niles supermart.

Choi said right now they don't have the room for the products, but it's something they may choose to pursue down the road.



The business is opening its second branch in Naperville on Sept. 21.

"Probably word of mouth is the most important marketing tool for us," said Choi. "People here are very busy, the don't have time to watch television or read newspapers every day, but they are involved in the community."

Super H-Mart also offers a spacious area to sit and enjoy Korean, Chinese, dumplings and other types of foods.

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MAKING SENSE OF INVESTING

Medical Stories, Ask the Doctor: Statin Drugs

By Keith Berndtson, M.D.

HEALTH MATTERS

Statin Drugs

My doctor prescribed Lipitor to lower my bad cholesterol level. Within a few days I started noticing muscle aches and after a few weeks my legs and arms felt weaker. My doctor told me it was probably unrelated. The muscle aches and weakness have not gone away. Could the

Lipitor be causing this problem?

-Tony, Elmhurst IL

The answer is yes, and this applies not just to Lipitor (atorvastatin) but to every drug in the "statin" class, including Crestor (rosuvastatin), Lescol (fluvastatin), Mevacor (lovastatin), Pravachol (pravastatin), and Zocor (simvastatin).

Statin molecules lower your bad (LDL) cholesterol by slowing a process your body uses to

produce cholesterol. They may also make blood less sticky, which also has health benefits.

They may also reduce the levels of essential molecule called Coenzyme-Q-10, or CO-Q-10. Your muscles won't function normally if they don't receive enough CO-Q-10.

Statin drugs are linked to muscle function abnormalities, and possibly to nerve problems as well. The true frequency of these

side effects is unknown, but the mechanisms by which they are produced are better understood. Some people produce less CO-Q-10 for genetic reasons. If you are one of these people, you are more likely to develop muscle function abnormalities when placed on a statin drug.

The good news is that you can often override the side effect, and continue to experience the benefits of the statin drug, by

supplementing your diet with adequate amounts of high-quality, stabilized Co-Q-10. I advise my patients on statin drugs to supplement with 50 to 100mg of a high quality CO-Q-10 supplement daily, just to play it safe.

Keith Berndtson, MD, combines general, physical, and integrative medicine in his role as Medical Director of Park Ridge Multi-Med.

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Alert Consumer

continued from page 9

business investments in software and hardware should also bolster the economy, they said. But even then, growth will remain below historical trends.

"Such an economic performance is almost as close as you can get to avoid the technical definition of a recession," UCLA economist David Shulman said. He added that with growth dipping so low, the economy "runs the risk of falling into an actual recession, just as when an airplane's velocity dips down to its 'stall speed'

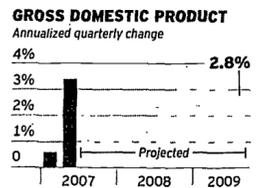
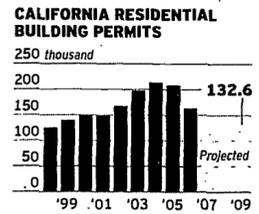
and falls out of the sky."

Other economists have quibbles with some details of the forecast. But they agree that the economic picture is likely to worsen in coming months because of a rising number of foreclosures, more layoffs in the real estate industry and cutbacks in consumer spending.

Keitaro Matsuda, economist with Union Bank, projects that hiring will grow by slightly more than 1 percent over the next year - a bit higher than the UCLA projection - and says the unemployment rate next fall will be roughly the same as it is now. Nevertheless, he said that

Anderson Forecast

Homebuilding is expected to drop to its lowest point in more than a decade next year before rebounding in 2009. The GDP growth is expected to pick up sooner.



SOURCE: UCLA Anderson Forecast

SHAFFER GRUBB

because the slowdown is coming from a peak period, it may still feel like a recession.

"There may be a growth recession, which is different from a classical recession," he said. "It means that growth may fall below its long-term trend. That's very likely to happen, and it could last well into 2008."

Stephen Levy, director of the Center for the Continuing Study of the California Economy in Palo Alto, said he largely agrees with the Anderson Forecast's assessment.

"Next year is going to be sluggish, and it will be a couple years before the economy turns around," he said. "As far as whether the economy will be in recession or near-recession, it's hard for an ordinary person to tell the difference."

As has been true for the past couple of years, problems with the residential real estate market are at the center of the Anderson Forecast's glum report. And the economists say the market looks worse than it did just a few months ago.

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SEPTEMBER

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SENIOR LIVING GUIDE 9-07

(Photo Courtesy of ARA)



Niles Senior News

6TH Annual Pet Parade

Monday, October 8 1:00 p.m.-3:00 p.m.

The animal kingdom will reign supreme at the 6th Annual Niles Senior Center Pet Parade!

Large or small; cute or scary; four-footed or three...costumed pets and their adoring humans will take Center Stage to thrill animal lovers of all ages. Pre-registration required. Please call the Center for more information (847 588-8420).

LIHEAP Application Assistance

Tuesday, October 9th, 9:00AM-4:00PM

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

Variety Show

Be our guest!
Bring a colleague, or friend!
Join us as some of Niles' most talented seniors gather to present a fun evening of song, poetry, dance, music and more! Thursday, September 20th 5:30-8:30 p.m. Call (847) 588-8433 for more information!

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.

Memory Workshop

October 10th and 17th, 10:00 a.m. Advanced Registration Required
Join Bev Wessels and Trudi Davis for the Memory Workshop to explore the myths

and truths of the aging brain. We will look at how memory works, memory changes, and discover strategies to improve memory. The workshop will be held at 10:00 a.m. on October 10th and 17th. Please contact the Niles Senior Center (847 588-8420) to sign up for this program.

Low Vision Fair

Saturday, September 29, 10:00 a.m. - 3:00 p.m.

Niles Senior Center is hosting a Low-Vision Fair sponsored by five area libraries Niles, Park Ridge, Skokie, Des Plaines, & Morton Grove). There will be three speakers: An ophthalmologist who will discuss macular degeneration; Kerry O'Britz from the Guild for the Blind; and Hap Holly, blind musician and Ham radio operator. There will be informational tables for service organizations such as the Visually Impaired Motivators (VIM), The Niles Lions Club, CRIS Radio, Voices of Vision, the Illinois Assistive Technology Program, and many more. Assistive device

vendors will also be represented at the fair. For more information, contact Dodie Frisbie at the Niles Library (847) 663-6648.

Men's and Women's Golf Leagues Award Banquets

This year's Women's Golf Banquet will be held at the Cheesecake Factory in Old Orchard on Friday October 19th at 12:00 p.m. The cost will be \$20.

The Men's Golf Banquet will be held at the Lone Tree Manor in Niles on Thursday, October 25th at 11:30 a.m. The cost is \$16.

CarFit is back!

Thursday, October 18th, 9:00 a.m.-3:00 p.m. Free

CarFit is a program designed to give you a quick but comprehensive check of how well you and your vehicle work together. The entire process takes less than a half an hour. When you are finished, you will leave with recommended car adjustments and adaptation suggestions that can assist in your comfort and safety behind the

wheel. Call the Senior Center (847) 588-8420 to make your appointment and for directions to the test site.

Oktoberfest

Friday, October 12, 11:30 a.m. - 2:00 p.m. \$11

Don't wait too long to register for this event...it was an early sell-out last year! The Bill Beilfuss Trio is back to perform a lively show of yodeling, schnitzelbank, beer-hall songs, the Chicken Dance, plus much, much more. Prior to the show, we will feast upon Bratwurst and Sauerkraut, herbed-baked Chicken, German Potato Salad, Corn Cobettes and dessert.

Get Niles Senior Center News by E-mail

Do you have an e-mail address? We are starting an e-mail list in order to send "breaking news" about events at the Niles Senior Center. This list would be used to let members know of upcoming classes, events, and trips that are filling up fast. If you would like to be on the e-mail list, contact Kathlyn at (847) 588-8420.

Morton Grove Senior News

Edizon Dayao Performance

Edizon Dayao will entertain at the Morton Grove Senior Center with his music and vocals at 1:30 p.m. on Monday, Sept. 24. This popular show is sure to be a crowd pleaser. Register in-person at the Senior Center at a cost of \$6 for Senior Center Members and \$7 for non-members. There must be 15 people registered.

Mall Shopping

Morton Grove seniors who would like to join shoppers on

a trip to the Golf Mill Mall on Tuesday, Sept. 25 should call the Morton Grove Senior Hot Line at 847/470-5223 to reserve a seat on the Seniotran. Home pick-ups begin at 9:15 a.m. with arrival at Golf Mill at 10:15 a.m. Trips are free for Morton Grove Senior Center Members and \$1 for all others.

Diabetes Screening

Many people with diabetes go undiagnosed because they are unaware of the signs and symptoms. Some of the warning signs are frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Diabetes screening is offered at the Morton Grove Senior Center from 9 to 10 a.m. on Tuesday, Sept. 25. Screening is free for Morton Grove Senior Center Members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

Laughter & Meditation Programs

Enjoy either or both of these free classes at the Morton Grove Senior Center on Friday, Sept. 28. The "Laughter" Program will be held from 9:30 to 10:30

Continued on page S8

Maine Twp. Seniors Plan Autumn Trips, Classes

MaineStreamers

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

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.

'Oktoberfest' Luncheon

Wednesday, Oct. 10. Doors Open: 11 a.m. - Lunch Served 12 noon. Chateau Ritz, 9100 Milwaukee, Niles. \$14 members/\$15 guests + \$1 fish.

Enjoy Oktoberfest with us as we dine on cream of potato leek soup, beef Sauerbraten, red cabbage, potato pancakes with applesauce and butter pecan ice cream for dessert. Then, get your lederhosen out on the dance floor as we enjoy music by the German band: Die Musikmeisters. Blood pressure screenings, provided by St. Andrews Life Center of Niles, will be available prior to lunch.

Reservations and cancellations must be received by Wednesday, Oct. 3.

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.5townshipsemployment.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.

'House of Blues Gospel Brunch and Chicago History Museum'

Downtown Chicago. Sunday, Nov. 4 - 9 a.m. to 3:30 p.m. Cost: \$64 members/\$69 guests.

Let's experience this award-winning Gospel Brunch at the House of Blues Chicago! This one-of-a-kind live music show and dining experience should exhilarate you. Enjoy an all you can eat "southern style" buffet that features an omelet station, corn muffins, fried chicken, breakfast meats, vegetable crudité, mashed sweet potatoes, jambalaya, biscuits and gravy, a dessert station and more. Then, enjoy the uplifting and energetic live gospel music. Once inspired, we will travel to the Chicago History Museum to view Chicago's rich history. So let's get uplifted and enjoy a Sunday together.

Park Ridge Senior News

Kitchen Remodel Begins

Never fear...coffee is still here. In spite of the kitchen remodeling, there will still be coffee as usual. Right now, everything in the kitchen has been removed and necessary demolition has started...so no stove to heat things up etc. Don't let this deter you from coming in and participating in your regular activities. It is hoped the new kitchen will be ready in a number of weeks.

Camera Club

On Tuesday, September 25 at 10 a.m. the Camera Club will relive memorable scenes of some of Hollywood's most famous screen teams. Bob Burton, Professor of Communications at Oakton Community College, will show

his original video "Dynamic Duos." Following the screening, there will be a discussion about favorite movie couples and an opportunity to learn some interesting facts about these box office dynamos. Prior to the program, you can get a private lesson in digital photography. Lessons are given at 9 a.m. or 9:30 a.m. Call 847-825-6827 for an appointment with an expert.

Domino Tournament

A domino tournament has been set for Friday, September 28 at 1 p.m. These tournaments have been great fun before, so be sure to sign up. The charge is only \$2.00. There will be prizes and refreshments. Please register by Wednesday, September 26 if you wish to participate.

Oktoberfest

The Center's longest running special event, Oktoberfest, takes place Sunday, October 14. There will be brats and German potato salad, apple slices and of course pretzels and beer. A favorite German Band will play until 4 p.m. You are invited to dance or just sit and listen and enjoy. Reservations are required in advance and members should make them according to current policy. And all this is only \$10.00.

Opera, Arts Discussion Group

The Opera-Arts discussion group with Leo Rizzeto will enjoy Mozart's "The Magic Flute" on September 27 promptly at 11:30 a.m. The 2004 staging for the Metropolitan is the production that will be enjoyed, and is the basis for

this new English language adaptation of this "opera." Technically this is not an opera, but a singspiel (song play). So not only will the spoken dialogue be enjoyed, but also delight in the musical score. The cast is young, attractive and with perfect Mozart voices. Refreshments will be served after.

Art Workshop

Beverly Ellstrand, a well-known Park Ridge artist, is the instructor of an Art Workshop beginning Monday, October 8 and continuing to November 26 from 9:30 a.m. to noon. This class is for beginners as well as the advanced student. You can work in any medium; oil, watercolor, acrylic, collage, colored pencil etc. You have the choice of working on any project you desire or join in two

projects that will stretch your imagination and creativity. These projects are designed to help you develop your work in a new direction. Bring whatever materials you may have to the first class or sketchbook and pencils for beginners. The cost is \$70.00.

Monthly Luncheon

The October monthly luncheon is scheduled for Monday, October 15. Doors open at 12 noon with lunch beginning at 12:30 pm. The menu will be soup and turkey sandwich with fruit and dessert. Ester Hana will provide the entertainment. This is not the first time she has performed at the Center. She is a phenomenal talent and has received critical acclaim for the beauty of her tone, humor and piano artistry.

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Tour Directing: A Dream Job For Seniors

ARA

Baby boomers are reaching the age of retirement and it's a great time to do the things they've always wanted to do. For many, this means traveling and experiencing different places and cultures. What if that passion for travel and people could be changed into a second career? Being a tour director can do just that, providing the opportunity to see the world with the flexibility to work whenever you want.

Tour directors are the special people who take care of all day to day the details that make for a successful vacation. They oversee airport, motor coach and hotel check-ins, handle customs and airline problem solving, schedule sightseeing arrangements and act as a congenial host generating enthusiasm and melding a group together into a happy "traveling family."

"Tour directing is great job for those who have retired. You don't need to be

away for months on end, you choose your schedule, where you want to go and when you want to work," says Ted Bravos, who 30 years ago founded International Tour Management

"Tour directing is great job for those who have retired. You don't need to be away for months on end, you choose your schedule, where you want to go and when you want to work."

Ted Bravos
INTERNATIONAL TOUR MANAGEMENT INSTITUTE

Institute (ITMI), the first state-certified school for training professional tour directors and guides in America. "I feel older people with their extensive life experience can really make a difference in this industry. They get to share their wisdom while guiding others. They also get the added benefit to stay mentally and physically active while creating unforgettable memories."

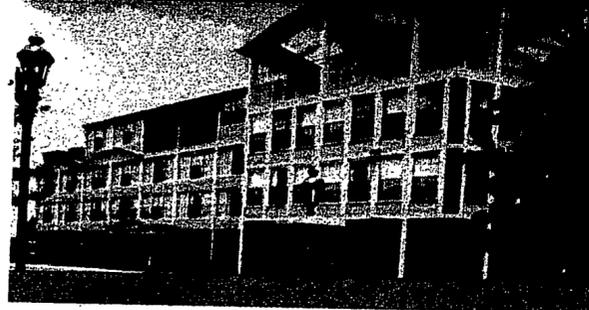
Lee Burch did just that. After retiring from a 40 year career he decided he was ready for a new adventure. "Tour directing has allowed me to travel to places I probably wouldn't have been able to travel otherwise, and I'm able to help people," says Burch. "It combines both the travel, which I have a passion for,

See Dream Job, page S7

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Health Care War Hits America's Retirees Hard

ARA

Twenty million American retirees are among the largest group of casualties in the war being waged by their former corporate employers against workers' and retirees' earned health care benefits.

This tug of war over the future of retiree health benefits is by no means a mere skirmish, but one affecting as much as 40 percent of Americans ages 60 and over, and tens-of-billions of dollars in health costs each year.

Major American corporations have taken the stance that they can no longer afford to stay competitive and sell their products and services in a global economy while paying benefits to retirees, even if these were contractual commitments made to retirees in their working years.

Airlines say they can not pay jet fuel costs and retirees' health benefits and survive, and American auto manufacturers say that hundreds, if not thousands of dollars of the cost of each domestically made vehicle goes to paying worker and retiree health benefits.

Turning To the Courts:

Throughout the 1960's and 70's, GM stated in writing to workers that they would pay for certain medical benefits "for your lifetime." In the late 1980's, GM made major changes to their medical plans, requiring contributions and higher deductibles for 84,000 retirees.

For 10 years, the battle was fought in the courts. The lower courts found in favor of the retirees. GM appealed. The federal district courts found in favor of GM. The case was appealed to the U.S. Supreme Court who dealt the retirees a

staggering loss.

Auto makers had a clause in their health care agreement with the workers: "we reserve the right to amend, modify, suspend or terminate."

Currently a case by retirees from Caterpillar Inc. is winding its way through the U.S. District Court in Nashville, Tenn., charging that Caterpillar's labor contracts and benefit plans provided retiree's health care coverage "continued for his or her lifetime at no cost."

According to Elizabeth Alexander, a lawyer for the retirees, workers were "assured free lifetime health care coverage."

In October 2004, Caterpillar began charging retirees' monthly premium costs ranging from \$134 to \$280 per month for health benefits. The lawsuit seeks to end these charges and restore money already charged.



Shutterstock

reinstatement to their former workers.

Paul Miller, executive director and chief lobbyist for ProtectSeniors.Org says, "In the modern era we see major corporations paying CEO's tens-of-millions of dollars while slashing retiree health benefits. For companies claiming they can't afford to compete or pay these benefits because of foreign competition, I say reexamine bloated executive compensation levels."

Miller's Capitol Hill-based group was formed in 2006 by retirees of the Bell System whose "free lifetime health benefits" were rapidly eroding, forcing retirees to downsize their retirement lifestyle, sell family homes or take on part time jobs.

In just one year since its founding, ProtectSeniors.Org has grown to include more than 45,000 retirees from over 35 industries and companies.

Jim Casey, a Virginia retiree and a co-founder of the group says, "For far too long retirees have allowed themselves to be the victim, trusting our former employer would be there for us. Two out of every five retirees in

See Health Care, page S7

Retirees Best Chance, Capitol Hill:

The lead retiree advocacy group turning up the heat Washington, D.C. is ProtectSeniors.Org, seeking an amendment to the ERISA pension laws to make it illegal for an employer to either reduce or can-

cel earned health benefits after an employee has retired.

The Emergency Retiree Health Benefits Protection Act (HR 1322), is currently cosponsored by '67 members of Congress. HR1322 would also require corporations who have already slashed these earned benefits to

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Obituaries

Wanda Krzyzanowski, 84

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Continued from page S2

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Set-up by a fumble recovery by LB Bo Cisek, QB Zach Abraham (21 of 34 for 234 yds, 1 TD) led to Dons no-huddle offense down the field with pinpoint perfection, and Greg Lucchesi finished the job on a 1 yd. run to take a 7-0 lead in the first quarter. The Corsairs responded immediately with QB Greg Venegoni scoring the first of his three running touchdowns. Penalties on the ND offense helped to stall the next two drives, and the second quarter unwound for the Dons with Carmel scoring a running touchdown, a safety,

and 6 more points on a kick-off return. Leading tacklers Brendan Murray, Bo Cisek, Rick Szukala, and P.J. Cummings turned back Carmel's threats in the second half. WR Ryan Irwin (9 rec./93 yds.) snared a 6 yd touchdown pass from Zach Abraham in the third quarter to cap ND's scoring. This disappointing loss puts the Dons at 3-1 as they head to Nazareth for their 5th game of the year. The ND Sophomores jumped out to an early lead as Julian Burgos rushed for the Dons first quarter score. A wild end to the second quarter saw ND score 3 touchdowns in the last two minute of the half. ND safety Ian McGrath intercepted a Carmel pass and scored, and the Dons gottwo more quick TD's after two successive kickoff return fumbles by Carmel. This gave the



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Frosh Dons traveled to Mundelein and shutout the Corsairs 14-0. A strong defensive effort kept Carmel bottled up all day. A first quarter touchdown run by Connor Thomas and a third quarter TD pass from Tim Whalen to Jeremy Burgos were all the Frosh Dons needed to secure their victory.

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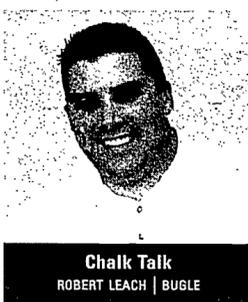
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Steroids Use; No Substitute

The issue of steroid use in professional sport over the past decade has now reached the prep level as the IHSA reviews a plan for random testing of high school athletes who compete in the state. The medical issues involved with the use of steroids should be the primary concern regarding proposed rules that protect both the athlete and the integrity of the sport. When you consider what the use of these drugs can do to an athlete's body and the long term health problems associated with improper steroid use, it isn't hard for me to understand why we as a society must do everything we can to stamp out their use. I applaud the IHSA for taking steps to ban use of such substances that ultimately harm. Coaches need to spend more



Chalk Talk
ROBERT LEACH | BUGLE

time teaching players that the only muscle truly needed to be a great player is the one very few ever actually see, the heart. There are natural ways to build a players strength that involve a good diet and hours in the weight room with trained teachers who can show a player how

to safely build themselves to their goals. It brings me back to my point that an athlete who is determined to succeed and is willing to pay the price to attain his or hers goal with hard work, will likely reach them. Climbing a mountain in sport is hard but remember that the lessons learned on your way up cannot be replaced by a drug and those lessons are typically useful on the field of play. There is no shame in good old fashion hard work and no remedy found in a needle to replace it. Steroids will not make a player faster or more agile nor can they replace the desire to win. Whatever the IHSA decides, I am hopeful that the penalty will be stern enough to deter athletes from even thinking about it. As always, I'll see you in the stands!

Benet Beats Notre Dame On The Links

The Notre Dame Varsity Golf Team took to the links to take on Benet Academy last week the match also proved to be a challenge for the Dons as they came up short in their quest falling to

Benet 178-160. Leading scorers for the Dons were Padraic Canavan and Phillip Bogusz both with 42, Pat Smith with 44 and Harry Johnson with a 50. The Frosh/Soph Golf Team also

took to the links and were defeated by Benet 182 - 173. Scoring for the Dons was Medalist Anthony Salerno with a 41, Robby Martin, Matt Carlucci and Justin Sanetra all with 47.

NDHS Names New Head Volleyball Coach

Notre Dame High School has selected Patrick Cole as its new head volleyball coach. Cole, a former assistant coach at Loyola Academy and former head coach for Adversity South Volleyball Club's boy and girl 14's teams, comes to Notre Dame with valued coaching experience.

"Patrick Cole has successfully administered and coached volleyball teams, earning high praise for the skill development of his players and implementation of volleyball strategies," said Michael Hennessey, NDHS' Athletic Director. "We are very pleased to have him coaching volleyball at Notre Dame."

"I'm quite excited for the opportunity to coach volleyball and I'm looking forward to the season," Cole said.

"I'd like to establish a successful program at Notre Dame and obviously have winning seasons and also build a great program and possibly become a destination where students want to play volleyball," he added.

Teams that Cole has coached have enjoyed great success, particularly the boys 14 teams he lead at Adversity South. During Cole's three year tenure there, his teams won nine tournament championships and were ranked first in the Great Lake region during the 2005-2006 season. With Cole at the helm, Adversity South's boys 14 teams received Junior Olympics club level bids in the 2004-2005 and 2005-2006 seasons, and finished in second place at the 2006 Asics Junior National Championships in 2006.

"My greatest asset is simply my love of coaching volleyball," said Cole. "The greatest pleasure and joy that I take is getting to be a part of these young men's lives, doing my best to encourage their growth, not only in athletics, but every aspect of their lives. It is much more than winning. It is about the development of character; helping to teach the young men respect, responsibility and sportsmanship, as well as the importance of education and hard work."

LIFE



Brandied Mango Bread Pudding

IRRESISTIBLE Autumn Desserts

WITH PEANUTS AND MANGOS, GUILT IS NOT AN OPTION

FAMILY FEATURES

With cooler weather and families gathering indoors, fall is a perfect time to pull out the measuring cups and baking pans and start baking. Fill the house with tantalizing aromas by choosing ingredients that add full-on flavor and great taste, such as peanuts and mangos. Best of all, your freshly baked treats can be good for you and your family. USA-grown peanuts, peanut butter and other peanut products have zero trans fats, are cholesterol-free and have 30 essential nutrients, including vitamin E. Mangos, a tropical treat available year round, are an excellent source of vitamins C and A, both important antioxidant nutrients, and a good source of fiber.

BRANDIED MANGO BREAD PUDDING

Prep time: 20 minutes
Stand time: 30 minutes
Cook time: 40 minutes
Nonstick cooking spray
6 cups 1-inch cubes King's Hawaiian Sweet Bread
2 ripe mangos, peeled, pitted and diced
1½ cups fat-free half and half
¼ cup egg substitute
¾ cup granulated sugar
¼ cup brandy
1 teaspoon vanilla extract
½ teaspoon each: ground cinna-

mon, allspice and nutmeg
3 tablespoons butter, melted
Powdered sugar (optional)
Preheat oven to 350°F. Lightly spray 9-inch baking dish with nonstick cooking spray. Place bread cubes and mangos in baking dish. In medium bowl, whisk together half and half, egg substitute, sugar, brandy, vanilla and spices. Whisk in melted butter, then pour over bread and mangos, stirring lightly to coat bread with egg mixture. Let

stand 30 minutes, or until liquid is absorbed. Bake 40 minutes, or until toothpick inserted into center comes out clean. Serve warm dusted with powdered sugar, if desired. Makes 8 servings.
Nutritional analysis per serving: Calories: 230, Fat: 2g, Saturated Fat: 0.5g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 210mg, Carbohydrates: 37g, Fiber: 2g, Sugar: 23g, Protein: 7g, Vitamin A: 15%, Vitamin C: 25%, Calcium: 10%, Iron: 8%



Mango Peanut Crisp, recipe page 14

MANGO TANGO

■ Don't judge a mango by its color — that's not the best indicator of ripeness. To select a mango, squeeze it gently to determine ripeness. A ripe mango will give slightly, but not be too soft. Ripe mangos will often have a fruity aroma at their stem ends.

■ Firm mangos will ripen over several days, becoming sweeter and softer. Once ripe, mangos can be kept in the refrigerator for up to five days.

■ Learn more about mangos at www.mango.org.

PEANUT POWER

■ Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, including peanuts, as a part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

■ Peanuts can be enjoyed for breakfast, lunch, dinner and any time in between.

■ For more recipes and other information on USA-grown peanuts, check out www.nationalpeanutboard.org.

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Drug Testing Proposal Presented to IHSA Board

The Illinois High School Association's Sports Medicine Advisory Committee presented its drug testing proposal to the IHSA's Board of Directors at the Board's regularly scheduled meeting Monday. The proposal comes a year after the IHSA Board of Directors requested that the Sports Medicine Advisory Committee draft a plan that could be implemented in Illinois.

No action was taken on the proposal, which would randomly test student-athletes who partici-

pate in IHSA athletic state-series competitions. The Board will review the proposal with the membership at Principals' Rules Meetings this fall, and it is expected that action on the proposal will occur early in 2008.

"We appreciate the efforts of our Sports Medicine Advisory Committee, not only in drafting this proposal, but also in their efforts over the past two years to increase awareness on this issue," said IHSA Executive Director Dr. Marty Hickman.

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Steroids Use; No Substitute

The issue of steroid use in professional sport over the past decade has now reached the prep level as the IHSA reviews a plan for random testing of high school athletes who compete in the state. The medical issues involved with the use of steroids should be the primary concern regarding proposed rules that protect both the athlete and the integrity of the sport. When you consider what the use of these drugs can do to an athlete's body and the long term health problems associated with improper steroid use, it isn't hard for me to understand why we as a society must do everything we can to stamp out their use. I applaud the IHSA for taking steps to ban use of such substances that ultimately harm. Coaches need to spend more



Chalk Talk
ROBERT LEACH | BUGLE

time teaching players that the only muscle truly needed to be a great player is the one very few ever actually see, the heart. There are natural ways to build a player's strength that involve a good diet and hours in the weight room with trained teachers who can show a player how

to safely build themselves to their goals. It brings me back to my point that an athlete who is determined to succeed and is willing to pay the price to attain his or hers goal with hard work, will likely reach them. Climbing a mountain in sport is hard but, remember that the lessons learned on your way up cannot be replaced by a drug and those lessons are typically useful on the field of play. There is no shame in good old fashion hard work and no remedy found in a needle to replace it. Steroids will not make a player faster or more agile nor can they replace the desire to win. Whatever the IHSA decides, I am hopeful that the penalty will be stern enough to deter athletes from even thinking about it. As always, I'll see you in the stands!

Benet Beats Notre Dame On The Links

The Notre Dame Varsity Golf Team took to the links to take on Benet Academy last week the match also proved to be a challenge for the Dons as they came up short in their quest falling to

Benet 178-160. Leading scorers for the Dons were Padraic Canavan and Phillip Bogusz both with 42, Pat Smith with 44 and Harry Johnson with a 50. The Frosh/Soph Golf Team also

took to the links and were defeated by Benet 182 - 173. Scoring for the Dons was Medalist Anthony Salerno with a 41, Robby Martin, Matt Carlucci and Justin Sanetra all with 47.

NDHS Names New Head Volleyball Coach

Notre Dame High School has selected Patrick Cole as its new head volleyball coach. Cole, a former assistant coach at Loyola Academy and former head coach for Adversity South Volleyball Club's boy and girl 14's teams, comes to Notre Dame with valued coaching experience.

"Patrick Cole has successfully administered and coached volleyball teams, earning high praise for the skill development of his players and implementation of volleyball strategies," said Michael Hennessey, NDHS' Athletic Director. "We are very pleased to have him coaching volleyball at Notre Dame."

"I'm quite excited for the opportunity to coach volleyball and I'm looking forward to the season," Cole said.

"I'd like to establish a successful program at Notre Dame and obviously have winning seasons and also build a great program and possibly become a destination where students want to play volleyball," he added.

Teams that Cole has coached have enjoyed great success, particularly the boys 14 teams he lead at Adversity South. During Cole's three year tenure there, his teams won nine tournament championships and were ranked first in the Great Lake region during the 2005-2006 season. With Cole at the helm, Adversity South's boys 14 teams received Junior Olympics club level bids in the 2004-2005 and 2005-2006 seasons, and finished in second place at the 2006 Asics Junior National Championship in 2006.

"My greatest asset is simply my love of coaching volleyball," said Cole. "The greatest pleasure and joy that I take is getting to be a part of these young men's lives, doing my best to encourage their growth, not only in athletics, but every aspect of their lives. It is much more than winning. It is about the development of character, helping to teach the young men respect, responsibility and sportsmanship, as well as the importance of education and hard work."

Drug Testing Proposal Presented to IHSA Board

The Illinois High School Association's Sports Medicine Advisory Committee presented its drug testing proposal to the IHSA's Board of Directors at the Board's regularly scheduled meeting Monday. The proposal comes a year after the IHSA Board of Directors requested that the Sports Medicine Advisory Committee draft a plan that could be implemented in Illinois.

No action was taken on the proposal, which would randomly test student-athletes who partici-

pate in IHSA athletic state-series competitions. The Board will review the proposal with the membership at Principals' Rules Meetings this fall, and it is expected that action on the proposal will occur early in 2008.

"We appreciate the efforts of our Sports Medicine Advisory Committee, not only in drafting this proposal, but also in their efforts over the past two years to increase awareness on this issue," said IHSA Executive Director Dr. Marty Hickman.

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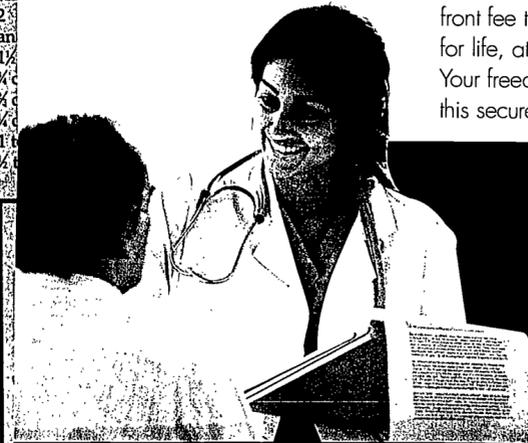
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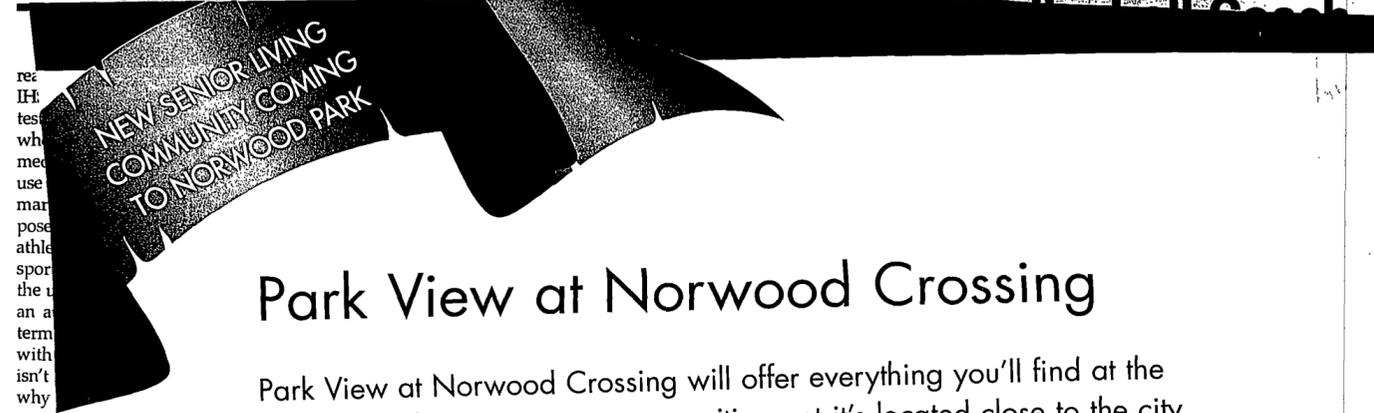
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Steroids Use; No Substitute NDHS Names New



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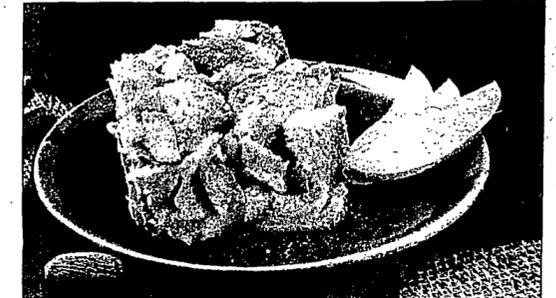
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Branded Mango Bread Pudding



Mango Peanut Crisp, recipe page 14

IRRESISTIBLE Autumn Desserts

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FAMILY FEATURES
With cooler weather and families gathering indoors, fall is a perfect time to pull out the measuring cups and baking pans and start baking. Fill the house with tantalizing aromas by choosing ingredients that add full-on flavor and great taste, such as peanuts and mangos. Best of all, your freshly baked treats can be good for you and your family. USA-grown peanuts, peanut butter and other peanut products have zero trans fats, are cholesterol-free and have 30 essential nutrients, including vitamin E. Mangos, a tropical treat available year round, are an excellent source of vitamins C and A, both important antioxidant nutrients, and a good source of fiber.

BRANDIED MANGO BREAD PUDDING

Prep time: 20 minutes
Stand time: 30 minutes
Cook time: 40 minutes
Nonstick cooking spray
6 cups 1-inch cubes King's Hawaiian Sweet Bread
2 ripe mangos, peeled, pitted and diced
1 1/2 cups fat-free half and half
1/2 cup egg substitute
3/4 cup granulated sugar
1/4 cup brandy
1 teaspoon vanilla extract
1/2 teaspoon each: ground cinna-

mon, allspice and nutmeg
3 tablespoons butter, melted
Powdered sugar (optional)
Preheat oven to 350°F. Lightly spray 9-inch baking dish with nonstick cooking spray. Place bread cubes and mangos in baking dish. In medium bowl, whisk together half and half, egg substitute, sugar, brandy, vanilla and spices. Whisk in melted butter, then pour over bread and mangos, stirring lightly to coat bread with egg mixture. Let

stand 30 minutes, or until liquid is absorbed. Bake 40 minutes, or until toothpick inserted into center comes out clean. Serve warm dusted with powdered sugar, if desired. Makes 8 servings.
Nutritional analysis per serving: Calories: 230, Fat: 2g, Saturated Fat: 0.5g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 210mg, Carbohydrates: 37g, Fiber: 2g, Sugar: 23g, Protein: 7g, Vitamin A: 15%, Vitamin C: 25%, Calcium: 10%, Iron: 8%

MANGO TANGO

■ Don't judge a mango by its color — that's not the best indicator of ripeness. To select a mango, squeeze it gently to determine ripeness. A ripe mango will give slightly, but not be too soft. Ripe mangos will often have a fruity aroma at their stem ends.
■ Firm mangos will ripen over several days, becoming sweeter and softer. Once ripe, mangos can be kept in the refrigerator for up to five days.
■ Learn more about mangos at www.mango.org.

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■ Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, including peanuts, as a part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.
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MANGO PEANUT CRISP

Prep time: 15 minutes
 Cook time: 20 minutes
Topping
 Nonstick cooking spray
 6 tablespoons rolled oats
 1/4 cup firmly packed brown sugar
 1/2 tablespoon flour
 2 tablespoons butter, softened
 1 teaspoon ground cinnamon
 1/4 cup chopped honey roasted peanuts
Filling
 3 large ripe mangos, peeled, pitted and diced
 2 tablespoons honey
 1/2 teaspoon ground cinnamon
 Preheat oven to 350°F.
 Spray four 2-cup baking dishes with nonstick cooking spray. Stir together all top-

ping ingredients except peanuts in small bowl with fork until they become coarse crumbs; set aside. Stir together all filling ingredients in medium bowl and spoon into prepared dishes. Spoon topping over filling and sprinkle with peanuts. Bake 20 minutes, or until filling is hot and bubbly and topping is golden brown. Makes 4 servings.
Nutritional analysis per serving: Calories: 310, Fat: 10g, Saturated Fat: 4g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 75mg, Carbohydrates: 56g, Fiber: 3g, Sugar: 25g, Protein: 3g, Vitamin A: 60%, Vitamin C: 25%, Calcium: 2%, Iron: 4%

Movie Review 'The Brave One'

By James Hebert
 COPLEY NEWS SERVICE

"The Brave One" opens with an ode to Eloise, the kid-lit character who lives at the Plaza Hotel in New York. Eloise likely never ran into Sid Vicious there (he preferred to hole up over at the Chelsea), although the late Sex Pistols bassist is among the progressively less-adorable New York types whom the movie name-drops after her.

Speaking of vicious: That's possibly too strong a term for the film's vision of Manhattan. The setting feels more gothic, all shadows and gloom and a tension that drips into the narrative like swamp water.

But the word is an apt description for what happens to the main character and what she becomes - as well as for what sort of beat-down the film gives to any sense of moral ambiguity over all this.

As a public radio host named Erica Bain, Jodie Foster patrols the movie's urban purgatory, scavenging for sounds to weave into her somewhat overwrought aural portraits of the city.

After she and her fiancé (Naveen Andrews) fall victim to a savage attack - an episode that director Neil Jordan portrays in graphic detail, down to the last head-thwack and bone-crack - Erica first cocoons herself in fear, then bursts forth, fully morphed into an angel of vengeance. (Shades of that scary butterfly in "The Silence of the Lambs.")

As Erica locks 'n' loads, the scene is set for an intimate, visceral exploration of the consequences of revenge. And that happens - for a short time.

But by the time her vigilante campaign has made her a media sensation (public fascination is



★★★
 Jodie Foster stars in the new thriller "The Brave One."
 (Copley Photo)

heightened by the continued mystery of the shooter's ID), Erica is well past the "Why am I doing this?" phase and deep into "Let's do it some more."

The real mystery of "The Brave One" is why Jordan, whose most prominent directing credit is the smart 1992 hit "The Crying Game," ultimately veers away from a nuanced look at the movie's main topic and into straight action-movie territory (though with a compelling woman as the hero).

In one scene, radio listeners call in to Erica's show to vent on the vigilantism. Some love it; others deplore it; one links it to the war in Iraq, the only time the movie dares dip its toe into politics. (Contrast this with the tough, honest way Steven Spielberg grappled with revenge on a more global scale in "Munich.")

And now that we've gotten that debate out of the way, the movie seems to say, let's get back to dodging cops and offing bad guys.

What substitutes for depth in "The Brave One" is a decent cat-and-mouse game between Erica and a homicide detective, Sean

Mercer (Terrence Howard). The talents of the two leads also make them worth watching even when the material can't rise to their level.

Foster, seems forged from steel as she visits pain on various perps (who, to their eternal misfortune, seem to commit crimes in ever-more-coincidental proximity to Erica). Her almost hypnotic calm tells us how cleanly Erica has pulled the plug on her old self.

Howard, whose cop character is a kindred lost soul, injects welcome subtlety to the film; even when it seems clear he's on to Erica, his ambivalence over pursuing her is expressed in a flicker of his eyes.

Jordan wraps things up with a twist that's more startling than it is plausible. You could call it bold in a way, but if that's the case, it's one of the few moments where "The Brave One" really musters much courage.

Director: Neil Jordan. Writers: Roderick Taylor, Bruce A. Taylor, Cynthia Mort. Cast: Jodie Foster, Terrence Howard, Mary Steenburgen, Naveen Andrews. Running time: 1 hour, 59 minutes. Rated R. 2 stars.

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ShowTimes for September 21-27, 2007

GAME PLAN (PG) Special Sneak Preview Saturday at 7:00
ACROSS THE UNIVERSE (PG-13) 12:50, 3:50, 6:50, 10:00;
 Fri-Sun Early Matinee 9:50am
GOOD LUCK CHUCK (R) 2:00, 4:40, 7:20, 9:50; Fri-Sun Early Matinee 11:10am
RESIDENT EVIL: EXTINCTION (R) 1:00, 3:40, 6:10, 9:00;
 Fri-Sun early Matinee 10:40am
SYDNEY WHITE (PG-13) 1:30, 4:10, 6:40, 9:40; Fri-Sun Early Matinee 11:00am
THE BRAVE ONE (R) 1:10, 4:00, 6:45, 9:45; Fri-Sun Early Matinee 10:20am
DRAGON WARS (PG-13) 12:40, 3:45, 6:20, 9:10;
 Fri-Sun Early Matinee 10:10am
MR. WOODCOCK (PG-13) 2:10, 4:50, 7:10, 9:30;
 Fri-Sun Early Matinee 11:45am
3:10 TO YUMA (R) 1:20, 4:30, 7:30, 10:10; Fri-Sun Early Matinee 10:30am
BALLS OF FURY (PG-13) 1:40, 4:20, 6:30, 9:20; Fri-Sun Early Matinee 10:50am
MR. BEAN'S HOLIDAY (G) 1:50, 4:45, 7:00 (*no 7:00 show on Saturday), 9:55;
 Fri-Sun Early Matinee 11:30am
THE BOURNE ULTIMATUM (PG-13) 2:20, 5:00, 7:45, 10:20;
 Fri-Sun Early Matinee 11:20am
MISSION 90 DAYS (NR) Special Engagement Friday & Mon-Tue: 1:00, 4:00,
 7:00, 9:45; Sat & Sun: 12:30, 3:30, 6:30, 9:30; Wed: 1:00, 4:00, 7:00

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Showtimes for September 21-27, 2007

Friday, September 21
 Death at a Funeral (R) 5:00, 7:00, 9:00
 3:10 To Yuma (R) 4:30, 7:30
 Once (R) 4:30, 6:30, 8:30
 Brave One (R) 4:30, 7:30

Monday thru Thursday
September 24 thru 27
 Death at a Funeral (R) 5:00, 7:00, 9:00
 3:10 To Yuma (R) 4:30, 7:30
 Once (R) 4:30, 6:30, 8:30
 Brave One (R) 4:30, 7:30

Saturday, Sunday
September 22, 23
 Death at a Funeral (R) 2:15, 5:00, 7:00, 9:00
 3:10 To Yuma (R) 1:30, 4:30, 7:30
 Once (R) 1:30, 4:30, 6:30, 8:30
 Brave One (R) 1:30, 4:30, 7:30

\$4 movies before 5
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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.

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Resurrection Health Care

By J.R. Rose - Copley News Service

DRAW IT!

THESE TWO ARTISTS ARE JOE AND MIKE. THEIR TWO PAINTINGS LOOK ALIKE. BUT THE ART IS NOT THE SAME. FIND HOW IT'S DIFFERENT IN THIS GAME!

DRAW A PAINTBRUSH IN MY PAW... SO I CAN CREATE!!

FIND 5 WAYS THE PAINTINGS ARE DIFFERENT...

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GIVE ME 5 RHYMES FOR DRAW...

HOW ABOUT CLAW?

AN ARTIST STARTED THIS DRAWING AND THEN HAD TO LEAVE... CAN YOU FINISH IT?

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ANIMAL ON THE SEEN

Slow Mover

If you feel sluggish sometimes, you are not alone. Even at your most sleepy moments, there is one animal that would make you look like a speed demon. Sloths, one of the slowest-moving mammals, are found only in Central America and in the tropics of South America. You can see one, named Moss, in Brookfield Zoo's Tropic World exhibit.

There are five different species of sloths. They are generally around 2 feet long and weigh from 7 to 17 pounds. Imagine a smallish dog with a round head, a flat face, no tail, and really, really long claws.

Among the five species are two groups of sloths—two-toed, like Moss, and three-toed. Both groups have three toes on their back feet. Actually, it is their fingers that are different. Three-toed sloths have three fingers and three toes; two-toed sloths have two fingers and three toes.

A sloth's coat is long, brittle, and shaggy-looking. Their hair is green, which helps them blend in with the trees, which is where they live. The green actually comes from algae (and even moss) that grows in special grooves in their hair. Their hair is a haven for moths, ticks, and beetles—all of whom make their home on sloths, nibbling away at algae for dinner. In fact, there are some species of insects that eat only the moss that grows on sloths. Now, that's a specialized diet!

In the trees, sloths spend their time upside down sleeping and eating. They even give birth upside down. Their long, hooked claws provide support when hanging from tree limbs, but sloths often hang out near the forks of branches. When they are not sleeping, sloths are eating...and eating, and eating. They are herbivores (or leaf eaters). A full tummy can account for one-third of a sloth's weight. But sloths' slow-moving lifestyle and unique digestive system mean that they do not go to the bathroom that often. About once a week, they inch their way down to the base of their tree to their own special spot and then make their way back up to the treetops.

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 for info on FREE emails.

Grammar Matters
 by Patty Gibbons Saunier

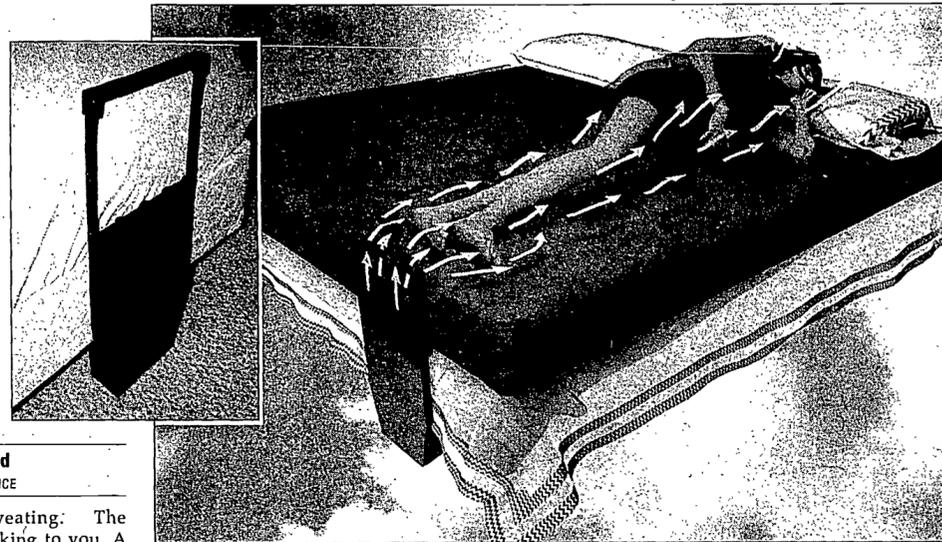
All Is Well

Sometimes one word can act as different parts of speech. Read the sentences below and tell whether the word "WELL" is a noun, verb, adjective, adverb or interjection.

1. I think I feel well enough to return to work.
2. Well, I never thought I'd see you again.
3. There is a working well on Steve's property.
4. That sad story made my eyes well with tears.
5. As you well know, I don't like your cat.

Answers: 1. adjective 2. interjection 3. noun 4. verb 5. adverb

Copley News Service



By Maggie Reed
COPLEY NEWS SERVICE

You're sweating. The sheets are sticking to you. A sound sleep seems far away. You are longing for a way to cool things down, in a good way, in the bedroom.

Welcome, the Bedfan. While most overhead fans and standing fans will circulate air, they also push the sheets down on you. The Bedfan, however, delivers a soft blowing

Feel the Breeze, Sleep with Ease

breeze between the sheets, all along your body. The whisper of air flows between your top and bottom sheets, keeping your bed and body cool. It goes just where it's needed.

"It's the feeling you get when you are lying in bed and you kick the covers up with your feet to get that cool flow of air, only it stays that way," said Kurt Tompkins, the company's inventor and president.

While capable of moving up to 100 cubic feet of air each minute, the personal control allows you to decide. It's not a low-medium-high control; it lets you gently dial to any level. Place it under your pillow or on a nightstand. You adjust the flow and be the judge.

The Bedfan is easy to install and requires no tools. Just remove your top sheet, position the Bedfan at the foot, attach the breeze bar, tuck your top sheet in around the fan (foam blocks are included for an extra-tight fit), replace your blan-

ket or comforter and you are ready to go.

If you have a tall bed, the Bedfan includes a bracket to bring it up to the proper level. The breeze bar must be at least 1 to 2 inches above the mattress to work properly. If you can stick your big toe under the bar, you should be set.

Not only will you get a good night's sleep, the Bedfan will help lower your electric bills - yet another reason for getting a good night's sleep.

"As a hot sleeper myself, I developed the Bedfan Personal Cooling System with the hopes of lowering my electric bill," said Tompkins. "The Bedfan was very successful in allowing me to raise my thermostat at night from 68 degrees to over 78 degrees, which low-

ered my electric consumption by as much as 20 percent."

Another plus to his invention? A happier mother-in-law.

She had not been sleeping well for years due to menopausal night sweats. She asked to borrow his prototype Bedfan and he never got it back.

"That's when I knew I had to get this product to the market," he said. "There is nothing greater than a product that helps somebody. It was very gratifying to me, being one of those suffering for years with a collection of fans and no solution, to finally realize the problem was between the covers."

The Bedfan also promotes harmony among partners. Should one sleep hotter than the other, add a Bedfan to one side and both will be happy sleepers.

The Bedfan takes a little getting used to, Tompkins said. It is made with more power than most people will need so start slow and work your way up. At first, if your feet get cold, put on some socks until you get used to the new feeling.

When it comes to what to wear to bed, less is best. The more clothes you have on, the more body heat you retain and this defeats the purpose of the Bedfan.

As for using the Bedfan in cold weather, "Hot flashes don't stop in the winter. And, cold sleepers can sleep with covers while hot sleepers can't," he said. "Everyone in the house has to deal with change."

The Bedfan retails for \$70. For more information, call 800-738-0477 or visit www.bedfan.com.

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Ripening Pumpkins Can Still Be Great Come Halloween

By Jeff Rugg
COPLEY NEWS SERVICE

Q: My pumpkins have turned orange and it is still two months until Halloween. What do I do now?

A: If the last few inches of the stem next to the pumpkin have turned brown, it is best to harvest it. If it is still green, leave it in the garden. If you harvested it, the pumpkin should be kept in a cool location until you need it. If the temperature stays in the 50s it will last almost all winter, so two months is no problem. The warmer it is kept, the shorter length of time it will last.

If the pumpkin will be left in the garden, you should protect it from raiding animals. As it ripens many animals from squirrels, raccoons and just plain old mice will want to eat some of it. Protecting it with a cage of chicken wire or other fencing will work best. Keep it from rotting on the bottom by lifting it and sliding a board underneath.

Q: I spent a lot of money this spring on annual flowers. I thought I could save money next spring if I could take cuttings of some of my impatiens, geraniums and other annuals. How do you recommend this be done?

A: It is easy to take cuttings from many annual flowers. By doing so, you get the exact same plants next year. Collecting seeds will get you some kind of hybrid that probably will not look like this year's plants.

Most annuals root easily if you cut off a section of stem that is not too woody. This is called a softwood cutting. Older, thicker stems with a bark appearance are called hardwood cuttings. Strip off the lower sets of leaves

and put the cutting in water, moist sand or perlite. Keep high humidity around the top of the cutting. Put it in bright light, but out of the sun. Check your local garden center for rooting powders that promote new roots when each cutting is dipped in the powder.

If you plan on just doing a few cuttings, you can use small pots, trays and plastic wrap to make small greenhouses for the plants. The problem is caring all winter for a few cuttings is too much work to justify the savings of a few new annuals. Many cuttings require even more space, growing facilities and labor. If you already have a greenhouse or several grow lights and lots of free time, you can make this work. Doing a few cuttings this year as a test or as a project for the kids will help you figure out if this project will save you money.

Q: We kept our poinsettia from last Christmas and it has done well over the summer. We want it to bloom again for this Christmas. What do we do?

A: There are several basic requirements to match, but the main one is long nights and short days. Most poinsettia varieties will bloom if you give them 14 hours of darkness each day. Figure out when you go to sleep and when you leave for work and set up a schedule that you can follow. If you leave for work at 7 a.m., you will have to put the plant in the dark by 5 p.m. each day.

Covering the plant with a box is easier than moving the plant to a dark closet or room each day. If there are some long stems sticking out, they can be pinched to make the plant

bushier, plus it will have more flowers. Nighttime temperatures should be in the 60 to 70 degree range with the daytime about 10 degrees warmer. During the day, it should be in bright light but not full sun. Water as needed and fertilize following the label directions for a fertilizer that promotes flowering. It should bloom in eight to 10 weeks. Starting in mid-September to the beginning of October should be just right for blooms in the Christmas season.

If you skip a few days or let in too much light for even a short time, the plant may not bloom on time, if at all.

Q: When should I take the hummingbird feeder down in the fall?

A: Do not take the feeder down until it has been a couple of weeks since you last saw it being used. In cold climate areas, a frost will kill off the remaining flowers soon. When that happens, there may be a few hummingbirds that still need a little more energy before heading farther south. They cannot get the sugars from the dead flowers, so your feeder will help.

Having a feeder up will not entice hummingbirds to stay past the time they should leave. The instinct to migrate is too strong for that to happen. If you live along the Gulf Coast, in Southern California or the desert Southwest, it is possible to have hummingbirds visit your yard all year long, so keep the feeder up all winter to see more hummingbirds.

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

GARDEN TIP

Preserving pumpkins

A few simple techniques will make your pumpkin last longer. Here are some pointers on curing, handling and storing pumpkins:



HARVESTING

- Harvest fruit as soon as it is mature and prior to frost.
- Harvest pumpkin carefully. When cutting, be sure to leave a long handle on the pumpkin.
- Prevent harvested or stored pumpkin from getting wet, which enables rot.

STORING:

- Store them at 50-55 degrees in a location where the humidity is about 50%-70%, such as a basement or a garage.
- Storage life is typically 2 to 3 months without significant loss in quality.

Source: www.ag.ohio-state.edu

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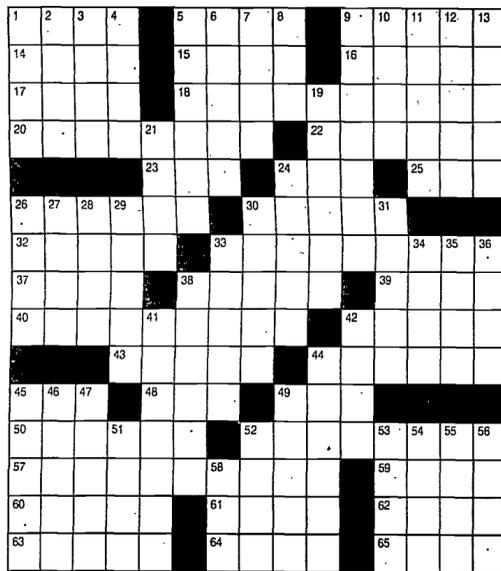
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COPY NEWS SERVICE By Charles Preston

- ACROSS**
- 1 Partition
 - 5 Utah sports area
 - 9 Wheat variety
 - 14 Dairy case item
 - 15 Extinct birds
 - 16 Song from the 1970s
 - 17 Prevaricator
 - 18 Mexican snacks
 - 20 Ridiculous behavior
 - 22 Like a lily pad
 - 23 LP successors
 - 24 Map abbreviation
 - 25 Verbalize
 - 26 Swordsmen
 - 30 Where to hear 24 Down
 - 32 Shocking
 - 33 Up close and personal
 - 37 Pearl Buck heroine
 - 38 Torments
 - 39 TV's Trebek
 - 40 Bar order
 - 42 Salty solution
 - 43 Dissolute fellows
 - 44 Spoiled
 - 45 Snaky shape
 - 48 Sesame
 - 49 Tarboosh
- DOWN**
- 1 "Hungry Like the _____"
 - 2 Inter _____
 - 3 Slender
 - 4 Feudal estate owner
 - 5 Changes
 - 6 Has a strong craving
 - 7 Mexican snack
 - 8 Residue
 - 9 Glassed-in rooms
 - 10 Map of sorts
 - 11 Icelandic literature
 - 12 Tropical vine
 - 13 Peevish
 - 19 Informal musical beginnings
 - 21 Got a high grade on 24 A votre _____
 - 26 Political coalition
 - 27 Humdinger
 - 28 Native of 65 Across
 - 29 Jordanian money
 - 30 Skating competitors
 - 31 Bright
 - 33 Actress Normand
 - 34 Got down
 - 35 Hawaiian goose
 - 36 Yoked animals
 - 38 Two-piece suit
 - 41 Pope's cathedral
 - 42 Fool
 - 44 Waters off Port Sudan
 - 45 English composer
 - 46 _____ Arabia
 - 47 Brew, as tea
 - 49 Natural talent
 - 51 _____ Stanley Gardner
 - 52 Nevada town
 - 53 Indian prince
 - 54 Greedy
 - 55 Hawk's opponent
 - 56 Novelist Wister
 - 58 High toss

Last Week's Puzzle Answers

NEEDING A PLUMBER

AMID ATEM DOGMA
LINO KIRT ELLES
FLUSHINGMEADOWS
INSEAM SINN BLT
EEE BBA INT
BLOWSAGASKET
TOSEA NORM HELM
OLLA SIDA ILKA
MEAD ANAT ORLON
BOWLINGSHIRT
END ANT BAH
EMP AHAT CHEESE
GOWSWITHTHEFLOW
AORTA AARE TINE
DRURY DRED SEED

COPY NEWS SERVICE

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

THE WINNERS

1st **Ralph Stempinski**
2nd **Lorraine Truskolaski**
3rd **Leo Madura**
4th **Dale Trebbs**

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

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Bathroom Renovations Can Boost Home Value

(NAPS)-The past five years have seen an explosion in home improvements. Homeowners continue to look for new, creative ways to bring more space, style and luxury to their everyday lives by remodeling and renovating.

For many who choose to renovate, the question becomes: "Where do we invest our limited resources and how will remodeling ultimately affect our home's value?"

While there's no guarantee that remodeling now will add to future resale value, statistics show that some projects yield a better return than others.

Consumers can generally expect to get a greater return in remodeling their bathroom than they would with other room upgrades. The 2006 Cost vs. Value Report from Remodeling magazine showed that the average return on a mid-range bathroom remodel is 85 percent.

Getting More For Less

So how do you ensure that the money you do spend remodeling your bathroom maximizes your investment? Selecting the right materials is the key. For example, one way to make a bathroom seem more spacious without knocking down walls and starting over is to install a glass shower enclosure.

Whether renovating a small bathroom or upgrading a larger room, clear glass shower enclosures dramatically open up the space and showcase the luxurious materials chosen for your shower surround.

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Protecting your investment is also important. Recently, one of the largest glass manufacturers in the world, introduced the first and only permanently protected show-er glass.

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It can be a smart choice for homeowners who want to preserve the value of their investment in a bathroom remodeling project.

For more information, visit www.showerguardglass.com.

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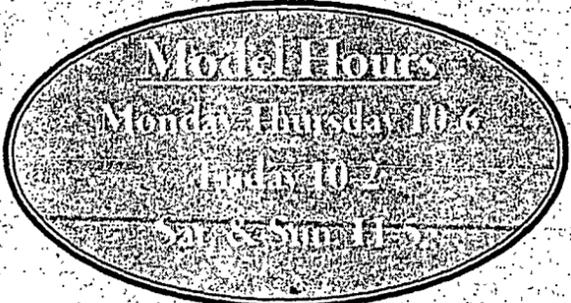
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