

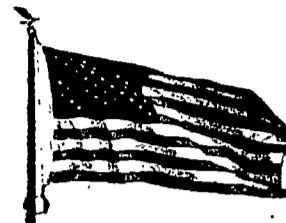


**STEELERS VS. SEAHAWKS?
WHERE TO WATCH?**
SPECIAL COVERAGE, PAGE 14



**MOVE OVER GROUNDHOG,
TRY HEDGEHOG DAY**
PET STOP, PAGE 15

THE BUGLE



SINCE 1957

THURSDAY JANUARY 26, 2006

VOL. 49 No. 36

NILESBUGLE.COM • PARKRIDGEBUGLE.COM • MORTONGROVEBUGLE.COM

Two Maine South students injured in roll-over

Police use 'jaws of life' to free students, one seriously injured

BY TRACY YOSHIDA GRUEN
STAFF WRITER

Two Maine South High School students were injured in a vehicle accident that occurred at Dee Rd. and Devon Ave. on Thursday, Jan. 19 at about 9:50 a.m.

A 1998 Toyota Land Cruiser was traveling northbound on Dee at Devon, when it struck a red 1992 Jeep Cherokee. The jeep, driven by Katie Holmes, a senior at Maine South High School, was attempting to make a left turn to proceed eastbound on Devon. As a result of the impact, the jeep flipped on its side. The traffic signal was green for both vehicles, police said.

Holmes, born in 1987, was

given a citation for failure to yield for a left turn, said police.

Robin Browne, also a senior at Maine South, was a passenger in the jeep driven by Holmes and is currently being treated at Lutheran General Hospital. Reports indicated that Browne was recently in critical care. She was born in 1988.

"I got a report that Katie was released and Robin is still there," said David Claypool, Maine South principal. "It was pretty serious. She was injured more seriously than Katie was."

Park Ridge Police Chief Jeff Caudill said they were "calling almost every day" to see how Browne was doing, but he said they haven't gotten any answers.

Story Continues...
see **ROLL-OVER** page 3.



Park Ridge Police had to use the "jaws of life" to extract passengers from the Jeep Cherokee that rolled over during a Thursday morning accident. (Photo by Allen Kaleta)

D71 secretaries back principal for top job

Sent protest letter to search consultant

Two Niles Elementary School Dist. 71 secretaries are standing by their principal.

Culver Principal Alexandra Nicholson was one of the 23 who applied to become the new superintendent to replace Eugene Zaléwski.

In a letter addressed to the district's search firm, Hazard, Young and Attea, the secretaries expressed that many of the staff members felt Nicholson would have made an "excellent candidate" for the position and that several recommendations were made on her behalf.

The letter said that they feel their recommendations were dismissed and that they were disappointed to find that Nicholson was not one of the five finalists

recently recognized by the firm.

"We just wanted to express our opinion that your firm has overlooked an excellent candidate and, thereby, so has our Board of Education," shared the secretaries in the letter.

"That was wonderful support that the staff gave to me," said Nicholson. When asked if she would ever apply for the head chief position again if the position becomes available in the future, she replied, "Sure."

"We knew she had applied," said board president, Karen Johnson. "We decided she would apply just like everyone else. We just wanted the five best candidates."

Story Continues...
see **D71** page 4.

The Letter

Dear Sirs:

Your firm was hired to find a Superintendent for School Dist. 71. Representatives came in to interview staff members and to ask for recommendations. After meeting with everyone, a profile for the position was created. We know that many of our staff members felt that Alexandra Nicholson would make an excellent candidate for this position and many recommendations were made on her

Letter Continues...
see **LETTER** page 4.

Niles will not forward OTB referendum petitions

Village: not enough signatures, opponents cry foul

Do Niles residents want an off-track betting parlor?

They won't get to answer that question in March because the village has determined that petitions filed by Niles Resident

Morgan Dubiel are short about 700 signatures, a decision Dubiel calls a mis-reading of Illinois state law.

The petition of 986 signatures was filed last year during the height of a debate on Inter-Track Partners, LLC's Golf Mill off-track betting parlor (OTB). At the

Story Continues...
see **OTB** page 3.

Morton Grove Blood Drive next week

A Morton Grove Community Blood Drive will be held on Thursday, Feb. 2, from 2 p.m. to 6 p.m.

The drive will be held at the American Legion Memorial Civic Center located at 6140 Dempster St. in Morton Grove.

To schedule an appointment people can call LifeSource at 847 803 7943.

Walk-ins are welcome.

INDEX

Police Blotters...6 | Commentary...8 | Business...9 | Seniors...17 | Sports...12 | Life...19 | Bugle Kids...22 | Real Estate...23 | Classified...27

Maine Township EMA Sponsors Emergency Class

The Maine Township Emergency Management Agency (EMA) and Citizen Corps Council (CCC) are scheduling a new CERT (Community Emergency Response Team) class starting on Feb. 3. The class runs for five Fridays.

This class teaches local residents how to prepare for the possibility of most disasters, including terrorism and then how to care for themselves, their family, their neighbor and to assist their community, in the aftermath of a disaster and until professional help can arrive.

"Disaster can strike at anytime and will usually disrupt the normal response of police and fire," says Robert Cohen, EMA Director. "This training will teach our residents how to handle a variety of situations themselves until the professionals arrive. It includes how to safely extinguish a fire and to turn off the gas, to basic first aid, basic rescue techniques and how to set up an area for mass casualties."

The class will meet Fridays at 6:45 pm at the North Maine Fire Protection District on Potter Rd between Dempster and Golf Road in unincorporated Maine Township.

Interested parties must pre-register no later than Jan. 24 by calling

the Maine Township EMA at 847/297-5911 or via e-mail at: maine-cert@sbcglobal.net.

CERT is a free training program to all area residents and youth groups such as Explorers, Girl Scouts and Boy Scouts. Classes culminate in a mock disaster drill.

Each participant that completes all sessions will be issued a personal equipment bag and be included on a database for possible assistance with the Township's EMA or local, county, state or federal agencies.

"The Maine Township CCC is the most visible council in the state," says Bob Dudyycz, Township Supervisor.

The CERT program involves training in Disaster Preparedness, Fire Safety/Suppression, Disaster Medical Operations (triage assessment, treatment and hygiene), Light Search and Rescue, Team Organization, Disaster Psychology, Terrorism, Debris Removal and Victim Extrication, Traffic/Crowd Control and Communications.

Classes involve 20+ hours of classroom and practical work, taught by professionals and State of Illinois certified instructors. This program is available to anyone who lives or is employed in Maine Township, age 14 and above, or a member of a boy/girl scout troop.

MCC members will pray at Legion Civic Center during mosque construction

Worshippers who normally pray at the Muslim Community Center can now pray at the American Legion Civic Center, as an alternative site during the construction process.

"They've already signed up," said Morton Grove Village Mayor Richard Krier. "It works out really well."

Friday prayers had recently come to a halt at the MCC as a result of a special use permit that states that prayer was not allowed during construction.

Many worshippers were upset that they had to find an alternative site outside of Morton Grove to pray, such as Northbrook, Chicago and Des Plaines.

Krier said since they are a Morton Grove organization and they are not praying during some of the center's "prime times," such as Saturdays and Friday nights, they receive some breaks in the price. The MCC will utilize the center for prayer on Fridays from 1 p.m. to 4 p.m. The fee for the MCC is \$15

per hour, according to Krier, who said the facility has a rather complicated fee schedule. "They get the same breaks as any Morton Grove organization."

Krier said that the MCC seemed pleased that the village found an alternative site for them. Krier said the village staff and board members "worked hard" to do so.

Despite of the new site, however, Krier said he still has heard from a few worshippers, wishing that they could still pray at the MCC.

MG Board approves new computer services

BY TRACY YOSHIDA GRUEN
STAFF WRITER

A resolution that authorized an extension and modification agreement for computer consulting services with Netcomm2000 was approved at the last Morton Grove village board meeting.

The village is satisfied with

the services and wanted to extend the contract. Netcomm2000 is used for the development and maintenance of the village's computer network. The agreement extends the contract from Jan. 1, 2006 through Dec. 31, 2006.

The fiscal impact of this agreement is \$30,000 and the village departments that are

affected by the agreement are the MIS department, and all the departments that rely on the village's computer network.

In July 2004, the village collected competitive bids and Netcomm2000 was the lowest qualified bidder. The initial contract was extended for the Calendar Year 2005.

THE BUGLE

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OTB: Organizers want question asked

CONTINUED FROM PAGE 1

time, Dubiel and other organizers were rallying to delay a decision on the proposal. The village approved the OTB and subsequent attempts to block the project at the State Racing Board only achieved a delay. The Inter-Track project is supposed to open this spring.

Even though it may be a moot point, Dubiel and other organizers still want the question to appear on the ballot so that residents can have the chance to voice their opinion on the issue.

"Just let the people speak," Dubiel said Tuesday. "I love Niles and I don't want to make it an us versus them issue."

Village Attorney Joseph Annunzio maintains, however, that it would be improper to forward the petitions to the County Clerk's office because they are incomplete.

"It doesn't meet the minimum requirements," Annunzio said Monday. "They need about 2000 signatures. We're not challenging the petitions, we're saying that the attempt was unsuccessful on its face because it meet the minimum requirements."

Annunzio also said that the petitioners were given every opportunity to speak with the village.

The disagreement between the village and the petition organizers stems two different sections of Illinois law governing referenda and questions of public policy. Dubiel and petition organizers maintain that their petitions were filed under 10 ILCS 5/28-6 "Petitions; filing" which sets out a minimum of at least eight percent of the votes cast for candidates for governor in the last election. The village, however, is citing the next section, 10 ILCS 5/28-7 "Referenda required by Constitution in respect to unit of local government."

Dubiel believes that, as an advisory referendum, the petitions require only eight percent, but Annunzio maintains that the 10 percent limit applies because the petitions specifically cite Article VII of the Illinois Constitution which covers referenda and it referred to in 5/28-7, not 5/28-6.

Dubiel said that he hopes the village will change its position and forward the petitions for placement on the ballot. If the village stands by its decision, however, he and other organizers have not decided on another course of action but they haven't ruled any out either.

The Law

5/28-7 Referenda required by Constitution in respect to unit of local government

In any case in which Article VII...authorizes any action to be taken by or with respect to any unit of local government... Any such public question may be initiated by the governing body of the unit of local government by resolution or by the filing with the clerk or secretary of the governmental unit of a petition signed by a number of qualified electors equal to or greater than 10% of the number of registered voters of such governmental unit, requesting the submission of the proposal for such action to the voters of the governmental unit at a regular election.

...This Section is intended to provide a method of submission to referendum in all cases of proposals for actions which are authorized by Article VII of the Constitution by or subject to approval by referendum and supersedes any conflicting statutory provisions except those contained in the "County Executive Act".

5/28-6 Petitions; filing

(a) On a written petition signed by a number of voters equal to at least 8% of the votes cast for candidates for Governor in the preceding gubernatorial election by the registered voters of the municipality, township, county or school district it shall be the duty of the proper election officers to submit any question of public policy so petitioned for, to the electors of such political subdivision at any regular election named in the petition at which an election is scheduled to be held...

(c) Local questions of public policy authorized by this Section...shall be advisory public questions...

The Dispute

Petition proponents believe that 5/28-6 applies to their petitions, requiring only 8%, but the village maintains that the petitions themselves cite Article VII of the Illinois Constitution and thus place them under a more stringent 10% requirement in 5/28-7.


ROLL-OVER: 'Jaws of life' used

The girls, who both reside in Park Ridge, were extricated from the jeep with "Jaws of Life" equipment.

The person driving the Land Cruiser is a Harwood Heights man, born September, 1973.

The court date will be on Feb. 16 at 9 a.m. in the Skokie courthouse, according to Caudill.

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NEWS

D71: Secretaries wanted to express opinions

CONTINUED FROM PAGE 1

The letter was written by Kathy Panke and Debbie Knysch, two secretaries at Dist. 71.

The Bugle Newspapers contacted both of the secretaries.

Panke said she believes there are quite a few people that would have wanted to see Nicholson become the new superintendent. Knysch said that Nicholson was "definitely" qualified to lead the school district.

"Everything I have to say is in the letter," said Panke.

When Zalewski was asked about the situation, he replied, "That's strictly between the board. I'm not involved in that."

The letter stated, "The conclusions we have reached on this whole process have left us disillusioned."

The secretaries said that they do not expect a response to the letter, but they wanted to express their opinion.

The Letter

Continued from
page one

behalf.

The firm gave their final recommendations to our Board of Education on Tuesday, Jan. 10, 2006. We were disappointed, as were many of our colleagues, to find that Alexandra Nicholson was not one of the finalists. We know that many factors are considered before selecting the candidates but can't help but feel that our recommendations were dismissed.

The conclusions we have reached on this whole process have left us disillusioned. We do not expect a response to this letter. We just wanted to express our opinion that your firm has overlooked an excellent candidate and, thereby, so has our Board of Education.

Kathy Panke
Debbie Knysch
Secretaries, School Dist. 71

Openness is issue at MG Board meeting

BY TRACY YOSHIDA GRUEN
STAFF WRITER

The topic of openness was a driving force of the Morton Grove village board meeting on Monday, Jan. 23.

One issue that a couple of residents wanted answers to deal with the topic of the purchase of a site east of the Osco drug store at Dempster and Marion by the village attorney, Terry Liston. Trustee Kogstad wants an investigation to see whether the purchase violates the ethics ordinance due to a conflict of interest.

The other issue was regarding the first reading of resolutions and ordinances and if resolutions could be passed on first reading.

Resident Bill Luksha believes that Liston paid "half the price" or at least a good amount less for the property because she is an elected village official.

Liston said she paid the asking price of \$900,000. Liston said that Osco is a huge corporation and did not show her any favoritism.

"I don't think they knew or cared that I'm corporate counsel," said Liston, who wanted the property for a law office.

Luksha said he believed that it was "unethical" for a village official to purchase property within the village.

"We are stakeholders in the community," said Liston. She found his statement very offensive, because she's been a lawyer for 25 years, has clients in Morton Grove and has much family living in the village. She

believes she's entitled to purchase the property, like anyone else.

At past board meetings, Liston had been questioned by Trustee Roy Kogstad and other residents about whether the purchase was ethical, but she said she couldn't say anything until she and her partner closed on the property. But now, she said she was almost relieved to speak about it.

Resident Chris Arns mentioned the fact that corporate counsel voted in favor of an economic development agreement that returns \$250,000 to Osco over 10 to 14 years in order to help with the cost of site improvements. Liston replied that it was "an incentive" to them. Arns said that the property was intended to be used for retail and not office space for Liston's office.

Arns said that Mayor Richard Krier stated in a May issue of the Bugle Newspapers that there appears to be a conflict of interest. Krier said that he would not have purchased the property if he was in Liston's shoes, but he said that does not make it unethical or illegal.

"You take some sort of enjoyment that there's a camera on you," said Liston, who said Arns always throws comments into "cyberspace" without any proof to his statements.

Policy Regarding First Readings

At the last village board meeting, Trustee Roy Kogstad expressed his concern with passing a resolution listed as "First Reading" on the board meeting agenda. He felt that it was not

fair to the public to label something as a first reading and then approve it on first reading.

The village board approved a policy requiring a first and second reading for ordinances and certain resolutions within the village at the meeting.

This approval did not come without a fight, however.

"There are a number of concerns," said Kogstad. The policy states that resolutions may be passed on "first reading" unless the village president or a majority of board members determine that additional public input will be beneficial. In that case, they would be postponed to the next meeting.

An ordinance may be passed during the "first reading" if a majority of the corporate authorities agree they want to waive the second reading.

But the most concerning part of the policy to Kogstad is Section 5 that reads: "Nothing in this resolution shall be construed to invalidate in any way any resolution or ordinance that is passed or adopted contrary to this resolution."

"We're very open," said Krier, who said he and the board are open and honest with the public. "Believe it or not, we do listen to what people have to say," said Trustee Dan Staackman.

"This is a bad piece of legislation," said Resident Pat Kansoer, about the policy. He said it was a good idea, but poorly constructed.

Kogstad struggled to get a second reading of this resolution, but the motion failed for lack of a second.

Park Ridge Dems Battle for Senate Nomination

Park Ridge attorney Jim Morici wants to be State Sen. Jim Morici (D-33).

But to make that happen, he'll need to get more votes than fellow Park Ridge resident and endorsement frontrunner Dan Kotowski March 21 and then defeat incumbent Cheryl Axley in November.

Morici opened his campaign office Jan. 14 at 426 1/2 Touhy Avenue in downtown Park Ridge.

Morici has more than 25 years experience in the law. He is a former prosecutor who now runs a small law firm.

He said government at all levels is corrupt.

As an example, he cited the corruption trial of former governor George Ryan.

He also said he is interested in the topic of health insurance.

The seat was formerly held by Dave Sullivan of Park Ridge who retired to become a lobbyist.

Sullivan was appointed to the seat himself in 1998 following the death of Marty Butler. He was then an aide to Ryan.

After his retirement, he decided to depart rather than serve out the remainder of his term. Then, the GOP committeemen of the district appointed Axley of Mt. Prospect to the seat.

Thus, she is the incumbent in this race.

The winner of the Kotowski/Morici contest will face Axley November in the general election.

Morici lives on the 800 block of N. Merrill and Kotowski resides on the 1300 block of S. Crescent.

Kotowski is the former director of the Illinois Council Against Handgun Violence and Vice-President of the social services agency Uhlich Children's Advantagy Network.

According to his website kotowski4senate.com, he has

attended Loyola, DePaul and University of Illinois and he is "committed to public service."

The 33rd district includes Park Ridge, Des Plaines, Mount Prospect, Elk Grove Village, Rolling Meadows, part of Arlington Heights and Niles and a few 41st Ward precincts in Chicago.

"I have been going door to door and have met thousands of people," Kotowski said Jan. 23. "I am excited about this campaign."

He touted a long line of endorsements including all of the local twp committeemen, U.S. Sen. Dick Durbin, Cook County States Atty Dick Devine, Niles mayor Nick Blase and the AFL-CIO and teachers union.

He said he'd work on property tax reform if elected and also said his experience as an advocate for children reducing violence makes him the ideal candidate.

SCHOOLS

Morton Grove's Negru makes Dean's List

Estera Negru, a Morton Grove resident, was recently named to the College Academic Dean's List at Trinity International University, located in Deerfield, Illinois.

Estera is one of 195 Trinity students to receive this recognition for the fall 2005 academic semester.

The academic dean's list is an honor presented to all full-time

college students who earn a semester GPA (grad point average) of 3.5 or higher.

Estera is a junior at Trinity, majoring in pre-physical therapy.

Trinity is a private Christian university that consists of four different schools; Trinity College, Trinity Evangelical Divinity School, Trinity Graduate School and Trinity Law School.

Nekritz announces General Assembly scholarships

State Representative Elaine Nekritz (D-Northbrook) has announced that she is now accepting applications for the 2006 General Assembly Scholarship program. The scholarships will be for tuition only; fees, books, room and board will not be covered.

The scholarships are offered to residents of the 57th district and will cover one year of tuition at

the following state universities: University of Illinois (Urbana-Champaign, Chicago & Springfield) Chicago State University, Eastern Illinois University, Governors State University, Illinois State University, Northern Illinois University, Northeastern Illinois University, Southern Illinois University and Western Illinois University.



St. Juliana School Students pictured above are working with Dr. Sue Borelli to learn strategies for conflict management

SJS Students Learn Strategies for Conflict Management

The fifth grade students are participating in a Conflict Management program at St. Juliana school. Through a federally funded Title IV grant entitled Safe and Drug Free School, Dr. Sue Borelli, a Family Life Counselor, conducts a monthly class with the fifth grade students. Dr. Borelli uses role-playing and discussions to offer successful strategies for resolving conflicts.

The children look forward to

the opportunity to express their fears and concerns. They receive assurance that what they are experiencing can be handled in a non-aggressive manner. Their peer and adult relationships are strengthened by acceptable verbal and nonverbal reactions to life's everyday problems.

The children are eager to attend these classes and share some positive comments about the program:

Jordan - "We learned how to

deal with fights on the playground. We know to walk away or go to an adult for help."

Brooke - "We completed 'I' messages during class. These are comments showing how we feel at different times."

Cyril - "We used the board to write good and bad things to do when being bullied."

Sarah - "A good thing about Conflict Management is it teaches us not to be mean to anyone."



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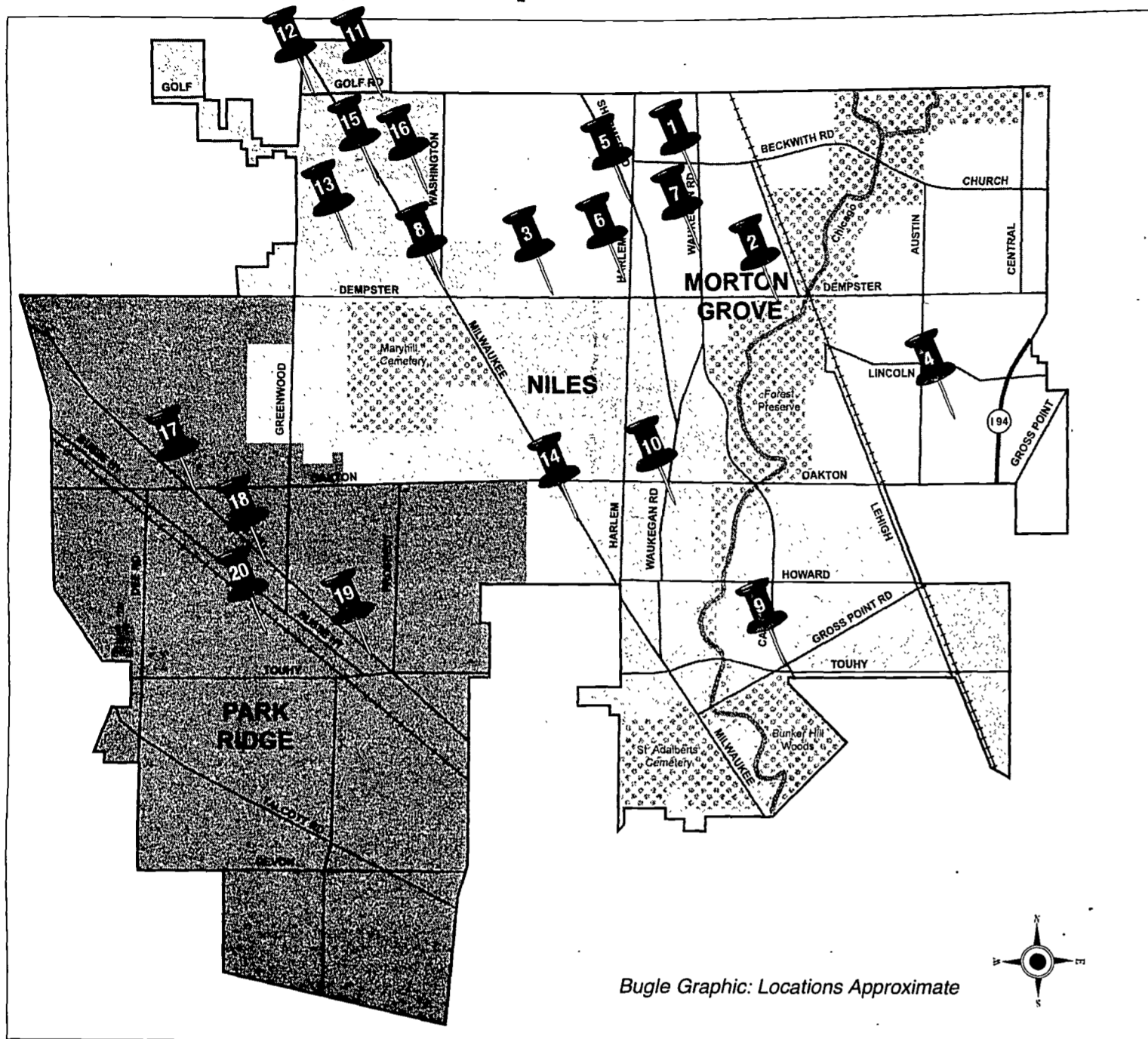
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POLICE BLOTTER



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. 20.

1 Football bar problem (9000 Waukegan)

On Jan. 15, two groups of bar patrons were involved in a dispute while watching the Bears football game. One woman was accused of tossing a beer bottle.

2 Locker theft (Bally Total Fitness)

A book bag, jacket and wallet were stolen from a locker at Bally's Jan. 17.

3 House egg'd (8800 Oswego)

Eggs were tossed at a home on the night of Jan. 16.

4 Runaway (5900 Madison)

A teen, 16, has been missing three times in the past year. She told police she was with someone in Skokie last week.

5 Gang traffic accident (9000 Shermer)

A teen, 18, of Skokie was in a traffic accident Jan. 15. He was driving a Ford Escort which sustained damage and three others were in the car at the time. The driver admitted he was a member of the Latin Kings who "gang-bangs" in Morton Grove, Skokie and the City. He was wearing a gold t-shirt with black pants and had a mask with the letters "DK" over the eyes and an upside down pitchfork. He said he was "jumped" into the gang one year ago.

6 Handicap placard swiped (8900 Belleforte)

A vehicle handicap placard was stolen Jan. 13.

7 No memory of encounter (9000 Waukegan)

A woman, 36, reported to police that she believes she may have had an inappropriate encounter after drinking at a 9000 Waukegan bar Jan. 12. She awoke in a spare bedroom in Wheeling with no memories of the past evening after leaving the bar. She believes the man she was with may have taken advantage of her drunken state but

couldn't say for sure. She was advised to contact Wheeling police and told it would be very difficult for police to determine if the encounter was consensual or not.

NILES

The following was derived from the official reports of the Niles Police Department for the week ending Monday, Jan. 23.

8 Students hit over head with 2 x 4 (8100 Dempster)

A 19-year-old was arrested Jan. 17 for a Dec. 4 assault. Three local high school students were walking down the street Dec. 4 when a car with seven people pulled up and asked the three if they were "kings." The car occupants then got out of the vehicle and attacked. The 19-year-old is charged with hitting one of the students over the head with a 2 x 4 wood block.

A second student was also hit in the head while a third was not injured. The offender is being held on \$50,000 bond and faces felony charges of aggravated battery and mob action.

9 Gun shot at car (Caldwell and Touhy)

Police conducted a traffic stop Jan. 18 and the driver said someone just shot at his vehicle with a BB gun. The 24-year-old from Niles said he was driving when another car pulled up beside him. He heard a loud "pop pop pop" and saw a man in the other car looking at him. The police officer then saw five bullet holes in the side of his car. The driver said he didn't know why anyone would shoot at his vehicle.

10 Wrong presidential picture on fake bill (900 Civic Center)

A Home Depot cashier was suspicious of two \$100 bills Jan. 20 and called the manager to inspect the bills. The manager inspected the bills and the customer said she got the bills at the bank. The manager saw the bills had the necessary hidden strip in the paper and approved the sale. Later, the bills were further examined and the manager realized the \$100 bills had a picture of Abe Lincoln instead of Ben Franklin and were fake. It appears that \$5 bills were washed or bleached and reprinted or copied to make them into \$100 bills. The Chicago Secret Service

has been contacted.

11 Child endangerment (8200 Golf)

A woman, 26, of Des Plaines was cited for child endangerment for leaving a baby alone in the car.

12 Pharmacy fraud (9600 Milwaukee)

Someone pretended to be a 28-year-old Des Plaines woman in order to obtain her medication.

13 Hitchhiker arrested (5600 Touhy)

A 55-year-old from the 3400 block of North Avenue in Chicago was arrested for soliciting a ride and had an outstanding warrant.

14 DUI (7800 Milwaukee)

A southwest suburban store owner, 42, was arrested for DUI Jan. 18.

15 Theft from auto (Golf Mill Parking lot)

An architect, 38, had a stock spoiler removed from his vehicle Jan. 21.

16 Rooting against the Bears (9000 Milwaukee)

Two Carolina Panthers fans were asked to leave a local bar Jan. 15 for obnoxiously rooting against the Bears during the playoff match up.

PARK RIDGE

The following was derived from the official reports of the Park Ridge Police Department for the week ending Monday, Jan. 23.

17 Attempted burglary (1500 N. Northwest Hwy.)

A doorframe was dislodged at a building. Nothing was taken.

18 Laptop taken from business (600 Busse)

A laptop computer was swiped from a business Jan. 18.

19 Attempted theft suspected (100 N. Northwest hwy)

It was reported that four women between ages 18-20 went into a business and distracted the cashier by asking irrelevant questions and making a scene. It is believed they were trying to steal the clerk's purse.

20 Books, Laptop stolen (600 Busse)

Thieves broke into a business located in the 600 block of Busse Hwy. Wednesday, Jan. 18, making off with between eight and 10 books, valued at \$400 and a Dell laptop of unknown value.

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

The Maine Course

Bob Dudyecz
Maine Township
Supervisor



Gambling with your future?

It was the lunch hour and Therese was ticked off. She paced the back hallway while grumbling "There ought to be a law". Suddenly Dave, arms loaded with rolls of paper towels, rounded the corner and collided with the irate woman. If the towels were dishes, the crash

would have wakened every napping Grandpa in a six block area. "Hey, watch where you're going" Dave hollered. He stood up and helped Therese to her feet saying "It's a good thing you fell on the towels or you could have hurt yourself." He continued with a furrowed brow "What's upsetting you Therese, nothing ever bothers you."

Therese found out that there would be an Off-track Betting Parlor built in her neighborhood and felt this would create problems. "I heard that an OTB brings crime, traffic jams, gambling addiction and other horrible things. I can't imagine how this would be a good thing."

Jerry was at the fax machine and ran over to help. "I heard what you said Therese and boy are you off base. I like to play the ponies and I'm normal." "Says you" muttered Dave. "Hey pal, what's your issue? You buy lotto tickets, so what makes you different from me?"

"Boys stop squabbling, I have a problem here! What can I do about this?" Dave, being the sharpest of the bunch said "Let's talk to Dayna. She knows all about this stuff." So they hurried to the Boss's office for some guidance.

Dayna heard a noise that broke her concentration. She looked up from her computer screen at three anxious faces peeking in her doorway and sighed. "I told all of you that we will not stock the vending machine with chocolate Panini's and that's final."

Jerry said this was different and they needed advice. When Therese explained her dilemma Dayna said there was a solution. "There is a state law that solves your problem", explained Dayna. "All you need is 50 registered voters who live within 500 feet of the OTB site to object and they won't be able to build there."

Therese said that a survey was held and only 46 people living within the proper range were registered to vote. "Plenty of people live within 500 feet but we didn't

have enough registered voters to stop the project" she sniffed. "I asked around and my neighbors said that they were too busy to register. Some said they didn't want to be called for jury duty, even though one has nothing to do with the other. Some even told me they haven't voted in years." "Your problem isn't gambling, howled Jerry. It's non-registered voters." Dave elbowed his way into the room and affirmed, "I'll bet if you had more neighbors registered to vote then you would have had a choice in the OTB issue."

"That's right" Dayna acknowledged. "The problem is that we have the right laws in place but people too often don't empower themselves by registering to vote. In fact, we have a Clerk's office in our township where any resident can stop by and register."

"The Boss is right" declared Jerry. When I moved here I registered right away. It was quick and easy. In fact I hear it gets easier all the time."

Dayna told Therese to spread the word to her neighbors. "If they want a voice in what goes on around here they have to participate. If they aren't registered to vote, who knows what surprise may await them in the future."

Dave gasped "Are you for or against the OTB?" "Neither" said Dayna. My point is if someone isn't registered to vote, all they can do is watch helplessly from the sidelines as decisions are made by others."

Jerry shook his head and said "The sad thing is that it gets easier all the time. I heard that there are some more changes for this year."

Therese set her jaw and resolved, "I'm going to get out the word. What else is new?" Dayna dialed the phone and called the clerk's office for some help. Wiesia, the Chief Deputy Clerk walked in as Dayna pointed

Column Continues... see MAINE COURSE page 8.

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COMMENTARY

Letters to the Editor

Niles Families make it a place where people count

Dear Editor,

Niles, "A community where people count." No truer statement could be made about this year's holidays.

Over the past Christmas holiday Niles Family Service was able to help over 50 needy Niles families with the help of many Niles families and organizations. With their help we would have not been able to assist these families.

Those who helped are as follows: Employees of the Niles Park District, employees of the Niles Public Library Technical Services Department, The Robin Miller family, the firefighters of the Niles Fire Department, the Northwest Italian American Association, the employees of the Bradford Exchange, the Glenview Evangelical Free Church, Our Lady of Ransom Church, St. John Brebeuf Church, staff of the Niles Senior Center, and Chris Langlo, a

boy scout who is currently working on his eagle badge, who conducted a month long food drive for our food pantry. With his efforts we were able to fill our food pantry.

I know that I may have left out some names, and to those people I apologize. My memory is not as good as it used to be.

On behalf of the Niles Family Service, I want to wish everyone a very happy and healthy New Year.

Martin Friedman
Director of Niles Family Service

Open Letter from a Park Ridge Park Commissioner

Dear Friends:

As you may know, Park Ridge is about to lose a crown jewel in its midst. The Oakton Pool complex is to be demolished and replaced with a field house parking lot, if the proposed Spring referendum is successful. At the time of this writing, the Park Ridge Recreation and Park District is not planning to replace this magnificent landmark, thereby eliminating nearly 40% of its outdoor pool capacity.

Can this really happen? Yes,

unless individuals and community groups speak up and support a state-of-the-art pool facility that will benefit the citizens of Park Ridge and serve as a financially-sustainable aquatic showcase for future generations.

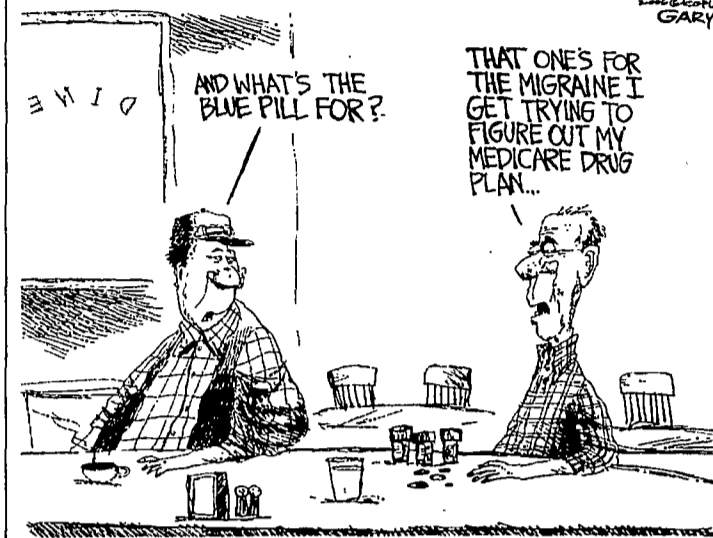
Background:
Oakton Pool was built in 1968, one of only four Olympic-level 50-meter public-access facilities within a 25-mile radius. Despite the local population explosion in the past 35 years, no other public facility of this size has been built to accommodate the growing demands of recreational and competitive pool users.

Park Ridge visionaries were instrumental in bringing the 1972 Olympic Diving Trials to Oakton Pool, generating a one-time bonanza of revenue and national prestige to the community. For more than three decades, Oakton Pools have dutifully provided summer swimming fun and a home to various swimming and diving teams for hundreds of thousands of local citizens of all ages.

And now, the wrecking ball is about to change history. Park Ridge deserves a modern, year-round 50-meter swimming pool with recreational amenities.

Letter Continues... see OPEN LETTER page 13.

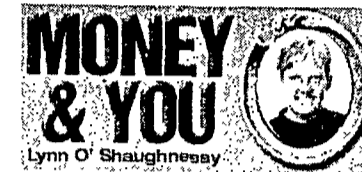
Other Views



Cartoons From Copley News Service

BUSINESS

Let's look back at how wrong 'experts' were



Recently, currency strategists were in a tizzy about the dollar.

The dollar rang in the new year by recording its biggest two-day plunge against the euro in five years. The dollar continued its funk when the job figures from the federal government were released, and it fell even more on fears that the economy was about to hit its anti-lock brakes hard.

Uh, oh. The dollar might be in trouble. Or maybe not. Before anyone starts worrying about whether the dollar needs intravenous fluids, we should explore what kind of success that experts, who love making financial predictions, enjoy. A good place to start is to get reacquainted with what the soothsayers were saying at the start of 2005.

Prediction No. 1: Inflation and rising interest rates will be 2005's boogymen.

A year ago, plenty of experts worried that inflation was going to break out of its cage. If this happened, untamed inflation would wreak havoc on plenty of innocent bystanders. Fixed-income gurus fretted that rising interest rates would have the real estate sector doubled over in pain and grabbing fistfuls of ibuprofen. And with bonds expected to offer higher rates, lots of investors would ditch stocks for a less risky bond fix.

OK, so what happened? Not much. In an attempt to curb inflation, Federal Reserve Chairman Alan Greenspan had started a campaign to hike short-term rates

in mid-2004, and he continued the rate hikes in 2005. By the end of last year, the central bank had bumped them up 13 times. All those rate hikes, however, made very little difference if you looked at the yields on the popular 10-year Treasuries in 2005.

These Treasuries started 2005 by offering a yield of 4.22 percent and inched up to 4.39 percent by year's end. The yield on the 10-year Treasury is commonly used to calculate mortgage rates. The danger to real estate investors never materialized. In fact, real estate funds kicked butt, with the average real estate mutual fund jumping nearly 12 percent. And that prediction of investors fleeing stocks didn't materialize either.

Predictions No. 2 and 3: Large-cap growth stocks will shine. Small cap stocks will retreat.

Listening to Wall Street wise men, you'd have felt like a dolt if you didn't buy into the claim that blue chip growth stocks were going to fly in 2005. The big boys, after all, had been restlessly sitting on folding chairs at the dance since they were kneecapped in the 2000 meltdown. And 2005 was the year they were finally going to stand on their own. In contrast, little companies had enjoyed such a long run of good fortune that they would surely collapse.

So what happened? According to Ibbotson Associates, small-cap stocks beat the big boys again. For the seventh year in a row. The last time small-cap stocks dominated the large stocks for such a lengthy stretch was during a 10-year period beginning in 1974. It was a close race. Large stocks

Column Continues... see MONEY next page.

Morton Grove welcomes Richwell Market, BBQ King

A grand opening celebration for Richwell Market and BBQ King will take place on Saturday, Jan. 28 from 11:30 a.m. to 3 p.m. at 6120 Dempster St. in Morton Grove.

The new market is an Asian supermarket, originally located in Chinatown in Chicago. It features specialty items such as live seafood (lobster, crab and tilapia), fresh barbecued items, such as

roasted-duck, baked goods and fresh and frozen foods.

A ribbon cutting will be held at noon and there will be live music, a lion dance ceremony and food samples.

"A lot of Chinese people live in Niles, Morton Grove and Skokie," said Sum Chu Ma, of BBQ King. He said that it is a very good location for their type of store.

Richwell Market was once occupied by another Asian food market, Diho Market. The 4,500 sq. foot building has been remodeled to accommodate their goods.

While customers do their shopping, staff members will clean and prepare their fresh seafood for them.

Richwell Market is open seven-days per week from 11 a.m. to 7 p.m.

Park Ridge reports record building

City of Park Ridge building permits for 2005 have again exceeded all previous records, according to the Building Division of the Community Preservation and Development Department (CP&D). Last year 2,912 building permits were issued, two more than in 2004. That number was up from 2,773 permits issued in 2003 and 2,509 in 2002. In contrast, 687 permits were issued in 1985.

In 2005, 109 new single-family home permits were issued, 12 more than 2004. In 2005, 84 Commercial Alteration Permits were issued compared to 65 permits in 2004. Residential additions were down by 62 permits compared to last year. The total permit value for 2005 is \$144,416,118 compared to \$101,265,937 in 2004, mainly due to the difference in construction types and increased permit fees. The major projects this year were Uptown Redevelopment, Lutheran General Hospital Cancer Care Center and other hospital proj-

ects.

Permits involve compliance inspections by City personnel. Records show that the Building Division conducted 9,909 construction inspections, in addition to over 300 complaint inspections in 2005. This does not include inspections by the Zoning Division or the additional thousands of inspections conducted by the Environmental Health Division. Construction inspections include structural, electrical, plumbing, engineering, forestry, health, planning, fire and zoning.

This number of inspections was achieved with the cooperation of the Fire Department, Police Department and Public Works Department, which includes forestry and engineering.

"We believe we have maintained our goal - excellence in City Services - by providing a quick detailed plan review and a quality site inspection. This helps to ensure the safety of our

building sites and continues to protect the high quality of life the City of Park Ridge has to offer," according to Steve Cutaita, Building Administrator.

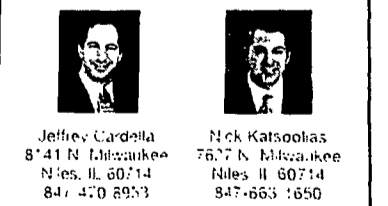
CP & D comprises of the Environmental Health Division, Planning Division, Zoning Division and Building Division.

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MAINE COURSE:

CONTINUED FROM PAGE 7

to her calendar and said "The next election is on March 21st and I think all voters should vote for every office. It is our right as Americans and we should flex our voting muscles."

"Yes" said Wiesia excitedly. "This election will be the start of a new system. Everyone can go to their Village Hall or City Hall and vote early. The rules have changed and you can start voting on February 27th and avoid the Election Day rush!"

Therese nodded her head with understanding but Dave still looked puzzled. "You mean that I can vote that far in advance without giving a reason like I had to when I asked for an absentee ballot?"

"That's right" everyone sang! "Vote at your convenience!" "Do it on the way to the cleaners or grocery store!" "Go when there are no crowds!"

Dave held his head and admitted he needed more help. Wiesia led him from Dayna's office and soothingly said "Come with me Dave and I'll explain it again and if you are a good boy I'll even

give you a Twinkie."

Dayna smiled and shoed everyone back to work. I could hear her parting words to Jerry as she closed her door. "One more word about chocolate Panini's and I'll..." I didn't hear the rest. On old friend once told me, "There are gold ships and silver ships but nothing like a Township." It is going to be a wonderful election in Maine Township.

Further questions about voter registration and early voting can be answered in the Maine Township Clerk's office at 847-297-2510.

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BUSINESS

There's a 'u' in sucker

TAKING STOCK

BY MALCOLM BERKO
COPLEY NEWS SERVICE

Dear Mr. Berko: I've enclosed this full-page advertisement from the National Investors Institute's free seminar. As you can see, they are offering a free digital camera (to take photos of properties) and four great books on financing, taxes, property strategies and how to become a successful businessman.

They even have testimonials from members of the institute telling us how much money they've made. This is fascinating because the lady I spoke to when making a reservation told me that I don't have to shop for properties because the institute has real estate in inventory that members can buy and later sell at higher prices.

What can you tell me about the National Investors Institute? Are they as good as they say they are? It's legitimate, isn't it? And do you think I can make a lot of money with these people?

E.G.
Delray Beach, Fla.
Dear E.G.: You're among the throngs of the perfect suckers who respond to the odious and profligate full-page ads promising to share the secrets of making money in real estate.

nar, the extremely overeager host will give you a barely functional digital camera plus four free workbooks. And even if you don't become a registered member of NII, this giveaway package (valued at under \$1,000) is yours to keep.

I've never heard of the National Investors Institute. There was no address on the full-page advertisement you sent me, just an 800 number. I rang that number and the "lovely" lady who took my phone call (she thought I wanted to make a reservation) regaled me with visions of cotton candy, sugarplums and immediate success.

Anyhow, I discovered that the reprovable National Investors Institute is home ported in Salt Lake City, Utah, the recognized fraud and penny stock capital of the United States. Most of the bamboozlers in the penny stock trade register or incorporate their swill with the good state of Utah.

And Utah's state Security Commission seems to welcome promoters, hucksters, flimflam men and bunko artists. I suspect that the National Investors Institute is also registered with the state of Utah. However, I must admit that many fine companies are registered in Utah, too!

Supposedly, one of the advantages of National Investors Institute's system is that simple-minded chumps don't have to scour the newspapers or the multiple listing services to locate properties because NII brings the properties to you.

This is important because you won't be competing with thousands of experienced real estate agents who have been in the business for decades.

The selfless folks at NII want to help you achieve your investment goals and, as their Web site says, they are "dedicated to bringing profitable, appreciating investment opportunities to its members." In other words, NII wants to sell you its own inventory at prices the public wouldn't pay.

Really, all you gotta do is buy the condo units, mortgages, etc., presented to you by the caring, watchful and scrupulous folks at NII, wait until they increase nicely in value and then sell them. Isn't that wonderful? And it's easy, too. NII's founder, Dimitri Golese, has discovered the perfect solution to sell properties that are either built or purchased by his National Investors Institute.

"A sucker is born every minute," a wise man once declared, "and a real estate promoter must be born every hour to make sure that no sucker is spared." Frankly, I seriously doubt that what you will learn anything worthwhile at NII that will redound to your financial gain.

Please address your financial questions to Malcolm Berko, P.O. Box 1416, Boca Raton, FL 33429 or e-mail him at malber@adelphia.net.
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MONEY: Experts not always right

CONTINUED FROM PREVIOUS PAGE

returned 4.9 percent and little guys 5.7 percent. But it would have been silly for anyone to dump small caps because of Wall Street noise.

And that brings us back to the dollar. In 2005, conventional wisdom concluded that the dollar was in so much trouble that a life raft and a year's supply of macaroni and cheese couldn't save it. The big demons threatening the dollar were going to be budget and trade deficits. But the U.S. currency ended up defying expectations. It rose 15 percent against the yen and the euro. Now who could have predicted that? Which is precisely the point.

Of course, it's not just Wall Street talking heads who use divining rods to pinpoint where the jewels can be found. Financial publications spend endless drums of ink publishing their own Ouija board results.

Today, I'm particularly interested in the predictions that Fortune magazine boldly made back in the summer of 2000 after it went hunting for stocks that would

shine for a decade. That was a mighty tall order, but after copious amounts of research - perhaps the staff pulled a few all-nighters - the magazine found a golden 10 stocks, which included Morgan Stanley, Univision, Charles Schwab, Oracle, Nokia and Enron. Five years later, only one stock on the list - Genentech - would have made investors a profit and the rest were buried under a towering pile of broken expectations. The average negative return for the 10 potential winners was roughly 50 percent. I wonder if it's too late for the gullible, who clipped the article and bought the stocks, to get their subscriptions refunded?

What's remarkable about these yearly prognostications is that they not only frequently miss the bull's eye, but the entire target as well. What's puzzling is that people never lose their appetite for this hogwash.

What should you do? Don't base your investment plan on experts' educated guesses or your own hunches. Instead invest in a diversified portfolio that holds the major asset classes, no matter where the market may or may not be headed.

Lynn O'Shaughnessy is the author of "The Retirement Bible" and "The Investing Bible." She can be reached at LynnOShaughnessy@cox.net.

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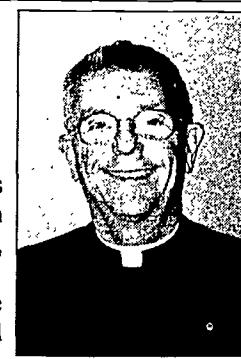
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HAVE YOU HEARD

COMMUNITY ANNOUNCEMENTS

FATHER MICHAEL PLACE JOINS RESURRECTION HEALTH CARE



Father Michael D. Place, STD, was recently appointed Resurrection Health Care's new Vice President, Ministry Development.

In this position, Father Place will assume leadership for initiatives that work toward the fundamental transformation of the U.S. health care system so it best meets the needs of the poor and disenfranchised. He will also oversee the development of a regional center for health care ministry leadership for the formation of lay leaders of Catholic health care facilities and boards.

Father Place also currently serves as Chair of the International Federation of Catholic Health Institutions (AISAC), which is associated with the Vatican's Pontifical Council for Health Care Ministry. In that position he works with other Catholic health care leaders from across the world to strengthen the Catholic health care and assist the Holy Father in this endeavor.

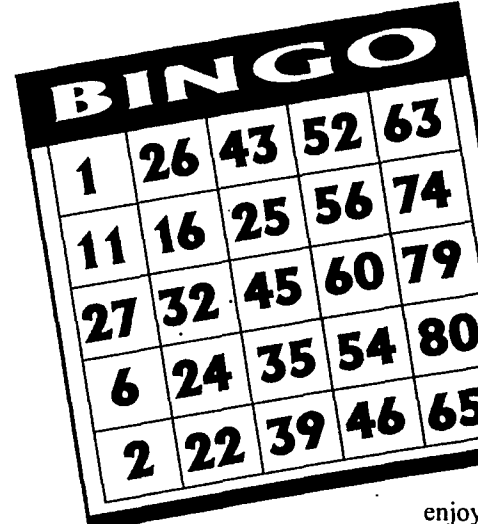
Most recently Father Place served as President and Chief Executive Officer of the Catholic Health Association of the United States (CHA), a position he held for seven years. In this role he worked with the health care ministry to strengthen its sense of Catholic identity and promoted an advocacy agenda focusing on the needs of the poor and vulnerable.

A native Chicagoan, Father Place is a priest of the Archdiocese of Chicago. Prior to serving as CHA president, Father Place served as consul for policy development for the Archdiocese of Chicago, where he was a senior advisor to the late Joseph Cardinal Bernardin on health care matters. He also served as the Archdiocese's research theologian and as a member of the Cardinal's cabinet.

Father Place was recognized by Modern Healthcare magazine as one of the "100 Most Powerful People in Healthcare" in 2002, 2003 and 2004. His Doctorate in Sacred Theology (STD) was earned at The Catholic University of America in Washington, D.C.

Resurrection Health Care is a family of health care services providing advanced medical care and exceptional customer service with compassion and hope. Its hospitals, nursing homes, retirement communities, home health services, behavioral health programs and other services are conveniently located in many Chicagoland neighborhoods. Resurrection Health Care is a not-for-profit Catholic organization sponsored by the Sisters of the Holy Family of Nazareth and the Sisters of the Resurrection.

PNA NORTH SIDE SENIORS HOST EVENT



Hall, 5504 N. Milwaukee Avenue, Chicago, IL.
The theme of the meeting is "Let's Play Bingo". Please bring a friend or neighbor and enjoy a morning of fun and fraternalism.

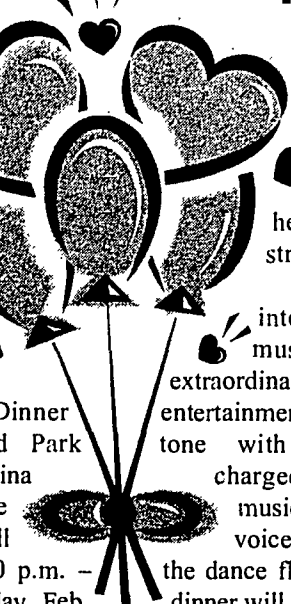
The Polish National Alliance North Side Seniors will meet Wednesday, February 8, 2006 at 10:00 a.m. at the Lido Banquet

For more information call (773) 286-0500 ext. 309 or 316.

NORWOOD PARK HOME INVITES COMMUNITY TO SWEETHEART DINNER DANCE

Warmly decorated with red hearts, balloons and streamers. Nicko Naidenov, international keyboard musician and singer extraordinaire, will provide the entertainment. He will set the tone with his "electrically charged stage presence, music and deep baritone voice," drawing diners to the dance floor. A hearty winter dinner will include Caesar salad, beef stew, fresh crusty bread, and peach cobbler.

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The cost to family and friends is \$10.00 per person. Reservations must be made by February 9 and paid for in advance through Serena Worthington, director of activities. She can be reached by calling (773) 577-5326. Space is limited.

The Sweetheart Dinner Dance is one of several thematic dinner/dancing events held at Norwood Park Home throughout the year in which invitations are extended to the community.

Edward Jones Committed to Making Sense of Investing

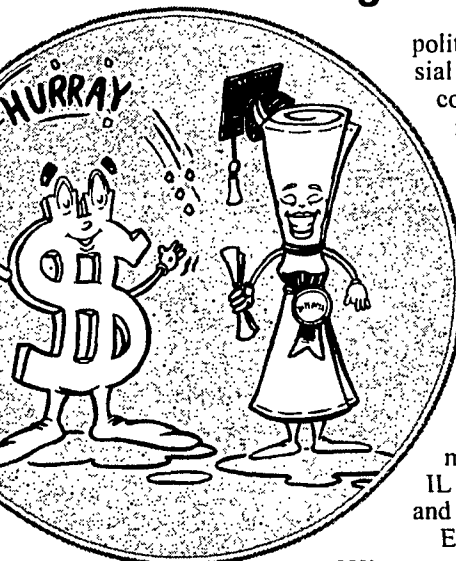
An advocate for individual investors since the firm's founding in 1922, the Edward Jones business model is based on building relationships to help people achieve their long-term financial goals - one investor at a time. At the end of 2005, the firm had more than 9,000 investment representatives (IRs) serving investors in neighborhoods and communities throughout the United States, Canada and the United Kingdom.

The firm's two Niles, IL investment representatives say their clients find appealing the unique form of personalized, face-to-face investment assistance that Edward Jones offers.

These relationships certainly help the firm stand apart from the crowd. In 2005, Edward Jones received top rankings from both J. D. Power and Associates and SmartMoney in their surveys of full-service brokerage firms. The J.D. Power "Full-service Investor Satisfaction Study" ranked Edward Jones first among 20 leading firms after surveying more than 6,600 investors.

SmartMoney placed the firm ahead of seven other firms, giving Edward Jones the highest possible ranking in the four categories surveyed: customer statements, stock picking, customer satisfaction and a trust survey.

In December, the firm received its 13th consecutive No. 1 ranking in Registered Representative magazines' survey of brokers from the nation's top eight financial-services firms. In January 2006, the firm appeared for the



political turmoil and a controversial war, underlying business conditions are strong, according to area IR Jeffrey Cardella.

"At Edward Jones, our recommendations are based on investment principles, not predictions," Cardella said. "We don't let short-term events and conditions drive our long-term investment decisions."

The Edward Jones investment representatives in Niles, IL include: Jeffrey L. Cardella and Nick Katsoulas.

Edward Jones provides investment advice and financial services for individual investors in the United States, Canada and the United Kingdom. Every aspect of the company's business, from the types of investment options offered to the location of branch offices, is designed to cater to individual investors in the communities in which they live and work. The firm's 9,000-plus investment representatives work directly with more than 6 million clients to understand their personal goals - from college savings to retirement - and create long-term plans for their investments that emphasize portfolio diversification and a buy-and-hold strategy. Edward Jones embraces the importance of building long-term, face-to-face relations with clients, helping them to understand and make sense of the investment options available today.

Edward Jones is headquartered in St. Louis. The Edward Jones interactive Web site is located at www.edwardjones.com.

Most important to Edward Jones, however, is what its clients are poised to achieve in 2006 and beyond. Despite the overall short-term uncertainties of oil prices,

The firm also ranked among the top 20 on Training magazine's 2005 edition and received a No. 1 overall ranking in Dalbar's 2005 Trends and Best Practices in Investor Statements.

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SPORTS

Niles North Defeats Maine East

BY ALI BHANPURI
SPORTS CONTRIBUTOR

On a night where Niles North senior Nick Williams was acknowledged for surpassing the 1,000 point mark in his high school career, the Vikings defeated the Maine East Blue Demons 64-48 for their first conference victory. The 6'5" Viking center broke the 1,000-point plateau against



#40 Robert Wojciechowski attempts to block a Niles North shot during last weekend's 64-48 Viking victory over Maine East. (Photo by Ali Bhanpuri)

“It was the Steve Smith factor..we just couldn't stop Williams..”

Roy Wasielewski
Maine East Coach

Rolling Meadows on Jan. 14 and will continue his basketball career at Elmhurst College. Williams was too much for the Blue Demons (5-12, 1-5) last Friday night, scoring the first eight points for the Vikings (3-15, 1-5) en route to a 29-point eight rebound performance. According to Maine East head coach Roy Wasielewski, the Blue Demons were unable to put a body on him, resulting in fouls and easy put-back baskets.

“It was the Steve Smith factor, we just couldn't stop Williams,” Wasielewski said. “Anthony Wight, who has been our kid guarding the tough players all year, picked up two fouls early and we had to sit him for the rest of the first half.”

The Blue Demons, who will host Deerfield tomorrow night, definitely had trouble with fouls throughout the game, allowing the Vikings to shoot 41 free-throws in comparison to Maine East's 11. Juniors Dan Narsso and Robert Wojciechowski picked up technical fouls for arguing with an official and slamming the basketball respectively.

“Our kids got frustrated and lost their composure, which they shouldn't have,” Wasielewski said.

“I think we got frustrated and started to foul more instead of playing better defense and focusing on the game.”

Coming off an impressive 63-56 victory at Highland Park, the Blue Demons underperformed and fell apart in the second half. After taking a 25-24 lead into the third quarter, the Vikings went on a 7-0 run and before the Blue Demons could blink, they had fallen behind 38-28. After both teams exchanged a few baskets, Williams nailed two free-throws and a three-pointer to put the

Vikings up 45-34.

The Demons' offense did not attempt a free-throw in the first half and were outscored 39 to 24 in the second half.

“We were tentative on the offensive end and we didn't execute well. We initially were attacking the inside, but got away from that in the second half,” Wasielewski said. “To their credit they outplayed us and out-hustled us.”

Despite the technical fouls, Narsso scored 15 points and Wojciechowski fired 14 points and grabbed 13 rebounds in the effort.

ND seeks Teams For 3-on-3 Basketball Tourney

The Notre Dame Athletic Club is sponsoring a 3-on-3 basketball tournament for elementary school boy and girl students, grades 4-8, on Friday and Saturday, March 10-11 at

Maryville Academy in Des Plaines. The cost for this double-elimination tournament is \$80 per team and all players will receive an ND T-shirt. Entry forms must be submitted no later

than March 3. For more information or to obtain an entry form, please contact Mike Irwin, (708.878.1358); Bob Flood, (630.688.1778); or Bill Abraham, 847.827.4987.

The Week Ahead

Friday, January 27, 2006

Boys Basketball
Deerfield @ Maine East 7:30 p.m.
Evanston @ Niles West 7:30 p.m.
Notre Dame @ Marist 7:30 p.m.

Boys Swimming
Maine South @ Glenbrook South 5:30 p.m.
Maine West @ Maine East 7 p.m.
New Trier @ Niles West 5:30 p.m.

Girls Basketball
Deerfield @ Maine East 6 p.m.
Glenbrook South @ Maine South 7:30 p.m.
Niles West @ Evanston 7:30 p.m.

Wrestling
Maine East @ Evanston 6 p.m.

Saturday, January 28, 2006

Boys Basketball
Guerin Prep @ Notre Dame 7:30 p.m.
Maine South @ Glenbrook South 7:30 p.m.

Boys Swimming
Leyden East @ Maine East 10 a.m.

Wrestling
Niles West @ Willowbrook 9 a.m.

CATHOLIC WOMEN'S BOWLING LEAGUE

Bowled Wednesday, January 18, 2006

	Points Won	Points Lost
Bielinski and Bono Dental	17	4
Niles Dairy Queen	12	9
NorthSide Community Bank	9	12
Candlelight Jewelers	9	12
Skaja Terrace Funeral Home	9	12
Classic Bowl	7	14

High Games

Jan Repel	179
Janet Trozzo	172
Linda Fahey	164
Kay Pecoraro	161

SPORTS

Niles West bounces back from loss to sink St. Pat's 108-89

BY ALI BHANPURI
SPORTS CONTRIBUTOR

Coaches expect their athletes to perform to the best of their abilities each time they compete, but that does not always happen. However, the way a team recovers from a poor performance separates the good from the elite.

After losing to the Maine South Hawks last Friday night in a disappointing outing, the Niles West swim team (4-5, 0-3) showed their worth by putting on an impressive display in the water during their 108-89 victory over the St. Patrick Shamrocks the following day.

According to Niles West head swimming coach Dan Vander Jeugd, he was pleased with the team's effort against the Shamrocks despite the lackadaisical attitude many of the swimmers had the night before against Maine South.

“Coming off of last night's meet, I'm happy with how we did today. Yesterday was unacceptable, we just didn't come to swim,” Vander Jeugd said.

Senior Jack Targos was one of the few swimmers Vander Jeugd acknowledged from the Maine South meet. He followed up his strong performance against the Hawks by winning the 50-yard free and the 100 fly against the Shamrocks. Targos' 56 second fly time is still slightly over the

state-qualifying mark of 54.34 seconds. However, both Targos and Vander Jeugd are confident that he'll be able to shave two seconds in the next few weeks.

Prior to Saturday's meet, the Wolves had been unable to shake the Shamrocks' hold over the team. The two times the teams met earlier in the year, the Wolves were always swimming from behind. The Wolves were able to break from the bad habit by taking the lead spot in three of the first four races.

Freshman Andre Chen-Young took first in the 200 IM and finished second in Targos in the 100 fly. Even though Chen-Young has not shown great improvements in his times, Vander Jeugd believes that rest will be a key factor in his success.

“He is swimming very well, but he's incredibly tired. He has never had to work this hard and once we start tapering, I think his times will get much better,” Vander Jeugd said.

St. Patrick diver Michael Wright obliterated all the competition, scoring 258.60 points during his six attempts. The next closest score came from Niles West sophomore Andy Foerch, who strung together 189.60 points.

The Wolves will face off against state powerhouse New Trier in their last competition before the Central Suburban League meet on Feb. 11.



Pictured above are the Championship SJB 8th Grade Basketball team after their 35-28 victory over St. Paul of the Cross.

SJB 8th Graders defeat St. Paul of the Cross, win championship

The St. John Brebeuf 8th grade girls basketball team defeated St. Paul of the Cross, by a score of 35 to 28, winning the City Suburban Catholic Conference Championship.

The team had only two losses in the regular season; both of the losses being to SPC. The St. John Brebeuf team moved on to the finals by defeating teams from St. Mary of the Woods and Mary Seat of Wisdom.

The championship was held at Regina Dominican High School on Sunday, Jan. 15. Joe Svachula has coached the girls since fourth grade. In the sixth grade season, Jeff Huber joined him as a coach.

Teammates are Jacqueline AveMaria, Kristen Beierwaltes, Kerri Huber, Megan Jones, Michele Perchess, Alisa Roman, Kaitlin Russell, Emily Svachula, Annie Wallenberg and Lisa Zarembski.

OPEN LETTER:

CONTINUED FROM PAGE 8

How can this be accomplished? One idea not yet considered is to build an enclosed facility with a retractable roof at the centrally-located Centennial Park property, adjacent to the current Community Center.

The Centennial Park pools are 50 years old and approaching the end of their useful lives. Built with outdated technology and materials, these two 25-meter pools could be replaced with a cost-effective and energy-efficient indoor/outdoor facility, utilizing a modern retractable roof that would allow year-round use. Most Park Districts in the Midwest climate zone can no longer afford to maintain outdoor community pools for only 12 weeks per year without a deficit.

Imagine the fitness and recre-

ational programs that could be offered in this year-round facility: Water aerobics and lap swimming in a 50-meter pool, Masters, USA Swimming and dive team sponsorships, Water safety (Learn 2 Swim) for all ages, Aquatic therapy with wheelchair accessible ramps, Rehab programs/physical therapy, SCUBA and kayak lessons, Life Guard and police rescue training and Party rental and Corporate events.

What can you do to help make this happen? Vote “NO” on the Spring Park District referendum and encourage your friends and neighbors to vote “NO.” The Park District needs to take a closer look at the results of the \$18,000 focus group study that showed a majority of respondents indicating a preference for a pool at Oakton (combining the indoor and outdoor first choice responses). Why issue \$24

million in bonds for a project based on a survey response that was clearly the last choice of most participants? Contact the Park Ridge Park District (phone 847-692-3442) and let Jim Lange know that you support exploring a business plan to build a year-round aquatic facility at Centennial Park befitting the citizens of Park Ridge. Ask the Board where all the displaced swimmers and nearly 400 Summer day campers will go if Oakton Pool is not replaced with an equivalent facility.

Talk to your neighbors and business associates about the value of a state-of-the-art, enclosed 50-meter pool centrally located in Park Ridge. Tearing down the largest-capacity pool without definitive plans for a replacement is not a viable strategy for meeting long-term community needs.

Help generate support for creating a plan through your contacts in

government and private business to ensure funding of this important community investment.

Contact me to explore further ideas or to obtain more details. In the interest of full disclosure, I have been a competitive Master's swimmer and ASCA Level 3 certified coach of age-group teams for more than 25 years. During this time, I have personally witnessed how swimming has helped thousands of children develop the enviable qualities of self-esteem, goal-setting, self-discipline and improved physical fitness through recreational and competitive swimming. Swimming is a life-long sport, enjoyed by young and old. I strongly support exploring a collaborative plan to build a top-quality aquatic facility in Park Ridge to replace Oakton Pool as a crown jewel in our community.

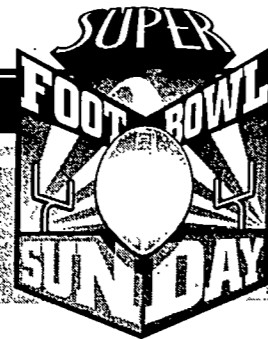
I have received professional training through the USA

Swimming Facilities Development program for pool facility design, development and management. Because of my involvement with the Park Ridge Swim Club, I abstained from voting as a Park District Commissioner on the adoption of the referendum question regarding the demolition of Oakton Pools.

As a Commissioner, I am dedicated to the goal of implementing sustainable, cost-effective and vibrant programs that fit into the mission and vision of the Park Ridge Park District, and I encourage all members of the community to participate and explore the development of new and innovative programs.

Thank you for your time and interest,

Terry Majewski
Head Coach, Park Ridge Swim Club II, Park Ridge Park Board member



Steelers Will Meet Seahawks

Good defense may not mean a low-scoring

BY ROBERT LEACH
SPORTS EDITOR

The Denver Broncos have never lost a championship game on their home turf that was before the Pittsburgh Steelers brought their team to the Mile High city last Sunday afternoon beating the Broncos 34-17.

Most experts expected Denver to continue their home winning streak but the Steelers brought their revised version of the old 70's "steel curtain" and dominated the Broncos from the opening kick off bucking the expert picks.

The Steelers are the first team in more than 20 years to win three road playoff games and compete in the Super Bowl, the last team to do it was the 1985

Patriots and we all remember what the Bears did to them.

In the second match-up, the Seattle Seahawks hosted the Carolina Panthers and made quick work of them jumping out to a 20-7 halftime lead before mopping them up 34-14.

This will be the first ever appearance in the big dance for the Seahawks who dismantled nearly every team they face this season behind a very balanced offense attack.

The stage is now set for Detroit and already the plots and sub stories are beginning to make news like the fact that this will likely be the last season for the Steelers star running back Jerome Bettis who is fittingly from the Detroit area. Hopefully the game will be better than the championship match-ups were last weekend as both games

appeared to be done by halftime. Pittsburgh Steelers quarterback Ben Roethlisberger has an impressive 26-4 record as a starter and has played great throughout the playoffs thus far throwing 7 touchdowns against only 1 interception in the three playoff games he captained this season.

Seattle has star running back Shaun Alexander who sustained a concussion the previous week off to a team playoff-record of 132 yards and two touchdowns against Carolina.

Both teams have a good defense but I don't think this will be a low scoring affair. The stage is set and now the anticipation of making history for both organizations is at a fever pitch. Next week we will break down both teams and give our predictions.

Midwest Bowl

This year the final NFL game will be played in Detroit at the new Ford Field and it had me thinking why Detroit and not a warm weather location like say Miami or Houston. After pondering this, I came to the conclusion that holding a championship game in the Midwest is actually a big step forward. Football is not a game that should be played exclusively in a temporal environment like a dome or 1500 miles closer to the equator after all, some of the most memorable games were played in bad weather. Weather like snow make the game more interesting and forces a coach to do his job, calling plays that will work in any condition. It would certainly help cold weather teams but why shouldn't it?

In the end, a cold weather game just isn't financially sound for a league that looks at its players as a revenue gener-

ators translation, protect the player in conditions that have the potential to cause an injury like a snow game.

I say bring it back to the glory days of football, the team with the best record should host the championship.

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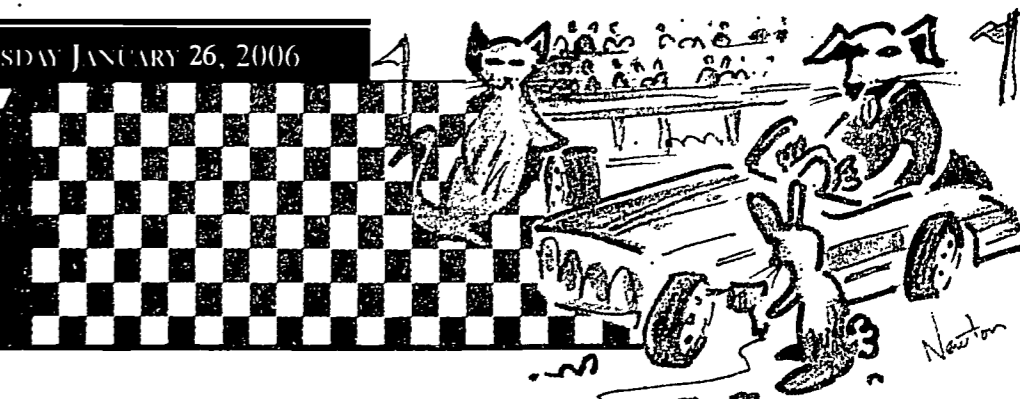
Thrill denotes products returned unsold by distributors or not meeting our high quality standards. No coupons necessary. May not be combined with other offers. Offer good only at Pepperidge Farm Bakery Thrift Outlets.

SUPER FACTOIDS

Some Super Party Trivia

- Joe Montana, quarterback for the San Francisco 49ers is the only player to win the Super Bowl MVP award three times.
- NFL defensive player Mike Lodish has played in six Super Bowl games, four with Buffalo and two with Denver.
- The Dallas Cowboys have played in the Super Bowl 8 times winning 5 of them.
- The NFC has won 20 of the 35 Super Bowls. In fact the NFC ripped off 13 in a row from 1985 through 1997.
- Eight percent of those watching will be tuning in just to see the ads
- There was a crowd of 78,125 in attendance at last year's Super Bowl game
- Players are given a bonus for playing in the Super Bowl, the winners get \$68,000 while the losers only pocket \$36,500.
- Jon Gruden, coach of the Tampa Bay Buccaneers is the youngest coach to win a Super Bowl (39 yrs, 162 days).
- The last time a father and son played in the Super Bowl was last year when Keith Adams a linebacker for Philadelphia played. His father Julius Adams played in Super Bowl 20 as a defensive end for New England.
- The San Francisco 49ers are undefeated in the Super Bowl with 5 wins.

the PET STOP



As groundhog's day approaches, some care for pet hogs

Niles Animal Hospital tends several hedgehogs, an unusual pet

BY TRACY YOSHIDA GRUEN
STAFF WRITER

Feb. 2 is the date famous for when little creatures, called groundhogs, come out of their warm dwellings and with the help of their shadow, they predict

“We had one yesterday...”

Katy Parr, Niles Veterinarian She says the local Animal Hospital sees a few Hedgehogs each year

the weather.

Although they are not as famous as the weather prognosticators that have a comic film, "Groundhog Day" named after them, Hedgehogs are a unique and rare pet that from time to time, are treated at the Niles Animal Hospital. They are small insect-eating mammals, with firm spikes on their backs and soft fur on their bellies.

"We had one yesterday," said Dr. Katy Parr, one of the three veteri-

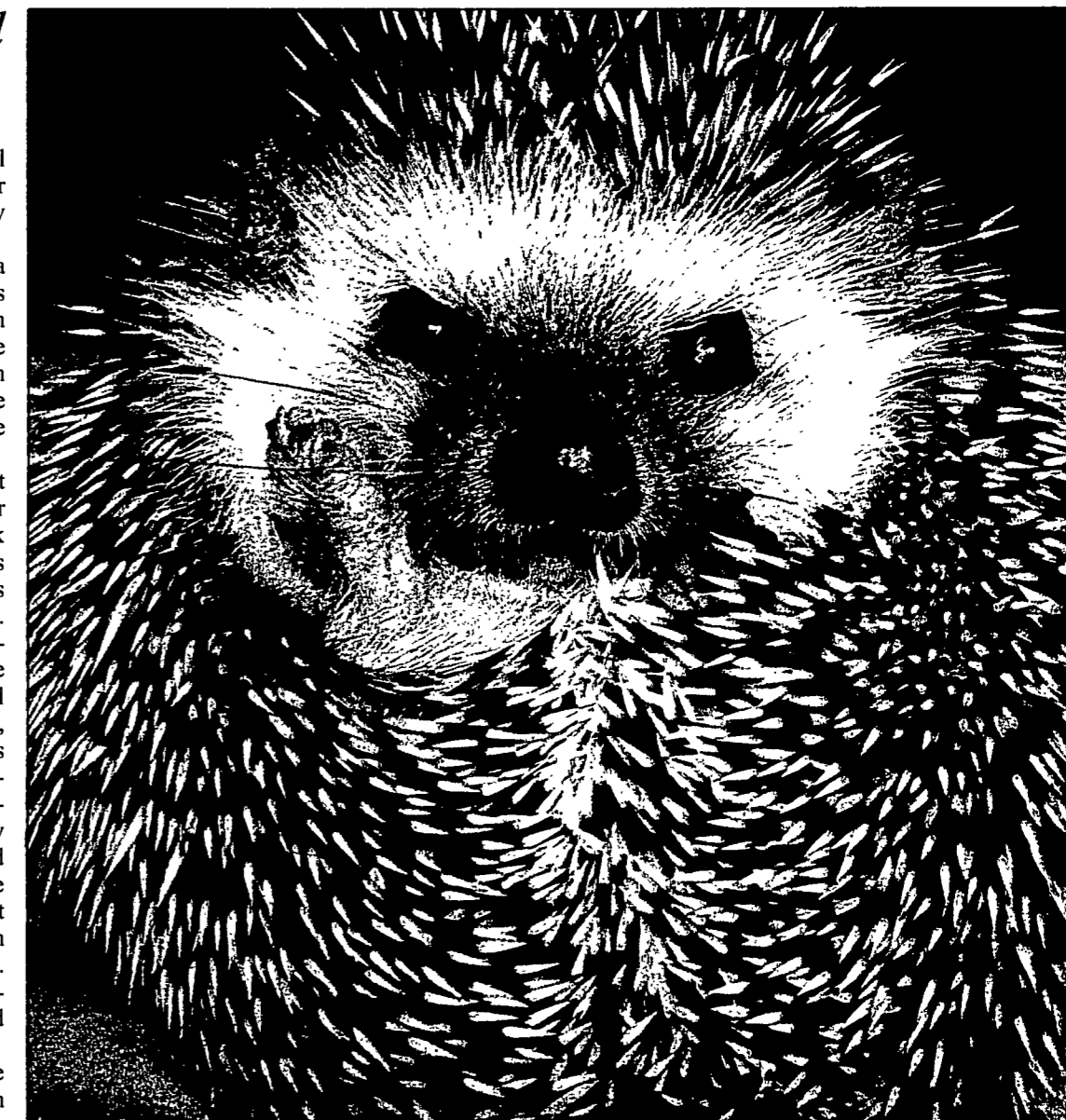
narians at the Niles Animal Hospital that treat Hedgehogs. Parr said they generally see a few Hedgehogs each year.

Lisa MacDonald, who owns a Hedgehog named Brutus, who is less than a year old. She resides in Chicago and takes Brutus to the Niles Animal Hospital for health care. She said it's important to take the animals to a veterinarian office that regularly sees hedgehogs.

"They're fun," she said, about having hedgehogs as pets. After her friend passed away, she took care of her hedgehog and she has been hooked ever since. Brutus is her third Hedgehog pet. MacDonald said you have to continuously play with them and give them attention, or they will curl into a spiky ball. Just like dogs, cats and other pets, Hedgehogs have their own unique personalities. MacDonald said that her previous Hedgehog was extremely active and Brutus is more laid back. She said owners have to be careful about their hedgehog's diet because obesity is rather common if they don't have a proper diet. She feeds Brutus Vitamin C everyday in addition to his cat food meal.

Hedgehogs generally live three to five years, but they have been known to live as old as 10 years.

Story Continues... see HEDGEHOGS next page.



The Hedgehog Brutus, eight months old, is one of the patients at the Niles Animal Hospital. His owner, Lisa McDonald, says he's receiving "a lot of love."



In Memoriam

Moses

The Bugle says goodbye to Moses, its unofficial mascot and pet of Barbara Karawacki this week.

Moses was a fixture at the newspaper and in Niles. He accompanied Barbara and her husband, David Horwitz either traipsing through the Niles Pet Parade or riding along for their Meals on Wheels trips.

Moses was adopted by Barbara 3 and a half years ago after being abandoned. He was known at the Niles Animal Hospital Veterinarian were he was a patient.

Moses was also a friend to all staff members at The Bugle. Barbara used to bring him into the office where he'd socialize or just find a warm patch of sunlight.

He will be sorely missed.

Points on Pets

Keep animals off your meds

R. G. Elmore
Copley News Service

Q: I am wondering if giving my hyperactive puppy a small amount of my antidepressant drug would be harmful to him. I was given the puppy by a well-meaning friend to help me overcome depression due to several recent tragedies in my life. While the puppy does distract me from my problems, he can be annoying at other times because of his boundless energy. Giving him a small dose of tranquilizer might just help keep us both sane.

A: Although it is understandable why you might want to give your puppy some of your medications when he is out of control and you are not able to cope with his boundless energy, you definitely should not do so. Depending on the amount given, lethargy, incoordination, vomiting, diarrhea, and hyperactivity

might be seen. In a recent news release, the American Society for the Prevention of Cruelty to Animals stated that agitation, loss of appetite, tremors, drooling and abnormalities in blood pressure, heart rate, and rhythm; seizures; respiratory depression; and coma are also quite possible whenever human antidepressants are either accidentally or intentionally given to pets.

The ASPCA Animal Control Center strongly advises animal owners to never give any human drugs or medications to their pets without first consulting with their veterinarians. Antidepressants and other human drugs should be kept well out of the reach of animals in a secure cabinet. It must be remembered that childproof containers are often ineffective in preventing accidental drug poisonings in animals. Many

dogs and cats can quickly chew through plastic pill containers.

Any pet thought to have ingested any poison or human drug should be taken to a veterinarian right away. If this cannot be done, veterinarians are always available to answer questions through the ASPCA Animal Poison Control Center toll-free at (888) 426-4435.

The ASPCA Animal Poison Control Center, an allied agency of the University of Illinois in Urbana, has been the premier animal poison control center for more than 27 years. It is currently staffed by 25 veterinarians and 14 certified veterinary technicians. Staff are available all of the time to help veterinarians and animal owners with animals thought to be poisoned. Last year the center handled more than 100,000 cases.

Rather than giving your new

puppy your drugs, you might consider joining a puppy behavior class or enrolling him in obedience classes. Interacting with other people while training your puppy to be a good citizen will likely be very positive for you as well as your puppy. Your veterinarian can help you find appropriate classes in your area.

Q: My husband and I are arguing about whether or not it is normal for dogs to pass gas. My cute little Pomeranian never passed gas when I was a child. However, our big old mixed-breed hound passes gas frequently. It is disgusting. I have begged my husband to take him to our veterinarian to find out why this is occurring. My husband insists that this behavior is normal.

A: Unfortunately, gas-passing, or flatulence, is a normal occurrence for most dogs. The fre-

quency is often increased in dogs eating particular foods or in dogs that swallow large amounts of air while playing with chew toys or gulping food.

Your veterinarian can recommend the most appropriate commercial food and feeding schedule for your particular dog. Feeding several small meals throughout the day instead of one large one might decrease the amount of gas passed. Hopefully, you can find a solution for this annoying and sometimes embarrassing problem.

Send e-mail to copleysd@copleynews.com or write to Pets, Copley News Service, P.O. Box 120190, San Diego, CA 92112-0190. Only questions of general interest will be answered in this column.

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Visit [Copley News Service at www.copleynews.com](http://www.copleynews.com).

Thanks a Bundle!

Dear staff of the "Bugle,"

I just had to write and thank you for naming Bundle the "Pet of the Month."

My birthday is Dec. 30 and when we got the Dec. 29 issue, it was the best present I could ever get.

Needless to say, the news was spread to all my relatives in Michigan as well as all our friends and neighbors here.

Bundle himself is also very pleased with his celebrity status—enjoying every minute of all the attention he's getting.

What a wonderful way you've found to make so many pet owners happy. Keep up the great work!

Gratefully,
Sister Carole LeClair

HEDGEHOGS:

They may look prickly, but they're soft

CONTINUED FROM PREVIOUS PAGE

according to Parr.

Hedgehogs generally are brought into the hospital if they're not eating, heavy breathing and respiratory problems and she said cancer can be common.

As far as their diet, Hedgehogs need a lot of protein. Parr recommends mixing vegetables with dog or cat food, because she said just the dog or cat food is not good enough for them to have a healthy diet. Some owners feed their hedgehogs meal worms or Hedgehog food.

On the outside, they sport hard spines, but their bellies are covered

with soft hair. Unlike a porcupine, the spines of a hedgehog are not prickly.

Parr said when Hedgehogs are intimidated, they roll up into a ball, but they are generally pretty friendly animals. They are nocturnal, so they will play at night.

Hedgehogs have little raccoon-like faces with black beady eyes and pointy noses.

For fun, Hedgehogs enjoy playing with tunnels and mazes, as well as special hedgehog wheels.

Originally, they come from England, Africa and Asia.

Where can people purchase a Hedgehog for a pet?

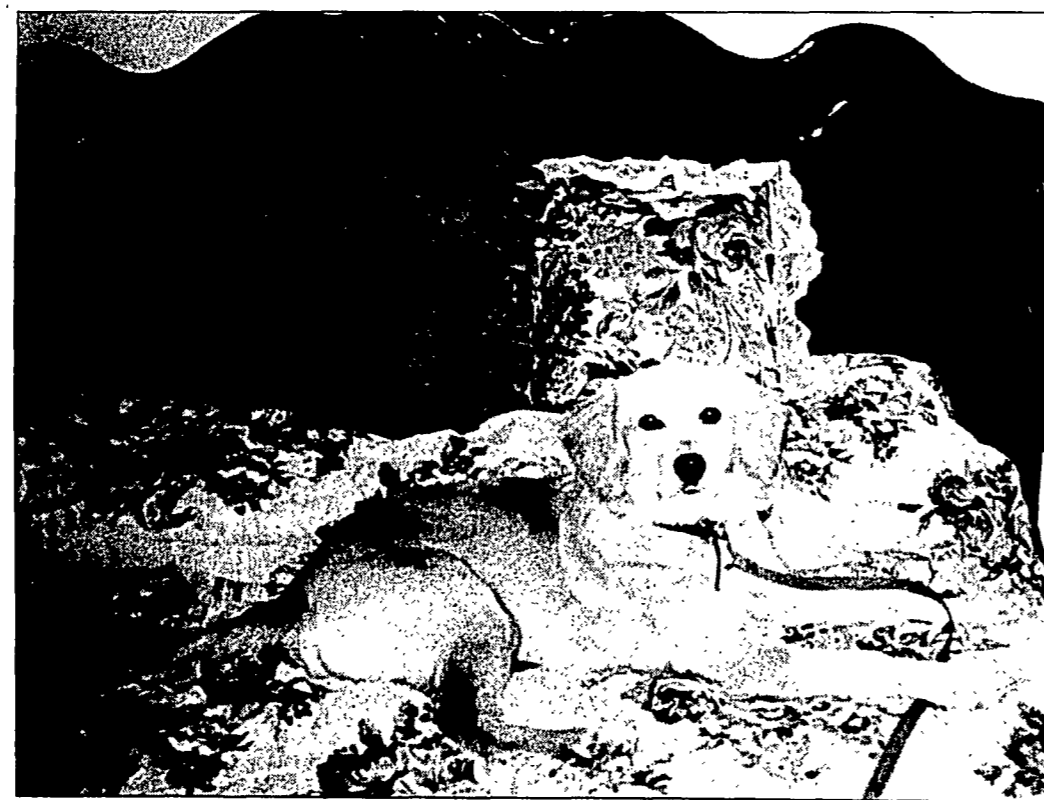
Well, Parr said they are mostly found in pet stores but there are also Hedgehog breeders.

Along with the hedgehog, the Degu, a type of rodent is another unique animal that is treated by the Niles Animal Hospital.

People can look at www.hedgehogcentral.com for more information on these creatures.

Pet of the Month

Topaz - The Miracle Dog



Topaz is an 8 year old Golden Retriever/Britney Spaniel mix and, according to her owners, she has cheated death three times. That's why they call her the miracle dog.

The first time she was a puppy abandoned and ran up to our family landscape truck begging to be rescued in a thunderstorm. The second time, her heart stopped for almost five minutes prior to being spayed. The third time, (last summer) she had a life-threatening anemia, but miraculously beat the odds. Her owners, Scott and Gloria Devito of Niles say that she has taught them to believe in miracles. Topaz is a very active hunter and is very happy. She can teach anyone to believe in miracles.

To submit your pet for consideration as The Bugle's "Pet of the Month" send a photo and a description of why they should be selected to: The Bugle, 7400 N. Waukegan, Niles, IL 60714 attention "Pet of the Month."

SENIORS

Learn about Telemarketing fraud in Morton Grove

Morton Grove Senior News

"TELEMARKETING FRAUD"

Billions of dollars are lost each year to fraudulent telemarketers, much of it by senior citizens. Too often, it is viewed that victims somehow deserved to be taken, that they were greedy, or foolish enough to fall for what was obviously a scam. The truth is, these criminals are professionals. They play on people's fears, hopes, and dreams. Fraudulent telemarketers take advantage of each and every opening with seniors. Some seniors are reluctant to report that they were taken. When they tell do reveal it to their adult children, they have often lost control of their checkbook and their independence. This free Seminar, starting at 1:30 p.m. on Monday, Feb. 6 in the Morton Grove Senior Center will be presented by Maureen O'Bryan of the Cook County State's Attorney's Office and will

address these issues and demonstrate the tools to defend against a scam. Register for this Seminar by calling the Senior Hot Line at 847/470-5223.

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VOTING CHANGES IN 2006

Suburban Cook County voters will cast ballots in future elections by marking their choices with a pencil or pen instead of punching out chads with a stylus. The Cook County Clerk's Office as directed by the Help America Vote Act (HAVA) intends to replace its punch card equipment with optical-scan technology for the March 21 primary elections. A representative from the Cook County Clerk's Office will be at the Morton Grove Senior Center at 1:30 p.m. on Wednesday, Feb. 8 to discuss these changes. Register by calling the 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:

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.

Presidents Day Special on Monday, Feb. 20. Lunch will be Spaghetti & Meatballs.

The lunch cost is a \$2.75 to \$3 donation. For information about the menu or transportation call the Morton Grove "Lunch Bunch."

MAKE YOUR OWN GREETING CARDS

Learn how to create greeting cards by using graphics, line art, word art and text. This playful class encourages creativity from each student. People who are

artists at heart or just interested in learning basic desktop publishing skills will be interested in this stimulating class. Each student will create one greeting card and should bring a 3 1/2" floppy disk to save their work. The class will be held from 8:30 to 10 a.m. on Saturday, Feb. 11 in the Morton Grove Senior Center. The cost is \$8 and the pre-requisites are basic computer skills and basic word processing skills. Register in-person at the Senior Center.

at 847/470-5223. A delicious Lunch Bunch meal will precede the Sing-Along at 11:45 a.m. For a lunch reservation call the Lunch Bunch at 847/967-6876.

VALENTINE'S DAY SING-ALONG

Ted Gorski is returning to the Morton Grove Senior Center at 1 p.m. on Tuesday, Feb. 14 to lead a very special Valentine's Day Love Song Sing-Along. Song sheets of romantic, funny and whimsical tunes of yesterday will be available and singing will be lead by Ted on the piano. The cost is free, so come spend Valentine's Day at the Senior Center. To register call the Morton Grove Senior Hot Line

BLOOD PRESSURE SCREEN-

Story Continues...
see MG SENIORS next page.



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MaineStreamers Offer Winter and Spring Programs and Trips for Seniors

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.

TWILITE DINING

Giacomo's Ristorante
740 N. Wolf, Des Plaines
Tuesday, February 7
5:30 p.m. to 8 p.m.

Cost: \$24 members/\$26 guests

Let's get together and celebrate "Italian-Style" as we partake of a wonderful meal at a great place. Our Family-Style menu features Bruschetta, Salad, Cheese Ravioli, Veal Florentine, Chicken Breast Cacciatore, Vesuvio Potatoes and Spumoni for Dessert! So join us as we enjoy an Italian Feast! Transportation is on your own.

PINOCHLE TOURNAMENT

Wednesday, February 8
12 noon to 4 p.m.

Cost: \$5 members/\$6 guests

Enjoy fun and competition at this "Three Handed Pinochle" Tournament. Competition begins at 1:00 p.m. Lunch is included. Newcomers are always welcome.

"NEW" CHAIR AEROBICS CLASS

Wednesdays, February 15 to April 5
3 to 4 p.m.

Cost: \$10 for 8 classes

Instructor: JoAnn Kitching

Are you ready for a total body exercise? You will sit while exercising or if standing, may use the chair for support. This class will increase your strength, balance, flexibility and coordination.

Story Continues...
see MT-SENIORS next page.

Senior Seminar on New Plan D Program

Niles Park District will host a FREE Senior Seminar on Thursday, February 2nd. You can attend 9:30 - 11:00 a.m. or 1:00 - 2:30 p.m. It will take place at the Howard Leisure Center, 6676 W. Howard Street (847-967-6633.) Topics that will be discussed include the NEW Medicare "Plan D" Drug Program, Medicare Plan Types, Long-Term & Critical Illness Insurance, Medicare Supplements, Social Security Updates & Review and Final Expense Planning. Speakers will be Mr. Michael Friedman, Senior Financial Advisor at top-rated companies for 20 years, and Mr. Joe Herr, new Niles Park District Senior Coordinator and 25-year Professional Senior Service Advisor. No reservations are needed and refreshments will be served. A don't miss seminar. Please bring a guest.

'FREE' SENIOR SEMINAR

Thursday, Feb. 2, 2006

9:30—11:00 a.m. or 1:00—2:30 p.m.

Learn which
NEW "Plan D"
Drug Program
is best for you!



TOPICS INCLUDE:

- Social Security Review & Updates
- Medicare Plan Types & Plan D Program
- Long-Term Care & Critical Illness Insurance Programs • Final Expense Plan
- Medicare Supplemental Insurance
- Presented by Senior Financial Advisors with 25+ years experience in Sr. Services

No Reservations Needed • No Cost!
Free Raffle! • Refreshments Served



Howard Leisure Center
6676 W. Howard Street
PH: (847) 967-6633

SENIORS

Aging Lifestyles

An open letter to adult grandchildren

Joc Volz
Copley News Service

Dear Grandchildren,
There is a prevailing myth spread by us old folks that we would rather be 70 than 20 once again. Now, don't you believe that for a minute.

What we are really saying is that we would rather have the vigor and strength of a 20-year-old but the wisdom of a 70-year-old.

Which might lead you to raise a significant question: Why didn't we at 20 seek out the wisdom of our elders? Well, let me ask you the same question. Why don't you seek out the wisdom of your elders now?

I'll tell you why, if you excuse a little unsolicited advice from an elder. It is not the American way. We glorify youth. We condemn older Americans to oblivion. Look at the derogatory words we use to describe them - aged, frail, infirm, elderly.

So, unlike so many other societies, including Native Americans, we muddle through, each generation rediscovering how to find happiness.

And that's a shame. Because now, more than ever, our grandparents have so much knowledge to help the youth through the minefield of the 20s, fraught with fears of the future and worries about life and love and jobs. Worries about everything.

You kids resort to advice magazines and MTV, fearful that the elders won't know what you are talking about, that elders just don't understand what it is like to be young and uncertain, as if a 70-year-old magically skipped the angst of being 20.

When I was in my salad days, three of my four grandparents had already died and the fourth was ill. I could not have turned

to them for advice.

But you 20-somethings have the advantage of a life expectancy hovering around 80, meaning your grandparents could still be living. What a wonderful library of life. They are probably less judgmental than your friends and even less worried about pleasing you by uttering what you want to hear if you ask them a question.

You young men may find, for example, that Grandpa was just as afraid to ask a girl out on a date as you are, just as worried about whether he could find a good job and handle all of the responsibilities of being a husband and a father.

Oh, but you tell me this computer age is so different from Grandpa's world that older people just can't relate to your problems.

Nonsense. Just read William

Shakespeare, who lived centuries ago before the magic of technology, to realize that the eternal emotions of love, anger, greed and compassion have not changed.

We now have programs where young people visit with elders in nursing homes. But I sense a certain bit of patronizing in those visits. The kids think they are doing all of the helping, finding time in a busy schedule to cheer up the old folks. But I often wonder how much listening you young folks do. You might learn a few things.

I remember my late mother, your great-grandmother, needing a health aide in her later years. But I suspect many of those aides, new Americans striving to better themselves, got as much out of those sessions as my mother did. In return for help with her physical needs,

my mother taught those aides English and how to study. She instilled in them the confidence that by hard work, they could do anything they wanted in this great land.

She knew what it is like to arrive in an alien world. Her father had come to America from Italy without knowing a word of English and made a success of himself as a Philadelphia tailor.

So, you young people, turn off the computer and cell phone for a couple of minutes once in a while and communicate with some people who have something to say.

Your grandparents
E-mail Joe Volz at
jvolz2003@adelphia.net or
write to 2528 Five Shillings
Road, Frederick, MD 21701.
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Visit Copley News Service at

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MG SENIORS:

CONTINUED FROM PREVIOUS PAGE

ING

Periodic blood pressure measurement is helpful in determining if health is threatened by high blood pressure (hypertension). Hypertension is a contributor toward strokes, heart disease and kidney failure. Unfortunately, hypertension usually has no symptoms so a person can feel great and not know they have it. Free screenings are offered from 9 to 11 a.m. on Tuesday, Feb. 14 in the Morton Grove Senior Center.

MORTON GROVE ADVISORY

COMMISSION ON AGING

The Morton Grove Advisory Commission on Aging will hold its next monthly meeting at 1 p.m. on Tuesday, Feb. 14 in the Morton Grove Senior Center. The Commission provides an arena for discussion and planning of services and programs to benefit Morton Grove's senior citizen population. All interested residents are welcome to attend.

STRESSED OUT?

Dr. Sushma Patel of the Integrated Care Center will discuss physical versus emotional stress and how these affect people physically at 1:30 p.m. on Wednesday, Feb. 15 in the Morton Grove Senior Center. There will also be discussion about natural choices to make to prevent and heal the body from physical stress. Register for this free lecture by calling the Senior Hot Line at 847/470-5223.

AARP MATURE DRIVING PROGRAM
AARP's "Mature Driving

Program" formerly known as "55 Alive" is an eight-hour two-day course for older motorists. It focuses on the physical changes that accompany aging and on ways drivers can compensate for these changes in improving their driving skills. Additionally, drivers will find that by completing this course they can receive a discount on a portion of their automobile insurance. Courses are now offered monthly in Morton Grove with the next course times from 9 a.m. to 1 p.m. on Saturdays, Feb. 18 and 25 at the Morton Grove Senior Center; and from 12 noon to 4 p.m. on Tuesday, March 7 and Thursday, March 9 in the Prairie View Community Center. The cost of the course is \$10. Call the Morton Grove Senior Hot Line at 847/470-5223 to sign up.

"PARTNERS IN HEALTH"
Dealing with doctors and other health care providers can be frustrating. This free program, beginning at 1:30 p.m. on Monday, Feb. 27 in the Morton Grove Senior Center will empower people with the skills to communicate effectively and confidently with their doctors, ensuring better care for themselves and their loved ones. Register by calling the Senior Hot Line at 847/470-5223.

"REMEMBERING ROCKWELL"
This is the next best thing to a museum visit!! Join Legend Lore speaker Ceci Wiselogel for an affectionate retrospective of

America's greatest illustrator - Norman Rockwell from 1:30 to 2:30 p.m. on Monday, Feb. 20 in the Morton Grove Senior Center. Rockwell's light-hearted wit, passion for detail, and portrayals of everyday life are captured in this program which features his Saturday Evening Post magazine covers, unique props, poster sized illustrations, and visual displays. The cost is just \$5.50 so please register in person at the Senior Center.

SENIOR CENTER MEMBER-
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 for the Circuit Breaker benefits.

MT SENIORS:

CONTINUED FROM PREVIOUS PAGE

nation.

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

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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

LIFE

PERFECT PAIRINGS

Braised lamb shanks paired with a Walla Walla cabernet

RON JAMES
Copley News Service

THE CHEFS

Ariana Asti loved to cook and - with the urging of her grandmother - decided to study culinary arts at Central Oregon Community

family in Sicily, Ariana told her parents of her dream to open a Mediterranean-inspired restaurant with fellow line cook - and now fiance - Andres Fernandez. In early 2004, the Astis' had a "eureka" moment of sorts and decided not only to fund their

a great location at a beautiful mission-style bungalow that had housed a popular coffee shop just outside of the downtown area. Although it looked like it was a hundred years old, it had been built only seven years ago. We had that wonderful look - and modern plumbing and electrical. It was just perfect." The name of the new restaurant? Ariana, of course.

Today Ariana is one of the most popular and respected restaurants in central Oregon and a true family affair. Asti and Fernandez act as executive chefs and plan to be married in April. Her father is active in the kitchen creating dishes inspired by his grandmother and managing the wine list. Her mother works the front of the house and keeps the finances in order. Her brother, Gordon, who wants to pursue an art career, washes dishes and does kitchen prep. Even her brother Grant, who goes to school in Anaheim, Calif., gets into the act as the restaurant's Web master.



THE WINE

One of Ariana's first and most successful wine dinners featured Swiss-born winemaker Jean-Francois Pellet and his Pepper Bridge Winery. Pellet selected the complex 2002 Walla Walla Valley Washington State Cabernet Sauvignon (\$50) to match with

CONTINUED TO
PERFECT PAIRINGS...Page 20

BRAISED LAMB SHANKS

4 lamb shanks (about 10 to 12 ounces each)
1 tablespoon coriander, freshly ground
Kosher salt and freshly ground black pepper, to taste
2 to 3 tablespoons canola oil
1 cup cabernet sauvignon
2 cups diced onion
1 cup diced celery
1 cup diced carrot
4 to 6 cups beef stock
4 sprigs fresh thyme
Yields 4 servings.
Preheat oven to 350 F.

Liberal season lamb shanks with ground coriander, salt and pepper.

Heat canola oil in pan over high heat. Sear lamb shanks on all sides until brown all over, then place in large baking dish. Deglaze pan with wine, then add vegetables, wine and thyme to baking dish. Add beef stock to cover and wrap the dish with aluminum foil. Place dish in oven for 4 to 6 hours. Test meat every hour or so - you should see the meat pulling away from the bone and the gelatin breaking down in the shank. When done, remove from oven and carefully remove shanks from cooking liquid; set aside. Strain vegetables from the liquid. Place liquid in saucepan and reduce by 1/2, or until it comes to a sauce consistency. Taste and correct seasoning, then pour over shanks.

THE DISH

One of the restaurant's most popular dishes is the Braised Lamb Shank Over Creamy Parmesan Polenta and Roasted Root Vegetables. Braising is simply slow-cooking meat or vegetables in bit of liquid. It has probably been a cooking technique since pots were invented. Using this method, generations of cooks have made flavorful but tough pieces of meat into tender and mouthwatering gourmet delights. And few cooking techniques require so little of the chef.

There are a couple of secrets to great braising. One is browning the meat

College in Bend, Ore. She finished at the top of her class and became a line cook at one of Bend's finest restaurants, Merenda, owned and operated by noted former San Francisco chef Jody Denton.

While she was studying, her father, Glenn, a successful Eureka, Calif., chiropractor, and mother, Susan, were dealing with being empty nesters. Unlike many parents who celebrate the newfound freedom of a home without children, the Astis badly missed their daughter

Then, inspired by a visit to

daughter's restaurant, but also to banish their empty-nest sorrows by joining the business. Glenn sold his business to his twin brother and the couple moved to Bend to embark on a new life and venture.

"We looked for months for a good location," Ariana recalled. "We finally found



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LIFE

THE ALERT CONSUMER

Web-based grocery game helps family food budget



PAM ADAMS
Copley News Service

There are 21 boxes of cereal on the shelves, various brands, not including three open boxes in another kitchen cupboard.

"I never pay more than \$1.50 a box," says Heather Railey. "That's the highest I'll go, and that's for name brands. I wouldn't pay over \$1 a box for store brand."

Using a similar bottom-line strategy, Railey has also stockpiled other groceries recently, all name brands:

- 12 boxes of microwave popcorn, the 10-pack size, for about \$1 a box.
- Enough canned soup to get through the winter.
- Boxes and boxes of cake mix. "I get it for 20 cents a box, I can't pass it up," she says.
- A freezer full of Sara Lee cheesecakes she bought for \$1 each.

Not to mention enough toiletries and cleaning products to supply her West Peoria, Ill., neighborhood for at least a week. Railey says she feeds a family of six, soon to be seven, on \$150 a month.

To credit copious coupon clipping for Railey's savings tells only part of the story. Yes, she subscribes to six Sunday newspapers - two Journal Stars,

but four Chicago Tribunes "because they have more coupons." But that's for business reasons. Still, Railey combines coupons with a bargain-shopping system that might get her banned from Las Vegas if she were gambling.

Railey's system is a product, and she's a regional franchise owner of The Grocery Game, an Internet-based business that promises bargains so good, paying members will beat prices at discount and super-discount grocery stores.

"Visit our message boards, and you'll find a lot of our people don't go to Wal-Mart and warehouse club stores anymore," says Teri Gault, the California-based founder of The Grocery Game.

Railey, a former mortgage loan officer, is a former Aldi's shopper who has looked into food-buying cooperatives to cut the household grocery bill.

"But as a bargain shopper," she says of her Grocery Game savings, "there's no touching these prices."

For about \$5 a month, Grocery Game subscribers get Internet access to "Teri's List," a weekly updated list of the advertised and non-advertised sales at selected local supermarkets in 48 states. The color-coded list denotes products in black, blue or green. Black indicates what Grocery Gamers know as a "phantom sale." Though an item is on sale

one particular week, the price will go lower in a few more weeks, so use coupons to purchase only if needed.

Blue means the item is at its "rock-bottom" sale price, which also means it's the best time to buy in order to maximize coupon savings, so purchase enough to last until the next "rock-bottom" sale comes along, a la Railey's 12 boxes of microwave popcorn and 24 boxes of cereal.

Items listed in green are such a good deal that they're free, Gault says, because the coupon value exceeds the cost.

Couponing and stockpiling are key to The Grocery Game money-savings strategy. But members also have to be willing to forgo brand loyalty while remaining faithful to specific stores.

For instance, Peoria-area subscribers would shop only at Kroger and Schnucks, because those are the two chains where Railey analyzes and compiles sales data and trends to submit to "Teri's List."

Despite its reputation for low prices, Cub didn't make Railey's cut. "They don't double-coupon," she says matter-of-factly.

Using The Grocery Game's proprietary system, newspaper ads and personal visits, Railey tracks sales at Kroger and Schnucks, including sales on items that don't have coupons. She and Gault say many stores also offer

unadvertised sales. Additionally, Railey tracks what coupons arc out for which products, which is where the six newspaper subscriptions come in.

Sales pricing is similar at the two stores, she says. But Schnucks has a better coupon policy. If the choice is between buying a sale item with a 55-cent coupon at Schnucks or Kroger, she'll go with Schnucks. Both stores double coupons up to 50 cents. However, Schnucks will raise anything over 50 cents to \$1, while Kroger accepts them at face value only.

Consumers can do what the list does on their own, Railey says. "But it

CONTINUED FROM PERFECT PAIRINGS...Page 19

the Pepper Bridge Web site (www.pepperbridge.com) read: "This rich, polished and multifaceted cabernet sauvignon entices you with layers of sweet black cherry, ripe plum, licorice, cedar and spice flavors with a subtle touch of mineral. This highly concentrated wine offers an incredible blend of power and finesse with a long and persistent finish. We aged this wine for 22 months in 70 percent new French oak barrels."

Ron James welcomes comments

ROASTED ROOT VEGETABLES

- 8 to 10 baby carrots
- 8 to 10 baby turnips
- 2 to 3 tablespoons olive oil
- Salt and pepper, to taste
- Yields 4 servings.

Preheat oven to 400 F. Scrub vegetables and peel, if necessary. In roasting pan, add vegetables, coat with olive oil, and season with salt and pepper, to taste. Roast until tender. Serve alongside the lamb.

Grocery Game.

"I don't know enough about sales cycles and trends to comment," says Jeff Golc of Kroger's Indianapolis headquarters. He did plug the chain's "u-pons," coupons that can be downloaded onto Kroger loyalty cards from the Web site, www.kroger.com. Michael Garry covers Internet issues for Supermarket News, a trade publication based in New York.

"It's an interesting gimmick; they might have something," he says. "The question is, 'How many people sign up and how long do they stay signed up?'" From its beginning in Southern California in 2000, The Grocery Game has grown to about 100,000 registered users in 48 states, Gault says.

Railey bought the franchise covering Kroger Midwest in August and Schnucks in October. As a stay-at-home mother, she was looking for an investment that would allow her to work at home. The Grocery Game fit.

"I'm excessive," she says. "I have a hard time turning down a bargain."

For more information about The Grocery Game, consult www.thegrocerygame.com. Consumers can try a four-week trial membership for \$1. Visit Copley News Service at www.copleynews.com.

and suggestions. E-mail him at ronjames@perfectpairings.us. Listen to his "Gourmet Club" radio show and see archives of previous columns at www.perfectpairings.us. © Copley News Service Visit Copley News Service at www.copleynews.com.

CREAMY PARMESAN POLENTA

- 2 cups milk
- 2 cups water
- 1 cup polenta
- 1/2 cup grated Parmigiano-Reggiano

Salt and pepper, to taste Yields 4 servings.

Heat milk and water on high heat until it comes to a boil; slowly add polenta while whisking. Turn heat to low and stir occasionally until mixture becomes thick and creamy, about 1 to 2 hours. The polenta will become softer and creamier the longer you cook it. To finish, add the cheese and season with salt and pepper, to taste. Serve with the sauce of the lamb shank.

LIFE

IN FASHION

Get the red out and build heart-disease awareness

SHARON MOSLEY
Copley News Service

Red Hot Style

With Valentine's Day approaching, it's easy to see red. The romantic hue is everywhere - in traditional icons of red roses, red lingerie and red-hot love letters. Now, with fashion forces joining in with the National Institute of Health and the American Heart Association, it's easy to wear red. The red dress has now become a stylish symbol for women and the fight against heart disease. Not only have women all across the U.S. shown their support of spreading the news that heart disease is the No. 1 killer of women by buying the red-dress pin to promote awareness of this health threat that 8 million American women live with, according to WomenHeart: the National Coalition for Women with Heart Disease, but fashion designers, models and celebrities are spreading the word by bringing the red-dress symbol to life on National Wear Red Day with a huge runway show. Twenty top American designers



will, along with the National Heart, Lung and Blood Institute who hosts the Red Dress Collection fashion show. "The good news is that heart disease is preventable. Just by leading a healthy lifestyle - such as maintaining a healthy weight, exercising regularly and eating right - Americans can lower their risk by as much as 82 percent."

So whether it's your favorite red dress, tie or shirt, you can support women and heart disease awareness by wearing red. The Red Dress Pin is available at www.hearttruth.gov or by calling the NHLB Health Information Center, (301) 592-8573. Here are some other ways to add a healthy dose of red to your fashion life:

- Slip into some red-hot sneakers from Nike, including the Air Max 97, Shox Monster, Air Max Plus, Dunk or Legend (www.soleredemption.com).
- Take a peek at Norma Kamali's latest red collection, exclusively at Spiegel (www.spiegel.com).
- Strut your stuff in Gucci's cherry-red patent leather platforms (800-234-8224) or Manolo Blahnik's red patent leather Mary

Janes (www.ncimanmarcus.com).
- Peruse the Valentino dress collection at www.edressmc.com.
- Slick on Estee Lauder's Electric Intense LipCreme in Hot Hot, a red-hot red.
- Strap on the Queen of Hearts watch from Zenith, complete with Cupid's arrow second hands and heart dial.
- Go Italian and wear Murano glass heart bracelets and garnet earrings from www.redevelope.com.
- Pick up your spirits with a quirky cherry red leather and wallpaper print handbag (www.anthropologie.com).
- Read all about it in fashion expert Valerie Steele's book, "The Red Dress" (Rizzoli) at www.amazon.com.
Sharon Mosley is a former fashion editor of the Arkansas Gazette in Little Rock and executive director of the Fashion Editors and Reporters Association.
© Copley News Service Visit Copley News Service at www.copleynews.com.

director of the National Heart, Lung and Blood Institute who hosts the Red Dress Collection fashion show. "The good news is that heart disease is preventable. Just by leading a healthy lifestyle - such as maintaining a healthy weight, exercising regularly and eating right - Americans can lower their risk by as much as 82 percent."

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NUTRITION NEWS
You can accelerate your metabolism

CHARLYN FARGO
Copley News Service

Dieters often lament that if they just had a higher metabolism, they could lose weight more easily. The speed at which the body burns calories when at rest is the resting metabolic rate, or RMR, explains the latest issue of Environmental Nutrition. And while everyone's RMR differs, there are ways to raise your metabolism. Lyssie Lakatos and Tammy Lakatos Shames, both registered dietitians and authors of "Fire Up Your Metabolism: 9 Proven Principles for Burning Fat and Losing Weight Forever" (Fireside, \$14), offer these tips.

- Do 30 minutes or more of aerobic activity at least four to five times a week.
- Strength train three times a week to increase lean muscle and the rate at which you burn calories.
- Don't wait more than five hours between meals (except at night). Skipping meals can slow metabolism and deprive your body of needed energy.
- Eat breakfast to kick-start your metabolism in the morning.

WINNING WEIGHT LOSS

A new weight-loss book targets overweight teenagers - "Lighten Up: Stay Sane, Eat Great, Lose Weight" by Charles Stuart Platin (Razorbill/Penguin Young Reader, \$8).

The book includes pop quizzes, bold type and plenty of breakout boxes. Teens can fill in information about themselves, using diary-like features. Platin also gives practical advice on topics such as snarter options at common teen hangout spots and how to eat better in the school cafeteria, Starbucks and 7-Eleven.

Platin writes the syndicated column "The Diet Detective" and is author of four books on behavior change and weight control. He also was overweight during childhood and into his early adult life. He lost 50 pounds and has kept it off for more than 11 years.

WINNING RECIPE

Try these fiber-packed muffins for breakfast. They're made healthy with wheat bran, whole-wheat flour, carrots, pincapple, mango and hazelnuts.

CURRY SPICED HAZELNUT-MANGO MUFFINS

- 2 cups all-purpose flour
- 3/4 cup whole-wheat flour
- 2/3 cup brown sugar, packed
- 1/4 cup toasted wheat bran
- 1 1/2 teaspoon ground curry powder
- 1 1/2 teaspoon ground cinnamon
- 1 1/2 teaspoon baking soda
- 1/2 teaspoon salt

- 3 eggs
- 1/2 cup honey
- 1/3 cup vegetable oil
- 3 tablespoons whole milk
- 1 1/2 teaspoons vanilla
- 3/4 cups carrots, peeled and grated
- 2 (8-ounce) cans pincapple, crushed, well drained
- 1 1/2 cups mangoes or peaches, peeled, pitted, cut into 1/2-inch cubes
- 1 1/2 cups hazelnuts, toasted, skin-removed, diced (divided use)
- 2 tablespoons brown sugar, packed

Yields about 24 muffins. Preheat oven to 375 F. Blend first 8 ingredients in large bowl; set aside. Whisk eggs, honey, oil, milk and vanilla in medium bowl. Pour into flour mixture and stir until just blended. Stir in carrots, pincapple, mangoes and 1 1/4 cups hazelnuts until just blended. Spoon into greased muffin cups, filling 3/4 full. Finely dice remaining 1/4 cup hazelnuts. Mix hazelnuts and brown sugar. Sprinkle over muffins. Bake 17 to 22 minutes until browned.

Nutritional analysis per serving: 200 calories, 4 g protein, 30 g carbohydrate, 8 g fat, 25 mg cholesterol, 2 g dietary fiber, 140 mg sodium.

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Advertisement for Peter Cetera: One Night in Chicago. Includes a photo of Peter Cetera, the Chicago Land Pops Orchestra logo, and performance details: Saturday February 4, 2006 at 8:00 pm Rosemont Theatre. Ticket information and website: www.chicagolandpops.com.



BUGLE KIDS

By J.R. Rose-Copley News Service

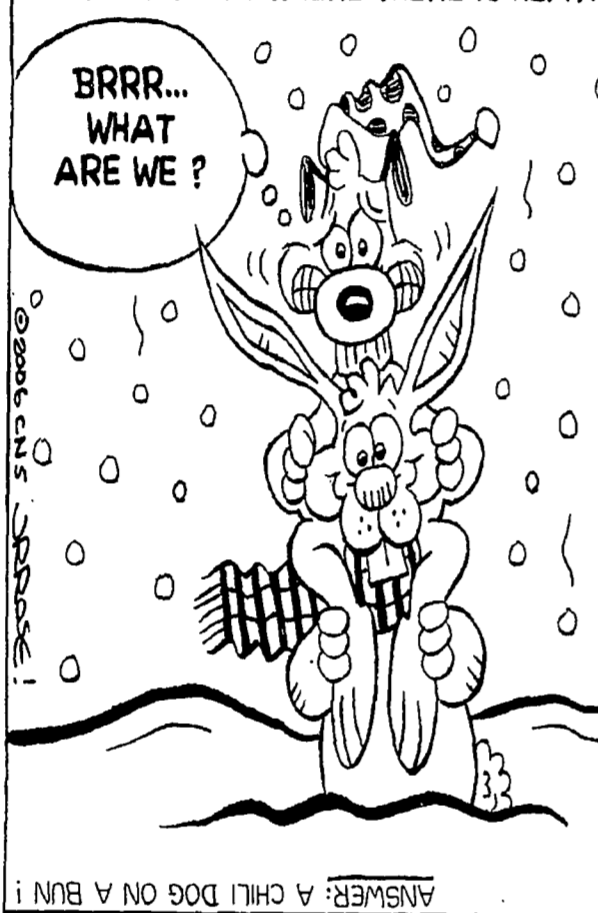
DRAW IT!

DRAW A BONE IN MY MOUTH...



MY FRIEND RABBIT LIFTS ME UP SINCE I'M A TIRED, COLD, COLD PUP! SOLVE OUR PUZZLE, IT'S A TREAT! WE WANT TO GO WHERE THERE IS HEAT!

BRRR... WHAT ARE WE?



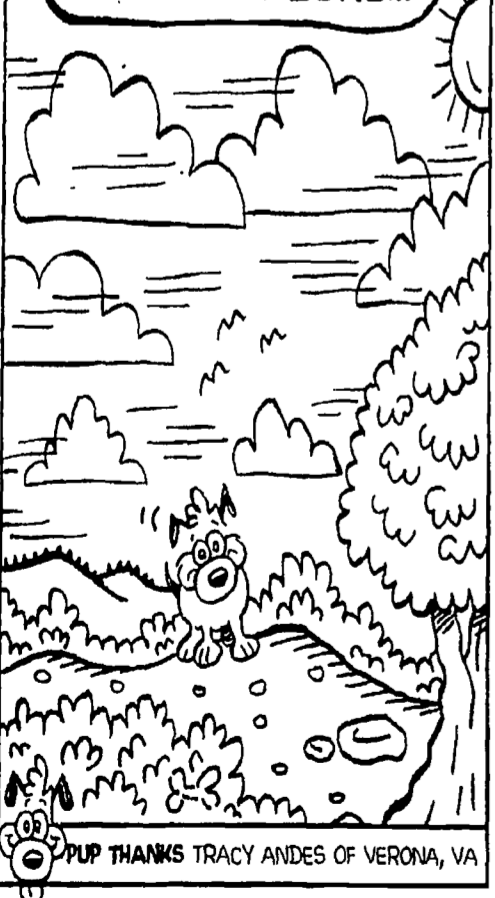
ANSWER: A CHILL DOG ON A BUN!

GIVE ME 5 RHYMES FOR BONE...

HOW ABOUT STONE?



FIND PUP'S BONE...



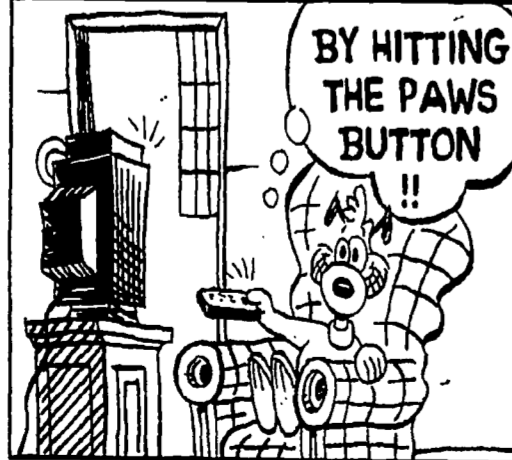
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Nature Newswatch®

Pugnacious hunter



The merlin is a compact falcon, a gifted and energetic flyer, and pursuer of airborne prey. Now residing in the winter portion of its range, it can be seen spying on small birds from a low, hidden perch. Once spotted, it mounts a surprise aerial attack at sprit speed; its skillful assault matches all elusive and panicky maneuvers with its own twists and turns, all the while cackling high-pitched cries of excitement.

Although it feeds almost exclusively on small birds - the requirement of adults and young during a 120-day breeding and rearing period numbers several hundred sparrow-sized birds - the merlin also consumes shrews, voles, toads, lizards, linnings, bats, dragonflies and butterflies.

Sometimes its stalking strategy is to imitate the flight pattern of its prey in order to approach unnoticed, in a technique called masked hunting. And despite its diminutive size, the pugnacious fighter even attacks flickers, which are almost its own size, and rarely passes up an opportunity to harass bigger raptors.

Merlin *Falco columbarius*
12 inches; wingspan: 25 inches
Habitat: forests, grasslands, deserts, marshes, savannas
Range Key: ☐ Summer ■ Year-round ■ Winter
by Tim Herd © 2006 www.naturenewswatch.com

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REAL ESTATE

DECOR SCORE

Turn hallway into a gracious retreat

ROSE BENNETT GILBERT
Copley News Service

Q: Our "new" house is an old (1920s) center-hall Colonial that once belonged to my husband's grandparents. He's thrilled that we have it - he remembers visiting it as a little boy - so I'm trying to be excited, too, even if it's more house than we need - there are just the

Long Island's North Fork. The house itself had been built by one Capt. Jedediah Hawkins in the 1860s. A prosperous sea captain, Hawkins stinted not on his elegant Victorian mansion. Nor did the restoration team that now plans to turn the house into a luxury inn and restaurant.

Certainly, they have space enough to rejoice in. Designer Falco even created a compelling

known. She, too, had been blinded - by diabetes, not war - but that didn't stop her from buying her own house and decorating it so she could live independently and graciously, running volunteer committees that supported the less fortunate and throwing frequent, fun dinner parties for which she also did the cooking. No surprise, then, that she spent considerable time choosing the



two of us. Actually, having five bedrooms is pretty OK. We've turned one into a nice master bath. My husband uses another as a study, I have a home office, and the fifth is a catchall room, a great luxury because we collect a lot of things. My problem is with the wide stair hall upstairs connecting all these rooms. It's empty, boring and a little depressing. I could stick some chairs out there, but we don't have a real use for the space. What to do? A: Start by rejoicing! Your spacious hallway is an enviable gift from another, more gracious era when "getting there was truly half the pleasure."

Often, the upstairs hall served as an informal room in which the family - usually the women and children - could gather and relax, as opposed to the "proper" and more formal downstairs rooms that were also open to outsiders. A desk, a love seat, a covey of comfortable chairs was all it took to turn a hall or even a stair landing into a personal retreat for the ladies of the house.

Designer Patrick Falco adds an important plus to the hallway he designed for this show house on

colors for her walls and furniture, describing the exact hues of the blues, yellows and greens she wanted in nuances remembered from her sighted days. Why did it matter to someone who'd never see the results? "Color makes people happy," she explained. "And I always want to be surrounded by happy people."

It's worth noting that while he leaves the floor mostly unencumbered - a hall is a traffic lane, after all - the designer fills the space visually with texture on the walls and subtle colors in the striped rug. The rug, it's worth noting, is cut and bound a few inches from the walls all around the space so the handsome old hardwood floors can show through to add another interesting dimension.

Q: How can we blind people use color to enhance our own space and environment, asks a reader who evidently is a member of the Blinded Veterans Association.

A: Trusting that you are asking a serious question and not just pulling my chain, I have a serious answer for you, based on the lifestyle of one of the bravest and most generous people I've ever

SMALL SPACES Tromp l'oeil dramatizes small homes

CHRISTINE BRUN
Copley News Service

A remodeling project can lead to an exhausting chase for the necessary accessories and craftspeople, but the result of extra effort can be quite wonderful. It might lead to a skilled carpenter who can solve a pesky door or window problem, or you might unearth a catalog filled with vintage hardware and plumbing fixtures that turn out to contain just the right thing.

One treasured find is an artist skilled in the alluring technique known as trompe l'oeil. French for "to fool the eye," this is a decorative technique that never fails to garner attention. An artist applies paints or dyes to stone, plaster, wood, fabric or paper to create the appearance, form and texture of three-dimensional scenes or objects. Old Pasadena, Calif., is an enchanting community filled with classic bungalows from the 1920s and numerous grand Craftsman mansions. It is home to one of the Wrigley mansions, now headquarters of the famed Tournament of Roses. Here artist Lynne McDaniel created a painted chinoiserie (a Western adaptation of traditional Chinese artifacts and styles of ornament) to fill in a missing panel of 100-year-old hand-painted wallpaper.

Large-scale panoramic or scenic wallpapers were very popular in grander homes in the United States during the 1800s and might have depicted Niagara Falls or the Hudson River Valley. The papers were made in France and exported in large quantities after the fall of Napoleon in 1815. In the late 1800s classic revival imagery was very popular, and trompe l'oeil statues, pillars, moldings and classical architecture were the rage.

In the United States during the early 20th century scenic wallpapers with a wide range of subjects were commonly used in dining rooms. Woodland and hunting scenes, anything Egyptian - such as a desert scene with camels and Bedouins - or exotic wild animals were favored. Seascapes were popular in bathrooms.

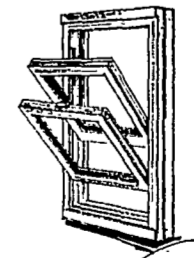
Pictorial textiles have been around since medieval times, but we still see them in contemporary fabric designs. One fabric called La Source by manufacturer and designer Manual Canovas depicts Japanese court life, complete with a woman holding a baby, a Portuguese man and lords waving fans. The famed house of Brunschwig and Fills created Chinoiserie, which shows a European plantation owner sitting on burlap bags of tobacco leaves beneath a palm tree.

Ethnic textiles also provide wonderful images that cause the mind



CONTINUED TO
SMALL SPACES, Page 25

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REAL ESTATE

HERE'S HOW

Keep ants out of your manse

GENE GARY
Copley News Service

Q: Can you recommend a method for controlling ants? Our townhouse is infested regardless of the type of commercial spray I have used.

A: The first step is to prevent them from entering the house. Removal of food sources is critical. Wipe up all spilled food immediately and rinse dishes before putting them in the dishwasher. Store all foods in containers with tightly fitting lids. Wipe clean all bottles of jam and syrup right after using them. Sweep floors and wipe countertops regularly to remove all crumbs and any grease film. Store leftovers, especially cakes and cookies in the refrigerator.

Once ants have made their way into your home, you should trace them back to their point of entry and seal the hole or cracks with petrolatum, putty or plaster. Petrolatum gives very quick results, but for a more permanent effect, use the longer-lasting materials.

Take some preventive measures on the exterior of your home. Trim shrubs and tree limbs so they are well away from the house. Patch all cracks both inside and out. Don't overlook cracks around electrical boxes, phone or TV cables, door and window frames, etc. Avoid overwatering flowerbeds and your

garden, especially close to the house.

Consider destroying the ant nests you may find on the outside of your home. Use boiling hot water or hot paraffin and pour down the entrance. Be careful in the use of pesticides that can create other problems.

If you share a common wall with another townhouse, it will be just as important for your neighbor to follow the same preventive measures. If your problem is particularly severe, contact a qualified pest control operator who can help clear up the problem and help you maintain an ant-free environment.

Q: We have a frustrating problem. The remodeling of our bathroom entailed the removal of glass shower doors from the tub. Now, we have a seemingly impossible job of removing the old caulking that held the framing of the doors in place. Is there anything that will loosen or soften this dried caulking to make removal possible?

A: The type of solvent that will be effective in helping remove this dried caulking will depend on what type of caulking was used. The most common types for sink and tub installations would be silicone caulk, latex caulk or sink and tub caulking, which is similar to latex caulk.

The most common solvent for silicone caulk is isopropyl alcohol. If this doesn't do the job, you

can try a stronger solvent, such as a paint thinner that contains xylene.

Some other types of solvents include 34X, naphtha, MEK (methyl ethyl ketone) and solvents with methylene chloride. If you can break loose some of the dried caulking, take this with you and consult a qualified paint dealer who can help test the sample for the appropriate solvent. When using a strong solvent, be sure to adequately ventilate the area.

You will probably have to soak the dried caulking with solvent and let it remain for a period of time prior to scraping away the substance with a putty knife or paint scraper. If feasible, use rubber plastic or wood scrapers to prevent scratching the surface of the tub beneath.

Even with the right solvent, the task will be tedious and difficult. **Q: Do you have any suggestions on how to clean aluminum frames and the tracks for a sliding glass door enclosing a shower. I have tried several all-purpose cleaners without much success.**

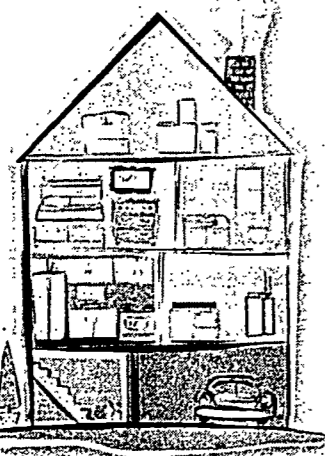
A: First go over both glass and the metal frames with dampened baking soda, then scrub with a terry-cloth rag rung out in white vinegar. Let this solution stand on the surface for a couple of hours.

For particularly stubborn stains, go over the surface with a fine nonrusting scouring pad (bronze wool, a stainless or plastic non-scratch scouring pad) soaked in white vinegar. Rinse with clear water and polish with a soft cloth. Another solution you can try that is a good metal cleaner is to mix 1 cup of trisodium phosphate (TSP purchased from a paint supply outlet) and two tablespoons of alum. Add enough water to make a paste and apply to the surface. Scrub with a terry-cloth rag, rinse well and polish with a soft cloth. If necessary, use a fine nonrusting abrasive pad to scrub the surface with a second application.

An easy way to clean grime and dirt from a shower door track is to fill the tracks with household bleach. Let set for a few minutes until the bleach stops foaming and the flush out with clear water. Use a sponge to clean out the remaining residue.

For removal of soap residue and water spotting caused by minerals from your water supply, I would recommend the commercial products CLR or Lime Away. Both are readily available at home centers and supermarkets. The product that will work best will depend on the chemicals that are present in your water supply.

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Copley News Service / Pete Chenard

HOME ZONE

Postcard art helps put unique stamp on your home



LINDA PESCATORE
Copley News Service

Colorful scenes of simpler times that once graced penny postcards of yore can now grace the walls of your home, thanks to Sarasota, Fla.-based American Postcard Art.

The company, run by veteran postcard collector Liz Coursen and her husband Phil Neigh, sells vintage postcards in wall-filling dimensions, allowing history lovers to enjoy artistic images at affordable prices.

The couple got the idea after Coursen, reluctant to part with a 1908 postcard she knew a friend would appreciate, enlarged the image at a photo-processing kiosk and sent the enlargement to her friend. Although her friend loved the gift, Coursen was unsatisfied with the quality of the image. Once-unnoticeable imperfections had been blown up to become "large and obnoxious," she said. Sensing a business opportunity, Coursen and Neigh invested tens of thousands of dollars in an advanced wide-format printer and other equipment that would allow them to scan, restore and print postcards, retaining their delightful detail and brilliant colors, but in easy-to-display sizes ranging from 8 inches by 12 inches to about 3 feet by 5 feet. Custom sizes can be made up to 60 inches by 90 inches, and by piecing together sections, custom sizes can be made as large as one desires.

American Postcard Art offers a choice of three media on which an image can be printed: German watercolor paper, Kodak photo gloss paper and Kodak canvas. Each has unique properties, and Coursen can advise customers on the best medium for the desired application. For example, because of its texture, drawings on linen postcards would not work well with photo gloss paper, but would be ideal for canvas or watercolor paper.

As for selection, Coursen's collection boasts more than 100,000 images of people, places and things that were originally printed in the first half of the 20th century or earlier. They have been scanned and are ready to be printed and sent, usually within 24 hours. Prices range from \$54 to about \$2,000 for the largest standard sizes.

"People are building these really big houses nowadays, and lots of times have really tall ceilings and they need big pieces, but they can't afford original art that starts at \$20,000," Coursen said. "For \$2,000, you can get a super-cool image from me that's of substantial size." For more information, visit www.americanpostcardart.com.

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REAL ESTATE

A GREENER VIEW

A rose by any other name would not grow as well

JEFF RUGG
Copley News Service

The All American Rose Selections (AARS) is a group of 25 official trial gardens, spread across the country in a variety of climates. They follow standards designed to test each rose in care normally given by the home gardener, not the extra care that might be given at a botanical garden.

After years of testing, each rose grower decides which hybrids they have developed to put into production. Each year, the quantity available gets larger. Before a rose is released for sale to the public by a rose grower, it can be entered into competition at the AARS trials. The specimens are assigned a number and undergo a two-year test. Climbing roses undergo a three-year test, because they bloom on older canes.

The roses are evaluated on 15 characteristics covering the concerns of the typical homeowner rose grower. They are tested for vigor, disease resistance, flower production, flower shape, petal count, fragrance and many other attributes.

If a rose is a winner, the result is a beautiful and easy-to-grow rose - easy to grow, that is, if you plant it in the proper location and follow the proper maintenance techniques, just as with any other plant.

Winning roses are then planted

in more than 130 public display gardens around the country, so gardeners may see the roses in person. Many of the gardens also have several years' worth of winners available for comparison.

When you read a catalog from a rose grower, be careful not to be fooled by their own designations, such as "rose of the year" or some other colorful description that makes it sound like it is a winner from a real test or trial garden.

Some contests have a winner in every category each year, but not the AARS. This year there was not a winner in the miniature, tree rose or climbing rose divisions. Winners of the AARS are truly winners.

The first hybrid tea rose was introduced in 1867, and roses haven't been the same since. They are the most popular type of rose. They have large flowers, several inches across, borne singularly on stems as long as 18 inches. They usually require more care and winter protection than other types of roses.

Floribundas are usually a foot or two shorter than hybrid teas and have many flowers on the end of the stem. The first one was introduced by Jackson and Perkins at the 1939 New York World's Fair. Many floribundas bloom for long periods over the summer.

The grandifloras are crosses between the first two types and have clusters of flowers resembling

bling hybrid teas. All three groups are more difficult to grow in northern areas of the country than shrub roses and climbing roses.

The more petals a rose has, the more solid the flower bud looks and the longer it takes the flower to open. It lasts much longer in the nice-looking, partly open stage. Fully open flowers tend to lose petals more quickly after they have been pollinated.

A rose flower designated as a "single" has only five petals. Many shrub roses, crabapples, pears, serviceberry and other rose family plants have this open look. I like roses that have petal counts of at least 35 to 40.

This year, the AARS chose two floribundas - one hybrid tea and one grandiflora - for their coveted award.

If the Julia Child floribunda rose is destined to be as famous as its namesake, only time will tell. Personally chosen by the award-winning chef herself, this medium-sized rose combines old-fashioned style with delicious fragrance rarely found in such a free-flowering plant. This rose has a rounded habit and excellent disease resistance, raising the bar for any English-style rose. The yellow-gold flower features a sweet licorice perfume and a petal count of more than 35. Julia Child was hybridized by Tom Carruth and introduced by Weeks Roses of Upland, Calif.

Rainbow Sorbet is a multicolor floribunda that has an upright growth habit that is more than 5 feet tall. Rugged and winter hardy, Rainbow Sorbet shows a resistance to black spot similar to many shrub roses on the market. The flower starts out in mixed shades of yellow, orange and red and finishes into light yellow and pink. It can be used either as a powerful accent or as a bold border for those who like to make a statement in their garden.

Rainbow Sorbet was developed by Ping Lim of Bailey Nurseries and is being introduced by The Conard Pyle Co. of West Grove, Pa.

Tahitian Sunset is a brightly hued hybrid tea featuring blossoms starting from high-centered orange-yellow buds that open fully to a peachy apricot-pink with yellow highlights. The vigorous plant produces 14- to 16-inch stems, and flowers with about 30 petals to create blooms up to 5 inches in diameter. With its complex color, licorice fragrance, and semiglossy foliage, this perfectly formed rose will make a strong focal point in the garden. Tahitian Sunset is hybridized by Keith W. Zary and is being introduced by Jackson & Perkins of Medford, Ore.

Wild Blue Yonder has a laven-

der blend flower that makes it the first rose in this color range to garner the AARS designation since 1984. It is a grandiflora type rose with large wavy petals that are a velvety warm wine-purple layered onto rich lavender, making Wild Blue Yonder a unique rose to behold. Each blossom exudes the perfume of sweet citrus and rose. A vigorous "shrubby" bush, its abundant deep-green leaves provide the perfect accent to the extraordinarily novel flower color. Hybridized by Tom Carruth, Wild Blue Yonder is being introduced by Weeks Roses of Upland, Calif.

E-mail questions to Jeff Rugg at info@greenerview.com.
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CONTINUED FROM
SMALL SPACES...Page 23

to wander away and get lost in the detail. Batiks depict villagers wearing elaborate masks and doing the elephant dance.

These sources can be inspiration for a tromp l'oeil treatment in small rooms. You can enjoy the pleasure of art without taking up valuable space for frames, the sense of warmth created by heavy drapes without actual fabric and hardware.

A trip to the powder bathroom in a private residence in Santa Monica, Calif., for example, treats the guest to an underwater adventure that goes a step beyond the trend of seascapes in the 1920s. Using a very old procedure, artist Lucy Jensen transforms a straightforward utilitarian area into something marvelous. This particular piece is a four-panel mural painted in acrylics on muslin. The entire piece is 19 feet by 9 feet.

Imagine a wall painted to look like a part of another room with a doorway that leads to another doorway and on into another room, three times removed. This old trick from castles and mansions from history can fool you into feeling that your own space goes on and on. In order to find an artist like Lucy Jensen or Lynne McDaniel in your area, call local artists' associations or contact the office of the American Society of Interior Designers to get a list of ASID industry partners. If you see a piece you like, ask who painted it and how to get in touch with the artist.

When you meet with the artist, have in mind some idea of what you'd like to have painted on the wall in order to jump-start the creative process. Then turn the artist loose and expect a dramatic result.

Christine Brun, ASID, is a San Diego-based interior designer and the author of "Big Ideas for Small Spaces." Send questions and comments to her by e-mail at cbaintdes@hotmail.com or to Copley News Service, P.O. Box 120190, San Diego, CA 92112.

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GARDEN TIP

These winners are truly winners



Winners of the All America Rose Selections come from a group of 25 official trial gardens that follow standards designed to test each rose in care normally given by the home gardener. If a rose wins an award, the result is a beautiful and easy-to-grow rose. AARS winners for 2006 include:

"Julia Child" is a medium-sized rose. Its rounded habit and excellent disease resistance raise the bar for English-style roses. The yellow-gold flower features a sweet licorice perfume and a petal count of more than 35.

"Rainbow Sorbet" is a multicolored floribunda that is more than 5 feet tall. The winter-hardy yellow, orange, red and pink rose resists black spot. It can be used as a powerful accent or as a bold border addition.

"Tahitian Sunset" is a brightly hued hybrid tea. Its blossoms start from high-centered orange-yellow buds that open to a peachy apricot-pink with yellow highlights. The 14- to 16-inch stems support licorice-scented flowers with about 30 petals and blooms up to 5 inches in diameter.

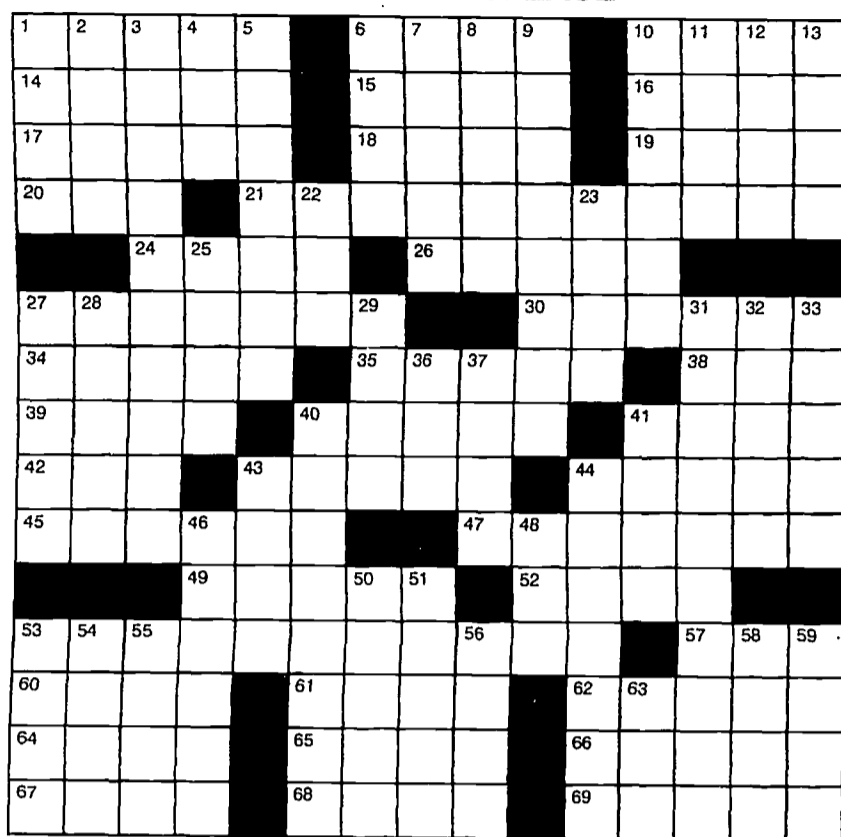


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COPYLEY NEWS SERVICE By Charles Preston

ACROSS

- 1 Copycat
- 6 Kid stuff?
- 10 CD component
- 14 Susan Lucci role
- 15 Ancient mariner
- 16 It's off the wall, perhaps
- 17 Frisco player
- 18 Bean curd
- 19 Grime fighter
- 20 GI support group
- 21 Grasp at straws?
- 24 First South Korean president
- 26 Artificial flavoring base
- 27 Draftsman's tool
- 30 Chosen ones
- 34 Stamping ground
- 35 Show place
- 38 In what way?
- 39 Sighed sound
- 40 Has a good laugh
- 41 Staff note
- 42 Poisonous plant, sometimes
- 43 Milne marsupial
- 44 Indiana cager
- 45 Sonnet section
- 47 Short snort
- 49 Apogee or perigee

DOWN

- 2 Diner's card
- 2 Bit of eye makeup
- 3 Small wharfs?
- 4 Lorelei's rocks?
- 5 Auto safety device
- 6 Start to freeze?
- 7 Fall off the wagon
- 8 Sidewalk enterprises
- 9 Window covers
- 10 Hunger for
- 11 Desktop item
- 12 Chase flies
- 13 Heat, on the street
- 22 More than oft
- 23 Committed a gridiron infraction
- 25 Mongol horde
- 27 Massenet heroine
- 28 Emollient
- 29 Harrow alternative
- 31 Requests to an inattentive waiter?
- 32 1993 Oscar winner
- 33 Took an oath
- 36 Crone
- 37 Nation subject to a U.N. embargo
- 40 Snarly hair: colloq.
- 41 Knight club
- 43 Sahara wear
- 44 Pause in the action
- 46 Learn easily
- 48 Birthplace of The Boss
- 50 Ice house
- 51 Bad spot
- 53 Benevolent
- 54 It's a thought
- 55 Gumby, essentially
- 56 Architectural additions
- 58 Bickering
- 59 Skirt panel
- 63 Written with three sharps

Last Week's
Puzzle Answers

IN PERIL



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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

Send your answers to the editor:
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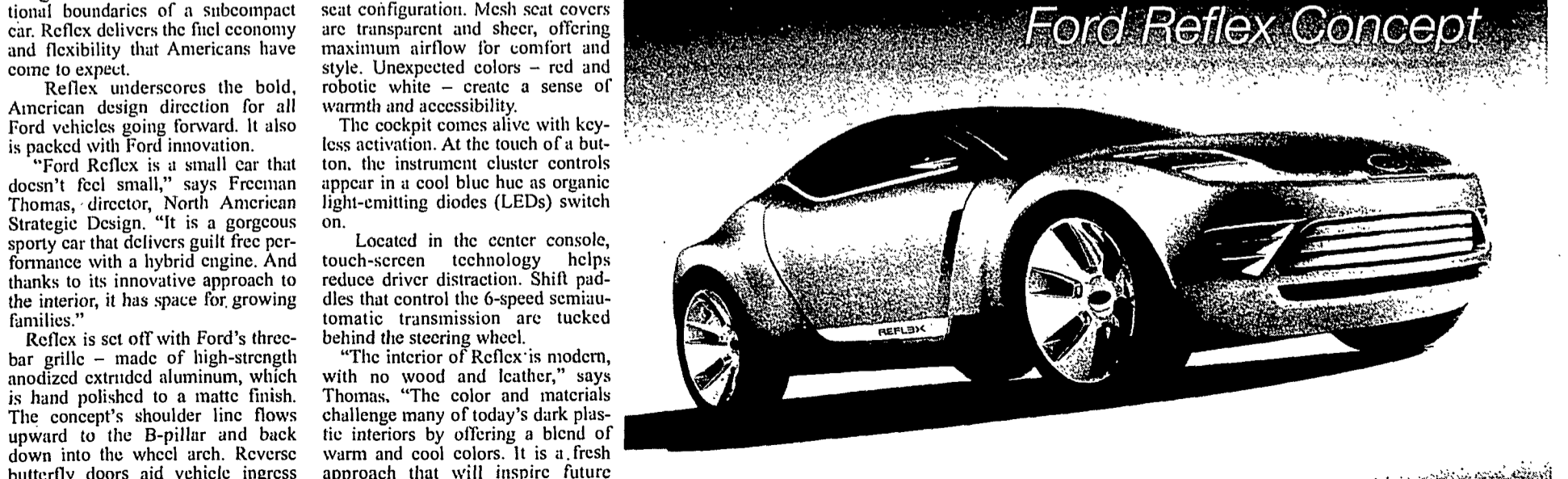
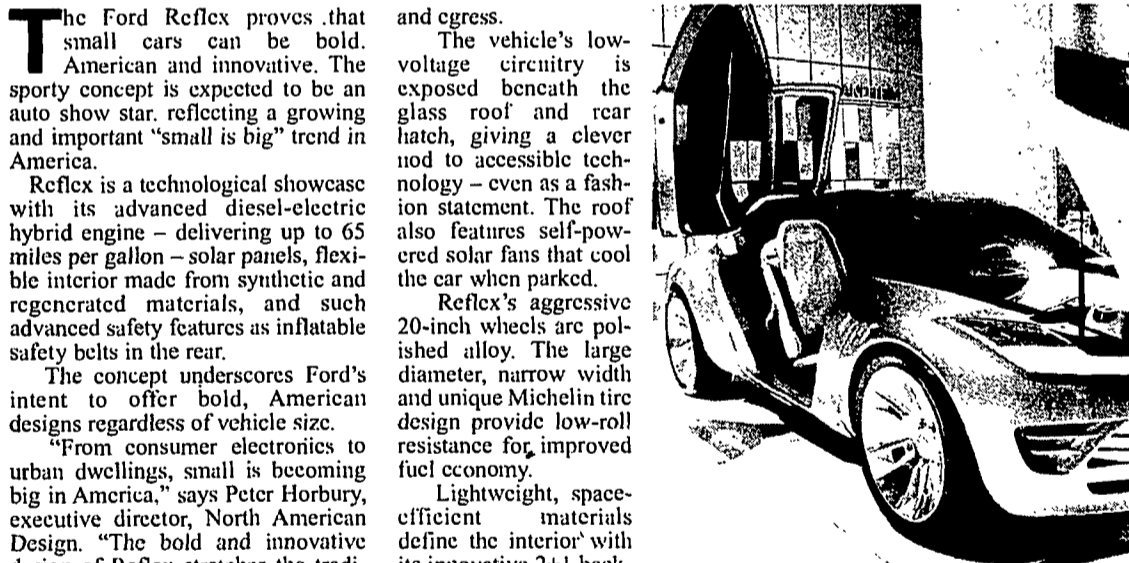
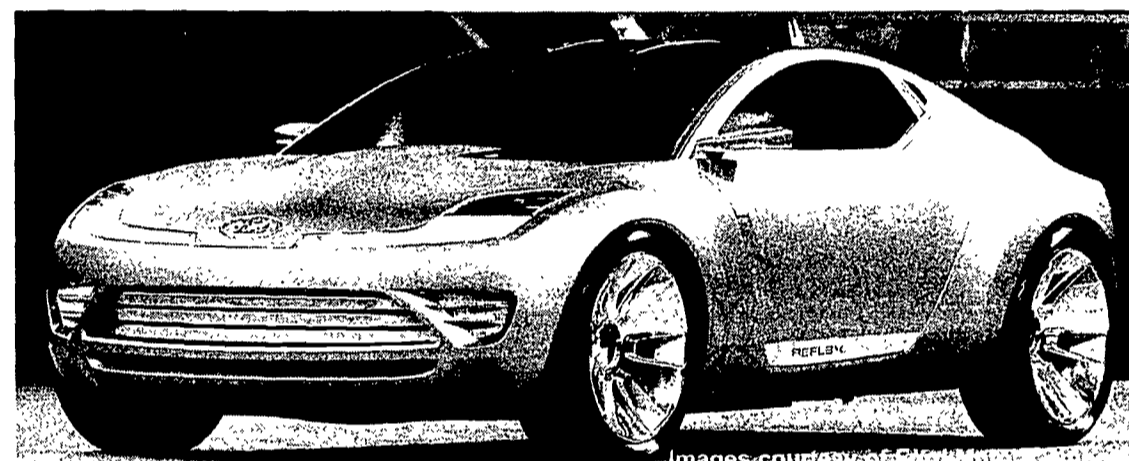
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trends in many industries, including fashion and home furnishings.

The back seat offers the ultimate in small-car flexibility. A second-row "love seat" can accommodate two children or one adult. With a push of a button, a divider bar raises through the seat bottom, transforming one seat into two.

Rear-seat passengers also have the luxury of watching their favorite movie on two small flat-screen monitors mounted to the lower portion of the front seatbacks. Like the front seats, the rear seats feature mesh wrapped around a lightweight inner frame.

Reflex takes safety innovation a major step forward. Advanced safety technologies include inflatable safety belts and BeltMinder™ for backseat passengers. The inflatable safety belt helps reduce injury risk to second-row occupants.

Ford's patented BeltMinder™ technology alerts the driver when second-row occupants are not buckled up.

Reflex also is equipped with side air curtains.

The love seat is fitted with an integrated rear-facing child safety seat. Understanding that the responsibilities of a parent don't end once the car starts, Reflex designers added a strategically placed "baby cam" in the headliner. From this vantage point, the driver can see streaming video images of the rear-seat occupants.

Reflex features an advanced diesel-electric hybrid propulsion system that harnesses diesel, electric and solar power. This combination of power can deliver maximum fuel economy - up to 65 mpg - without compromising performance.

The concept features an electric motor on the rear axle in addition to the hybrid propulsion system on the front axle. The rear motor provides all-wheel-drive capability, improved driving dynamics and the fuel economy benefits of a full hybrid vehicle.

Reflex's energy is stored in a new-generation lithium-ion battery pack, using the same technology found in cell phones. Ford was the first manufacturer to produce an electric vehicle using this type of battery system when it introduced the electric Ford Ka research vehicle in 2000. Also contributing to Reflex's power and performance are unique headlamps and taillamps that integrate solar panels. The Ford-patented battery-charging lighting system improves fuel economy by using the sun's power to charge the on-board batteries, while capturing and reusing the daylight at night.

Reflex's aggressive 20-inch wheels are polished alloy. The large diameter, narrow width and unique Michelin tire design provide low-roll resistance for improved fuel economy.

Lightweight, space-efficient materials define the interior with its innovative 2+1 back-seat configuration. Mesh seat covers are transparent and sheer, offering maximum airflow for comfort and style. Unexpected colors - red and robotic white - create a sense of warmth and accessibility.

The cockpit comes alive with keyless activation. At the touch of a button, the instrument cluster controls appear in a cool blue hue as organic light-emitting diodes (LEDs) switch on.

Located in the center console, touch-screen technology helps reduce driver distraction. Shift paddles that control the 6-speed semi-automatic transmission are tucked behind the steering wheel.

"The interior of Reflex is modern, with no wood and leather," says Thomas. "The color and materials challenge many of today's dark plastic interiors by offering a blend of warm and cool colors. It is a fresh approach that will inspire future

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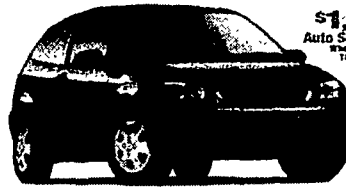


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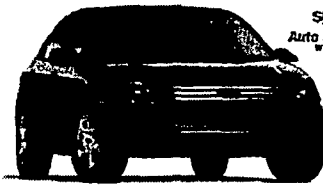


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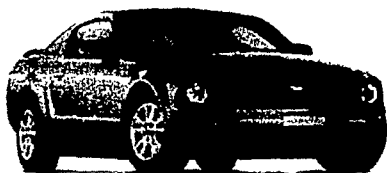


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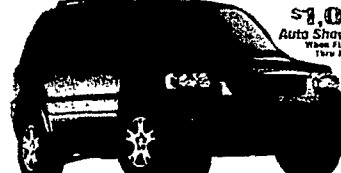
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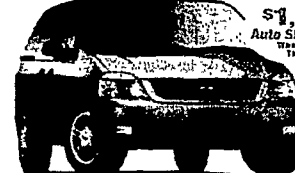


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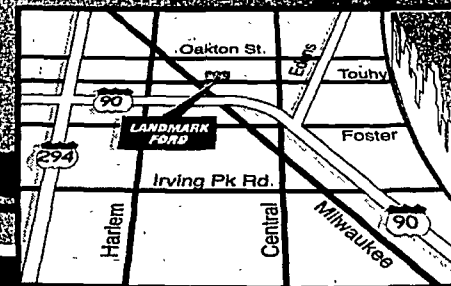
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