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THURSDAY JULY 3, 2003

VOL. 47, NO. 1

Journal publisher dies at 81

By Barbara A. Mendelsohn

Richard C. Wessell, Sr., publisher of The Journal Newspapers headquartered in Des Plaines, died in his home June 27 after a long battle with cancer.

Todd Wessell, the Journal's managing editor, described his dad as a newsman to the end. "He helped me write up the bio for our Journal Web page," the younger Wessell said.

Richard Wessell, who grew up in the Edison Park section of Chicago, bought the paper as a single publication in 1946 fresh out of his service in World War II and parlayed his purchase into 16 publications.

In 1996, a local journalism newsletter referred to him as "the longest continually-employed journalist for any newspaper, magazine, television and radio station in the Chicago area."

Wessell began his journal-

ism career in 1935 as a reporter for the Pickwick Newspapers in Park Ridge.

He met the demand of suburban sprawl by adding new publications and increasing publishing frequencies from weekly to twice-weekly.

Wessell, with his wife and partner, Mary Jane, turned their ownership over to three sons on June 3, 2003. Son Todd Wessell, managing editor of Journal & Topics Newspaper Group, is publisher, and sons Richard C. Wessell, Jr. and Robert Wessell assume positions as associate publisher, Merchandising and associate publisher Display Advertising, respectively.

Mr. Wessell was waked Monday, June 30 at Oehler Funeral Home in Des Plaines. A memorial service is planned at The First Methodist Church of Des Plaines.

Norbert Johnson appointed new president of Niles Lion Club

By Tiffany Ellis

Norbert Johnson has been appointed as the new president of the Niles Lion Club. He officially takes office July 1.



Norbert Johnson. Photo by Tiffany Ellis.

Johnson's main objective as president is to increase membership. He says that all organizations, such as the Elks, Knights of Columbus or The Shriners, could use more members.

"Every organization needs younger members to take over. I believe that more younger people would join if they knew that the organizations provide a valuable service to the community," Johnson said.

The Lions Clubs have a strong commitment to its youth. Their mission is to provide the young people of the world with opportunities for achievement, learning, contribution and service, individually and collectively. For years they have provided scholarships and educational materials, supported recreation/sports and developed

youth programs, such as Lions International Youth Camp Program, Lions International Youth Exchange Program and Lions Youth Outreach Program.

The Lions clubs are also committed to the community. There are many opportunities for its members to get involved. In 2002, Lions clubs donated an estimated 70 million hours of volunteer service to their communities. They collected more than 5 million pairs of used glasses for distribution. They also provide 600,000 free professional glaucoma screenings and arrange 20,000 corneal transplants each year.

Other activities include assisting the less fortunate and hearing impaired, working on environmental projects and contributing to community clean-up campaigns. Recently, the Niles club presented a diabetes awareness program for its members. As part of a membership meeting, the Lions provided diabetes screening for anyone attending.

As of February of 2003, Lions Club International had 1,368,683 members in 45,502 clubs and 738 districts in 190 countries. For more information on becoming a member of the Niles club, call Norbert Johnson at (847) 967-8800. For information about the Lions Clubs online, go to www.lionsclubs.org.

Volunteers Build New Playground At YMCA

By Martha Zaborowski

Residents of the Leaning Tower YMCA were pleased to see a structure being built that was quite a bit more vertical than its predecessor.

Aside from the slides and swings.

KaBOOM along with Home Depot, members of the Chicago Bears, and other volunteers from the area were pleased to build a playground at the Niles YMCA on Touhy. In addition to the construction of the playground, volunteers also helped renovate the YMCA surroundings such as the tower,

the picnic tables, and a mural.

They started the construction at 8 in the morning and finished around 2.

KaBOOM was launched in 1995 and has raised more than 10 million dollars for community programs, revitalized more than 1,000 playgrounds nationally—helping a countless number of children in the process.

It is also among Worth's magazine 2002 list of "America's Top 100 Charities."

Home Depot provided not only monetary donations but also high quality building materials

and the use of the talents of about 150 of their associates. Home Depot is proud of nationally placing more than 6 million volunteer hours.

The Bears were on hand to lend a helping "paw" as well. Members of the staff and players such Bryan Knight were excited to devote their time in assisting in the construction of the playground and renovating the outside as well.

For those interested in volunteering for KaBOOM in the future, you can visit them at their website www.kaboom.org.



YMCA campers and staff are pictured with Chicago Bear Bryan Knight.



Volunteers are busy at work constructing the playground.

Morton Grove Park District Programs

Summer Registration. Resident registration has begun for all summer programs being offered by the Morton Grove Park District. Don't miss out on some of the great programs being offered by the Park District.

Bicycle Helmet Safety Program: The Morton Grove Park District and Morton Grove Police has begun its Bicycle Helmet Safety Program once again. Children "caught" wearing their bike helmets in our parks and surrounding areas will be receiving a special reward from our Park Police Officers. This very special program is brought to you by Burger King of Niles and ITT Bell &

Gossett. Don't forget to wear your helmets!

Club Fitness Summer Special - 3 months for \$59.95. Purchasing period is through July 31, 2002. The Morton Grove Park District's Club Fitness center has state of the art exercise equipment from Quinton. Cybex, Ivanko, Reebok, Precor and more. We also have a full-size gym, indoor walking/running track, 3 racquetball courts, saunas and whirlpool. For more information call (847) 965-1200.

July 4th Bike Decorating Contest - Decorate your bikes with Streamers, cards, flags and whatever else you want in celebration of July 4th. Prizes will be awarded for Best Bike Decorations in each of the following age groups: 5-6 yrs. old; 7-8 yrs. old; 9-10 yrs. old and 11-12 yrs. old. After the judging all participants are invited to ride their bikes in the 4th of July parade beginning at 2:30 p.m. at the same location. If you are interested in joining, please stop by the Morton Grove Park District and pick up an Entry form. Bike Decorators will meet at the corner of Central and Dempster at 1:30 p.m. on July

4th. This is a free event sponsored by the Morton Grove Days Commission.

Morton Grove Days July 4th, 2003 Festival - hosted by the Morton Grove Park District and the Village of Morton Grove and will run from Wednesday, July 2 through Saturday, July 5th. This festival provides a Class "A" carnival, food court, beer garden, live entertainment and raffles. At 2:30 p.m. on July 4th you can see our Parade down Dempster Street and during the evening in Harrier Park, the North Shore's best firework display will be shown before thousands of spectators. The Morton Grove Days Commission will be selling tickets for its July 4th Festival Cash Raffle. The prizes are: 1st prize - \$2,500; 2nd prize - \$1,000; 3rd prize - \$500 each. Ticket cost is \$2 each or you can buy 6 tickets for \$10. The drawing will take place on July 5, 2003 at 10:30 p.m. and the winner need not be present. Prior to July 2nd, tickets may be purchased at the Morton Grove Park District, 6834 Dempster St. Beginning July 2nd you may purchase tickets at the Festival Information Booth.

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Bishop Paprocki Visits Saint Andrew Life Center



Bishop Thomas Paprocki greets Anna Mikosz, a resident of the Saint Andrew Life Center, 7000 N. Newark Avenue, Niles. Bishop Paprocki chatted with residents after celebrating Mass during a recent visit to Saint Andrew.

Saint Andrew Life Center is one of four retirement communities that are part of Resurrection Health Care, the Chicago area's largest Catholic health system, which also includes eight hospitals, 10 nursing homes, a surgery center, behavioral health services, dozens of outpatient and medical office facilities, hospice services and one of the state's largest home health care networks. Resurrection Health Care is sponsored by the Sisters of the Holy Family of Nazareth and the Sisters of the Resurrection.

Mister Breger



"Public library? Can you tell me how 'Murder in the Sausage Factory' ends? The doctor says I can leave here today!"

Lincolnwood Public Library District

Free movies for kids. The Lincolnwood Public Library continues its Thursday Night at the Movies series for kids during July Show times are 7 p.m. The library is located at 4000 W. Pratt Ave. phone (847) 677-5277

July 10 - Tuck Everlasting. Young Winnie Foster escapes into the woods where she meets Jesse Tuck and falls in love. Winnie learns about the Tuck family's powerful secret spring that holds the magic of everlasting life and must choose whether or not to drink from it.

July 17 - Stuart Little. The Little family adopts an adorably spunky boy named Stuart who looks a lot like a mouse.

July 24 - Pagemaster sends young Richard Tyler into the pages of the world's greatest stories and a magical animated world where characters from literary classics come alive. There he must conquer his greatest fears before he can find his way home.

July 31 - Jumanji. When Alan Parrish discovers a mysterious board game, he is magically transported into the untamed jungles of Jumanji where he remains for 26 years until he is freed from the game's spell by two unsuspecting children.

"Spindles End" book group choice for July 26. "Spindles End" by Robin McKinley is the next book to be discussed by the Mother/Daughter Book Group at the Lincolnwood Public Library, Saturday, July 26 at 3:30 p.m. Registration is required and pizza is served. The library is located at 4000 W. Pratt Ave., phone (847) 677-5277

In "Spindles End" renowned fantasy writer Robin McKinley has produced a re-mastered fairy tale about the dreamy Sleeping Beauty. The infant princess, here named Rosie, is cursed by an evil fairy to die on her 21st birthday by pricking her finger on a spindle. A peasant fairy whisks her away and raises her, concealing

North Shore Basketball Camp

Niles Park District is hosting the North Shore Basketball Camp for girls and boys, ages 7 to 14. This camp runs 12:30 to 5 p.m., August 4 to 8, at Grennan Heights Gymnasium, 8255 Oketo. Everette Stephens, former Indiana Pacer and Milwaukee Buck lead North Shore Camps. Joining him are other dedicated, trained coaches and staff. Campers will get extensive training in skills, fundamentals, team play and sportsmanship. Ideal for beginners and will also challenge more advanced players. Fees include free T-shirt, sports bottle, awards and prizes. Registration is accepted at the Howard Leisure Center, 6676 W. Howard Street. For more information, please call Dan Kosiba at (847) 967-6975.

Morton Grove Public Library Programs

Auto Detailing Class Saturday, July 12 at 10 a.m.

Automotive Enhancement Specialist Gary Kouba presents a fun and informative class on everything you need to know about keeping your car looking new, inside and out. Gary will discuss the wide variety of automotive products on the market today and will explain the differences between waxes, polishes, and sealants, as well as their proper application. Seating is limited and will be available on a first-come, first-served basis. The Library is located at 6140 Lincoln Ave. For more information, please call (847) 965-4220, TDD (847) 965-4236, www.webrary.org.

Follow the Yellow BOOK Road to the Morton Grove Public Library.

This summer, the Reading Club for adults and teens at the Morton Grove Public Library is based on a Wizard of Oz theme and runs through Saturday, August 2. Adults and teens are invited to join the Club: just check out items from the Library (books, audiobooks, magazines, videos, DVDs, CDs), read/listen/watch the item and fill out a review form which will double as your entry in biweekly drawings for prizes. Prizes include books, gift certificates from Morton Grove businesses, and gifts. The more items you review, the greater your chances at winning. For further information, and to pick up entry forms, stop by the Library at 6140 Lincoln Ave., or call (847) 965-4220, TDD (847) 965-4236, www.webrary.org.

Rob Zettl Trio performs Saturday, July 26, at 2 p.m.

The Rob Zettl Trio will be performing an afternoon concert at 2 p.m. in the Baxter Room on Saturday, July 26. Come to the Library to hear live music ranging from original jazz to be-bop to swing. Seating is limited and will be available on a first-come, first-served basis. For more information, please call (847) 965-4220, (847) 965-4236, www.webrary.org.

2nd Graders Re-enact Stations of the Cross



Our Lady of Ransom School's 2nd grade classes re-enacted the "Stations of the Cross" after mass for parents, classmastes and parishioners. The performance was unique with the children adding their feeling and thoughts about faith and how they believed children from Jesus' era would have felt. Dressed in costumes, the children performed each "station" like seasoned professionals. Everyone in the audience enjoyed the presentation and was able to

walk away with a new understanding of how children see things in the world. Second grade teachers Mrs. Dulski and Mrs. Roehowicz were very proud of their students noting that the children worked very hard to learn their lines and roles.

Shown are the OLR 2nd graders re-enactment of the "Stations of the Cross", left to right, Brian Mendoza playing Jesus, Victor Banek and Levvin Juarez as guards.



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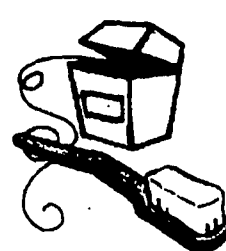
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OLR Contest Winners



The Niles Public Library sponsored a Book Mark Competition as part of the celebration for National Library Week. Our Lady of Ransom students from kindergarten to 6th grade were winners in this year's contest. The themes and pictures on the book marks were as varied as the number of books within the library. 1st place winners from OLR were Prabhneet Girm featuring a girl with the slogan "I like to read"; Melissa Balitaan picturing bears in outer space with "Read, Read, Read"; Olivia Rodriguez showing someone reading with the caption "Reading makes the thing in your head grow"; and Kristine Florentino with a Pikachu under the shining sun and the caption "Can't talk now. Gone reading."

Honorable mention winners from OLR included Vincent Gebala, Christopher Jacob, Kristen Mae Sadorra, Victor Banek, Natalie Kirchoff, Nicolas Andriotis, Corinne Chin, and Dora Korpar. Pictured are Niles Public Library Book mark winners from Our Lady of Ransom School. Front left to right are Vincent Gebala, Kristine Florentino, Prabhneet Girm, Olivia Rodriguez, Melissa Balitaan, Victor Banek, Natalie Kirchoff. Back left to right are: Corinne Chin, Nicolas andriotis, and Dora Korpar.

SJB Sixth Graders Design Toys

Imagination is at work in the sixth grade at St. John Brebeul School in Niles. The students were challenged by their teacher Ms. Giannelli to design a toy in order to help reenergize the failing Giannelli Toy Company. The design team who created a toy that sparked the imagination of a three to five year old as well as taught about colors, shapes, jobs, numbers or animals were eligible to enter in the contest. The coveted toy contract sought from Whittman's Wonderland (named after our principal Margaret Whitman) would mean fame, fortune and happy preschoolers everywhere.

All of the teams created outstanding toys that would make any preschool parent happy. Some of the creations that will keep Giannelli Toy Company from going belly-up included "The Funny Study Ball" created by Kaitlyn Foster; "Barnyard Buddy Bowling" created by Michael Carr, Laura Wise, Ronald Vick and Renee Baick; and "Job Bob" created by Emily Szachowicz. Kristin Kaiser, Brittany Meyer and Michael DiGregorio. This project ignited the reading unit *Imagination at Work* where students will be reading *The Phantom Tollbooth* by Norton Juster as well as excerpts from other imagination sparking stories.

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Tip: Grilling

The longer coals burn, the cooler they get. To estimate the temperature of the coals, place your hand, palm side down, about 6 inches above the heat source. Count the seconds ("one thousand one, one thousand two," etc.) until the heat forces you to pull your hand away. If you can keep it in place for only one or two seconds, the grill is very hot. If you can hold it for three or four seconds, the grill is medium-hot. Five seconds means the heat is low.

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Good Housekeeping

Spice-Rubbed Beef Tenderloin

You can grill the meat right after seasoning it, or refrigerate for up to 24 hours for even greater depth of flavor.

PREP: 5 minutes
GRILL: 30 to 40 minutes
MAKES: 8 main-dish servings

1 *tablespoon fennel seeds, crushed*
2 *teaspoons salt*
1/2 *teaspoon ground ginger*
1/2 *teaspoon crushed red pepper*
1 *center-cut beef tenderloin roast (2 1/2 pounds), trimmed and tied*

1. Prepare grill. In cup, combine fennel seeds, salt, ginger and crushed red pepper. Use to rub on beef tenderloin.
2. Place tenderloin on grill over medium heat. Cook beef, turning occasionally, until meat thermometer inserted in center of meat reaches 140 F. 30 to 40 minutes. Internal temperature of meat will rise to 145 F (medium) upon standing. Or cook until desired doneness. Transfer roast to cutting board and let stand 10 minutes to set juices for easier slicing. Cut into thin slices and serve.

• Each serving: About 177 calories, 22 g protein, 1 g carbohydrates, 9 g total fat (3 g saturated), 65 mg cholesterol, 631 mg sodium.

You can now find Good Housekeeping cookware, bakeware and kitchen tools at Home Shopping Network (hsn.com) and other retailers.

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Second graders attend Field Trip



Pictured above: Daniella Gobbo, Emily Fenn, and Elise Wittum spending time at the art center.

The second grade students from St. John Brebeuf recently closed the school year with a trip to JFK Healthworld in Barrington. Upon arrival, the students attended a presentation on self-esteem entitled "Accepting Yourself and Others." Following a healthy lunch, the second graders were given several hours to tour the various exhibits at the museum. A great time was had by all!

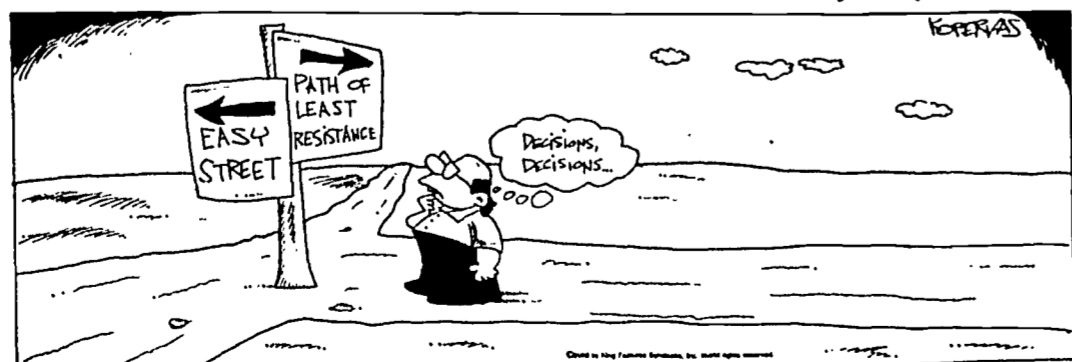
Izabela Poludniak 2003 Valedictorian



Guerin's valedictorian of the Class of 2003, Izabela Poludniak (Canty) of Chicago, smiles for the camera with her very proud parents after graduation. Izabela is headed to DePaul University on a full scholarship.

Out on a Limb

by Gary Kopervas



Shop talk
by Greg Zyla

Aftermarket Defroster

Q. I hope you can help me. I bought a used 1993 Dodge Shadow, and it had no rear defroster. I purchased an aftermarket defroster, but a mechanic advised me not to put it on, because it would cause problems with the alternator and voltage regulator. Another person said to just put it on. I'm confused. — E.W. Shamokin, Pa.

A. There are many situations that come into play when installing an aftermarket defroster, which demands a lot more from a charging system than, say, an AM-FM cassette player. Included in the variables are the size and amperage output of the alternator, and the size of your car's battery.

However, although your aftermarket unit may well work with your present setup, it would be sound practice to have a mechanic check the alternator and battery size for proper operation. If the defroster unit is a good one, the manufacturer should have taken all of this into consideration. It's tricky, but certainly doable. ...

Strange BUT TRUE

By Samantha Weaver

• In Ormond Beach, Fla., a man set a world speed record by going 136 mph on a motorcycle. That night it rained and all that impressive today, but the year was 1904.

• What fills more stadium seats than any other event? Not concerts. Professional wrestling.

• Ever wonder where the term "By hook or by crook" came from? It dates back to the Middle Ages, when lords on estates strictly regulated their forests. To control deforestation (a concern even then, evidently), the lords limited the amount of firewood the peasants could gather to heat their homes. The peasants were not allowed to cut any trees down; they could only collect branches that could be pulled down using a hook or a curved staff called a crook.

Thought for the Day: "A tax loophole is something that benefits the other guy. If it benefits you, it is tax reform." — Russell Long

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Blood Drive Thanks!

A big note of thanks to all contributors to the special blood drive, held on Sunday, June 22, in Flanagan Hall, North American Martyrs Council Grand Knight John O'Keefe coordinated the drive, which provided much needed gift-of-life blood to the folks in our community. Life-source Blood Services, again provided the professional staff that secured the blood, with the comfort and safety of the patient always foremost on their mind. Special thanks to John for the drive.

Driving alert, aware, calm and in anticipation of mistakes can turn you from a so-so driver into a great driver. If you learn to anticipate, you can learn to save your life when the time comes.

Here's an example: While rounding a curve on a country road, a truck traveling in the opposite direction starts heading directly for you. You make one of two decisions. Hit the brakes, or try to drive your car out of the situation.

Many drivers would panic and hit the brakes, going head-on into the truck. Teach yourself not to hit the brakes by anticipating a problem before it happens. Learn to rehearse in your mind "what if," and you have a good chance of making the correct evasive maneuver. If we had mentally rehearsed in the example above, i.e., "What if a car comes around the corner in my lane," then you would drive the car into an open area (perhaps into a cornfield or another "free space") and miss the offender.

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BEWARE OF COMPETITION!

Price is always an important consideration to property owners planning to sell. One misconception, however, is that sale prices may be based on what other property owners are asking for their homes.

True, other sellers are the competition. Their prices are seen and compared by prospective buyers. They are also properties that have not sold - yet. The only true benchmark for a "fair" price is sales that have already taken place - and closed.

Fair market value is defined as "that price which an informed buyer is willing to pay, and which an informed seller, under no pressure to sell, is willing to accept." In other words, a fair price is that which has already been paid for a similar home.



When a home sells, and an appraisal is conducted, the appraiser uses comparable data only on closed sales. If homes have not been selling at or near the proposed sale price, the appraisal is likely to come in "low."

When selling, beware of using faulty comparables to arrive at your asking price. Ask your agent to provide up-to-date sales information. Pricing your home based solely on competition can lead to a lengthy wait for the next buyer.

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Join the Morton Grove Woman's Club Celebration

A member of the 10th District of Illinois Federated Club, and affiliated with the GFWC in Washington D.C., is celebrating their enrichment to the community for the past 50 years. They are planning on a year of celebration with the climax at the Philanthropy Luncheon on October 16 at Manzo's Banquet Hall in DesPlaines. Last year's luncheon raised a profit of \$9,296.60, making it possible to give more Scholarships and donations to charities in the community.

One of the recipients was a Morton Grove resident, Gina Tan, mother of two small children, working towards her Nursing Degree at Oakton Community College and working at Lutheran General Hospital. Helen Sobie, chairperson, for this year's luncheon hopes to double the amount of profit, making it possible to give more scholarships in this Golden Jubilee. She is looking for some "Angels" in the community to donate large items for the Grand Raffle, to be held at the luncheon. All the "Angels" can call for a member to pick up the item at (847) 641-7873.

'Womenfest 2003' Offered at Advocate LGH

Womenfest 2003 Health Information and Screening Day Saturday, July 19.

Advocate Lutheran General Hospital invites women to attend an uplifting and enlightening summertime event! Bring your mother, daughter or best friend to Womenfest 2003, an enjoyable and engaging day of free seminars focused on how women can achieve a healthy, happy future.

Womenfest 2003 will be presented from 8 a.m. to 1 p.m. Saturday, July 19 at Lutheran General Hospital, 1775 Dempster, Park Ridge.

Kick off the morning with breakfast at 8 a.m. At 8:30 a.m. enjoy "The Unique Connection Between Mothers and Daughters" moderated by Shirley A. Moore, life coach for mind, body and spirit.

At 10 a.m., Donald Novey, M.D., medical director of Advocate Medical Group's Center for Complementary Medicine and Doralee Grindler, Katonah, Psy.D., M.Div., health psychologist will present "Natural Menopause and Complementary Medicine."

At 11:30 a.m., Edward Linn, M.D., chairman of obstetrics and gynecology, will discuss "Family Planning and Beyond."

This free event features a variety of health screenings, including: body mass index measurement, blood pressure screening, colon screening kits, hearing and eye screening, posture evaluation and pulse reading.

Interactive demonstrations and exhibits will be offered on breast health, cancer care, cardiovascular risk reduction, counseling center, foot care, irritable bowel syndrome, osteoporosis and sleep issues.

Register today for this free event. Call 1-800-3-ADVOCATE (1-800-323-8622) and mention code 8W00 or visit www.advocatehealth.com/lutheran and enter code 8W00 in the search box.

READ THE BUGLE

Working Families Deserve Fair Access to Childcare

by Angenita Cannon and Poletta Webster

When you are a working parent there are few concerns that matter more than what care your children are receiving while you are at work. Quality care for children is as important as keeping a roof overhead and food on the table. Today, options for childcare range from a trusted relative, a large center, licensed family childcare home, or a licensed exempt center or home.

The Illinois Child Care Program (CCP) was created in 1997 to guarantee that low-income working parents, especially those coming from welfare to work, have safe reliable care for their children. It utilizes federal and state monies as well as parent copays to provide childcare to nearly 200,000 children and it is central in keeping parents working and kids safe. However, outdated income eligibility levels and poverty level wages for providers have limited access to the quality care that children deserve.

Thankfully, the Illinois State Legislature has taken a strong step in addressing these problems and has raised eligibility requirements up to 2002 levels. The Governor has shown leadership on children's issues and we are hopeful that he will support these efforts. As childcare providers we also urge the Governor to view updating eligibility levels as a first step in improving the overall care that Illinois children receive.

The CCP currently requires parents to earn less than 50 percent of the 1997 state median income (50 percent from 1997 equals 38 percent from 2002). If a family makes a penny more they become ineligible for the program and lose all childcare benefits. With the real value of eligibility requirements dropping each year, parents have been put in a situation where they are forced to reject raises or leave the assistance program before they can afford the costs of childcare.

An Example: Veronica is a single mother who commutes to work on the Westside of Chicago. She has found a 24-hour Licensed Childcare Home that accepts the state subsidy to provide care for her two children. The setting is convenient to her work location and hours - she does not finish until 8 p.m. For a parent using CCP, the "unthinkable" has just happened - she received a \$1 raise. This raise will make her ineligible for the program and effectively raise her monthly childcare costs by \$500. With a mortgage, light, gas, insurance and other bills piling up, Veronica needs that raise but can't afford it - the situation is unrealistic and unworkable.

Veronica is not alone. Thousands of parents are actually discouraged from taking better paying jobs or a raise at work because of the high costs of unassisted childcare. The system that was

developed to help low income families become self-sufficient is sending mixed messages. It encourages working, but not earning a living. It encourages entry-level employment but not career advancement. These "Catch 22" policies are leading to more children being placed in unlicensed, unregulated care or being shifted around from provider to provider. The state legislature's move to change this is a step in the right direction. Federal guidelines allow for states to make childcare assistance available to all those earning up to 85 percent of the state median income. In Minnesota, where eligibility guidelines are set at 75 percent of the state median income, a single mother of two children can earn \$3,704 a month and remain eligible for assistance. In Illinois, a working mother in the same situation can earn \$1,818 per month maximum. That's \$1,900 less just to be eligible for assistance. The situation is even worse for households with two working parents. On account of the nature of the income guidelines, two parent families are almost automatically excluded from childcare assistance.

The end result of Illinois' outdated income eligibility guidelines is that children have been forced out of licensed childcare settings. Parents are left the option of returning to the welfare rolls, abandoning promising careers or scrounging out cheap childcare solutions that might not be good for our kids. And childcare providers working out of their homes and at centers are left to worry about the children that used to be in their care, and how to fill the empty spaces so they can keep their doors open.

Now that the state legislature has let go of the anchor that holds eligibility levels at 1997 levels, Governor Blagojevich can embrace these changes and focus on the goals of making quality childcare available to all working families in Illinois, fostering early childhood development, assisting parents in moving from welfare to work, and keeping vibrant childcare homes and centers in our communities. To continue working towards these goals, we must look to backing up expanded eligibility requirements with living wages and health benefits for childcare providers as the next necessary steps.

Cannon is a steward for the home childcare providers' union SEIU Local 880 and a home childcare provider on the westside of Chicago. Webster is a union leader and home childcare provider in Springfield.

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Dollars and sense

by David Uffington

Ringing the IRS Alarm Bell

From time to time, this column has tried to make you aware of what you should do — or not do — to avoid attracting the attention of Internal Revenue Service, which more than likely will automatically view you as a probable tax cheat who should be investigated.

This week, the alarm bell rings for you kindhearted people who may be about to lend a family member some money, perhaps without charging interest because that's the sort of nice person you are. But before you take out your wallet or checkbook, you should know that your generous act — especially if it is interest free — could trigger an IRS alert in your direction.

The IRS' concern about family loans is based on abuse of a loophole that allowed some people to avoid paying their full share of taxes on investment income by making interest-free loans to their less-well-to-do children. The

kids, in turn, invested the loan and paid taxes on the income at their lower tax rate. The loophole has been closed, but the IRS remains vigilant for any sign that someone is trying to pry it open.

So lend if you must, but try to get your relative to sign a document that the money is, indeed, a loan and not a gift (which could leave you open to a gift-tax liability), and if he or she invests the loan and earns income, you are to be notified. You then should report it to your tax preparer. This way, if the IRS does decide to investigate the transaction, you can show it was on the up-and-up and that no one involved had any intention to break any tax laws.

When Brokers Go Broke: If your brokerage firm has closed down, you may be able to retrieve your assets through the Securities Investor Protection Corporation. Get a free copy of how the SIPC acts for you by calling toll free 1-888-8 PUEBLO (878-3256). Ask for Item 5431. It's also available for viewing and/or for printing at www.pueblo.gsa.gov.

Write to Mr. Uffington in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or send e-mail to letters.kfws@hearsisc.com.

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15th Annual Chicagoland Ride For Kids July 20

15th Annual Chicagoland Ride For Kids® to take place at Allstate Corporate Headquarters on July 20. Thousands of Motorcyclists to raise funds for the Pediatric Brain Tumor Foundation.

The 2003 Chicagoland Ride For Kids®, which raises money for the Pediatric Brain Tumor Foundation, will be held at Allstate's corporate campus on Sunday, July 20. More than 2,000 motorcyclists from across the Chicagoland region are expected to participate in a motorcycle parade through the north and northwest suburbs of Chicago, with the ride beginning and ending at Allstate's Northbrook Campus. The parade will conclude with the "Celebration of Life," a program that includes inspirational speeches from the children and families that have been affected by this disease.

Since 1984, the motorcycling community has continuously provided an outpouring of love, goodwill and camaraderie through their support of the Pediatric Brain Tumor Foundation's national Ride for Kids® program. The ride is being held in 26 cities. The event has been held in the Chicago area since 1989. Last year, over \$280,000 was raised at the Chicagoland Ride for Kids® event.

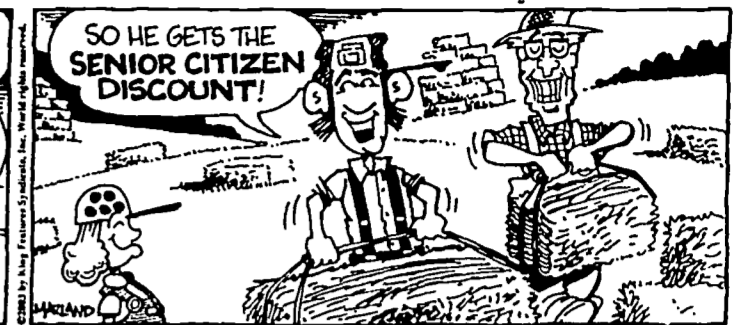
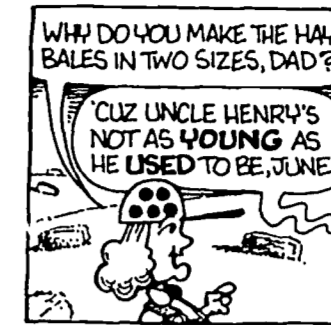
To register or volunteer for the Chicagoland Ride for Kids® event: call 1-800-253-6530, visit www.ride4kids.org or e-mail info@chicagoland_rideforkids.org. There is a \$35 MINIMUM donation per bike to participate, with a light breakfast and lunch included.

The event will be held Sunday, July 20, 2003, at Allstate Corporate Campus, 2775 Sanders

Road, Northbrook, IL. Registration begins at 7 a.m.; 9:15 a.m. sharp (registration closes); 9:30 a.m. sharp (parade begins).

R.F.D.

by Mike Marland



Program to Focus On Sleep Problems

"Trouble Sleeping? ... Rest Easy" will be the title of an upcoming free community education program sponsored by Holy Family Medical Center. The program will take place on July 15 from 1:30 to 2:30 p.m. at the Mount Prospect Library, 852 Fechanville Drive.

Leading the program will be Sharon Limer, a sleep therapist at Holy Family Medical Center. She will discuss the signs, symptoms and treatments for sleep apnea, snoring and restless leg syndrome. A question and answer session will follow the presentation.

Registration is required. For more information or to register, call 1-877-RES-INFO (737-4636)

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June Moon To Relocate To Park Ridge

June Moon Collectibles and June Moon Estate Sales will be moving from their DesPlaines location to a new space in Park Ridge, across from Hodges Park near city hall. The new retail store will be smaller but still feature all the June Moon favorites including collectible toys, games and dolls, memorabilia from movies and TV shows, magazines and books, jewelry, china, glass, pottery and antique furniture.

June Moon Estate Sales will be in the same location. They handle property liquidations through estate and house sales, auctions, buyouts and can also clean out homes prior to or after they are sold. Nancy Frugoli handles the retail store while her husband Jim handles the estate sales and auctions. They also attend shows and antique flea markets several times a year to meet new buyers and promote their businesses.

June Moon began in Park Ridge in 1988 as a small antique shop. They moved to a larger space in Park Ridge in 1992 and expanded to include vintage and contemporary toys such as Star Wars, G.I. Joe, Raggedy Ann, Strawberry Shortcake and many other pop culture favorites. Their inventory has included hard-to-find collectibles such as Wacky Package stickers, vintage Pez dispensers and Funny Face drink items.

When a fire destroyed the building in which their store was located in 2000 June Moon moved to downtown DesPlaines. Now it is time to downsize to a smaller store, and Park Ridge has become a reality. In addition, the estate sale and auction parts of the business have grown and so a large store is no longer needed.

June Moon Collectibles regularly buys old toys, jewelry and antique items. Or you can con-

sign them for their weekly internet auctions. A lady recently brought in two pieces of vintage jewelry that had belonged to her mother. They were evaluated and it was decided to auction both pieces. They sold for over \$1,500 to the amazement of the lady. Other auctions have helped owners dispose of valuable but hard-to-sell porcelain figures for a very good price by auctioning them to buyers internationally.

You can visit the June Moon store in DesPlaines at 1486 Miner Street, across from the train station near the theater. Hours are 12 to 5 Tuesday through Thursday and 12 to 4 on Friday and Saturday. The phone is (847) 294-0018. If you are considering an estate sale or property liquidation you can call Jim Frugoli for a free evaluation without obligation. Fees for sales are reasonable and the professional staff and proper marketing guarantee success. Plus total house cleanup after the sale is available.

Elkhorn Antique Flea Market

Over 500 dealers of primarily antiques and old collectibles will be converging on the Walworth County Fairgrounds in Elkhorn, WI for its twenty-second season this summer (August 10 and September 28). Novices and seasoned collectors alike will be attracted to primitives of all types including rough to refinished furniture, kitchen collectibles, glassware, decoys, military items, postcards, linens, pottery, toys, and much more!

The Elkhorn Antique Flea Market opens at 7 a.m. with a gate admission of \$3. Parking is free. Paved walkways access dealers on all ten acres of the fairgrounds.

The only service a friend can really render is to keep up your courage by holding up to you a mirror in which you can see a noble image of yourself.
—George Bernard Shaw

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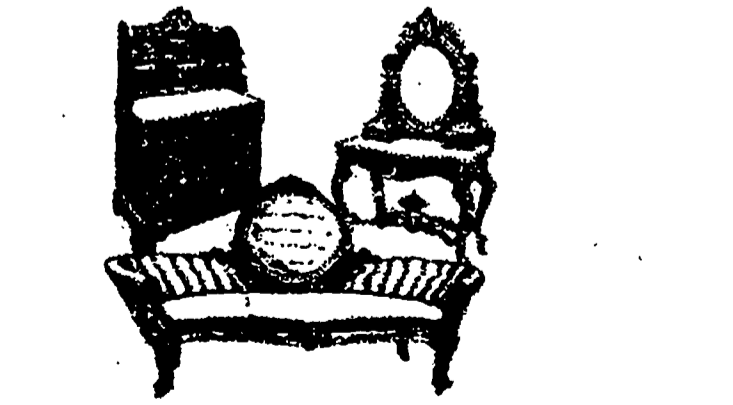
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Besides outside spaces, seven buildings are utilized. Dealers arrive from Wisconsin, Illinois, Michigan, Indiana, Iowa, Minnesota, Nebraska, and more. The Elkhorn Antique Flea Market is a favorite among collectors and a "must" to attend. To compliment an exciting day of antiquing, a wide variety of food is available including turkey legs, pork sandwiches, brats, hot beef, pizza, corn on the cob, ice cream, cream puffs, and eclairs. Many of the food vendors are from local service organizations.

Elkhorn is centrally located between Madison, Milwaukee, Rockford, and Chicago. For more information about this and other antique events offered by N.L. Promotions, LLC, call 262-723-5651 or visit www.nlpromotionsllc.com.



Live Internet Webcast Of Adolescent Scoliosis Surgery

Live Internet webcast of adolescent scoliosis surgery presented by Advocate Lutheran General Children's Hospital and Advocate Hope Children's Hospital.

Surgery to correct adolescent idiopathic scoliosis, a deformity of the spine that can cause chronic pain and disfigurement in adulthood, will be the focus of a live Internet webcast June 26 presented by Advocate Lutheran General Children's Hospital (Park Ridge, IL) and Advocate Hope Children's Hospital (Oak Lawn, IL).

Selective anterior spinal fusion with instrumentation, a highly effective treatment for scoliosis that requires the fusion of fewer vertebrae and preserves significant spinal mobility, will be

shown from 5 to 6 p.m. CST Thursday, June 26, at www.advocatehealth.com/lutherankids or www.advocatehealth.com/hope. Advocate Health Care's children's hospitals are among the few hospitals in the Chicagoland area that offer scoliosis correction via the anterior approach.

Viewers will have the rare opportunity to observe portions of this surgical procedure that corrects the primary scoliosis curve, preserves more normal spinal motion and promotes faster healing than the posterior fusion approach, and halts abnormal spinal growth, effectively avoiding future complications for skeletally immature patients.

Continuing medical education (CME) credits and contact educa-

tion hours for nursing will be provided to registered physician and nurse viewers of the webcast. Registration to view the June 26 webcast is available now by logging onto www.advocatehealth.com/lutherankids or www.advocatehealth.com/hope.

The webcast will feature Steven Mardjetko, M.D., and Andrea Kraner, M.D., pediatric orthopedic surgeons at Advocate Lutheran General Children's Hospital and Advocate Hope Children's Hospital, who will perform the anterior spinal fusion procedure on a 12-year-old girl.

Information also will be provided in the webcast about the importance of early detection and diagnosis of scoliosis, evaluation and management techniques for the disease, and advanced treatment options.

Idiopathic (unknown cause) scoliosis is the most common form of spinal curvature in adolescents 10 to 19 years of age. The disease predominantly occurs in girls and appears to be linked with heredity. Most cases usually are diagnosed between 5th and 8th grade, and the curvature generally worsens during the adolescent growth spurt. Approximately one in 1,000 children have scoliosis severe enough to warrant surgical intervention.

Early signs of idiopathic scoliosis may be observed in children when they are about 10 years of age. These include uneven shoulders, prominent shoulder blades

(s), and uneven waist, elevated hips or leaning to one side.

Dr. Mardjetko explained that management of the disease falls into three categories: observation (required for the majority of adolescent idiopathic scoliosis cases with spinal curves of less than 20 degrees), bracing (a small subset of patients with curves of 25 to 40 degrees) or surgery (curves measure more than 40 degrees, which have a high risk of progressing even after bone growth stops).

The selective anterior spinal instrumentation procedure is most appropriate for patients with spinal curvatures between 40 to 70 degrees. Dr. Mardjetko noted. In addition, the primary and secondary curves of the spine need to have appropriate characteristics. "The secondary curves must demonstrate significant flexibility so they will autocorrect when the primary curve is readjusted."

If corrective surgery is not pursued as an adolescent, the patient runs the risk of more severe spinal deformity, increased cosmetic disfigurement, reduced pulmonary function and lightened pain as an adult.

Following surgery, patients typically spend the first 48 hours in the pediatric intensive care unit, and three-to-five additional days in the hospital. While post-operative bracing is discretionary and based on a variety of factors, it may be used for up to four months.

It usually takes a three-to-four-week recovery period at home before patients feel comfortable

to begin some of their routine daily activities. This is the reason most scoliosis surgery is scheduled in the summer and not during the school year.

"Because the anterior surgical approach heals substantially faster, children are often back to full activity including sports in six months," said Dr. Mardjetko. "With the posterior fusion technique, healing is slower and usually takes a year."

Advocate Hope Children's Hospital and Advocate Lutheran General Children's Hospital are major pediatric referral centers in the six-county Chicago metropolitan area. Advocate's two children's hospitals provide parents and health care professionals with seamless access to more than 340 pediatricians and pediatric subspecialists presenting more than 30 medical and surgical specialties, 184 beds and sites conveniently located throughout Chicagoland.

The clinical expertise of these teaching and research institutions enhances the treatment options for pediatric patients (newborn to 17 years) with the most difficult cases and diagnoses, while never losing sight of the needs of the child and family.

Advocate Lutheran General Hospital and Advocate Hope Children's Hospital at Advocate Christ Medical Center are part of Advocate Health Care, based in Oak Brook, Illinois, which has been recognized as one of the nation's top health care systems for the past six years.

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Program to Focus on Asthma

"Understanding Asthma" will be the title of a community education program sponsored by Holy Family Medical Center and taking place on July 22 from 10:30 a.m. to 12:30 p.m. at the Prairie Lakes Senior Center, 515 East Thacker Street, Des Plaines. Leading the program will be Jennifer Plotkin, M.D., an Emergency Department physician at Holy Family Medical Center. Dr. Plotkin will provide an overview of asthma and will discuss the functions of the respiratory system, how asthma affects the lungs and early symptoms of asthma. She will also discuss medications used to manage asthma in adults and children. Fee for the program is \$5 and includes lunch. The \$5 fee must be made payable to the Prairie Lakes Senior Center and is due by July 14. Registration is required. For more information or to register, call 1-877-RES-INFO (737-4636).

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About Jewish genetic diseases

It is estimated that every individual carries 6 to 8 disease-producing genes that would be harmful if passed on to our children by both mother and father. Many racial and ethnic groups have their "own" genetic disorders - disorders that are not unique to the group, but occur more frequently within it. The "Jewish" genetic disorders are a group of conditions that are more common among Jews of Eastern European (Ashkenazi) descent. Although these diseases can occur in the general population, they do so at a significantly lower frequency. There is about a one in five chance that a person of Ashkenazi Jewish descent is a carrier for one of the "Jewish" genetic disorders. Some of the diseases are fatal and most are debilitating, to varying degrees.



Three "P's" for Those Bathing Suit Blues

Summer is sometimes nicknamed "Bathing Suit Season," which explains the workout frenzy we see in gyms preceding vacations, beach visits and pool parties. This sudden surge in body awareness can cause smart people to engage in some not-so-smart exercise techniques in order to achieve their desired body image. The three P's - Proper planning, Patience and Persistence - can safely prepare your body for this year's swimsuit trends.

Proper Planning: Create a fitness and nutrition program that is well-organized and not overwhelming. Don't cram three months of exercise into three weeks because you only have that long before your cruise; you'll only be disappointed, and the activity could be unsafe. A fitness/nutrition professional can help design a program that will help you effectively reach your goals.
Patience: Remember that fitness is a marathon, not a sprint. Just because summer is here, we cannot make up

Tay-Sachs disease is the most familiar of the Jewish genetic disorders. Babies with Tay-Sachs disease are normal at birth, but at 3 to 6 months of age, an affected baby will begin to lose developmental skills. The nervous system and brain rapidly deteriorate with death usually occurring by the age of 6.
Canavan disease is a disorder affecting the brain and central nervous system. Children with this disorder appear normal at birth, but lack an enzyme that affects the brain and results in progressive deterioration. The disease is life-shortening, with death typically occurring in the first or second decade of life.
Cystic fibrosis (CF) is a progressive disorder causing the body to produce an abnormally thick, sticky mucus in the lungs

for lost time. Use the time you have and make the most of it. Set reasonable goals and acknowledge progress. If you have not yet met your ultimate goal but are still seeing results, use those results as the motivation to continue.

Persistence: Stick with your designed exercise and nutrition programs. Try to steer away from excuses that get you off track. Resist the urge to attempt a shortcut to fitness, and tackle all obstacles with the confidence that you will be rewarded for your hard work. Pacing yourself throughout the year can keep you right on target to reach your fitness goals in time for summer. If you are currently active, keep working hard toward your goals, and make adjustments to your current program to promote change and provide a challenge. If you are just beginning, don't fret, because there's hope. Use the Three P's to get on track - not just for summer, but for life.

Always consult a physician before beginning an exercise program.
Andrea Renee Wyatt, M.S.S., C.S.C.S., is a personal trainer with an extensive background in strength and conditioning as well as therapeutic recreation. If you have a fitness or training question, e-mail Andrea at letters.kfws@hearstcc.com or write her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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GROUNDSTROKE BASICS
It's important to get your racket back early when hitting your groundstrokes, so you won't be rushed as the ball arrives. Early preparation needs to become a habit so your shots don't deteriorate as you become fatigued.

Prepare for the groundstroke by using your "off arm" to give you some balance as you take your racket back. Don't try to run this way, but once you set up to hit, it can help increase your balance as you hit.

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IF YOU WANT TO GET MORE OUT OF YOUR PRACTICE THAN EXERCISE, THERE ARE SOME IMPORTANT POINTS TO BEAR IN MIND.

FOR INSTANCE, REGULAR PRACTICE IS MUCH MORE IMPORTANT THAN THE NUMBER OF BALLS YOU HIT AND THOUGHT IS EQUALLY IMPORTANT AS PHYSICAL EFFORT.

A LOT OF AMATEURS TEND TO HIT TOO MANY SHOTS TOO FAST AND TOO HARD WHEN THEY PRACTICE.

TO MAKE YOURSELF PAUSE AND THINK BETWEEN SWINGS, TRY PLACING YOUR PRACTICE BALLS SEVERAL PACE AWAY FROM YOUR HITTING SPOT. YOU SHOULD FIND YOUR PRACTICE STARTS TO PAY GREATER DIVIDENDS.

Emergency Management Agency To Hold Food Drive

Maine Township's Emergency Management Agency (EMA), believes in taking care of area residents in many ways. In addition to helping them during flooding and other disasters, EMA now wants to help feed needy families.

Ballard Rd., Park Ridge between 9 a.m. and 1 p.m. on Saturday, July 19, EMA volunteers will be on hand to help unload and provide receipts for donations. Items that are needed most are canned goods, coffee, dry cereals, pasta, sauces, and other dry mixes. For further information, contact Cohen at (847) 297-5911 or the Emergency Food Pantry at (847) 297-2510 weekdays between 9 a.m. and 5 p.m.

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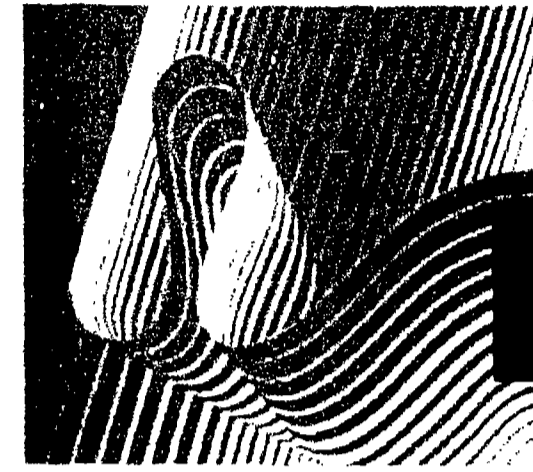

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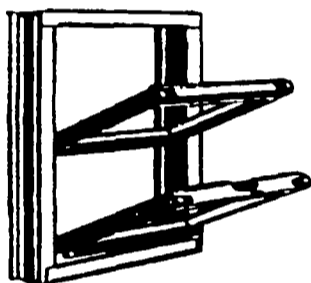
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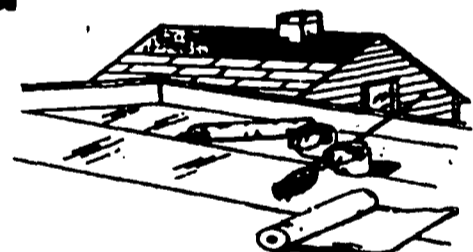
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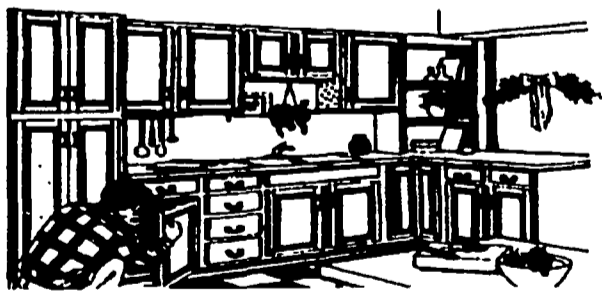


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