



INJURY-PLAGUED HAWKS
STRUGGLE FORWARD,
CHECK IT OUT IN SPORTS,
PG. 19



NILES' BOB GOLDSTEIN INSPIRES
WEIGHT-TRAINERS, AIMS TO
BREAK RECORD,
SENIOR PULL-OUT PG. 11

THE BUGLE

APR 21 2005

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April 21, 2005

Vol. 48 No. 47

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Bellos confront drug problems head-on

Family calls for drug-sniffing dogs in schools

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

As a father of five, it wasn't easy for Dr. John Bello to come forward and speak publicly about his youngest son's drug problems that started with marijuana, moved on to heroin and landed him in a rehabilitation program in Utah. But Bello did it, first at a meeting of the Park Ridge city council and then again at a meeting of the Maine Township High School District 207 school board.

"Hopefully by alerting other families in town, we can prevent this from happening again," Bello told the school

board, Monday, Apr. 11.

The problem with the Bello's youngest son, they later discovered, began in seventh grade when he experimented with marijuana. It wasn't until he entered high school at Maine South in Park Ridge that Bello and his wife, Nancy, realized what was going on. At that time, their son was on the football team and they were both concerned that he would be sanctioned if they approached the school about the problem.

"We were afraid because we thought our son would be blackballed," Nancy said.

That fear, prompted the Bellos to approach a social worker outside of the school. That individual, they said,

Continues...

DRUG PROBLEMS page 9.



Off and Running

Runners leave the starting line for the Fifth Annual Anelise's Run Sunday morning April 17, 2005 outside of the Park Ridge Community Center.

(Photo by Allen Kaleta)

A Burning Issue

Morton Grove and Suffredin want prescribed burns in the Forest Preserves south of Dempster, Stroger isn't budging

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

Prescribed burnings in prairies are a commonly used ecological restoration tool, even for the Cook County Forest Preserve, which has burned almost 1,000 acres this year, but for about a decade they haven't been allowed in Morton Grove's Miami Woods. Now, the village and the "Friends" of the Forest Preserve have begun clamoring for the burns, for both ecological and safety reasons.

There's been a moratorium on prescribed burnings in the Forest Preserve south of Dempster for almost a decade. Cook County President John Stroger originally imposed it because of concerns from residents living in the north Chicago neighborhoods of Edgebrook and Sauganash. They

believed that their homes were at risk from the burns. Five sites currently fall under the moratorium, Sauganash, Indian Road Woods, Bunker Hill, Oxbow and Miami Woods, encompassing all of Morton Grove's Forest Preserve sites south of Dempster Street.

The "Friends of the Morton Grove Forest Preserves" are calling for the prescribed burnings in the prairie area of Miami Woods, located just east of the intersection of Caldwell and Waukegan Roads.

"The work at Miami Prairie had been going on for over 15 years before the ban was put into place," said John Thill, Friends president. "In spite of the hours of work our volunteers have been putting in to manage the Prairie, it is now deteriorating in quality because one of the more helpful and natural restoration tools is being denied to us: fire."

Typically, prescribed burns are used as a restorative tool in Illinois prairies because native species have long been adapted to fires and are able to grow back at a faster rate than encroaching European and Asian species.

At Thill's urging, Morton Grove passed a resolution last month asking Cook County President John Stroger to allow prescribed burnings in the Forest Preserves within the village limits south of Dempster. Safety is the primary concern for Morton Grove Fire Chief Tom Friel.

According to a survey conducted by the village in July of 2003, there were at least ten piles of brush that had accumulated over the years in Miami Woods. The piles were a result of volunteer efforts to clear

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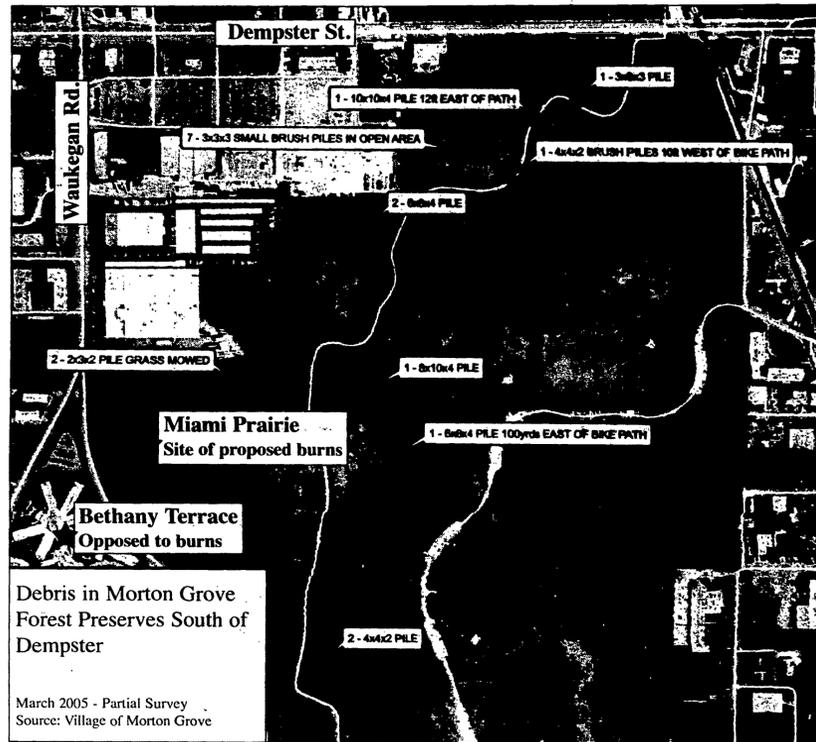
BURNING ISSUE page 4.



A pile of chipped wood lies in the Miami Prairie. The chips are all that is left of a pile of brush that the Morton Grove Fire Department observed two years ago. They believe it poses a threat to the Bethany Nursing Centre, background.

NEWS

Burning Issue



March 2005 - Partial Survey
Source: Village of Morton Grove

result of volunteer efforts over the decades to clear the Forest Preserves of invasive, non-native species like buckthorn trees.

Friel said that the village was primarily concerned about the brush piles, what the Fire Department calls the "fuel load" because of the remoteness of the sites; the village's fire equipment is designed to fight urban fires, not a brush fire in the middle of a forest.

In response to village concerns, Forest Preserve crews have chipped the brush piles, turning them from piles of deadwood to piles of wood chips that are, after the winter, little more than mulch. Another survey conducted by the village last month found that the efforts of Forest Preserve personnel have significantly reduced the fuel load, but Friel says the Fire Department still has some concerns.

"Under the right conditions it can be more of a problem because now it has greater surface area," he said. "We'd like to see the fuel load gone."

Friel also said a serious brush fire would be a concern because of the proximity of the Bethany Terrace Nursing Centre, located across the street. It would prove exceedingly difficult to evacuate the Center under such circumstance.

Bethany Terrace Opposes Burns

Bethany Terrace Nursing Centre located across from the Miami

Prairie on Caldwell and Waukegan Roads opposes any burning in the neighboring prairie because, according to their Executive Vice President Steve Friedman, it puts their residents and the community at risk from particulate emissions or an out-of-control fire.

"We're literally right across the road," said Friedman. "We feel that it's inappropriate and dangerous: burns have gone out of control and we've never been given any assurances that they could control it."

Friedman said that Bethany Terrace, which houses over 200 individuals, many of whom are infirm. This would make the facility difficult to evacuate should crews lose control of a prescribed burn.

"There are other ways to restore the environment," he said.

Smoke is also a concern for Bethany Terrace. Friedman cited increased instances of lung diseases such as asthma, saying that air pollution is a serious concern with prescribed burns.

"There's been no referendum on burning," he said. "I think that most people would say that they don't want any more pollution. Why add to what we have when there are other ways to accomplish the same goal?"

It's a matter of responsibility to the community, Friedman said, that Bethany Terrace opposes the prescribed burns.

"We're trying to stand up for what's appropriate for the community and some of its most vulnerable

residents," he said. "We're not against restoring anything, but there's been no guarantees and that's what concerns us."

Representatives from the Morton Grove and Glenview Fire Departments that deal with multiple prescribed burnings each year testified that they have never seen workers lose control of a prescribed burn. Richard Newhard, director of Natural Resources for the Forest Preserve also said that in his 30 years at the Forest Preserve he has never seen an out-of-control prescribed burn.

In spite of Bethany Terrace's opposition, Kent Fuller, master steward of Miami Woods believes that prescribed burns are the only way to restore the prairie to the state it was in before the moratorium was instituted.

"My wife and I just love that place," said Fuller, who works with the Friends of the Morton Grove Forest Preserves to maintain Miami Woods. "We're very frustrated that we can't do everything we could to help it."

Fuller described the Miami Prairie area as a simple place to burn.

"There are some places that are very tricky and some that are simple," he said. "Miami is simple, we just wait for a wind out of the west."

Just because it's simple, doesn't mean that Fuller and the Friends aren't concerned about Bethany Terrace or the neighboring residential buildings to the north on

Waukegan. "The area was burned continuously before the moratorium was instituted," said Fuller. "We're very conscious of the concerns of Bethany Terrace and the neighboring residences and we've spoken to the Fire Department. It's not an issue. It's a simple place to burn."

Other means of restoring the prairie have been utilized since the burn moratorium, according to Fuller, such as the use of herbicides or manual clearing of brush. In spite of those efforts, the area has severely deteriorated since the last burn.

"It has deteriorated badly," Fuller said. "We have seen the area of the highest quality plants become smaller and smaller."

A Thousand Acres Burned in 2005

Richard Newhard's Forest Preserve crews know how to conduct prescribed burnings. In the 12 hours preceding a planned burn they regularly check wind and weather conditions. If they're slightly off, then so is the burn.

"Mother Nature has helped us this year," said Newhard. "We've had a good spring."

Richard Newhard's crews have burned almost 1000 acres in Forest Preserve District property this spring, on track to double last year's total burnings of 919 acres if the favorable conditions continue in the fall. Early spring and late fall are the two windows for Forest Preserve Personnel to conduct the burns.

The first burn this year was conducted on Mar. 28. Newhard said

"We just have to keep the heat on [Cook County President John Stroger]."

Larry Suffredin
Cook County Commissioner

that the Forest Preserve Crews are well versed in conducting the burns and that if a myriad of factors, like wind conditions, aren't satisfied, a planned burn is cancelled.

"We do not burn if the wind conditions are wrong," said Newhard, "We don't make the decision until just before the burn."

Before they proceed with the full burn, crews conduct a test burn. If it doesn't go right, then again, crews would cancel it.

"Immediately afterwards we begin planning the site we're going to burn the next day," Newhard said.

The Forest Preserve has to obtain a variety of state and federal permits each year in order to conduct the burns. Those permits govern, among other things, the smoke pro-

duced by the burns.

"We have to worry about the smoke carrying," said Newhard. "We plan it very carefully and if it's not right we shut it down."

The smoke emissions are precisely governed in the burns, Newhard continued.

"We're very concerned about public welfare," he said, "we always have been and we always will be."

Even after a burn has been completed, there's still work to be done.

"We do not leave without checking the perimeter and everything very carefully," Newhard said. "We have to take extra care when conducting the burns in large urban areas."

Forest Preserve crews have conducted the burns for over 30 years. Newhard said that they are sound ecological management tools.

"Fire is a force of nature," Newhard said. "Much of Illinois used to be prairie and it burned."

As long as Stroger's moratorium is in effect for Miami Woods and the other areas, however, Newhard is content to continue the chipping efforts that he says have significantly reduced the risk of an accidental fire.

"Anything can burn," he said. "And we don't want future brush piles, but by working with volunteers and local officials we've managed to reduce the existing piles."

Suffredin Wants to Smoke Out Stroger

A spokesperson for Cook County President John Stroger said that there were no plans to lift the moratorium in Morton Grove, though the village's resolution had been received and would be considered as the County moved forward. The moratorium is an administrative action and, as such, the sole power to lift it lies with Stroger. County Commissioner Larry Suffredin isn't taking no for an answer.

"He can't ignore his constituents forever," said Suffredin, who plans to have proponents of the burnings at every public hearing to let Stroger know the broad public support for the prescribed burns.

"We just have to keep the heat on him," said Suffredin.

Supporters have already showed up to four meetings of the Forest Preserve Board and Suffredin said that they'll keep it up until Stroger changes his mind to include all Morton Grove woods south of Dempster.

"It's his personal whim," said Suffredin. "If we could get it moved even to Oak Street it would cover Miami and St. Paul Woods."

If possible, Suffredin said he would want to hold prescribed burns in Morton Grove as early as this fall.

"We'll keep at it until we get the moratorium lifted," he said.

(Continued from pg. 1)

**Thor Guard online Apr. 29
A Notice to Niles Residents**

The Niles Park District Thor Guard Lightning Protection Warning System will be operational on Wednesday April 27, 2005.

The equipment is mounted on an 8x8 pole with clearly visible orange and white hazard warning signs. Locations with buildings will have the equipment mounted on the roof tops.

Operating as a fully automatic system, the Voice of THOR sounds two distinctly different tone sequences. When lighting is imminent, a SINGLE 15 second blast will sound at each location accordingly. While the danger of lighting is present a strobe light will remain on throughout this period. Whether you are in a park owned location or your own backyard, please seek shelter. When the danger has passed, you will hear THREE short 5 second blasts

and the strobe light will go off, at that time you may return to outdoor activities.

The entire system will be operating on Wednesday April 27, 2005. The system will be in operation from April to November, seven days a week from 6:00 a.m. to 10:00 p.m. In order to keep the entire system operational, we will test all locations once a month. Every 4th Thursday of the month at 10:00 a.m., the "ALL CLEAR", THREE short blast sequence will be manually activated, unless there is potential of dangerous weather approaching.

You can contact the Howard Leisure Center for any additional information @ 847-967-6633. Submitted by:

Joseph V. LoVerde
Executive Director,
Niles Park District

Morton Grove 'a little behind' in hiring two new employees

Morton Grove had intended to hire a new Economic Development Director in the first quarter of 2005 to take the place of Tim Angell who departed for Des Plaines early this year.

Village Administrator Ralph Czerwinski said that the village was a little behind because of the flow of resumes for the position.

"There are still resumes coming in," said Czerwinski. "We're looking at calling them and having our first interviews in May."

The same thing goes for a

proposed Human Resources Coordinator that will replace the job of assistant village manager, vacated last year with the departure of Bridget Wachtel.

"We have a broad spectrum of candidates," said Czerwinski of both positions. "We're extremely confident that we'll find the right person."

With two high-level staff positions vacant, the village personnel are stretched thin, but Czerwinski said that waiting would be worth it to fill them with high quality individuals.

"Right now we're all just pulling a little harder on the oars," he said.

PR Mayor-elect Frimark: Transition moving smoothly

Park Ridge Mayor-elect Howard Frimark was at the Uptown Train Station at 7 a.m. the day after the local election, Apr. 5 thanking voters for their confidence in him. By the end of the day, he was confident that the transition to his administration would be a smooth one.

"It's moving smoothly," he said. "I met with [Action Mayor Mike] MaRous and he has several issues he'd like to address before the end of his administration and we worked that out."

Those issues, include the pro-

posed facade program, the acquisition of part of the Summit Mall and the resolution of some boards and committees issues.

He also said that he had visited with all of the heads of other governmental bodies except for the Park District, which hasn't yet elected a new president.

"I think we need to come out right out of the shoot," Frimark said of the new city council, citing challenges facing the city. He also said that he was already working hard to build bridges.

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SARA LEE SMOKEHOUSE HAM \$2.99/LB	BONGARDS AMERICAN CHEESE \$2.99/LB	BUTTERBALL OVEN ROASTED TURKEY \$2.99/LB
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GRADE "A" FRESH PORK TENDERLOIN \$2.99/LB	USDA CHOICE LEG OF LAMB \$3.99/LB	USDA FRESH GROUND CHUCK \$1.79/LB
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DEAN'S WHOLE MILK \$2.19 EA 1 GAL	DUTCH FARMS BUTTER SALTED OR NO SALT 2 FOR \$5.00 EACH 1 LB	EXTRA LARGE EGGS 59¢ DOZEN
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DR. ROBERT J. VAN... PODIATRIST

SENIORS

Park Ridge Senior News

WANTED: MALE VOLLEYBALL PLAYERS

If you are say 50-55 or older you are invited to join the men's volleyball team...

some practice in. Other events in Senior Olympics include swimming, table tennis, bowling, track and field, bike race, bocce, trap shoot and more.

WHITE PINES STATE PARK OUTING

Garland, Sinatra and more are coming up at White Pines State Park on Tuesday, May 24.

The show will bring back fond memories of music that is held dear to our hearts such as "Over the Rainbow," "My Way," "I've Got you under my Skin," "The Man that Got Away," and other surprises.

BODY WORLDS

A trip to the Body Worlds exhibit at the Museum of Science and Industry is planned for Tuesday, May 31.

This fascinating exhibit is an educational opportunity that presents our bodies and their workings in unprecedented detail.

The Chicago Tribune says, "The real magic of Body Worlds is that all will leave the show stunned and amazed, because there's a lot that you don't know about your body."

SENIORS

Healing Touch - A Health Care Alternative will be talk at Norward Park Home Apr. 27

Most of us know about Western medical practices, but there are viable and well tested alternatives that can be used on people, animals and plants.

& Hospice of the North Shore. She will describe and demonstrate the techniques of Healing Touch and explain how it can be used for pain control and to promote general well being.

Joseph's School of Nursing in Cornwall, Ontario, Canada, and received a diploma in Interdisciplinary Palliative Care from Algonquin College, in Ottawa, Canada.

Morton Grove

(Continued from pg. 14)

STAMPING WORKSHOPS \$8.00 per workshop Join us for one, two, or all of our special one-day stamping workshops!

HEALTH FAIR - Wednesday Morning, May 25th

Celebrate National Senior Fitness Day with us. You will have an opportunity to participate in a wide variety of free screenings, visit with exhibitors, gather information on numerous health issues, and/or have some lab work done: CBC, CMP, Cholesterol/Lipid Panel, and TSH for women (\$35) and add the PSA for men (\$45).

NEW COMPUTER CLASSES

Google, Tuesdays, April 26th to May 3, 9:00-10:30AM Learn how to use the largest search engine on the web. Learn to navigate and find information on just about anything without leaving home! 2 week course. \$20

PANCAKE BREAKFAST

Thursday, May 12th, 9:00am - 12:00am \$4.00 Join us for our annual Pancake Breakfast, prepared by members of our Senior Center Staff.

CELEBRATION - Thursday, June 2 11:00AM- 3:00PM Niles Couples, celebrating 50, 55, 60, and 65 or more years of marriage in 2005 are invited to Niles Senior Center's annual Golden Anniversary Celebration.

HOOKED ON FISHING - FISHING PROGRAM

Join us for one or all of our 2005 outings! If you don't have equipment, we've got some you can use. Maps and directions to all outings are available at the Senior Center Office.

MEN'S and WOMEN'S 2005 GOLF LEAGUES

Interested in Golf? Consider joining one of the Niles Senior Center Leagues. Men's golf includes two leagues (A 9-hole league played monthly at Tam and an 18-Hole league played each month at a different course).

Morton Grove

(Continued from pg. 15)

Grove Senior Center at 9 a.m. and return at 3 p.m. The cost is \$75 for Senior Center Members and \$87 for non-members.

ODYSSEY LUXURY CRUISE

On Lake Michigan Indulge in lavish food while cruising Lake Michigan on Wednesday, June 22. Enjoy a delicious three-course seated meal served by the exceptional Odyssey Luxury Cruise Ship staff.

TRASH OR TREASURE

The Morton Grove Senior Center is now accepting contributions for its Second "Trash or Treasure" Rummage Sale which will be held in September.

MORTON GROVE VILLAGE NURSE

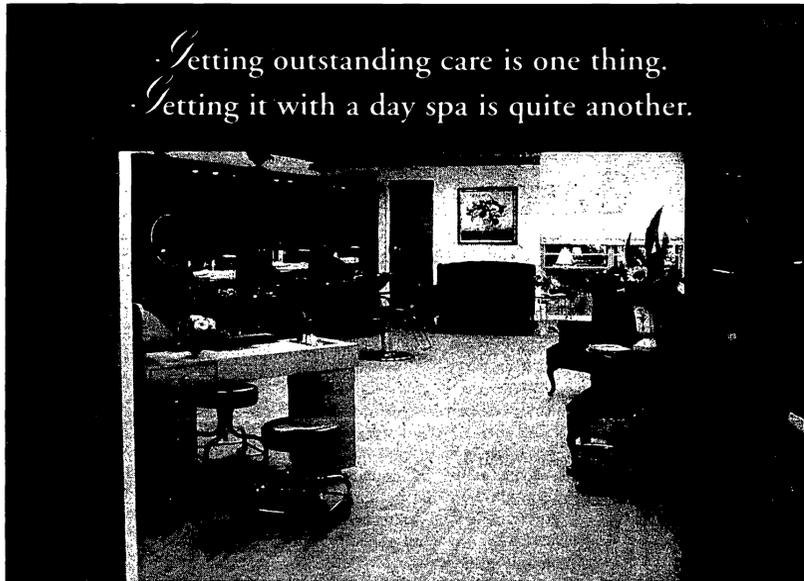
The Village Nurse is available for home or office visits for Morton Grove residents who would like an assessment, medication teaching or health management.

HOME AND YARD CHORES

Morton Grove's home and yard "Chore Program" links senior homeowners with youth and young adult workers. Seniors who need help raking leaves or shoveling snow can have a neighborhood worker come by to assist.

For more information about senior services and activities, call the Morton Grove Senior Hot Line at 847/470-5223.

Membership in the Morton Grove Senior Center provides the benefits: six issues of the Seniors in Morton Grove newsletter; three issues of the Travelin' Times newsletter; free Diabetes Screening; free passage on the Seniortran (for residents); free Computer usage in the Senior Center Library; 15% discount on trips and classes; an annual members-only party; and a photo i.d. card.



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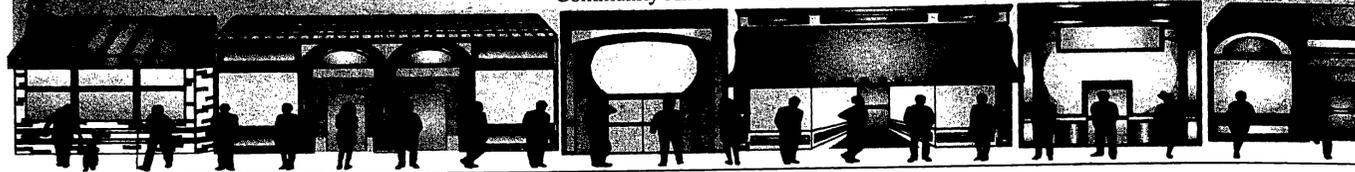
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Advertisement for The Garden at Forest Villa, featuring a large image of a garden and text describing Alzheimer's care.

HAVE YOU HEARD?

Community Announcements



THE BUGLE

Thursday April 21, 2005

Niles Park District Announcements

2005 Ice Show Tickets on Sale!

Tickets are now on sale for "Big Thunder Gulch, an Old Western Adventure" IceLand's 2005 Ice Show. Over 100 skaters participate in this extravaganza of music and lights. The show will be held May 13th thru May 15th. Show times are Friday 7:00 pm, Saturday 2:00 pm and 7:00 pm, and Sunday 2:00 pm. Reserved seats are \$8.00 and general admission is \$6.00. For further information, please call (847) 297-8010.

5th Annual Niles Community Track & Sports Mania Event

The Niles Park District and Village of Niles, in cooperation with Notre Dame High School, are excited to present the 5th Annual Niles Community Track & Sports Mania Event on Sunday, April 24, 2005. (*Rain date is May 1st) Activities take place 10:00 a.m. to 1:00 p.m. at Notre Dame High School Track & Field Stadium, 7655 W. Dempster in Niles. This event is non-competitive and free!

All ages, tots to seniors, are invited to participate and receive awards for each event. There will also be a raffle and free give-aways. Check in is 10:00 to 10:45 a.m. Events begin at 10:30 a.m. with the Village and Park District Department Relays. Come early and cheer them on! Other events begin at 10:45 a.m. and include the 1-mile walk, 50 & 100 meters, 400-meter relay and long jump. Sports skill games include Soccer, Hockey, Baseball and Bocce Ball. Tots will enjoy our fun Tot Olympic Play Area.

Participants can also visit our Community Health and Safety Tent. Car seat safety checks will be done by the Niles Police Department. Concession stand will be available at a nominal charge. There is no fee for this event, but pre-registration is required to be guaranteed an event t-shirt and other free give-aways on day of event. Registration forms are available at the Howard Leisure Center,

6676 W. Howard Street; Niles Family Fitness Center, 987 Civic Center Drive; Grennan Heights Recreation Center, 8255 Oketo. Please call (847) 967-6633 or (847) 588-8400 for more information. Don't miss the fun! *Rain Date Hotline: (847) 647-6777.

Niles Park District Summer Camp Registration

It's not too late to register for summer camp! Niles Park District offers a wide variety of summer camp programs for preschool age through incoming eighth grade kids. Traditional day camp, half-day camp and sports camp sessions are available. Stop by the Howard Leisure Center, 6676 W. Howard Street to plan an exciting summer for your child! Campers will enjoy swimming at Oasis Waterpark, weekly field trips, arts & crafts, sports and tons of fun! Please call (847) 967-6633 if you have any questions.

News from the Niles Family Fitness Center

Adult Workout Programs

Learn to Swim Registration

4/14/05 - 4/22/05 Open Registration \$43 Members / \$58 Non-Members

The Niles Family Fitness Center's Learn to Swim Program is structured around the American Red Cross. All sessions run six weeks and each lesson will last 35 minutes. Due to the number of classes offered and tight class schedule, it is imperative that classes start on time. Please make sure your child is dressed and ready for class at least 5 minutes prior to your

class start time.

LEARN TO SWIM PLACEMENT TESTING

In order to ensure that your child is in the appropriate class, all new participants to the Learn To Swim program must attend a Placement Day. Children will be tested on their swimming skills and advised which class level to register for. Participation in this class does not guarantee your child a spot in the Learn To Swim program. Placement Test, SAT, 4/16, 9:00 AM - 11:00 AM

PRIVATE / SEMI-PRIVATE LESSONS

It's never too late for anyone to learn to swim. Private lessons are offered for individuals of any age

that prefer one-on-one or smaller group instruction. Private: \$15 Member / \$20 Non-Member, Semi-Private: \$10 per person Member, \$13 per person Non-Member

Tae Kwon Do

6 years-adult
Learn the Korean Art of Tae Kwon Do and develop your physical, mental and muscular strength. Classes taught under the direction of Master Instructor San Chel Chung of Chung's Tae Kwon Do Academy.

Mon / Wed, 6:00-7:00 PM 4/25-6/1, FEES: \$ 62 Member / \$80 Non-Member

Life Center offers blood pressure screenings

St. Andrew Life Center, 7000 N. Newark, Niles, will be conducting monthly blood pressure screenings for the community. Hypertension, or high blood pressure, is known as the Silent Killer, because very often it causes no signs or symptoms to warn the individual of its presence.

Periodic blood pressure tests can be a quick way to detect a serious health problem and prevent a stroke.

The screenings will take place very fourth Friday of the month from 9 a.m. until 11 a.m. at the Life Center. This month, the screening

will take place on Friday, April 22, 2005.

Future screenings are scheduled for May 27, June 24, and July 22, 2005. To ask any questions or for directions, please feel free to call 847-647-8332.

Briefs

St. John Brebeuf Fiesta April 23

On Saturday, April 23, St. John Brebeuf Parish in Niles will host a fiesta for the benefit of the Nuestros Pequeños Hermanos orphan homes in Mexico, Central America, and the Caribbean. Twenty-five children will travel from their home in Cuernavaca, Mexico to participate in the fiesta.

The activities begin with 5:00 PM Mass including Spanish music sung by the children. Following the Mass, an international menu dinner will follow. The orphan children will perform in full costume in the Ballet Folkloric, dances from different regions of Mexico. A silent auction will also take place.

Tickets for the fiesta dinner are \$25 per person, table of 10: \$225 and children under 10: \$15. For more information, call St. John Brebeuf, 847-966-8143.

St. Andrew Life Center & Edward Jones Present Seminar

"What Social Security Means to Current Retirees" April 19, 2005 11:30 Social Security Guest Speaker 12:00 Buffet Luncheon 1:00 Bingo - Special Prizes Seminar Location - St. Andrew Life Center 7000 N. Newark - 6th Floor Auditorium Niles. Call (847) 647-8332 by April 15 to reserve your seat for the FREE Seminar.

Estate planning seminar at Niles Library

Attorney Chester Przybto will explain the basics of estate planning and how to avoid probate through the proper use of wills and trusts at two seminars sponsored by the Niles Public Library District. They will be held on Wednesday, May 4, 2005 at 1 P.M. or at 7 P.M. The public is invited. To register for this program, stop by the Information Desk on the first floor of the Library, call 847/663-1234, or register online at www.nileslibrary.org.

St. Haralambos Bake Sale

The St. Haralambos Ladies Philoptochos Society of the St. Haralambos Greek Orthodox Church presents its annual SPRING BAKE SALE. On Thursday, April 21 and Friday, April 22, 2005, from 9:00 a.m. until 6:00 p.m., both days in the Community Center at 7373 N. Caldwell Ave., in Niles.

The Bake Sale features our Pascha Tsoureki Bread and Koulouria. Also available will be other Greek pastries for your holiday entertaining such as Baklava, Diples, Galaktoboureko, Kataifi, Kourambietes and Melomakarouna. A Lenten Luncheon will be served and a Coffee Shop, where you can sit and enjoy a pastry and coffee. For your holiday celebration we will have Easter Baskets, Lambethes (Easter Candles) and dyed red eggs, sold by the dozen. Free admission; free parking; for more information or to place an order for pick-up call the Church office at 847/647-8880.

Zurko Promotions hosts antique show Apr. 30

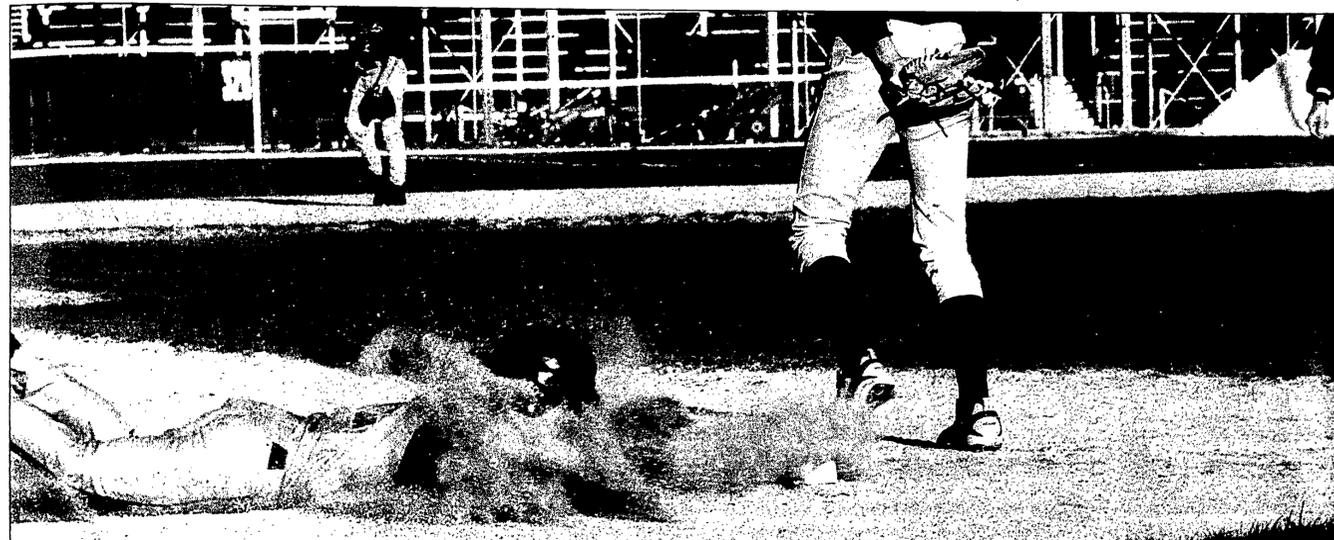
April 30 & May 1 will be the dates for the SPRING EDITION OF ZURKO'S MIDWEST PROMOTIONS QUALITY ANTIQUE SHOW at the all-new 25,000 sq. ft. DuPage Expo Center across from the fabulous Pheasant Run Resort on North Ave. (Rt. 64) in St. Charles, IL. Offering for sale a large variety of top-quality dealers from thru-out the U.S. featuring everything from period furnishings, and much much more!

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SPORTS

THE BUGLE

Thursday APRIL 21, 2005



Lane Tech's Brian Estrada (2) gets a face full of dust as he grabs for third base in the seventh inning of their game against Maine South Friday afternoon April 15. Lane went on to win 4-2. (Photo by Allen Kaleta)

Injury-ravaged Hawks struggle onward

BY RYAN BISHOP
rbishop@buglenewspapers.com

It has been an up and down year for the injury ravaged Maine South Hawk baseball team. The Hawks (6-9, 2-1 in conference) have been without two of their top pitchers, Tim Michaels and Joe Rossi for most of the season. Rossi, 4-1 as a junior last year and the No. 1 starter in summer league, has had to battle a herniated disk and hopes to be back in the starting rotation soon.

"It really hurts to lose a guy like Joe. He's worked so hard to get back on the field for us and we were counting on him to be our number one this year," said Hawk coach Bill Milano.

Accounting for five of the teams wins is junior hurler Kevin Manson (5-0). Manson got the win in 6-2 victory over Deerfield on Monday and a 12-0 defeat of Maine East. Pitching 6 1/3 innings, he gave up six hits, striking out six, walking one, allowing one earned run. Against East, Manson threw a complete-game shutout, allowing one hit and striking out five.

"Kevin started the year as our number three starter but has become our number one due to injuries and the way he's thrown. He's kept us in ball-games and has done a great job for us," said Milano.

Tyler Knight drove in the game

winning runs for the Hawks against Deerfield. His two-out three run triple in the left-center

sixth inning for the Hawks final run Junior John Wolf was called in from the bullpen to get the last



Maine South starting pitcher Daniel Leddy (7) pitches against Lane Tech in the fourth inning of their game at Maine South Friday afternoon April 15. Lane Tech won 4-2.

gap broke a 2-2 tie in the fifth as the Hawks scored five runs to jump ahead. Alex Friel hit a solo home run in the bottom of the

gle, scoring Pete Tountas and Tyler Knight drove in the game

Continues...
HAWKS page 20.

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SPORTS



Maine South's John Wolf (8) used a series of fast balls in relief to put down a Lane Tech threat in the seventh inning of their game at Maine South Friday afternoon April 15. Lane Tech won 4-2. (Photo by Allen Kaleta)

Knight. Both runners reached on errors. The Hawks missed a golden opportunity to close with in one run but Benz struck out Matt Fiorito to end the innings, stranding Cupp at third.

"We wanted to wear Benz out by taking pitches and let him keep throwing, but he was getting his changeup over and was able to go the whole game. We had runners on first and second with no one out in the seventh but we had a bunt force at the third and a deep fly out to left center that prevented us from coming back," said Milano.

Prior to the Lane Tech game, Pete Tountas led the Hawks in hitting with a .424 average. Tyler Knight was at an even .400 and Donnic Bungum and Cupp are in the mid .300s.

The Hawks faced Waukegan on Tuesday as sophomore Michael Bradley got the start.

It's a little late now for Stern's NBA age-limit plan

SPORTS ROUNDUP

BY TIM SULLIVAN
Copley News Service

When great issues arise in American sports, color is always a component.

That color, most often, is green.

As the Indiana Pacers' Jermaine O'Neal has already articulated, the NBA's efforts to implement an age limit of 20 has some subtle racial implications. Yet the idea behind the initiative is founded primarily on finances. The NBA's basic purpose is to package a product the public will buy, and that product is not nearly as popular as it once was. Regular-season network ratings have declined almost 50 percent since 1998, when Michael Jordan retired for the second (of three) times. The trend line is troubling. Commissioner David Stern's efforts to market a more mature player are all about buttressing the bottom line and only tangentially about social engineering. He's not nearly as interested in ensuring education or protecting college basketball as he is in promoting league profits.

To suspect anything more sinister is to misjudge the value of money.

O'Neal's concern is that the vast majority of players who would be affected by an age limit

(an age limit), you'll have people bringing suit immediately." Roby said. "As Jermaine O'Neal rightly said, if you're old enough to go to war, you're old enough to play basketball."

That same argument, Roby says, has not worked in pro football because the National Football League has succeeded in holding its age line on the grounds of physical safety. When the NBA relaxed its standards and began admitting high school players, it became that much more difficult to roll back the clock. Even if the union agrees to a 20-year-old minimum, making it stick may be difficult.

Legally, ethically and statistically, it's tough to take the position that the best high school basketball players aren't ready for the rigors of the pro game. It is, in fact, almost laughable. There's just too much evidence to the contrary.

Four of the NBA's top six scorers - Kobe Bryant, LeBron James, Tracy McGrady and Amare Stoudemire - entered the league without the benefit of college seasoning, as did Kevin Garnett, the league's leading rebounder. Eleven of the first 19 selections in last year's draft were teenagers. Orlando forward Dwight Howard, late of Southwest Atlanta Christian Academy, is on pace to start every regular-season game as a rookie.

"I think even if the collective bargaining agreement calls for

Researcher Michael McCann published a study last spring in the Virginia Sports and Entertainment Law Journal that showed the player who enters the NBA directly from high school averages more points, more rebounds and more assists than the average player.

"In fact, this group has done better than any other age group to enter the NBA," McCann says. "It's a myth that they tend to fail; in fact, the very opposite is true." The problem is that the younger the NBA gets, the less fans seem to like it.

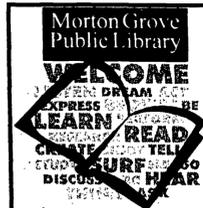
There's a widespread perception that many young players turn pro lacking in fundamentals and teeming with entitlement. Some of this relates to the resent-

ment of middle-class wage-earners against teenage millionaires; some to the disparate sensibilities of suburbia and hip-hop; and some, surely, to race.

Many Americans regarded the epic failure of the U.S. Olympic basketball team not as a blow to national pride so much as overdue comeuppance. Similarly, the November brawl involving O'Neal's Pacers, the Detroit Pistons and numerous spectators served to accentuate the rising tension between basketball's competitors and its consumers.

For David Stern, the issue is not so much black and white as it is black and red. Black for profit. Red for loss.

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847-965-4220

The Morton Grove Public Library is receiving applications to fill three vacancies on the Board of Trustees. Appointees will serve until the next Consolidated Election in the spring of 2007. Applications and information may be obtained at the Administrative Office of the Library. Applicants for the Board of Trustees must be residents and registered voters of Morton Grove. Completed applications should be submitted by May 5, 2005.

LIFE

THE BUGLE

Thursday April 21, 2005

EVENTS CALENDAR

GOVERNMENT

Thursday, April 21

-7 p.m. Morton Grove Park Board meeting

-7:30 p.m. Park Ridge Park Board meeting

Monday, April 25

The official Niles election canvas for the April 5 elections will take place Monday, April 25 at 9 a.m. in conference room 212 of the Niles Administration Building, 1000 Civic Center, Niles, Village Clerk Marcia Jendreas announced.

Monday, April 25

A 2005 budget hearing for the Village of Niles is set for Monday, April 25 at 6 p.m. in Niles Village Hall.

COMMUNITY

Thursday, April 21

A seminar will be held Thursday April 21 to teach residents how to appeal their tax assessments. The seminar will be held at the White Eagle Restaurant, 6839 N. Milwaukee at 6:15 p.m. Maine Twp. Democratic committeeman Laura Murphy and State Rep. John D'Amico will sponsor the event.

Sunday, April 24

The Niles Historical Museum, 8970 Milwaukee Ave., will host a special event where "Granny Kitchen" demonstrates the latest in 1890's technology Sunday, April 24 at 2 p.m.

Chef Harry Presents When Days Go Well With Fruit Salad

BY HARRY SCHWARTZ
Copley News Service

What's more refreshing on a warm day or balmy evening than a fruit salad? Melon and fruit salads can be enjoyed for breakfast, lunch, dinner or dessert. There can't be enough fruit in the house when it is warm outside. Look for fruits that are in season for extra flavor and nutrition. Don't hesitate to gently feel and smell fruit, berries and melons when selecting.

I dislike rinsing raspberries because they're so fragile and tend to get waterlogged. I rinse them very gently and then I let them dry on paper towels. To prepare melons, cut into wedges, seed, slice down at intervals to the rind and then run a knife along the rind for quick, bite-size pieces. Fruit salad is a good way to put some fruit in every day!

KIWI-ALMOND SALAD

2/3 cup sliced almonds
4 kiwis, peeled and cut into 1/4-inch slices
1 cup vanilla-flavored yogurt
2 to 3 cups granola
Yields 4 to 6 servings.
Toast almonds in nonstick saute pan over medium heat just until golden. Remove to oven-proof dish or foil to cool. Sprinkle almonds over serving platter or plates. Arrange kiwi slices over almonds. Stir yogurt and drizzle attractively over kiwis. Sprinkle granola over top. Breakfast is served!

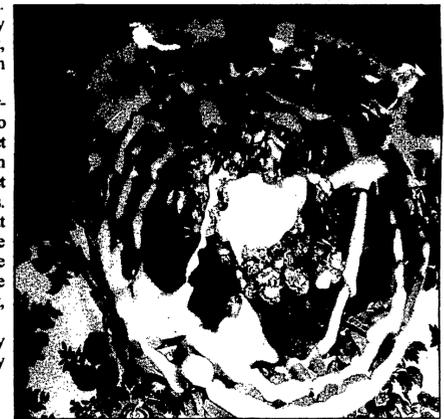
MELON-CITRUS SALAD

1 cantaloupe
1 honeydew
2 seedless oranges, peeled and separated into sections

Juice from 2 lemons
1 tablespoon lemon zest
1 cup sweetened shredded coconut (optional)
Yields 6 to 8 servings.
Seed melons and use melon baller to make melon balls, or use sharp knife to cut melon into small cubes. In serving bowl, make mound in center with melon balls or cubes. Arrange orange

4 cups cooked brown rice, cooled
1 teaspoon sesame oil
1 grapefruit
2 or 3 firm tomatoes, peeled, seeded and cut into small chunks
2 firm but ripe avocados, seeded and cut into small chunks
Yields 8 servings.
Whisk together vinegar, shallots, garlic, honey, basil, parsley and oregano.

Whisking briskly, add oil in slow stream and whisk until thickened. Season with salt and pepper, to taste. Set aside. Place walnuts in large, heavy non-stick saute pan over medium heat and when they begin to toast, sprinkle soy sauce and sugar over nuts, stirring constantly, until sugar melts and nuts are glazed. Immediately remove nuts to waxed paper and spread apart to cool. Place rice in mixing or serving bowl and drizzle sesame oil over rice. Toss rice until coated with oil. Peel grapefruit and cut sections into pieces, removing any seeds as you go. Cut pieces over rice so juice



from fruit falls on rice. Place tomato in bowl with rice. Add avocado chunks. Pour dressing over salad and toss to coat. Sprinkle walnuts on top. Serve immediately.
4 cups seedless watermelon, cut into small chunks
2 cups seedless purple grapes, stems removed
1 jicama, peeled and cut into small squares
2 cups white grape juice
1 tablespoon fresh mint leaf, or to taste.
1/2 ground cinnamon
1 teaspoon salt
Sprigs of fresh mint, for garnish
Yields 6 to 8 servings.

GRAPEFRUIT, AVOCADO, RICE AND WALNUT SALAD
1/2 cup red wine vinegar
2 shallots, minced
1 clove fresh garlic, minced
1 tablespoon honey
1/4 cup fresh basil, minced
1/4 cup fresh parsley, minced
Pinch of dried oregano
2/3 cup extra-virgin olive oil
Salt and pepper, to taste
1 cup walnut pieces
1 teaspoon soy sauce
2 tablespoons granulated sugar



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LIFE

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COPLEY NEWS SERVICE

By Charles Preston

ACROSS

- 1 Files
- 6 Incompetent one
- 10 Palindrome person
- 14 Public
- 15 Acerbated
- 16 Soccer great
- 17 Start of the discovery

- 20 Multitude, to Hamlet
- 21 Cacophony
- 22 Tried, in court
- 23 Chat: sl.
- 25 Kind of bargain
- 27 More of the discovery
- 34 Court judgment
- 35 Unit of sound
- 36 Popular recreational

- vehicle
- 37 Like some dorms
- 38 Enjoy a spa
- 40 Scotch's partner
- 41 ___ pig's eye!
- 42 Granary, often
- 43 Raft user
- 44 More of the discovery
- 48 Letter opener

- 49 Helper: abbr.
- 50 Whoa, on the Pinafore
- 53 Acad., e.g.
- 54 RR stop
- 57 Last of the discovery
- 62 Seaweed substance
- 63 Helper
- 64 Alms receiver

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...
Ralph Stempinski

Send your answers to the editor: Andrew Schneider
Fax: 847.588.1911 E-mail editor@buglenewspapers.com



- 65 Lively
- 66 Epitome of thinness
- 67 Noble equine

DOWN

- 1 Brouhaha
- 2 City rtes.
- 3 Golfer Ballesteros
- 4 Pontificated
- 5 Silver quality: abbr.
- 6 Acerb
- 7 Algerian seaport
- 8 Buddhism branch
- 9 Poem of praise
- 10 Show up
- 11 Oscar ___ Renta
- 12 Apple spray
- 13 Knit
- 18 Thor's boss
- 19 ___ were you?
- 24 Top or tin follower
- 25 Milne creation
- 26 Crescent-shaped figure
- 27 Nonverbal
- 28 Maine college town
- 29 Defeat overwhelmingly
- 30 Bar, to lto
- 31 Convex molding
- 32 Stevedore
- 33 Supply weaponry
- 38 Coffin support
- 39 Word for Yorick
- 40 Vulnerable point
- 42 Vaudeville units
- 43 Liq. measures
- 45 Give confidence to
- 46 Was without
- 47 Courtly Arthur?
- 50 Golfer's lie
- 51 Star in Lyra
- 52 Cracked, as a door
- 53 Marquis of misery
- 55 Pitch
- 56 Nautical term
- 58 Pitch
- 59 Make a granny
- 60 Blurbs
- 61 Conducted



REAL ESTATE

THE BUGLE

Thursday April 21, 2005

BY ROSE BENNETT
GILBERT
Copley News Service

Decor Score

Break Out of Beige With Style

Q: I hate our bedroom. It has beige grasscloth walls and beige wall-to-wall carpeting. I tried to brighten it up with an orange duvet and patchwork pillows on the little loveseat, but it just looks more and more tired. I've decided that my "country rustic" phase is past and that I need a fresh new look. Any suggestions will be appreciated.

A: You are suffering from the "beige blahs," a self-inflicted wound caused by a combination of fear and inertia. Beige is easy. It makes no demands on your decorating skills - or your emotions. At the same time, beige is like a middle-of-the-road politician: no comment, no commitment, nothing to get excited about.

There are those who would argue that beige can be a good thing in a bedroom, where restful sleep ranks high on the wish list. But other, more engaging things can happen in a bedroom, too, so we side with the more-extroverted, who thrive on interesting colors and patterns. As the bedroom we show here proves so ably, you can break out of your beige inertia with great style, without going to extremes - nothing raucous enough to keep you awake at nights. It features another color scheme that's as easy to work with as beige, the can't-fail combo of blue and white. New



York designer T. Keller Donovan has smoozed the great go-togethers into a bedroom that's as classic as 18th century Delftware. Deconstruct the energy in his blend of blue-and-white patterns and we see that they almost - but don't quite - match on the loveseat, the standing screen "headboard" and the toile skirt on the white-covered bed. Even the Chinese garden seat and the over-scaled framed prints acknowledge the overall color scheme without losing their own identities.

That's why almost everyone loves blue-and-white: it almost always succeeds, even in the most timid of hands.

Far from timid, Donovan's final strokes of genius include that seriously big green plant and the sensuously soft shadings ("Silhouette" by Hunter Douglas) that keep the wide modern window from intruding on the bedroom's classic grace. (For more on the window treatment, click on www.hunterdouglas.com.)

Q: My mother insists that she has read somewhere about curtains and chair covers that are knitted to look like sweaters. I'd love that look for our tiny little library - what could be cozier! Could I make these myself? I'm Irish - so is my mother, of course - and we both knit like fiends.

A: As always, there's more to it than just wrapping up your windows or favorite club chair in a cozy sweater. Unlike a beloved cardigan, these knits may be fused to a cotton backing to provide the stability that allows yarn goods to be sewn into serviceable slipcovers or curtains. The end

Continues...

DECOR SCORE page 25.

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REAL ESTATE

A Greener View

News Gardening Books on the Shelves

Jeff Rugg
Copley News Service

I love books and I enjoy reading. I occasionally get free books in the mail that the publishers want me to review. I prefer learning about new books through Web sites.

Books featured on Web sites are usually read by editors and other people familiar with the subject of the book, so it is more likely to be a good choice.

However, a couple of weeks ago I received three books in the mail.

It felt like my birthday. Not only did I get three books, but I got three of the best books I will have in my library.

The first one is "The Gardener's Guide to Growing Hardy Perennial Orchids" by William Mathis, Ph.D. (Wild Orchid Co.)

Most people don't know that there are about 60 species of native orchids in North America, from the Gulf Coast to Alaska. A few of the southern ones grow in trees, but the rest grow in the ground.

Some grow in prairies, some in the woods and, of most interest to me, some grow in wetlands. I will be adding some to my water garden this spring.

A book on orchids must have color pictures and this one is filled with them and excellent color diagrams for illustrating how to plant orchids in your garden.

There is general information for each type of habitat, such as upland woods versus shoreline, and there is also detailed information on each of the orchid species that grow in that habitat, including the soil preparation, watering, cultural requirements and pest control.

Each habitat area also has information on the companion plants that grow in those conditions. For instance, if you can grow native trilliums and ferns or garden perennials such as hosta, astilbe or bleeding heart, you can also grow yellow lady slipper orchids, among other native and introduced orchids. Check out the book at www.wildorchidcompany.com.

The next book I read is the revised and updated "Right Plant, Right Place" by Nicola Ferguson (Fireside Books). This has always

been a good book, but now it is even better. It includes more than 1,400 plants and more than 1,000 color photographs.

There are numerous lists, such as plants suitable for shade or clay soil. Other lists are more specialized, like the list for trees and shrubs suitable for windswept seaside gardens.

The book is well organized and would be useful for any gardener. It has more than 350 pages and lists for about \$35.

Another book that I will be using for the new garden is a special issue of Fine Gardening magazine.

azine called "Plant Combinations."

It has 55 easy-to-follow designs that are guaranteed to create beautiful garden areas. Whether you are looking for harmony or contrast in your colors, textures and plant forms, this magazine has one just right for your garden.

Each garden vignette has a large color photo and a smaller version of the same picture with the outlines of each plant highlighted to show you which plant is which.

All you have to do is pick the

picture that you like, and then pick up the plants at the nursery.

Now, you must understand that just because a pair of plants is pictured so beautifully in the book, doesn't mean that both will

grow in your region. Sometimes, one plant may not be as hardy.

Show the picture and the plant list to your local certified nursery professional and get their opinion of the plants.

GARDEN TIP

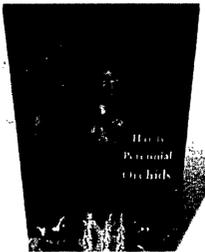
Garden books make the grade

From locating the right place to plant a shady perennial to identifying orchids, these reading materials help gardeners to nurture their craft.

■ A special issue of *Fine Gardening* called *Plant Combinations*, has 55 easy-to-follow designs that are guaranteed to create beautiful garden areas. If looking for harmony or color contrast, texture and plant forms, this magazine has just the right recipe.

■ The revised and updated *Right Plant, Right Place* by Nicola Ferguson and published by Fireside Books includes more than 1,400 plants and more than 1,000 color photographs; cross-referenced lists that specialize in challenging terrain and environments.

■ *The Gardener's Guide to Growing Hardy Perennial Orchids* by William Mathis, Ph.D., is a treasure-trove for orchid lovers. The book is filled with color photos and diagrams for illustrating how to plant and maintain orchids. More information can be found at www.wildorchidcompany.com.



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Every Picture Tells a Story

Decor Score

result is very new and totally charming. One resource, Donghia Furniture/Textiles, a high-end designer showroom, imports the knits from Metaphores, the European weavers. For more information, click on www.donghia.com. Q: I want to do over the study, as a 30th birthday surprise, for my very-opinionated husband. He dresses preppy and is very particular about his clothes. In fact, I don't even dare buy him a tie. So you can imagine how

afraid I am to pick out wallpaper and fabrics! Can you steer me to a safe harbor? A: I can at least steer you to two smart harbor masters: you won't go wrong with Ralph Lauren, the man who reinvented preppy and turned it into a billion-dollar concept. And now - just in time to solve your problem - comes another collection of classics from - of all sources - Brooks Brothers, that redoubtable 187-year-old fashion house that has been called the single greatest influ-

REAL ESTATE

(Continued from page 23)

ence on men's fashions in America. Brooks is teaming up with another celebrated American company, F. Schumacher & Co. - a youngster of 116 years - whose Gramercy brand is producing the collection of wall papers that features shirting stripes, tie silk patterns, even gray flannels with the Brook's Golden Fleece symbol. Classic comes out of the closet! It seems a perfect fit for your husband.

Looking at mirror window film

Color mirror window films are made with vaporized metal layers and laminated with scratch-resistant coated polyester. These films have the highest heat reflection and are excellent for privacy because of the outside mirror look. They block 99% of solar UV rays that cause fading damage and health problems. Coupled with "low-e" and double-paned glass will provide insulation.

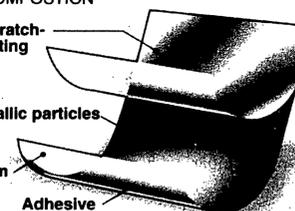
WINDOW FILM COMPOSITION

Protective scratch-resistant coating

Layer of metallic particles

Polyester film

Adhesive



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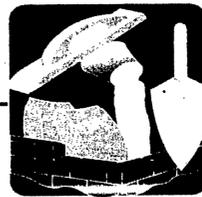
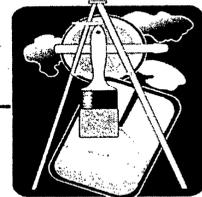
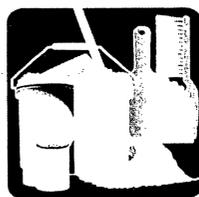


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