

THE BUGGLE



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Former FBI Agent Passes Away in Park Ridge

By Tracy Yoshida Gruen
STAFF WRITER

Park Ridge resident Harry Croon, who helped investigate one of the most infamous FBI cases, passed away on Sept. 19 at his home.

For the past six years, Croon had worked in security at Libertyville High School. From 1954 to 1967, he worked as an FBI agent. In 1964, he was sent to Mississippi to

Harry Croon Assisted with "Mississippi Burning Case" Investigation

investigate the 1964 disappearance and murders of three civil rights workers in the "Mississippi Burning Case."

"He was a great guy to work for," said Mike Crane, who worked for Croon in a private security industry for 20 years.

More recently, the roles were reversed, and Croon

worked for Crane at Libertyville High School, where Crane is the security supervisor.

Croon passed away a day before his 72nd birthday.

"He was really outgoing," said Crane. "He covered the desk at the main entrance and was very well liked by the students and the parents that came in. They had a moment

of silence for him at the football game."

Crane said that Croon would occasionally give talks and share his experiences as an FBI agent during the civil rights area with students. During his career with the FBI, he also chased bank robbers and fugitives.

Croon had tons of stories, including his encounters with

the Mississippi Ku Klux Klan.

A funeral mass for Croon was held at St. Paul of the Cross Church in Park Ridge.

Croon's son, Garrett, of Chicago, followed in his father's footsteps and is an FBI agent.

In addition to Garrett, he is survived by wife, Laila; son, Buddy; daughters, Nicole (Roger) DiVito and Monique Croon and three grandchildren.

Community Leaders, Citizens Testify at Budget Veto Hearing

By Tracy Yoshida Gruen
STAFF WRITER

Elected officials, local community organizations, educators and concerned citizens attended a budget veto hearing regarding the governor's budget cuts in Northbrook on Sept. 25.

State Rep. Elaine Nekritz and State Rep. Lou Lang were in attendance at this hearing in which speakers voiced concerns on how recent budget cuts will hinder their ability to provide critical services to residents.

"I think he'd like to be the king, but he isn't," said Lang, about Governor Rod Blagojevich. Lang feels there's a lack of a priority system and that the governor has cut many important local projects and services. Lang said that the governor made the cuts to create a "health care plan," but he has cut several important budget items.

"He's only cut the projects of certain legislators," said Lang.

In a power point presentation that took place at the hearing at Northbrook Village Hall, it was explained that nearly all house democratic projects were eliminated and nearly all senate republican projects were eliminated.

Projects not eliminated were senate democratic projects and house republican projects.

"I testified on behalf of the Village of Niles," said Niles Trustee Louella Preston.

In Niles, the governor cut an \$85,000 alley improvement project east of School Street, between Niles Terrace and Jarvis. Preston was at the hearing to testify that project is a significant project that the village would like to still take place.

Rep. Lang's projects that were cut include \$22,500 for after-school programs at the Morton Grove Park District; \$58,000 for a fire department emergency command vehicle for the Village of Morton Grove; \$44,350 for programs for developmentally disabled children-Jewish Federation of Metropolitan Chicago and many more.

Similar budget veto hearings have been held at other locations to make the public aware of their concerns.



Local schools participate in a Scarecrow Challenge contest that was part of the Morton Grove Family Fest at village hall on Saturday, Oct. 6. (Photos by Tracy Yoshida Gruen)

Residents Attend Family Fest To Celebrate Morton Grove

By Tracy Yoshida Gruen | STAFF WRITER

Many families came out to Morton Grove village hall to participate in the Family Fest on Saturday, Oct. 6.

The event was held to celebrate the fact that the Village of Morton Grove was chosen as one of the top ten places to raise a family by Family Circle Magazine.

From hayrides and a climbing wall, to a school scarecrow challenge, to live bands and a beer garden there was a little some-

thing for everybody at the fest that ran from 8:30 a.m. starting with a pancake breakfast to 11 p.m.

"I was surprised but very delighted," said Carol Albers, about her reaction to hearing that Morton Grove was selected for the award. "I like living here. I like the small home-town feel. It seems like everybody knows everybody."

Bob and Valetta Jernberg have lived in Morton Grove for more than 50 years and say that they really love the location of the village, because it's not too far from the city and transportation is plentiful.

Mayor Krier thanked the co-chairs of the event, Community Development

See Festival, page 3

City Ceremony

Park Ridge celebrates City Commons dedication ceremony. News, page 2

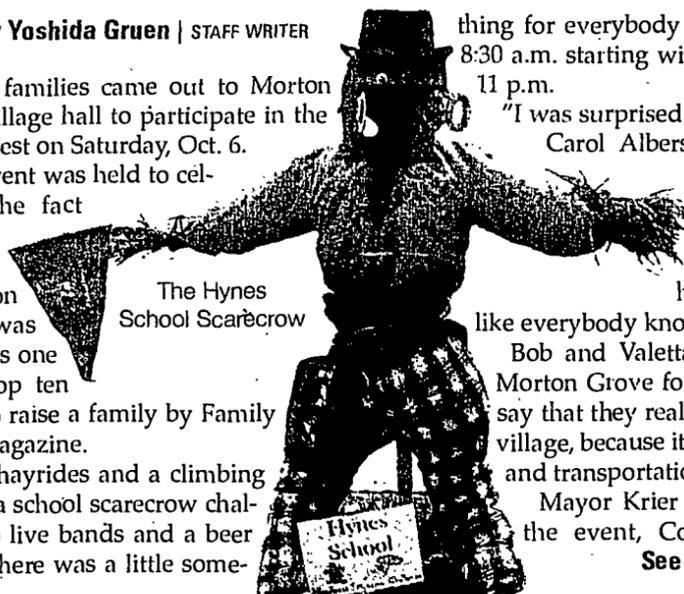
Harvey the Bull

NDHS community creates mascot for 2007 Walkathon. Sports, page 14

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Morton Grove Takes Next Step in Dempster St. Parking Lot Projects

By Tracy Yoshida Gruen
STAFF WRITER

A bid was awarded to Alliance Contractors for the demolition of two village-owned buildings on Dempster St. and the construction of two parking lots at a special meeting of the Village of Morton Grove board on Sept. 28. These parking lots at 5714 and 5821 Dempster St. will be the second and third of a total of six public parking lots anticipated to be shared by businesses along Dempster St. The bid was awarded at \$381,485 for the demolition of the vacant buildings and the construction of the new parking lots. "It is the village's hope that the

public parking lots will be available in time for the holiday shopping season," said Community Development Director Bill Neuendorf. Village Administrator Joe Wade said that the parking lots are both scheduled to be completed this construction season. Wade said this special meeting was pushed up because they wanted to have as much time during the construction season as possible to work on the lots. "Ryan Gillingham, our village engineer has been tirelessly pursuing release of these funds since last winter," said Neuendorf. "In September, we finally received funding approval for these parking lots."



Park Ridge Mayor Howard Frimark shared his positive remarks at the City Commons Dedication at the Park Ridge Library. (Photos submitted by the City of Park Ridge)

Park Ridge Celebrates City Commons Dedication Ceremony

By Tracy Yoshida Gruen
STAFF WRITER

A special event to dedicate the City Commons area of Park Ridge took place on Monday, Oct. 1 in front of the Park Ridge Library. The City Commons project includes enhancements to the Uptown redevelopment and its surrounding businesses, such as streetscape and landscape improvements in front of the library. Other areas of the project include along the west side of Prospect north to Touhy and west along Touhy to Summit Ave. Local Rotarians planted flowers around the Commons area.



"As your mayor, I am delighted to be here today representing our community," said Mayor Howard Frimark. "This attractive area around the library is welcoming for those coming to the library or to shop in Uptown... It provides a visual connection to the residences and businesses of uptown still under construction." Frimark said the City Commons would provide a "pleasant backdrop" for the increased activity coming to the area and a gathering place for concerts and reading events.

Two meaningful sculptures were purchased for the area by the city. One, called "Celebration," is a bronze sculpture by William Jauquet, who has had his artwork displayed at the Smithsonian and the White House. The statue is of a winged figure playing a horn. The second sculpture is called "Storyteller" and was created by David Unger. This statue shows a man telling the stories of his life.

At the dedication, Frimark thanked city staff for the timely completion of the project. He also thanked the local Rotarians for planting the flowers and everyone in attendance for being a part of the special dedication ceremony.

LSSI to Honor Dr. Peter Benson at 26th Annual Gala

On November 3, Lutheran Social Services of Illinois (LSSI) will honor Dr. Peter Benson, president of the Search Institute, at this year's Amicus Certus Gala. The event is hosted by the Women's Network of LSSI and will be held at the Four Seasons Hotel in Chicago.



Lutheran Social Services of Illinois

The Amicus Certus (or "True Friend") Award is given to individuals or organizations that have made significant contributions to the human community. Dr. Benson, president of the Minneapolis-based Search Institute, is one of the world's leading authorities on positive human development and is being honored for his commitment to influencing society to be more attentive to children and adolescents. In the 1990s, he developed his innovative, research-based framework of Developmental Assets, the most widely recog-

nized approach to positive youth development. Currently, he is focused on conceptualizing a new understanding of "thriving" as it pertains to child and adolescent development. "We are honored to present our Amicus Certus Award to Dr. Peter Benson, who is passionate about being a 'true friend' to children and adolescents through his studies," says the Rev. Dr. Frederick Aigner, LSSI president. "From the very beginning, LSSI has been dedicated to supporting and enriching the lives of children, and we are pleased to honor an individual who is strengthening development in this important area." Former Amicus Certus Honorees include the late Paul

Simon, U.S. Senator from Illinois; Anne M. Burke, Chicago Special Olympics founder; The Retirement Research Foundation; and The Erickson Institute. Last year, LSSI honored men's head basketball coaches Bruce Weber and Homer Drew of the University of Illinois at Champaign-Urbana and Valparaiso University in Indiana, respectively, for the commitment that they demonstrate to their players by mentoring and encouraging them to complete their college education and pursue meaningful and productive lives after graduation. Amicus Certus Gala tickets are \$300 per person or \$3,000 for a table for 10, and may be obtained by advance reservations.

Sponsorships are also available. Proceeds from this year's event will benefit LSSI's Telepsychiatry Program, which allows client sessions and staff meetings to be conducted using videoconferencing technology. Using the equipment, Dr. Chris Fichtner, a psychiatrist, is able to "meet" with clients from Nachusa (Ill.) Lutheran Home's treatment programs from a conference room in LSSI's Des Plaines office. "Telemedicine gives us an opportunity to reach out to areas where there is an unmet need in mental health services," explains Fichtner, who also consults with caseworkers at Nachusa about the status of clients' medication and related issues. The program has been so successful in its first year that LSSI is looking at the possibility of expanding the service into other rural areas in Illinois.

For more information about the Amicus Certus Gala or to make reservations, contact Ed Newton at 847/635-4656, or Edward.Newton@LSSI.org. Founded in 1867, Lutheran Social Services of Illinois is a statewide, not-for-profit social service agency of the three Illinois synods of the Evangelical Lutheran Church in America. LSSI's services include foster care, adoption, pregnancy counseling, Head Start, child care services, services for at-risk families, residential services for youth, counseling, mental health, substance abuse treatment, residential programs for adults with developmental disabilities, housing and services for older adults and individuals with disabilities, nursing care and rehabilitation, and programs for prisoners and their families. For more information, visit www.LSSI.org.

Festival

continued from page 1

Director Bill Neuendorf and Christy Krier for all of their hard work to make the day a success. He also thanked the wonderful schools, the park district and

other agencies that help to make Morton Grove such a wonderful place for families to reside. During his presentation, Krier announced the names of Morton Grove natives who are serving in Iraq to protect our country and honored them for

their service. Supt. of Niles Township School Dist. 219 Neil Codell and Morton Grove Park District Director Jeff Fougerousse thanked the community for all of its support. "None of this is possible with-

out your support and your belief in the children," shared Codell. He referred to Morton Grove as "one of the most marvelous" villages in the world. Local students took place in a Scarecrow Challenge in which they were able to build their

own scarecrows and at 2 p.m. the winners were announced. "It's a wonderful tribute to the whole village," said Former Mayor Dan Scanlon. "I've lived in Morton Grove for 57 years and have enjoyed every minute of it."

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Norwood Crossing Groundbreaking to Bring New Era in Continuing Care

The groundbreaking for the repositioning and redevelopment of Norwood Crossing took place recently at Norwood Crossing, 6016-20 N. Nina Ave. in Chicago. From left are: Richard Fjeldheim, Norwood Life Care Foundation board chairman; Marcia Mahood, Norwood Life Care Foundation CEO; Michael Toohey, Norwood Crossing executive director; Richard Corrin, board member; Per Bye Ohrstrom, retired hon-

orary consul general of Norway; Liv Ohrstrom; Paul Anderson, honorary consul general of Norway; Johann Kaiser, Norwood Crossing Resident Council president; former State Representative Ralph Capparelli; Andrew Jaworski, Harley Ellis Devereaux architectural firm; Melvin Matsumoto, New Life Management and Development; and Tom Baldocchi, Pepper Construction.

'Kid Nation' Star has Family Ties in Niles

By Tracy Yoshida Gruen
STAFF WRITER

Pat and Ron Neukirch, of Niles, have been glued to their television set every Wednesday evening.

Their 13-year-old grandson, Hunter Jeffers, is starring in the unique new reality show, Kid Nation. The show was filmed out in a ghost town in New Mexico, where 40 kids have 40 days to build a working society without any assistance from adults. Hunter returned to his Georgia home in mid-May.

"He just can't say enough great things about it," said Pat Neukirch, about her grandson's experience on the TV show. "He is so grateful for the experience."

Neukirch said there has been "negative press" around the show regarding neglect during the taping, but she says that there were psychologists and doctors and other adults with the

kids and the family felt the experience was everything but negative.

"It's been an excellent experience," said Scott Neukirch, Hunter's uncle and the finance director of the Village of Niles. "They had a lot of reservations in the beginning."

Neukirch said that his sister hesitated at first because of the amount of time that Hunter would have to spend away from the family. However, after the experience, Neukirch said they have no regrets and are very happy he decided to participate in the unique experience.

Hunter was exposed to different opinions, religions and ways of life while on the show.

"It's kind of neat to be able to see him on TV every week," said Neukirch, who said that since his sister and Hunter live in Georgia they don't get to spend as much time with them as they'd like so this is another great way to stay connected. Ron and Pat went down to Georgia to watch the premiere of Kid Nation with the family.

Ron and Pat have lived in Niles for 38 years and Hunter's mom, Dawn Jeffers, grew up in Niles, attending both Gemini Jr. High and Maine East High School.

Dawn stayed in Niles until after college when she moved out of state to Martinez, Georgia, to become a teacher for gifted students. She found out about Kid Nation from an e-mail saying they were looking for gifted kids. She felt a show about kids working together and governing themselves would be a good fit for her son.

"It's not that he wanted to be a movie star or anything," said Pat Neukirch, who said her grandson wants to become a navy fighter pilot or the president one day.

Every episode one child will be awarded with a gold star worth \$20,000. The family could not reveal whether or not Hunter earned a gold star due to a contract with CBS.

Curious minds will just have to watch and find out.

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NDHS Alums Saluted at First Annual Hall of Honor Awards

More than 30 Notre Dame High School alums were saluted during the first annual Hall of Honor Awards that was held on Sunday, Sept. 30.

Some of the Dons that were honored included Chicago Cubs President John McDonough '71, Patrick McCaskey '67 of the Chicago Bears and James Larocco '66, director general of the multinational force and observers in Rome, Italy and the former ambassador of Kuwait.

"Notre Dame gave me the incentive to achieve. The philosophy was you can always do more and always improve your-

self," said McDonough, in a press release. "I really look back at the Notre Dame period as a time of discipline. I received a great work ethic there... Being at Notre Dame taught me the importance of being humble."

The following is a complete list of the 2007 Hall of Honor inductees:

George Holley '58, CEO Home Diagnostics, Inc. His \$1 million gift to the school helped the construction of the George Holley Science and Technology Center, which was completed in 2001.

Eugene Faut '59, retired from sales and sales management in the computer indus-

try and Vice President of the NDHS Alumni Association.

Michael B. Roche '59, shareholder and attorney at Schuyler, Roche & Zwimer

Robert Goldberg '60, member of the Chicago Board of Trade and Chicago Board of Options Exchange

Raymond Gorzynski '60, Vice President of Sales for Medtrol, Inc.

Thomas Fahey, MD '60, retired orthopedic surgeon from Fahey Medical Center, S.C.

Terry O'Brien '60, retired from O'Brien Manufacturing Co. Sewer Equipment Co. of America

William DeBaets '60, retired, beloved longtime NDHS teacher

John Zei '62, President and CEO of Knowles Electronics.

Paul Kanzer '64, Technical Support Availability Manager for Computer Associates.

Francis A. Gembala '65, retired Cook County Circuit Court Associate Judge in the Domestic Relations Division.

James Pankow '65, influential trombonist and composer for the group Chicago.

James Larocco '66, Director General of the See NDHS Awards, page 7

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Two televisions stolen from business

MORTON GROVE

1 Television Sets Stolen from Business (6000 block of Dempster)

Unknown person or persons threw two large rocks through the window of a store, and two other males entered the store through the hole and existed with two televisions worth \$900 on Sept. 28.

2 Burglary to Residence (6000 block of Grove)

Unknown person or persons gained entry to a residence through the back door and stole an unknown amount of money on Sept. 29.

3 Stolen Cigarettes/Lighter (8400 block of Waukegan)

Unknown person took a woman's cigarettes and lighter on Sept. 28. The woman demanded her property back but the man denied he took them and took off running on Main St.

4 Burglary to Residence (8700 block of Frontage)

Unknown person or persons gained entry to a residence through an attached garage in the 8700 block of Frontage on Sept. 28. Police said nothing was taken from the residence.

5 Purse Taken from Vehicle (6800 block of Dempster)

A \$120 purse containing a \$50 wallet, \$30 in cash and credit cards was taken from an unlocked vehicle in the 6800 block of Dempster on Sept. 28.

6 Burglary to Vehicle (5400 block of Waukegan)

Unknown person or persons took money from an unlocked vehicle in the 5400 block of Waukegan on Sept. 29.

7 Retail Theft (6300 block of Oakton)

A 24-year-old Chicago male and a 27-year-old Chicago male were arrested for retail theft after taking power tools from a store on Sept. 29. Their court date is Oct. 5.

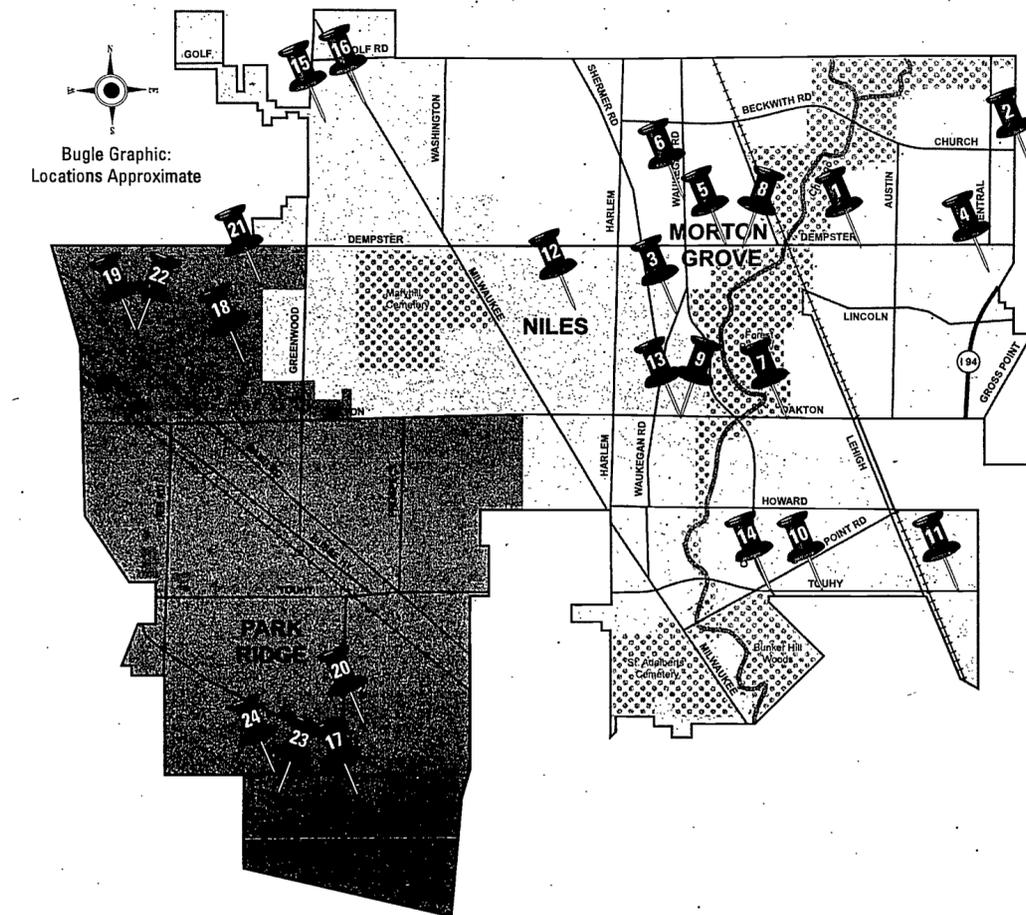
8 Driving with Revoked License (Birch and Dempster)

A 32-year-old Evanston man was arrested on Oct. 1 for driving with a revoked license. His court date is Oct. 30.

NILES

9 Street Sign Found in Yard of Residence (6900 block of Oakton)

A Village of Niles street sign for Oakton Ct. and New England was discovered in the backyard of an elderly couple's



Bugle Graphic: Locations Approximate

home in the 6900 block of Oakton on Oct. 3.

10 Aggravated Battery at Hotel (6400 block of Touhy Ave.)

Police said two males entered a hotel room, demanded money and struck a guest with a bottle on the head and pushed him into a window outside of the room on Oct. 1.

11 Liquor Stolen (5600 block of Touhy Ave.)

Unknown person or persons took bottles of alcohol worth \$301 from a store in the 5600 block of Touhy Ave. A complainant saw the man put the bottles in his pants while walking eastbound on Touhy Ave. The man was stopped by the Skokie Police in the 7300 block of Niles Center Rd.

12 Attempted Home Burglary (7300 block of Lee St.)

Unknown person or persons kicked the front door open to gain entrance to a residence in the 7300 block of Lee St. on Oct. 10. Nothing was taken, said police.

13 Damage to School Property (6900 block of Oakton)

The bottom part of the school sign was broken sometime between Sept. 29 and Sept. 30, said police.

14 Gasoline Stolen (7200 block of Caldwell)

A customer was seen pumping \$36.33 of gas into his vehicle and then leaving without paying on Oct. 2. He was last seen heading north on Caldwell Ave.

15 Felony Retail Theft (400 Golf Mill Center)

A 41-year-old Morton Grove female was arrested on Sept. 30 for stealing two men's leather coats from a store at 400 Golf Mill Center on Sept. 30. The coats have a value of \$440. The woman's court date is Oct. 10.

16 Felony DUI/Driver's License Never Issued (9400 block of Milwaukee Ave.)

A 36-year-old Glenview male was arrested on Sept. 29 for driving under the influ-

ence of alcohol and driving without a license. The court date was Oct. 2.

PARK RIDGE

17 Paintballs Shot At Home (1400 block of S. Greenwood)

Unknown person or persons shot a home and car mirror with paintballs in the 1400 block of S. Greenwood on Sept. 29. The estimated cost of the damage is \$50.

18 Burglary to Vehicle (1700 block of W. Woodland)

Unknown person or persons entered the residence through an unlocked front door in the 1700 block of W. Woodland on Oct. 2. The value of the television set is \$600.

19 Burglary to Vehicle (1500 block of N. Good St.)

A \$300 GPS system was taken from a 2005 Saab by breaking the driver's side

window in the 1500 block of N. Good St.

20 Graffiti on School (1000 block of S. Fairview)

While on routine patrol, an officer discovered graffiti spray painted on the east side of the school in the 1000 block of S. Fairview sometime between Sept. 28 and Sept. 30.

21 Tires/Wheels Stolen (1800 block of Weeg Way)

Unknown person or persons removed the tires and wheels with a value of \$4,500 from a 2003 BMW parked in the garage of a residence under construction in the 1800 block of Weeg Way on Oct. 1.

22 Burglary to Vehicle (1500 block of Good)

Unknown person or persons entered a Ford Explorer by using a brick and took a purse with \$100 in USC, credit cards and IDS sometime between Sept. 20 and Sept. 29 in the 1500 block of Good. See Blotter, page 7

NDHS Awards

Continued from page 5

Multinational Force and Observers in Rome, Italy and former Ambassador of Kuwait.

John Accetturo '66, Councilmen for Carmel, Indiana and managing partner of CMA Consultants, LLC.

John Ranos '66, Business Manager of the Department of Anesthesiology at Rush University Medical Center.

Robert Flood '66, President of Flood Brothers Disposal & Recycling Services and a Notre Dame High School Executive Board member.

Frank Marrese '66, President of Ecker Enterprises, Inc.

Patrick McCaskey '67, Board Member and the Special Projects Senior Director of the Chicago Bears.

James Durkin '67, Corporate Vice President at Arthur J. Gallagher & Co. and President of Gallagher Benefit Services, Inc.

Joe Petricca '68, retired long-time Head Football Coach, Physical and Driver's Education teacher at Palatine High School.

William A. Shiel '68, Senior Vice President, Facilities Development for Walgreen Co.

John L. Krazinski '68, retired as a mechanical engineer for Argonne National Laboratory.

Joseph G. Martorano, MD '70, President of Medtrol, Inc.

Daniel Locallo '70, Cook County Circuit Court Judge in the Law Division.

Ken Marchetti '70, President & CEO of Olmarc Packaging Company.

Rev. Thomas Baima '71, Provost at the University of St. Mary of the Lake/Mundelein Seminary.

John F. McDonough '71, President of the Chicago Cubs.

Rev. Gregory S. Sakowicz '71, Pastor of St. Mary of the Woods Parish in Chicago and co-host of the Archdiocese of Chicago's "Catholic Schools Today" program on 820-AM.

David Daul '72, President of Allen Woods & Associates, Inc.

Rev. Thomas P. May '73, Pastor of St. John Brebeuf in Niles, Illinois.

Rev. Austin I. Collins, CSC '73, Professor on the faculty of the Department of Art, Art History and Design at the University of Notre Dame.

Matthew Berrafato '76, partner in Messmer/Berrafato Consulting Group and chairman of the First Step Foundation.

Christopher T. Nowotarski '76, President of Christopher T. Nowotarski, P.C. & NDHS Executive Board member.

Blotter

continued from page 6

23 Possession of Cannabis (East River Rd and Bryn Mawr)

A 17-year-old Park Ridge man was arrested on Sept. 28 for the possession of cannabis and speeding on Sept. 28. His court date is Oct. 17.

24 DUI/Failure to Reduce Speed to Avoid Accident (Devon and Western)

A 43-year-old Prospect Hts. man was arrested at Devon and Western for driving under the influence of alcohol and failure to reduce speed to avoid an accident on Sept. 30. The bond is \$1,000 and court date is Oct. 29.

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You Can Afford It

When you spend, spend, spend you must pay, pay, pay. This is what is happening here in Illinois. Whenever you hear tax increase, you can be certain that overspending is the problem. The deal is that we pay taxes to government in exchange for those services not readily available from the free market. When government stays focused on that narrow goal you don't get tax in-

never admit to wasteful spending and hiring practices. Tax hikes are a symptom of Spenditis: the complete inability of Illinois politicians to spend wisely.

Does it make sense to give these guys more of your money? I mean they have yet to spend it carefully. Why is a tax increase the only way out? When you have a tight budget you cut out the extras and unnecessary items. Government should do this as well. The problem did not start

with Governor Blagojevich, and if Governors George Ryan and Jim Edgar had limited their budgets to a 1.7% increase our budget would be just under \$39 billion, not the \$55 billion requested. That would put \$16 billion back into our economy and your pocket. All the tax increases have lowered revenue as businesses and people have fled the state. Our



unemployment rate is higher and our job growth lower. Taxes have increased by \$1.6 billion over the last three years, yet we are still in a deficit because they can't stop spending. Keeping a tight budget keeps the state healthy, the economy growing and makes us more competitive.

Instead we have an unfounded pension disaster that will cripple the state. It is estimated that 47 cents of every dollar collected in Chicago property taxes goes to pensions, but the gap continues to widen. My friend's neighbor is retired from the CTA. His pension (self reported): \$6000/month. That is crazy. I have no idea what other pensions look like, but you're sacrificing your livelihood so this guy can retire in luxury. If we are headed into a recession what makes the most sense: higher or lower taxes?

The economy. The gross receipts tax proposal would hit every stage of production and multiply itself by as much as 250%. Massive increases in cigarette taxes will just lead to a black market in cigarettes like what has happened in Tennessee. Can you afford to pay more income taxes? The Lotto hasn't fixed school funding and more casinos won't fix anything either. Once they get their hands on the money, they won't every let it go and they'll just keep spending. Do you have cash just sitting around in piles?

Our citizens deserve better. We need politicians who look to cut out the pork, actively limit budget increases, and work for lower taxes. If the economy turns down, people will need more money in their pockets to make ends meet. Tax hikes every year for decades, from the local level to Springfield, have cost Illinois households their ability to save for a rainy day. Small business people

need tax relief so they can grow and create jobs. The reality is that only people pay taxes. In the end it all lands on you.

Taxes harm people. They reduce new jobs, eliminate existing jobs, or make life more expensive. Taxes are a cost. Can we afford to lose more businesses? Can you afford to pay more?

Maybe you don't really believe taxes are a spending problem. Here is a little anecdote: over the last decade the number of condos in the area has exploded. A six flat might pay \$5-6000/year in taxes. A condo in the same building will pay a minimum of \$3000. So the tax receipts triple up to \$18,000 or more and still there is not enough money. Fiscal discipline is a critical skill and one sorely lacking in Illinois politicians. Maybe we need a third party, one that knows how to pinch pennies. Otherwise you might want to check moving rates; there are other states in the union.

We would like to thank the Niles Police Department, Niles Fire Department and everyone who stopped to offer assistance at the scene of Bernice Zuraski's accident on Oakton Street, Niles on Saturday, September 29th. Our heart felt thanks to everyone involved!

The Family of Bernice Zuraski

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Signature Bank Reflects On Successful First Year

By Tracy Yoshida Gruen
STAFF WRITER

Signature Bank is celebrating a very successful first year. The bank located at 6400 N. Northwest Hwy. in Chicago secured \$23.8 million in capital from individual investors to form the bank, representing the largest privately funded de novo capital raise in the state of Illinois.

Financial Planning: Your Greatest Asset is Your Ability to Earn An Income

ARA

The first week of this month is Financial Planning Week, and, with the number of American workers who suffer income-limiting disabilities on the rise, "disability" financial planning and preparation have never been more important for America's workforce.

If you experienced an accident or illness and could not return to work for a few months - or even years - how would you and your family manage financially?

The Council for Disability Awareness (CDA) has prepared five questions to help you understand how you would handle your regular expenses during a period of lost income due to an accident or illness:

1. What are my "necessary" monthly living expenses that would continue even if my income stopped? My rent or mortgage, utilities, food, medical insurance?
2. Would my personal savings pay for my "necessary" monthly expenses - for one month, three months, six months, longer? Would my savings also cover my "out of pocket" medical expenses (deductibles and co-pays)?
3. Does my employer have a sick pay plan or long-term disability program, or both? Am I participating? When would it start, how much would it pay me and for how long?
4. What other sources of income might be available

See Income, page 10

"The community has been very supportive," said Michael O'Rourke, bank president and CEO. He said many of their customers come from Chicago, Niles and Park Ridge.

O'Rourke said that in order to give back to the community Signature Bank has been involved in various community events, such as volunteering at the Edison Park Fest this past summer. At this event,

they raised \$1,100 for Misericordia.

In September, Signature Bank announced that their customers can use any ATM at any location without being charged a fee.

"Signature Bank understands that it isn't always convenient to use your own bank's ATM every time and we think it is unfair to charge our customers for doing so,"

stated Michael O'Rourke, in a press release. "We pride ourselves on being Chicago's kind of bank and that means being customer-service driven."

The bank opened in August of 2006 and a grand opening was held in October.

Signature Bank is a full service commercial and retail bank, which offers a variety of services and products to meet

the needs of businesses, individuals and families in the community.

O'Rourke said that their team is comprised of people from all over the Chicago area to meet the needs of customers from the surrounding community.

"We're always looking to expand," shared O'Rourke.

A new branch is scheduled to open in the loop on Dec. 1.

Investing in Your Kids, Part I: Saving for College

By Carrie Schwab Pomerantz
COPLEY NEWS SERVICE

What's the best way to invest in your children's futures? And I'm talking about financial investments, not the figurative - but even more important - investments we make of our time, our energy and our love. If you can afford to put money away for your kids, you have some choices to make. As is the case with most investment planning, understanding your goals will help you make the right choice. In this first article

of two on the topic "Investing in Your Kids," I explore ways to reach the No. 1 goal of most parents today: paying for higher education.

Newsflash: College is Expensive

Every September we're bombarded by stories of the high cost of higher education. And it's undeniably true that college is expensive and getting more so, especially at the elite private colleges, where a year's tuition, room, and board can easily top \$40,000. But don't be discouraged by the

really big numbers; most students don't pay anywhere near that much.

According to the College Board, the average cost for tuition, fees, and room and board at a four-

year private college for 2006-2007 was just over \$30,000. The comparable figure for a four-year public college was just under \$13,000. Plus, a huge number of families qualify for some form of financial aid (grants) and virtually any student can get a student loan.

Of course it's still a good idea to save and invest, as early as possible, for your children's higher education. Saving now will be cheaper than borrowing later. The government has created a tax-advantaged option called the 529 plan. Each state sponsors its own 529 plan, managed by professional investment companies, and you are free to invest in the plan you like, though check your state's plan to see if there are any state income tax benefits.

You make and control the. See Money, page 10

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BY JEFFREY CARDELLA
Special to The Bugle

Edward Jones
Do All Your Stocks and Mutual Funds Look Alike?

Like most people, you probably gravitate toward things that you're familiar with and that you like. If you enjoy classical music, your shelves may be full of Beethoven and Ravel. If you love pasta, your cupboards may be bulging with spaghetti and ravioli. In most parts of your life, there's nothing wrong with this type of devotion - but if it applies to your investment portfolio, you could run into problems.

Specifically, you don't want to own too many of the same types of stocks or mutual funds - even if you like these investments and are generally pleased with their performance.

What's wrong with "the more, the merrier" approach to investing? Simply put, it's too risky. Suppose you owned only stocks of companies that belonged to the same industry, or to a couple of related industries. If a particular set of economic or market forces should hurt these industries, then your stocks would take a hit - and if most of your investment dollars were tied up in these holdings, your overall portfolio could take a hit, too.

You might think you can avoid "over-concentration" by investing in mutual funds. After all, mutual funds may invest in dozens of companies at any time, so aren't you protected from any industry-specific downturns? It's not that simple. There are many types of mutual funds available, and some of them concentrate in a particular market segment, such as technology. When something affects these segments, such as the bursting of the technology "bubble" in 2001, these types of mutual funds can be harmed. If you owned just one tech-heavy fund at that time, your overall portfolio probably wasn't shaken up too much, but if you had several of these

funds, you would definitely have felt some pangs of regret when you opened your investment statement.

Keep this in mind: *Different investments may respond differently to the same market forces.* To give just one example, a steep rise in interest rates may hurt the stocks of financial services companies but have relatively little effect on pharmaceutical stocks. On the other hand, certain legal or regulatory changes can have a big impact on drug company stocks but not cause a stir in the financial services industry. Consequently, if you spread your investment dollars among different types of stocks and mutual funds (as well as bonds, certificates of deposit and government securities), you'll be less vulnerable to those forces - all beyond your control - that may affect one particular class of assets. (However, diversification by itself does not guarantee a profit or protect against loss.)

Here's one more reason to expand your investment horizons:

You probably won't be able to achieve all your financial goals if you own only one type of investment, such as growth stocks or growth-oriented mutual funds. Over time you will have other considerations, such as the need for income, so you'll need to address this in your portfolio.

These factors also affect the way you approach your 401(k) or other employer-sponsored retirement plan. You may have a dozen or more investment options in your plan, so don't just stick with one or two of them.

In the investment world, you've got many choices - so take advantage of this freedom and flexibility. It may pay off in the long run.

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

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Mayor Nicholas Blase's name has been removed from the sign outside of his law firm on Milwaukee Ave. Blase said that he hasn't practiced law for a few years and the Illinois State Bar Association required that he remove his name from the sign.

Money

continued from page 9

investments, and the account is held in your name with the child as the beneficiary. You can start with very modest sums, particularly if you agree to make regular, automatic contributions. Most plans allow you to choose from a variety of portfolios that are either age-based, becoming more conservative as your child nears matriculation, or static (it's up to you to make changes).

A Tax-Advantaged Way To Save

The big benefit: You pay no taxes on any investment gains or income as long as distributions are used for qualified higher education expenses. If a child doesn't use the assets, or doesn't use all of them, you can transfer 529 balances to another child or even to another family member with no tax penalties.

A lot of parents worry about whether 529 plans and other assets will hurt their children's chances of receiving aid. The answer is yes, but not as much as you might think. College financial aid calculations for need-based grants always take into account parental assets and student assets; however,

they typically expect only a fraction of those assets to be used in any given year.

Formulas vary, but in general I believe that the benefits of using 529 plans, the investment potential for growth and their tax-advantaged structure, outweigh the risks of losing some financial aid. And to eliminate that concern, grandparents can open and fund a 529 account without any financial aid impact at all.

Another advantage is being able to put a lot of money into 529 accounts; most plans will allow you to contribute at least \$200,000 per child, including a lump sum of up to \$60,000 - or \$120,000 per couple - without triggering the gift tax. But even more modest contributions add up: If you could save \$3,000 annually in a 529 plan for the first 18 years of a child's life and earn an average of 7 percent, your kid would turn 18 with a little more than \$100,000. Although this may sound like a lot in terms of today's dollars, you also have to factor in the realization that college costs are rising approximately 5 percent to 8 percent a year. And of course there is always the possibility of losing money while

invested in the plan.

Another federally legislated, tax-advantaged educational investment opportunity is the Education Savings Account (ESA), sometimes called a Coverdell account. ESAs function similarly to 529 plans, but eligibility is limited by income. Joint filers can earn no more than \$220,000 and single filers no more than \$110,000 to be eligible to open an ESA; contributions are limited to \$2,000 per year. However, ESAs do offer some advantages. You can invest ESA assets in any listed fund or security (typically 529 plans have limited investment options), and ESA withdrawals can be used for elementary and high school expenses as well as college. But for most people, the 529 plans offer a chance to save considerably more.

College may be the only financial goal you have for your child. Check back next week when I take a look at custodial accounts. The tax laws surrounding custodial accounts (the "kiddie tax") have changed substantially in the last year; therefore, if you have a youngster in your life, be sure not to miss this installment.

Income

continued from page 9

to help me pay for my expenses? My spouse's income, second mortgage, retirement funds, credit cards?

5. Could I afford my medical COBRA premiums, and what would happen to the contributions to my 401(k) account or retirement plan?

"For most folks their greatest asset is their ability to work and earn an income," explains Robert Taylor, president of the Council for Disability Awareness. "If you should lose that ability, it's important for you to understand how you would manage, and plan accordingly. The five questions are a good start to planning ahead."

To learn more about tools and resources that can help you assess your current financial situation and enhance your financial security, visit the CDA Web site, www.disabilitycanhappen.org.

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The Bugle 50th. Anniversary Business Of The Month

Featuring Niles Chamber Members

Wells Fargo Home Mortgage Provides Array of Services

By Tracy Yoshida Gruen

Wells Fargo Home Mortgage has been located in uptown Park Ridge since 2000. "It's been a great location," said Mary Ressetar, reverse mortgage consultant. Ressetar said that being by the train station they have received a great amount of foot traffic.

Wells Fargo offers services in home purchasing, first time-home buying, refinancing, finding the right loan for each individual, moving beyond credit challenges, financing for military personnel and veterans and reverse mortgage programs for senior citizens.

The Park Ridge office is located at 100 S. Prospect Ave. in Park Ridge and has about 9 employees.

The reverse mortgage program for seniors is a program that started in Illinois in 1992 and lately more and more people have become aware of the program and its possible advantages.

"It's really starting to pick up," said Ressetar. "For this program, exposure is the key."

In reverse home mortgage programs, instead of turning income into equity, you turn your equity into income. The program allows people to tap into their investment in order to achieve certain goals, such as paying medical bills, traveling, etc.

Ressetar said that customers of the reverse mortgage program don't have to worry about debt against their credit, the only thing that may affect their qualification for the program is debt against their property. They must be 62 years of age to participate in the program.

Ressetar said most of the seniors wish to stay in their homes if possible. She said everyone is different so she provides customers with information to help them make the right choice for their specific needs.

RENOVATIONS COMPLETED AT NILES JCPENNEY

Niles-area shoppers will soon find it much easier to shop for their favorite JCPenney brands, from Liz & Co. and a.n.a for women to The Original Arizona Jean Co. for kids, to Stafford and Dockers for men, and Cooks and KitchenAid for the home. As part of JCPenney's ongoing commitment to provide customers with an easy and exciting shopping experience, the JCPenney department store at Golf Mill Shopping Center has undergone a significant renovation.

The updated store has the look and feel of a new JCPenney store, with wider aisles, improved lighting, and new signs and graphics that make it easier to locate brands and departments. For added convenience, large and centrally located customer-service stations will make checking out easier and save time. The store renovations also include new carpet, tile and

Improvements Designed to Better Serve Customers and Deliver a More Exciting Shopping Experience

Napolean, JCPenney assistant store manager.

"This renovation project represents a substantial investment in meeting the needs of our customers for years to come," Voeller said. "We're very pleased with the improvements to our store and the newly renovated Golf Mill center. We invite everyone to come and see our new look and celebrate with us." Voeller adds, "Our customers are raving about the new store and are saying it's been worth the wait."

Niles Lions Club Proclaims Oct 12 & 13 Candy Days



Members of the Niles Lions Club attended the Niles village hall meeting on Sept. 25 to officially proclaim Oct. 12 and Oct. 13 Niles Candy Days to raise money to help support the community.

(Left to right) Jim Capek, Barry Mueller, Glenn Steude, Lbu Valerio, Ingrid Kubitz, Kim Steude, Phil Bergquist, John Preston, Mayor Nicholas Blase, Norbert Johnson, Trustee Bob Callero, Tony Hubick and Trustee Louella Preston.



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Dist. 64 Community Finance Committee Leaders Recognized

Dist. 64 Community Finance Committee Leaders Phil Eichman, Craig Elderkin and Diana Stapleton will receive a top state education award at the "Those Who Excel" banquet on Oct. 13 in Decatur.

In the "Those Who Excel" award program, the Illinois State Board of Education honors and recognizes those who make outstanding contributions to education.

Dist. 64 nominated the three for their hard volunteer work as co-chairmen of the Community Finance Committee. The committee was composed of 35 community members, teachers, administrators and others who provided a community-based analysis of the district's finances.

"The CFC's final reports were so well formulated and highly documented, they formed the basis for the board of education's subsequent decision to seek a tax increase referendum in April to maintain quality education and restore the district's financial security," shared Board of Education President Sue Runyon, in a press release.

Runyon went on to say that the team showed good leadership and encouraged and inspired others to achieve. He said they went above and beyond what was expected of them.

A selection committee including representatives of education organizations throughout the state evaluates and scores the nominations they receive for this award.

Dist. 64 Issues Parent Alert After Man Approaches Two Maine E. Students

Park Ridge-Niles Dist. 64 is alerting parents about two recent incidents involving Maine East High School female students.

According to Park Ridge Police, two female students, on two separate occasions on Sept. 20 and Sept. 26, reported being approached by an

Hispanic male, age 30 to 35, about 5' 5" to 5' 7" tall.

The man had a tattoo of three pitchforks facing down circled by numerous roses, according to the school district.

The man was seen driving a red Ford Mustang with a possible partial license plate 5132D or 5132M and a sticker of a red

bird on the vehicle.

"Both students took evasive action and remained safe," explained Dist. 64 in a press release.

Dist. 64 is encouraging parents to continue to review safety rules with their children and encourage students to walk in groups whenever possible.

Non-Resident Library Cards for the Niles Public Library Increase by \$75

By Tracy Yoshida Gruen
STAFF WRITER

The cost of non-resident library cards at the Niles Public Library has increased by \$75, but officials say the number of non-resident card purchasers have been low.

At the September board meeting, the Niles Library board passed a motion to approve a hike in the non-resident card fee from \$220 to \$295.

"The fee is based on a formula established by the Illinois State Library," said Niles Public

Library Director Cary Czarnecki. The formula is based on population, property tax levels and the average household size.

The past few years, Czarnecki said that about six or seven people have purchased non-resident library cards.

That number was significantly higher before the Niles library closed its main computer lab about five years ago for financial reasons, prior to the 2003 referendum that was passed.

"It was very popular with non-residents," said Czarnecki, about the computer lab. "We used to sell a lot of them."

"If a person is buying a non-resident card it is issued as a family card," Czarnecki noted, saying there is one flat fee based on the average household size. "We don't have a special card that we charge for single people."

Currently, the census reports there are 58,218 patrons of the library and 2½ is the average number of people per household.

Niles West High School Celebrates Homecoming Hollywood-Style

The red carpet was rolled out as Niles West High School students and staff celebrated a touch of Hollywood during their many homecoming events last week.

The theme of this year's parade was "Hollywood: Keep the Cameras Rolling!"

and the theme of the homecoming dance was "A Red Carpet Affair."

On Monday, the homecoming week was kicked off with a "Sleeping Beauty" pajama day.

Other events during the homecoming week included a Powder Puff game, a 80s

movie day, "Rock Star" day, "Teen Wolf" day and more.

The varsity foot ball game was held on Friday, Oct. 5 between the Varsity Wolves and the Evanston Wildcats and the homecoming queen and king were crowned at the beginning of the week.

Niles Park District Halloween Events

Halloween Parade & Party

Get your costume ready for the annual Halloween Parade and Party on Saturday, October 27. Join us for a bewitching stroll from Oak Park (Main Street and Ottawa) to Grennan Heights, 8255 Oketo. This event is open to children up to 6th grade. The Parade will kick-off from Oak Park at 10:30 a.m. and end at Grennan Heights at 11:00 a.m. where there will be Halloween fun to be had until 1:00 p.m. Fees are Res \$6 and Non-Res \$8. Registration is being taken at the Howard Leisure Center, 6676 W. Howard Street. For more information, please call (847) 967-6633.

Monsters Ball

This family special event is perfect for the whole family who want to experience some Halloween fun. Enjoy dinner, followed by a spooky firelight Halloween story that will put you in the mood for our Monsters Ball! Come dressed in your costume and be prepared to move to the music, play games and have a "monster" good time. Fee of Res \$12 and Non-Res \$14 includes dinner, story and dancing to the DJ. All participants must register for this event. Event will be Friday, October 26 from 6:00-9:00 p.m. at the Howard Leisure Center, 6676 W. Howard Street. For more information, please call (847) 967-6633.

Celebrate Halloween at Pioneer Park

Niles Park District invites you to attend Pioneer Park on Sunday, October 28 from Noon until 6:00 p.m. for an exciting Halloween Party. Children and adults who attend the party in costume will enjoy mini-golf for free! Bring the entire family and enjoy a FUN and SAFE day at Pioneer Park, 7135 N. Harlem Avenue. For more information, contact Pioneer Park at (847) 583-2746.

IceLand Scary Skate

Come ice skating on Saturday, October 27 from 12:05-1:20 p.m. at IceLand Ice Arena, 8435 Ballard. Admission is FREE if you come dressed in costume. For more information, please call (847) 297-8010.

Skokie Chamber of Commerce & Skokie Public Library Hosts Presentation To Discover Tips & Ideas For Updating Your Home

The Senior Living Workshop, hosted by the Skokie Chamber of Commerce and Skokie Public Library, is a one-of-a-kind presentation and workshop.

Discover great tips and design ideas for updating your home. Learn about products and services that offer creative solutions to make your home a more accessible environment. Research financial options that you may not have considered that may allow you additional options for aging in place. Don't miss meeting the presenters, seeing exhibits and hearing about these exciting products. For details, contact: 847.673.0240

COMMUNITY NURSE SEEKS BLOOD DONORS
Des Plaines Community Health Nurse, Madeline May, would like to remind the public that the Des Plaines Community Blood Drive will be held 1-6:30PM, TUESDAY, OCTOBER 16, 2007, at the Des Plaines Library, 1501 ELLINWOOD STREET. LifeSource is coordinating the blood drive. Individuals wishing to donate are encouraged to call. 847-803-7943.

Celebrate Teen Read Week at the Niles Public Library

Teens in grades 7-12 can Laugh Out Loud at Teen Read Week programs and win prizes at Teen Read Week events October 14-20 at the Niles Public Library. Teen Read Week is a national literacy initiative of the American Library Association. This year's theme encourages teens to use the Niles Library to discover books, magazines, comics, graphic novels, and audio books that are humorous or entertaining.

Snap up a prize in a Photo Contest! Teen photographers show what laughter means to you! Submit up to five entries

in print or digital files that exhibit laughter. Bring your entries to the reference desk or e-mail Donna at dblock@nileslibrary.org. Submission deadline is October 14. Winning entries will be displayed in the library. First place wins a \$75 gift card.

Follow the balloons to the Teen Read Week voting computer at the Audio Visual Desk and vote for your favorite books from a list of twenty teen favorites. Niles teen voters receive a Teen Read Week prize.

Laugh at the antics of Will

Ferrell and Jon Heder in the film *Blades of Glory* on Thursday, October 18 at 4PM.

Join David Durov of Second City for an afternoon of comedy improvisation on Sunday, October 21 from 2-4 in the large meeting room. This afternoon will be all about fun!

Niles Park District Adult Athletic Programs

Men's 18 & Over Basketball League

League play and playoffs comprise the 10 game guaranteed schedule. This basketball league will be played at Golf View Recreation Center on Wednesdays, November 14-January 30, 2008 from 7:00-10:00 p.m. Fee per team is \$550. Please call (847) 967-6975 with any questions.

Women's 18 & Over Basketball League

League play and playoffs comprise the 10 game guaranteed schedule. This basketball league will be played at Golf View Recreation Center on Sundays, November 11-January 20, 2008 from 6:00-9:00 p.m. Fee per team is \$550. Please call (847) 967-6975 with any questions.

Independent Schools Fair October 28, 2007 to Showcase North Suburban Private Schools

North suburban families wanting to learn more about top private schools are invited to attend the free Independent Schools Fair on Sunday, October 28 from 1 to 3 p.m. at Kohl Children's Museum, 2100 Patriot Blvd., Glenview.

Families visiting the Fair will be admitted free to the museum as guests of the Lake Michigan Association of Independent Schools, the organizer of the Fair. Although reservations are not required, families may preregister by sending an e-mail to info@independentschools.net.

Suburban independent schools offer a wide variety of choices for families, ranging from traditional, classical programs to offerings that emphasize the arts or specialize in programs for gifted students. Admissions representatives will be on hand to discuss programs at their schools.

"We are very pleased to share information about our excellent suburban independent schools with area families, who have become increasingly interested in independent schools," said Deirdre Harrison, Fair coordinator.

"Families seek out our schools because they provide exceptional teaching and small classes that lead to greater attention to individual students."

North suburban schools represented at the Fair are Baker Demonstration School, Wilmette; Chiaravalle Montessori School, Evanston; Countryside Montessori School, Northbrook; North Shore Country Day School, Winnetka; Quest Academy, Palatine; Roycemore School, Evanston; and Science and Arts Academy, Des Plaines.

Other schools represented at the Fair are Da Vinci Academy, Elgin Academy, and Fox River Country Day School, all in Elgin, and Conserve School, a boarding school in Land O' Lakes, Wisconsin, which will be providing information on summer camp opportunities.

The Independent Schools Fair is organized by the Lake Michigan Association of Independent Schools. For more information, call (847) 425-5813 or e-mail info@independentschools.net.

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HAIR CUT FOR MEN & WOMEN \$3.50 (REG. \$ 6.00)

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BENEFIT CONCERT

On Saturday, October 20, 2007 at 7:00 PM, The Family of Carling along with Resurrection Lutheran Church will host their 7th annual benefit concert. This concert is open to the public and is being presented to help the family of 4 month old baby boy, Ryan Thiesse of Palatine, IL who was born with Cleft Palate & Lip to meet medical expenses. The evening will feature The Sounds of Music, as instrumentalists and choirs come together from all over and present all types of music in an effort to raise money to help Ryan and Children's Memorial Hospital. Resurrection Lutheran Church is located at 9920 West Grand Avenue, Franklin Park, IL, 7 blocks east of Mannheim Rd on the north side of Grand Avenue. Tickets are available in advance from the church office or at the door. A suggested donation of \$10.00 per adult, \$5.00 per high school and college students, and 12 years old and under free. A life reception will follow the concert giving the public the opportunity to meet and greet all the musicians. For further information you can go to: www.rlcf.org or click on special events or call the church office at 847-455-7013.

Niles West, Pat Savage Cross Country Invitational

The Dons ran very well at the Pat Savage Invitational with almost all the harriers running personal best times. It was sunny and cool during the early races on the flat course on the property of Niles West High School. The meet was run in two divisions: red and white, and on three levels: freshman, sophomore and varsity.

The varsity placed sixth in tough white division (their times would have ranked them first or second in the red). Leading the way for the group was Thomas Baran who ran a personal best time of 15:25. Thomas finished third overall out of over 400 runners. He was followed by Peter Merkel who finished in 18th place with a time of 16:37. Junior, Michael Clark ran a great race sticking with Peter the whole

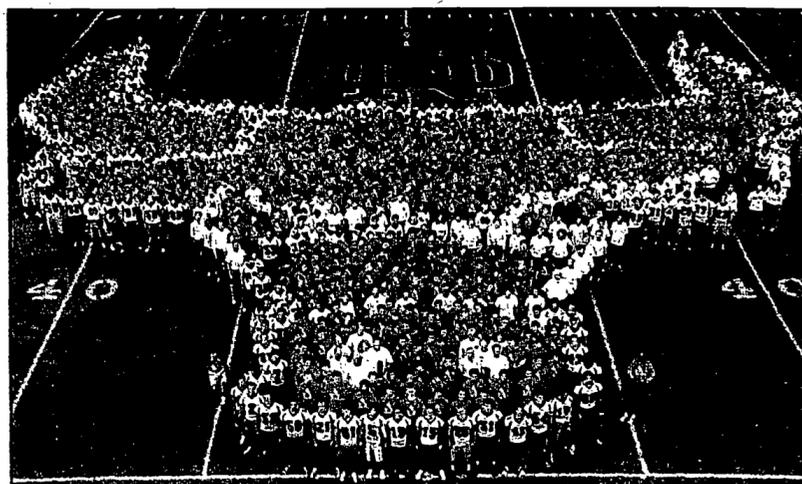
way. He finished 22nd in a time of 16:39. Sophomore, Tony Beplpedio (42nd, 16:57) and Brian Bonk (81st, 17:39) rounded out ND's top five.

The sophomore team was represented by a mix of freshman and sophomore runners. The team finished in 7th place. The sophomores ran a two mile course and were lead by Jack Hester (26th, 11:41). Fellow freshman, Andy Bastian came in second for the Dons (33rd, 11:50), with sophomore, Peter Maniscalco close behind (42nd, 12:01). JeanCarlos Torres (48th, 12:09) and Sean Ryan (62nd, 12:51) completed ND's scoring.

The freshmen were represented by Kiel Erdelac (42nd, 12:45), Ryan Paul (58th, 13:07) and James Baran (81st, 13:43) in their 2 mile race.

Dons Soccer Showing Improvement

Improvement was the key all week as the ND Soccer Dons played ESCC foes, Benet and Carmel to tough decisions. Even though they lost to Benet 1-0 and Carmel 5-0, Coach Keenan's troops played with better fundamentals and intensity. It showed in a positive win on Saturday against Gordon Tech. Goals by Tim Casey, Kiaren Robinson, and Mike Henry gave the Dons a Homecoming win 3-1 over the Rams.



'07 Walkathon

The Notre Dame High School community gathered recently to create their mascot, Harvey the Bull, prior to their 2007 Walkathon fundraiser. The Walkathon was held to raise funds for over 30 clubs that the Dons participate in every year at the school.

Dons Send Three to IHSA Sectionals

The Varsity Golf Team took to the links last week as they competed in the the IHSA Regional Tournament at Sportsman Golf Course. To every ones surprise the Dons came out swinging and finished with a 5th place finish out of 10 schools with a combined score of 322. Leading scorers for ND were Phillip Bogusz with a 77, Anthony

Salerno with a 79, Padraic Canavan with a 81 and Harry Johnson with 85. On a higher note Phillip Bogusz, Anthony Salerno, and Padraic Canavan all advanced to the IHSA Sectional Tournament to be held next Tuesday at Old Orchard Country Club. This is the second time in 30 years that Notre Dame has advanced 3 players to the sectional tour-

namment the last time this has been done was in 2004. Based on the past golf records, this is the first time that a Freshman has represented Notre Dame in the IHSA Regional Tournament.

Congratulations the Freshman Justin Sanetra who scored an 88 and finished the top half of the competitive field.

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CHICAGO SPORTS FANS

If you're interested in Chicago's pro sports past the "Chicago Sports History Journal" has you in mind. Each issue is about Bears, Cubs, Blackhawks, White Sox, Bulls. Original, unique articles on Games-Seasons-Series-Players stats-memorable happenings records-etc. quizzes too. Information, nostalgia, good reading, variety. Get a free trial issue with no obligation. Provide mailing address to: NeilOrser56@aol.com and get a free issue and subscription details.

Who's The Goat?

I am amazed how far a person will go to shield the blame and point the finger every time adversity strikes in athletics. Winning and losing has become a fame and blame sport in and of itself with Monday morning "I told you so talk" around water coolers all over America. The usual target for fame is the athlete who hit the homerun, scored the touchdown or spiked the kill shot leaving a ball tattoo on their opponent's forehead. It's rarely the routine catch, the key block or the one who set the spike up that get the applause. Yes fame is as fickle as the weather in April, one day you're the hero the next a goat. What amazes me is how often athletes and fans will point to something or someone that isn't between the lines during the game. You know the old sayings "The sun was in my eyes", "It was a bad call by the referee" or the most often used excuse "Our coaching is bad". Yes the blame in our society is often placed squarely on the management and rarely the actual person who made the mistake. Somehow the coach should have done more to prevent the fumble, the strike out, the out of bounds spike as if they can manipulate the game's outcome by sheer will power. If coaching a winning team meant nothing more than bringing a lucky rabbits foot to the game and keeping fingers crossed during the coin flip then it wouldn't be hard to accept the criticism when your team loses. I mean if you left your lucky penny at home how is that the players fault, shame on the coach who would jinx his or her team. While it is agreeable that



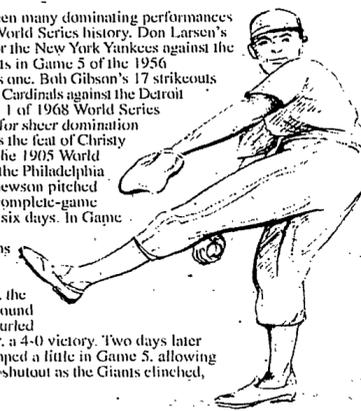
Chalk Talk
ROBERT LEACH | SPORTS EDITOR

coaching plays a very big role in the success of a team, they cannot control their players mechanics in a game. You can teach fundamentals but I have yet to see a coach be able to force them on a player during the game. The reality is most bad teams chose to be that way. There are athletes who fail to pick up a baseball in November, hit the weight room in January or fail to commit to something larger than themselves. It doesn't help when parents shout insults from the stands or try to move their kid to another town to avoid playing on a losing team. You can't choose a winner to play for, you need to be a winner yourself and make the others around you respect that. Negativity breeds losing in all things. Winners don't play the blame game, they look into a mirror when things go wrong and improve. Every athlete and coach I have ever met wants to win, but what counts is if they will pay the price when the crowd isn't cheering. Never throw stones in a glass house. That should be the first lesson in athletics. As always, I'll see you in the stands!

SPORTS FACT

Christy Mathewson threw goose eggs in 1905 World Series

There have been many dominating performances by pitchers in World Series history. Don Larsen's perfect game for the New York Yankees against the New York Giants in Game 5 of the 1956 championship is one. Bob Gibson's 17 strikeouts for the St. Louis Cardinals against the Detroit Tigers in Game 1 of 1968 World Series is another. But for sheer domination nothing matches the feat of Christy Mathewson in the 1905 World Series. Against the Philadelphia Athletics, Mathewson pitched a record three complete-game shutouts in just six days. In Game 1, Mathewson threw a 4-hitter as the Giants won 4-0. Two days later in Game 3, the 6-foot-2, 195-pound right-hander hurled another 4-hitter, a 4-0 victory. Two days later Mathewson slipped a little in Game 5, allowing six hits in a 2-0 shutout as the Giants clinched, 4 games to 1.



AREA FOOTBALL ROUND-UP

Maine South over Glenbrook South 28-21

Maine South snuck away with a fourth quarter comeback victory and scored on their on their last drive against visiting Glenbrook South last Friday night in a 28-21 homecoming win. Maine South will face New Trier who they are tied with atop the conference this Friday night away, game time 7:30 p.m.

Niles North 35-28 over Maine West

Niles North kept their playoff hopes alive with a victory over Maine West last Friday night.

North will need to run the table in the final two weeks in order to have a shot but they are still in it. North will face Maine East who thus far is winless this season on Friday night in Park Ridge, game time 7:30 p.m.

Niles West 46-20 over Evanston

Niles West came out and won convincingly last weekend to remove the goose egg they had to this point of the season in spirited play. Despite their record and the fact that they have been eliminated from the post season, West can still play



Up Next

Notre Dame looks to get back on track after being defeated by Joliet Catholic 42-13 last week. The Dons will host Marist Friday. Game time is 7:30 p.m. Marist is 3-4.

the role of spoiler for playoff /bubble team Waukegan when they travel there this Friday night, game time 7:30 p.m.

IHSA Activities Week Oct. 14-20

Illinois high schools are joining the country in celebrating the 28th Annual Observance of National High School Activities Week, October 14-20, 2007. "Activities Week provides schools and the association the opportunity to recognize young people, their coaches and sponsors, and their communities for all their efforts in helping students become better citizens," said IHSA Executive Director Dr. Martin Hickman.



Last year over 320,000 boys and girls participated in high school sports in Illinois, that is 55% of total high school enrollment. When compared to the percentage of the overall school budget dedicated for high school sports, sports are an exceptional bargain. According to the final 2004 budget for the Chicago Board of Education, less than 2% of the total budget is dedicated to high school sports programs. (\$6.5 million out of a \$3.84 billion budget).

School activities programs are developing this community's future leaders. Numerous studies have shown that participants in high school athletic and fine arts activity programs excel in a variety of ways and that high school activities are not a diversion but rather an extension of a good educational program. Students participating in activities programs tend to

have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than students that are not involved in activities do.

The Illinois High School Association is urging community groups to support the week by any means they have. This might include raising funds for school activities, planning programs, which highlight school activities, and promoting attendance at school events.

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Health Matters: Powering your Cells

By Keith Berndtson, M.D.
HEALTH MATTERS

If you want to achieve better health, you should know a bit about what powers your cells to do good work. If your cells don't have the power to function well, sooner or later you'll get mentally and physically tired.

Cells make their own energy, but they need certain nutritional building blocks to do this efficiently. These building blocks include the B vitamins, Co-Q-10, L-carnitine, alpha lipoic acid, and magnesium. If

you lack any of these essential nutrients, your cells can become starved for fuel. Fuel-starved cells are linked to rapid aging, physical and mental fatigue, heart disease, neuropathy, muscle weakness, and Alzheimer's disease.

The Energy Care Package

This just in: junk food contains little of the nutrition your cells need to create energy. Look at the nutritional labeling on most brightly colored bags and boxes at the grocery store and you'll see that they're scanty on vitamins and minerals. Add chronic or severe

stress to the picture and you'll be chewing through your B vitamin and magnesium stores at a faster than average pace. Your resilience to stress will drop and your muscles will get tight and sore.

The human body did not evolve to its current level of sophistication on a diet of caramel corn and thermonuclear sour balls. Keep eating and drinking junk and your cells and tissues will soon feel the effects of the power brownout. Without their essential power plant nutrients and raw materials, your cells will

not perform to their potential.

If you're tired most of the time and medical evaluation has not determined a cause for it, consider powering your cells with whole foods. Also reduce your stress and consider supplementing your diet with a care package that is strategically designed to supply the little power plants in your cells with the nutrients they need to create energy. If you develop enough energy to start exercising regularly, you'll not only get more done, you'll slow your aging process. If you listen carefully enough deep

within, you may pick up the sound of 100 trillion cells humming on all cylinders.

Keith Berndtson, MD, combines general, physical, and integrative medicine in his role as Medical Director of Park Ridge Multi-Med. Send your health story or question to keith@parkridgemd.com. Visit www.selfcarewisdom.com for more on wise self-care.

For more information on powering your cells, visit www.parkridgemd.com.

Next time: Medical Stories addresses Goosebumps.

Niles Family Fitness Center Upcoming Programs

Group Cycling

Spinning is indoor cycling to motivating music. Spinning is appealing to a wide audience because everyone rides at his or her own pace in a team atmosphere. Reservations are required at the Service Desk prior to each class. Class sizes are limited. Please bring a towel, Heart Rate Monitor and a water bottle to class.

Classes are 45 minutes in length.

Class type varies monthly. Please see membership services for monthly schedule.

Monday 6:00 a.m.
Tuesday 9:00 a.m. & 7:15 p.m.
Thursday 9:00 a.m. & 7:00 p.m.
Friday 6:00 a.m. & 11:30 a.m.
Saturday 8:05 a.m.
Sunday 7:45 a.m.

Group 'Ex' Express Card Options

Includes: Spinning and Land and Water

10 Class Express Card
\$69 Resident (\$6.90 per class)

\$79 Non-Resident
(\$7.90 per class)

20 Class Express Card

\$116 Resident (\$5.80 per class)
\$136 Non-Resident
(\$6.80 per class)

30 Class Express Card

\$144 Resident (\$4.80 per class)
\$174 Non-Resident
(\$5.80 per class)

Daily Drop In Class Fees

Spinning \$6 Member
\$9 Non-Member
\$8 Resident
\$9 Non-Resident

A.I.S. Stretch

Isolated stretching to increase your flexibility.

Aerobics Medley & Tone

This class includes low impact aerobics, kickboxing with some toning exercises. A perfect class for beginner and advanced participants because you can work at your own pace.

Body Flex

Increase lean muscle mass and boost your resting metabolic rate with this strength training class. Use hand weights, body bars, exercise balls, and floor exercises to develop a toned, strong body.

Cardio Dance

A wild cardiovascular class! In this 45 min. class, the instructor will teach you a variety of dance moves, step by step. By the end you'll have a great routine! Class may also offer stretching.

Level: Intermediate to Advance

Cardio Interval

Try this cardiovascular workout with muscle shaping! We will interval either Step, HI/Lo, Kickboxing or BOSU combinations with weight training.

Level: Intermediate to Advanced

Cardio Kickbox

This power packed 60 minute workout combines high intensity aerobics, boxing, kick boxing, and conditioning exercises.

■ Handwraps are required. They are available at the Membership Service Desk for \$5.

Cardio Step

This 45-60 minute step class includes a warm-up, high intensity step aerobics, abdominal exercise and a cool-down stretch.

Core Challenge

Challenging your core stability with cardiovascular and strength drills on the BOSU balance trainer.

Easy Does It

This 55 minute class offers the mature adult the opportunity to exercise under the close supervision of a certified instructor to achieve their individual desired level of fitness. This class consists of low

impact aerobics, step or walking, resistance work, floor work and stretching.

Dance Aerobics

Includes a mix of Latin inspired dance, salsa and aerobics, followed by an abdominal workout.

Level: intermediate to advance

Step & Conditioning

Class will consist of step combinations, cardiovascular conditioning drills, abdominal & lower back strengthening and a final stretch.

Total Body Toning

We will develop muscle tone using higher repetitions of lighter weights. Use hand weights, body bar, exercise balls and floor exercises.

Level: Beginner to Advance.

Yoga

It's time to work your mind and body! Get a good workout, stretch and soothe your mind.

Iceland Fall Public Skating Hours

Thurs 4:10-5:25 pm
Sat 12:05-1:20 pm
Sun 2:30-4:00 pm

Child Res \$4;
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(847) 297-8010

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Niles Family Fitness Center
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www.nilesfitness.com
847-588-8400

Annual Halloween Family Festival

Friday, Oct. 26, Prairie View Community Center

Get dressed up and join us at the Morton Grove Park District's annual Halloween party. Children ages 2-11 participate in carnival games at 6:15 p.m. and from 6:45 p.m. to 8:00 p.m. This is a free event. All you need to do is call 847-965-1200 to register your child. Deadline to register is Thursday, October 25th.



Top Five Things to Consider When Looking for Health Information Online

ARA

A recent study conducted by the National Institutes of Health (NIH) indicates a growing number of Americans are seeking general health information from the Internet as a first source, rather than consulting their doctors.

In 2003, 51 percent of those randomly surveyed said they turned to the Internet first for health information, according to the report titled, "Cancer Communication: Health Information National Trends Survey." That number rose to 58 percent when the question was posed again two years later; even though another report shows the public's trust in online material about health has declined.

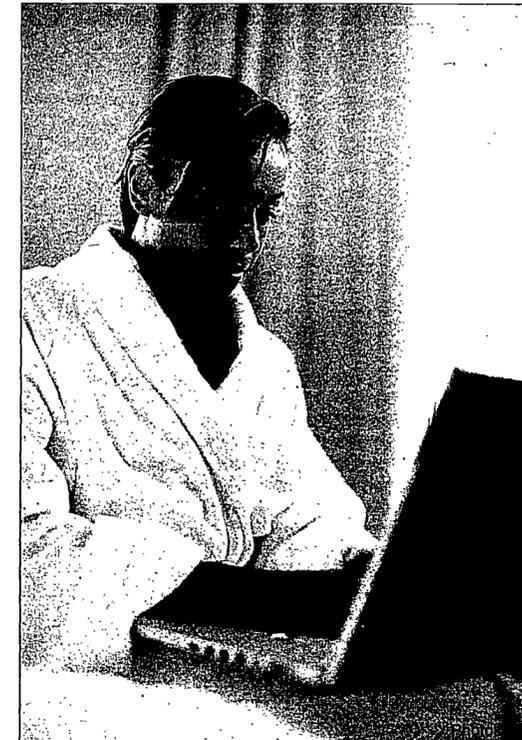
People may be concerned that Internet searches often end in frustration or the retrieval of inaccurate, even dangerous information. But turning to the Internet is not necessarily a bad thing, experts say. You just need to make sure the site you're turning to is credible and trustworthy.

How do you do that? Here are the top five things to consider when evaluating health information online:

#1 Always consider the source of information. Good sources of health information include government sites; university or medical school sites; many not-for-profit groups such as the American Diabetes Association, the American Cancer Society and American Heart Association where the focus is research and teaching the public about specific diseases or conditions; and organizations dedicated to providing health care services and sharing knowledge from their own medical experts, such as MayoClinic.com.

#2 Avoid sites that are obviously sponsoring a product or service or that want you to take action right away, like buying something or disclosing personal information. They will likely contain information that is biased or slanted. Look for a name that is a trusted source in the health care field, and make sure there's a clear distinction between editorial and advertising content.

#3 Make sure the site you're turning to has the latest information. You can check this by looking at the beginning or end



of any article to see if it has a date and time stamp on it. Health information changes constantly as new information about treatments and diseases becomes available, and you want to make sure you're getting the latest.

#4 Information should be presented in a clear and concise manner, and should be factual and verifiable. Check to see that the information includes attribution by an authoritative author or references legitimate sources.

#5 Make sure the site clearly states who the intended audience is. Many professional sites have one section for consumers, another for medical professionals. If the site is only directed at professionals, it's not for you.

More savvy searchers are likely to begin their search for health information at a site such as MayoClinic.com, affiliated with one of the premiere health care institutions in the country. Philip Hagen, M.D., a senior medical editor, points out that the content on the Mayo Clinic site is written by health writers and is reviewed by physicians, scientists and researchers who are experts in their respective fields to ensure

medical accuracy and reliability.

"The information on the site is not influenced by anything other than the medical evidence as interpreted by practicing physicians here at Mayo Clinic, and people recognize the value of information they can trust," he says. "We now reach about 10 million visitors each month."

Whether you have a question about how to protect yourself from the flu, what to do about an injury that just won't heal, a mysterious headache that comes on suddenly, and won't go away, or how to lose weight and stay healthy, log on to www.MayoClinic.com and begin the search for information.

In addition to a broad and deep collection of resources on medical conditions and lifestyle, there are interactive tools you can use to self-assess your health and a feature called "Ask a Specialist" where the answers to questions asked by users are posted. If you don't find the answer you're looking for, you can e-mail a question to a Mayo Clinic specialist.

Courtesy of ARAcontent

Niles Family Fitness Center Offers New Program to Battle Childhood Obesity

Due to a growing concern among the health industry with regard to childhood obesity, the Niles Family Fitness Center has launched a new program for children and parents dedicated to good health.

The second Saturday of each month until December, the center will offer one-hour long programs that center around health, nutrition and exercise for the whole family.

The programs are conducted by a staff member and personal trainer at the fitness center who received a bachelors degree from DePaul University.

The series kicked-off with a program called, The Reality of Childhood Obesity in September.

On Saturday, October 13, from 11 to noon, the topic is Encouraging Healthy Habits.

Program Info

Those interested in more information on the program and registration can call the fitness center at (847) 588-8400.

On Saturday, November 10, from 11 a.m. to noon, the topic is Nutrition Ideas and a Holiday Fitness Challenge.

And the final program on Saturday, December 8, from 11 a.m. to noon, is called Exercise Ideas and a Holiday Fitness Challenge.

Those who complete all four programs will receive a gift and be replaced in a raffle for a one month membership or membership extension for the whole family.

Those interested in more information on the program and registration can call the fitness center at (847) 588-8400.

DID YOU KNOW THERE'S A PLACE YOU CAN

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- melt away tension and stress?
- move and groove in spite of arthritis
- dance your way to a healthy body and a happy heart?

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PACE Arthritis Exercise Tai Chi for Arthritis



Not sure if a class is for you? Bring in this ad and a photo ID to receive one FREE class* Why pay expensive membership fees? Be fit and have fun your Park District Way!



6834 Dempster St. Morton Grove, IL
(corner of Waukegan/Dempster)
847-965-1200
www.mortongrovecity.com

For further information, ask for Carol Friedman,
Coordinator of Adult Fitness @ Ext. 3024.
*Age 16 and up. Space Available. Call to reserve a space.
Coupon expires on November 1, 2007. One per person.

Maine Township Seniors Plan Trips, Classes

S.A.L.T. Program

(Seniors and Law Enforcement Together)

Tuesday, Oct. 16, 10:30 to 11:30 a.m. No charge - Registration required.

Come and learn about terrorism and criminal justice. Terrorism is a term used to describe violence or other harmful acts, committed or threatened, by groups or persons against civilians for political, nationalist or religious goals.

Quilting

Fridays, Oct. 12 to Nov. 9, 9:30 a.m. to 11 a.m. Cost \$25.00. Location: Niles Senior Center, 999 Civic Ctr. Dr, Niles. Instructor: Louise Gray.

All levels are invited to make a Holiday pillow with your own choice of fabric. Call Monika at 847-297-2510 Ext. 252 for more information.

Men's Group

Tuesday, Oct. 23, 11:30 a.m. to 1:30 p.m. Cost: \$3.50. Lunch provided - Registration required.

Chicago author and historian Rich Lindberg will give a slide presentation on "Famous Crime Scenes."

Piano Lessons

Oct. 31 through Dec. 19. 1/2 hour lessons for 8 weeks. Cost: \$56. Registration required.

Learn how to play piano as Ludmyla Turkalo shows you the way. You will arrange your

own lesson times once payment is received.

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 Jan. 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.

'Christmas in the Country'

The Grand Geneva Resort in Lake Geneva, Wisconsin. Wednesday, Dec. 12 or Saturday, Dec. 22. 9 a.m. to 6:30

p.m. Cost: \$76 members/\$81 guests.

This is a wonderful outing for the holidays. Upon arriving at the beautiful Grand Geneva Resort you can relax and enjoy the beautiful gingerbread house display, shop in the many stores or simply sit by the fire and have a relaxing drink. Then enjoy lunch, followed by one the best shows in the area - "Hooray for the Holidays!" in the Evergreen Ballroom. A Holiday tea will follow and then, upon our departure, we will view the holiday light display on their beautiful grounds. Don't wait too long, as this trip is always very popular.

Niles Senior News

Flu Shot Registration

Now taking place at the Niles Senior Center

Make your appointment as soon as possible for your flu shot. Reservation forms are available at the Front Desk of the Senior Center. Flu shots are scheduled for November 6th, 7th, & 8th and are by appointment only.

Important Info Regarding Illinois Cares RX

(Circuit Breaker)
To continue receiving prescription drugs under Illinois Cares Rx in 2008, you must complete a 2006 Form IL-1363 to Illinois Department on Aging NOW. Individuals can renew online or pick up an application at the Senior Center. You must also submit SSA Form 1020 for "extra help" with prescription drug costs to the Social Security administra-

tion. Call the Niles Senior Center for more information.

Medicare Prescription Drug Coverage Open Enrollment

Begins November 15
Are you considering enrolling in or changing your Medicare part D plan? The Annual Coordinated Election Period (AEP) for Medicare Part D is November 15 - December 31. During this period, beneficiaries who are not enrolled in Medicare prescription coverage can enroll. Also current enrollees in the program can switch plans. If you have Medicare Part D prescription coverage, you should review your plan during this time as you might want to switch drug plans if another plan better meets your needs. This is the only time during the year that such changes can take place.

Lawry's and the Planetarium

Wednesday, October 24, 10:15-5:00 p.m. \$60

First stop- Lawry's Prime Rib Restaurant. Choice of entrée: Luncheon cut prime rib or pan-fried salmon. Following lunch, we're off to the Planetarium for their visually stunning Black Holes Show. Cross the cosmic threshold with us!

Volunteers Needed

Special seasonal volunteers are needed for the following programs:
Carbon Monoxide Program Phone Callers
If you would like to volunteer to help call residents to schedule their annual carbon Monoxide Safety Check, please contact Kathryn (847 588-8433).
Life Experience Videos
Niles East H.S. and the Niles Senior Center are working together to create videos that

will document ONE life experience. This experience will be organized, researched, and recorded by the students before a final showing at the High School.

AARP Tax-Aide Volunteers

Volunteers are needed to assist seniors in preparing their income taxes. Required training is provided. For more information, contact MaryAnn 847 588-8434.

How to Protect Yourself from Securities Fraud

Tues., Oct. 23, 1-2 p.m. Free
Join Diane Walsh from the Secretary of State's Office as she explains what securities fraud is and how to protect yourself from various kinds of frauds. After the lecture, a short video will be shown, and Diane will be available to answer your questions. MUST register in advance.

How to Winterize Your Car

Oct. 24, 31 & Nov. 7, 14, 2:00 p.m.- 3:15 Free

Randy Stricker of the Niles Public Works Department will teach this four session class. Learn how to winterize your car, what you should keep in your car in case of emergencies, the difference between "good oil" and "bad oil," and more about winter car safety and preparedness.

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 Kathryn at 847 588-8420.

Reverse Mortgage

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1. Must be at least 62 years old. 2. Consult a tax advisor. 3. Provided all other program requirements are met. 4. Reverse mortgage borrowers are required to obtain an eligibility certificate by receiving counseling sessions with a HUD-approved agency. Family members are also strongly encouraged to participate in these informative sessions. Call for more detailed program information. Wells Fargo Home Mortgage is a division of Wells Fargo Bank, N.A. © 2007 Wells Fargo Bank, N.A. All rights reserved. #48370 9/07-12/07



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Obituaries

Irene M. Berrafato "Rene," 79

Irene M. Berrafato "Rene", 79, of Morton Grove, passed away Wednesday, October 3, 2007 at Rush Presbyterian St. Luke Medical Center. She was born August 13, 1928 in Chicago. Beloved wife of Gabriel Berrafato "Gabe". Loving mother of Gabriel Jr., Michael (Julia), Ann, Matthew "Matt" (Laura), Mark (Cristin), Christopher (Cynthia) and Andrew (Barbara).

Grandmother of Stephen, Matthew (Jen), Emily, Amy, Kelly, Sara, Sasha, Tessa, Samantha, Thomas and Yogi Bear. Sister of Edward (Vita) Senini, Elaine (Tom) O'Toole and the late Jack (Dorris) Senini. Services were held October 8, 2007 at St. Martha Church. Arrangements handled by Sinkins Funeral Home. Interment at All Saints Cemetery, DesPlaines, IL. She was a housewife. Memorials: St. Martha Church, 8523 Georgiana Ave., Morton Grove, IL 60053 or The First Step Foundation, 1201 Highland Ln., Glenview, IL 60025.

Harry William Croon, 72

Harry William Croon, 72, of Park Ridge, passed away Wednesday, September 19, 2007 at home. He was born September 20, 1935 in Chicago. Beloved husband of Laila, (nee Atchu). Loving father of Nicole (Roger) DiVito, Buddy (Mamie), Garrett and Monique Croon. Devoted grandfather of Benjamin, Christopher and Matthew DiVito. Services were

held September 22, 2007 at St. Paul of the Cross Church. Arrangements handled by Ryan-Parke Funeral Home. Entombment at Maryhill Cemetery Mausoleum. He was in the FBI. In lieu of flowers memorials to Rev. John P. Smythe Standing Tall Charitable Foundation, 1100 N. River Road/The Villa, DesPlaines, IL 60016 appreciated.

Ernest L. Koehler, 91

Ernest L. Koehler, 91, of Niles, passed away Wednesday, October 3, 2007 at home. He was born July 14, 1916 in Chicago. Beloved son of the late Paul Koehler and the late Augusta (nee Greenberg) Koehler. Loving husband of the late Shirley (nee Bukoll) Koehler. Cherished father of Joanne (Edward) Peterson of Joliet, IL. Grandfather of Cathryn Wadsworth, Christen (David) Gingerich and Erik (Amy) Fjell. Great grandfather of Daniel & Jessica Wadsworth, Levi & Thomas Gingerich and Jackson and Bryce Fjell. Uncle of many nieces and nephews. Services were held October 11, 2007 at St. John Brebeuf Church. Arrangements handled by Skaja Terrace Funeral Home. Interment at Irving Park Cemetery. He was an Electro chemist in Research. In lieu of flowers donations to Maryknoll Missions or to the Mercy Home for Boys and Girls appreciated.

Irena Kusz, 75

Irena Kusz, 75, of Park Ridge, passed away Wednesday, October 3, 2007 at home. She was born April 17, 1932 in

Poland. Beloved daughter of the late Jozef Plaziak and the late Albina (nee Trzeciak) Plaziak. Cherished mother of Janusz (Katarzyna) Kusz of Park Ridge and Dorota (Jan) Gorniak. Grandmother of Kinga, Magda and Adrianna. Services were held October 6, 2007 at St. John Brebeuf Church. Arrangements handled by Skaja Terrace Funeral Home. She was a homemaker.

Julia Jane Kwiatkowski, 93

Julia Jane Kwiatkowski, 93, of Niles, passed away Tuesday, September 25, 2007 at St. Andrew Home. She was born June 1, 1914 in Greenburg, PA. Beloved daughter of the late Martha (Orlowsky) Yonus and the late John Yonus. Beloved wife of the late Leon Kwiatkowski. Loving aunt of Marie Olson of DesPlaines. Sister of the late Catherine (the late Stephen) Bleiziffer and the late Joseph (the late Helen) Yonus. Aunt and great aunt of many. Friend of many. Services were held September 28, 2007 at St. Andrew Life Center. Arrangements handled by Skaja Terrace Funeral Home. Interment at St. Joseph Cemetery. She was a homemaker.

Claire M. Lee, 75

Claire M. Lee, 75, of Niles, passed away Wednesday, October 3, 2007 at Lutheran General Hospital. She was born October 9, 1931 in Chicago. Beloved daughter of the late John McBride and the late Jane (nee Howes) McBride. Loving

wife of Kenneth J. Lee of Niles. Cherished mother of Michael (Louise) Lee of Niles, Barbara (Bob) Mueller, Marty (Cindi) Lee, Laura Lee, Janet (Jim) Mizialko and Margie (Dean) Graf. Grandmother of Brytney, Becca, Christopher (Melissa), Lee, Jeremy, Bobby, Amy, Cody, Casey, Jake, Joseph, Joshua and Brett. Great grandmother of Zander, Mia and Elle. Sister in law of Robert Lee. Aunt of many nieces and nephews. Services were held October 6, 2007 at St. John Brebeuf Church. Arrangements handled by Skaja Terrace Funeral Home. Interment at Queen of Heaven Cemetery. She was a legal secretary at Sears. Memorials: American Diabetes Assoc., 30 N. Michigan Ave., Ste 2015, Chicago, IL.

Bernice F. Zuraski, 86

Bernice F. Zuraski, 86, of Niles, passed away at Lutheran General Hospital. She was born June 2, 1921 in Virden, IL. Beloved wife of the late Edmund J. Loving mother of Karen (Dennis) Cashmore and Kathy Bradshaw. Cherished grandmother of Jennifer and Jaclyn Cashmore. Fond sister of Col. Henry (Karina) Pelc, Howard (Margie) Pelc, Helen Pelc, the late Catherine Pelc and Stanley Pelc. A Memorial Mass will be held Saturday, October 13, 2007 at St. John Brebeuf Church in Niles. Arrangements handled by Skaja Terrace Funeral Home. She was a waitress in a restaurant. Memorial donations may be made to Catholic Charities.

Angela M. Mercola, 74

Angela M. Mercola, 74, of Mount Prospect, passed away Monday, September 24, 2007 at Church Creek Nursing Home. She was born November 22, 1932 in Chicago. Beloved daughter of the late Maria N. (nee Munno) Mercola and the late Joseph Mercola. Sister of Antoinette (the late George) Skora, Thomas Mercola, Michael (Loretta), and Peter (Ger) Mercola. Aunt and Great

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Flu & Pneumonia Shots

The Village of Morton Grove will provide influenza (flu) and pneumonia immunizations for residents age 55 and older at the Morton Grove Senior Center at the following times:
Thursday, Oct. 11 from 9 a.m. to 1:30 p.m.
Saturday, Oct. 13 from 9 a.m. to

1:30 p.m.
Wednesday, Oct. 17 from 1 p.m. to 4:30 p.m.
Flu shots are given annually and are the primary method for preventing the flu and its possible severe complications. Pneumonia shots are usually a one-time dose but may be occasionally repeated if the person

is over 65 and more than five years have passed since the last pneumonia vaccine. There will
See Morton Grove, page 20

Park Ridge Senior News

Horseshoe Gambling

Park Ridge Senior Center members can try their luck gambling on Monday, November 5. The trip leaves the Center at 8:30 a.m. headed to the Horseshoe Casino in Hammond. This is a free trip that includes a \$7.00 voucher to be used toward the buffet lunch. The bus leaves the casino for home at 1 p.m. Reservations are required and should be made accord-

ing to current policy. This trip is open to members first, but guests will be allowed after all members have been accommodated.

Great Tastes of Chicago

Center members like nothing better than a tour about food. "My Kind of Town Tours" will take us around the city of Chicago experiencing many tastes. There's a visit to an Italian bakery named "Ferrera", a spice

shop; "The Spice House", and a grocery emporium. There will be a wonderful lunch at the Washburne Culinary School at the South Shore Country Club. The tour departs the Center at 9 a.m. and returns at 4 p.m. Interested members must reserve in advance according to current policy. The charge is \$72.00, which includes lunch, tours and motor coach transportation.

Meet Me In St. Louis

A trip to Drury Lane Oakbrook to see "Meet Me in St. Louis" is planned for Thursday, November 15. This heartwarming show is based on the movie and is a story of the Smith family at the 1904 World's Fair. The show includes many favorite songs; "The Boy Next Door, Skip to My Lou, The Trolley Song, Have Yourself a Merry Little Christmas, and Whenever I'm

with you." Lunch is before the 2 p.m. show time and features soup of the day, choice of baked lemon sole or roast sirloin of beef, vegetable, potato and dessert. Departure from the Center is 10:30 a.m. and return about 5:30 p.m. Members can reserve according to current policy. Cost is \$58.00 for lunch, show, and motor coach transportation. You need to indicate your menu choice at time of registration.

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Morton Grove

continued from page 19

and active infection or fever should postpone their shot until symptoms subside. Reservations are required and can be made by calling the Senior Hot Line at 847/470-5223.

'ABC's of Dementia' Lecture

Learn about the warning signs of dementia and how to effectively help a loved one with this condition at 1:30 p.m. on Monday, Oct. 15 in the Morton Grove Senior Center. This free program is presented by Arden Courts. Register by calling the Senior Hot Line at

847/470-5223. There must be 15 people registered.

Visually Impaired Motivators

The Morton Grove Visually Impaired Motivators is a low vision support group for seniors with macular degeneration and other degenerative eye diseases and their families. Their next meeting will be at 9:45 a.m. on Tuesday, Oct. 16 in the Morton Grove Senior Center. They discuss everyday problems of living with low vision and possible solutions, exchange ideas on the latest technology and assistance

devices available, and share what has worked for them individually. For more information please call Richard England at 847/965-8517.

'Watch Your Step'

Join Speech Therapist, Chris Babaska of Alexian Brothers Hospital for this presentation on home safety and fall prevention at 1:30 p.m. on Tuesday, Oct. 23 in the Morton Grove Senior Center. There is no charge for this program. Register by calling the Senior Hot Line at 847/470-5223. There must be 15 people registered.

LIFE

FILMS IN FOCUS

**Into the Wild ★★★★★
 A Tough but Beautiful Trek**



It's a tough but beautiful trek for Chris (Emile Hirsch) in Sean Penn's northern wilderness drama 'Into the Wild.' (CNS Photo courtesy of Francois Duhamel)

Into The Wild - As the words of Chris McCandless' favorite writers float through "Into the Wild," it's tempting to think a different literary diet might have saved the doomed adventurer from starvation in Alaska. Less Byron; more Darwin. But the quotes from Thoreau, Tolstoy, Byron and others fit beautifully into the movie, an ambitious and evocative biography that at times achieves a poetry all its own. Sean Penn's film about Alaskan bush, shares some of its subject's grandiose notions. It feels drunk on nature and the romance of loneliness, and its busy, almost baroque structure (including quasi-mystical "chapter titles") reflects the self-conscious drama in McCandless's journals and other writings. The movie, based on Jon Krakauer's 1996 book, also is sympathetic to the point of nearly beatifying

the late 24-year-old. It depicts McCandless as a bold searcher whose ideas leave an unmistakably spiritual impression on the people he encounters during two years on the road. There's a striking final image of Hirsch's sallow, scraggle-bearded face turned up to the sky, a slight smile on his lips. Maybe McCandless did find what he wanted, Penn seems to suggest. All it cost him was everything. Director: Sean Penn. Writers: Sean Penn, Jon Krakauer. Cast: Emile Hirsch, Catherine Keener, Vince Vaughan, William Hurt, Marcia Gay Harden, Jena Malone, Hal Holbrook, Kristen Stewart, Brian Dierker. Running time: 2 hours, 20 minutes. Rated R. 3½ stars.

The Heartbreak Kid - In a sensible and well-mannered universe, the things the Farrelly brothers pull in "The Heartbreak Kid" would do little but stimulate the gag reflex. Instead, the directors' **See In Focus, page 22**



Melting Pot - Lisa Kelly Boet, left, pauses with her mother, Rosemary Ciccirelli Hills, and daughter, Isabella Boet, 7, while preparing a meal of lamb tagine and Moroccan salad at Hills' home in Peoria Heights, Ill. Boet owns the Bamboo Cafe in Naples, Fla., where she mixes her Midwestern roots with her Parisian culinary training. (CNS Photo by David Zentz)

Moroccan Tagines Give Stew a North African Twist

By Clare Howard
 COPLEY NEWS SERVICE

Lisa Kelly Boet baked, braised and her Midwest culinary roots, applying Parisian devotion to prime fresh ingredients and an infusion of Slow Food philosophy.

COOKING CORNER

The Illinois lass came by her passion for cooking the old-fashioned way - she worked as a restaurant hostess starting when she was 16 years old and participated in weekend cooking marathons with her mother, Rosemary Ciccirelli Hills. Boet graduated from Northwestern University in Evanston, Ill., before moving to Paris for nine years, where she lived across the street from one of the city's best Moroccan restaurants.

She and her husband Philippe, a graphic artist who often helped a restaurant-owner friend in Paris on weekends, moved to Naples, Fla., in 2003 and opened their own restaurant, The Bamboo Cafe.

Today, with their executive chef Julius Minarik and sous chef Tina Marie DeFuria, the restaurant serves authentic French influenced by cuisines of former French colonies such as the West Indies, Tahiti, Madagascar, North Africa, West Africa and Indochina.

Boet's Chicken Tagine

Marinade:

- ½ cup extra-virgin olive oil
- 2 tablespoons curry seasoning
- 1 teaspoon black pepper
- 2 teaspoons salt
- ½ cup dried currants or raisins
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano

- Tagine:
- 2 to 3 chickens, cut into pieces
- Extra-virgin olive oil, as needed (divided-use)
- 2 carrots, chopped
- 8 new red potatoes, quartered

- Sauce:
- 1 tablespoon chopped shallots
- 1 tablespoon minced garlic
- 1 tablespoon butter
- 2 tablespoons curry powder
- 3 cups heavy whipping cream
- ½ cup slivered almonds
- 2 tablespoons currants or raisins
- Salt and pepper, to taste
- 2 tablespoons honey

Yields 8 servings.
 To make marinade: In bowl, mix together olive oil, curry seasoning, pepper, salt, currants or raisins, thyme and oregano.
 To make tagine: Place chicken breast, legs and thighs in non-active bowl, completely with

marinade and refrigerate for 24 hours.
 The next day, place olive oil, as needed, in frying pan and over medium-high heat sear chicken pieces until they are browned. Place in covered oven dish. Add chopped carrots and quartered red potatoes to dish. Place dish in 375 F oven and bake for 30 to 35 minutes.

To make sauce: While chicken is baking, in saute pan over medium heat, saute shallots and garlic in butter and olive oil until translucent. Stir in curry powder and whipping cream, slivered almonds, currants or raisins, and salt and pepper, to taste. Reduce heat to low and reduce sauce until it thickens, approximately 20 minutes, making sure to stir frequently. Remove sauce from heat. Add 2 tablespoons honey. Adjust for salt and pepper.

Serve chicken with couscous, placing vegetables on side. Top chicken with sauce.
 Serving suggestion: Boet's Chicken Tagine goes well with blanched asparagus spears.

ovenware with a peaked cover that circulates moist heat and continuously bastes the stews to deepen and meld their flavors.

Tagines combine lamb, poultry or fish gently simmered with vegetables, olives, **See Tagines, page 22**

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In Focus

continued from page 21

gags trigger a different reflex entirely - one that may alarm your neighbors, one you may even try desperately to suppress. Let's call it "laughing." Get friendly with it. Like the uncomfortably married couple in the movie, you two will be spending a lot of time together. In this remake of the 1972 film, the Farrellys - proud perpetrators of "Dumb and Dumber," "There's Something About Mary" and

other jolly assaults on good taste - turn Neil Simon's script inside out and flog it like a pinata. The original (which Elaine May directed and Simon adapted from Bruce Jay Friedman's story) had a groom straying on his honeymoon. It did not have rat-based physical comedy, talk of an erotic maneuver called the "Swedish helicopter," urination as a medical procedure or an 80-year-old man in a hot tub with a naked, alarmingly inflated porn star. (So far as we can recall.) David Bowie

and his music thread through the movie, and when things climax with "Suffragette City," Ziggy is definitely singing the Farrellys' tune: Wham, bam, thank you ma'am. Directors: Bobby Farrelly, Peter Farrelly. Writers: Scot Armstrong, Leslie Dixon, Bobby Farrelly, Peter Farrelly, Kevin Barnett. Cast: Ben Stiller, Malin Akerman, Michelle Monaghan, Jerry Stiller, Rob Cordry, Carlos Mencia. Running time: 1 hour, 55 minutes. Rated R. 3 stars.

The Kingdom - A thriller set in Saudi Arabia, "The Kingdom" seems less ripped from the headlines than drawn from past thrillers based on previous headlines - but in a highly ballistic way, it often works remarkably well. The Saudi realm, triangulated by Islam, oil and royal autocracy, is called "the moon" by one character. There is an aura of the lunar, and the lunatic, when the elite FBI team led by Fleury (Jamie Foxx) lands in Riyadh, by very special (princely) permission allowed to investigate, for five days, a horrific terror bombing at a U.S. compound. Director

Tagines

continued from page 21

preserved lemons, garlic and spices. Tagine spices are typically cumin, ginger, pepper, curry, saffron and turmeric. The dish is traditionally served with couscous.

In her mother's kitchen the two women started their Moroccan lamb tagine late in the afternoon. After sauteing the lamb and the onion-garlic-celery combination, they assembled the ingredients in a large enamel Dutch oven and baked it for one hour at 275 F. For her recipe, Boet packed Knorr powdered veal demiglace in her luggage on the plane. Veal demiglace is also available from Williams Sonoma (www.williams-sonoma.com). Boet does not recommend a substitute for veal demiglace.

While the tagine cooked, Boet assembled a favorite Moroccan salad, and the house filled with savory aromas.

"Tagines cook with olive oil, herbs, vegetables and natural juices in a dish that locks in the flavors. It's so healthy. It's comfort food," Boet said.

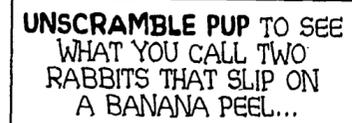
Boet said she and her husband selected their restaurant's name to reflect the global influences of traditional French cooking and to help differentiate it from the connotation of rich buttery cream sauces characteristic of French haute cuisine.

"Neighborhood restaurants in Paris have tiny kitchens. They serve rustic food, grandmother-style cooking," she said.

The couple searched Naples for the ideal spot for their vision of a neighborhood French bistro. Restaurant guests walk, bike, drive and boat to Bamboo Cafe.

BUGLE KIDS

By J.R. Rose - Copley News Service



THERE ARE RABBITS EVERYWHERE! I'VE NEVER SEEN SO MUCH HARE! FIND TWO BUNNIES JUST THE SAME IN THIS HIPPIY-HOPPIY GAME!



ANIMAL ON THE SEEN

Open Wide

Burmese Python at Brookfield Zoo

Unblinking stare. Beautiful coloration. Flicking tongue. These might be your first impressions upon coming face to face with a Burmese python. That is, if you don't find yourself frozen in terror or heading for the exit.



Photo: Jim Schulz/Chicago Zoological Society

A Burmese python, you'll discover, is one of the largest snakes in the world, capable of reaching more than 23 feet in length and weighing over 200 pounds. With a circumference as big as a telephone pole, this is one intimidating snake!

Native to the jungles and grassy marshes of Southeast Asia, Burmese pythons are carnivores, surviving mainly on small mammals and birds. They compensate for their poor eyesight by relying on their sharp sense of smell to locate prey. Unlike many carnivorous snakes, they lack fangs and poisonous venom. But that fact offers little consolation to their prey.

Burmese pythons capture unsuspecting victims by biting into them with sharp teeth that face backwards. These teeth sink in further when the prey tries to pull away, preventing escape. The python can then coil around the victim and suffocate it.

These cold-blooded constrictors are perhaps best known not for how they kill prey, but for how they swallow prey. Pythons swallow their meals whole—their flexible skulls can open wide enough to accommodate even very large prey. The jaws are hinged to move independently, allowing them to swallow an animal four or five times as large as its head.

Despite their massive size, Burmese pythons are actually very agile creatures and, when young, are excellent tree climbers. When they grow older — and heavier — climbing becomes more of a challenge, and they develop a preference for ground living. Despite their lack of arms or legs, these giants are great swimmers. They can stay underwater for 30 minutes before coming up for air. They are also blessed with a long lifespan — an average of 20 to 25 years.

If you want to learn more about these awesome reptiles, slither on over to Brookfield Zoo's Fragile Kingdom Forest exhibit!

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.

DONATE YOUR OLD CAR TO HELP THOSE IN NEED



The Society of St. Vincent de Paul is accepting donated vehicles through our "Vehicles for the Needy" program. Anyone with an unwanted vehicle in any condition is encouraged to make a tax-deductible donation. RVs, boats, golf carts and other vehicles are accepted.

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On the internet www.adcsvdp.org and click on donations

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301 Golf Mill Center (West side of Golf Mill Shopping Center)
Niles, IL 60714
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ShowTimes for October 12-October 18, 2007

MICHAEL CLAYTON (R) 1:10, 4:20, 7:10, 10:00;
Fri, Sat and Sun early Bird 10:20am
TYLER PERRY'S WHY DID I GET MARRIED? (PG-13) 1:40, 4:30, 7:20, 10:15;
Fri, Sat and Sun early Bird 10:50am
KINGDOM (R) 2:00, 5:00, 7:50, 10:30; Fri, Sat and Sun early Bird 11:15am
BRAVE ONE (R) 1:15, 4:00, 6:50, 9:40; Fri, Sat and Sun early Bird 10:15am
HEARTBREAK KID (R) 1:00, 2:15, 3:40, 4:45, 6:20, 7:15, 9:00, 9:50;
Fri, Sat and Sun early Bird 11:30am
JANE AUSTIN'S BOOK CLUB (PG-13) 1:20, 4:15, 6:45, 9:15;
Fri, Sat and Sun early Bird 10:40am
WE OWN THE NIGHT (R) 12:50, 3:50, 6:40, 9:30;
Fri, Sat and Sun early Bird 10:30 am
ELIZABETH: THE GOLDEN AGE (PG-13) 1:50, 4:40, 7:30, 10:10;
Fri, Sat and Sun early Bird 10:30am
SEEKER: THE DARK IS RISING (PG) 1:30, 4:10, 7:00, 9:20;
Fri, Sat and Sun early Bird 11:00am
3:10 TO YUMA (R) 1:45, 4:50, 7:40, 10:20; Fri, Sat and Sun early Bird 10:45am
GAME PLAN (PG) 12:45, 3:45, 6:30, 9:10; Fri, Sat and Sun early Bird 10:00am

Pickwick Theatre

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

Showtimes for October 12-October 18, 2007

Friday, October 12
To Kill A Mockingbird (Live On Stage) 7:30
Elizabeth: The Golden Age (PG-13) 4:30, 7:00, 9:15
Mr. Bean's Holiday (G) 5:00, 7:00, 9:00
Game Plan (PG) 4:15, 6:30, 8:45

Saturday, Sunday October 13, 14
To Kill A Mockingbird (Live On Stage)
Sat. 7:30, Sun. 2:00
Elizabeth: The Golden Age (PG-13) 1:30, 4:30, 7:00, 9:15
Mr. Bean's Holiday (G) 1:15, 5:00, 7:00, 9:00
Game Plan (PG) 1:00, 4:15, 6:30, 8:45

Monday thru Thursday October 15 thru 18
To Kill A Mockingbird (Live on Stage)
For Tickets go to www.Pickwicktheatre.com
Elizabeth: The Golden Age (PG-13) 4:30, 7:00, 9:15
Mr. Bean's Holiday (G) 5:00, 7:00, 9:00
Game Plan (PG) 4:15, 6:30, 8:45

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HAPPY BIRTHDAY TO MOLLY KATHERINE HASENKAMP

AGE 1 OCTOBER 12

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Grammar Matters

by Patty Gibbons Saunter

Popular Prefixes

A prefix is a group of letters that comes before a word. Prefixes have meanings and can change the definition of a word. (belief + dis = disbelief) Match the following prefixes to their meanings.

mis	back
auto	self
hemi	half
poly	between
inter	under
re	many
sub	wrong

Answers: mis = wrong (misformed), auto = self (autobiography), re = back (reconsider), sub = under (submarine), hemi = half, (hemi)sphere, inter = between (interfere), poly = many (polygon), belief + dis = disbelief

Copley News Service

DECOR SCORE

By Rose Bennett Gilbert
COPLEY NEWS SERVICE

Q: I am so desperate for more storage space in our kitchen, I'm even thinking of giving up the breakfast nook and filling that corner with new cabinets. I can

under each of the seating benches, extra-long drawers pull out for storage of large awkward items. Built-in drawer dividers keep things organized. The breakfast table itself can do double-duty: it's freestanding and can be pulled into the kitchen as

Make the Kitchen Work for You

squeeze a narrow work/eating island into the middle of the floor, or do you have other suggestions?

A: I strongly suggest that you look up a book called "Making Room" (by Wendy A. Jordan, The Taunton Press) and curl up with it and a notebook. A former editor of Remodeling magazine, Jordan has collected a slew of clever ways to discover and recover storage space in places you and I might never think to look.

For example, take a second look at the breakfast nook in the photo we show here. Concealed

an extra work surface when it's needed.

Q: How high over my dining table should I hang our new chandelier? The table is 54 inches round.

A: The rule of thumb is 30 inches above the table top, but there are other factors to consider. Your chandelier should be at least a foot narrower than the table so people don't bump their heads when they stand up. It should also be well above eye level when you're sitting down to avoid annoying glare.

In the final analysis, your judgment is your best ally in siz-



Gimme Space - Sitting on a great idea for out-of-sight storage: these breakfast nook benches conceal deep pull-out drawers. (CNS Photo courtesy of Taunton Press)

ing up a chandelier and its placement. You don't want it overpowering the table, nor do you want it to look lost in space hanging out all alone up there. **Bring Home Some Hollywood History**

Suppose your dining table once heard Orson Welles whisper "Rosebud?" Or your bedhead board remembers Judy Garland's ruby slippers click-clacking down the Yellow Brick Road? We're quoting Trevor Webb, founder

with his wife Anne Gogstad of Urban Woods, a furniture manufacturer in Los Angeles that uses vintage woods reclaimed from old buildings. Other eco-centric furniture makers reclaim wood from fallen trees, rather than timbering living forests for materials. But as Trevor points out, urban areas like L.A. have no fallen trees, "only fallen buildings," like, say, the old sound stages on the MGM Studios lot in Culver City,

Calif., where movies like "Citizen Kane" and "The Wizard of Oz" had been filmed. Urban Woods claimed the old-growth Douglas fir, including beams from the 100-foot-high ceilings, and used it for the chairs, tables and bedstead in the furniture collection they recently brought to the High Point Furniture Market. To see the historic wood in its new role, click on www.urbanwoods.net.

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Winter Watering Tips For Different Regions

By Jeff Rugg
COPLEY NEWS SERVICE

Q: We moved into a new house this summer and planted a flowerbed around the front. The yard was planted in grass seed. Because of the dry conditions, we couldn't keep up with the lawn watering and a large area of the yard was recently replanted with seed. Although it hasn't gotten cold yet, when should I stop watering for the winter?

A GREENER VIEW

A: The answer for this fall is to not stop watering until the ground freezes. If this winter turns into another La Nina winter of warm and dry weather, you may even need to do more watering later during the winter. If your area doesn't freeze at all, or for a very short time, you may need to keep watering all winter. In future years, you won't have to do this.

Trees, shrubs and perennials will not have as large of a root system this year as they will in future years; therefore, they do not have as much area in the ground to draw water from. The grass seedlings will not develop less of a crown and may not have many roots, depending on when they were planted. They may not be able to store enough moisture to last the entire winter.

If there is a lot of snow cover, most plants will be fine. But long periods of time with no snow and strong wind may cause new plants and some lawn areas to dry out and die. Even though the grass, shrubs and other plants are dormant, and may not have leaves, roots, crowns, stems and trunks, they still need some moisture to survive. Evergreens are much more sensitive to drying out in the winter because their leaves are exposed to the cold, dry winds.

The best time of day to water is still in the early morning hours. The plants can dry off soon after the watering, as the sun comes up; they are less likely to develop fungal diseases. Water just enough to get the soil wet about 6 to 8 inches deep. This will get to the majority of the roots in most grasses, shrubs and newly planted material. In the summer, an occasional deeper watering is good for some trees that have roots down to 18 inches.

Put out a can or a rain gauge

to see how long it takes to get about a half-inch of water from your sprinkler. Dig a test hole and see how far that water went. In most soils, a half-inch of rain will soak the soil about 6 inches. Set your sprinkler to run for that long, no longer. More watering will just be wasted. In cool fall weather, once or twice a week should be fine for almost any plants. Small grass plants in new lawn areas as well as shrub bed areas next to a building or on a south-facing slope, where the temperature stays warmer and the soil may dry out faster, may need to be watered more often.

Once the ground freezes you can quit. If the winter weather does not give enough moisture, it will be beneficial to do more watering. When the ground is frozen, the watering will do no good, unless you also want to ice skate on your lawn. Many areas of the country get a January

thaw that gives us a week of above-freezing temperatures. That would be a good time to get a little water to the grass and evergreens; however, most other plants won't need the watering. If your area doesn't freeze or even become very cold, you will have to keep watering through the winter to help the plants grow a full root system.

Do not leave water in the hose and let it freeze, or you will have a hard time rolling it up. You might also damage the hose spigot and get a leak in the house.

The January thaw is often warm moist air that collides with a huge glob of Canadian air. Together they deliver a great big blizzard with lots of moisture. Even though the winter may have a normal or even above-normal amount of precipitation, the damage done by the dry soil in late summer or fall will already have damaged the plants.

GARDEN TIP

Winter watering

Water trees and lawns during extended dry periods in the fall and winter to prevent root damage that affects the health of the entire plant.

WINTER IRRIGATION

Watering should be done every 3 to 4 weeks depending on weather conditions. As a general rule of thumb, soak the soil to a depth of 6 inches for lawn and plants and 12 inches for trees.

SNOW BENEFITS

A blanket of snow helps insulate the soil below, protecting plants from winter winds and providing water upon thawing.

WATERING

Water only when temperatures are above freezing and the soil is not frozen. Apply water early or midday so it will have time to soak in before possible freezing at night.

HEAVY SNOWFALL

Heavy snow may damage branches and twigs. Remove thick snow layer from vulnerable plants.

Source: www.oznet.ksu.edu Copley News Service/Bob Kast

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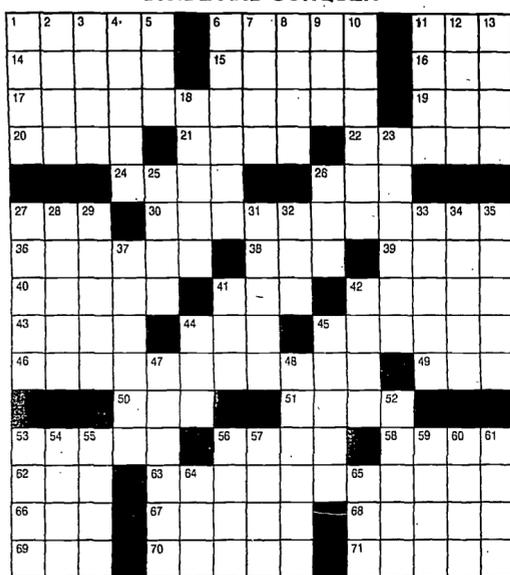
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COPY NEWS SERVICE By Charles Preston

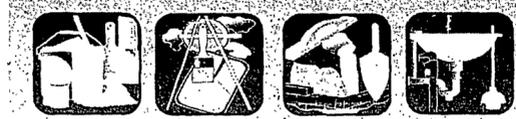
ACROSS
1 Tic, for one
6 Army doc
11 Expert, informally
14 "48 Hrs." star
15 Gay
16 Stirrup's site
17 Change/tabby/atom
19 Before, in poesy
20 Petition
21 Yemen's largest city
22 TV's "Green"
24 Spanish painter
26 Room in a harem
27 Long or Peeples
30 Eider/listen/Kennedy
36 Available in emergencies
38 Televised
39 Shore bird
40 Prop a golf ball again
41 On ___ outs: estranged
42 Civil War general
43 Israeli stateswoman
44 Debtor's note
45 Scraped a floor
46 Commercial/truck/concrete
49 Harris and Asner
50 Do macramé
51 Ellipsis parts
53 Steve food
56 Kind of lily
58 Shoe stretcher
62 Cubic meter
63 Anti/face/circle
66 Fleur-de-___
67 Buoy one's spirits
68 City in Tuscany
69 Part of i.e.
70 Folk singer Pete
71 Dutch painter Jan
DOWN
1 Give way under pressure
2 Gallup's speciality
3 Der ___: Adenauer
4 Vaporize
5 Mal de ___
6 Pasture
7 Grafted, in heraldry
8 Exhaust
9 Port in Peru
10 Prince Edward Island's nation
11 Earl or marquis
12 Exceptional
13 Bonanzas' yields
18 Noel
23 Lurch
25 Unfounded
26 Neath's opposite
27 Shearer, of the screen
28 ___ to Know": Marc Anthony hit
29 Play division
31 English poet Tate
32 Shake a leg
33 Swap
34 Done
35 Acts of derring-do
42 Dillon or Damon
44 Diamonds, to thugs
45 Hair bag
47 Family members
48 More nervous
52 What drum majors do
53 Wan
54 Topaz author
55 Caesura
56 Hang-up
57 First family of early Ferrara
59 Paella ingredient
60 Suffix with differ
61 New York's cardinal
64 Bullring bravo
65 Raised railways

Last Week's Puzzle Answers



Be the First to send in the answers to this week's crossword puzzle and your name will be listed in next week's Bugle.
THE WINNERS
1st Lorraine Truskolaski
2nd Leo Madura
Send your answers to the editor by Fax: 847-588-1911 or E-mail: crossword@buglenewspapers.com

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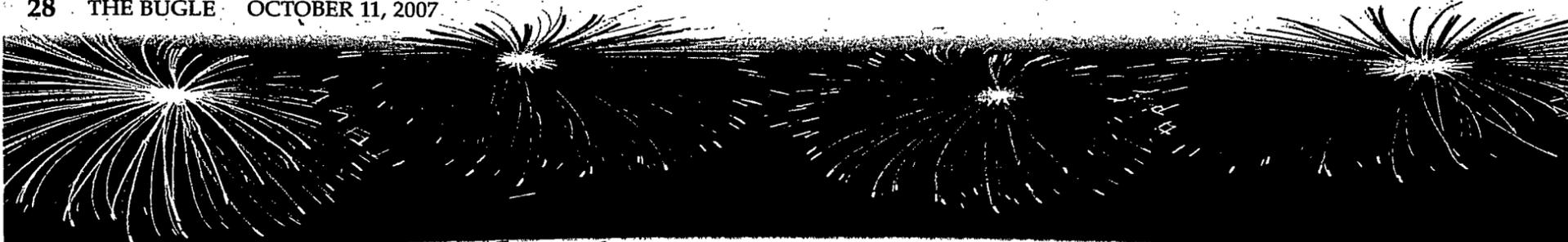
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