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THE BUGLE

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Morton Grove Police Chief Inclendon will retire Nov. 30

*Krier would like next
chief from outside*

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

Long-time Morton Grove Police Chief George Inclendon has announced his intention to retire Nov. 30 and with last week's resignation of Deputy

Chief Lou Rossi the two top staff positions at the Department will be vacant this year.

Inclendon's retirement has been planned for the last several years, he said, scheduled in concert with his wife's retirement.

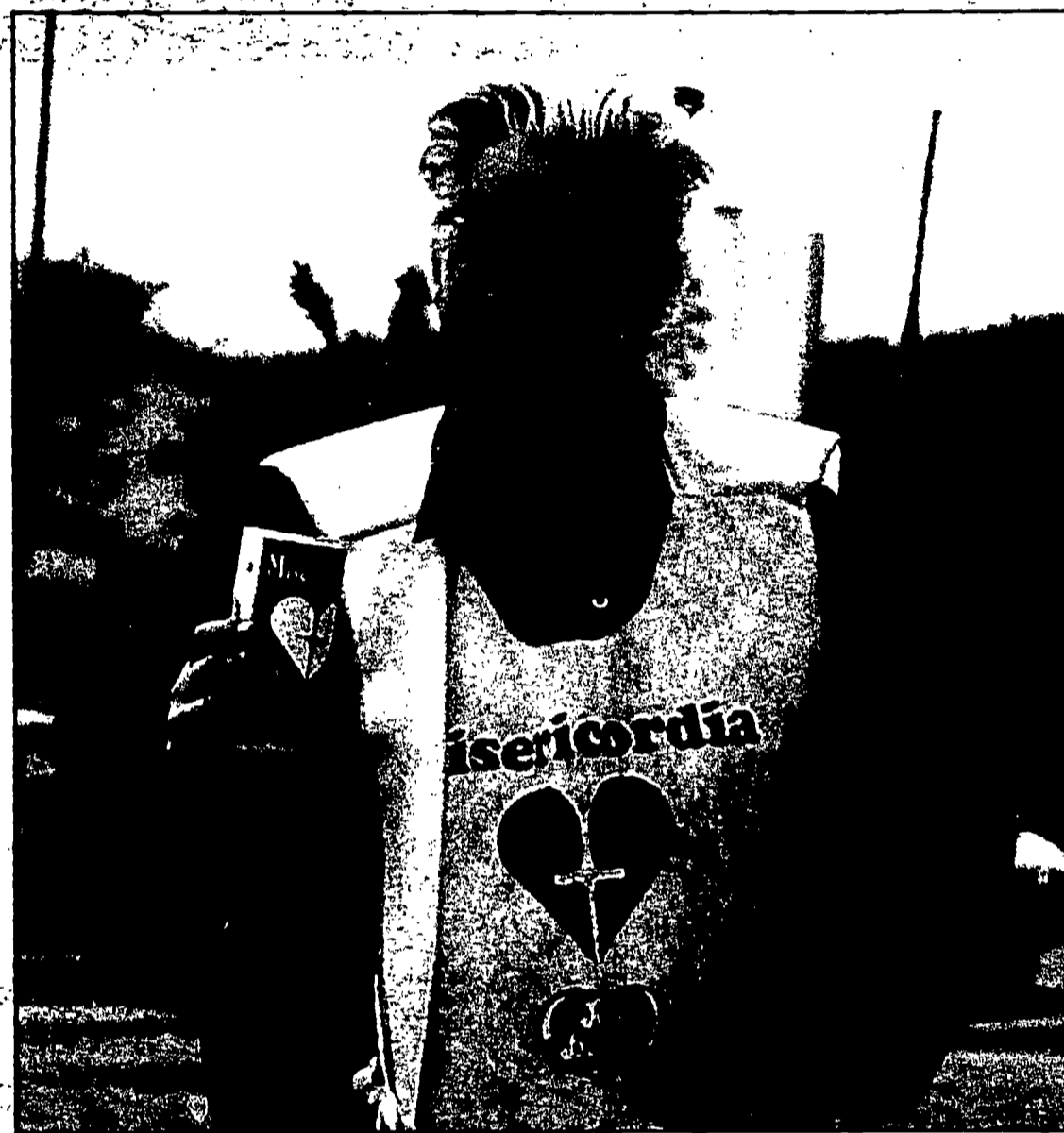
"This was planned in '02 and coupled with my wife's retirement," Inclendon said. "It had nothing to do with political changes in the village."

While Inclendon has tentatively

set Nov. 30 as his final working day, he wasn't sure how he would use accrued vacation time in the interim. His imminent departure will delay the appointment of a deputy chief to fill Rossi's vacant post, one of the chief's traditional duties.

In the Morton Grove Police Department, a deputy chief is generally appointed by the chief with

Story Continues...
MG CHIEF page 2.



**Another
Sweet
Day**

Norbert Johnson, President of the Niles Lions Club collects for Misericordia Saturday afternoon Apr. 30 at Oakton and Milwaukee.

(Photo by Allen Kaleta)

Niles approves Public Works contract

The Niles village board approved a 3-year contract with the Public Works Employees' Union last Tuesday.

Under the contract, the first for Public Works Employees who only recently unionized, there will be a 3.5 percent salary increase per year and by July they will be covered by their own health care separate from other village employees. The union represents 37

employees.

Village Manager Mary Kay Morrissey called the 50-page agreement "reasonable."

"I think we worked through a lot of things," said Morrissey. "There was definitely a give and take."

The village will also set up a labor management committee comprised of municipal and union representatives to refine the contract as needed.

Volunteers renovate Morton Grove Senior's home

*'Christmas in April' program coordinates
volunteers to renovate local homes*

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

In one day, volunteers can do renovate entire homes and Steve Kropp helps coordinate them in their efforts to help local seniors in the North Suburban Chapter of the "Rebuilding Together" organization. Thirty-five volunteers conducted work on a home in Morton Grove Saturday, bringing tears of gratitude to the resident's eyes.

"You get a sense of fulfillment," said Anne McGrath, 16, of Chicago. "[Saturday], the lady was crying at one point when we got here."

When Steve Kropp started working in the program, still known this year as 'Christmas in April,' it wasn't affiliated with

any national organization and was, instead, run out of his church in Glenview.

"We organized it through the Our Lady of Perpetual Help Men's Club," said Kropp.

This year is the last year the program will stick with the "Christmas" name. Next year it will have a newer name, moving the North Suburban Chapter more closely in line with the national organization, "Rebuilding Together."

The program helps seniors that own their homes and can't afford to make repairs to them as they age. They submit applications and then local coordinators, like Kropp and his fellow board member Ron Calandra from MB Bank

Story Continues...

REBUILDING page 16.



Loyola Academy student Nora Koziol paints gutters at a home at 6130 Capulina Saturday afternoon Apr. 30. "It's nice to see the people's faces when they see us coming," Koziol said. (Photo by Allen Kaleta)

MG Chief

(Continued from page 1)

the consent of the village administrator. However, because of the political changes and his own retirement, Inledon is waiting for input from Mayor-elect Rick Krier.



George Inledon
MG Police Chief

"I'm looking to go outside for the next chief," Krier said. "How we go about the search is another question."

Krier said that he had spoken with all members of the incoming village board, including the last two Action Party Trustees, Dan Staackmann and Dan DiMaria, and that the board was on the same page.

"We want to bring in someone fresh," said Krier. "That does not, however, preclude a qualified inside candidate from submitting a resume."

There are a lot of quality people in the Department, Inledon said.

"We have a lot of good supervisors in our department," he said. "We've been developing good people, the department is in good shape as far as quality people are concerned."

As far as a Deputy Chief is concerned, Krier believes the best option would be to appoint an Interim Deputy Chief by the next board meeting and to allow the next chief to make a final selection.

"The new chief should choose his deputy," said Krier.

Krier did say that it was Inledon's prerogative to choose a deputy chief and that he was gratified by the chief's decision to seek his opinion.

"I appreciated [Inledon's] reaction and courtesy," said Krier.

As for himself, Inledon said he would miss the job that he has held for nearly 14 years.

"I've been with the police department 37 and a half years and I'm 63 years old," he said. "That means I've been here more than half my life. It's time for me to move on though and do other things; everybody has to do that at some time. But I will miss it—it's always been challenging no matter what level I was at or what I was doing."



Just a Sappling

Washington School children were on hand for Arbor Day Celebrations last Friday. Mayor Mike MaRous, Mayor-elect Howard Frimark, D64 Supt. Sally Pryor. Over 50 baby spruce trees were donated to students for planting at home.

New City Council Sworn in at Park Ridge meeting

New mayor, council braced for show-down over appointments

BY JEFF BORGARDT
jborgardt@buglenewspapers.com

Family members, neighbors and political supporters of the new city council and mayor packed the house at City Hall Monday night to watch their friends being officially sworn into office.

About 150 people jammed into City Hall for 90 minutes of lavish resolutions, gift giving and speeches honoring the service of outgoing aldermen and also congratulating newcomers.

"I am pleased to have served the people of Park Ridge," said outgoing mayor Michael MaRous, who served as mayor for 19 months. "It was a great honor. As I leave this office, I know I have done my best for the people of Park Ridge." Each outgoing alderman gave a short speech and some even included poetry.

Then, the new mayor and council

were sworn in by a judge. The new council's first measure was to approve a measure that allows outgoing aldermen to retain their aldermanic "badge" and all "the privileges of the badge."

"My goal is to unify the community," said new mayor Howard Frimark. "I plan to be visible as your mayor. I need your help. Help from families, friends and others. I can reach out my hand but there must be a hand to grab." As Frimark was sworn in to the post of mayor, his seat as fourth ward alderman became vacant. The plan to fill this seat has sparked controversy. On Tuesday night, a meeting was scheduled to discuss the procedure to fill that seat and make other appointments.

Frimark had scheduled a press conference before Tuesday's meeting to explain his views. The deadline for the council to fill the seat is July 2.

One group of aldermen says the council should play an active role in the nomination but others contend this would diminish the mayor's power to appoint vacancies.

Maine Township Picks Berman for top Administrator Post

Former Head of 'Mainestay' fills position left vacant by untimely death of Margie Bialczak earlier this year

Dayna Berman is the new Administrator for Maine Township. She was promoted from Director of MaineStay Youth and Family Services effective May 2.



Dayna Berman
Tapped for Administrator

As Administrator, Berman will be the top staff member and responsible for the day-to-day operation of Town Hall and oversight of most departments. This is her third promotion since joining the Township staff.

She started in 1996 as Assistant Director of MaineStay under then-Director Tom Ayers. Ayers retired in 2001 and Berman was promoted to Director.

"I am very honored to be selected by Supervisor Bob

Dudycz and confirmed by the Board of Trustees for this position," Berman said. "I am delighted to undertake this new challenge and to now be working with all aspects of the township government."

She lives in Buffalo Grove with her husband, Stuart. The couple has a 7-year-old daughter and 3-year-old son.

Following graduation from Illinois State University in 1990 with a Bachelor of Arts degree in Psychology, Berman attended the Jane Addams School of Social Work at the University of Illinois at Chicago. She received her Master's Degree in Social Work (MSW) in 1992.

Later, Berman became a licensed clinical social worker (LCSW) in 1994.

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HEALTH & FITNESS GUIDE

Students learning lifelong benefits of exercise



FITNESS FORUM

BY JOHN O'CONNELL
Copley News Service

Pekin (Ill.) Community High School football coach Dale Patton doesn't need statistics to tell him our nation's youth continue to slide physically. He can see it for himself.

"I would say more than half of our high school students have very poor cardiovascular endurance," said Patton, chairman of the school's physical education department. "Because of poor eating habits and lack of physical exercise, our students - not just in Pekin but nationally - are in very poor shape, the worst I've seen in my 24 years of teaching. We have students who have a hard time walking fast."

Statistics show his eyes aren't deceiving him. Fourteen percent of children ages 12 to 19 were overweight in 1999, up from 11 percent in 1994 and 7 percent in the late 1970s, according to the National Association for Sport and Physical Education.

"Our high school students aren't as physically active after school or during their summer vacations as they once were," Patton said. "From the feedback I've gotten from students, they are watching too much TV and spending too much time playing computer

games."

The average American child sees 10,000 television commercials a year. Most of these commercials are advertising fast food, soft drinks, sugar-coated cereals and candy. And almost half of young people aged 12 to 21 do not participate in vigorous physical activity on a regular basis, according to the association.

Thanks to a \$148,000 federal grant in 2003, Pekin Community High School, just south of Peoria, has changed its physical education program. With the grant money and a percentage of matching money from the school district (\$17,000), the school purchased exercise equipment, including elliptical bikes, recumbent bikes, upright bikes, body cycle spinner bikes, stair climbers and treadmills, most equipped with heart-rate monitors.

In addition, the school purchased special health assessment equipment and 60 heart-rate monitors to wear when running. With the TriFit Health Assessment System, physical education students at Pekin are tested for weight, body fat percentage, flexibility and cardiovascular endurance.

"We've gone from the dark ages in physical education when we had no equipment to the space age," Patton said.

"With the equipment, we can measure the students' cardiovascular endurance, strength and flexibility and their percent of body fat and show them how they compare with other students across the nation.

They now know what kind of shape they are in and what they have to do to get in better shape."

At Pekin, every physical education student is tested at the beginning of the year. They each receive a personal profile and then short-term and long-term fitness goals.

"With this equipment, we can monitor a student's progress and how hard they are working," Patton said. "And it can keep us from overworking a student who is in very poor physical shape."

The goals of the school's physical education classes are to get the students in better shape and teach them the lifelong benefits of physical exercise. There is now more emphasis on students hitting their target heart rates than completing long runs. Patton is most excited at how the students have embraced the new equipment.

"With the equipment we are more like a private health club that's free to the students," Patton said. "I think it makes P.E. more fun for the students." Senior Brennan Hayes believes he's benefited from the new equipment.

"We still run in P.E., but we use the machines half the time," Hayes said. "I feel the machines give you a more complete workout ... I've seen my percent of body fat go down."

Junior Jeremy Selby credits physical education classes with his weight loss. As a freshman, Selby, who is 6 foot tall, weighed 177 pounds. He now weighs 150

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Fitness Forum

(Continued from previous page)

pounds.

The school reports that there is statistical evidence that the equipment is paying dividends in the students' fitness.

"In January of 2004, we measured the girls and boys for cardiovascular endurance," said Pat Chambers, the school's technology coordinator.

"We found that 91 percent were in the poor or very poor range. Five months later when we re-tested the students, the percent in the poor and very poor categories went down 2 percent. That may

not sound like a lot, but considering we have around 700 students in P.E. classes, that is the equivalent of 14 students who have increased their cardiovascular endurance."

During that same period, some students decreased their percentage of body fat. When first measured, the school found that 60 percent of the girls were in the poor or very poor categories for body fat. After five months, the percentage in those categories decreased by 4 percent. There was an equal percentage decrease for boys, of

whom 46.7 percent were originally in the poor or very poor range for body fat.

Pekin school administrators see the physical education program as a model for other schools. And the school is in the running for an additional three-year federal grant of \$140,000 to purchase even more exercise machines and heart monitors.

"We conservatively hope to see a 6 percent improvement in all the fitness categories when we re-test in May," Chambers said. "We are starting to see some progress."



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Professional Golf Tips With Tina Mickelson

Half swing drill

The most important part of the golf swing is the portion 3 feet before impact, impact position and 3 feet after impact. The rest of the swing is important, but certainly not as crucial as this particular portion. To increase confidence and help hone your tempo, warm up by hitting a number of balls with just a half swing. Don't take the club back past hip height. As you take these half swings, have the intention for the ball to go no further than about 20 yards.

This will not only slow down your tempo and improve your rhythm, but it will also lead to solid, crisp contact. By feeling that solid contact your confidence will improve because you know you are capable of striking the ball solidly. Once you are comfortable with this half swing, go ahead and hit some shots with your full swing ensuring you duplicate the same feel and tempo as your half swing. You'll find that you are hitting the ball crisp with more consistency.



Copley News Service/Tina Mickelson, PGA

Photo by Paul Nasri

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SENIORS

'Devil' at Columbian Exposition, 'Big Band Cruise' top events at Park Ridge

Park Ridge Senior News

JUNE OUTINGS

The Park Ridge Senior Center already has several June outings scheduled. You can cheer the Cubs at a game, Wednesday, June 8. They will be playing Toronto. The motorcoach leaves the center at 10:30 a.m. This will give you time for lunch "on your

own" in or around the ball park. The game starts at 1:20 p.m. with seats in reserved grandstand. Reservations are required according to the Center's current registration policy. Charge for the ticket to the ball game and the motorcoach is \$26.00.

BIG BAND CRUISE

Enjoy the sound of Big Band music aboard the "Celebration Belle." The Center is planning this Big Band Cruise on Thursday, June 16. Leaving the Senior Center at 7 a.m. headed for

Moline and the Celebration Belle Riverboat. The day will be full of food, music and cruising. Upon arrival at the boat, there will be fresh fruit and sticky rolls. At noon there will be a luncheon buffet and in the afternoon a fountain of shrimp. The four hour cruise on the Mississippi will be complete with Big Band music for your listening or dancing pleasure. Return to Park Ridge should be about 7 p.m. The cost for the day is \$69.00.

"DEVIL IN THE WHITE CITY"

On Thursday, June 23, you can relive the lives and times of a celebrated period in Chicago history...the World's Columbian Exposition of 1893. You'll hear the fascinating story of the creators of the fair and the infamous criminal lurking in their midst, view an exhibit of rare memorabilia from the fair, drive through Jackson Park, the setting for the fair, tour the University of Chicago highlighting its grand Midway Plaisance, and visit the Railway Exchange building, created by Daniel Burnham, Director General of the fair. There will be a luncheon buffet at the Union League Club, a private Chicago Club. Tour leaves the Center at 8:30 a.m. and returns at 4:30 p.m. Charge is

\$64.00 for tours, lunch and motorcoach transportation. Please arrive at least 15 minutes in advance of tour departure time.

MEMORIAL DAY PARADE

The Park Ridge Senior Center is a yearly participant in the Memorial Day Parade. If you would like to be a part of the Parade, walking or riding, sign up in advance at the Senior Center. After the parade you are invited to a hot dog lunch at the Center for only \$3.00. Except for the hot dog lunch for parade participants, the Senior Center will be closed on Memorial Day. If you have any questions, talk to Gertie Goodrich who organizes our part in the parade every year.

April Obituaries

From Colonial-Wojciechowski Funeral Home

BOROWIAK, Loretta M. nee Strozewski. Beloved wife of the late Ramuuld. Loving mother of Connie (late William) Brennan, Kay (late Donald) Oznoff, Eileen (late James) Chester and the late Colleen Borowiak. Loving grandmother of Maureen, Kevin, Chriss, Cheryl, Ron, Dan, Sue, and Janet and great grandmother of Meghan, Erin, Grace, Maggie, Jack, Jordyn, Tyler, Brandon, Justice, James, Benjamin, Ryan, and Aidan. A memorial service will be held Saturday, May 7 at 10:00 AM at St. John Brebeuf Church, 8307 N. Harlem Ave., Niles. Interment Private. Colonial-Wojciechowski Funeral Home of Niles is in charges of arrangements. INFO 847/581-0536 or www.colonialfuneral.com

GUTZEIT, Charles R. age 67. Beloved husband of Rosemary nee Beck. Loving father of Ed (Sheri) Gutzeit. Cherished grandfather of Samantha and Matthew. Dear brother of Mary (Hurrell) Gutzeit. Fond uncle of many nieces and nephews. Member of St. Isaac Jogues Men's Club. Funeral Tuesday, April 19 at 10:30 AM from Colonial-Wojciechowski Funeral Home 8025 W. Golf Road-Niles to St. Isaac Jogues Church. Mass 11:00 AM. Interment All Saints. In lieu of flowers memorials to the American Diabetes Assoc. appreciated. Visitation Tuesday 9 - 10:30 AM. INFO 847/581-0536 or www.colonialfuneral.com

ZOURKAS, Steven Michael age 33. Niles Police Officer died in the line of duty while responding to a call. Beloved husband of Ivy. Loving father of John and Andrew. Loving son of Anthony and Elaine Zourkas. Dear brother of Anthony (Eileen) and George Zourkas. Cherished son-in-law of Wayne and Merle Welte and Jeffrey and JoAnn Frasher. Dear uncle of Brittney, Lauren and Anthony. Steve was a dedicated Police Officer and loved his wife and family dearly. Funeral Tuesday, April 12 at 9:15 AM from Colonial-Wojciechowski Funeral Home 8025 W. Golf Road- Niles to St. Isaac Jogues Church. Mass 10:00 AM. Interment Elmwood. In lieu of flowers memorials to Steven Zourkas Memorial Fund c/o Fifth Third Bank, 7100 Oakton, Niles, IL 60714 appreciated. Visitation Monday 3-9 PM. INFO 847/581-0536 or www.colonialfuneral.com

HAUTH, Ralph E. WWII US Marine Veteran of the Pacific Theater. Beloved husband of Melanie nee Milz. Loving father of Deborah (Frank) Gruszka and Karen (Bob) Stevens. Loving grandfather of Jason (Carrie), Christopher, Rachel and Danielle Stevens. Dear Great Grandfather of Amelia. Lying in state Monday, April 11 from 10:00 AM until time of Service 11:00 A.M at Immanuel Lutheran Church, 1850 Chestnut, Glenview. Interment Immanuel Lutheran Cemetery. Memorials to Immanuel Lutheran Church appreciated. Visitation Sunday from 3-9 PM at Colonial-Wojciechowski Funeral Home 8025 W. Golf Road- Niles. INFO 847/581-0536 or www.colonialfuneral.com

JENCEVICE, Dorothy nee Spaniak age 86. Beloved wife of the late Anthony. Loving mother of Michael (Linda) Jencevice. Devoted grandmother of Peter. Dear sister of Margaret (Chester) Hugar and the late SR Karen Michael Spaniak. Visitation Thursday, April 7 from 4-9 PM. Service 8:00 PM at Colonial-Wojciechowski Funeral Home 8025 W. Golf Road- Niles. In lieu of flowers memorials to the Autism Society of America.

SPORTS

Dons looking like State Champs half-way through season

BY RYAN BISHOP
rbishop@buglenewspapers.com

The defending champion Dons baseball team is more than halfway through the season and looking very much like the team that rolled through the playoffs and onto the state championship in 2004. Despite a 12-1 loss to Rolling Meadows last week, the Dons 16-4 record going into Monday's game against St. Viator is identical to last year. The team has been getting solid pitching from Joe Leyhane, Matt Kudlik and Brian Flynn and the offense led by seniors Craig Mitchell, Keenan Long and outfielder Clint Simkins.

Similar to last year, the Dons are competing in one of the toughest conferences in the

state. The Carmel Corsairs(20-3) face the Dons May 9 and 11, and state runner-up Joliet Catholic faces off against the Dons this Saturday in a game that should draw a huge crowd. "Joliet Catholic has struggled a bit this year, but they should be fired up to play us, and Carmel has good pitching, but if we play tough defense we should be ok," said coach Bob Kostuch.

The Dons were scheduled to play Marian Catholic on Saturday, but the team failed to show, and the game had to be moved to a date to be announced. Last Wednesday, the Dons had to work extra innings to defeat a pesky St. Joseph team 11-8. Simkins had the game winning hit, a double that scored two runs in

the top of the eighth inning. "It was rough not playing Saturday, but a positive was

"If we play tough defense we should be ok."

Bob Kostuch
Baseball Coach
Notre Dame High School

that we had our best batting practice of the year, which helped us get ready for St. Viator. I don't think I've ever seen a game where we were just hitting everything the pitcher was throwing. We weren't really focused early on, but we

really came alive in the fourth inning with some big home runs," said Kostuch. The dagger was a grand slam by catcher Long. Nate Pearce hit a solo homer, Jack Cascio hit a two-run homer and John Creely finished with a three-run homer, all in the fourth inning. Junior Mike Closs ran his record to 4-0, pitching three innings, allowing one unearned run. Brian Flynn and Anthony Sperindeo pitched the last two innings of the five-inning game.

The Dons(17-4, 6-0 conference) had their way against Viator, exploding for an 18-run fourth inning, as they crushed the Lions 23-3 Monday afternoon.

Leading the team in hitting is junior infielder Matt

Wielispach at .468, with five doubles, one home run and 17 RBI. He also has 14 walks, leading to an on base percentage of .590. John Kratsmeyer is right behind him at .458, rapping seven doubles, one triple and eight walks for an on base percentage of .549. The Dons also have some punch in the bottom of the order with Will Harford, hitting at a .385 clip with 16 RBI. Kevin Mitchell is the leader in runs batted in with 27, with Long a distant second at 22.

"We are in a good spot right now heading into the stretch run. Our pitching's been great, and I can rely on everyone to step in and execute. We've been getting a lot of quality swings, and our defense has improved," said Kostuch.

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SPORTS

Rebuilding

(Continued from page 1)



select an applicant.

The members of the board coordinate volunteer teams of local residents and businesses obtain sponsorships and conduct work on the chosen homes. This year, the North Suburban Chapter will renovate 40 homes in suburban Cook

"You'd be surprised how much we can get done in a day."

Steve Kropp
Local Board Member
Rebuilding Together

and Lake Counties.

"You'd be surprised how much we can get done in a day," Kropp said.

When a chosen home requires extensive electrical or plumbing work, professional contractors are brought in. Kropp's brother was in doing work like that in one of this year's Morton Grove home, located on Capulina.

"He was over there doing some professional work," said Kropp. "Replacing some exterior window sills that were rotted out. We like to have everything ready for the volunteers when they arrive."

A great deal of the needed work, like scraping, painting and landscaping, can be done by the volunteer crews. Kropp said that the volunteers painted almost the entire house Saturday.

"We also planted flowers and did some landscaping," he said. "It looks really nice."

Volunteers for the program are recruited from local residents, businesses and some of the Chicago universities. A crew of students from Loyola Academy helped with this year's Morton Grove home.

"It's nice to see people's faces when they see us coming in," said Loyola Academy Student Nora Koziol, 15.

Kropp cited the fulfillment people have volunteering their time as a reason volunteers turn out consistently for the program.

"Normally we have a lot of volunteers," Kropp said. "They really enjoy doing it. And the owner on Saturday was very appreciative. Every time we spoke to her she was crying and saying 'God bless you.'"

Nation-wide, "Rebuilding Together" coordinated 275,000 volunteers rehabilitate 8,700 homes last weekend. Their aim was to help some of what they identify as 25.6 million low-income homeowners that are at risk of losing their homes because of environmental, health and safety issues.

Photos

Above, Brian Kropp repairs window sills at a home at 6130 Capulina, Morton Grove Saturday, Apr. 30. **Below,** volunteer crews work at a home at 6130 Capulina in Morton Grove Saturday, Apr. 30. The volunteers, from local residents to university students painted almost the entire exterior of the house under the auspices of the national "Rebuilding Together" program.

(Photos by Allen Kaleta)



Summer CAMP

Children and Camp: Comprehensive study finds many benefits

Three Children who go to camp gain positive identity, social skills, and positive values and spirituality — as well as increased physical and thinking skills.

Those are just some of the findings of the largest research study of camper outcomes ever conducted in the United States. The results are being released this week at The American Camp Association's (ACA) National Conference in Orlando, Florida. Nearly 2,000 camp professionals, directors, and youth development experts, representing 700 camps and organizations from around the country, are learning the results of the Youth Development Outcomes of the Camp Experience research project. The study was conducted by The American Camp Association in collaboration with Philliber Research Associates and was supported in part by a generous grant from Lilly Endowment Inc.

* 5,000 families participated.
* 80 ACA-accredited camps took part in this groundbreaking study.
* Parents, camp staff, and children ages 8 to 14 completed customized surveys.

* Study participants were surveyed before, after, and 6 months following their camp stay.

All three sources — parents, staff, and children themselves — reported increases in the four central domains of development the study was designed to measure: positive identity, social skills, positive values and spirituality, and physical and thinking skills. Equally as powerful is that children and their parents say the gains made during summer camp were maintained after the children returned home.

"As camp directors, we have always known that 'camp gives kids a world of good,'" states Marla Coleman, ACA National President. "Now, with our landmark outcomes research, we can finally corroborate all our anecdotal evidence and state unequivocally that the camp experience clearly is a vital component of the educational process."

* 96 % of campers reported camp



helped them make new friends.
* 92 % of campers stated that camp helped them feel better about themselves.

* 74 % of campers said that they did things that they were afraid to do at first.

* 76 % of camper parents confirmed their child gained more self-confidence.

"This research heralds a new epoch in camp, where youth development professionals are guided by evidence and experience — the science tells us what our hearts have always known. Camp is a powerful, positive growth experience," shares Dr. Chris Thurber, licensed child psychologist.

You can download this study at: www.ACACamps.org/research/research_book.pdf. For inquiries or a paper copy, contact Kim Bruno at kbruno@ACACamps.org. For general information about ACA, visit us at: www.ACACamps.org.

Founded in 1910, the American Camp Association is a national community of camp professionals and is dedicated to enriching the lives of children and adults through the camp experience. ACA is the only organization that accredits all types of camps based upon 300 national standards for health and safety. For more information, visit www.ACACamps.org.

Overview

The camp experience enriches lives and changes the world.

Camp provides children with a community of caring adults, who

nurture experiential education that results in self-respect and appreciation for human value. All of the outcomes - self-identity, self-worth, self-esteem, leadership, and self-respect - build personal competencies. These personal competencies are reflected in the four "C's" of the camp community: compassion, contribution, commitment, and character! For years, campers' parents have reported that when their children return home from camp they are more caring, understand the importance of giving, are more equipped to stand up for what they know is right and are willing to be more responsible. These are the qualities that will help build a successful nation and a civil society.

Children are at less risk at camp where they have a sense of community, develop intergenerational relationships, and learn through first-hand experiences. Trained, caring adult role models help children feel loved, capable and included. Camp provides children with a safe, supervised, positive environment, which helps children grow.

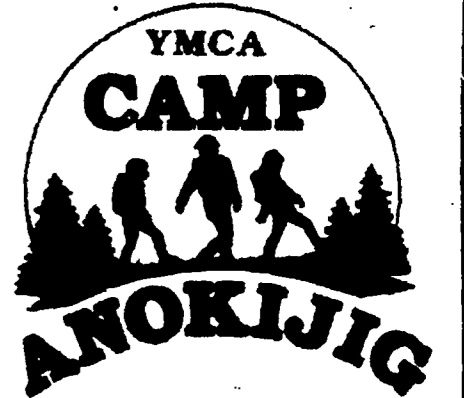
Camp Professionals have enormous power in conveying simple teachable moments...special moments of passing experiences touched by the human spirit. These fleeting moments of time build three significant ACA values that are reflected in the benefits campers derive from camp.

Source: American Camp Association website.

YMCA Camp Anokijig

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LIFE

Events Calendar

GOVERNMENT

Thursday, May 5

-7:30 p.m. Park Ridge Park Board meeting
-7:30 p.m. Golf Maine Elementary School District 67 board meeting

Monday, May 9

-7 p.m. Morton Grove village board meeting
-7:30 p.m. Park Ridge-Niles School District 64 board meeting

Monday, May 16

-7 p.m. Park View Elementary School District 70
-7:30 p.m. Park Ridge City Council

COMMUNITY

Wednesday, May 11

-The Polish National Alliance Northside seniors will meet Wednesday, May 11 at 10 a.m. at the Lido Banquet Hall, 5504 N. Milwaukee, Chicago. The theme of the meeting is "Spring Bingo." Bring a friend or neighbor along and get into the fraternal spirit. For more information, call (773) 286-0500 ext. 309 or 316.

Thursday, May 12

-The Morton Grove Woman's Club will meet on Thursday, May 12 at noon at the Evanston Golf Club, 4401 N. Dempster in Skokie. Cost of the luncheon is \$17.50. Three newly elected officers will be installed by past President Luella Halfpap. Vocalist Frankovelgia will entertain after the luncheon and installation.

-The Park Ridge Garden Club will meet on May 12 at 7:30 p.m. at the park Ridge Senior Center, 100 S. Western. Guest speaker Beau Kimball is the architectural and garden antiques, will be sharing his years of experience with us. Guests invited. For information call (773) 792-2158.

Saturday, May 14

May 14 - The American Daughters of Sweden will hold their next meeting at the Chambers Restaurant, 6881 N. Milwaukee Avenue, Niles, IL, on Saturday, May 14. Cost \$20.00. Reservation by May 9, 12 noon. Call 773-463-7640.

Monday, May 16

-The Skokie Valley Business and Professional Women's Club will meet on Monday, May 16 at Don's Fishmarket in the Comfort Hotel, 9333 Skokie Blvd., Skokie. Networking and social hour begins at 5:30 p.m. and dinner is served promptly at 6:30 p.m. The dinner fee is \$25 for members and guests. Call Dr. Yemimma Lipschultz at (847) 679-2650.

Wednesday, May 18

Morton Grove Hadassah will have The Culminating Luncheon, May 18, 2005, 11:30 a.m. at The Glen Club, 2901 West Lake Ave., Glenview, IL 60025. Come along for a Cabaret Celebration with the accomplished singer

Heather Broudakis who performs classical opera, musical theater, and popular style music. Her program "The Hills Are Alive" will surely delight us all. Please join us for a wonderful day. Cost is \$30.00 prepaid, payable to Hadassah. R.S.V.P. by May 11, 05, state Fish or Fruit. Please call 1-847-433-6350.

Saturday, May 21

Bird Watch - Join Marian Thill, certified naturalist, on a birdwatch in Morton Grove's own backyard, Linne Woods, on Saturday, May 21, 2005 at 8 a.m. Come see for yourself whose been migrating through our Village. By summer these visitors have passed us by, so join Marian and members of the Morton Grove Historical Museum staff on this special watch. Enter the Cook County Forest Preserve at the entrance on the north side of Dempster, across from Ferris Avenue.

Drive down the road, past the pavilion, to turn-around and park near turn-around. Although not strenuous, the birdwatch will require some walking. An adult must accompany children under 18 years of age. This birdwatch is free, but reservations are required. Watch may be postponed or canceled in the case of inclement weather. Please, no pets

Chef Harry Presents Fresh Salads Perfect for Dining Alfresco



BY HARRY SCHWARTZ
Copley News Service

Standing in front of the statue of a polar bear, the mascot of Bowdoin College, where my daughter will be joining the class of 2009, I could not have been more proud. The Maine sun was warm, the breeze off the Atlantic was cool and my precious daughter was looking forward to beginning one of the most exciting times in her life in just a matter of weeks.

Summer in Maine - there is really nothing like it. It is where a lifetime of memories can be amassed. Naturally, most of mine are centered on my family, friends and great food. You don't have to spread the word that it's better in Maine. Let's keep life the way it should be. Eating alfresco is so much a part of summer that you can't have too many recipes that just taste better in the fresh air. Here are a few of our favorites.

QUICK CHINESE CHICKEN SALAD

2/3 cup seasoned rice vinegar
2 tablespoons fresh ginger, minced
1 tablespoon garlic, minced
2 tablespoons sesame oil
2 tablespoons extra-virgin olive oil
1 tablespoon soy sauce
1 or 2 teaspoons ground black pepper
1 cup toasted, slivered almonds

1 cup chow mein noodles
1 bunch scallions, trimmed and chopped
2 red bell peppers, cored and chopped
3 romaine lettuce hearts, trimmed and thinly sliced across leaves
4 cups grilled chicken, chopped
Yields 8 to 12 servings.
Mix together vinegar, ginger, garlic, sesame oil, olive oil, soy sauce and pepper; set aside.

Place almonds, chow mein noodles, scallions, bell peppers, lettuce and chicken in mixing or serving bowl. Just before serving, pour dressing over ingredients in serving bowl and toss well to coat.
PEANUT-BLUE CHEESE COLE SLAW

1 cup mayonnaise
1/2 cup red wine vinegar
3 tablespoons sugar
1 teaspoon dried Italian herb blend
2 cloves garlic, minced
1 purple onion, minced
1 cup crumbled blue cheese
6 cups cabbage, finely chopped
1 cup carrots, shredded
1 cup dry roasted peanuts
Stir together mayonnaise, vinegar, sugar, herb blend, garlic, onion and blue cheese until well mixed; set aside.

Place cabbage, carrots and peanuts in mixing or serving bowl and pour dressing on top. Toss well to coat evenly.
MARINATED GREEK SALAD

Juice from 2 fresh lemons
1/2 cup extra-virgin olive oil
3 cloves garlic, minced
1 tablespoon fresh mint, minced
1 teaspoon dried Italian herb blend
Salt and pepper, to taste
1 cup pitted kalamata olives, drained
1 cup pepperoncini, stemmed, drained and sliced
1 sweet onion, chopped
1 (15-ounce) can garbanzo beans, drained
1 celery heart, chopped
1/4 cup fresh parsley, chopped
2 cups aged, hard goat cheese, cubed
Yields 8 to 12 servings.

Whisk together lemon juice, olive oil, garlic, mint and Italian herb blend. Season with salt and pepper, to taste.

Place remaining ingredients in mixing or serving bowl and pour dressing over. Toss well to coat. Refrigerate overnight in refrigerator, if desired.

ARTICHOKE-SHRIMP SALAD
1/3 cup extra-virgin olive oil
1/3 cup red wine vinegar
2 teaspoons dried Italian herb blend
2 cloves garlic, minced
1 teaspoon sugar
2 cups marinated artichoke hearts, drained

1 pound cocktail shrimp, cooked, cleaned and tails removed
2 cups hard salami, cubed

Story Continues...
CHEF HARRY next page.

Bowling Scores

The Bugle Will Print Scores in order to catch up over the next few weeks

CATHOLIC WOMEN'S BOWLING LEAGUE

Bowled Wednesday, March 30, 2005

	Points Won	Points Lost
Niles Dairy Queen	53	31
Bielinski and Bono Dental	53	31
Candlelight Jewelers	46	38
Classic Bowl	36	48
Skaja Terrace Funeral Home	34	50
NorthSide Community Bank	30	54
High Series/High Games		
Helma Drag	488/183	
Mary Johnson	478/215	
Jan Repel	472/174	
Angie Strazzante	454/167	
Millie Kroll	450/159	
Remy Huszar	150	

Bowled Wednesday, April 6, 2005

	Points Won	Points Lost
Niles Dairy Queen	58	33
Bielinski and Bono Dental	58	33
Candlelight Jewelers	48	43
Classic Bowl	41	50
Skaja Terrace Funeral Home	36	55
NorthSide Community Bank	32	59
High Series/High Games		
Janet Trozzo	537/200	
Helma Drag	516/182	
Millie Kroll	475/170	
Sandy Panuce	463/170	
Emily Abesamis	456/167	
Lois MacAdam	178	
Mary Wasilewski	161	

Chef Harry

2 green bell peppers, cored and chopped
1 bunch scallions, trimmed and chopped
8 to 12 ounces fresh baby arugula
Cracked black pepper for garnish
Whisk together olive oil, vinegar, herb blend, garlic and sugar.
Yields 8 servings.

Place marinated artichoke hearts, shrimp, salami, green peppers and scallions into mixing bowl.

Pour dressing over artichoke/shrimp mixture and toss. Place artichoke forming a bed on a serving platter and spoon marinated artichoke/shrimp mixture over arugula.

Dust with cracked black pepper, to taste.
FENNEL-TOMATO TZATZIKI
2 cups fennel bulb, chopped

1 purple onion, chopped
2 cups crumbled feta cheese
1 cup marinated sun-dried tomato, drained and chopped
1/2 cup fresh basil, chopped
1 teaspoon fresh dill leaf, minced
2 cups sour cream
Cracked pepper, to taste

Yields about 7 cups serving up to 12. Mix ingredients together in bowl. Cover and refrigerate couple of hours. Stir again before serving.

Serve this with split pitas and fresh baby greens. This is a deliciously refreshing fabulous side dish for anything grilled. It also makes a wonderful dip and baked potato stuffer.

Note: Substitute chopped cucumber for fennel bulb if it is not available or desired.
TUSCAN BREAD WITH MULTI-

(Continued from previous page)

BEAN SALAD
8 ounces fresh green beans, trimmed
1 cup extra-virgin olive oil
3 cloves garlic, thinly sliced
1/3 cup balsamic vinegar
2 teaspoons dried Italian herb blend
1/2 cup fresh basil, minced
1/4 cup fresh parsley, minced
1 teaspoon sugar
Salt and pepper, to taste

1 (13.5-ounce) can red kidney beans, rinsed and drained
1 (13.5-ounce) can small white beans, rinsed and drained
1 small purple onion, minced
1/3 cup pimento, chopped
1 loaf day-old, crusty rosemary bread, cut into small cubes
Fresh rosemary sprigs, for garnish
Yield 8 to 12 servings.

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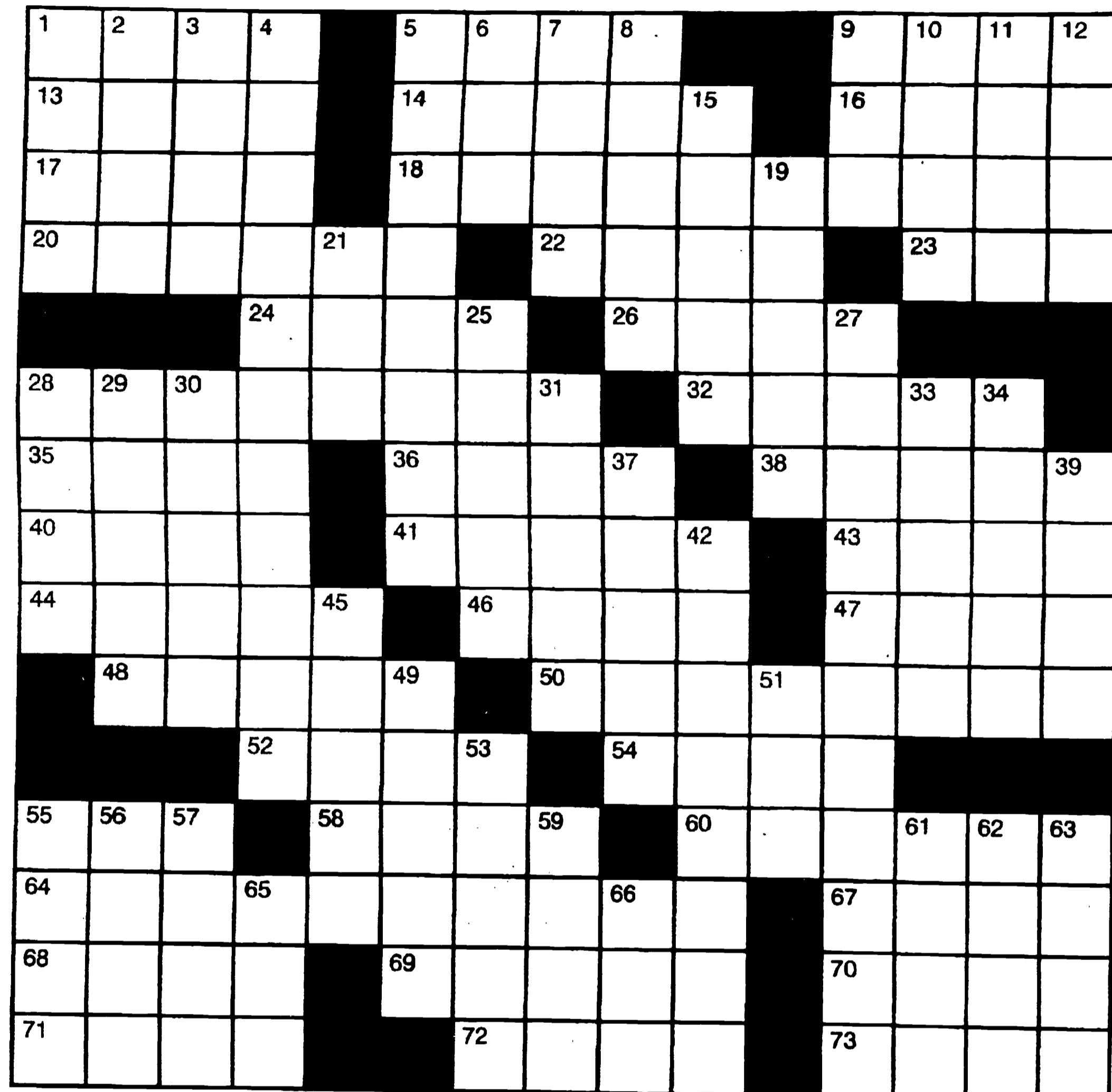
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ECHOES OF BROADWAY



COPLEY NEWS SERVICE

By Charles Preston

ACROSS

- 1 Hindu garb
- 5 Washington bigwig
- 9 Dueling weapon
- 13 Auditory
- 14 Chorus section
- 16 Sutter's Mill discovery
- 17 Gaucho's device
- 18 From "Gypsy"
- 20 Fracture remedy
- 22 Jacob's wife
- 23 Solution
- 24 Zola novel
- 26 Fret
- 28 From "The Pajama Game"
- 32 Wharton's Frome
- 35 Grapes
- 36 Carol
- 38 Urban conduit
- 40 Judy's daughter
- 41 Preserved
- 43 Current fad
- 44 Politician Bentsen
- 46 Forbidden action
- 47 Goofs
- 48 Acoustical measures
- 50 From "My Fair Lady"
- 52 Fairy tale start
- 54 Lincoln, and others
- 55 Turkish title
- 58 Condiment
- 60 Light yellow cheese
- 64 From "Porgy and

- Bess"
- 67 Vegetable
- 68 Algonquian language
- 69 Sun-related
- 70 Small liquid container
- 71 Suspended
- 72 Seines
- 73 Sicilian landmark

DOWN

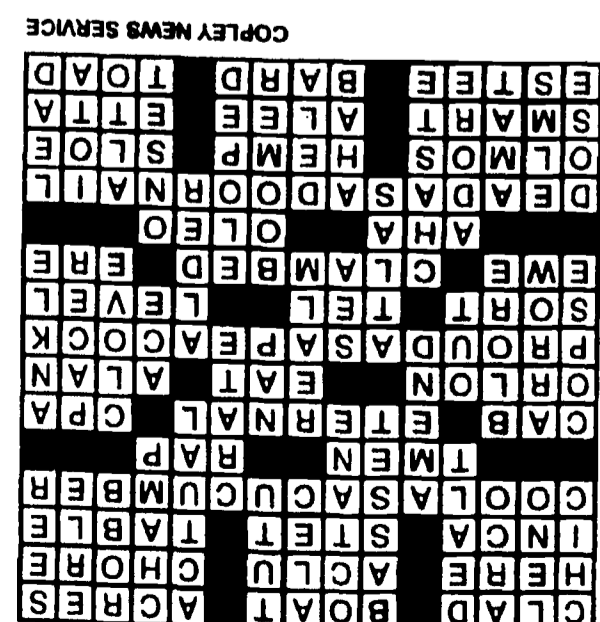
- 1 Reacts emotionally
- 2 Upon
- 3 Small stream
- 4 From "Oklahoma"
- 5 Immensity
- 6 Shade tree
- 7 And others, for short
- 8 Warsaw natives
- 9 Self
- 10 Political patronage
- 11 U.S. magazine
- 12 Whirlpool
- 15 Patio flooring
- 19 Sharpens
- 21 OT book
- 25 Piscean neighbor
- 27 From "Oliver"
- 28 Ship section
- 29 Moral wrongs
- 30 Mississippi tributary
- 31 Accredited messenger
- 33 Prize
- 34 Silent films actress
- 37 Italian seaport
- 39 Surcease
- 42 Sceptics
- 45 Closely packed
- 49 Cicatrices
- 51 Agnus ____
- 53 Singer John
- 55 Author of "The Prophet"
- 56 Mentor
- 57 Prayer ending
- 59 High silk hat
- 61 Short comedy
- 62 Ayatollah's land
- 63 Structural basin
- 65 Actress Ryan
- 66 Picture border

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

This Week's Winner is...

Lorraine Truskolaski

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



REAL ESTATE

Decor Score

Wood Flooring that Works in the Bathroom

BY ROSE BENNETT GILBERT
 Copley News Service

Q: We are adding a master bath in what had been the upstairs sleeping porch in our early 1920s Victorian house. The contractor insists that we install ceramic tile, but the bath opens to the bedroom through an archway - no door - and we have a wood floor in there.

I think tile is pretty but too cold. The contractor says wood will be ruined by water in the bath. What to do?

A: Relax. You can have your wood and your warmth, too, as long as you take reasonable precautions against leaving standing water on the floor. Wood and water are natural enemies, although new finishes - and new wood-look products - have brought them a long way toward peaceful coexistence.

Check out the care and keeping of real wood flooring on the Hardwood Information Center's Web site, www.hardwoodinfo.com.

You will also want to investigate advances in wood look-alikes, such as the laminated floor in the old-fashioned bath we show here. However, there's nothing old-fashioned about the way this flooring (made by Pergo, Inc. www.pergo.com) stands up to modern-day use.

It promises not to yellow, chip or crack, or suffer from spills - clean-up is a wipe with a damp cloth.

A final word about your notion that ceramic tile is "too cold."

While that can actually be an advantage in warm climates, you don't have to live with chilled feet. Borrow an idea from the northern Europeans, who have been installing warming elements under their tile floors for a generation now. Manufacturers such as WarmlyYours Floor Heating Systems (www.warmlyyours.com) offer low-voltage warming grids that go in at the same time you install your new floor.

Installation cost is minimal, about \$10 a square foot, and can also reduce your overall energy bill - by maybe as much as 40 percent, according to John Fantauzzi, technical director of the Radiant Panel Assn. (www.radiantpanelassociation.org).

Radiant systems can go under all types of flooring materials, including hardwood and laminates, tile, stone, and carpeting.

"campaign furniture?" My husband has fallen for a desk that stands on X-legs and has brass edges.

The store salesman called it that, a "campaign" desk. We think it's neat and would like to know more.

A: Then launch a safari to your nearest book source and find a copy of "British Campaign Furniture," by New Yorker Nicholas A. Brawer (Harry N. Abrams Inc., publishers).

As Brawer points out, campaign furniture is just what its name implies: furniture that was designed to be folded up and carried on the march by traveling armies.

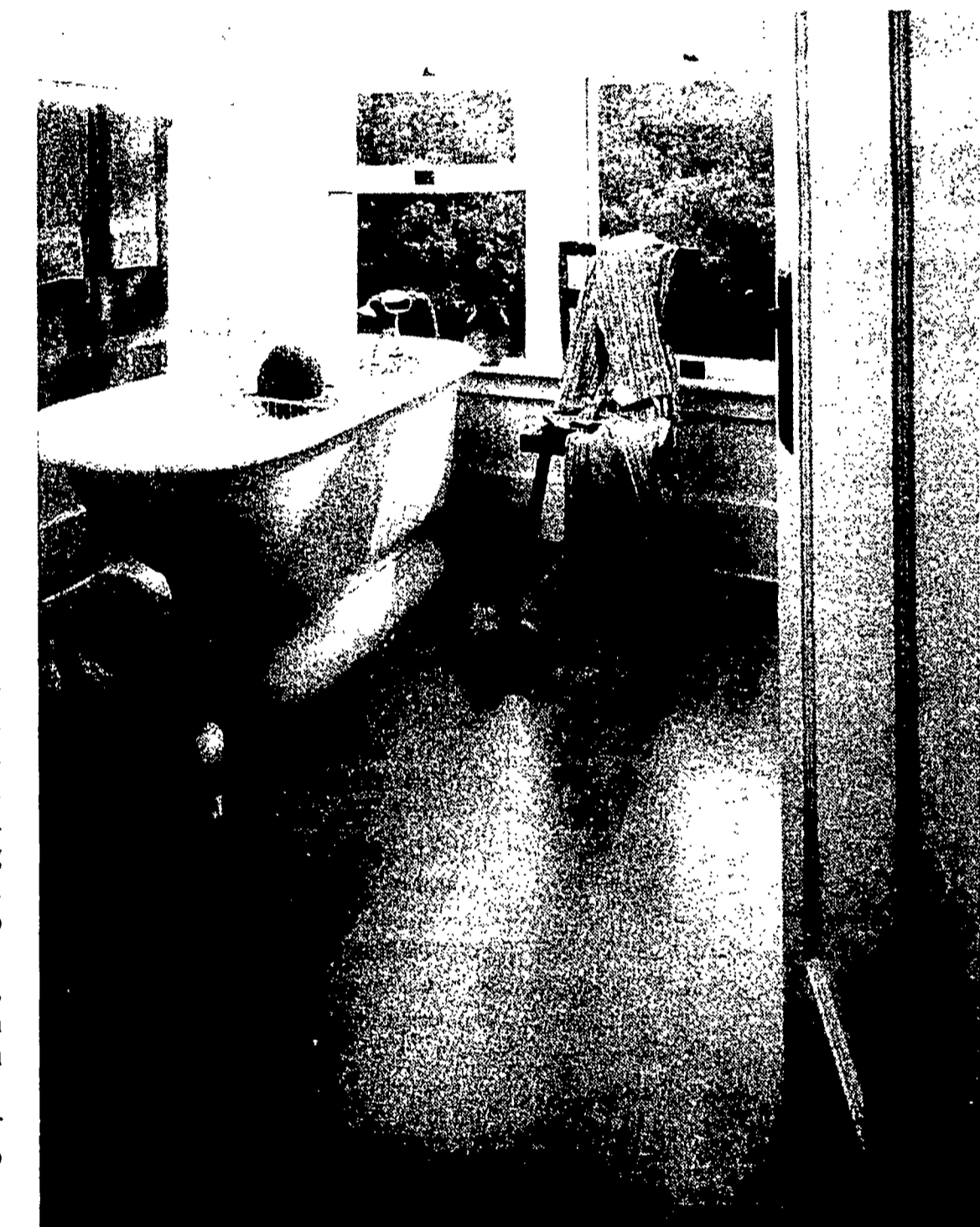
The idea dates back at least to Julius Caesar, but it was the British gentlemen soldiers-explorers of the 18th and early 19th centuries who made campaign furniture forever stylish.

They commissioned such renowned designers as Chippendale, Hepplewhite and

Sheraton to make furniture that allowed them to transport the "civilized life" abroad to India, Africa and to the Boer War - the "last gentlemen's war," as Brawer puts it.

No surprise that not a lot of the originals have survived - the furniture was shot at, dropped off elephant's backs, lost overboard ship - but the good news is that reproductions of the sensible, simply elegant pieces have always been with us. In fact, Stanley Furniture (www.stanleyfurniture.com) has just introduced a collection inspired by campaign originals as part of its new "Barbados" line, a natural since the English took their comforts on Caribbean explorations, too.

Quirky, with its folding legs and secret drawers; handsome, with mahogany and other fine woods bound in brass for endurance's sake, a campaign piece will add an exotic note to any room.



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REAL ESTATE

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Jeff Rugg
Copley News Service

Q: You mention inorganic fertilizer having salt, what type or where might a person purchase the right kind of fertilizer?

A: A dictionary definition of a salt is as follows: 'A chemical compound formed by replacing all or part of the hydrogen ions of an acid with metal ions or electropositive radicals.'

What that means to horticulturalists is that to get the right chemicals in the ground

for our plants, we often mix them with another chemical and the resulting fertilizer is chemically known as a salt.

Salts usually break apart easily in water. Table salt is a combination of sodium and chloride.

It rapidly dissolves in water, releasing the two chemicals. Plants don't need much sodium or chloride, so we don't use table salt to fertilize plants, but we do use potassium chloride to get the

potassium into the soil. Too much chloride can harm plants, so we need to be careful to apply only what we need.

Sometimes we use 'natural' or 'organic' fertilizers where the nutrients are bound in a different chemical formula that has less salt, and is much slower in breaking apart chemically and slower in use for the plants.

The biggest problem with inorganic synthetic fertilizers

is not that they are a salt, but they tend to be applied too heavily or too often, so they can cause damage to the roots because of incorrect usage.

If applied correctly, they are fine for supplying nutrients to plants. On the other hand, there may be a better long-term solution to supplying nutrients to most plants.

The term 'soil amendment' refers to any material mixed into a soil. Soil amendment manufacturers can't make legal claims about nutrient content or other helpful (or harmful) affects the product will have on the soil and on plant growth.

The term 'fertilizer' refers to a soil amendment that guarantees the minimum percentages of nitrogen, phosphate, potash and possibly other nutrients.

An organic fertilizer refers to a soil amendment derived from natural sources that guarantees the minimum per-

centages of nitrogen, phosphate, and potash. Many gardeners apply organic soil amendments, such as com-

Story Continues...
GREENER VIEW next page.

GARDEN TIP

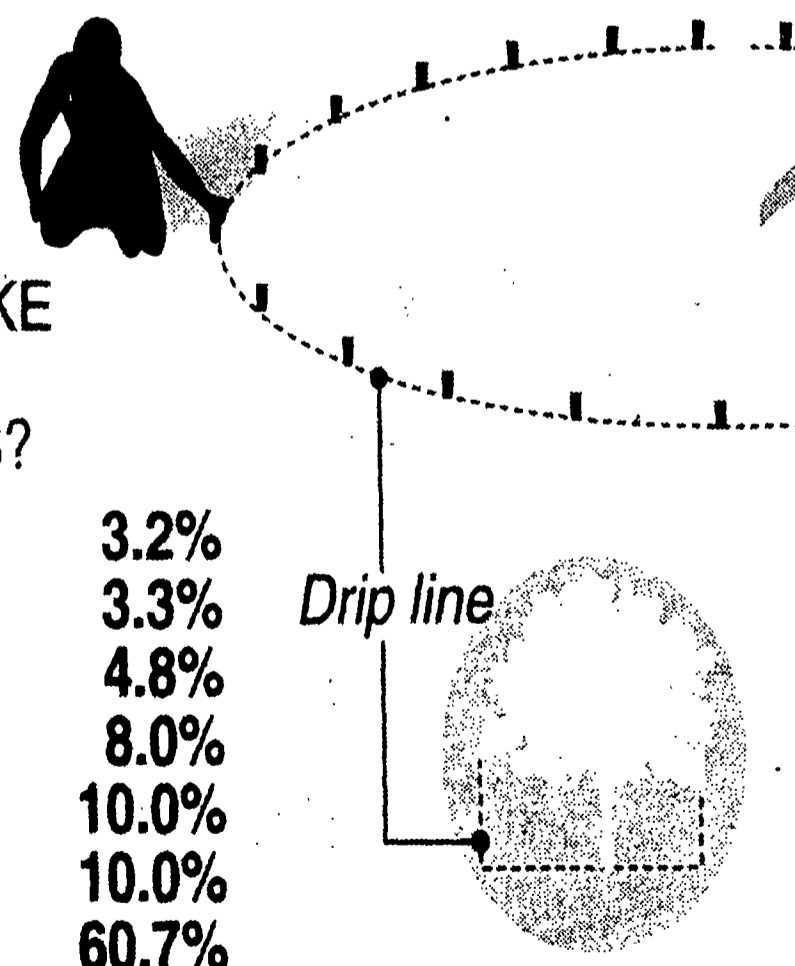
How do fertilizer spikes work?

During 12 months, moisture dissolves nutrients from the spike where they are absorbed into the soil.

TO USE:

1. Place spikes into moist soil, equally spaced (3 feet) around the drip line.
2. Hammer to ground level.
3. Water following a recommended schedule.
4. Repeat at spring and fall intervals.

Place spikes around the perimeter of the drip line



WHAT'S IN A SPIKE WITH 8•10•10 SPECIFICATIONS?

Manganese	3.2%
Iron	3.3%
Combined sulfur	4.8%
Nitrogen	8.0%
Phosphate	10.0%
Soluble potash	10.0%
Binders	60.7%

SOURCE: LutzCorp

Copley News Service / Pete Chenard

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Greener View

post or manure, which may not meet the legal requirements as a fertilizer, but do add small amounts of nutrients. All nutrients, whether synthetic or organic must be converted to a form which can be utilized by the plant. The conversion process is principally carried out by bacteria and fungi. The plant does not recog-

nize a difference between man made or organic nutrient sources, but the soil does. Organic fertilizers and amendments are meant to develop a healthy and vital population of the organisms that make nutrients available to plants. There is an old organic gardening motto, "Feed the soil, not the plant." A plant's growth is depend-

ent on the ability of the soil to retain and release nutrients. It is more critical that the soil be nurtured and fed than it is to feed the plant concentrated nutrients.

A healthy soil will result in a garden full of healthy plants. Organic fertilizers are often more expensive than synthetic fertilizers because the raw materials cost more.

However, organic fertilizers tend to be a better value because they don't have to be used as often, and will have the long-term benefit of improving the soil. Improved soil can reduce a garden's overall synthetic fertilizer needs. Soil is alive and it depends on organic matter to keep it healthy. The nutrients plants need are recycled continuous-

ly in the soil. Most forms of synthetic nitrogen are made available to plants by bacteria in the soil. Without the microorganisms, the soil is dead and unproductive. Another potential problem with inorganic synthetic fertilizers is that they can lower the soil pH, which causes problems in areas where soils are already acidic.

(Continued from page 21)

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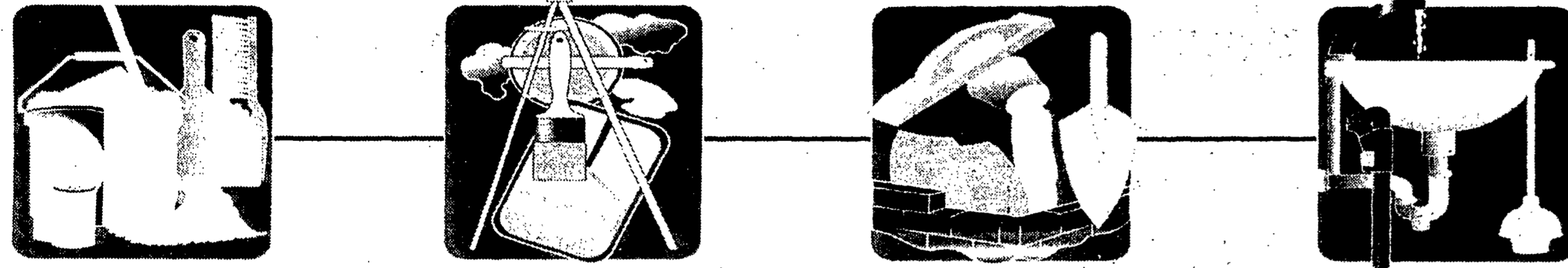
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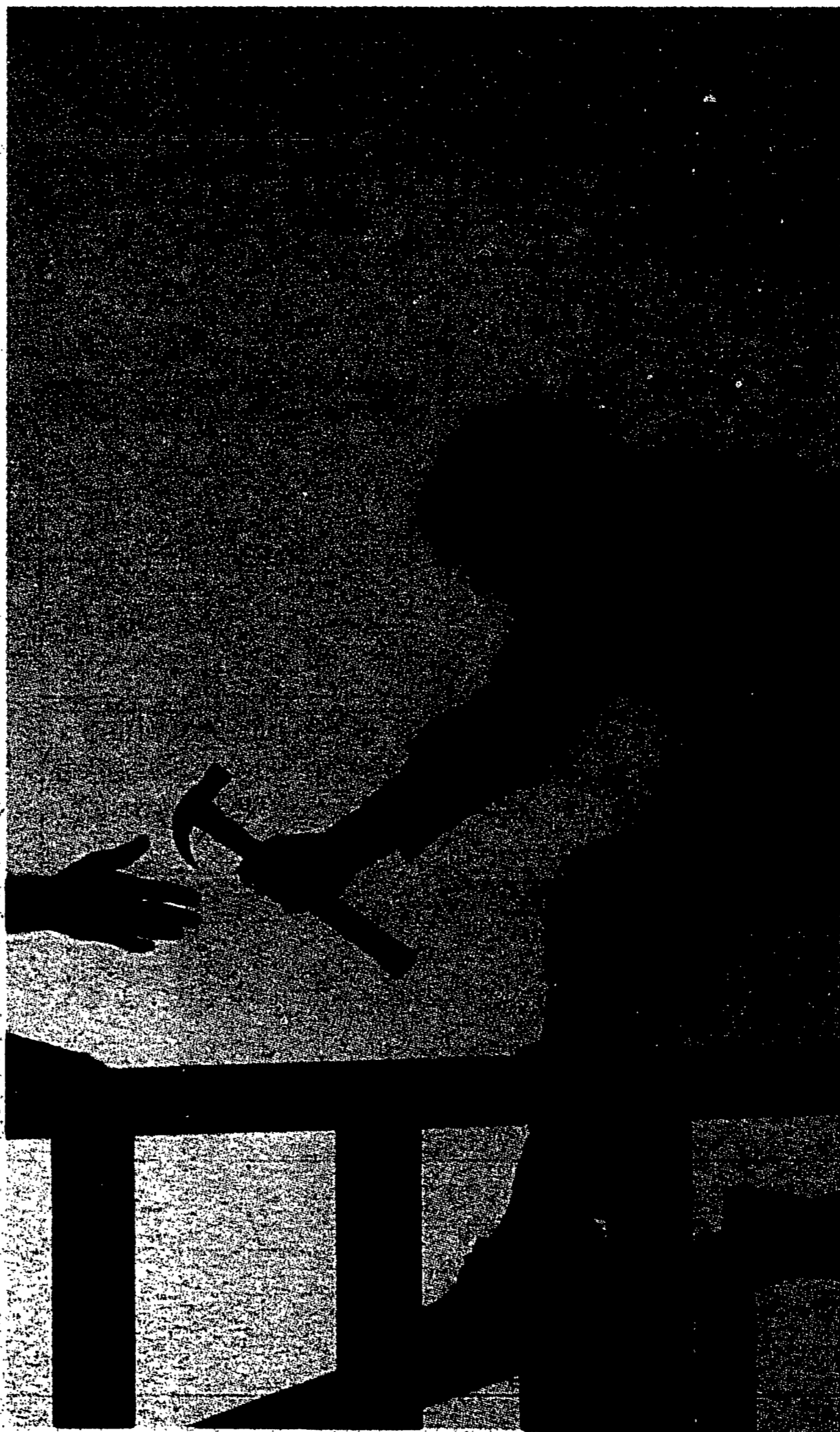
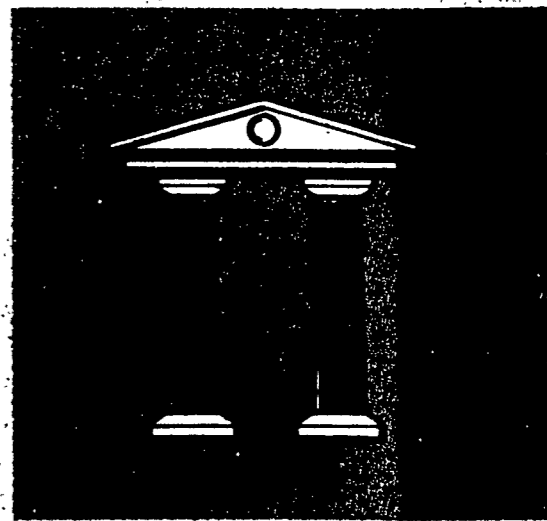
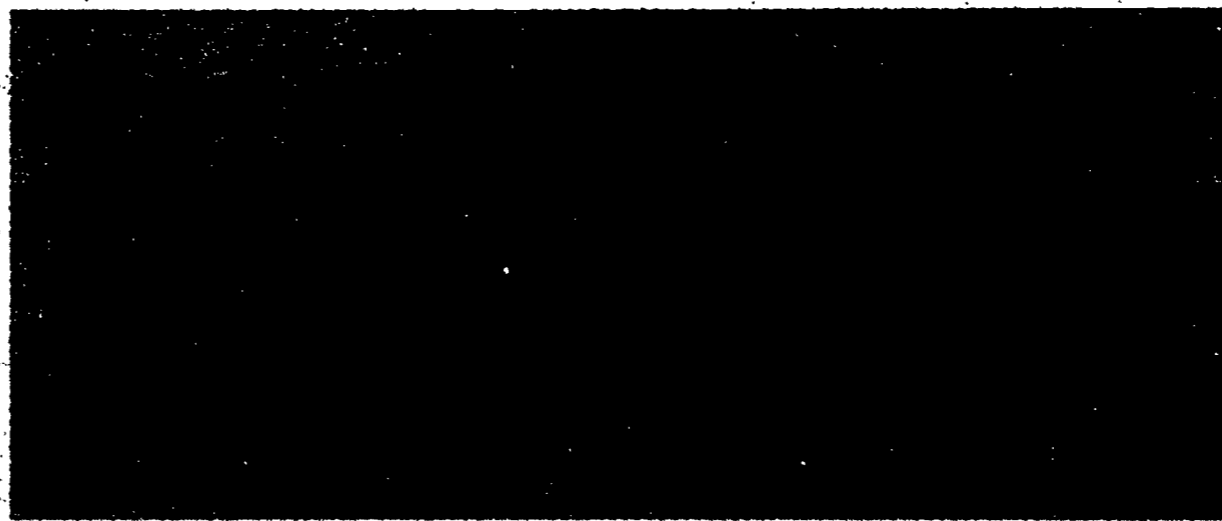
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