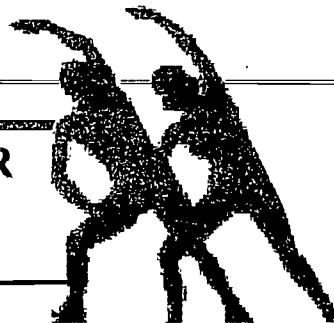


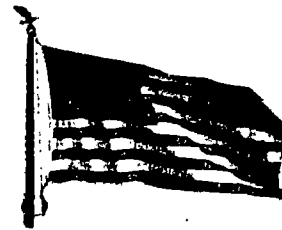
**STOP MEANS STOP
IN PARK RIDGE**
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**FAMILY FITNESS CENTER
STAFFER HONORED**
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THE BUGLE



SINCE 1957

THURSDAY JANUARY 12, 2006

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Park Ridge Park Board to consider nepotism policy for David Santee

BY TRACY YOSHIDA GRUEN
STAFF WRITER

Should two family members be able to work together at the same park district, one being higher on the same chain of command?

Well, a nepotism policy was discussed thoroughly by the Park Ridge Park District board of commissioners at a committee-of-the-whole-meeting on Thursday, Jan. 5.

The discussion sparked as a result of former Olympian David Santee possibly wanting to become a staff member as an ice skating instructor at the park district,

where his brother, Jim Santee, is the facilities coordinator. David currently teaches private lessons at Oakton Ice Arena.

The Bugle contacted David and Jim Santee the day following the meeting to see how they both felt about the situation and the policy.

"It's a difficult position to be in. It's a lose/lose situation," said Santee, who said that he would not be his brother's direct supervisor, but he would still be in his chain of command, as facilities coordinator. Santee said his brother, David, is well qualified for the position, but he said that David will not apply for a position unless there was a

Story Continues...
see SANTEE page 3.

IDOT work closes Milwaukee lanes

Work set for completion Feb. 28

The Illinois Department of Transportation (IDOT) was scheduled to close lanes on Milwaukee Ave. in Niles starting Monday, January 9.

According to an IDOT press release, there were supposed to be daytime lane closures on Milwaukee Ave. from Oakton to Main beginning Monday and continuing through Tuesday,

February 28.

The work is intended to install fiber-optic cables in the roadway.

It is expected to snarl traffic along the major throughfare which is already jammed two to three blocks north of Oakton during rush hour.

Communters are urged to find alternate routes whenever possible.



Par-King mini-golf course demolished

Mayor mum on future of site, but village is working with developer

The wooden rollercoaster, the Statue of Liberty, Mt. Rushmore, The Golden Buddha—these were just some of the unique holes that attracted mini-golf fans to Par-King miniature golf course on Dempster St. in Morton Grove, which has been demolished.

The spot filled with mechanical, colorful objects was often a popular one on a summer evening or sunny afternoon, attracting dates, groups of friends, and families.

"We're sad to see it go," said

Chris Boznos, one of the managers at the Lincolnshire Par-King golf course, who said it had been closed for a couple of years now.

Boznos said that some of the classic pieces and figures were taken from the Morton Grove course to the Lincolnshire course. The Lincolnshire Par-King has 36 holes, compared to Morton Grove's 18 holes. Boznos said the Lincolnshire course is "better than ever," because the holes are more elaborate now. He said they

would love for people who enjoyed the Morton Grove course to come play at their course in Lincolnshire.

What will take the place of the course that has made Dempster St. its home for many years?

"We're working with developers to try to improve that area," said Morton Grove Village Mayor Richard Krier, who said that the plans are not yet "solidified" so they are

Story Continues...
see PAR KING page 2.

Man in early 20s pulls off daytime robbery of Niles Fifth Third Bank

BY JEFF BORGARDT
STAFF WRITER

A white man between ages of 23 and 27 robbed a Fifth Third Bank on the 5900 block of Touhy Tuesday, Dec. 27 at 1:10 p.m.

The man got in line with a

Bank Robber: I've got nothing to lose and will kill us all

briefcase and a cell phone. When he walked up to the teller, he handed her a note.

It read: "This is a robbery. My case is a bomb that could kill everyone in this bank! I detonate by pressing one button on my phone. Empty all registers, no

bags. I'm leaving the bomb here. If dye explodes, you explode. If you hit the alarm or I hear one siren, you explode. When I'm gone, wait 10 minutes then call the bomb squad. I've got nothing to lose and will kill us all."

The letter had poor grammar

and spelling and was scrawled in large letters on a sheet of paper. (Punctuation and spelling have been corrected in the prior quotation)

Based on viewing the videotape of the incident, authorities estimate the robber netted

between \$4,000 and \$5,000 in \$20, \$50 and \$100 bills from the teller.

After reading the note, the teller grabbed stacks of money from the register and handed them over to the robber.

When the teller began to col-

Story Continues...
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NEWS

Bornschlegl appointed new Morton Grove police sergeant

BY TRACY YOSHIDA GRUEN
STAFF WRITER

Marvin Bornschlegl was appointed as a new police sergeant in Morton Grove at the village board meeting on Monday, Jan. 9.

Bornschlegl has been an officer with the Morton Grove Police Department since 1991. He received a Bachelor of Arts degree in criminal justice from Northeastern Illinois University.

Married to a pediatric nurse, Bornschlegl is a father of two children.

Bornschlegl's resume includes being a board of trustee with the Illinois Fraternal Order of Police State Lodge, lodge president of Morton Grove #135, the local labor steward since 1995 and involvement in a forensic specialist taskforce. Bornschlegl is also a licensed professional counselor.

He is an evidence technician and a CPR instructor.

A Morton Grove police officer congratulated Bornschlegl at the board meeting and called his appointment to sergeant as "long awaited and overdue."

When Bornschlegl approached the stand at the meeting, he said he was at a bit of a loss for words, but his sincere smile revealed how happy he was about serving Morton Grove residents at the rank of a sergeant.

The audience gave him a warm applause and the trustees and Morton Grove Village Mayor Richard Krier all stood up to shake Bornschlegl's hand and congratulate him.

"I'm very proud of Marv, and of the guys," said Trustee Dale Senesky.

Another happy moment at the village board meeting was when the Varghese family of Morton Grove came up to the stand to cel-

brate the birth of their daughter, Jeslyn Varghese, who is the first baby born in the Chicagoland area in 2006.

Throughout much of the meeting, Trustee Roy Kogstad said that he believed the village board may be violating the Open Meetings Act.

The board voted to approve some of the resolutions that were marked "First Reading" on the board agenda that is handed to the public. Kogstad believes this may be violating the open meetings act, because since it's marked "First Reading," he said that it misleads the public to believe that the item would only be discussed and no action would be taken on the item until the next reading.

Krier and other board members did not see the action as a violation of the open meetings act. Corporate Counsel Terry Liston said that the board had the ability to approve the resolutions on first

reading. Kogstad also believed that the board was violating the Open Meetings Act by holding a scheduled executive session meeting on Martin Luther King Day, a national holiday. Krier explained that village hall is open on that day, and employees will be working, and since it is not a village holiday, he did not see a problem with holding an executive session meeting on that day.

Kogstad suggested that the village seek an "outside opinion" on the possible violations. "I'm just trying to protect you," Kogstad said to Krier. He said he didn't want the village to be at risk to be sanctioned. "The president isn't immune."

"Thanks for looking out for me," said Krier. However, he said that he wished Kogstad would have talked to him about this issue prior to the meeting if he was concerned about the legality of the

issue. "It's the first time I've heard from Trustee Kogstad" (about questioning the legality of the meeting).

Resident Chris Arns approached the village board during the resident comment section of the meeting.

"I'd like to start by saying Happy New Year," Arns greeted the board.

Arns said that some of his important comments were omitted from various village board meeting minutes.

"Minutes are curiously missing from the library," said Arns. He said that in some of the village tape recordings, some comments were cut out and his words were taken "out of context."

"I think they do their best," said Krier, regarding compiling the meeting minutes. He said that if Arns would like to submit a written copy of his comments, he would include them in the minutes.

and Waukegan roads in Morton Grove. According to a Par-King website, from all around Chicago, people came to hit buckets of balls at the "largest, most well maintained" range in the area.

Due to the popularity, George decided to open a miniature golf course next door to the driving

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ROBBERY:

Not a bomb

CONTINUED FROM PAGE 1

lect \$1 and \$10 bills, the robber declined to take those bills saying "that's it."

The FBI and Niles police continue to investigate.

The 6'2" man was wearing jeans, a green shirt, a dark jacket and a scarf. He held up his phone as he handed over the note.

When the bomb squad later searched the briefcase with a "bomb," it was empty.

PAR KING:

CONTINUED FROM PAGE 1

unable to provide any further information about the property at this time.

In the 1950s, a driving range was opened by a man named George at the corner of Dempster

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NEWS

SANTEE:

No resolution yet

CONTINUED FROM PAGE 1

change in the policy. Jim said that there are many facilities in Chicagoland that have already shown an interest in his brother, so it's not like he won't be able to provide for his family if a position is not made available to him in Park Ridge.

"I didn't really intend for it to be a big deal," said David, who said that he would love to have the option to teach in Park Ridge. "I love my hometown. Everyone knows my background. I obviously have tremendous qualifications."

For about an hour, the commissioners shared their opinions and views on the topic. The possibilities of making changes to the policy or of making an exception for David Santee as a result of his special talents were both examined. At the end, they decided to have the policy and procedures committee review the policy and possibly make a recommendation at the February committee of the whole meeting.

Park Board President Marty Maloney said that he felt more comfortable changing the policy, as opposed to making an exception just for Santee.

"I would like us not to change the policy," said Commissioner Joyce Carmichael. Instead, she

said she would rather see them make an exception for Santee due to his talent.

Two members of the public spoke out, sharing their opinions on the topic.

"To bring David in, it is a unique opportunity," said Russ, calling him an "extraordinary talent." He said that he would support making an exception to the policy for David.

Resident John Sclafani was also vocal about his opinions on the topic, although on the other side of the spectrum.

"I'm totally against exemptions of any kind," said Sclafani, who believes that exceptions to the policy should not be made for Santee, or anyone else.

Sclafani also was concerned about public resources being used for personal gain, calling it "corruption." He believes the money should go directly through the park district instead of students directly paying their instructors for their services. The commissioners said the students do pay the park district directly for their time on the ice.

Holding up various editions of the Bugle Newspapers, Sclafani referred to the recent skating fee issues at the Niles Park District.

"Are we going to make the same mistake Niles made?" asked Sclafani.

Commissioner Jim O'Brien felt that it shouldn't be up to the board to make decisions about who is qualified or not qualified to be an exception to the policy.

"Where do we draw the line?"

Stop? Really?



Park Ridge residents were complaining to the city that there were more rolling stops during the holidays so Public Works employees installed new signs, pictured above, at four intersections, Washington and Michael John, Weeg Way and Parkside, Vine and Belle Plaine and Thorndale and Canfield.

City Officials say that the new signs, reading "Stop means Stop" have helped because it gets drivers' attention.

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HEALTH & FITNESS

Fitness Forum

Choosing right professional fitness coach a tricky exercise

R. J. Ignelzi
Copley News Service



time and help you better achieve your goals safely and appropriately." From the person just starting out or who hasn't exercised in a long time, to someone who has a specific goal of losing weight, building muscle or running a marathon, to the regular exerciser who's stuck in a workout rut, almost anyone who exercises can benefit from training with a pro.

While it's fairly easy to find a trainer, choosing the right one can be tricky. Exercise professionals offer these tips on finding and hiring the best personal fitness coach for you.

Ask for referrals. Word of mouth is a great tool for discovering more about the trainers in your area. If you know people whose fitness goals are similar to yours and their trainers were helpful in their success, chances are they could help you, too.

Consult the Internet. Many of the national certification organizations will provide you with a list of certified trainers near you.

IDEA Health & Fitness Association's Web site, www.idealife.com, offers a Personal Fitness Trainer Locator. Just enter your ZIP code, and certified trainers in your area are displayed.

Ditto for ACE's site, www.acefitness.org, and the Pro Finder on the American College of Sports Medicine's site, www.acsm.org. Check out the personal trainers at local gyms. Some fitness centers have their own trainers, while others contract with independent trainers who use the facility. Find a trainer who can help you meet

your specific fitness goals. Do you want to shed some pounds? Are you more interested in bodybuilding? Are you coming back from a health problem and need guidance in designing an exercise program?

Some trainers specialize in a particular type of exercise or clientele. It's important to find a trainer whose professional strengths and expertise are in the areas you want to pursue. Check out their education and credentials. In order for a personal trainer to design a safe and effective workout, he or she should have a good grounding in exercise technique and physiology. A trainer with a four-year college degree in a fitness-related field such as exercise physiology, anatomy or physical education is a good idea. However, certification through a nationally recognized organization can often take the place of a degree.

Some reputable organizations that train, test and certify personal trainers include: American Council on Exercise (ACE), National Academy of Sports Medicine (NASM), National Strength and Conditioning Association (NSCA), and American College of Sports Medicine (ACSM).

Look for trainers who advance their career with continuing education. The fitness industry is constantly evolving, and a good trainer needs to stay on top of the latest research, information and trends.

"A personal trainer who has that extra education will have more knowledge and tools to help you," Galati says. Figure out how much you can afford. Training sessions usually average \$50 to \$85 an hour. You may only need four to six sessions to get a fitness program in motion and then another session every few months to make sure you're on track.

To save money, find a trainer who offers semi-private sessions with three or four people at a time. While you don't get the trainer all to yourself, the costs are about half, and sometimes the camaraderie of other workout partners can be motivating. "Small training groups can be a real positive experience. People often thrive on a group environment and interaction," Galati says. "With just three or four people, the trainer can help you individually and as a group so it meets each person's needs." Be

Story Continues...
see FITNESS next page.

HEALTH & FITNESS

Niles Family Fitness Center Staff Member Honored



Fred Caito, fitness coordinator at the Niles Family Fitness Center and former head trainer of the Chicago Bears, was the proud recipient of the NFL Champions Award celebrating the twentieth anniversary of the Chicago Bears Super Bowl victory.

Mr. Caito has been helping members of the community achieve their fitness goals through his expertise in training techniques since the facility opened in January 1999.

Pictured with Fred, are Catherine Fay and Carl Maniscalco, (director of the fitness center), who were very happy for their friend and colleague.

Tim Brown and Mike Graf (owners of One Moment Productions, and Niles residents) presented the award to Mr. Caito on behalf of the Chicago Bears.

One Moment Productions, specializes in custom designed awards, corporate apparel and executive gifts.

For more information on the Niles Family Fitness Center, please call (847) 588-8400 or visit www.nilesfitness.com

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The third floor of the NFFC accesses the elevated, three lane indoor track that accommodates walking, jogging, and running. Mondo flooring provides optimal comfort. With approximately 13 laps to a mile, you're sure to work up a sweat.

FITNESS:
CONTINUED FROM PREVIOUS PAGE

sure to ask about any discounts available. Sometimes trainers will deduct 10 percent to 20 percent from the price if you buy a set of 10 or more sessions.

Make sure the trainer can accommodate your schedule and location. It's important to find a trainer who's available when and where you are. The more convenient the training sessions, the more likely you'll stick with the training. The ultimate convenience is to have the trainer come to your home to work out. However, expect to pay a bit more for this luxury. You can also meet the trainer at your gym or at a nearby beach or park. Get references from past and current clients. Call the references and find out if the training experience was effective and satisfying. Did the trainer help them reach their fitness goals?

Do your personalities click? "A trainer's personality can be a critical factor in establishing a personal connection with a client. If their

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personal skills aren't a match for you, it's not an ideal situation," says Cedric Bryant, chief exercise physiologist with the American Council on Exercise. "Somebody can know exercise science but be very deficient in interpersonal skills."

Pay attention to a trainer's communication skills. In your initial conversations, did the trainer listen to your needs and answer your questions? If it's all about him or her, look for a different trainer.

"A trainer needs to be an effective listener. They should treat you as an individual and ask a lot of questions about you - your likes, dislikes and goals," Bryant says. "If they don't take the time to understand you as a unique individual, they'll end up giving you a cookie-cutter training approach." Look beyond looks. Don't let a trainer's appearance be the sole factor in choosing him or her to help you get fit. Just because they have ripped abs or a tight tush doesn't mean they can help you attain that kind of body.

"We all have certain genetics. Some people look in better shape

than they really are. You have to base your decision on their knowledge, not their physique," says Jan Schroeder, senior exercise physiologist for IDEA Health & Fitness Association and an associate professor of kinesiology at Cal State Long Beach.

Nix the diet advice. Be wary of a trainer who recommends a particular diet, supplements or vitamins to enhance your exercise experience, unless he or she has educational background or certification in nutrition.

Make sure the trainer's insured. Personal trainers should carry liability insurance in case you suffer injuries while working out.

Can the trainer help in a health emergency? Basic first-aid, CPR and knowledge of an automated external defibrillator (AED) are crucial for a personal trainer. What's the policy on cancellations, punctuality and billing? Having all the policies in writing helps clarify the relationship and avoids any misunderstandings later. It also protects your rights as a consumer.

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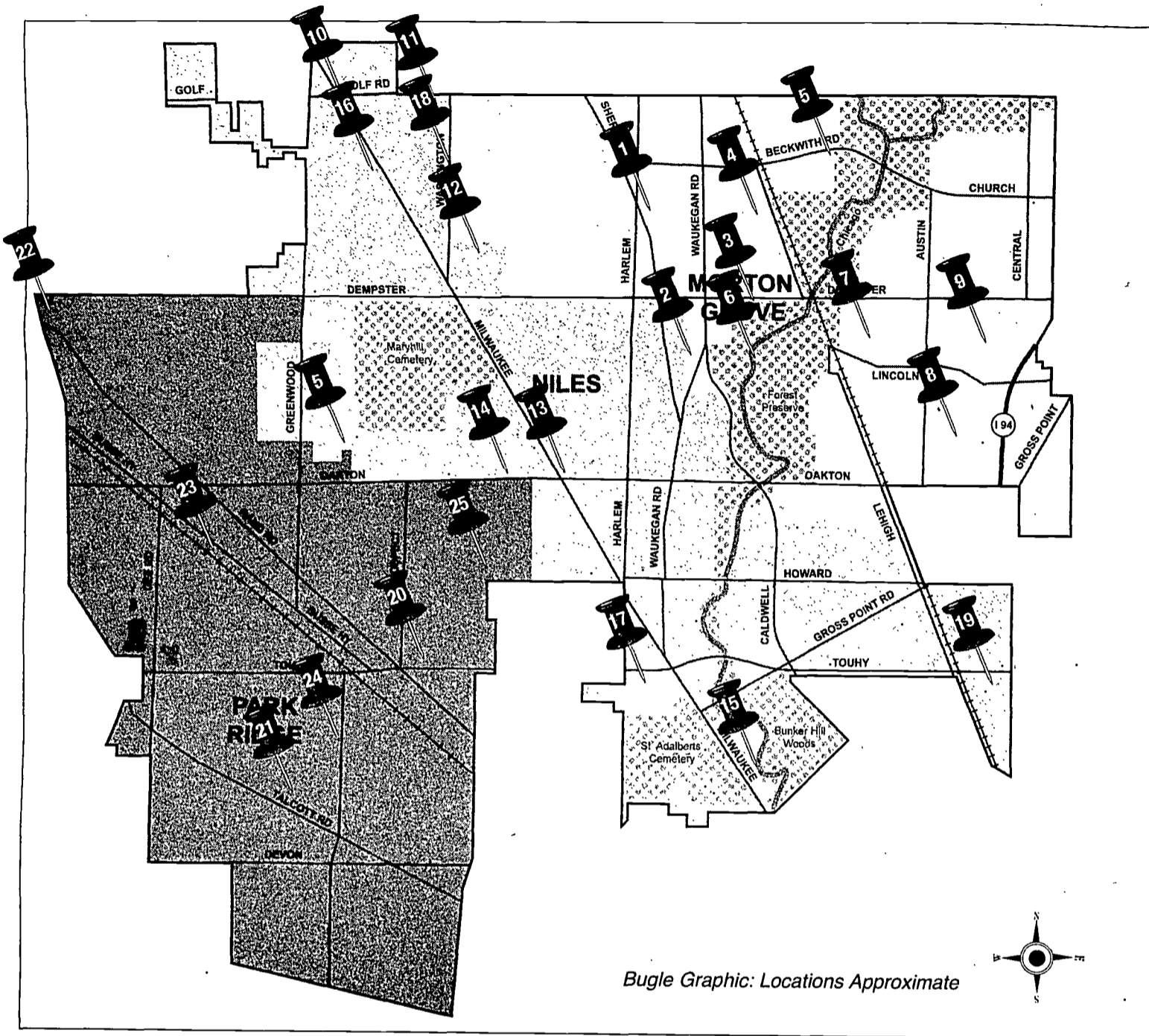
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POLICE BLOTTER



Bugle Graphic: Locations Approximate

MORTON GROVE

The following was derived from the official reports of the Morton Grove Police Department for the week ending Friday, Jan. 6.

- 1 Auto Glass Damaged (9200 Marion)**
Unknown offender(s) used a blunt striking tool to damage the glass of a vehicle in the 9200 block of Marion on Dec. 31, said police. The victim had an iPod in plain view in the front passenger's seat, said police. There was no entry made. Damage is estimated at \$500.
- 2 Theft of Purse (8500 Waukegan)**
A purse was stolen from the 8500 block of Waukegan at a bowling facility on Jan. 1, said police. Victim put her purse down by the seating area and it was stolen. The purse contained credit cards, a cell phone, Kodak camera, many gift cards and more.
- 3 Brick Breaks Restaurant Window (6800 Dempster)**
A window was broken out by a

brick that was found at the scene at a restaurant in the 6800 block of Dempster between Jan. 2 and Jan. 3, said police. The victim said he had a verbal altercation with a customer over food preparation on Dec. 28. The damage to the window is estimated at \$400.

- 4 Resident's Two Vehicles Damaged (8900 Cherry)**
Unknown offender(s) broke the front passenger windows of the victim's two vehicles, one a Toyota 4-Runner and the other a Lexus on Jan. 3 in the 8900 block of Cherry, said police. Damage is estimated at \$250 for each window.
- 5 Reindeer/Christmas Trees Stolen (9300 Nashville)**
A victim was putting away his Christmas decorations when he noticed that metal Christmas decorations were taken from his yard between Jan. 1 to Jan. 3 in the 9300 block of Nashville said police. The offender(s) took a \$55 reindeer and \$40 in Christmas trees.
- 6 Burglary to Auto/Attempt of Stolen Auto (8500 Waukegan)**

Unknown offender(s) pried open the driver's side window and gained entry to the vehicle in the 8500 block of Waukegan on Jan. 4, said police. The offender then pried off the plastic ignition shroud.

- 7 Consumer Dispute Over Rented Computer (8700 Narragansett)**
Two employees from Rent a Center went to the 8700 block of Narragansett on Jan. 2, to retrieve a computer that was rented by a resident, said police. The resident refused to give the computer back, saying that he put cash in the mail slot for the computer. Employees said they never got the payment. While an officer was on the scene, the resident agreed to give them back the computer.
- 8 Burglar Alarm At residence (5900 Keeney)**
Police responded to the 5900 block of Keeney Ct. on Jan. 2 after an alarm company indicated the rear patio door was open and someone was on the premises, said police.
- 9 Police Dispatched to Muslim Community**

Center (8600 Menard)
A complainant said that the MCC was holding services during construction (which is a violation) on Jan. 4, said police. An officer was dispatched to the scene and noticed 15 to 20 cars in the lot. The officer said he saw teen boys playing basketball, but he did not see any services being held.

NILES

The following was derived from the official reports of the Niles Police Department for the week ending Monday, Jan. 9.

- 10 Fired cab driver keeps car (9600 Milwaukee)**
The Third Fleet cab company reported a Ford Crown Victoria stolen Dec. 28 after a cab driver who was fired from his position Dec. 23 never returned the company cab car.
- 11 Drunk hair cut (8300 Golf)**
A stylist called Niles police Dec. 28 at noon because she did not think a hair cut customer was sober enough to drive home. He refused to get into a taxi.

- 12 Drug arrest (7900 Park)**
A woman, 24, was found slumped over the steering wheel of a running car and pills, syringes, cocaine and methadone were found inside the car. She faces three felony drug counts.
- 13 Fire (8000 Milwaukee)**
A residential and commercial building, 8028 Milwaukee, caught fire Jan. 4 at 7 p.m.
- 14 Six men in Christmas brawl (8000 Milwaukee)**
Six men were involved in a brawl on Dec. 25 in a parking lot at 4 a.m. It was said that three men were harassing people as they walked out a closing restaurant. The trio began to hit three others in the parking lot, they then threatened to get a gun but drove away instead. One of the offenders asked a victim "You have a problem with me?" before the attack but the victim did not speak English and couldn't understand. The victims declined to sign complaints.
- 15 Burning bag (6500 Ebinger)**
A Niles photographer, 51, opened the door and found a burning bag filled with excrement Jan. 3.
- 16 Toys Stolen (9500 Milwaukee)**
\$700 in video games and iPod equipment were stolen from a vehicle parked in the Toys R Us parking lot Dec. 28.

- 17 Rock thrown at school (Bridgeview School)**
A rock shattered a schoolhouse window causing \$300 in damage Jan. 2.
- 18 Radar detector stolen from car (8800 N. Washington)**
Someone shattered a car window and reached inside and grabbed a \$300 radar detector Jan. 3.
- 19 Makeup grabbed (5600 Touhy)**
An 18-year-old Lincolnwood girl was arrested Dec. 30 for stealing \$30 in makeup from Wal-Mart.

PARK RIDGE

The following was derived from the official reports of the Park Ridge Police Department for the week ending Monday, Jan. 9.

- 20 Computer stolen from church (400 W. Touhy)**
A computer worth \$3,000 was

Blotter Continues... see BLOTTER next page.

NEWS

Civil War Round Table Holds meeting

Members of the Northern Illinois Civil War Round Table held a meeting on Friday, Jan. 6 at the Arlington Heights Memorial Library. The topic for the meeting was Dan Sickles, Gettysburg and the "Peach Orchard," and the controversy that existed. General Dan Sickles arrived late on July 1 at Gettysburg and General Meade put his third corps on the left flank of the second corps (Hancock) and extended it along Cemetery Ridge to the Little Round Top. Sickles thought his position would be better served half a mile forward of his designated position to higher ground in the "Peach Orchard" despite Meade's orders. Tom DeFrance Jr. talked about the controversy and lies that are involved in Sickles decision to move his defensive line forward, and summarized both sides of the argument.

BLOTTER: Laptop taken from car

CONTINUED FROM PREVIOUS PAGE

- 21 Indecent exposure (1100 W. Talcott)**
A white man in his late 40's or early 50s was seen exposing himself in a blue van at 8 a.m. on Jan. 3.
- 22 Hole cut in wall (2600 Dempster)**
A thief entered a business the weekend of Dec. 30 by cutting a hole in the wall. A missing property form was being completed.
- 23 Projector taken from office (700 N. Busse)**
A screen projector worth \$3,500 was taken from an office being remodeled the weekend of Dec. 24.
- 24 Burglary to vehicle (300 S. Knight)**
An iPod and cell phone were taken from a parked car Dec. 29.
- 25 Laptop taken from car (500 N. Merrill)**
A laptop computer and \$3 in cash were taken from inside a car the night of Jan. 3.

ty form was being completed.

All information printed in the "Police Blotter" is obtained from written reports of the respective police departments.

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COMMENTARY

A Year of progress toward a better world

BY ROBERT J. CALDWELL
COPLEY NEWS SERVICE

The world's most important political story in the 60 years since the end of World War II has been the steady advance of human liberty. From fewer than two dozen democratic nations in 1945, the family of electoral democracies has grown to 122 countries, of which 89 can be considered completely free.

Events in 2005, chronicled by the global democracy monitor Freedom House, added significantly to this rolling revolution. Ukraine and Indonesia consolidated their claims to democratic status; Ukraine via a peaceful people-power revolt that overturned rigged presidential elections. Afghanistan elected a parliament from among several thousand freely campaigning candidates. Liberia elected a woman as president, a first for Africa.

In the Arab Middle East, long a region thought barren of democratic prospects, a slowly rising tide of political and social reform opened new opportunities for freedom. Lebanon shrugged off decades of Syrian military occupation to assert its independence. Voters in the Palestinian territories chose a political moderate, Mahmoud Abbas, to replace the late and unlamented Yasser Arafat as president of the Palestinian Authority. Israel evacuated its settlers from the previously occupied Gaza Strip, the rump

of what will someday become an independent Palestinian state.

In war-torn Iraq, millions defied terrorist threats to elect an interim parliament in January, adopt a national constitution in October and then elect a four-year legislature last month. The new national assembly is to choose a president and two deputy presidents in 2006 and thus constitute the first freely elected and democratic government in Iraq's modern history.

Not bad for a tumultuous year in which so much else went wrong.

Since 1972, the global advance of liberty has been tracked annually by Freedom House, an independent, nonpartisan advocate for democracy and human rights around the world. Freedom House measures every country by acknowledged democratic standards. Among these are free and competitive elections, open politics, respect for civil and political liberties, a free press and the rule of law.

The Freedom House survey for 2005 called the year's gains for democracy substantial, which they were. In all, Freedom House tabulated democratic gains in 27 countries and setbacks in only 9. The list of electoral democracies expanded from 119 to 122. Conversely, the tally of unfree nations declined from 49 to 45.

In demographic terms, nearly 3 billion people, 46 percent of the world's population, now live in countries Freedom House considers fully consolidated

democratic nations. Another 1.1 billion people live in countries rated partly free. Thus, just under two-thirds of the world's people now enjoy either full or partial democratic rights.

After millennia during which few people anywhere had the right or power to choose how they were governed and to hold their governments accountable, this is a historic achievement of transcendent importance.

The democratic challenge in this new century is to press for the political liberation of the 2.3 billion people living in states universally regarded as not free. These range from autocratically governed nations arguably in transition such as China, to rigid dictatorships like Cuba to such abject hellholes as North Korea. Promoting human rights and their institutional bulwark, democratic politics, in such alien states will prove an arduous and protracted task.

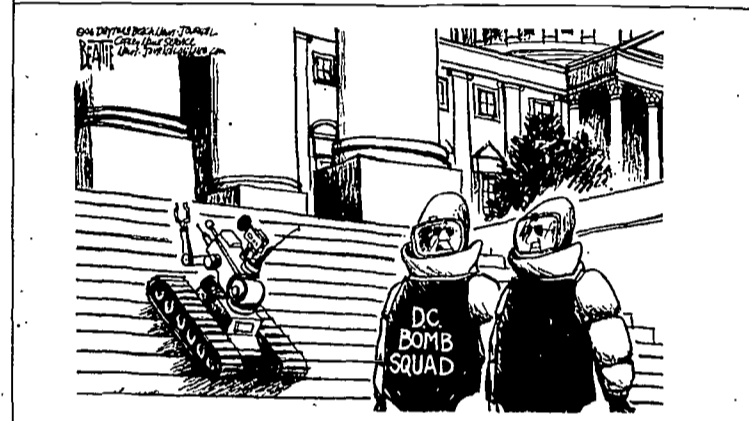
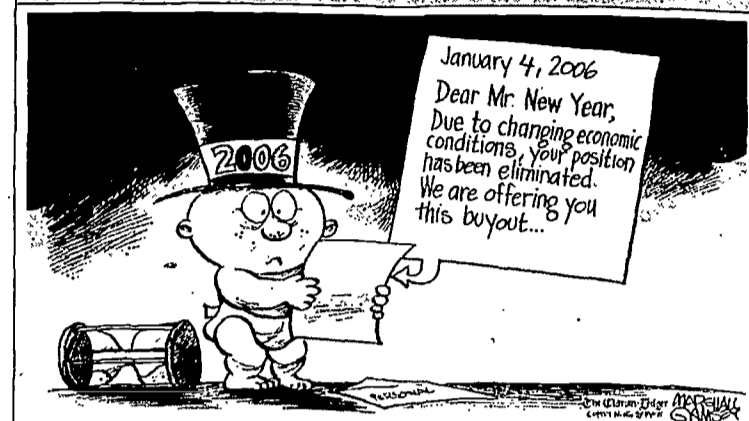
But not, as experience shows, an impossible one.

President Bush drew near-derision from skeptical realpolitik types for declaring in his second inaugural address that spreading democracy would be the principal, and principle, focus of his second-term foreign policy. The cynical political elites unimpressed with Bush's idealism doubt democracy's universal, and spreading, appeal.

Yet, the dramatic trends documented by Freedom House's surveys over the years tell a distinctly more heartening tale.

Since 1972, 67 countries have shed dictatorships to become electoral democracies. Don't tell

Other Views



Cartoons From Copley News Service

people in these countries that political and civil liberties, the rule of law, an independent judiciary and a free press don't count.

In nearly every authoritarian state that permits even a whisper of opposition, pro-democracy movements exist and struggle for recognition. That's true in China, in Cuba, in Vietnam, in Myanmar, in Iran, in Egypt, in Saudi Arabia and almost everywhere else where autocratic power and autocratic systems deny people fundamental human rights.

The simple truth is that free elections together with their economic counterpart, free markets, are proving, universally, the best mechanisms for achieving the better lives to which people everywhere aspire.

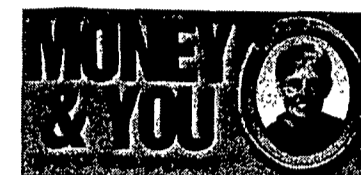
That's the inspirational story motivating the march of human emancipation chronicled by Freedom House. We can give thanks that 2005 marked still more progress on this ennobling trek to a better world.

Robert J. Caldwell is editor of The San Diego Union-Tribune's Sunday Insight section and can be reached via e-mail at robert.caldwell@uniontrib.com. Visit Copley News Service at www.copleynews.com.

Visit Copley News Service at www.copleynews.com.

BUSINESS

No willpower? Here's a push in the right direction



With the New Year less than two weeks old, you probably haven't committed any financial mistakes yet in 2006. If you can sustain that momentum for 8,700 or so more hours, you'll be in terrific shape for 2007.

This column, however, is devoted to those who can't muster that sort of willpower. Most people need to be encouraged - and perhaps nagged - to do what's right. Consequently, I'm suggesting some financial resolutions for folks who may need a shove.

New Year's resolution for Congress: Hey guys, how about reforming the alternative minimum tax? The AMT reminds me of The Blob, the murderous goop that Steve McQueen battled in his first lead film role. Today's AMT is a blob that's clearly lost its eyesight and sense of direction, because it's swallowing the wrong people.

When Congress created this tax in 1969, the intent was to make sure that fewer than 200 of the nation's wealthiest people stopped shirking their income tax obligations by hiding behind an impenetrable fortress of tax loopholes and deductions.

Today, however, the AMT is attacking a lot of middle-class families. Californians are prime AMT victims, in part because the tax deductions many residents claim for mortgage interest and property taxes are so high in the state. These deductions help trigger the AMT, which has not been

indexed for inflation.

If the ATM hasn't terrorized you yet, just wait. The Internal Revenue Service released a report through its National Taxpayer Advocate which estimated that 30 million taxpayers will be hit by the tax by 2010.

Resolution for workplace grunts: If you're saving through a workplace retirement plan, such as a 401(k) or a 403(b), congratulations, but don't become smug. You, surely, can do better.

You can start by increasing your workplace withdrawal. I bet that most of you wouldn't even notice a change in your paycheck. Suppose, for example, that you make \$50,000 and you already contribute 6 percent to your 401(k). That's \$3,000. If you instruct your 401(k) provider to increase that by just one percentage point, you'd save an additional \$500, which pencils out to less than \$10 a week. In 2006, you can contribute up to \$15,000 in a 401(k), as well as \$5,000 more if you're at least 50.

Resolution for job hoppers: When you leave your job this year, go ahead and take your files, the family photos, your coffee mug and the leftover sheet cake, but don't bring home your 401(k).

Instead, you'll want your old employer to dispatch your 401(k) cash directly to an individual retirement account that you've established at a mutual fund, brokerage firm or other financial institution. By doing this, your nest egg will continue to grow without being clobbered by taxes. If you have the money sent directly to your house, your employer will withhold 20 percent.

Story Continues... see MONEY next page.

Nine Chambers unite to host networking lunch

Nine suburban Chambers of Commerce will come together to host "Networking to the Ninth Power" on Thursday, February 16. The lunch will be held at the Chicago Skokie Holiday Inn, located at 5300 W. Touhy in Skokie.

The huge event includes representatives of nine Chambers: Des Plaines, Glenview, Lincolnwood, Morton Grove, Niles, Park Ridge, Skokie, Wheeling/Prospect Heights, and

Wilmette. "Networking to the Ninth Power" represents an opportunity for businesses from all over the suburbs to get to know each other and establish fresh rewarding contacts.

Box lunches are served from 11 a.m. to 11:30 a.m. At 11:30, participants will split into small groups where they will each get to talk for a short time about the business they represent. At noon they move to a different table, and at 12:30 a third and

final group. "Networking to the Ninth Power" costs \$25 per person (\$35 for non-members) with the option of being a table sponsor for \$35.

The event starts at 11 a.m. Admission is by reservation only; there are no walk-ins and spaces must be reserved by February 7.

For more information, call the Niles Chamber of Commerce at (847) 268-8180.

Workshop on Park Ridge Executive Plaza today

A workshop to identify and discuss future land uses and redevelopment opportunities for Executive Plaza in Park Ridge will take place on Thursday, Jan. 12 at 7 p.m. in the City Council Chambers of Park Ridge City Hall, located at 505 Butler Place.

Executive Plaza is bounded by Touhy Ave. on the north,

Northwest Hwy. on the south, Washington Ave. on the west and Berry Parkway on the east. At the present time, several office buildings occupy the area, which has a zoning ordinance designation of O-1 Office.

Citizens who attend the meeting will be able to make comments on the draft goals and concept plans

for the area. The city is interested in learning what neighboring property owners think are the appropriate uses for Executive Plaza.

The meeting will include an overview of key site design principles.

Story Continues... see PLAZA next page.



BY JEFFREY CARDELLA
Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones

Take Advantage of Higher IRA "Catch-up" Limits

Now that it's 2006, you are one year closer to retirement. Of course, if you are still in your 20s, this milestone may not mean that much to you. But if you are 50 or older, the prospect of actually becoming a retiree looms larger as the years go by. Fortunately, it's just becoming a little easier to build savings for your retirement years. Why? Because, as of Jan. 1, you can put \$1,000 in "catch-up" contributions into your traditional or Roth IRA, up from \$500 in 2005. So, given the \$4,000 annual limit for regular contributions, you can put a total of \$5,000 into your IRA in 2006.

Fully funding your IRA should be one of your top investment priorities. Keep in mind that IRAs offer two major benefits:

Tax advantages — If you have a traditional IRA, your earnings have the potential to grow tax-deferred, so your money will grow faster than it would in an investment on which you paid taxes every year. (You will eventually have to pay taxes on your earnings, but, by then, you may be in a lower tax bracket.) Also, depending on your income level, your contributions may be tax-deductible. When you have a Roth IRA, you can withdraw your contributions at any time, free of taxes. You also can take out earnings, free of taxes, as long as you don't begin withdrawals until you've reached age 59-1/2 and had your account for at least five years.

Variety of investment options — You can invest your IRA in virtually any security you choose —

stocks, bonds, Treasury bills, certificates of deposit, etc. In fact, you're not confined to just one type of investment within your IRA; you can create a diversified portfolio containing a variety of holdings.

Given the tax advantages and investment flexibility, it's almost certainly a good idea to "max out" on your IRA every single year. Of course, it's not always that easy to come up with \$5,000 at one time, so keep in mind that you can fund your IRA over the course of a year by putting in about \$416 per month. And, to make it even easier for you to completely fund your IRA, you could have that \$416 moved automatically, via a bank authorization, from your checking or savings account to your IRA.

On the other hand, if you can possibly afford to pay the full \$5,000 in the first few weeks of the year, you may well end up with more money in the long run. That's because you'll be giving your money more time to grow — and, as an investor, time can be your greatest ally.

But however you do it — over 12 months or right away — put the full amount into your IRA. Along with your 401(k) or other employer-sponsored retirement plan, your IRA is one of the best retirement-savings vehicles you have available. And if you are on the "plus" side of 50, you'll want to really focus your efforts on making sure you have the resources available to enjoy the retirement lifestyle you deserve.

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

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BUSINESS

Park Ridge Chamber Announces Community Stars Award Winners

Seven of Park Ridge's brightest stars will shine on Saturday, Jan. 21, 2006 at the 70th Annual Chamber of Commerce Recognition and Installation Dinner at the Park Ridge Country Club. The 2005 winners were announced today by the Chamber's Awards Committee and will be honored that evening.

The winners are: (Park District) Roy Sues, Park Ridge Park District; (Civic) Howard Sersen, Park Ridge Heritage Committee; (Emergency Responder) Dagmar Rutzen, Maine Township Emergency Management Agency; (Schools) Laurene Moran; St. Paul of the Cross School; (Large business) Karen Katler, FM Global; (Small business) Dave Iglow, Pine's Mens Wear; and (Not for Profit) Richard and Dorothy DuSold, Friends of the Park Ridge Library.

In addition, the new Chamber Board will be sworn in that night by State Senator Cheryl Axley.

The Chamber of Commerce

recognizes outstanding members of the Park Ridge community with this relatively new award called Community Star. Organizations and companies were invited to nominate an individual who demonstrated exceptional community service during calendar year 2005. All Park Ridge-based organizations were invited to submit one nomination in any award category.

According to President-elect Dick Barton, who also chaired the Awards/Dinner Committee, the awards are given to individuals who demonstrate most of the following attributes: Giver - goes beyond normal duties with extra effort in community building; Citizenship Role Model - is someone that others, particularly young people, can look up to and model themselves after; Visionary - makes positive change by introducing initiatives and community-wide programs.

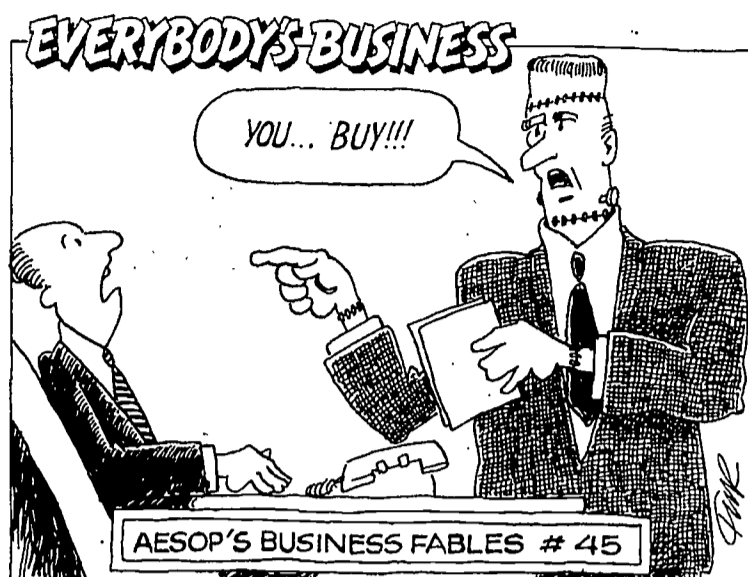
Barton says, "Determination of the award winners this year was again a challenge due to the

fine people that were nominated. I am always amazed and pleased that so many give so much time, talent, and effort."

"Park Ridge is a fine community, and it is due in large part to our city's volunteers," he added.

The 2005 Chamber dinner was one of the best attended in recent years. This month's event is shaping up to be as successful. The Chamber is offering a number of opportunities for businesses to promote themselves at the event with sponsorships and donations of silent auction/raffle items. Program book ads are also available starting as low as \$150.

The event starts at 6:30 with cocktails. Dinner is served at 7:30 p.m. followed by the installation and award ceremonies. For additional information concerning sponsorships, ads, and donation of silent auction/raffle items, please contact the Park Ridge Chamber of Commerce office at 847-825-3121 or visit www.parkridgechamber.org.



FRANKENSTEIN ALWAYS CLOSES A SALE.

PLAZA:

CONTINUED FROM PREVIOUS PAGE

plans, design guidelines and concept plans that will be presented by the City's consultants, Lakota.

Five concept plans for the plaza, to reveal alternative ways in which the area could be redeveloped, will be presented at the meeting. There was also a study conducted of the market potential for the area.

The plan may also involve the consideration of the connection between the area and the commer-

cial area to the west, between Touhy Ave. and Northwest Hwy (Target Area 3 in the City's Uptown Plan) and the traffic flow plans in and around Executive Plaza.

Documents can be viewed on the city's website at www.parkridge.us. People can click on "Development in Park Ridge" then on "Executive Office Plaza."

The documents can also be viewed in the community preservation and development department in City Hall.

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MONEY:

CONTINUED FROM PREVIOUS PAGE

cent of the amount as a prepayment on the federal taxes you'll owe if this windfall never makes it into another retirement account.

You may be surprised at the number of 401(k) accounts that end up as roadkill. A recent study by the Employee Benefit Research Institute concluded that just 43 percent of workers who quit their jobs move all their workplace cash into other retirement plans.

What do the rest do with the money? Some make a beeline to a new car lot. Others pay for face time with an exotic beach, or they gut an ugly bathroom with 1950s tile. Partying with this cash is great fun, until years later when you wonder where you're going to find emergency cash so you can retire.

By the way, the only portion of a 401(k) that you might not want to roll into an IRA is company stock. You'll want to talk to your tax adviser about this.

Resolution for the mutual fund industry: Reveal to investors what you're really charging them. Certainly a big reason why so many mutual funds can gouge their customers with bloated fees is because it's so easy.

Have you ever gotten a bill from a mutual fund for its invest-

ment services? Of course you haven't. And when you think about it, doesn't that seem strange? You receive bills, after all, from your insurers, cable company, your mortgage lender and tons of other businesses, but your mutual funds, which deduct their fees automatically - never mail them out.

There's a reason for their silence. If your mutual funds actually presented you with itemized bills, you might look at the tab and scream. Investors deserve to know the truth.

Resolution for clueless investors: If your knowledge of investing is as shaky as a bobblehead doll, you should seriously

consider seeking outside financial help. Luckily, there are more solid - and inexpensive - options for people, particularly for middle-class folks, than ever before.

If you don't mind, in some cases, getting your advice long distance, well-known discount brokerage firms and mutual fund families can provide inexpensive help. Charles Schwab, the Vanguard Group and T. Rowe Price, for instance, can recommend model portfolios that rely upon a mix of mutual funds that are ideal for you.

If you prefer meeting in person with a financial adviser, you can find plenty of candidates through two nationally known organiza-

tions. The largest is the Financial Planning Association, (800) 282-PLAN, www.fpanet.org, which can provide you with names of certified financial planners. Your other resource is the National Association of Personal Financial Advisors, which you can contact by calling (800) 366-2732 or by visiting www.napfa.org. It's best to stick with a fee-only adviser.

Lynn O'Shaughnessy is the author of "The Retirement Bible" and "The Investing Bible." She can be reached at LynnOShaughnessy@cox.net. Visit Copley News Service at www.copleynews.com.



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SCHOOLS

Five superintendent candidates presented to D71 Board Tuesday

The five final candidates to fill the shoes of Dr. Eugene Zalewski as the new superintendent of Niles Elementary School Dist. 71 were expected to be presented by the search firm to the board of education on Tuesday, Jan. 10.

The search firm, Hazard, Young, Attea and Associates has been conducting interviews with possible candidates throughout the month of December.

"Everything is on schedule," said Karen Johnson, school board president, who said the board is excited to see who the search firm has selected as the five finalists.

Johnson said that after they know who the five candidates are, the board of education will then interview them individually.

By mid-February, Johnson is hoping that the board of education will have made their final selection of the new superintendent.

Hazard, Young, Attea and Associates reviewed 75 completed leadership profile assessment forms and met with about 40 people identified by the board on an individual level and in focus groups.

Community members commended the district for its supportive parents, all-day kindergarten program, modern technology lab and the ethnic diversity that exists at Culver. They also praised Zalewski, who has been with the district for more than 20 years, for his successful leadership in his dual role, as superintendent and business manager.

The most frequently expressed concern in the community feedback was regarding the need to develop financial stability in the future through passage of a referendum.

According to the responses, in order to change the mayor's "negative position on previous referendum," a top priority of the new superintendent should be to create a positive working relationship between the district and the village officials in order to gain their trust in the accuracy of the district's financial data and to document that additional tax dollars are necessary.

Constituents indicated they want a superintendent who is a strong, collaborative educational leader, who has unquestioned integrity. They desire someone who enjoys interacting with students, who is visible in the schools and is also active in the community.

The search firm stated that they can not promise to find a candidate who possesses all of the characteristics desired by the community, but they did state they will work with the board to find a candidate who possesses most of the qualities that are required to address the constituent's concerns.

Principals for the Day

Three SJB students take top job for a spin



SJB Students Lauren and Catie Murphy, left, and Andrew Cichon, right, had the chance to be principals for a day.

Lauren & Catie Murphy and Andrew Cichon received the chance of a lifetime when their parents outbid everyone at the St. John Brebeuf School Gala on the live auction item, "Principal for the Day". Lauren and Catie shared a day at the helm and a week later Andrew had his turn. Each came dressed for the job and wore principal name badges to make it official. They had quite a day taking care of school business. First there was the morning parking lot

to supervise followed by prayers and announcements over the P.A., classroom rounds, and plenty of paperwork. The day included a pizza lunch in the front office with the administrative staff. When discussing with Mrs. Whitman a temporary

change that they could make at the school, the "Principals" were able to declare a night without homework for all of the students. The announcement at the end of the day brought cheers from everyone.

Principals Murphy and Cichon stated that they had the best day ever and that the school is a busy place to work. Congratulations on doing such a great job! Maybe we have principals in the making.

Principals Murphy and Cichon stated that they had the best day ever and that the school is a busy place to work. Congratulations on doing such a great job! Maybe we have principals in the making.

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Park Ridge Residents on March 21 Judicial Ballot

BY JEFF BORGARDT
STAFF WRITER

Often overlooked, judge races have vibrant dynamics.

A slew of Park Ridge residents are looking for approval from voters March 21 to don the black robe.

Judicial candidates Michael Murphy, Curt Edlund and John Pembroke are all residents of Park Ridge.

All three are running in different judicial races for coveted judge positions.

Democrat Mike Murphy is running for the highest judicial office of the three local candidates. He is running countywide for a coveted seat on the appeals court.

The Illinois Supreme Court appointed him to the seat on the appellate court in September. As of the morning of the last day of filing Dec. 19, he had four Democratic opponents for that seat.

This appellate court is the court below the state supreme court but above the trial court; the term lasts 10 years.

Murphy has an edge in the race as he won the endorsement of the Democratic Party.

The Park Ridge resident said he voted in the past mayoral race but declined to say which candidate he preferred for mayor of Park Ridge. He also declined to comment on the keynote Park Ridge topic of Uptown Development since it could come before him as a judge.

He was appointed a Cook County Associate Judge in 1985 and was elected countywide as a Circuit Court Judge in 1992. Murphy was shortly thereafter appointed Supervising Judge of Housing Court. In 1999 he was promoted to Presiding Judge of the County Division. Murphy graduated first in his class at John Marshall Law School. He serves on ethics committees that evaluate and discipline corrupt judges and lawyers.

He has taught at Northwestern, Chicago-Kent, Loyola, University of Chicago, and the John Marshall Law Schools and is currently an adjunct professor at Northwestern. In the late 60s, he worked as a special agent at the U.S. Treasury Department on organized crime cases.

Though it was a small part of the job, he was also corralled to be a presidential bodyguard during his time as a special agent.

"At that time, they had extended secret service protection to presidential candidates. They didn't have enough people so I filled in. I mostly worked on the detail of [anti-war presidential candidate] Eugene McCarthy."

As the current resident of the appellate court seat vacated by Judge Neil Hartigan, he says he is the most qualified for the office.

He said that campaigning for a judge position can be very difficult as he is bound by ethical cannons

that forbid him from taking positions on issues.

Rather, he plans to tout his expertise and support in the legal community.

"It's very difficult to do. I'm bound by ethics. I can't comment on what I'm going to do. People may ask 'how do you feel about right to die?' or 'how do you feel about parking illegally?' What I need to do is set aside my feelings and rule on law and rule on evidence. That's what I've done over 20 years."

The winner of the March appellate judge primary is expected to prevail in the November general

“**What I need to do is set aside my feelings and rule on law and rule on evidence.**”

*Curt Edlund
Judicial Candidate*

election in the left-leaning County of Cook if the Republicans field a candidate for this office.

Republican Edlund is running for a judge on the trial court.

He is founding partner of Larson & Edlund law firm at 444 N. Northwest Highway in Park Ridge. His attorney daughter also works there.

He served as the second-ward Park Ridge alderman from 1985 to 1993.

He ran for the state senate in 1990 against Walter Dudycz and said he backed Park Ridge mayor Howard Frimark in his April election.

He was Park Ridge Citizen of the Year in 1992.

Edlund enjoys the backing of the Maine Township Regular Republican Party for his judicial bid in the 12th subcircuit.

This district covers much of the north suburbs of Chicago.

It starts at Arlington Heights Road and then proceeds east to the lake. The southern boundary is Touhy and it continues north to the county line. It also excludes portions of Niles and Skokie.

Edlund characterizes this district as "predominately Republican" though the three Democrats who filed for the seat by the morning of Dec. 19 would probably disagree.

There are a total of three vacancies on this subcircuit stemming from the retirements of Judges Madden, Siebel and a newly created vacancy.

Edlund filed for two of the vacancies. He must withdraw from

one of the races before Dec. 27.

He said filing for more than one race is a strategy to explore the competition.

Seven Republicans filed to replace Madden and seven filed to replace Siebel by Monday morning the last day of filing.

One Republican nominee will emerge from the March 21 primary and then square off against one of the Democrats in November.

Edlund said that judicial campaigns are different than others.

"They are far below radar," he said. "The average person never met a candidate for judge. Everyone knows whose running for governor. No one knows about the judges."

Due to the limited visibility of the judicial posts, party organization is essential for judicial victory, Edlund said.

Since many are unaware of the background of judicial candidates, they often select those with the best "ballot names."

Historic wisdom holds that Irish sounding names are ideal.

With that in mind, judicial hopeful Fred Rhine of Park Ridge legally changed his name to Patrick Michael O'Brien earlier this year. Rhine had not filed by the morning of Dec. 19.

The name change move, however, sparked ethics probes and confusion for Rhine whose family and clients continued to call him by his old name. Rhine lost to a candidate named O'Brien in his past judge bid.

Edlund, for his part, is confident that he has a good ballot name already.

"It's a great name," he said. For judge hopefuls like Edlund who don't want the confusion of a name-change, another tactic is to ensure a good spot on the ballot.

Those who filed their signature nominating petitions first at 8 a.m. Monday Dec. 12 were entered into a lottery. The winner of the lottery gets the top spot on the ballot. Conventional wisdom also holds the last spot on the ballot is good too.

The last candidate to file gets the last spot on the ballot.

To that end, O'Brien was said to have been waiting until late Monday afternoon Dec. 19 to be last on the ballot.

Democrat John Pembroke is running for judge in the 10th subcircuit to replace Judge Goliniewicz who resigned after allegedly using his parents address for residency while really living outside the district.

The heavily-Democratic 10th subcircuit is mostly located in Chicago with a smaller portion in the suburbs.

The suburban portions of the district include portions of five suburban townships, half of Park

Ridge as well as chunks of Niles, Harwood Heights, Norridge and unincorporated Maine Township. Northwestern law school graduate Pembroke has been an attorney for 26 years.

His office is across the street from Edlund's.

He said he has an atypical background for the judge posts as he has never worked in states attorneys or corporate counsel posts like other high-profile judges have.

Pembroke said he respects Park Ridge mayor Howard Frimark as a "fellow Rotarian" but could find himself siding with the "gang of nine" newly elected Democrats on the council over the mayor.

Pembroke hopes to upset frontrunner James McGing in this judge race.

McGing has won the endorsements of the Democratic committeemen in the district including Maine Township's Laura Murphy and ward committeemen in Edison Park and northwestern Chicago. The largest voting block in the subcircuit are Chicago Wards 41, 45, 39, 40, 47, Pembroke said.

While he has never run for office before, Pembroke said he served as campaign treasurer for a law school classmate who ran for congress. The classmate lost to a candidate named Rod Blagojevich.

He said that having a suburban candidate at all in this subcircuit is out of the ordinary and he feels the deck is stacked against him in the race.

By the time he decided to enter the fray in November, McGing has already lined up the support of the ward committeemen.

He characterized the race as a "learning experience." As part of his education, he told the story of his adventure to gain an accurate map of the ballot territory in the subcircuit. First, he had a friend go downtown and ask the county board of election commissioners for a map of the 10th subcircuit.

He got back a list of precincts.

Then, he had another person further enquire and got a document that "looked like a map" and matched the precincts listed in the first document.

Still skeptical, Pembroke got on the phone with sitting 10th subcircuit judges.

The judges advised him to speak with certain Chicago ward bosses whose turf was not shown on the map.

"They were not shown on the map, but they are 80 percent of the vote in the district," he laughed. "Chicago has its own election maps. So, by the third try I had the rest of the map. There is just no strong motivation to change the way it works. This is the system," Pembroke said.

Though frustrated by the map quagmire, Pembroke has no plans to change his name.

Into the Fray

*Park Ridge residents
Murphy, Pembroke,
Edlund seek different
judicial seats*



Mike Murphy



John Pembroke



Curt Edlund

The Judicial Races are part of the primary election that will take place on March 21, 2006. The general election will occur in November.

Grinch steals 80-100 Christmas trees from Park Ridge Indian Scouts

BY TRACY YOSHIDA GRUEN
STAFF WRITER

The Indian Scouts of Park Ridge held their annual Christmas tree/wreath sale to benefit various children's charities and it went "pretty well," despite an act of unkindness.

While trying to do something nice for people in need during the holidays, 80 to 100 trees were stolen from their lot located at Western and Touhy. The Indian Scouts is a group of dads and their children, grades kindergarten to fifth grade.

"Someone stole some trees last

year too," said Peter Taddeo, federation chief of the Indian Scouts. Taddeo said that a person took the tree from the lot in broad daylight last year on a Saturday. He said a license plate number was given to the police, but they did not hear anything further.

Last year, about \$15,000 was donated to various charities, many of them children's charities in Park Ridge. About 12 to 15 charities participate in this event, which is the Indian Scouts only fund-raiser of the year.

As of now, Taddeo said they are not sure how the loss of trees affected their earnings this year. Taddeo said that the tree/wreath

sale takes a lot of work and there's a new tree master each year.

The Indian Scouts is composed of about 920 members; dads and their kids. Taddeo said that unlike other groups, such as boy scouts, where parents drop their children off, the Indian Scouts includes fathers in all of its activities.

Throughout the year, families participate in several campouts where they participate in a number of different games and competitions. Each tribe will have their own planned activities.

"It's designed to promote comradery between fathers and their children," said Taddeo.

Forest Preserve sets picnic permit record

The Forest Preserve District of Cook County set a record for the amount of picnic permits sold on the first day of the permitting season, exceeding 1,400 for the first time.

A total of 1,439 permits were sold on the opening day of the 2006 picnic season, with 1,264 sold online and 175 transactions at on-site sales.

The forest preserve district

believes that the increase in first-day sales is directly tied to more permit-seekers shopping online and a greater awareness of the web-based service.

According to FPDCC Board President John Stroger, "One year ago, when we launched our web-based picnic permit site, it was our hope that people would shop from their homes and take advantage of this technology....I am

pleased to see that our visitors have embraced our award-winning site and pledge that we will continue to be progressive in our efforts to better serve our visiting public.

This year's sales are significantly higher than last year's. By the end of the third day of picnic permit sales last year, 1,239 permits were sold. Of that amount, 894 were sold online.

Helping those in need

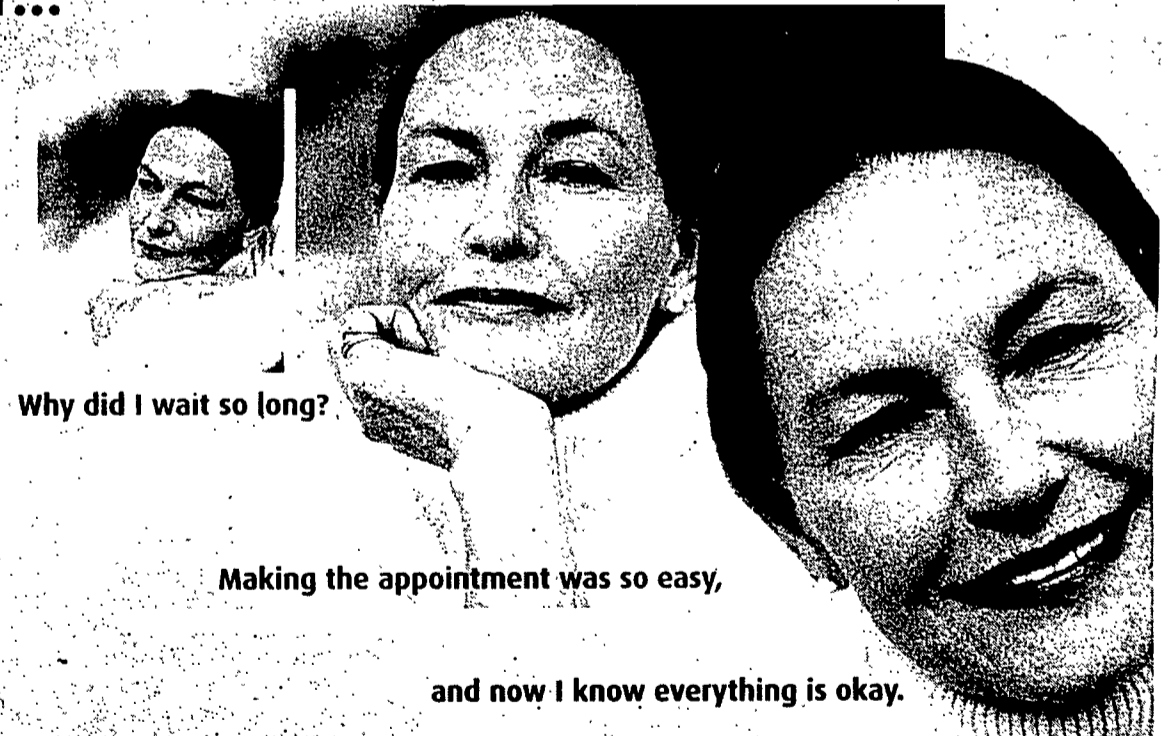


Members of the Niles Lions Club delivered holiday baskets last month to needy families.

Pictured above, with some of the many Christmas Food Baskets delivered are, left to right, Lions Norbert Johnson, Glenn Steude and Walt Bousse.

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SPORTS

GBN ends four-game Lady Blue Demon winning streak

BY ALI BHANPURI
SPORTS CONTRIBUTOR

The Maine East Lady Blue Demons watched their four-game winning streak come to an end last Friday at home, falling to the Glenbrook North Spartans 57-42.

The Blue Demons played well during the St. Viator Snowflake Tournament, (Dec. 20-30) but could not carry that success into their game against the Spartans. The Demons (8-11), who will travel to Highland Park for tomorrow evening's contest, were unable to stop the Glenbrook North's perimeter shooting.

"Our defensive philosophy was to force them to shoot from the outside," said Maine East coach Linda Borchew. "Unfortunately, they stayed hot the entire game."

After trailing by six at half time, the Spartans outscored the Blue Demons 16-9 in the third quarter en route to their 15-point victory.

"We talked at the half about trying to make their shots more contested, but [the Spartans] shot well tonight," Borchew said.

Despite the loss, the Blue Demons can be proud of the efforts of the two starting sophomore guards who rarely left the court. Thus far this season,

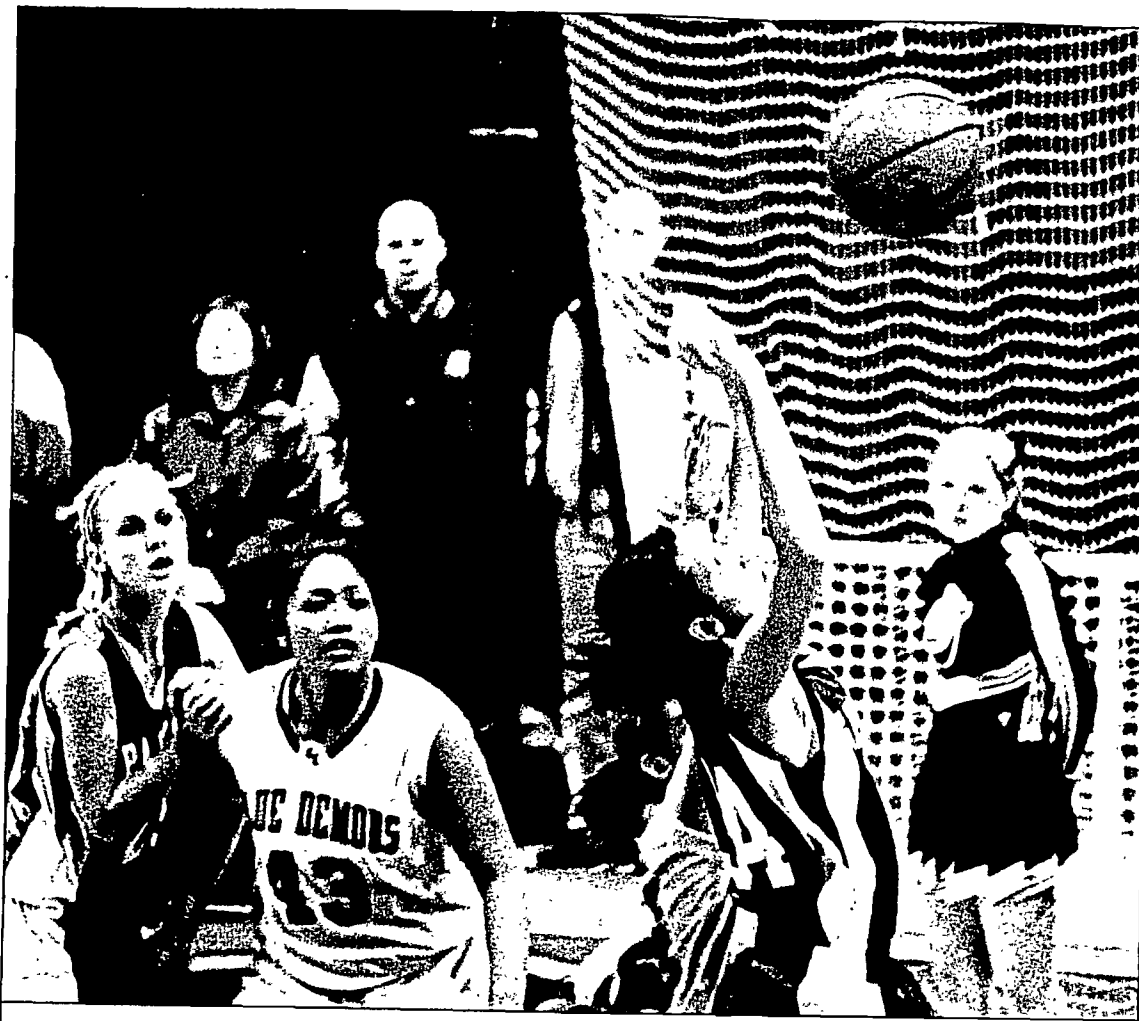
Antoinette Collman and Megan O'Grady have played with an enthusiasm and an effort that, according to Borchew, has been inspirational for the rest of the team.

"Both of them have progressed and gained a lot of experience this season. They're our two starting guards, so our success depends on their performances," Borchew said.

Collman led all Demon scorers with 12 points and forced numerous turnovers with her aggressive defense. However, her aggressive style also led to her fouling out with nearly five minutes remaining in the game.

O'Grady used her ball-handling skills and her quickness to drive to the basket and force defenders to converge on her, freeing up a Lady Demon below in the paint. Senior forward Adrienne Carmona was one of the primary benefactors of O'Grady's passes, knocking down eight points in the effort. Other scorers for the Demons were senior F Jessica Fleck with seven points and junior F Shannen Cruz with five points.

Even though Maine East began the game missing their first four shots, strong offensive efforts from Carmona and Collman lifted the Demons ahead of the Spartans 13-12 at the end of the first quarter.



Senior Forward Adrienne Carmona (43) boxes out a Spartan defender during the Blue Demons' 57-42 loss to Glenbrook North. (Photo by Ali Bhanpuri)

Dons defeat Northridge Prep Knights in 56-50 shocker

When a team is outscored 18-4 in the first quarter and is dominated on both sides of the ball, the potential for a comeback may seem implausible. However, the Notre Dame Dons (6-7) proved that it is foolish to count out any team after eight minutes, as they came from behind to defeat the Northridge Prep Knights 56-50 last Saturday night.

When the Dons picked up seven fouls in the first four minutes of the game, the team was forced to change their entire strategy. Starting guard John Johann, a huge contributor for the Dons, was out most of the game after being tagged for three fouls in the opening quarter.

"We were in mega-foul trouble early, which made the normal things we wanted to do fall out of sync," said Notre Dame coach Dennis Zelasko. "We were forced to play with a scrambled line-up against a defense that we don't usually see in our conference."

Zelasko was referring to the 1-3-1 set-up that the Knights featured during the game. The Dons, who played the day before at Carmel, had little time for preparation,

leading to a disastrous opening quarter. However, once the buzzer sounded and the second quarter began, the entire momentum shifted as Notre Dame junior forward Bob Flood helped the Dons come within four points at the half.

"Even after the first quarter, we knew we could win this game. Once we settled down, we focused on getting the ball down low and forcing fouls," said Flood, who scored 24 points and grabbed nine rebounds.

In a complete turn around from the beginning of the game, Northridge Prep was in foul trouble in the second quarter, after committing five fouls in the first few minutes. The Knights committed four consecutive turnovers in the last minute of the half, paving the way for Notre Dame to make a comeback. As the time ticked away, so did the Knights' lead, which fell to 29-33 at halftime.

The Dons continued to fight in the third quarter, erasing the first quarter 14-point deficit, and taking their first lead of the game when junior G Matt Weel took a steal and was fouled after making his lay-up. After draining the free-

throw, the Dons shot ahead 40-37.

Notre Dame opened the fourth quarter with four straight points, padding their lead and building on their confidence. Flood, Johann

and Weel all converted on a pair of free-throws late in the game to ensure a Dons' victory. As a team, the Dons were 27 of 34 from the free-throw line.

Notre Dame will head over to St. Viator tomorrow night in an East Suburban Catholic conference contest.

CATHOLIC WOMEN'S BOWLING LEAGUE

Bowled Wednesday, January 4, 2006

	Points Won	Points Lost
Bielinski and Bono Dental	7	0
Classic Bowl	5	2
Candlelight Jewelers	5	2
Niles Dairy Queen	2	5
Skaja Terrace Funeral Home	2	5
NorthSide Community Bank	0	7
High Series/High Games		
Mary Johnson	507/173	
Angie Strazzante	492/181	
Janet Trozzo	491/172	
Helma Drag	468/165	
Lisa Conrad	159	
Millie Kroll	158	
Remy Huszar	156	
Shirley Wheeler	155	

LIFE

COOKING CORNER

More patrons are savoring fine dining in the casual comfort of the lounge

MAUREEN CLANCY
Copley News Service

On a recent night at the Boar's Head Inn in Charlottesville, Va., a well-heeled crowd dressed in cashmere and tweed savored both the pistachio-crusted loin of lamb and the tradition-steeped atmosphere of the Old Mill Room, built in 1834.

Wrought-iron chandeliers cast a soft glow; a welcoming fire roared in the stone fireplace; tasseled loafers glided silently across the antique Oriental carpets. If Thomas Jefferson, master of nearby Monticello, were still around, he would have fit right in to the cultivated scene.

However, the third president of the United States, known for his gregarious personality and bon vivant tendencies, would probably have opted for supper in the adjoining Bistro 1834 instead.

Formerly the inn's bare-basics bar, the cozy room with handsome country furnishings and a menu of casual, creative fare is part of a growing trend in restaurants across the country to offer a greater choice of food in the casual comfort of the bar.

"We were looking for an alternative to fine dining," executive chef Doug Knopp said. "We love our four-diamond Mill Room, but sometimes you just want to kick back and eat great food in a casual atmosphere."

On this balmy Indian-summer night, three generations of one family laughed and shared baby-holding duties while supping on Bistro burgers and brie sandwiches. Jeans-clad University of Virginia students enjoyed the company of visiting parents and the break from cafeteria fare; and locals celebrated an afternoon of golf with cocktails and quesadillas, spicy chicken satay and pistachio-crusted goat cheese.

"Dining in the bar or lounge is easy and friendly and spontaneous and lively," said Clark Wolf, a national restaurant consultant. "What's not to like about that?"

He cites restaurants from coast to coast where bar dining is the rage - from Gotham Bar & Grill in New York, where a shiny ebony tabletop is placed on the bar in front of each diner to create a "place"; to Zuni Cafe in San Francisco, where the 40-foot bar has no stools, and people stand around eating, drinking and watching the local chefs who routinely gather there.

In San Diego, C Level Lounge has made a big splash - and not just because its terrace floats over San Diego Bay.



The menu in the lounge is an extensive roster of salads, sandwiches, seafood and small entrees, with about 100 wines poured by the glass. Prices range from \$5 for truffle-parmesan potato chips to \$17 for lobster-flecked macaroni and cheese.

And happy hour just up the coast at Pacifica Del Mar is happy indeed, thanks to special prices on drinks and some of the best bar food in town. Shrimp spring rolls with peanut sauce, curried chicken satay, burgers with blue cheese and horseradish aioli, and yellowfin tuna tartare with avocado and mango are among the highlights.

Many diners embrace the casual dining concept because they crave an upscale restaurant's good food but don't want to get dressed up. Others want a bite after the movies rather than a three-hour dinner. Still others figure the portions will be smaller and the prices lower in a restaurant's bar.

Many folks simply seek the freedom of what Wolf jokingly calls "self-expression."

"You can go in jeans or a tuxedo, alone or with a crowd. It's all about comfort."

"Plus," he added enthusiastically, "a nightcap and a nibble or a shared plate of dessert is such a sexy concept."

BIG APPLE NOSHES

Bar food is big at BLT Fish in New York City. This popular bistro owned by French chef Laurent Tourondel (BLT stands for Bistro Laurent Tourondel) features a sophisticated dining room upstairs and a cacophonous ground-floor space that is home to old-fashioned booths, a center "kitchen" and a funky bar wedged into the back corner.

It's all part of what Tourondel calls a "New England-style fish shack," and the menu reflects

that. Fish 'n' chips, lobster rolls, fried calamari and a mind-boggling selection of fresh oysters are perfect matches for the thoughtful wines by-the-glass selection and the beers on tap.

While diners upstairs are pampered with fish filets, with curry lemongrass sauce or lime-cilantro mayo, patrons in the bar pay \$10 or \$15 less for a plate of grilled fish accompanied by tartar sauce or spicy salsa.

For decades, art lovers have flocked to New York City's Museum of Modern Art. Now, hip foodies are racing there, too, to experience The Modern, a new restaurant created by veteran restaurateur Danny Meyer.

The dramatic space features a casual bar/lounge with seating for 100, a 46-foot marble bar, and a wall-size photograph that transports diners to an enchanted forest. Beyond a frosted glass wall, the formal dining room has a view of the museum's famed sculpture garden.

While guests in the dining room feast on tuna in grapefruit puree and pay upward of \$300 for a dinner for two, folks in the hipper Bar Room revel in morsels of tuna carpaccio and flame-kueche (flaming tart) or entrees such as roast duck and steak au poivre. Most bar dishes cost \$9 to \$20.

Dining in a restaurant's bar is not exactly new, says consultant Wolf, citing the popularity of the Tadich Grill, which opened in 1849 in San Francisco. There, quiet booths have shared space with a counter that caters to those seeking camaraderie along with their food.

But the concept has gotten a big boost over the past couple of decades.

"In the '80s, a lot more people started traveling for business, and a lot of women started traveling alone and looking for a comfort-

Francisco Chronicle. "There were more condominiums and living spaces that appealed to a younger population who didn't want to commit to the more serious dining experience of Bizou."

Now, locals gather at the handsome teak and Italian glass tile bar to enjoy COCOMole tacos, squash-blossom flatbread with truffle oil, and other snacks and small entrees.

LOUNGE LIZARDS

Vivace, the upscale restaurant at the Four Seasons Resort Aviara in Carlsbad, Calif., has a sister bar, Brioso, that invites guests to accompany the 30 open wines with gorgonzola-stuffed figs, melon with prosciutto, or vitello tonnato topped with caperberries. Floor-to-ceiling windows look out over the magically lit property; New Age Italian music plays on CDs. An evening snack in Brioso might cost \$20; dinner for two in Vivace is a three-digit affair.

In today's bar, cosmopolitans share space with couscous, martini partner meatloaf and mashed potatoes.

"It's all about choice," says Michael Romano, chef of New York City's Union Square Cafe, a pioneer in bar dining. "Guests can feel they're in a very special place whether they're in the dining room or the bar."

"But some people like the idea of tasting more things in small portions or of eating lightly. We focus on providing a welcoming atmosphere and attitude and options to do what's most comfortable."

Chris Ildso of Pacifica Del Mar. Visit Copley News Service at www.copleynews.com.

CONTINUED TO
COOKING CORNER RECIPES, Page 17

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LIFE

INSIDE PEOPLE

Many adults are being diagnosed attention deficit hyperactivity disorder

JOHN O'CONNELL
Copley News Service

Attention deficit hyperactivity disorder is more than a childhood condition, it's a significant problem with adults, too, according to a Midwest therapist.

listening when spoken to; failing to finish work; having difficulty organizing; avoiding mental tasks; being forgetful; talking excessively; blurting out answers before questions have been completed; a feeling of restlessness; and being easily bored and chronically late for appointments.

and work life," Herr said. "A person with severe symptoms may not be able to keep a job or maintain a relationship."

ADHD doesn't affect a person's intelligence. But it can affect performance, making the person with ADHD feel inept, particularly in tasks that require sustained attention, the therapist said.

Two years ago, Herr established the first adult ADHD support group in Peoria. The group meets once a month at the counseling center at Proctor Hospital. The meeting is free and open to anyone interested in learning more about the syndrome.

"Because there is so little awareness of adult ADHD, those who suffer with it can feel isolated," Herr said. "The goal of our support group is to let them know they are not alone in dealing with ADHD. We also want to show them ways to cope with the problem."

A support group can help someone with ADHD understand his condition and the impact his symptoms have on others.

"Our support group also helps those with the disorder to learn to change his or her view of self from being a failure to an understanding of having struggled with an unknown disability," Herr said.

While people can learn ways to cope with the disorder, medication is an important consideration for the treatment of symptoms.

"There is no cure for adult ADHD," Herr said. "But we have very effective medicines that can treat the symptoms and make the disorder manageable. ADHD studies show that a combination of medicine and therapy is the best way to treat the disorder."

ADHD SYMPTOMS
Possible symptoms of adult ADHD include:

- Avoiding boring, repetitious tasks.
- Poor time management.
- Difficulty initiating or completing tasks.
- A chronic sense of underachievement.
- Feelings of restlessness.
- Low frustration tolerance; lose temper easily.
- Multiple job changes, selecting very active jobs.

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"It's a persistent problem that can affect a person's social life



IN FASHION
Stylin' on the slopes

not the right look for a foxified frosty getaway. Somehow it always looks like you're wearing pj's and it's tough to make a plaid flannel shirt look foxy."

Thermal cotton underwear also fits in the frumpy category for ski buffs. "They served their purpose again and again, but it's time to say so long to long johns. With the saggy rear and rustic waffle pattern, they could make you look a little too much like the local park ranger." Instead layer thin silk socks under sturdy ski socks inside fleece-lined lace-up boots to keep warm.

Another word of caution from the authors: "Don't go with one color from head to toe in an effort to be the most stylish snow bunny on the slopes. An overdose of pink and you really will look like a bunny; too much green and you could look like a super-size Shrek flying down the mountain."

The latest trends in snow gear feature colorful bright hues straight out of the 1980s in acid green, lemon and orange. Graphic Pucci prints are also stand out on the slopes. Metal, earthen tones in grays, blues and greens provide a stylish option for the more subtle snow fashionista. And if you really feel like a good fashion snow soldier, think camo prints.

And forget the huge furry hunter's hats that can give you a bad case of bad hat hair. "You're not suiting up for a Siberian winter," says Rubin and Mauerci, "so there's no need for an oversized hunter's hat that keeps flapping over your eyes. As you're whizzing down the slopes, you don't want to bowl down other skiers and boarders on the way."

According to Snowsports Industries America, a national not-for-profit trade association representing the winter sports industry, there are plenty of stylish ski clothing options this year. Trendy headwear this season comes in hats that are inspired by military looks and truckers. There's a hat to match every personality. Check into hats by Pistil, Chaos and ASD. And don't forget the all-important goggles and sunglasses. Goggles are highly streamlined this winter. Uvex's Magic goggles incorporates technology used for the U.S. Air Force. Many eyewear companies, like Rooly Optics Glide and Utopia's Underworld make "hybrid" sunglasses, combining the tight seal of goggles with sunglasses features.

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Nobody needs extra pounds that's for sure. Instead pull on sleek, tight ski pants cut with rocker chicks in mind and top off with a silk tank or long-sleeve T-shirt to wick away moisture. Add a zip-front cotton Lycra top if you need extra warmth. Then add a zebra print jacket with faux leather cuffs and belt. Think belted or cinched. The most flattering length of ski jacket hits right at the hip.

Another frump-trap in ski wardrobes, say the two, is "a love affair with plaid flannel." It's definitely not in a hot ski babe's suitcase. "Plaid can be charming and cute in a schoolgirl kind of way," admit the style experts, "but it's

SHARON MOSLEY
Copley News Service

When you get ready to head for the ski slopes this year, you don't want to feel frumpy, like an abominable snowman who has seen better days sipping too many hot toddies by the fire back at the mountain lodge. Instead, you want to look like a "foxy" babe, no matter what you do during your winter vacation, according to the authors of a hilarious new book, "Frumpy to Foxy in 15 Minutes Flat" (Fair Winds Press, \$17.95).

Authors Elycia Rubin and Rita Mauerci admit that pulling together a wardrobe that works sometimes feels like a chore and more often than not becomes a bore.

"It's a struggle to keep yourself looking halfway pulled together, much less foxy," they say. "And sometimes it's just easier to succumb to the frumps - those inevitable frizzy hair days, blotchy skin days, big and bloated days or schlumpy sweats and slippers days. Everyone gets them!" Especially when it comes to getting dressed to hit the powder. The snowman syndrome kicks in and sleek and chic become distant memories lost in the closet back home. One of the major mistakes many make when they suit up for snow sports is bulking up and wearing too many layers, says Rubin and Mauerci: "They may keep us toasty warm, but can also leave us looking like we packed on a few pounds overnight."

Nobody needs extra pounds that's for sure. Instead pull on sleek, tight ski pants cut with rocker chicks in mind and top off with a silk tank or long-sleeve T-shirt to wick away moisture. Add a zip-front cotton Lycra top if you need extra warmth. Then add a zebra print jacket with faux leather cuffs and belt. Think belted or cinched. The most flattering length of ski jacket hits right at the hip.

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LIFE

COOKING CORNER RECIPES



AHI TUNA TARTAR
Wasabi sauce:
1/2 tablespoon wasabi paste
1/4 cup creme fraiche or sour cream
Salt, to taste
Ahi Tuna Tartar:
4 to 6 ounces fresh ahi tuna, cut into 1/4-inch dice
2 teaspoons sesame oil
1 teaspoon fresh chives, minced
Salt and black pepper, to taste
1 ripe avocado, peeled and cut into 1/4-inch dice
1 teaspoon fresh lime juice
Salt and black pepper, to taste
1 ripe mango, peeled, pitted and cut into 1/4-inch dice
Sesame crackers or wonton chips, for serving
Yields 4 servings.

To prepare wasabi sauce: Mix wasabi paste and creme fraiche thoroughly and season to taste with a little salt.
To prepare Ahi Tuna Tartar: Mix tuna with sesame oil, chives, and salt and pepper, to taste. In separate bowl, mix together avocado, lime juice, salt and pepper.
Line 4 small glasses or coffee cups with plastic wrap. Divide tuna evenly in each cup. Next, layer in avocado, and then top off each cup with mango. Press each filled cup lightly with fingers. Invert and unmold each cup onto a plate. Drizzle wasabi creme fraiche on each plate and serve with sesame crackers or crisp wonton chips.

WARM FIGS WITH GORGONZOLA AND HONEY
2 perfectly ripe, black Mission figs
1 tablespoon gorgonzola cheese
1 teaspoon high-quality honey
Pinch black pepper
Drizzle extra-virgin olive oil
Yields 1 serving.
Preheat oven to 400 F. Cut figs in 1/2 and place on baking sheet. Place small piece of gorgonzola on each 1/2. Heat for 1 minute in oven. Drizzle with honey while still hot. Sprinkle with the pepper and drizzle with the olive oil. Serve warm.
- Bruce Logue of the Brioso Wine Bar at Four Seasons Resort Aviara.

WARM CRAB AND ARTI-CHOKE FONDUE
1 teaspoon flour
1 teaspoon butter
1 cup milk
1 tablespoon white wine
1/2 teaspoon Worcestershire sauce
1/2 teaspoon hot pepper sauce
1/2 teaspoon whole-grain mustard
8 ounces cleaned blue jumbo lump crab meat or lobster meat, roughly chopped
1/2 cup artichoke quarters, not in brine
1/4 cup grated mozzarella cheese
1/4 cup grated fontina cheese
1/4 cup grated Swiss cheese
2 scallions, sliced thin
Sea salt and cracked black pepper, to taste
4 small sourdough loaves, tops removed and loaves hollowed out to create small bread bowls
1/4 cup parmesan cheese
1/2 green apple, cut into matchsticks
Extra bread, crostini or baguette slices, for dipping
Yields 4 servings.
In a saucepan, combine flour and butter over medium heat and stir until it forms a loose paste and takes on a light gold color. Slowly stir in milk and whisk to combine. Be sure that there are no lumps.
Add wine, Worcestershire sauce, hot pepper sauce, mustard, crab meat, artichokes, cheeses and scallions. Stir to combine over low-medium heat. Remove pan from heat as soon as cheese melts. Season with sea salt and black pepper, and pour evenly into the bread bowls. Top with the parmesan and set in the broiler to brown.
When fondue is bubbly and golden, remove from broiler and top with the green apple.
- Chef de Cuisine Joshua McGinnis, Island Prime and C Level Lounge.

CURRIED CHICKEN SATAY WITH PEANUT SAUCE
6 chicken breast halves, boneless, skinless and cut into 1/2-inch-wide strips
Bamboo skewers
Marinade:
1 tablespoon light brown sugar
1 tablespoon curry powder
2 tablespoons crunchy peanut butter
1/2 cup soy sauce
1/2 cup freshly squeezed lime juice
2 garlic cloves, minced
1 teaspoon crushed dried chiles
Peanut Sauce:
1 cup crunchy peanut butter
1/2 tablespoon hot chili sauce
2 cloves garlic, crushed
3 tablespoons honey
1 teaspoon cayenne pepper
1/4 cup lime juice
1/4 cup low-sodium soy sauce
1/2 cup peanut oil
Yields 4 to 6 servings.
Thread chicken onto bamboo skewers in a serpentine fashion. To prepare marinade: Combine marinade ingredients in a bowl. Place skewered chicken into marinade and marinate in refrigerator at least 2 hours or overnight.
To prepare Peanut Sauce: Mix sauce ingredients together. The sauce should have a sweet/hot peanut flavor. Taste and adjust ingredients accordingly. Set aside.
On a medium grill, grill chicken satays for about 2 minutes on each side, until cooked through. Coat them with a drizzle of peanut sauce and serve with the extra sauce for dipping.
- Chef Chris Ildso of Pacifica Del Mar.

PISTACHIO-CRUSTED GOAT CHEESE CAKE
1 pound goat cheese, at room temperature
2 tablespoons fresh corn kernels
2 tablespoons sun-dried tomatoes, cut in strips
1 tablespoon fresh thyme, chopped
1/4 cup pistachios, chopped
1 tablespoon butter
1 tablespoon olive oil
Micro greens
Balsamic vinegar
Yields 6 servings.
In small bowl, mix goat cheese, corn, tomatoes and thyme. Form into 6 cakes and pat with pistachios. Heat butter and olive oil in nonstick pan. Sear cakes until golden on both sides. Serve with micro greens and a few drops of balsamic vinegar.
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SENIORS

Name that tune, composer at the Morton Grove Senior Center

Morton Grove Senior News

DIABETES SCREENING

Many people with diabetes go undiagnosed because they are unaware of the signs and symptoms. Some of the warning signs are frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Diabetes screening is offered at the Morton Grove Senior Center from 9 to 10 a.m. on Tuesday, Jan. 24. Screening is free for Senior Center Members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

LOOKING FOR LINCOLN

The Morton Grove Senior Center's "Looking For Lincoln" trip to Springfield on Tuesday, Jan. 24 has been cancelled due to insufficient pre-registrations. Please call the Morton Grove Senior Center at 847/663-6127 for more information.

"NAME THAT TUNE - GUESS THAT COMPOSER"

Join composer, music researcher and college faculty member, Jim Kendros as he plays and examines the popular songs of yesterday as well as classical melodies starting at 1:30 p.m. on Wednesday, Jan. 25 in the Morton Grove Senior Center. From Mozart to Martin, Chopin to Sinatra... it will be amazing to realize the familiarity of the tunes, their singers and their composers. Mr. Kendros will perform a mini-concert on the rare and unusual Swedish Nyckelharpa violin as well. Register for this free program by calling the Morton Grove Senior Center at 847/470-5223.

LIHEAP APPLICATION

For many Illinois households, energy costs place a severe and continuing stress on the family budget. In some instances, the household is forced to make painful decisions regarding which bills to pay and which necessities to survive without. The Low Income Home Energy Assistance Program (LIHEAP) is designed to assist eligible low-income households to pay for winter energy services.

CEDA Neighbors at Work will be available, by appointment only to assist in completing applications

for this program between 9 a.m. and 1 p.m. on Wednesday, Jan. 25 in the Morton Grove Senior Center. Please call the Morton Grove Senior Hot Line at 847/470-5223 to make an appointment. The Village of Morton Grove Social Worker can answer questions regarding eligibility by calling 847/470-5219.

INTRODUCTION TO MICROSOFT EXCEL

Whether using Excel at the office or at home, instructor, RJ Bruno will provide clarity of the basics to work with spreadsheets. Topics will include creating, editing, saving, printing, formatting and simple formulas. This class will be held from 8:30 to 10 a.m. on Saturday, Jan. 28 in the Morton Grove Senior Center. A pre-requisite for the class is knowledge of basic computer skills. The cost is just \$8. Those interested should sign up at the Center.

"YOUR SHRINKING INVESTMENT INCOME"

A free lecture on prudent investing followed by a question-and-answer period will begin at 1:30 p.m. on Monday, Jan. 30 at the Morton Grove Senior Center. Robert Lipton and Krishnan Harihara of Smith Barney

Investments combine 40 years of expertise and will discuss what works and what doesn't, the changes in Medicare, fuel prices, the cost of living, how to invest wisely and how to keep investments flourishing. Register by calling the Morton Grove Senior Hot Line at 847/470-5223.

"LET'S DO LUNCH"

Come visit the "Lunch Bunch" any Monday through Friday at the Morton Grove Senior Center. Reservations are required and can be made by calling 847/967-6876. Lunch is served at 11:45 a.m. but the Center opens at 9 a.m. where many come in for bingo, cards, camaraderie, crafts, games, health screenings, quiet reading, seminars and just plain fun. The following special "Lunch Bunch" events are coming up:

Chinese New Year on Monday, Jan. 30. Chef Bob will provide lunch.

Park View School Concert on Wednesday, Feb. 8. Lunch will be Smoked Sausage.

Valentine's Party & Love Song Sing Along on Tuesday, Feb. 14. Lunch will be Chicken Cordon Royale.

NI SENIORS:

CONTINUED FROM PREVIOUS PAGE

CENTER

On the third Thursday of every month, Newcomers are invited to meet the Staff and learn about the programs and services available to members. You'll be taken on a tour of our beautiful facility and will have an opportunity to meet members of our staff. The next meeting will be on Thursday, January 19th from 10:00 - 11:00AM. Please register in advance by calling 847 588-8420.

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February 22 1:00PM

Niles Senior Center Members are invited to an afternoon reception honoring Jim Stavish, retiring Director of the Niles Senior Center. Please join us for cake and coffee, stories and a sharing of wonderful memories of the past eight years. ENTHUSIASITIC SENIORS' NOVELTY MUSIC GROUP LOOKING FOR MEMBERS This enthusiastic group wants you if you like to hum, sing or even whistle. If you can carry a tune, bring your voice! We want you if you play a conventional reed, percussion, keyboard, or stringed instrument, guitar or ukulele. We'd especially love you if you play a harmonica, kazoo, washboard, spoons or whatever (have your own homemade instrument - we can incorporate it into the band!). No pay, but lots of fun! Join the Niles Senior Center Kitchenaires Kitchen Band. Call for our practice schedule or for more information (call MaryAnn 847 588-8420). Non-residents are welcome.

NILES SENIORS TO SEE WICKED Thursday, April 6 5:00 - 11:00PM \$66
Mark your calendars! Tickets for the April 6th production go on sale in February.

A dinner featuring Salad, Grecian Chicken, Baked Potato, and Dessert will be served at the Center at 5:00 PM prior to our departure for the Oriental Theater.

and the internet. Learn ways to ensure maximum security.

"SING-A-LONG"

Music for Seniors Program
Tuesday, January 31
2:00 p.m. to 3:00 p.m.
Conductor: Ted Gorski
No Charge - Registration Required
Ted recreates the memories of families singing and listening to the old player pianos. Come and sing-a-long, clap your hands, tap your toes and do whatever the mood strikes!

Wanted: MaineStreamers 90 years of age and older...

If you are one of these special people or if you know of someone, please contact us at 1-847-297-2510 so we can send the celebrant an invitation to a special event in May!

MEDICARE PART D PRESCRIPTION DRUG COVERAGE

Maine Township has trained staff to assist you with the Medicare Part D Prescription Drug program. For an appointment call Maine Township at 1-847-297-2510 #236. Please note that all Circuit Breaker Recipients MUST apply for this coverage to remain eligible

SENIORS

MaineStreamers Offer New Winter Programs and Trips

Maine Township Senior News

The Maine Township MaineStreamers program offers a variety of opportunities for residents 55 and older. Membership is free and includes a subscription to the monthly newsletter that details all activities for the upcoming month. All activities take place at Maine Township Town Hall, 1700 Ballard Rd., Park Ridge, unless otherwise noted. For further information on membership or programs, call MaineStreamers at 1-847-297-2510.

COMPUTER WORKSHOP

"Protection from Identity Theft"
Wednesday, January 25
3:00 p.m. to 4:30 p.m.
Cost: \$10.00 - Registration Required
Presenter: Lee Huber

Would you like to use your computer more but are afraid of identity theft? Are you SURE you are protected with anti-virus anti-spyware programs? Attend this workshop and learn about 94 essential tips for staying safe with e-mail

for the Circuit Breaker benefits.

Day Trip

The following Day Trips are 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 1-847-297-2510 and ask for an application. All Day Trip departs from the State of Illinois Building, 9511 Harrison St. in Des Plaines.

"SPIRIT OF MILWAUKEE" TRIP

Tuesday, January 24
8:15 a.m. to 6:00 p.m.
Trip Rate 3
\$40.00 members/\$45.00 guests
We have selected a few destinations that we feel bring out the "Spirit" of Milwaukee. Let's start at the International Clown Hall of Fame. Tour the elaborate exhibits of the Hall of Fame inductees including Red Skelton and Emmet Kelly. Then enjoy an actual Clown

Show.
Our lunch stop will be at the Safe House... just finding the place feels like "Mission Impossible." Look for a red door bearing the name "International Exports, Ltd."--a front, of course. Once inside (be prepared to be de-briefed at the door) you'll be transported into the world of international espionage. Our lunch is your choice of Roast Loin of Pork or Pepper Steak with a dessert of Ice Cream Cake Roll.
Our final stop will be at the Pottawatomie Casino. So enjoy an intriguingly fun day.

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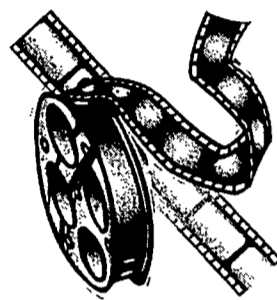
HAVE YOU HEARD

COMMUNITY ANNOUNCEMENTS

Park Ridge Public Library Announces Upcoming Events

GALLERY

January's display in the second floor exhibit case features a display of Gone with the Wind memorabilia belonging to Park Ridge resident Veronica Price. This epic Civil War novel celebrates its 70th anniversary in 2006.



SCREEN

Feature Film:
The Constant Gardener

Rated R

Monday, January 23 7:00 p.m.
Doors open 1 hour before show-time.

Independent Film:

Broken Flowers Rated R
Tuesday, January 24 7:00 p.m.
Doors open 1 hour before show-time.

LECTURES

New Medical Benefits Explained
Representatives from State Rep. Rosemary Mulligan's office present information on the new Medicare benefits program. Q & A to follow. Call Reader Services at 847-825-3123 to register for this free program.
Tuesday, January 17 1:00 p.m.

Rep. Jan Schakowsky Q & A
A representative from Schakowsky's office will be at the Library to answer questions about anything federal-related including immigration, visas, social security, Medicare, veterans' benefit.

Wednesday, January 18 5:00 - 7:00 p.m.

Saint Peter and the Legacy of the Popes

Jeff Mishur introduces this exhibit that begins in February at the Milwaukee Public Museum. The exhibit traces 2,000 years of Catholic history from St. Peter to John Paul II using authentic Vatican artifacts. Call Reader Services at 847-825-3123 to register for this free program.
Thursday, January 19 7:00 p.m.

BOOKS

Winter Reading Clubs
Prizes, fun and lots of good



books. More information about Winter Reading Club for Adults at the Reader Services Desk; ask in Children's Services about Family Reading Club.

Book Discussion

LIARS AND SAINTS by Maile Meloy
Books available for checkout at the Reader Services Desk prior to the discussion. Select a date when you pick up your book. For more details or to register, call the Library at 847-825-3123.
Thursday, January 19 OR 26 10:00 a.m.

CONCERTS

Music for the Chinese New Year
Kerry Leung plays a variety of instruments to welcome the New Year. His musical instrument talents include the bamboo flute, pipa (lute), erhu (fiddle), and liuqin (mandolin). Call Reader

Services at 847-825-3123 to register for this free program.
Thursday, January 26 7:00 p.m.

CHILD'S PLAY

Teddy Bear Time
Infants - 2 years with an adult. Stories, songs, time to socialize; siblings welcome.
Mondays, January 23 through February 27 9:30 - 10:15 a.m.
OR 10:45 - 11:30 a.m.
Fridays, January 27 through March 3 9:30 - 10:15 a.m.

Storytime for 2's and 3's

with a grown-up
Child must bring an adult; siblings welcome.
Tuesdays, January 24 through February 28 10:00 - 10:30 a.m.
OR 10:45 - 11:15 a.m.
Wednesdays, January 25 through March 1 10:00 - 10:30 a.m.
OR 10:45 - 11:15 a.m.

Storytime for 4's and 5's

Wednesdays, January 25 through March 1 1:45 - 2:15 p.m.
Thursdays, January 26 through March 2 10:00 - 10:30 a.m.

Second Saturday Family

Storytime
All ages. Storytime and craft for the whole family. Drop in.
Saturdays, January 14 10:00 - 10:45 a.m.

Discover at The Library

Explore with activities and books. Children ages 3 - 5 with adult.
Friday, January 20
Drop in any time between 10:00 and 11:30 a.m.

Erin and Marci Lee Gotta Sing

Recording artists Erin and Marci share their special brand of "story songs." Sponsored by the Friends of the Library
Saturday, January 14 All ages.
2:00 - 2:45 p.m.

Curious George Movies

at the Library
Wednesday, January 18 All ages.
10:00 - 10:30 a.m. or 1:00 - 1:30 p.m.

Chicago Wolves' Read to Succeed Program

Grades 1 - 8. Have fun reading and trying for Wolves' prizes. Meet left wing Karl Stewart. Register now in Children's Services.

Park Ridge Public Library
20 South Prospect Avenue
Contact: Eleanor Pierce,
Information Coordinator
847-720-3209



RESURRECTION MEDICAL CENTER ANNOUNCES FIRST BABY OF 2006

Elizabeth Marie Bichkoff was born at 5:14 a.m. on January 1 - the first baby born at Resurrection Medical Center, 7435 West Talcott Avenue, Chicago in 2006. The daughter of Brian and Kelly Bichkoff of Des Plaines. Elizabeth Marie weighed 7 pounds, 10 ounces and was 21 inches at birth.

Maternal grandparents are Peggy Izdepski of Cary and Rick Nickele of Park Ridge. Kathy Birchhoff of River Grove is the paternal grandmother.

It's a Kids Thing

Golf Mill Shopping Center and Chicago Parent Magazine bring the Harris Educational Loan Program at The Field Museum to the mall. Learn about the Africa Adinkra Symbols and make a bookmark to take home at the upcoming Golf Mill Kid's Club on Saturday, January 28. It's a kids thing entertainment starts at 11:30 AM off Center Court near The Children's Place.

It's a kids thing is a club exclusively for kids, with exciting events and entertainment in a safe, fun environment. Membership is free and children up to age 12 may register on the day of the event or any day during mall hours at the Customer Service Center. Golf Mill Shopping Center, located at Milwaukee Avenue and Golf Road in Niles, IL, is anchored by JCPenney, Kohl's, Sears, Target, Value City Furniture and includes more than 120 specialty stores. For more information please call Customer Service at 847-699-9440 or visit our website at www.golffmill.com.

Bridal Boot Camp for 2006 Brides

Advocate Lutheran General Hospital's Fitness Center invites community brides-to-be and their attendants to participate in bridal boot camp, a 24-session exercise class with a certified exercise physiologist.

This new exercise and fitness program, designed to help the bride and her wedding party look and feel their best on that special day, will begin January 1, 2006 and is offered at two locations: the Lutheran General Fitness Center in Park Ridge and Parkway Athletic Club in Deerfield. The cost is \$400 and includes a complimentary three-month membership at the respective location, one resting metabolic rate test, and three nutritional consultations with a registered dietitian. The bride and her party schedule class time with the bridal boot camp instructor. If two or more of the bride's family/friends/bridal party sign up, the bride will receive her boot camp free of charge. For more information, call (847)723.6138

REAL ESTATE

There's a fireplace for every taste

AMANDA REAVY
Copley News Service

When Cara Tabatabai longs for a cozy, relaxing retreat, she can look to her Rochester home's master bedroom and bathroom.

Within a wall separating the two rooms is a see-through gas fireplace encased in glass about 2 feet off the floor, surrounded by decorative tiles.

This setup allows Tabatabai to watch the peaceful flicker of flames from the comfort of her bed or inside her aboveground whirlpool tub.

"It feels like a spa," she said. "It's a nice, peaceful spot."

Once merely a source of heat, fireplaces have emerged as a major design element, helping homeowners create the perfect ambience in their home.

"The only thing that limits you is your imagination or your checkbook," said Mike Cassidy, a salesman at Illinois Construction Specialties in Springfield, Ill.

From vent-free to electric, people can choose an eye-catching fireplace to fit any home.

"Every room should have a fireplace because there's a fireplace for every room," said Stephanie Richardson, a spokeswoman for the Hearth, Patio and Barbecue Association.

Fifty-eight percent of fireplace owners use them to enhance atmosphere, she said.

Fireplaces also rank among the top three features desired by new home buyers, along with outdoor porches and upgraded kitchens, she said.

"People are getting very creative. And now they realize it doesn't cost that much to add a fireplace," Richardson said, not-

ing the average cost is about \$2,000.

Fireplaces also can increase a home's selling price, with each fireplace adding about 12 percent to its value, she said.

Frank Buraski, owner of Buraski Builders Inc. in Springfield, said he's installed

Frank Kruger, a sales employee at Marx Fireplaces and Lighting Inc. in Springfield said gas models make up most of the 1,000 fireplaces his store sells annually. Many people install gas units or use gas logs in their wood-burning fireplace for the high efficiency, safety and convenience,

gas fireplaces for all their amenities."

Choices, choices

Cassiday said there are three options for gas fireplaces: vent-free, direct vent and B-vented. B-vented fireplaces, also called natural draft, take in combustion air from inside the home and vent it outside. Direct vent fireplaces take combustion air from the outdoors and expel gas fireplace emissions outside the house. While direct vent units don't require a chimney system, they are sealed with glass panels. A homeowner can view the fire but can't, for example, roast marshmallows over it.

Buraski said the absence of a chimney makes installing such units less expensive because they don't require piping or extensive remodeling. Direct vents also can be installed almost anywhere in a home. Homeowners can include design features above their fireplaces, including windows and plasma television screens, he said.

Cassiday expects direct-vent fireplaces to make up 70 percent of the market's sales in the next few years, he said.

Direct vents also are more economical because they provide greater indoor air quality and efficiency, Cassidy added. Direct vent models are about 70 percent efficient, while gas logs are 33 percent efficient and wood-burning fireplaces 25 percent.

For the greatest heat output with the best efficiency, customers should go with the 99.9 percent efficient vent-free fireplaces, capable of heating a 3,200-square-foot room, he said.

Vent-free fireplaces, however, do produce an odor because they

CONTINUED TO
THERE'S A FIREPLACE...Page 24

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REAL ESTATE

DECOR SCORE

Thinking beyond blinds and curtains

ROSE BENNETT GILBERT
Copley News Service

Q: What to do with the window in our attic? I have redecorated the attic to make a nice space for guests, but the dormer window is causing me problems. It is shorter than usual dormer windows and faces north, to boot. I want to create a gracious feeling, but I need more control over the light and drafts than curtains will give. What can

opened to solve some of today's window problems. Light and air leaks, for example, plus peeping Toms.

Featuring soft fabric louvers that tilt 180 degrees, "Alouette" may be a minor miracle of modern technology, but when it is teamed with side curtains and a shaped valance, as in this attic bedroom, these man-made window treatments can look every bit as traditional as toile cafe curtains.

curtains," he poeticizes. There's a touch of luxe in the palette for 2006, he says. Expect to see "worldly" jewel tones - "They bring a richness and sense of sophistication into our lives." On the flip side of that opulent palette, Manfredini predicts a parallel trend toward grounded, earthy colors, including the purples and rich plums.

At the same time, we continue to be influenced by the world of technology, manifested in



you suggest?"
A: It's time to think beyond the envelope, beyond the expected curtains and blinds. And, happily, window treatment manufacturers are keeping a step ahead, developing new kinds of window coverings that are both effective and attractive.

To wit, the altogether new window treatment in the attic bedroom we show here. It's not quite a shade, not a shutter or blind, but close to all three in that it has louvers that soften, diffuse and control the light through the window. "Alouette," made by Hunter Douglas, is just one player in a whole new generation of window coverings that have been devel-

oped to solve some of today's window problems. Light and air leaks, for example, plus peeping Toms.

WHAT'S HOT IN PAINT FOR 2006?

Cleaner, more brilliant colors, according to Lou Manfredini, home improvement expert aka Acc's "Helpful Hardware Man."

He says to watch for colors that are warmer, brighter and "more inviting" - colors that reminisce about water, sea and sky, and the greens and teals that, he says, reflect our "desire for serenity." Manfredini also stirs naturals with names like Heavy Cream and New Canvas into the color equation for 2006 - "Sunlight diffused through billowing window

"cools," like metallics and blacks, Manfredini says.

To learn how to translate these au courant colors into your own home, log onto www.acehardware.com. Or check the "Helpful Hardware Man's Corner" on www.acehardware.com. Ask a how-to question and Manfredini promises to get back to you within 48 hours.

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

CONTINUED FROM
THERE'S A FIREPLACE...Page 23

burn particles in the air, including dust and pet hair, Cassidy said. They also deplete a room of oxygen, so he discourages people with breathing problems from purchasing these units.

For anyone who doesn't want to mess with pollution, odor or real flames, Kruger said electric fireplaces are becoming a more realistic and aesthetically pleasing option.

"(Electric fireplaces) have come a long way," Kruger said. "Electric used to be a handful (of sales) a year."

Now, about 5 percent of fireplace sales are electric, he said. These units, which can be free-standing or inset, use artificial logs and light bulbs to create images of crackling flames.

They are equipped with heating vents that work like space heaters. Electric fireplaces are primarily decorative, but can supplement an existing heat source, Kruger said.

These units typically range from \$699 to \$1,500, he said. Kruger has installed electric fireplaces in everything from small condominiums and high-rises to luxury homes.

INSERTS, GEL FUEL OR WOOD?

Another consideration is an electric insert, a heating unit retrofitted to existing masonry or factory-built fireplaces.

Gel fuel canisters provide another alternative; these are fumeless, smokeless and odorless - and can be placed behind ceramic logs. Menards and Wal-Mart began selling the gel fuel canisters for fireplaces this fall.

Although fireplace technology makes traditional wood logs unnecessary, Cassidy said there still is a significant number of people who desire the look, smell and sound of a wood-burning fireplace.

Tabatabai said this sensual appeal is why she and her husband, Fareed, wanted a wood-burning fireplace in their great room between the kitchen and living room.

Regardless of fuel choice or location, Cassidy said people should think carefully and ask questions before deciding on the right fireplace for their home.

The Latin word for "hearth" is "focus."

"It's a focal point... It attracts you," Cassidy said.

Firewood tips

AMANDA REAVY
Copley News Service

Whether the desire is to watch the flames dance at an outdoor fire or cozy up next to a warming fire inside, it all depends on the firewood.

Carl Smith of Springfield, Ill., who owns C. Smith Tree Service, says hardwoods such as oaks, hickories, ash, hackberry, locust and hard maple give off the most heat and are good choices for indoor fireplaces.

"Now, it is a little more difficult to get started, but your hardwoods burn a little redder and a little hotter," he says. Softer woods such as maple, elm and sycamore burn a little brighter and are good choices for outside.

"The softwoods, they don't burn as hot as the hardwoods, but a lot of people like the flame," he says. "For recreational fires, the mix of hardwood and softwood is a good combination."

Smith says firewood logs need to cure, or dry, at least nine months before burning. Logs that were split when green can take less time, about three to four months.

"They need to make sure they are not getting anything that is full of bugs or sappy," he says. "No pine or sappy wood that is going to clog your flue and give you problems in the future."

Smith says homeowners should have the chimney flue checked and cleaned at least every other year.

Consumers also should be aware of the firewood's origin. In addition to insect pests such as termites and carpenter ants, natural resources officials are concerned about the spread of invasive species such as the emerald ash borer, an insect that has been devastating ash trees in Michigan, and has been found in northwest Indiana.

Officials urge those who purchase firewood to buy from local sources and avoid transporting firewood from state to state. The borer probably arrived in the United States from Asia in wooden packing materials.

Smith says his firewood is a byproduct of his tree service based in Springfield.

"We take trees down for people and keep them and split them and sell them through the winter," he says.

Visit Copley News Service at www.copleynews.com.

REAL ESTATE

HERE'S HOW Taking a shine to dingy brass doorknobs

GENE GARY
Copley News Service

Q: A number of doorknobs in our home are made of brass. Over the years they have become dingy and tarnished. How can the original luster be restored and kept tarnish-free?

A: Most brass hardware of this nature is coated with lacquer to keep the metal from tarnishing. With wear, the lacquer finish deteriorates and no longer protects the metal from tarnishing. Doorknobs are particularly vulnerable because of frequent handling and the body oils transferred from skin contact of hands. To restore the finish, the old lacquer coating must be completely removed with an industrial-strength lacquer thinner, a commercial product such as Park's Refurbisher, Behr's The Stripper, or Gillespie's three-part kit, which works great for heavily tarnished objects.

Once the lacquer coating has been completely removed, any remaining tarnish can be cleaned with a regular metal polish such as Flitz Liquid Metal Polish. Acetone is also a recommended cleaning agent for any remaining tarnish or stains.

After cleaning and buffing - often an arduous job - your brass doorknobs must be recoated with a new lacquer coating to keep the brass shiny. Without a new coating of lacquer, the brass will tarnish just from exposure to the atmosphere. Use a lacquer product specially formulated for this purpose. Staybrite Lacquer Polish is a good choice.

These recommended products are available at home centers, hardware and paint stores, and woodcraft specialty outlets. Another option is to have the brass professionally restored. Professional metal polishers can

polish, buff and colorize brass fixtures very quickly using professional tools, equipment, solvents, polishing compounds and coatings. Most metal polishers will opt for an acrylic urethane protective coating, which will outlast a clear lacquer coating. Metal polishers can be found in most areas.

Q: We have synthetic marble - sometimes referred to as cultured marble - sinks in two bathrooms. They have become stained and scratched with use. One of these has developed a network of minor cracks, which seem to be widening. What would cause this type of problem? Can these sinks be restored?

A: Yours is not an uncommon problem. Cultured marble is a poured polyester resin, usually treated with a clear gel coat or onyx resin applied on the top surface. The cracks sound like a condition called "crazing," which occurs when the gel coat fails and allows water to work its way into the cultured marble. If the sinks are old, the gel coat can fail simply because of constant use and age. Today, the resins used to make cultured-marble sinks have been improved to correct the crazing problem. However, although it is less porous and more stain-resistant

than real marble, cultured marble will scratch if abrasive cleaners such as scouring powders and scrubbing pads are used. Caustic chemicals - even household bleach - will damage the surface.

buffing the surface with a medium-cut rubbing compound (use a buffing pad on an electric drill). If necessary, for major stains only, you can lightly sand the surface with 600-grit wet/dry sanding paper. Use a sanding block and wet sandpaper for best results.

I would test a small, inconspicuous area first to make sure that you are not causing further damage to the surface.

Follow any compound buffing or sanding with a thorough rinsing in clear water, then buff to a high luster with a paste wax.

Use a good automotive finishing compound in a very fine grade - not coarse - which should be buffed out.

Appliance wax, car wax or silicone sealer will help fill in small scratches and restore shine.

Even in general care, car wax followed by a good buffing will add luster and help protect the surface from spotting and staining. Repeat periodically as the

paper. Use a sanding block and wet sandpaper for best results. Wax protection diminishes with wear.

If these methods fail to restore your cultured-marble sinks, a professional can repair small cracks by grinding them out, filling them with matching resin and sanding the patch with progressively finer abrasives to restore the finish.

Q: We have a sliding glass door connecting our family room with an outside patio. The door is extremely drafty during these winter months. Weatherstripping doesn't seem to be an answer. Do you have any suggestions on how to decrease cold air entering this source?

A: Drafts around sliding patio doors can fool you. You may think the problem is bad weatherstripping, but often the door is out of kilter. Slide the drafty door close to the frame and make sure their edges are parallel.

If they're not, adjust the rollers. Usually you can reach an adjustment screw with a screwdriver through an access hole near the bottom of the door.

Sliding doors can also cause drafts in cold weather simply because the huge piece of glass gets cold and chilled air drops off it and flows across the floor, targeting your feet. Covering the glass with floor-length drapes or placing a heating duct in the floor below the door helps counteract these drafts.

Send e-mail to copleysd@copleynews.com or write to *Here's How*, Copley News Service, P.O. Box 120190, San Diego, CA 92112-0190. Only questions of general interest can be answered in the column.

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HOMEHOW-TO

No stain in the brass

Cleaning and polishing oxidized/tarnished brass takes elbow grease (and cotton or rubber gloves). There are numerous brass polishing/cleaning products on the market. Some of the compounds aggressively attack the material atop the brass and soften it, allowing for easy removal.

TO REMOVE TARNISH: Brush on a caustic tarnish remover such as acetone and remove with a liquid product that will react quickly with the oxidized brass.

■ **Brasso** - a liquid for lightly tarnished surfaces.
■ **Colonial Metal Polish** - a liquid that contains very fine abrasives for tougher jobs.

■ **Gillespie's** - a three part kit. Works well for heavily tarnished objects.

■ **Never Dull** - leaves fine brushed marks due to its fine abrasives.

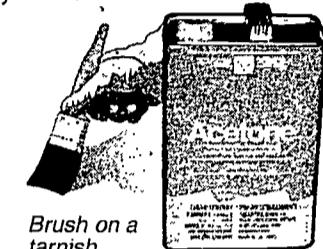
■ **Noxon** - light tarnish disappears with a soft cloth.

■ **Parks** - a two-step process for heavy tarnish.

■ **Tarn-X** - another liquid that attacks light tarnish.

■ **Red Bear** - available at many fine brass shops. Washes off with water.

■ **Wenol** - in a tube like toothpaste. It contains no abrasives and works well on light tarnish.



Brush on a tarnish remover and follow with a liquid product like Brasso.



Wear cotton or rubber gloves in the final stages of cleaning and polishing. The oils from your hands will leave fingerprints that could show up months later. Always wash the brass with soap and water after cleaning to remove all polishing and cleaning compounds.

Copley News Service / Pete Chenard

Cracks that appear over time around the drain are usually the result of a drain installation that was screwed down too tight, not the result of cleaning products. Extreme temperature ranges can also damage these sinks, so avoid exposure to either scalding hot or icy water.

To remove minor scratches, try

wax protection diminishes with wear.

GETTING ORGANIZED Creating space in small house

STEPHANIE DENTON
Copley News Service

Q: We've recently moved into a house that was built 30 years ago. We like the neighborhood, the lot and the size of the house. However, the interior space is not as "rich" as I'm accustomed to. Our former house had a lot of nooks and built-in storage that both gave that house its charm and maximized its space.

We knew when we bought our new house that we would remodel much of the inside. Now that we are settled in, we are ready to begin planning the changes we would like. I'm looking for a book that can provide us with inspiration or

examples of interior details that bring a home to life while making good use of its space.

A: "Inside the Not So Big House," by Sarah Susanka and Marc Vassallo (Taunton Press, 2005) is the latest book in the "Not So Big" series of books that has inspired countless homeowners, architects, interior designers and builders to "build better, not bigger."

In this new book, architect Susanka shows readers how to create homes that are not only perfectly sized, but also personalized with harmonious details, functional features and beautiful touches. Through photographs and explanations, she takes an up-close look at the built-in details of 22 new and remodeled homes. Ideas for creating a rich,

inviting and also functional space include:

Build a desk nook into a room. Place or build two deep bookshelves against the corners of an exterior wall, to either side of a window. Now connect the bookshelves with a desktop. Although you've taken away floor space, it will feel as though you've added more by giving the room more functions.

Place shelves across a window. Add storage space and grab a little extra privacy - without losing natural light - by placing shelves across a window. Glass shelves supported by brackets attached to the window frame are an easy fix. Get big impact from a simple curve. Few things add energy to a room like a curve. In a kitchen, for example, use curved brackets

to support an overhanging countertop or tabletop. The brackets can be cut from plywood. It's the shape of the curve that matters, not the richness of the bracket material.

All of the books in the "Not So Big" series provide information and inspiration for creating a space that is just right for you, one that is balanced, not bloated, and is tailored to how you actually live. This latest addition is no exception.

Q: In a kitchen, do open shelves or cabinets with glass doors really make a space look more disorganized? I like the look of them, but my husband doesn't want to consider them in our remodel because he says they will look cluttered.

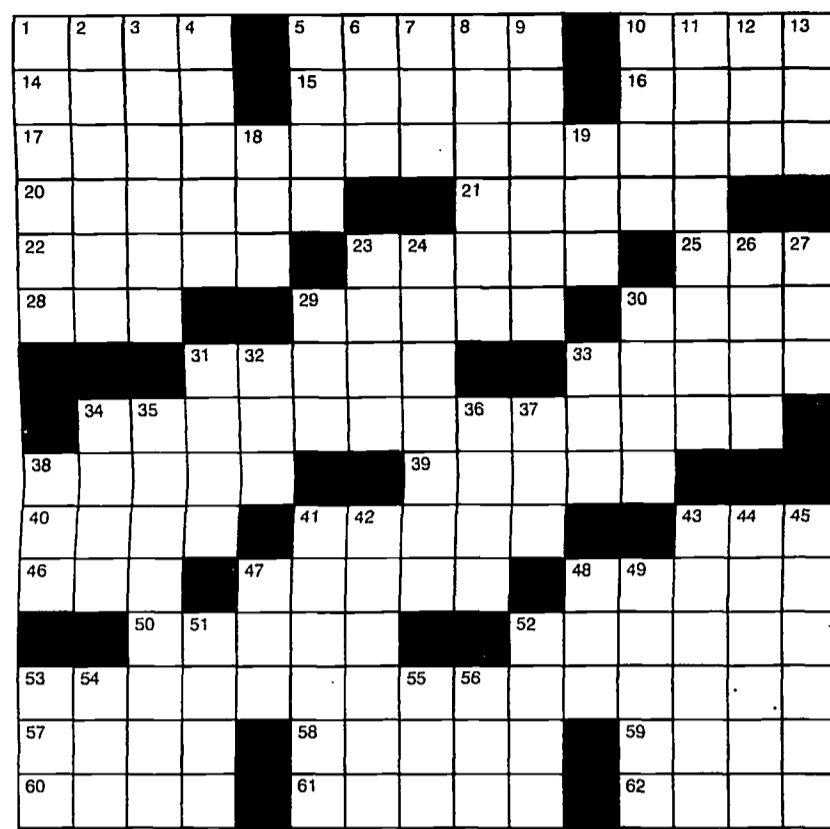
A: Actually, the possibility exists

that it can be exactly the opposite. Open shelves or cabinets with clear fronts can make a space look bigger. Plus, if what's stored in them is stacked neatly or artfully arranged, their ordered appearance can make the space seem more organized. Just be sure not to cram the shelves with unneeded items.

Stephanie Denton is an organizing expert, speaker and past president of the National Association of Professional Organizers. Send your questions to her at Copley News Service, P.O. Box 120190, San Diego, CA 92112-0190, or e-mail her at copleysd@copleynews.com. © Copley News Service Visit Copley News Service at www.copleynews.com.

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By Charles Preston

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- 5 Groundwork
- 10 Brink
- 14 Disagreeing
- 15 Regarding
- 16 Boor
- 17 Smoochers' ride
- 20 Result of running water
- 21 Layabout
- 22 Maria
- 23 Built like Slim
- 25 Bread spread
- 28 Leo's place
- 29 Comic Amsterdam
- 30 Isle east of Java
- 31 Brute
- 33 Protection, of sorts
- 34 Tracheal segment
- 38 Get on
- 39 Zagreb resident
- 40 Calais cleric
- 41 Barn nestling
- 43 Veneto
- 46 Pump part
- 47 Peeping Toms
- 48 Point of view
- 50 Nero's tongue

DOWN

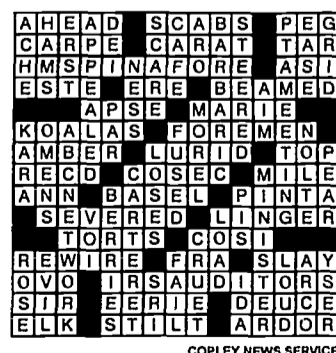
- 1 Distinct dislike
- 2 Doctor's request
- 3 Writer Bochoq, of "NYPD Blue" fame
- 4 Peaceful resistance
- 5 Cursed thing
- 6 Advice-giving Landers
- 7 Bishop's concern
- 8 skates
- 9 Pedestrian
- 10 Rive Gauche reading
- 11 Piece passed leaving a room
- 12 London address?
- 13 Printemps follower
- 18 Merkel, of film
- 19 Sprint
- 23 Hashana

- 52 Spiritual gathering?
- 53 E. M. Forster classic
- 57 UK citizen
- 58 Lukewarm
- 59 They're hep
- 60 Just fair
- 61 Author Jong
- 62 Robert

- 24 Magazine piece
- 26 Shampoo additive
- 27 Old Russian village
- 29 Buddy
- 30 Vintner's very dry
- 31 Party pooper
- 32 Period's place
- 33 One-time tie
- 34 the Clown
- 35 16th century French satirist
- 36 Aka Mars
- 37 Home site
- 38 Cricket piece
- 41 Painkiller
- 42 Travolta's "Urban Cowboy" co-star
- 43 Home wrecker
- 44 Provoke
- 45 Loosen up!
- 47 Oak, Elm, etc.
- 48 whale: rorqual
- 49 Cavalry soldier
- 51 See 15 Across
- 52 Bubbly stuff
- 53 Sixpack
- 54 Play-for-pay type
- 55 Kind of center or carp
- 56 Nervous quirk

Last Week's Puzzle Answers

LETTERED



COPLLEY NEWS SERVICE

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

This Week's Winner is... Lorraine Truskolaski

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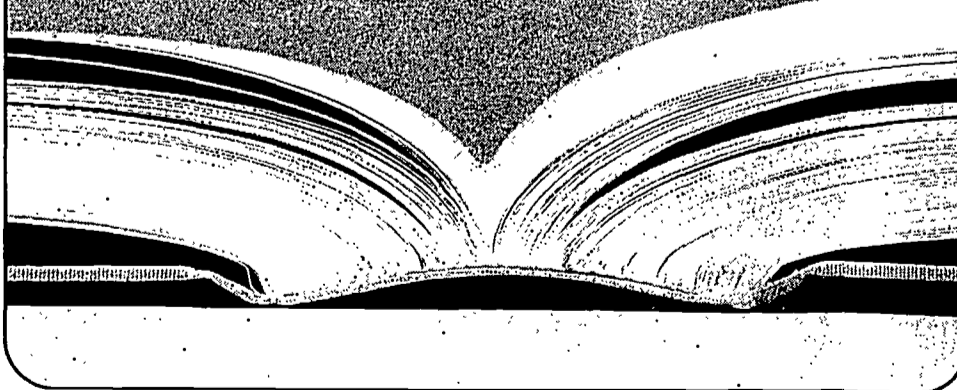
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AUTO SCENE

Volkswagen Passat combines attention to detail, power

Mark Maynard Copley News Service

Volkswagen has made some odd decisions in recent years, but the 2006 Passat isn't one of them. The all-new model reveals no shortcuts or budget dilemmas in creating a technologically advanced family sedan. Except it's almost too stylish to lump in the midsize group with the Toyota Camry and Honda Accord. Those are safe choices anybody could recommend - to a relative, perhaps.

The Passat is more of a driver's car, still, and for those owners who give a look back at their beloved wheels after locking up.

This is a versatile midsize car. The last generation started out with a four cylinder, added a V-6, all-wheel drive, then a V-8, which was overkill, but an attempt to raise the public's impression of VW.

With each new generation of car, VW debuts a four-cylinder model, and, as before, this one seems plenty strong.

But there always will be those who want more, and I hear the 280-horsepower VR6 model is a tire smoker. The four-motion all-wheel-drive system will be offered on VR6 cars and wagons, which debut later in the year.

umbrella storage slot in the door - but you provide the umbrella.

The 2.0T model has a starting price of \$24,515 and can run to \$31,565, as did my test car. It was as well-finished as a modest luxury sedan.

For those Jetta owners who were

except for some noise transfer from the tires on concrete highways, which might be filtered out by a touring tire. The trunk is wide, flat and expandable with the split folding seat back. There's a full-size spare under the floor.

for Highway Safety, earning top ratings in head protection, injuries and structural design for side impact and frontal tests.

The supporting cast includes six air bags, including a head curtain, and a \$350 option for two rear side bags.

is just a slight hint at takeoff that there's a turbo under the hood.

There is little torque steer from the front-wheel drive and acceleration in the 50- to 70-mph range is particularly sharp. Fuel mileage with the Tiptronic is 22 mpg city and 31 highway (23/32 manual). VW recommends premium fuel for max performance, but the engine adjusts to 87 octane, too.

It used to be that Americans would balk at paying \$31,000 for just a four-cylinder sedan. But now, with the price of fuel such an issue, Passat offers a champagne experience on a white-wine budget.

Mark Maynard is driving in cyberspace at mark.maynard@uniontrib.com. Visit Copley News Service at www.copleynews.com.



INDY RACING LEAGUE FORMS INNOVATIVE MARKETING AGREEMENT WITH GENE SIMMONS & RICHARD ABRAMSON

The IRL IndyCar Series will race into the new season with efforts to grow the sport, broaden its fan base and make more noise than ever before by announcing today that it has forged a unique marketing alliance with rock legend Gene Simmons and entertainment industry veteran Richard Abramson, principals in the Hollywood-based Simmons Abramson Marketing company. The broad-based agreement will see Simmons Abramson Marketing actively engaged in the league's marketing, event, public relations, sponsorship, merchandising and branding efforts - from its IndyCar Series to the venerable Indianapolis 500.

The announcement of the partnership is highlighted with the debut of the "I am INDY" campaign that is anchored by a signature song, co-authored by Simmons and BAG. The effort marks the first official theme song for a modern professional sport. With its growling affirmations and foot-stomping, "We Will Rock You/We Are the Champions" sensibility, the "I am INDY" song forges a resonant link between the drivers and the IndyCar Series fans.

The belts have pretensioners, force limiters and emergency locking retractors. The steering wheel tilts and telescopes, which is important for proper driver fit, control and safety.

Electronic driver aids include an electronic stabilization program with brake assist and the four-wheel disc brakes (with ABS) have a disc-wiping feature that taps the discs to keep them dry and responsive.

Another useful driver aid is the hill-holder function with the manual transmission. When stopped on a hill with the clutch depressed, the car won't roll backward.

The six-speed Tiptronic automatic, a \$1,075 option, provides manual-shift ability and a Sport mode that is truly aggressive in holding gears and downshifts.

But even the automatic-equipped Passat is a brisk performer, and there

waiting to move up and don't like the tubby sides of the new Jetta, the sleekness of the Passat might be the obvious move.

This sixth-generation Passat is 3 inches longer and wider than last year's car. Legroom in the back seat is 37.7 inches - about 2 1/2 inches more, which means there's decent adult space even if the front passenger seat has been moved back. A tall exhaust tunnel compromises foot room in the center position, though.

The new chassis is much stiffer with the use of more high-strength steel and lighter (more expensive) materials. That helped the engineers give the Passat a supple ride.

It also encourages enthusiastic driving, though the suspension can easily outperform the stock all-season tires. Upgrading to a touring tire would help.

The cabin is well-soundproofed,

Inside, the Passat is attractive and roomy, with an array of integrated storage areas, including large door pockets (front and rear) and that compact umbrella holder.

The materials are of good Euro-looking stock, and the panels have well-aligned edges and corners. The design should remain contemporary for years. The nighttime gauge illumination is still blue.

The front center armrest is height adjustable, with storage below, but it can be a finger-pincher until you get the hang of raising and lowering it. And neighbors will be entertained by the big VW badge on the trunk lid that doubles as the release. Push on the top and the badge tilts inward, like the special book on the shelf at the haunted house that reveals a hidden staircase.

Passat received Double Best Pick honors from the Insurance Institute

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