

Focus on Niles

"Where People Count"



www.vniles.com

Fall 2000



Mayor Nicholas Blase is pictured center with Vice President Al Gore. Also pictured from left to right are Trustees Robert Callero, Andrew Przybylo, Louella Preston, James Mahoney, Congress Woman Janice Schakowsky, Trustees Tom Bondi, Bart Murphy and Village Manager Abe Selman.

Vice President Al Gore Visits Niles

On Thursday, July 6th, Vice President Al Gore spoke on Medicare and related issues to two hundred members of the Niles Senior Center. Also included in the audience were U.S. Representative from the 9th District of Illinois, Jan Schakowsky; Village of Niles Mayor Nicholas B. Blase and his wife, Faye; Village Manager Abe Selman and his wife Leta; Village of Niles Trustees; and area mayors.

It was truly an exciting morning with several seniors having the chance to ask questions at the open microphones, and twelve seniors having special seating on the stage. For most of the participants, it was the closest they have ever been to the White House.

Al Gore discussed his view on Medicare and where he thought future monies needed to be allocated. He specifically focused on the need for prescription medication subsidies to be available for seniors.

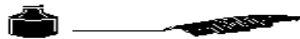
We will not soon forget the Vice President's visit. Not just because of the excitement of his actual visit, but because of the flurry of activity brought on by visits several days earlier from the Secret Service, the Office of the Vice President's staff, the lighting people, the audio people, and the phone people installing three extra phones for the visit.

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FROM THE DESK OF MAYOR NICHOLAS B. BLASE



Condominium Development is "Smart Community Planning"

Many of us have heard about "Smart Growth" and the benefits derived from this type of community growth management. A term that has grown from the anti-sprawl development movement, Smart Growth seeks to direct new development to areas where adequate infrastructure and commercial development is already in place. Strategically placed condominiums, a type of multifamily housing, is a form of "Smart Growth" planning.

The benefits of condominium housing range from quality of life issues, local economic benefits, reduced municipal service costs, reduction of traffic congestion and reduced impact on schools.

Condominiums are generally more affordable and require less maintenance than single-family homes allowing for an aging community to retain residents.

Continued next page

Why Not Shop On The Internet?

Because the Internet does not play fair and in the process, residents of communities across America will be hurt.

How will they be hurt?

Sales tax provided by our local retail stores pays for a significant portion of services provided by local government, i.e., police, fire protection, and public services.



The Internet does not want to pay sales taxes. Internet sales are projected to quadruple in five years. Those sales will diminish retail store sales and thus endanger the sales tax base of all communities across America. This, in turn, would result in diminished local services and/or an increase in local property taxes. Particularly hard hit will be communities with tax caps and other local governments.

How Can You Help Your Village and Local Retailers? See Page 9!!

Vice President Visits

Continued from cover page

On the day of the visit, the Secret Service did a security sweep of the building at 6:30 am, and continued their tight security throughout the morning.

It was an honor to have Vice President Gore here in the Village of Niles, talking with us for over an hour. Room 127 will never seem the same! We thank Representative Jan Schakowsky for recommending our facility and for making this such a special day for all of us.

Smart Community Planning

Continued from cover page

Condominium housing can provide freedom from the responsibility of home maintenance and repair affiliated with single-family homes, thus freeing up more time and disposable income for other activities, recreational or leisure pursuits.

A municipality also benefits from condominium developments. These types of low-impact homes reduce local government's capital land operating costs. A study shows that single family homes at 3 units per acre require \$2,361 in public services annually per unit, while multifamily units at 30 units per acre require only \$1,647 per unit in public service expenditures. This type of housing also places fewer demands on municipal water systems, due to several factors, such as smaller household sizes and fewer bathrooms.

Typically, because condominiums are located in convenient locations, close to shopping, and mass transit, people who live there generally don't drive thus putting less traffic congestion on local roadways. Studies show that condominium housing reduces traffic congestion as residents of condominium homes own fewer cars and generate fewer motor vehicle trips. Fewer motor vehicle trips reduce the need for more roads, maintenance of existing roads and environmental impacts.

Educationally speaking, residents of condominiums also generate fewer students for the local school system than single-family residents. Typically, 100 single-family homes generate an average of 55.6 school-aged children, whereas 100 multifamily units may generate 36.1 school-aged children. Condominiums have been known to generate even fewer school-aged children.

Condos produce high taxes for schools while providing very few children; e.g., the Renaissance - 420 units - 12 children.

Americans are noted for changing life-styles periodically. The following is a good example of the above:

Americans, upon retirement, previously traveled to Florida, Arizona, and other retirement areas in large numbers. More and more, retirees are deciding to stay near their families. That is why condominium living has become so popular. Sell the house and move into a nearby condo.

It is time we all woke up to this new phenomenon. We are in a culture change period.....condominiums are in.

O'Hare Noise Hotline
1-800-435-9569
www.oharenoise.org



Village of Niles

Mayor

Nicholas B. Blase

Trustees

Tom Bondi

Robert M. Callero

James Mahoney

Bart T. Murphy

Louella Preston

Andrew Przybylo

Clerk

Kathy Harbison

Village Manager

Abe Selman

Village Telephone Numbers

Emergency	911
Information Line	588-8411
Mayor's Office	588-8000
Village Clerk's Office	588-8000
Niles Administration	588-8000
TDD	588-8059
Finance Department	588-8000
Code Enforcement Department	588-8040
Fire Department	588-6800
Police Department	588-6500
Consumer Fraud	588-6505
Pet Line	588-6508
Public Services Department	588-7900
Human Services Department	588-8460
TDD	588-8440
Senior Center	588-8420
TDD	588-8455
Family Fitness Center	588-8400
TDD	588-8433
Free Bus Information	588-6600

Community Telephone Numbers

Niles Post Office	967-8848
Niles Park District Office	967-6633
Niles Public Library	663-1234
Niles Post Office	967-8848
Niles Chamber of Commerce	966-7606
Niles Public Schools	
District 63	299-1900
District 64	318-4300
District 67	966-8200
District 71	647-9752
High Schools	
District 207	696-3600
District 219	568-3959
Maine Township	297-2510
Niles Township	673-9300
Pace Suburban Bus	364-7223
Secretary of State	299-9352
Chamber of Commerce	966-7606



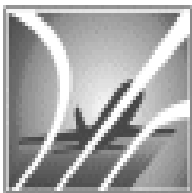
Culver School 4th Graders Study the History of Niles

This past spring, the 4th grade students at Culver School participated in a multi-learning project regarding the history of Niles. The goal was to give the children an awareness of the planning involved in developing and maintaining Village government.

Some of the tasks required of the students were: to study past architecture and compare it to the styles of buildings in Niles; record meal prices for use in math class, and prepare a booklet at the end of the project answering many of the questions raised while conducting the class project. Students used the Internet, took a bus trip and tours of many Niles public buildings, prepared time lines and maps using the Niles Centennial History Book, and estimated the mileage between stops on their tour. This class project incorporated elements of social studies, math, and language arts.

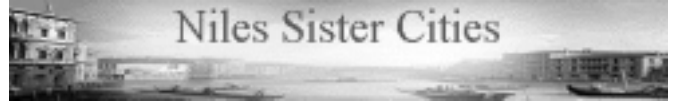
The Village was very pleased to be a participant in the program and presented each student with a copy of the Centennial History Book along with a personal letter from Mayor Blase. Representatives from the Village Manager’s Office met with the students and gave them an opportunity to ask questions about the operation of the Village. This was a wonderful opportunity for the school and Village to work together in support of the local students.

Niles Joins O’Hare Noise Compatibility Commission



In June, the O’Hare Noise Compatibility Commission welcomed the Village of Niles as its newest member. The unanimous Commission vote to approve Niles followed a similar vote by the Niles Board of Trustees in May to join the Commission as the 27th member.

“The Commission is about inclusion and working on aircraft noise issues in a cooperative atmosphere,” said Commission Chair, Arlington Heights President Arlene Mulder. “I’m pleased that Mayor Blase and the Niles Village Board share the Commission’s commitment to this approach.”



Niles Sister Cities News and Upcoming Events

The Village of Niles has three Sister Cities: Nafplion, Greece; Pisa Italy; and Leixlip, Ireland. Exchanges and activities with our Sister Cities are planned by the Niles Sister Cities Association, which meets quarterly. The Association is always seeking ways in which to involve the residents of Niles allowing for the exchange of ideas and culture with the residents of our Sister Cities. We have had several successful exchanges in the past and plan to hold more in the near future.

Five students from Niles recently returned from a two week stay in Napflion, our Greek Sister City. The students will make a presentation to the Association in September.

A delegation of 30 persons from Leixlip, Ireland will be visiting the Village of Niles from October 6th to October 12th. The purpose of their visit is to complete the signing of the formal declaration between Niles and Leixlip. The signing ceremony will take place Sunday, October 8th at the Niles Village Hall. Many of our visitors from Leixlip have never been to the U.S. and are looking forward to their trip. The Association is seeking volunteers to assist with the activities planned. For more information on our Sister Cities program or if you are interested in joining the Association, please contact Mary Kay Morrissey at 588-8421.

Claim Forms



The Illinois Public Utilities Act, Section 16-125(e) and (f) allows residents and businesses to receive payment for damage resulting from continuous power interruptions of four hours or more that affect more than

30,000 customers. Certain power surges or other fluctuations that affect more than 30,000 customers may also qualify. Exemptions from liability may be permitted when the cause for interruption is deemed to be:

- weather events or conditions;
- customer tampering;
- civil or international unrest;
- tampering by animals; or
- created by a non-ComEd employee.

To receive a claim form call ComEd at 1-800-334-7661 or visit ComEd’s web site at ucm.com/claims.

In addition to monetary assistance, residences and businesses with frequent outages or fluctuation in power are entitled to a reliability analysis of their property. This report details the reasons behind power outages or fluctuations at a residence or place of business. The property owner must request the report by contacting 1-800-EDISON-1. The Village of Niles **cannot** request this information on your behalf.

“Senior Prom” - Century of Stars

Friday evening, May 5th, was our first ever “Senior Prom.” Students from the Brotherhood organization of Maine South High School and seniors from the Niles Senior Center (with a few seniors from the Des Plaines Senior Center) joined in a joyous evening of food, dance and camaraderie in our very own senior center.

The theme of the evening was *Century of Stars*. High School students and seniors were matched up at the different tables. As an icebreaker, students and seniors together filled out an Entertainment Quiz which included questions from old and new movies which brought the ages together. A three piece band and several CDs allowed us to play music across the decades.

We could not have anticipated the

high energy and enthusiasm from everyone. To see everybody on the dance floor, line dancing, doing the Bunny Hop, or teaching each other the dance steps was wonderful to behold.



“What a special group of young people!” Many seniors mentioned how impressed they were with the students’ reaching out to them -- talking with them, dancing

with them, and obviously enjoying their company.

With one hundred and forty students and seniors having such a wonderful time, we look forward to our second annual Senior Prom next year.

As much fun as the Senior Prom was, what’s truly exciting was to see the teens and seniors - young and old - having fun together. The stereotypes disappear, and they see each other as individual people, each with their own strengths, each with something special to give.

Several of the papers sent reporters and photographers. For the local papers to share such a positive view about our high school students is most needed. We thank Steve Lasker, photographer, and the Lerner-Life newspaper for allowing us to reprint this picture.



Mayor Nicholas Blase is pictured center with Trustee Louella Preston, Assistant Village Manager Mary Kay Morrissey and Senior Center Director Jim Stavish

Senior Center Receives Governor’s Home Town Award

On the evening of June 21st, the Home Town Award winners were announced at the 19th Annual Governor’s Home Town Awards banquet in Springfield, Illinois. Governor George H. Ryan congratulated the winners for their many contributions to volunteer projects throughout Illinois.

Among the 750 people present at the festivities were two members of the Niles Senior Center, Conchita Goldberg and Elenore Heinrich, along with the Senior Center Director, Jim Stavish.

The Governor’s Home Town Awards competition is administered by the Department of Commerce and Community

Affairs (DCCA). Awards are presented in eight categories based on community population. Eligible projects involve general community service or facilities, economic development, achievements for or by youths, and achievements for or by senior citizens.

The Village of Niles Senior Center won 2nd place in achievements for or by senior citizens in Category VI (population 29,000 – 49,999) for its once a month evening and Sunday programs. The following project summary was included in the 2000 Governor’s Home Town Awards Finalists booklet:

By POPULAR REQUEST: SENIORS AFTER HOURS

The Niles Senior Center began to receive requests that the facility sometimes be open in the evenings or on weekends, since those can be lonely times for seniors. The Center complied, offering special events and regular activities staffed by senior volunteers, coordinated and supported by staff members. These special programs introduce younger seniors who may still be working at the Senior Center, and when they are ready, it will be natural for them to join.

We are proud of this achievement and look forward to next year.





Niles Family Fitness Center Has Something For Everyone

NILES FAMILY FITNESS CENTER OFFERS FALL PROGRAMS

The Niles Family Fitness Center has everything a body could want. The 5,000 square foot fitness facility provides an opportunity for individuals age 14 and over to develop a comprehensive workout program with the assistance of a professional staff. A thorough fitness assessment and new member orientation are included in the annual membership fee.

The Fitness Center offers a full line of selectorized strength equipment, free weights, and state of the art cardiovascular equipment to meet the needs of the beginner as well as the advanced athlete, including:

- .. Trotter Treadmills
- .. PreCor Elliptical Crosstrainers
- .. Stairmaster Steppers
- .. Stairmaster Upright Bicycles
- .. Reebok Body Mill Crosstrainers
- .. Concept II Rowers
- .. Nu Step Recumbent Bicycles
- .. Gravitron
- .. Smith Machines

The Fitness Center also offers a variety of group exercise classes led by professional certified instructors, including Step, toning, kick boxing, Yoga, and **SPINNING**. Aquatic exercise classes are also offered for those who prefer a water workout. **New this Fall...**land and water based arthritis exercise classes, sanctioned by the Arthritis Foundation!!

"The Clubhouse" gives members the opportunity to work out while leaving your child in a safe, fun filled environment just steps away. The Clubhouse is available to children ages 1 year and over.

Fitness and sports programs for all ages and skill levels are featured in the gymnasium facility. Drop in gym and directed activities include use of basketball, volleyball, and indoor soccer courts. The third floor features a three lane indoor Mondo surface track to provide for

ultimate comfort while walking, jogging or running.

The indoor Aquatics center offers several options for water fun. The L-shaped leisure pool includes a 25 yard lap pool for fitness classes, conditioning programs, open swim and more. A zero depth pool with walk in entry allows easy access for all ages and individuals with physical challenges. Interactive spray fountains, a swim channel and a 100 foot water slide add to the fun! *For those members age 18 years and over a whirlpool and dry sauna are also available.*

Fall hours of operation are:
Monday - Friday: 6AM - 9 PM and
Saturday & Sunday: 7AM - 5 PM. For more information contact the Niles Family Fitness Center at: 847-588-8400.



NEW SERVICES THIS FALL!

MASSAGE THERAPY

Give your body a break. Let one of our certified massage therapists bring new life into your tired, overworked muscles. Appointment required.

Members: \$ 60/ Hour Massage
Non-members: \$ 70/ Hour Massage

CHOLESTEROL TESTING

Why waste time and costly doctors visits to find out what your cholesterol level is? Our qualified staff can test you here and give you immediate results.

Appointment required.

Members: \$30 /Non-Members: \$35

Call 588-8406 or 588-8408 for more information or stop by the 2nd floor Fitness Center counter.

The Niles Family Fitness Center is excited to be offering a variety of new programs this fall for infants through adults. Classes include:

- .. Infant massage
- .. Parent-tot Classes
- .. Gymnastics (pre-school-teen)
- .. Pre-school and Youth sports
- .. Learn to Swim and aquatic programs
- .. Pool Special Events, parties, and "flick & float" movies for the entire family
- .. School's Out Camps
- .. Teen fitness, Dance & Adventure programs
- .. Teen Dances & Trips
- .. Teen/Adult Open volleyball
- .. Adult walking club
- .. Arthritis Exercise classes
- .. And many more !!!

Registration begins August 14th. Session 1 classes begin the week of September 11th. Session 2 classes begin the week of October 30th. To receive a copy of our Fall Program Brochure, contact the Niles Family Fitness Center at: 847-588-8400.

OPEN HOUSE *Sunday, September 24*

The Niles Family Fitness Center invites you to join us for our Wild West Open House, Sunday, September 24th from 1 p.m. to 3 p.m. Music, games, class demonstrations, refreshments and prizes will be featured throughout the day.

Call the Family Fitness Center at 588-8400 for a complete list of activities and times.

Police Department

Niles Police Department
7200 Milwaukee Avenue (847) 588-6500

HALLOWEEN PARTY!!



Every year the Niles Police Department sponsors a Halloween Party as an alternative to trick or treat-

ing door-to-door.

The Halloween party will be held on October 31, 2000, at St. John Brebeuf School from 4:00 p.m. until 8:00 p.m. The school is located at 8301 Harlem Avenue, Niles.

This event is worthwhile and has received extremely favorable comments from the community. There is no cost for residents attending.

CRIME REPORT

**If you have witnessed
or want to report a
crime in a non-
emergency situation**

call 588 - 6452

Handgun Safety Locks Available



The Niles Police Department continues its Handgun Safety campaign by giving away handgun safety locks in an effort to prevent tragedy. The locks being given away are Master Guard Trigger Locks; this quality safety device will fit any handgun and most rifles and shotguns.

Niles residents will be able to pick up the locks any day of the week between 9:00 a.m. and 5:00 p.m. at the Niles Police Department located at 7200 N. Milwaukee Ave. You must be a Niles resident and possess a valid Illinois Drivers License or Identification Card to obtain a lock. There is a limit of two locks per household.

The Niles Police Department is also recommending that a firearm owner take the following additional precautions:

- Store your weapon unloaded, uncocked and locked.
- Keep the key for the trigger lock with you or in a secure location out of the reach of children.
- Store the weapon and ammunition separately.
- Teach your children not to touch any firearm without the direct supervision of an adult.
- Record the serial number of the firearm in the event the weapon is lost or stolen.
- Never keep your weapon where it is "readily accessible" like under your pillow or on the nightstand beside your bed.

Code Enforcement

Code Enforcement Department
1000 Civic Center Drive (847) 588-8040

Why a Building Permit?



Permits provide protection for the homeowners to insure that the contractor is licensed and bonded. A \$25,000 permit bond is required by the contractor to insure that the work being performed is done in accordance with Village Ordinances and Building Codes.

Watch out for the contractor who tells you to take the permit out as if you were doing the work or the contractor that does not want to obtain a permit on his own!! The Code Enforcement Department has seen too many residents stuck with defective construction performed by contractors.

The Illinois Attorney General web site at www.ag.state.il.us has information on consumer rights and on how to best avoid home repair fraud. Call 847-588-8040 for more information.

Free Carbon Monoxide and Natural Gas Testing

The Departments of Code Enforcement and Human Services is teaming up to offer the annual Carbon Monoxide and Natural Gas Testing Program in November and December. The Village will inspect residential furnaces and gas appliances at no cost to residents. An appointment is necessary.

Carbon monoxide is a tasteless, odorless, colorless gas that can cause serious illness or death. Symptoms include dizziness, headache and nausea. Uncoated brass gas connectors are potentially dangerous and should be replaced with new stainless or plastic coated brass connectors. Inspectors will advise you if your gas connectors need to be replaced.

To schedule an appointment beginning November 13th, contact the Niles Senior Center at 588-8480. All Inspectors wear Village uniforms and drive marked Village cars.



Street Maintenance A Year Round Task

Getting around Niles everyday, people use a network of roadways which is much larger than they may realize. In Niles, three different government agencies have responsibility for the roads in town. They are the Village of Niles, Cook County and the State of Illinois. The Village is responsible for 115 lane miles of roadway, the County 12 lane miles of roadway, and the State of Illinois 124.53 lane miles of roadway. All together that makes over 251 miles of roadway within the Village of Niles! Given the average road lane width of 12 feet, that means there are some 365 acres of roadway requiring maintenance.

As owner of 115 lane miles of street, the Village is responsible for daily maintenance such as snow plowing, street sweeping, pothole patching, pavement replacement, crackfilling and regulatory and informational street signs. In addition, maintenance includes replacement of any worn or dilapidated streets. By agreement with the State of Illinois, the Village provides the daily maintenance of State routes, excluding street signs and any major repair work, for the 124.53 miles of State roads. The County utilizes their crews to maintain its 12 miles of roadway.

All of the daily maintenance tasks completed by Village crews are important weapons in the fight to keep our roads in the best condition possible. While many people know street cleaning keeps the roads looking good, it also stops debris from clogging storm sewers. This is good for roads because standing water causes premature road deterioration. Pothole patching and crackfilling also make the roads look better, but they also extend the life of pavement. For the safety of the motorists, snow and ice control in the winter time is a primary concern of the department.

These projects on the miles of roadway in Niles keep the Street Division busy year round, and the roads safe for you to drive.

The Urban Forest Alive and Thriving in Niles

Did you know that there are over 8,500 trees on Village property with a value of over \$12 million? This valuable resource adds to the character of the Village, and that is why the Public Services Department has an active urban forestry program directed by an in-house certified arborist. Research has demonstrated that property values rise as the number and size of trees increase. Studies have also found that an urban tree may be up to 15 times more effective at mitigating air pollution than the same tree in a wooded area, and that shading an air conditioner can improve appliance efficiency by 40%.



A Public Services employee removes a diseased tree from the parkway

In an effort to better manage the Village's urban forest, an inventory was conducted in 1996 allowing the Village to approach tree trimming and planting in a systematic, proactive basis. In regard to tree trimming, the Village has established a program of trimming each tree approximately once every five years to ensure structural integrity, proper growing patterns, and to remove dead or low lying branches.

Tree planting occurs each fall, with approximately 250 new trees planted each year. Care is taken to plant trees that will diversify Niles' urban forest, thrive in the climatic conditions, have a good life expectancy and require standard maintenance. Additionally, each site is reviewed to match the proper tree species to the conditions of each site.

2000 Leaf Pickup Service

The leaf pickup program runs from mid-October through late November, and is provided to residents every other week according to the following:

EAST OF MILWAUKEE AVE., pickup begins on the following Mondays and continues through that week. Place leaves in the curb on the appropriate Monday for pickup during the week. Pickup begins on the following dates: October 9th, October 23rd, November 6th, and November 20th.

WEST OF MILWAUKEE AVE., pickup begins on the following Mondays and continues through that week. Place leaves in the curb on the appropriate Monday for pickup during the week. Pickup begins on the following dates: October 16th, October 30th, and November 13th.

Loose leaves should be raked into the curb by Monday of the pickup week and be free of foreign materials such as grass, branches, plants, and rocks. Leaves will not be collected if they are placed in plastic bags or boxes - all leaves must be loose. Leaves placed for collection on the appropriate Monday will be picked up during that week, not necessarily that Monday. To provide better access to the leaves, park your vehicles in garages or on drives. Residents choosing to bag leaves may purchase yard waste stickers for one dollar each, and place the sticker on the yard waste bag on a 35 gallon garbage can. The container should be placed at the curb for collection on the regularly scheduled garbage pickup day.



HEALTH NEWS FROM THE NILES SENIOR CENTER

IMPORTANT FLU VACCINE INFORMATION

The Niles Senior Center has been informed that manufacturers are expecting delays in flu vaccine shipment and a reduction in the availability of the vaccine.

The Senior Center will target its high risk population, residents 50 years and older with chronic illness, or anyone else in close contact with people at risk for influenza.

Residents 18 to 49 years will be immunized for \$10, only after the high risk population has been vaccinated. We encourage residents regardless of age who belong to an HMO to receive their flu shot through their HMO.



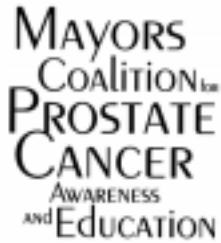
At the time of the flu shot, please show proof of age and residence. If you are 65 or older, you must bring your Medicare card. Medicare will be billed. The Cook County Department of Public Health provides some of our vaccine.

Clinic dates will be scheduled when the vaccine arrives. Watch your local newspapers, the Village of Niles Web site, and the Senior Center for more information. The senior center will be a WALK-IN CLINIC. When dates are announced, just walk in during the hours the clinic is open.

Only homebound residents will be able to make appointments. To make an appointment, please contact Terry Dalla Valle RN BSN at 588-8420.

PNEUMOCOCCAL VACCINE IS AVAILABLE

If you are an adult 65 years or older who have never received the vaccine call Terry Dalla Valle RN BSN at 588-8420 for an office or homebound appointment. You will need to bring your Medicare card. Medicare will be billed.



Prostate cancer is the most commonly diagnosed nonskin cancer among men, striking one man in six. This year more than 180,000 men will learn they have the disease, and over 31,000 will lose their lives to it.

Prostate cancer goes beyond the men who are diagnosed because families are devastated with the loss of fathers, grandfathers, uncles, and brothers. It should also be remembered that the disease can strike younger men. Approximately one in four prostate cancer cases occur in men under 65 during their prime working years.

Early detection is critical to coping with this complex disease that does not have a "one size fits all" treatment regimen for diagnosed men. September is designated as Prostate Cancer Awareness Month during which men are urged to consult with their physicians about prostate cancer and, whenever appropriate, to get screened for the disease.

Become informed about prostate cancer and take the necessary steps to protect your health. Remember, the life you save may be your own.

Depression - What? Who? Treatment?

What is Depression? Depression is a common emotional disorder. It effects the body and mind. Depression is believed to be caused by an actual physical problem. Many believe depression runs in families. Some specialists believe that depression is a reaction to loss, a form of grieving, or anger turned inward.

Signs of Depression: Persistent and prolonged feelings of sadness, difficulty concentrating, weight loss or gain, social withdrawal, loss of interest in usual activities, feelings of worthlessness, anxiety, irritability, worry, and trouble getting out of bed. Seek help if these signs are getting in the way of enjoying life for you or someone you know.

Who is at Risk? No one really knows what triggers depression. We do know there is a chemical balance that shifts for those experiencing depression. Those with family members who are or have been depressed are twice as likely to become depressed. Depression strikes at almost any age. Abusers of drugs and alcohol are at an increased risk, as well as those who have a chronic illness. Rates of clinical depression increase in each generation born since 1915. The fact is that anyone can be depressed.

Treatment: It is important to consult with a physician or mental health professional regarding treatment. There are many types of depression; and, therefore, the course of treatment can vary from one person to another. This may include: therapy, exercise, support groups, herbal medicines, dietary supplements, acupuncture, phototherapy, and medication. Your doctor will know which medication to prescribe based on symptoms. It usually takes two to four weeks to feel any benefit, and it may involve trying a different type to find the best match.

For further information call Family Services at 588-8460.



For Women age 40 to 64

Your risk for breast and cervical cancer increases with age! If you are uninsured or underinsured, you may be eligible for free exams at one of the following hospitals: Evanston Hospital and Northwest Community Hospital.

For appointments, call the Cook County Department of Public Health at (708) 492-2117.

Letter to Residents on Internet Shopping

Why is “No Sales Tax” on Internet Shopping Bad for You?

In general, electronic commerce over the Internet is desirable. It is seen as a developing economic engine, however, state and local sales taxes are not applied to Internet sales.

It is anticipated that Internet retail sales will quadruple in the next five years. The Federal Government estimates that between \$800 million to \$3.5 billion dollars a year are lost to states and local communities because retail sales are not equitably taxed on the Internet.

You may ask, “Why should this upset me?” It should upset you for the following reason:

State and local sales taxes must be applied to all commerce, and sales over the Internet should be no exception. Our local retailers have already begun to experience the financial impact affiliated with Internet retail sales. State and local governments also stand to lose a tax base used to provide essential services to residents such as police, fire and public works.

Unchecked, growing Internet sales in this country will negatively affect state and local governments. The Village of Niles is no exception. If we experience a tremendous sales tax revenue loss due to e-commerce, then one of two things must happen to compensate:

1. Cut Village services, or
2. Raise real estate taxes to maintain services.

Neither of these alternatives should be acceptable to you.

At present, the United States Senate is contemplating extending a moratorium on the collection of sales tax on the Internet for another five years. This will be harmful to local municipalities and it will be harmful to you.

We urge you to contact your Senators to request that they “not” approve this moratorium and that they agree to collect sales tax on Internet retail sales so that all services in our community can be protected and not unfairly affected.

Your Senators are:

Senator Peter G. Fitzgerald
230 S. Dearborn, Suite 3900
Chicago, IL 60604
Phone: (312) 886-3506
Senator_Fitzgerald@fitzgerald.senate.gov

Senator Richard J. Durbin
Kluczynski Bldg. 38th Fl.
230 South Dearborn
Chicago, IL 60604
Phone: (312) 353-4952
dick@durbin.senate.gov



**Send an Instant Message to
Congress at www.vniles.com**



The exponential growth of electronic commerce means that, within a very short period of time, the tax bases supported by state and local sales tax -- and the services that are sustained by them, such as education, public health and safety, and law enforcement -- will experience a significant decline.

Internet companies aren't required to collect sales or use taxes on remote sales. As a result, every time we purchase from an e-tailer, rather from a brick-and-mortar store, we are essentially stealing money from our kids and our communities. Despite the obvious unfairness of this preferential treatment for dot-coms, Congress is currently considering allowing Internet companies to sell products and services tax free for years to come. We need to work together and write Congress now!!

Household Hazardous Waste

HOLD ONTO IT!!

The Village of Niles requests that you hold onto any Household Hazardous Waste that you may have accumulated in your home or garage until the Solid Waste Agency of Northern Cook County (SWANCC), in cooperation with the Illinois Environmental Protection Agency (IEPA), conducts a local Household Hazardous Waste collection.

If you do not wish to wait for a local collection date, you may go to one of the following long-term facilities that are open every weekend, except for major holidays:

- Naperville: 9:00 a.m. to 3:00 p.m., Saturday & Sunday
1971 Brookdale Road, Fire Station #4
(I-88 west to Route 59 south; travel 1 1/2 miles to light at Brookdale. Turn left and left again into Fire Station #4)
- Rockford: 8:00 a.m. to 4:00 p.m., Saturday
12:00 noon - 4:00 p.m., Sunday
3333 Kishwaukee
Rock River Reclamation District

Call the IEPA's Waste Reduction Unit at (217) 782-6762 for more information regarding the above permanent collection facilities or visit their web site at www.epa.state.il.us

HOUSEHOLD HAZARDOUS WASTE COLLECTIONS

- September 16: Wastewater Treatment Plant
1000 N. Mitchell Ave.
Robinson (Crawford County)
- September 23: Public Works Facility
1150 Bittersweet
Bartlett (Cook/Dupage Counties)
- September 23: Commonwealth Edison Facility
1500 Franklin Boulevard NW
Libertyville (Lake County)
- September 30: Illinois Power Company
2460 Jasper
Decatur (Macon County)
- October 7: TBA
Broadview (Cook County)
- October 14: K's Square Factory Outlet Mall
110 Ave. of Mid-America
Effingham (Effingham County)
- October 21: University of Illinois - Chicago
1135 S. Morgan
Chicago (Cook County)
- October 28: U.S. Army Reserve Facility
1515 W. Central Road
Arlington Heights (Cook County)



Acceptable Wastes at One-Day Collections

- Oil-based paints
 - Latex paints
 - Paint thinners
 - Herbicides
 - Insecticides
 - Pesticides
 - Old gasoline
 - Pool chemicals
 - Cleaning products
 - Household batteries
 - Used motor oil
 - Drain cleaners
 - Lawn chemicals
 - Solvents
 - Antifreeze
 - Hobby chemicals
 - Aerosol paints/pesticides
 - Fluorescent lamp bulbs
- **Mercury is Acceptable!!**

Unacceptable Wastes at One-Day Collections

- Agricultural wastes
- Business sector waste
- Commercial waste
- Propane Tanks**
- Smoke detectors
- Fire extinguishers**
- Explosives*
- Fireworks*
- Ammunition*
- Lead acid batteries**
- Farm machinery oil
- Institutional waste

* The Niles Police Department will collect any explosives, fireworks or ammunition. Please contact the Police Department first at 588-6500.

** Although the Illinois EPA's contractors do not accept automotive batteries, propane tanks, or fire extinguishers, cosponsors may elect to contact a vendor willing to set up and accept these materials on the day of the collection event. Call the IEPA at (217) 782-6762 to verify materials being accepted.

THE SOLID WASTE AGENCY OF
NORTHERN COOK COUNTY

(SWANCC)

(847) 296-9200

visit www.swancc.org

Village Recycling Services

Paper Collected



Newspaper

- newspaper inserts accepted

Magazines & Catalogs

- glossy & non-glossy accepted

Telephone Directories

Office/School Paper

Advertising Mail

Kraft Brown Paper Bags

Corrugated Cardboard

Paperboard (Chipboard)

- cereal boxes
- pasta boxes
- clothing boxes
- tissue boxes

* Collection is made simple if you place the above items inside of Kraft Brown Paper Bags.

Metal Collected



- aluminum cans
- steel or tin cans

Glass Collected

- bottles and jars only
- brown, green and clear glass

No mirrors, window glass or ceramics will be accepted



Plastic Collected

PET (#1) Plastic Bottles

- 2-liter soda bottles
- plastic beverage containers

HDPE (#2) Plastic Bottles

- laundry detergent
- milk and water bottles
- shampoo and personal care bottles

(#4) Plastic

- plastic bottles
- food trays

* Check the plastic container for a number



Collection Guidelines

- Place recycling into your RECYCLING BIN.
- Additional recycling bins may be obtained from the Village Hall by calling 588-8000.
- Write your address on your bin with a permanent marker.
- Recycling bins should remain with the home if you move.
- Place all paper in paper grocery bags to assist the collection crew.

Preparation of Materials

- Non-paper materials may be mixed together in a bin.
- Keep all paper products separate from non-paper.
- Place newspapers, magazines, chipboard, and cardboard in a paper grocery bag or tie with string.
- Flatten all corrugated cardboard boxes, and paperboard, and remove any non-paper packing material.
- Cut corrugated cardboard into 2'x2' pieces and tie together with string.
- Do not place recyclable materials in plastic bags.
- Rinse all recyclables free of food and remove lids.
- Remove labels from cans, but not from glass or plastic.
- Crush cans and plastic bottles
- Place paper products on top or on the side of the recycling bin.

SERVICE INQUIRIES & COMPLAINTS

If you should have questions or if you should experience any problems, please call Groot Recycling & Waste Services at 1-800-244-1977

visit www.groot.com

Village Waste Services

GENERAL PROVISIONS

Garbage is collected once a week and should be placed at the curb or in the alley no earlier than 5:00 p.m. the night prior to pickup. Call Groot at 1-800-244-1977 if you need to know your specific pickup day.

Hours of collection are 7:00 a.m. to 7:00 p.m.

Collection is **not** provided on the following holidays: New Years Day, Labor Day, Memorial Day, Independence Day, Thanksgiving Day, Christmas Day.

If one of these holidays falls on your scheduled pickup day, collection is made the very next day. All pickups for the remainder of the week will also occur one day later.

ITEMS NOT COLLECTED

Illinois law prohibits the disposal of certain waste in landfills. The following items will not be collected by Groot: automobile tires, automobile batteries, explosives and volatile waste, flammable waste, gasoline, motor oil, and similar automobile fluids, toxic and hazardous waste, acids and poisons, unhardened paint.

To dispose of these items, call the Solid Waste Agency of Northern Cook County at 296-9205.

CONSTRUCTION DEBRIS

Residents with waste such as earth, sod, rocks, concrete, rubble, waste from remodeling, construction and demolition of buildings, excavations and other similar materials should contact Groot for a special pickup. Residents may also order a large dumpster.

REFUSE COLLECTION

Residents receive unlimited garbage collection on their scheduled pickup day. Each can or bag may not exceed 60 pounds in weight. Please place trash in heavy duty garbage bags and not in small grocery store bags used for groceries.

Residents may put one bulk item out for collection on their pickup day. Bulk Items include, but are not limited to, pianos, beds, box springs, mattresses, sofas, furniture, furnishings, fixtures, and White Goods.

Carpet must be cut into 4 foot lengths, and rolled no more than 18 inches in diameter.

White Goods include, but are not limited to, stoves, microwaves, washing machines, dryers, air conditioners, refrigerators, freezers, dehumidifiers, water softeners, water heaters, trash compactors, and dishwashers.

Note: Groot requests that residents call them at 1-800-244-1977 in advance for all white goods put out for collection.

Have Problems or Questions?
Call Groot Recycling & Waste Services
at 1-800-244-1977
visit www.groot.com

LANDSCAPE WASTE COLLECTION

The Landscape Waste collection season is April 1 through December 1.

Residents may place an unlimited amount of landscape waste at the curb on their regular garbage pickup day - provided that a sticker is affixed to each can/paper bag/bundle.

Each can/paper bag/bundle of Landscape Waste placed at the curb requires one (1) prepaid sticker and should not weigh more than 60 pounds. Stickers are not reusable.

The Village of Niles (1000 Civic Center Dr., Oakton and Waukegan) sells Yard Waste Stickers for \$1.00 per sticker. The following stores sell Yard Waste Stickers for a comparable cost:

Dominick's at 8900 Greenwood
Dominick's at 7801 Waukegan
Franks Lawn Mower Sales at 8113 N. Milwaukee
Human Services at 999 Civic Center Drive
Jewel Food Stores at 8730 Dempster
Jewel Food Stores at 8201 Golf Road
Jewel Food Stores at 7900 Milwaukee
Jewel Food Stores at 5667 Touhy Avenue
Milwaukee Ballard Currency at 9107 Milwaukee
Minelli Brothers at 9107 Milwaukee

Plastic bags and boxes are not allowed
Holiday Tree Pickup is Free

BRANCH PICKUP

Branch pickup is provided once per month from April through September. Residents east of Milwaukee Ave. will have branch pickup on the first Monday of the month. Residents west of Milwaukee Ave. will have branch pickup on the last Monday of the month. Branches must be less than 10" diameter and tied in bundles no more than 18" diameter and 4 feet long. All branches must be placed at the curb in front of your home. Pickup continues throughout the week.

Village of Niles
1000 Civic Center Drive
Niles, Illinois 60714

Bulk Rate
U.S. Postage
PAID
Permit No. 2086
Chicago, Illinois

CAR-RT PRESORT

RESIDENT
Niles, Illinois 60714