



AARRRRRRRRRR...

'Pirates' is Number 1

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A GOOD SWING

Hazards in your golf game

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THE BUGLE



JULY 13, 2006

BUGLENEWSPAPERS.COM

VOL.50 NO.8

Morton Grove settles eminent domain suit

By Tracy Yoshida Gruen

STAFF WRITER

It was tied, three to three, and Village of Morton Grove Mayor Richard Krier broke the tie, voting yes, to authorize settling the Village of Morton Grove vs. Lawrence Bowman lawsuit for \$1.9 million.

Bowman, a property owner who was contesting the eminent domain procedure against his property in the Lehigh/Ferris Tax Increment Financing District, has been discussing the sale of the warehouse property with Krier for some time, officials said. In 2003, the village said they would pay \$925,000 for the property, site of a Domicile Furniture Warehouse, but Bowman had quite a different price in mind, asking for \$3 million. Krier said that the court ruled completely in favor of the village that the Lehigh/Ferris TIF was legal.

"I'm urging trustees not to table this," said Krier. He said the village does not yet have a plan regarding what they will do with the property, but he said once they own the property they will have control over re-development. "Time is of the essence."

Krier felt that it was impor-

tant to settle the lawsuit in order to stop future legal fees and move forward with re-development that will benefit the village. He said the village has already spent \$400,000 in legal fees. He said that if they didn't make a settlement it may take another year and at least \$100,000 a year in legal fees, and then another year or two if Bowman decided to appeal.

Krier shared that he hears residents ask all the time why Niles and other villages have more restaurants or retail and he would like to start re-developing Morton Grove.

Trustee Dan Staackmann was opposed to authorizing the settlement at yesterday's board meeting. He said that he was concerned with how much the clean-up of the property will cost. Krier said he's not sure how much the environmental clean-up will cost. He said it could be \$5,000, \$10,000, \$50,000—the cost is unknown at this time. Staackmann felt that the board should determine the "true costs" before they voted to authorize a settlement.

"The price is much higher than the appraised value," said Staackmann.

See Suit, page 10

Niles' Notre Dame vows to stay open

Despite the Congregation of Holy Cross, Indiana Province, decision to withdraw their sponsorship of Notre Dame High

1,000 Attend Meeting, page 12

School at the end of the 2006-2007 school year, the high school and Archdiocese of Chicago are confident that the school will stay open.

"The school has been operating in the black the last three years," said Paul Waters, a mem-

"Certainly the interest among all of us is to keep the school open. We feel very confident."

Nicholas Wolsonovich

SUPERINTENDENT OF CATHOLIC SCHOOLS

ber of the Notre Dame High School board. He said that the high school is in strong shape financially and have already received \$2.5 million in pledges, from 17 people.

"Certainly the interest among all of us is to keep the school open," said Dr. Nicholas Wolsonovich, superintendent of Catholic Schools. "We feel very confident."

Others are not so confident, however, that Notre Dame High School's doors will remain open to its students.

"Notre Dame High School may close at the end of the 2006-2007 academic year, according to

See Notre Dame, page 2

2006 Taste of Park Ridge starts today

The 2006 version of the popular Taste of Park Ridge promises to be the best ever. It will be held on July 13-15 in the Uptown area along Prospect Avenue and in Hodges Park near City Hall.

"We literally have something for everyone from little children to adults and even seniors," says Park Ridge Mayor Howard Frimark. "Our line up of entertainment and family activities is extensive."

"Having a good array of vendors offering a nice variety of tasty food is what will make this Taste event very successful. Our selection of 2006 food vendors is

outstanding."

The list of vendors includes Applauzz at Summit Square, Le Peep, Cafe' Zalute, Spuntino Pizza, All on the Road Catering, Three Olives, Bistro 90, Einstein Bagel, 'Ritas on the Run, Fernandos Mexican Grill, Dairy Queen, Morningfields, Subway Uptown, Hay Caramba, Elliot's Off Broadway, Three Olives, Siam Thai, J.D. Kadd's, Maki Sushi, Rosario's Pizza, St. John Chriostomos Monastery, Chase's Root Beer, La Tasca, and Pi'Ano Pi'Ano.

Older visitors to this year's event will be pleased. The

Committee is launching Senior Day.

Seniors will enjoy a free movie, shopping discounts, a goody bag (first 250 seniors), and an afternoon of free bingo as part of Senior Day on Friday, July 14. VIP bingo callers including Mayor Howard Frimark and Score Radio Personality Mike North will keep things lively.

According to Frimark, the special day for older Americans starts at 10 a.m. with a free showing of the Academy Award Winning film "Walk the Line" at the Pickwick Theatre, 5 S. Prospect Ave., Park Ridge. He

adds movie goers are encouraged to bring non-perishable food items to benefit the Maine Township Emergency Food Pantry. The Township's MaineStreamers organization is hosting the movie with Liberty Bank for Savings, Park Ridge.

A fun afternoon of bingo in a big tent on the Library grounds is sponsored by Summit Square Retirement & Assisted Living and the Maine Township MaineStreamers. Prizes will be awarded.

Hours for the 2006 Taste are: Thursday, July 13, 5 to 10 p.m.;

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Bugle Office: (847) 588-1900
Newsroom: Ext. 140
Circulation: Ext. 120
Advertising: Ext. 124

Niles Family Services responds to increasing domestic violence

By Tracy Yoshida Gruen
STAFF WRITER

In the past few years, reports of domestic violence in Niles have been increasing and the Niles Family Services Department has developed a new outreach program to provide assistance to local families.

Life Span, a non-profit agency that provides emergency services and shelter for victims of domestic violence, is partnering with the department in the new program that offers more services to families.

A couple of women have been directed to local shelters because they have decided they wanted out of the abusive relationship.

The idea for the new outreach program was triggered by Eric Lanzl, who previously worked for the city of Chicago's domestic violence program before coming to Niles.

The Niles Police Department will play an important role in the program by making refer-

als to the Niles Family Services Department after they see reports of domestic violence. In some cases, a police officer may go with a social worker to the home in order to talk with the families.

"We're fortunate that the police department is sensitive to the issue," said Marty Friedman, director of Niles Family Services. He said that some police departments are not sensitive to the domestic violence issue but Niles is.

"It was very hard to get them in," said Friedman, about victims of domestic abuse. "The victims were afraid."

Friedman said that now with the support of Life Span and the Niles Police Department, they should be able to help more families suffering from domestic abuse.

A new group for senior women who have been victims of domestic violence for several years will also be launched. One on one counseling for these women is also available.

Best fireworks aerial ever

For those of you who read last week's column, I must beg your indulgence for writing yet another Fourth of July-themed column. I promise I'll do my best to make it a good one.

As I was leaving my parents' house on Tuesday night, July 4 some neighborhood kids and their parents were setting up lawn chairs to watch one of the fireworks displays that happens nearby every year. I remember thinking it would be nice to watch the display with my family, but I had places to go. So I jumped in my car, and off I went.

I picked up the Kennedy expressway near O'Hare Airport and headed into the city of Chicago.

I wasn't on the road long when I noticed the occasional firework going off on one side or the other. I didn't think much of it until I was further into the city. Then I happened to glance to my right and saw serious fireworks going off from the backyards of hundreds of homes. It was the best fireworks display I had ever seen.

The expressway is about three-stories high and so I was able to see over the rooftops of most buildings. I remember thinking how impressive it is to see one major firework go off at



Page Two
ANDREW SCHNEIDER

a private display but, unless they're staged those private displays tend to move slowly and those I was watching from the expressway were no exception. It might take two-three minutes between fireworks at the individual displays but with so many different people setting them off the effect was nearly constant.

I spent a half-hour on major expressways through the city and saw fireworks go off constantly in that time. I didn't hear much because some were so far off they looked about the size of a dime. A few times, however, fireworks were set off from homes that were located right next to the expressway and they actually managed to rock the car.

Seeing the fireworks go off across the city and suburbs was a very humbling experience. It made me feel small but, at the same time, I was able to see

myself in the fabric of a nation that was bound together, at least for that, in celebration of our independence from foreign domination. Even though our factional bickering resumed without delay on Wednesday, July 5, I felt closer to my fellow Americans that night.

I also feel obliged to point out that while I'm sure some of the fireworks displays I witnessed were professionally conducted, many others were probably wildcat displays of illegal fireworks conducted by amateurs.

While I certainly enjoyed watching them I couldn't help but wonder if anyone went to the emergency room with serious injuries. Our leaders at the state and national level may eventually need to craft some comprehensive fireworks policy. It's difficult for the state of Illinois to stand alone against high-powered fireworks when our neighbors in Wisconsin and Indiana have businesses set up at the border or just over it that cater to amateur fireworks enthusiasts who want a special bang for the Fourth.

I'm not saying that we should have a nation-wide ban on high-powered fireworks, but if we're not going to do it, then maybe we should throw it wide-open so that Illinoisans can save some money on gas.

which is responsible for the school's operation. The province said it is withdrawing its sponsorship of the school," revealed a press release.

Rev. David Tyson, provincial superior of the Indiana Province, stated in a press release that enrollment at Notre Dame High School has not kept up with its increasing financial obligations.

The Archdiocese of Chicago and Cardinal George are strongly supporting Notre Dame High School through its sponsorship transition.

Since 2000, the enrollment has increased by more than 20 percent, according to the Notre Dame Board of Education.

"The enrollment has been strong," said Wolsanovich. Expressing his positive outlook, he said he is confident that they will find a new sponsor for the high school.

"There aren't as many priests as there used to be," said Walters, regarding their withdrawal of sponsorship.

Notre Dame is home to almost 800 students and a past home to 11,000 alumni. Thirteen percent of the Notre Dame senior class was named to the Illinois State Scholar roster and 97% of the 2006 graduating class will go on to attend college next year.

Morton Grove Police Station almost done

Remodeling projects at the Morton Grove Police Station are now about 90% complete.

For the first time in several years, the station has been repainted and carpeted.

For the past 25 years, six sergeants have been sharing three desks and now in a new office, each sergeant has their own desk. The detectives and special operations department also has a new office. A new interviewing room for patrol and investiga-

tions has also been established.

In addition, the patrol division has a new workout room with new equipment.

"We're very much appreciative of the new offices," said Deputy Chief Mark Erickson. "It'll be nice when it's all done."

Erickson said that so far the remodeling projects have gone smoothly.

The project should be completed in the next week or two, according to Erickson.

New officers elected for Knights of Columbus

The Officers and members of Council 4338, proudly announce the new officers for the Fraternal Year, 2006-7, as

KNIGHTLY NEWS & VIEWS

installed on June 10: Grand Knight- Leo Weiss, Deputy Grand Knight - Adriano Galassi, Chancellor - Brian Dettmann, Warden - Richard Prucnal, Financial Secretary -

Kenneth Lee, Recording Secretary - Mel Koenigs, Treasurer - Larry Huiaras, Advocate - Niles Dwyer, Assistant Advocate - David Carrabotta, Inside Guard - Ed Jablonski, Outside Guard - Clifford Drexler, Trustees - Joseph. Tatkowski, Richard Zaprzalka and Robert Galassi. Congratulations to G.K. Leo Weiss and best of luck in next year!

Taste

continued from page 1

Friday, July 14, 11 a.m. to 10 p.m.; and Saturday, July 15, 11 a.m. to 10 p.m. Music on the main stages will be provided all three days. Details are still being finalized but Dudyecz previously announced that Otis Day and the Knights will headline Saturday night's lineup along with Danny and the Juniors. The Saturday night music is sponsored by ARC Disposal.

A wide variety of musical and dance groups will also be featured Friday and Saturday afternoons. An orchestra concert "Bastille Day Bash" in Hodges Park presented by the Park Ridge Fine Arts Society (PRFAS) will start at 8 p.m. Friday.

A mini-auto show sponsored by Walton Chrysler-Jeep, the Bredemann Auto Group, and the Napleton Auto Group will be another new element to the event this year.

Saturday will be Family Day in Hodges Park with a variety of rides and attractions. The WGN Fan Van will be stationed along with several dozen booths on Courtland Avenue. The booths are available to Park Ridge civic organizations, political groups, Taste sponsors, and others, based on availability.

Mainstage Entertainment Calendar

Thursday July 13

5:00 p.m. to 8:30 p.m. - The Coyotees (80's & 70's Music)
6:30 p.m. to 8:00 p.m. - Steven Suwada "Solo Guitar from Bach to Beatles"
8:00 p.m. to 10:00 p.m. - Piano Man (Elton John & Billy Joel)

Friday, July 14

(Sr. Day 10-3pm)
10:00 a.m. to 12:15 p.m. Pickwick Theater - "Walk the Line"
11:30 a.m. to 1:30 p.m. - Banjo Buddies Dixieland Trio
2:00 p.m. to 3:30 p.m. - Joe Giovannini & Friends
4:00 p.m. to 5:30 p.m. - Dynamite Blu
4:30 p.m. to 6:30 p.m. - Pete Rose @ Around the World Cigar Shop (Pd Tickets)
6:00 p.m. to 7:30 p.m. - Frank & Dean Show
8:00 p.m. to 9:30 p.m. - P.R. Fine Arts Symphony "Bastille Day Bash"

Saturday, July 15

(Family Fun)
11:00 a.m. to 1:30 a.m. - Philippine Dancers
12:00 p.m. to 12:30 p.m. - Mullane Irish Dancers
1:00 p.m. to 1:30 p.m. - Lynette

School of Dance

2:00 p.m. to 2:30 p.m. - Wiel Dancers (Polish)
3:00 p.m. to 4:00 p.m. - Anti-Hazard Youth Rock Band
4:30 p.m. to 6:00 p.m. - Fox Exclusive (Music Group)
6:30 p.m. to 8:00 p.m. - Danny & the Juniors
8:30 p.m. to 10:00 p.m. - Otis Day & the Knights

Special Events/Saturday

July 15 (Expo Tent)
9:00 a.m. to 2:00 p.m. - P.R. Chamber Business Expo/Free Doc Shred (Library)
*GoldTech Computer Free Analysis (3 days by Expo Tent)

Hodges Park/Free Family

Activities/Saturday, July 15
11:00 a.m. to 1:00 p.m. - Hubert the Harris Lion Mascot - Bring your camera!
11:00 a.m. to 12:00 p.m. - Brickton Art Center - Face Painting
11:30 a.m. to 12:15 p.m. - Magician-Jeff Bibik, Chicago Magic Network
12:00 p.m. to 3:00 p.m. - Steven Suwada - Guitar Music

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Notre Dame

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an announcement by the Priests of Holy Cross, Indiana Province,

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Hazards in golf not only on course – also in your swing

By Lisa Reicosky
COPLEY NEWS SERVICE

Fore! OOWWWW!
If any sport could be called tame it would be golf, right?
Statistics may prove otherwise. According to the U.S. Consumer Product Safety

FITNESS FORUM

Commission, there were more than 102,000 golf-related injuries treated in doctors' offices, clinics and emergency rooms in 2004. These injuries cost about \$2.5 billion in medical, work-loss, pain-and-suffering and legal costs.

Golfers suffer most often from hand tenderness or numbness; shoulder, back and knee pain; golfer's elbow; and wrist injuries, such as tendinitis or carpal tunnel syndrome.

Tom Watson (the orthopedic surgeon, not the professional golfer) says he sees a lot of injuries that can be reduced by proper conditioning and exercise.

"Most people think of golf as a more sedentary sport, but a golf swing puts stress on certain areas of the body," said Watson,

of Omni Orthopaedics in Jackson Township, Ohio.

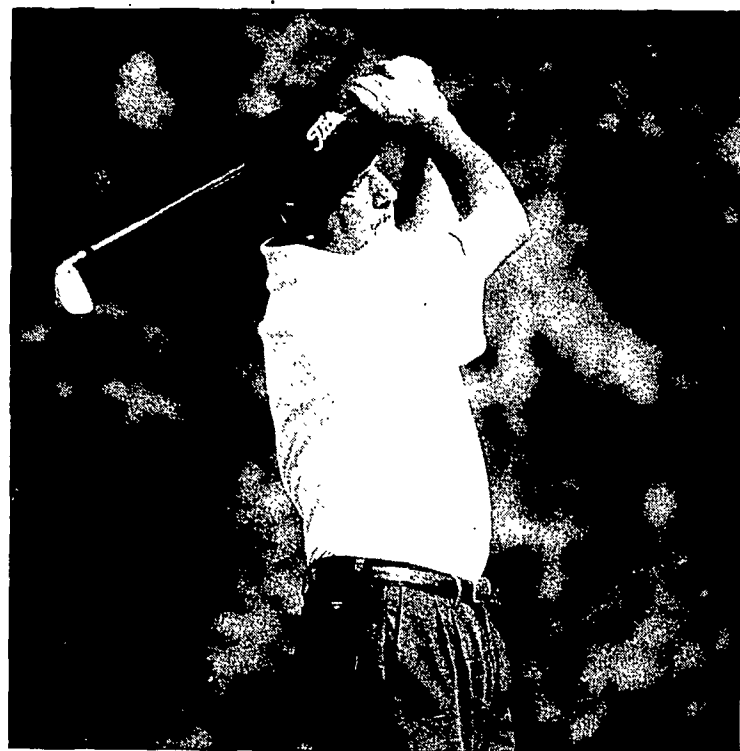
The most common injury he sees is with the lower back. If back muscles are not properly conditioned and the golfer has weak core muscles in the stomach area, he or she is at risk for an injury, especially if the golfer has an improper swing.

The swing is more complicated than you might think. Watson said the combination of twisting and hyperextending the waist and the coiling and uncoiling of the back can contribute to injuries. And these injuries are not age-related. No matter how old a person is, it is never a good idea to just pick up a club and start hacking away.

Watson's recommendation: golf lessons.

Golf pro Jay Spitalo Sr. agrees. The owner of Spitalo Golf Range in Perry Township, Ohio, said pulled back muscles occur when the golfer doesn't transfer his weight correctly from one foot to the other during the swing.

"If you have resistance in the lower half of the body while the upper half is turning - if you hit the ball hard - that's when you'll feel the pull," he explained. "A



lot of pulled muscles come from that motion."

Besides working on that swing, Spitalo said stretching the hamstring muscle is important in preventing back strain.

"Stretching is the most important thing to prevent injuries," he said. "Just 10 minutes every day will do a lot."

Wrist and elbow injuries, he said, are common as well. "That's from playing a lot of golf and wearing them into the ground," he said.

Watson said that for golfer's elbow and tendinitis, he recommends that the golfer ice down the sore area for 20 minutes after golfing. Over-the-counter pain medications such as Advil or Aleve can help with inflammation.

In any sport, Watson said, rotator cuff and shoulder conditioning also is important. A series of movements called Jobe's exercises or the "Thrower's 10" can help condition the shoulder. These exercises

are demonstrated at www.asmi.org/SportsMed/throwing/thrower10.html.

"Of course, the more nastier injuries I've seen are more related to the golf cart," Watson said with a laugh.

Don't Get Hurt

American Academy of Orthopaedic Surgeons offers the following tips to help prevent golfing injuries:

- Newer golfers should take lessons and begin participating in the sport gradually.
- Practice on real turf instead of rubber mats, when possible.
- Dress for comfort and protection from the elements.
- Make sure to wear the appropriate golf shoes: ones with short cleats are best.
- Before going out to play, spend five to 10 minutes in the clubhouse stretching. Focus on the lower back, shoulders and forearms. It is also important to warm up and stretch any other

musculoskeletal problem areas.

Help build your forearm muscles with exercises such as the following:

- Squeeze a tennis ball for five minutes at a time.

- Perform wrist curls using a lightweight dumbbell. Lower the weight to the end of your fingers, curl the weight back into your palm, and then curl up your wrist to lift the weight an inch or two higher. Perform 10 repetitions with one arm, repeat with the other arm.

- Do reverse wrist curls with a lightweight dumbbell. Place your hands in front of you, palm side down. Using your wrist, lift the weight up and down. Hold the arm you are exercising above your elbow with your other hand to limit the motion to your forearm. Perform 10 repetitions with one arm, repeat with the other arm.

Help minimize low back injuries by performing these simple exercises to help strengthen lower back muscles:

- Rowing: Firmly tie the ends of rubber tubing. Place the tubing around an object that is shoulder height (such as a door hinge). Standing with your arms straight in front of you, grasp the tubing and slowly pull it toward your chest. Release slowly. Perform three sets of 10 repetitions, at least three times a week.

- Pull downs: With the rubber tubing still around the door hinge, kneel and hold the tubing over your head. Pull down slowly toward your chest, bending your elbows as you lower your arms. Raise the tubing slowly over your head. Perform three sets of 10 repetitions, at least three times a week.

Other Tips

- Use proper back mechanics while lifting your golf bag (bend See Golf, page 5)

Calcium supplements linked to weight loss in women

By Charlyn Fargo
COPLEY NEWS SERVICE

Turns out supplemental calcium does a body good, too.

Researchers found that increased calcium intake in

NUTRITION NEWS

the form of supplements helps middle-aged adults, especially women, lose weight. The study, conducted by the Fred Hutchinson Cancer Research Center in Seattle, is published in the July issue of the Journal of the American Dietetic Association.

Researchers looked at relationships between calcium and weight change over an eight- to 12-year period among more than 10,000 men and women in their mid-50s. They found "dietary calcium alone had no significant effect on 10-year weight change," but that women who took calcium supplements saw some improvement.

For more on the study, go to www.adajournal.org/current, scroll down to "Current Research" and click on "Calcium intake."

Journal of the American Dietetic Association

Winning Tips

A deli sandwich may seem like a healthier choice than a burger. But a sandwich loaded with mayonnaise, ranch dressing, bacon and cheese can make a Big Mac look like a calorie light-

weight. Some tips for picking a sandwich that won't bust your calorie budget:

- Ask for whole-grain bread, pita or wrap for extra fiber.

- Choose lean protein such as chicken, turkey or lean roast beef. Tuna salad is an option, but only if made with low-fat or fat-free mayo.

- Cheese adds calcium, protein and saturated fat. Keep it to one slice. As a rule of thumb, a white cheese (like mozzarella) is lower in calories than yellow cheese (like cheddar).

- Load up on veggies.
- Hold the mayo; choose mustard or vinegar.
- Ditch the chips. Go with fruit, salad or pretzels.

www.DietWatch.com

Winning Recipe

This recipe for BBQ Chicken and Cheddar Foil Packet Dinner, from the St. Louis Dairy Council, is low in fat and boosts your daily dairy consumption. It can be cooked in the oven or on the grill.

BBQ Chicken & Cheddar Foil Packet Dinner

- 3 tablespoons barbecue sauce
- 4 small boneless, skinless chicken breast halves (1 pound)
- 2 small unpeeled red potatoes, thinly sliced
- 1 red or green bell pepper, seeded and sliced
- 1 green onion, finely chopped
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 ½ cups shredded reduced-fat cheddar cheese

Yields 4 servings.

Preheat oven to 375°F. Place a 12x12-inch foil sheet on a work surface. Spoon about 1 teaspoon barbecue sauce in center of foil. Place 1 chicken breast ½ over barbecue sauce and spread 1 teaspoon of sauce over chicken. Top with ¼ of potatoes, bell peppers and onion. Sprinkle with a little salt and pepper.

Fold foil in ¼ to cover contents, make narrow folds along edges to seal. Repeat with remaining ingredients to assemble 3 more packets. Place packets on baking sheet and bake for 35 minutes.

Open foil packets, with scissors and carefully pull back edges (contents may be very hot). Sprinkle ¼ of cheese over top of each chicken breast ½ and return to oven or grill, unsealed, for 2 minutes or until cheese is melted. With a spatula, transfer the contents of each packet onto individual serving plates.

Nutritional analysis per serving: 290 calories, 38 g protein, 21 g carbohydrates, 4.5 g fat, 75 mg cholesterol, 2 g dietary fiber, 630 mg sodium.

Charlyn Fargo is a registered dietitian. You can write to her at Copley News Service, P.O. Box 120190, San Diego, CA 92112-0191, or e-mail copleysd@copleynews.com.

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Niles Family Fitness Center

Pilates

Pilates is a series of controlled exercises that engage the mind and body to develop strong flexible muscles without building bulk. Each movement begins with the abdomen, focusing on controlling core muscles. Routines alternate stretching with strengthening.

Instructors: Danielle, Susan, Pattie

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Beginning I
7:10-8:05 pm Wed.
All Levels 10:15-11:05 am Sat

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11:30-12:30 pm Mon 6/19-8/21
Continuing 10:05-11:05 am Tues.
Present to 8/22

Golf

continued from page 4

through the knees).

- Do not hunch over the ball too much; it may predispose you to neck strain and rotator cuff tendinitis.

- Avoid golfer's elbow - caused by a strain of the muscles in the inside of the forearm - by performing wrist and forearm stretching exercises and not overemphasizing your wrists when swinging.

- Keep your pelvis as level as possible throughout the swing.
- Before you swing, look around - including behind you - to avoid inadvertently hitting objects or bystanders.
- If you are experiencing musculoskeletal problems, see an orthopedic surgeon who can help diagnose and treat your condition. Also, check with a golf pro for lessons and a tuneup of your game, since many musculoskeletal problems with golf are

rooted in technique issues.

- Avoid participating when experiencing pain or exhaustion. Take rest breaks and replenish fluids.

- Seek shade while waiting at the tee, when play has stopped or if you don't see your shadow. If your shadow is shorter than you, you're likely to burn.

- Wear waterproof, sunscreen with a Sun Protection Factor of at least 15, a wide-brim hat that covers the face and ears, and sunglasses with ultraviolet protection.

- Exhibit caution when driving a golf cart and reduce speed for pedestrians, inclines and weather conditions. Keep hands, legs, feet and arms inside the confines of the golf cart when it is moving.

For additional injury prevention tips and information on golf and more, visit www.orthoinfo.org.

Visit Copley News Service at www.copleynews.com.



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Fireworks exploded in auto fuel filler neck

MORTON GROVE

The following was derived from the official reports of the Morton Grove Police Department for the week ending Friday, July 7.

1 Fireworks Explode in Fuel Filler (9000 Menard)

Unidentified subject(s) placed a firework into the fuel filler neck on the victim's vehicle sometime between July 4 and July 5. When the firework discharged, it fragmented the filler neck and damaged the paint on the vehicle. The victim heard a loud explosion in front of her home. The damage is estimated at \$400.

2 Burglary to Garage (7400 Foster)

Police said unknown subject(s) entered an unlocked door to the garage and entered his two vehicles, stealing \$10 in coins sometime between July 2 and July 3.

3 Bike Stolen from Train Station (8500 Lehigh)

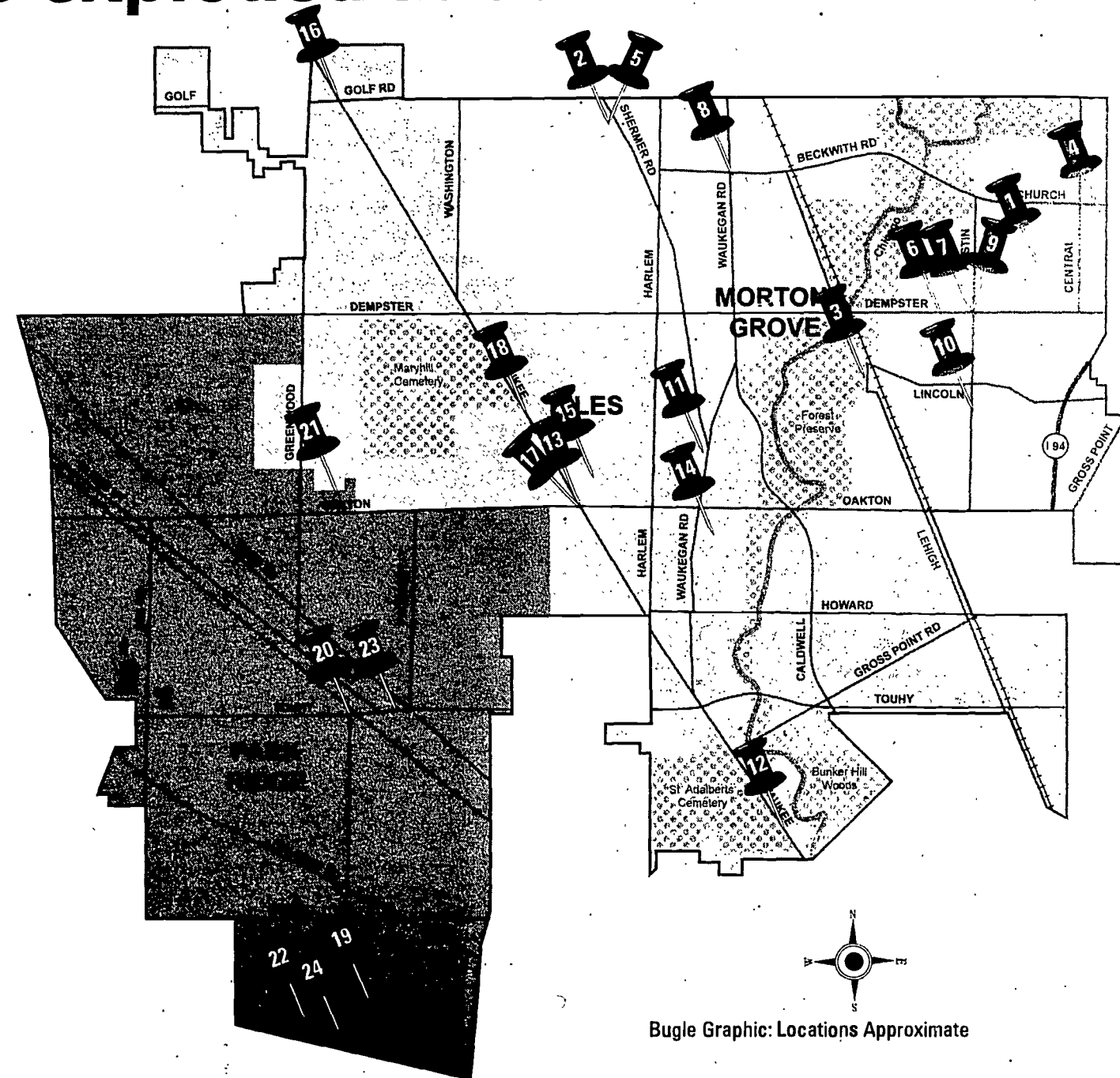
Police said a bike was stolen from the train station on July 5. The bike reportedly was not locked with a chain at the time of the theft.

4 Firework Damages Door Handle (9200 Linder)

Unknown subject(s) discharged a firework on the driver's side door handle of the victim's vehicle on July 4. The subject(s) also wrote on the rear window with a stick of deodorant. The damage is about \$250.

5 Vehicle Burglarized (7400 Foster)

Police said unidentified subject(s) entered the locked vehicle and removed multiple power tools and a sewing machine from the vehicle sometime between July 2 and July 3. The total value of items taken is \$2,570.



Bugle Graphic: Locations Approximate

6 DUI arrest (6100 Dempster)

Police arrested a 45 year old Morton Grove woman for driving under the influence of alcohol on July 5. The court date is set for Aug. 5.

7 Suspended Driver's License (6000 Dempster)

A 19 year old female was arrested for driving with a sus-

pended license on July 4. The court date is July 19 and she was bonded out. Bond was set at \$1,000.

8 No Valid Driver's License (Beckwith/Waukegan)

Police arrested a 23 year old Niles man for driving without a valid license on July 3. The court date is Aug. 2 and the bond was set at \$1,000.

9 DUI Arrest (6000 Dempster)

A 24 year old Niles man was arrested for driving under the influence of alcohol on July 2. The court date is set for Aug. 2 and bond was set at \$1,000.

10 Warrant Arrest (8400 Austin)

Police arrested an 18 year old Skokie man on a warrant arrest

on July 1. The suspect was turned over to the Skokie Court.

NILES

The following was derived from the official reports of the Niles Police Department for the week ending Monday, July 10.

See Blotter, page 7

Blotter

continued from page 6

11 Suspicious Phone Calls (7000 Cleveland)

The victim received two suspicious phone calls, 10 minutes apart on July 1. Both calls showed "prison" on the victim's caller ID. When the victim answered the caller said there was an accident involving a child and to call a number for additional information.

12 Fire Started At Cemetery (6800 N. Milwaukee)

Police said a pile of woodchips and branches were burning along a road in the middle of the cemetery on July 8. Eight youths were seen running from the area west bound through the cemetery.

13 Missing Person Report (8000 Milwaukee)

Police said a man said he moved to the area a couple of days ago from New York and his wife was reported missing on July 6. Police said his wife does not drive a car.

14 Gas Grill Stolen (900 Civic Center Drive)

Police said a gas grill was stolen from the store on July 5. The offender was not seen but there was a trail of grilling utensils and oven mitt leading to the rear patio where the gas grill was located.

15 BB Gun Shoots through Window (8200 Oleander)

Unidentified subject(s) fired a single BB into the middle of a window of the victim's second story bedroom on July 9, creating a hole in the window.

16 Patio Chair Smashes Panel Window (9600 Milwaukee)

Police said unknown subject(s) used a patio chair to smash a 4 by 8 ft. panel window sometime between July 3 and July 4. The cost to repair the damage is \$3,000.

17 DUI Arrest (8000 Milwaukee)

Police said a vehicle was stuck on the raised center median at the entrance in the parking lot of the store on July 2. The vehicle was stuck on the traffic control sign that she ran over. A 53 year old Niles woman was arrested. The bond was set at \$1,000.

18 Suspended Driver's License (Milwaukee at Main)

Police arrested a 33 year old male from Niles on July 8. He was arrested on July 8 for having a suspended driver's license and no insurance. The bond was set at \$2,000 and the court date is August 15.

PARK RIDGE

The following items were

derived from the official reports of the Park Ridge Police Department from the week ending Monday, July 10.

19 Smoke Bomb in Mailbox (1500 S. Fairview)

A victim stated that his doorbell rang on July 3 and when he went by the door he discovered unidentified subject(s) placed a smoke bomb in the mailbox that opens into the house. The foyer of the home filled with smoke. The estimated cost of damage is unknown.

20 Exited Vehicle to Kick Victim's Vehicle (Touhy and Cumberland)

Police said the victim and her husband were in their vehicle waiting to make a left hand turn on July 4. The victim honked her horn at the vehicle in front of her. The subject in that vehicle stopped and exited his vehicle, and kicked the victim's vehicle. He kicked off the side mirror and left a scratch on the driver's side front. The subject then returned to his vehicle and drove off.

21 Underage Party Complaint (1100 N. Cumberland)

Police were dispatched on July 2 for an underage drinking party. After the investigation, a 47 year old Park Ridge woman was cited for knowingly allowing underage persons to use her residence and backyard in order to consume alcohol. A 21 year old Park Ridge man was cited for delivery of alcohol to minors and nine minors were cited for zero tolerance with respect to the use of alcohol. Their court date is August 8.

22 Brick Thrown at Window (1600 S. Greenwood)

Unidentified subject(s) threw a small fireplace brick at victim's front window sometime between June 30 and July 1. The brick caused the window to chip and scratch. The estimated cost of the damage is unknown.

23 Stolen Flowers and Grass (Elm Street, Hinkley Park)

Police said unknown person(s) removed flowers and grasses from alongside the tennis courts of the park. The date and time are unknown and the damage is worth about \$100.

24 Distracted While Shopping (1900 S. Cumberland)

A male, 30-40 years old, distracted a victim while shopping in the store on July 5, said police. After the subject left, the victim noticed her wallet was missing from her purse.

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Letter to the Editor

Affordable housing stock vital to Illinois Seniors

New law will create affordable housing for seniors

Dear Editor,

Access to affordable housing is one of most critical elements to Illinois seniors maintaining their independence. Often the most affordable housing option is for a senior to remain in their own home. For many seniors this means the retro-fitting of their home to address their changing needs.

This spring the Comprehensive Housing Planning Act was introduced by Illinois state Senator Iris Martinez (20th District) and state Representative Julie Hamos (18th District) to make permanent Illinois' State Comprehensive Housing Plan, which was created in 2003 by Governor Blagojevich's executive order.

The Act will create and pre-

serve affordable housing, including the retro-fitting of homes for seniors and persons with disabilities, by coordinating the efforts of state agencies providing housing programs. AARP supported this legislation and worked with Senator Martinez to ensure that advocates for seniors, persons with disabilities, and low-income persons would be included in the development of affordable housing plans.

This legislation becoming law will help ensure the continued independence of countless Illinois seniors.

AARP commends the Governor and the General Assembly for their commitment to addressing the critical housing needs of all low-income residents.

Sincerely,
Ralph Yaniz
Regional Director
AARP Midwest Region

Mothers don't leave

Recently I was accused of having a bias against women. I don't believe I do have any bias against women, nor do I think that conclusion could be drawn from anything I have said or written. I like women. I enjoy their company and always have. I do not find strong women intimidating (nor strong men), but have a deep abiding respect for anyone who is thoughtful, kind, and honest. In my defense let me submit the greatest reason why I love and respect the women in my life - my mother.

When I was just three years old my dad asked my mother for a divorce. She was a young mother, 21 years old and pregnant with my sister. In the end we were four, all told. The reasons for his leaving I do not know as I was just a child, but the circumstances I do know. When my dad left it devastated my mother. She did not understand it and on its face it was not fair. His leaving moved our family from the low middle class into deep poverty. My mother had no



Another Perspective
MORGAN DUBIEL

one to fall back on, no financial resources or work history to fall back on. We lost our bread winner, she a husband and we children a father. He was gone and we were abandoned. Please, though, do not pity her, just read on.

After the initial shock wore off my mother gathered herself up and prepared to enter the workforce. She would not let her children become wastrels. We were not easy kids, there were four of us and on many occasions a casual observer might call us hellions, but she loved us - like a mother does. She found a basement apartment, cockroach infested, dark and dank, but she made it a home. She worked hard to make it pretty

and bright. When she asked the landlord if she could make a garden he gave her a weird look and then said yes. She always worked hard to improve where we lived.

We were on food stamps for a very short time, maybe a month. I remember the shame of paying for our food in government aid coupons. They were different colors depending on the denomination and I felt weird not paying in cash (credit cards were not in vogue then). She vowed to get off the dole and worked doubly hard to make it happen. She worked for a while at Marshall Field's. She knew that a working woman needed a good wardrobe. Field's paid well and had an employee discount that helped her to make ends meet. When the after-school program we were enrolled in failed to cover a kid my age I rode the train downtown and she "watched" me while she worked. It was a great and magical time. Field's was grand, unique and had a toy department that would make your mouth water. Our

See Perspective, page 14

Consumer confidence lags in Chicago

Chicagoland consumers have less confidence in the U.S. economy than the national average, according to recent results from the Rasmussen Consumer Index for Chicagoland that was released on July 5.

The index was released by the Chicagoland Chamber of Commerce. Confidence among consumers in Cook, Will, DuPage, Kane, Lake and McHenry counties stood at 105.3 at the end of June, with the national average of 108.6.

In the first release of the quarterly consumer confidence data for the region, 27 percent of the 1,000 residents in the Chicagoland area who were surveyed recently rate the economy as good or excellent. The total is seven per-

centage points below the national average. Also, Chicago area consumers are less optimistic about their economic future (107.8) compared to most Americans at 113.5. Twenty one percent of the people sur-

veyed in the Chicagoland area say the economy is improving, compared to 24% nationally. While 62 percent of area residents say it's getting worse compared to 57% nationally.

Investing in only U.S. can stifle your returns

By Lynn O'Shaughnessy
COPELY NEWS SERVICE

It wouldn't be a stretch to say that most of the planet has gone gaga over the World Cup, which has brought together 32 of the globe's best soccer teams to compete in a thrilling blur of sweat-soaked matches.

MONEY & YOU

The Brazilian government temporarily changed the country's banking hours so people could watch the games and still deposit their paychecks. In Mexico, tens of thousands of fans have jammed city squares to watch games on jumbo televisions. In Bangladesh, students at one university threatened to riot if the administration didn't delay final exams until the World Cup ended. And the Bangladesh team isn't even in the tournament.

But in the United States, the monthlong athletic drama is as stimulating as two Dramamine tablets and a glass of water. When my husband and a friend tried to catch the opening lunchtime match at a sports bar, the TVs were tuned to golf and tennis. When the manager was asked why the World Cup game wasn't on, he replied, "What's the World Cup?" A televised bass fishing tourney would have trumped airing the planet's greatest sporting event.

Perhaps Americans have dismissed soccer because we aren't good at the sport. After all, in many other countries, children know how to dribble the ball at an age when our kids are developing a taste for Happy Meals. Or maybe it's because we only like to play homegrown sports. Why should we learn to appreciate soccer's finesse moves when we can watch 400-pound linebackers crack each other's skulls and then critique the beer commercials?

This sort of parochialism might explain why many Americans are just as reluctant

to invest overseas. Why venture abroad when we can invest in Microsoft, Coca-Cola, Nike and countless other homegrown success stories? But clinging to this sort of myopia can ultimately hurt your financial bottom line.

There are two excellent reasons why you should add a dash of international picante to your portfolios. By doing so, you can potentially enhance your returns, while at the same time reduce the sort of harrowing, unpredictable market volatility that too often triggers investor stampedes into bank lobbies for the safety of CDs.

If you stick with a buy-America investing approach, you're betting all your chips on one roulette number. And often, you won't fare as well as you might expect. To illustrate, here's an example from the Schwab Center for Investment Research: From 1970 to 2005, the U.S. market failed to rank as the top performing developed market for even one year.

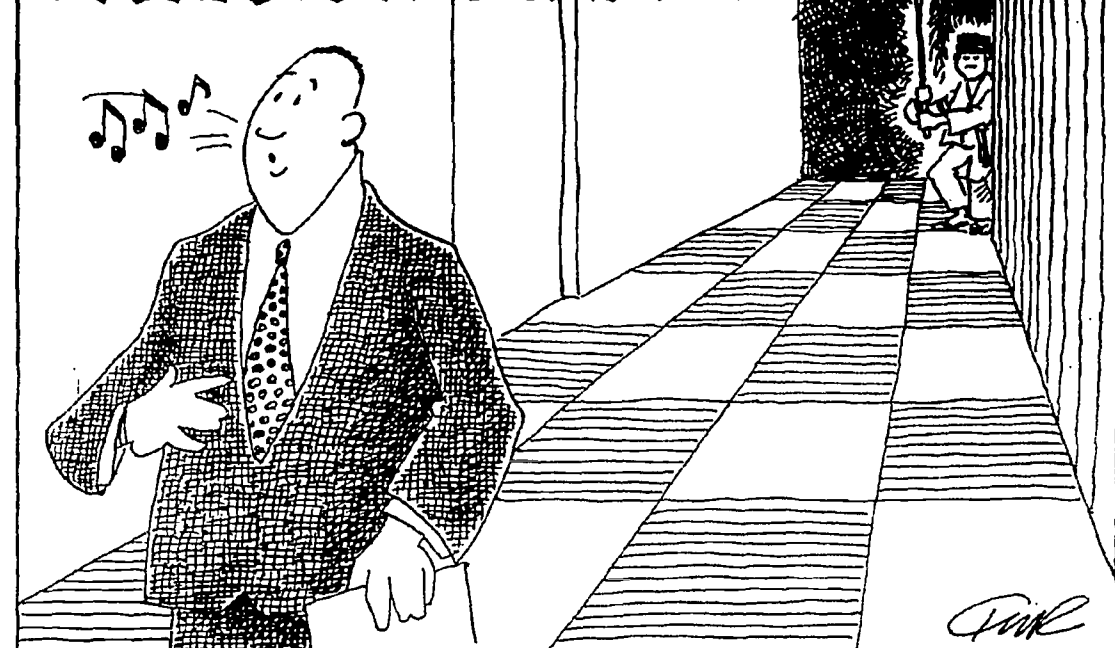
This shouldn't be surprising, because 49 other countries have stock markets. More than 37,000 companies are listed globally, compared with about 5,000 corporations listed on U.S. exchanges. Many of the world's alpha dogs are also living elsewhere. The world's largest communications corporation is Nippon T&T in Japan, and in the financial sector, Allianz of Germany is the top banana. In the utility universe, none of the top seven players is located here.

"By investing only in the U.S., you are leaving out essentially half of the world's market value," observes Michael Iachini, a senior research analyst at the Schwab center.

Investing overseas can also help temper your portfolio's mercurial tendencies. What's happened in recent times provides a decent example: During the past three years, the Standard & Poor's 500 Index, which is the benchmark for the nation's blue-chip corporations,

See Money, page 10

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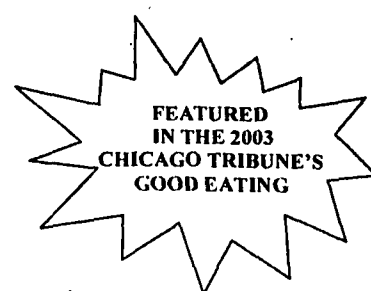


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SUNDAY, JULY 16 - 1 PM TO 12 MIDNIGHT



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D64 students win awards

Three eighth grade students from Park Ridge/Niles District 64 middle schools were chosen as recipients of the 2005-06 Judith L. Snow Ethical Leadership Award.

The students are chosen based on their ethical and leadership skills, such as dependability, respect from and toward others, integrity, teamwork, and involvement in various activities.

Many of the skills and attributes for the Judith Snow

Award are also included in District 64's civil behavior ideals.

This year's recipients of the award are Anne Wave and Matthew Ammentorp from Lincoln Middle School and Stephanie Bergren from Emerson Middle School.

Judith Snow was a 25-year resident of Park Ridge and member of the League of Women Voters who gave her time and talent, and was highly respected within the League

and the community for her courage and leadership.

The Judith Snow Ethical Leadership Award is sponsored annually by ELF, the District 64 Elementary Learning Foundation, and given to one or more eighth grade students who demonstrate ethical behavior in a leadership role.

Winners have their names engraved on a plaque to be displayed at their middle school.

Niles North teacher heads to Chile for exchange program

Niles North Spanish teacher Susan Ranft recently departed for Santiago where she will teach English to high school students, after being named one of only five teachers in America to go to Chile as part of the William Fulbright Teacher Exchange Program.

Ranft will teach in Chile through July of 2007. She

applied for the post in Chile because she wanted to live somewhere "really different," according to a press release. She said she's looking forward to learning more about South America and bringing the knowledge back to Dist. 219 to share with her students when she returns.

Ranft's husband and daughters, ages 9 and 12, will

join Ranft on her journey. She said that her family shares her spirit of adventure about living in a different place.

Ranft will face challenges such as far larger class sizes. At Niles North she currently has approximately 130 students. Her counterpart has about 600.

1,000 parents attend meeting at Notre Dame

School says its future is not in danger from move

By Tracy Yoshida Gruen
STAFF WRITER

More than 1,000 parents attended a special meeting regarding the transition of sponsorship of Notre Dame High School in Niles.

The parents were assured that the high school is viable and financially strong and they were urged to continue to support Notre Dame during the transition.

Dr. Nicholas Wolsonovich, Superintendent of Catholic Schools said, "We need you to continue to send your sons here," to the parents.

Officials from LaSalle Bank, the high school's financial lender, told parents that the school is not in financial stress and they assured them of their support of the school.

Some parents at the meeting

said they were very disappointed that the Congregation of Holy Cross sent out a press release before working out the details of the school's transition to another governance model.

Joseph Gurdak, chairman of the Notre Dame Advisory Board, said that Notre Dame does not depend on the Congregation of Holy Cross for financial support and thus will not be damaged financially by them leaving.

No specific transition plan was discussed, however, there are a number of examples of schools, such as CSC schools that have moved to lay boards with a Catholic presence.

Whatever path they choose to take for the transition will not impact the day to day operations of the school, officials assured.

Parents were encouraged to reach out to area grade schools and parishes to let them know that "Notre Dame is here to stay," according to a press release.

News from Oakton Community College

Emeritus program focuses on Music and Spirituality

Warm up to new interests this summer by enrolling in classes offered by the Emeritus Program at Oakton Community College. These featured courses meet at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

Gilbert vs. Sullivan (MUS B08-91) examines how the partnership of this Victorian duo helped launch the modern musical comedy. Video excerpts of operettas will be shown. Four-week course meets 10-11:30 a.m., Thursdays, starting July 11. Course fee is \$50.

Everyday Spirituality (PSY C34-91) presents teachings and techniques to increase spiritual awareness. Three-week course meets 10:30 a.m. - 12 p.m., Tuesdays, starting July 11. Course fee is \$50.

Beautiful Chamber Music: A

Celebration of Strings, Winds, and Keyboards (MUS B09-91) explores trio, quartet, and quintet formats from the Baroque to the Romantic eras. Four-week course meets 10-11:30 a.m., Wednesdays, starting July 12. Course fee is \$60.

Oakton's Emeritus Program offers credit and noncredit courses, lectures, seminars, and tours, while providing a chance to share learning experiences with peers age 50 and over.

For more information about the Emeritus Program, including costs of featured lectures, call 847-635-1414 or 847-982-9888, press 3. For a complete list of Emeritus classes, course fees, seminars, and events, visit www.oakton.edu/emmeritus.

Oakton Tour Showcases Cultural Italy

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See Oakton, page 14



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TASTE OF PARK RIDGE ENTERTAINMENT SCHEDULE

THURSDAY JULY 13
5 PM - 10 PM

MAINSTAGE BY PICKWICK THEATRE
5 PM COYOTEES (60's & 70's MUSIC)
6:30 PM STEVEN SUVADA (SOLO GUITARIST)
8 PM PIANO MAN
ELTON JOHN & BILLY JOEL SHOW

FRIDAY JULY 14

SENIOR DAY 10 AM - 3 PM
FREE MOVIE - FREE BINGO
GOODIE BAG

FRIDAY JULY 14
11 AM - 10 PM

MAINSTAGE BY PICKWICK THEATRE
10 AM PICKWICK THEATRE-MOVIE:
WALK THE LINE
11:30 AM BANJO BUDDIES DIXIELAND TRIO
2 PM JOE GIOVANNI & FRIENDS (ACOUSTIC)
4 PM DYNAMITE BLU
4:30 PM PETE ROSE & AROUND THE
WORLD CIGAR SHOP
6 PM FRANK & DEAN SHOW
8 PM P.R. FINE ARTS SYMPHONY
"BASTILLE DAY BASH"

SATURDAY JULY 15
11 AM - 10 PM

MAINSTAGE BY PICKWICK THEATRE
11 AM LOCAL ETHNIC
ENTERTAINMENT
3 PM ANTI-HAZARD
YOUTH ROCK BAND
4:30 PM FOX EXCLUSIVE
(MUSICAL GROUP)

6:30 PM DANNY & THE JUNIORS
8:30 PM OTIS DAY & THE KNIGHTS

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11:30 PM JEFF BIBIK - CHICAGO MAGIC NETWORK (MAGICIAN)
12 PM WGN RADIO FAN VAN - UNTIL 2 PM
12 PM STEVEN SUVADA (SOLO GUITARIST)
12:30 PM COOK COUNTY SHERIFF'S POLICE CANINE UNIT
1 PM BALLOON TWISTING CLOWN (AARON ENTERTAIN)
3 PM STEEL EXPRESS (STEEL DRUMS & KEYBOARDS)
6 PM "LOOSE CHANGE & FRIENDS" (APPALACHIAN)
8 PM BAREFOOT HAWAIIANS

ADDITIONAL FAMILY FUN ACTIVITIES
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Thursday, July 13
5pm - 10pm

Friday, July 14
11am - 10pm

Saturday, July 15
11am - 10pm



Lehigh/Ferris TIF meeting July 17

A meeting to discuss the rough draft of the long term framework plan for the Lehigh/Ferris Redevelopment will bring the village board members up to date on July 17.

Bill Neuendorf, director of community and economic development, said that the July 17 meeting will bring the trustees up to speed on the rough draft for the redevelopment of the Lehigh/Ferris area that was created before the new board was formed. The goal is to get them prepared for the community workshop that will be held on July 26.

Neuendorf said that the July 26 meeting is the "big meet-

ing" that will be fully interactive and include maps and drawings presented by architects and designers.

At the community workshop, priorities and preferred types of redevelopment projects for the area around the Metra Station near Lehigh and Ferris Avenues will be discussed. Short-term projects that are within the next five years will be discussed as well as long-term visions of what people would like the area to look like 20 years from now.

Potential projects could include the re-alignment of public streets and utilities, improved rail crossings, new

public park, Farmer's Market, etc, possible new Metra station, new bike trails, new homes, new commercial space, improved pedestrian walkway, new housing that is affordable to seniors and more.

Neuendorf believes that the community's input is very important and he hopes for a good turnout at the July 26 meeting.

The workshop will be held at the Morton Grove/American Legion Memorial Civic Center at 6140 Dempster St from 6:30 p.m. to 8:30 p.m. Everyone is invited to attend this public workshop.

Lions Club names donation-drop-off sites

The Niles Lions Club recently announced 28 locations for people to bring their used eyeglasses, hearing aids, cell phones, printer cartridges and contact lenses to assist people in need.

Yako's Place, 6638 W. Albion
Tam O'Shanter Clubhouse, 6700 W. Howard
Niles Community Church, 7401 W. Oakton
White Eagle, 6845 N. Milwaukee
St. Andrews, 7000 N. Newark
Johnson Real Estate, 8137 N. Milwaukee
Four Eyes Vision, 9. West Madison
Niles Park District, 7686 N. Caldwell

TCF Bank, 7759 N. Dempster
Niles Chamber of Commerce, 8060 W. Oakton
North Suburban Heating, 7638 N. Milwaukee
Niles V.F.W. Post, 7712, 7419 N. Milwaukee
Colonial Wojciechowski Funeral Home, 8025 Golf Road
Joseph Academy, 7530 N. Natchez
Howard Leisure Center, 6676 W. Howard
Skaja Terrace Funeral Home, 7812 N. Milwaukee
Niles Public Library, 6960 Oakton
Verizon Wireless, 6346 N. Milwaukee
Four Eyes Vision, 7107

Oakton

continued from page 12

Community College. Trips in 2006 are scheduled to depart Sept. 30.

Begin in Milan, and view gothic cathedrals throughout the city. After a brief stop at Verona, home of Romeo and

Juliet, continue on to Venice, and visit St. Mark's Square and Basilica, Piombi Prisons, and the Bridge of Sighs. In Florence, visit the Academia, home of Michelangelo's David, and the Uffizi Gallery, which is filled with works by Michelangelo, Caravaggio, Raffaello, and Botticelli. The tour concludes in

Rome, with visits to the Vatican Museums and Sistine Chapel, the Colosseum, and catacombs along Old Appian Way.

Along the journey, savor Italian culture through cuisine, lectures, and local residents. For more information and complete itineraries, call Bea Cornelissen at 847-635-1812.

Perspective

continued from page 8

toys, though, came from the White Elephant shop associated with the Children's Memorial Hospital. My sisters' dolls all had someone else's crayon marks and my GI Joes were all veterans, mostly amputees.

Talk about strength, my mother held it together through so many crises. One of my favorite was her defending my sister from a vindictive kindergarten teacher. My little short mother took no guff when it came to her kids. You could count on a fight and she would defend us to the death.

At the same time she could be so incredibly wise and savvy. Where we lived was very rough at that time and one day a man came to our door claiming to have lived there and that he left his stash of heroin in the room that was now my sisters' room. My mom asked him to wait one moment. My job was to dial the police and I dialed all the numbers except the last and when the phone would go busy I would start again. Then she let him in. He went to the back of our basement apartment. Waiting was scary. It was like a cowboy movie when some scary Indians come in and the family is all alone in a little backwoods cabin, at least that is how it felt. He checked and checked and when he did not find it, he thanked us and left and never returned. My mother, as he spoke to her at the door, had gotten one of her "angel thoughts". She said, "If he thought those drugs were here he would never stop until he got them. By letting him check for himself and know for certain that he had nothing there he would forget our basement apartment even

existed." What courage and insight!

My mom would always find a bright spot and smile. Imagine how angry you would be as a mom and four kids beg the city bus driver to wait as they crossed busy Halsted street through the slush and he just looks at you and drives away. Oh, how I hated the cold wind and wet feet. My mom never complained. She was always courteous and thanked the bus drivers ("For just doing their job!", I thought) and in the end her kindness won them over. They would wait and wait. She always said, "Love conquereth all."

Others saw my mother's hard work and devotion. One Christmas we were so broke we were going to just exchange cut out photos from magazines. It was a depressing time, but we made the best of it, my mom always finding a silver lining no matter how dark the cloud. Then on Christmas Eve our doorbell rang and outside, on the grass at street level, were gifts for us and a Christmas tree. It is a Christmas miracle I will never forget. An act of pure love and kindness, that to this day I do not know who to thank for.

My mother endured many hardships and for her trouble she got four kids who grew up, went to school, and all have normal, successful adult lives. When so many of our friends ended up in the gutter, prison or dead, she by sheer faith and force of will threaded her little family through great risks, trials and tribulations. No, sorry my friend, but with an example like this how could I ever not view women and womanhood in the highest respect. Thanks mom, I love you.



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Few pitchers earn the title 'closer'

By Chris Jenkins
COPLEY NEWS SERVICE

The setup man was, in turn, set up. Set up for abject failure. Occupational hazard. Until that pivotal game in

2003, Joe Borowski was one of those workhorses of the mound, strictly middle relief, an innings-eater who had bounced around the majors and minors before landing with the pitching-strong Chicago Cubs. By his own

SPORTS UNLIMITED

count, he would have been manager Dusty Baker's fifth choice out of the bullpen to be a closer, but then he "sort of fell into" the high-pressure role one night.

"(Antonio) Alfonseca was hurt and we had three other relievers who'd thrown three straight days, so I get the call," said Borowski, now with the Florida Marlins. "I realize what I'm about to do and it started getting into my head. By the time I got to the mound, I was OK, but on the way in I could feel the difference between being the guy in the eighth inning and the guy in the ninth."

Borowski got through the ninth just fine. Almost too easily, in retrospect. After making good on eight straight save opportunities, he was mystified why everybody was always making such an all-fired big deal out of closing.

"Then I blew one," Borowski said. "My first thought when I woke up the next morning was, 'You better not blow it again tonight!' So I go out for my next save situation and all I could think was, 'Don't blow it again!'"

Ay. Closer, save thyself. Save yourself the angst of the 25th, 26th and 27th outs.

"Those last three outs of a ballgame feel different from any other outs in any other inning," said San Diego Padres closer Trevor Hoffman, closing in on the all-time saves record. "Even when you're at home and you know you have another at-bat, there's that strong sense of finality."

There's an excellent reason those last three outs are saved for last. Because they are, by consensus, the hardest ones to get.

It's the same reason the situation is reserved for certain pitchers, why Los Angeles Dodgers

closer Eric Gagne has been considered a more powerful force in the NL West than Barry Bonds, why B.J. Ryan is rewarded with a \$55 million contract by the Toronto Blue Jays after only a single season as an effective closer for the Baltimore Orioles.

Only the closers, too, are allowed the theatricality of entering games to the tolling of bells or scoreboards announcing "Game Over!" The arrogance.

"Closers?" said former NL batting champion Todd Helton of the Colorado Rockies. "Can't stand 'em."

None of them - not Hoffman, not Gagne, not Mariano Rivera, not the few closers in Cooperstown - is fail-safe. On average, across the majors over the past three years, scarcely better than one-third of all save opportunities are botched. No wonder so many pitchers treat the baseball like a hot potato when they pick it up to work the start the ninth inning.

Few see real reason Hoffman again an All-Star

By Tim Sullivan
COPLEY NEWS SERVICE

The thing to remember about Trevor Hoffman is that the end result is only the beginning of the story.

SPORTS ROUNDUP

The San Diego Padres' prolific closer emerges from the bullpen to the cranked-up cacophony that is AC/DC's "Hells Bells" and the corresponding spectacle of a scoreboard simulating flames.

It's an entrance befitting a rock star or a professional wrestler rather than a ballplayer. But for all of the choreographed hype, the guy who makes baseball's grandest entrance is essentially a grunt.

The real secret to his success lies in what happens off-stage. When it's Trevor Time at Petco Park, and the man of the moment makes his trademark head-bowed trudge toward the mound, what follows is a culmination, not an anticlimax. Hoffman's save opportunities are so vivid, and his efforts so successful, that it's sometimes easy to forget the painstaking preparation that precedes them.

"He's the hardest worker I've ever seen," Padres pitching coach Darren Balsley said. "Physically, he doesn't take anything for granted."

Hoffman was named to his fifth All-Star Game this year - one of three National League relief pitchers who were picked by

their fellow players - and as you read this he's probably celebrating somewhere with some push-ups.

"He still doesn't act as if he's arrived," Padres manager Bruce Bochy said.

Trevor Hoffman has been pitching with distinction at the big-league level since 1993, but he continues to carry himself as if he were still trying to make a favorable first impression. Despite 456 career saves - second only to Lee Smith's 478 - he has not yet learned how to mail it in.

"I try to prepare myself daily to go out and do my job," Hoffman said. "It's a collective effort. It's not just about me and what I'm going to do, but what we do (as a team) at the end of the ballgame."

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Niles Seniors learn how to 'stay vibrant'

Niles Seniors

July Registrations

Drop off Registrations from the July Naturally Active were due at the Center on Friday, July 7. In-person Registrations for programs with space available began Wednesday, July 12th.

Staying Vibrant

Thursday, July 20, 1:00pm
See how ancient healing arts are used in integrative medicine today to bring about energy and vibrant health. Learn the eight dimensions of wellness and experience yoga movement and breathing exercises to wake up your body and spirit! Presented by Polly Lontis, Northwest Healthcare, Department of Integrated Medicine. All are welcome. Advanced registration is required.

Niles Senior Idols Wanted

Do you have what it takes to become the ILLINOIS SENIOR IDOL? Any and all Niles seniors who are interested in auditioning, should contact Kathryn at the Niles Senior Center (847 588-8420). Individuals or groups of up to 4 people are invited to perform. Stop by the Senior Center Front Desk for a set of rules and an application. Seven cash prizes will be awarded. The Registration Deadline is Wednesday, August 9th. Transportation will be provided for qualifying Niles senior participants to Drury Lane for both the Auditions on September 6th and the competition of September 7th.

A father can still teach his daughter a thing or two

By Kate Bird
COPLEY NEWS SERVICE

My father, Otto Bird, a retired Notre Dame philosophy professor, is 92 now and lives alone in South Bend, Ind.

AGING LIFESTYLES

He's in good health overall, and his mind is as remarkable as ever. But he is frail and worries about falling on his unsteady legs.

So my sister, Sarah, looks in on him every day, along with juggling her responsibilities at

The Effective Communication Group

A supportive, informational group that deals with hearing loss issues and the latest in assistive technology. We welcome anyone with Hearing Loss issues to the Effective Communication Group, which meets the last Thursday of the month. If you have any questions or want to look at assistive device catalogs, please contact Trudi Davis (847 588-8420)

Summer Evening Movie Schedule

\$2.00 (with dinner) 5:00pm
This summer, join us for Niles Senior Center's weekly "Dinner and a Movie" featuring a broad spectrum of movie favorites from the 1930's to the present. Before the movie, enjoy the special \$2.00 Hot Dog Dinner (Hot Dogs - Pizza rotation starts in mid July) served at 5:00PM and then relax and enjoy the movie. ADVANCED REGISTRATION IS REQUIRED if you are planning to join us for dinner. If you want to come for the movie only there is NO charge and you are not required to register in advance. Following is a list of upcoming movies:
July 26 - Mr. & Mrs. Smith (2005 PG13) Brad Pitt & Angelina Jolie (Hot Dogs)
August 2 - Little Women (1933) Katherine Hepburn, Joan Bennet (Pizza)
August 9 - Failure to Launch (2006 PG13) Matthew McConaughey (Hot Dog)
August 16 - Guys and Dolls (1955) Frank Sinatra, Marlon Brando (Pizza)
August 30 - Take the Lead

(2006 PG-13) Antonio Banderas, Alfre Woodard (Hot Dog)

Memoirs of a Geisha light lunch and movie

Friday, August 4th, 12:00-4:00pm, \$3.50

Join us for a lite lunch at noon followed by the movie. Lunch is a Ham and Cheese Sandwich, Potato Salad, and Dessert. This film, based on the novel by Arthur Golden, tells the story of Geisha Chiyo, who in the 1930's was sold to a Geisha House at the age of nine. Rated PG-13. Advanced registration required if you are planning to join us for lunch.

Afternoon in Paris

Thursday, August 3, 12:00 - 2:00 \$12

Claudia Hommel is back to awe us with her cabaret show. Claudia and singer/pianist Bob Moreen will introduce you to "Marcelle" a Parisian cabaret owner who recounts through song and spoken word, the events of her life in France before, during, and after WWII. Tres Bien. Lunch served at

noon followed by entertainment. Reservations required. For more information, contact Kathryn (847 588-8420).

Hooked on Fishing?

All Fishing Outings are open to residents and their non-resident friends. We meet at the selected site at 8:00AM. Cost includes bait, morning snack, lunch and prizes. And just in case you don't have a pole, we have a few that can be borrowed. A valid Fishing License is required. Call MaryAnn (847 588-8420) for more information. Friday, July 21 is at the McHenry Dam on the Fox River - Shore Fishing \$12

Saturday, August 5th is the Bob Lindstrom Memorial Fishing Derby at Bangs Lake - on a boat \$15 There is no shore fishing on this outing. Since arrangements for the boats must be made in advance, registration for this outing MUST BE MADE no later than July 21.

Social Scrabble Group Wants You

If you enjoy playing scrabble,

this group is for you! We meet every Friday at 10:00AM in Room 231. We have the games, but we need the participants. Drop on by and get acquainted.

Get acquainted with the Senior Center

July 20th from 10-11:00 am
Newcomers are asked to call the Niles Senior Center to reserve a place at our July 20th NEWCOMERS MEETING and TOUR. Take a tour of our beautiful facility and meet members of our staff. 847 588-8420.

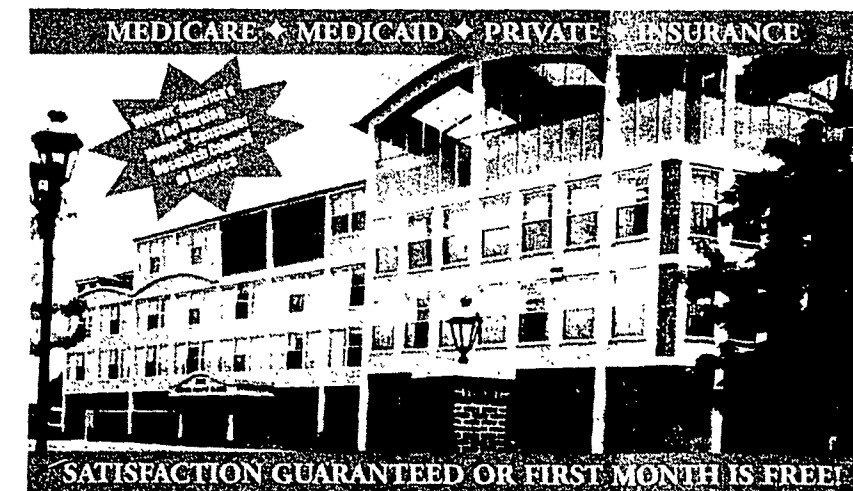
Lunch with the Red Hatters

The Niles Senior Center Red Hatters are off to several fine restaurants over the summer.

On July 25th, we're off to Toscana, 4907 Oakton in Skokie. On August 16th lunch is at Tsukasa of Tokyo, 561 Milwaukee Ave in Vernon Hills. Please register at least one week in advance. Call Kelly for costs, car pooling and/or directions. Red Hats and Purple Outfit required.

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A father can still teach his daughter a thing or two

By Kate Bird
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AGING LIFESTYLES

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So my sister, Sarah, looks in on him every day, along with juggling her responsibilities at

See Lifestyles, page 23

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Preview of 'Mayflower Tour' with Morton Grove

Morton Grove Seniors

Mayflower Tour Preview

Come find out about upcoming Mayflower Tours, see trip highlights, ask questions, and discover some great new travel ideas at 1 p.m. on Monday, July 24 in the Morton Grove Senior Center. Featured tours will be the "Tucson Value Tour" and "New York, New York." Please register for this free program before July 14 by calling the Morton Grove Senior Hotline at 847/470-5223.

'Let's Do Lunch'

Come visit the "Lunch Bunch" any Monday through Friday at the Morton Grove Senior Center. Reservations are required and can be made by calling 847/967-6876. Lunch is served at 11:45 a.m. but the Center opens at 9 a.m. where many come in for bingo, cards, camaraderie, crafts, games, health screenings, quiet reading, seminars and just plain fun. The following special "Lunch Bunch" events are coming up:

Craft Sale on Tuesday, July 25 and Friday, July 28. Lunch on

July 25 is Swiss Steak. Lunch on July 28 is Smoked Sausages.

Barbra Streisand Audio-Biography on Wednesday, Aug. 2. Lunch is Jumbo All-Beef Hot Dog.

Hawaiian Dancers on Thursday, Aug. 17. Lunch is Chicken Legs in Pineapple Sauce.

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

Mall Shopping

Morton Grove seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, July 25 should call the Morton Grove Senior Hot Line at 847/470-5223 to reserve a seat on the Seniotran. Home pick-ups begin at 9:15 a.m. with arrival at Golf Mill at 10:15 a.m. Trips are free for Senior Center Members and \$1 for all others.

Diabetes Screening

Many people with diabetes go undiagnosed because they are unaware of the signs and symptoms. Some of the warning signs are frequent urination, excessive

thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Diabetes screening is offered at the Morton Grove Senior Center from 9 to 10 a.m. on Tuesday, July 25. Screening is free for Senior Center Members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

'Opera in Focus'

Here's an opportunity for music lovers to listen and view excerpts from the well-known operas of Faust, Lakme and Fiddler on the Roof. There will also be an opportunity for a backstage tour after the production at the theatre in Rolling Meadows from 12:30 to 3:30 p.m. on Wednesday, July 26. Please register in-person at the Senior Center. The cost is \$14 for Senior Center Members and \$16 for non-members.

'A Matter of Balance'

Many programs have been developed to educate older adults about falling but this, "A Matter of Balance" Fall Prevention Program was developed at Boston University and has been shown to be effective in changing perceptions of those who have limited their activity because of a fear of falling. The program will be presented by Horizon Bay Senior Communities and The Park at Golf Mill at 1:30 p.m. on Tuesday, Aug. 1 in the Morton Grove Senior Center. The cost is \$2 for Senior Center Members and \$2.50 for non-members. Please register in-person at the Senior Center before July 18.

Intergenerational Program

"Magic Brad" is a nationally recognized talent who is an unparalleled performer and

entertainment industry consultant. He is an innovative and mesmerizing master magician and illusionist whose skill, experience and talent is a perfect fit for audiences of all ages. Please join us for an afternoon of fun sponsored by Tamarack Gracious Retirement Living on Monday, Aug. 7 for this Intergenerational Show from 1:30 to 3:30 p.m. in the Morton Grove Senior Center. This is an event where seniors are encouraged to bring the children and grandchildren. The cost is just \$5 for a family of four or less (for Senior Center Members), \$6 for a family of four or less (non-members) and \$1 for each additional family member. Refreshments will be served. Please register in-person for this program before Aug. 1 at the Senior Center.

Afternoon Concert with Larry Levin

Larry Levin will entertain at the Morton Grove Senior Center starting at 1:30 p.m. on Thursday, Aug. 10. Larry sings a variety of popular tunes and comes to us complete with his own musical accompaniment. Refreshments will also be served and the cost is just \$1 for Morton Grove Senior Center Members and \$1.50 for non-members. Larry Hanover, Reverse Mortgage Specialist from Wells Fargo Home Mortgage is sponsoring this afternoon of musical enjoyment. Mr. Hanover is a retired firefighter/paramedic from the Morton Grove Fire Department. Please register for this program in-person at the Senior Center before Aug. 1.

AARP Driver Safety Program

AARP's "Driver Safety Program" is an eight-hour two-day course for motorists age 50

and older. It focuses on the physical changes that accompany aging and on ways drivers can compensate for these changes in improving their driving skills. Additionally, drivers will find that by completing this course they may receive a discount on a portion of their automobile insurance. Courses are now offered monthly in Morton Grove with the next course times; from 9 a.m. to 1 p.m. on Saturdays, Aug. 12 and 19 at the Morton Grove Senior Center; and from 12 noon to 4 p.m. on Tuesday, Sept. 12 and Thursday, Sept. 14 in the Prairie View Community Center. The cost of the course is \$10. Call the Morton Grove Senior Hot Line at 847/470-5223 to sign up.

'When Harry Met Sally' at the Senior Center

Harry and Sally meet when she gives him a ride to New York after they both graduate from the University of Chicago. The film jumps through their lives as they both search for love, but fail, bumping into each other time and time again. This romantic comedy will be shown at 1:30 p.m. on Monday, Aug. 11 in the Morton Grove Senior Center. The cost for the show is only \$1 for Senior Center Members and \$1.50 for non-members. Please register in-person at the Senior Center before Aug. 7.

Brain Games (Part II)

As we get older, we often begin to see changes in our mental functioning, having difficulty with memory, processing information more slowly, or having that "tip of the tongue" phenomenon. Many of these are natural changes yet there are many things that can be done to help combat their effects on brain

See Morton Grove, page 19

Park Ridge Senior Center marks 25th anniversary

Park Ridge Seniors

25th Anniversary Party

Members and guests alike are welcome to the very special celebration of the Park Ridge Senior Center on Wednesday, August 30 to be held at the Fountain Blue, 2300 Mannheim, Des Plaines. Join us as we celebrate 25 years as a Senior Center. The festivities

begin at 11:30 a.m. with cocktails (cash bar.) Lunch is at 12:30 p.m. The menu includes salad, your choice of chicken piccata or pan seared salmon, herbed red roasted potatoes, green beans amandine, and ice cream parfait for dessert. The truly enjoyable entertainment will be provided by "The Grand Avenue Big Band" featuring a 10 piece band with 3 singers. A large crowd is

expected, so don't delay getting your tickets. You can arrange to sit with your friends if you let the Center know at the time of registration. Reservations are required according to current policy. Cost is only \$28.00.

Cubs Game

The Center is going to the Cubs vs. Philadelphia game on

Thursday, August 24. The trip departs at 10:45 a.m. This time lunch is "on your own" in or around Wrigley Field before the 1:20 game time. Seats are reserved grandstand. Return to Park Ridge follows the game. Reservations are required in advance according to our current policy and only to members. The charge for game ticket and motor coach transportation is \$26.00

Gamers' Tournament

The "Gamers" continue to meet on Fridays through the summer. They get together at 1 p.m. for dominoes, "hand and foot," and other games of choice. There will be a second "domino tournament" on Wednesday, July 26 at 1 p.m. The charge to play and prizes will be given. Sign up by Monday, July 24.

Morton Grove

continued from page 18

power. Come and learn about some of the functions of the brain along with some fun and interactive exercises at 1:30 p.m. on Monday, Aug. 21 in the Morton Grove Senior Center. There is no cost but please register before Aug. 14 by calling the Senior Hot Line at 847/470-5223.

Spend a Day at the Botanic Garden

The journey will start with a delicious lunch overlooking one of the many beautiful Chicago Botanic Gardens. After lunch, enjoy a fact filled narrated tram tour that will provide an overview of the 385 acres on Wednesday, Aug. 23. The bus will leave the Morton Grove Senior Center at 10:30 a.m. and return at approximately 2:30 p.m. The cost for the trip is \$25 for Senior Center Members and \$29 for non-members. Please register in-person at the Senior Center before Aug. 1.

Horseshoe Casino

Join the Morton Grove Senior Center for a day of fun and games at the Horseshoe Casino in Hammond, IN on Monday, Aug. 28. Play the slot machines,

roulette, blackjack, as well as many video machines that the casino has to offer. Start with a delicious lunch followed by gaming in the casino. The cost for transportation, lunch and a \$5 coin voucher is \$25 for Morton Grove Senior Center Members and \$29 for non-members. Please register in-person at the Senior Center before Aug. 7.

King Tut Exhibit

Join the Morton Grove Senior Center for a day at the Field Museum to see the King Tut exhibit on Tuesday, Sept. 19! The King Tut exhibit consists of more than 130 priceless artifacts including treasure from the tomb of the celebrated "Boy King". This trip will require a lot of walking, so please wear comfortable shoes. The bus will depart from the Senior Center at 10:30 a.m. and return at 3:30 p.m. The cost is \$40 for Senior Center Members and \$46 for non-members and includes a sandwich lunch, transportation and of course the tour. Please register for this program by Sept. 1 in-person at the Senior Center.

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

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At Bethany Terrace, our state-of-the-art Rehabilitation Center gives rehab clients an opportunity to enjoy life as they focus on developing their abilities to the fullest. They become part of the Bethany Terrace family and transition at their own pace until they're ready to return home to normal living. Their rehabilitation includes opportunities to spend time in our back-to-home "practice" apartment, using a fully equipped kitchen and tackling other challenges that they will face when they go home.

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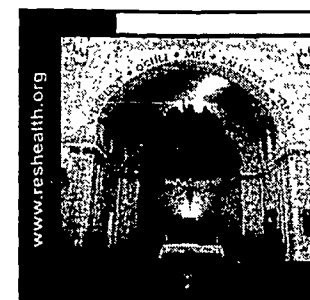
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Giada De Laurentiis wows the crowd in Aspen

By Ron James
COPLEY NEWS SERVICE

The Chef

It was Sunday morning, the last day of the annual summer Food & Wine Classic at Aspen, Colo. For three days, thousands of well-heeled food and wine lovers tasted and sipped their

PERFECT PAIRINGS

way through some of the best food and wine in the universe. They also traveled from around the world to see, up close and personal, the superstars of the culinary world, including Mario Batali, Bobby Flay, Emeril Lagasse, Jacques Pein and Wolfgang Puck.

One would expect after three days and nights of indulging that even the hardest of foodies would sleep in on this Sunday morning. But, here it was, 9 a.m. and lines were snaking around the giant food demonstration tent near the center of town. The gathering crowd was animated; sharing experiences during the festival and anticipating the demo by the young celebrity chef they were about to see: Giada De Laurentiis.

De Laurentiis looked cool as a cucumber as she took command of the stage kitchen. "I did a demonstration yesterday," she told the crowd. "So I'm not nearly as nervous as I was then. Yesterday, I couldn't get used to the stove and my fish ended up like gray mush." She then invited a middle-aged redhead sitting in the front row to join her onstage.

Many in the audience recognized the women and applauded when she took stage.

"Meet my aunt Raffy, she lives here in Aspen and you've probably seen her on my show," De Laurentiis credits her aunt Raffy as the prime inspiration for her cooking career.

Aunt Raffy and De Laurentiis prove to have incredible chemistry on the kitchen stage - their patter and timing are like Burns and Allen - funny, natural and heartfelt. The crowd loves them.

Raffy comes off as a well-intentioned Italian food know-it-all - and her cross to bear is teaching the young Italian-American newcomer a few lessons from Old World cuisine.

De Laurentiis hands Raffy a plastic spatula to work the fish in the frying pan. Raffy looks at the implement with disdain. "In Italy," she lectures her niece,



"you always use wooden implements in pots and pans."

"When you were in Italy, all they had was wood. Plastic wasn't even invented," De Laurentiis retorted with a laugh. "Here, use this if it will make you feel better."

She passed her aunt a fat wooden spatula to turn the thin fish fillets. As the fish cooked on one side, Aunt Raffy nervously looked at the wooden spatula and the thin fillets.

"The spatula is too thick," she said to her niece, plaintively.

"Here, let me help," De Laurentiis said with a giggle as she used the plastic spatula to efficiently turn the fish.

And so it went. As De Laurentiis worked her way through the dishes, her aunt would comment on her food and critique her technique according to her Italian cooking traditions.

"Don't stir in different directions," she said. "Always stir in one direction."

When De Laurentiis began chopping basil, aunt Raffy seemed really stunned. "Giada! Anyone who chops basil is not a real Italian! You have to tear it apart by hand."

The crowd was silent - anxiously waiting for the chef's retort.

"Well, Raffy," De Laurentiis, said evenly as she continued to chop the basil. "I'm Italian-American and this is the way we do it here." They looked sternly at each other for a moment and then each started laughing - and the crowd joined in.

De Laurentiis is busy these days with an expanded presence on the Food Network. What's

more, her second book, "Giada's Family Dinners" (Clarkson Potter, \$32.50), was released in April. Amazingly, she still has time to run GDL foods, a catering company in Los Angeles.

The Dish

One dish De Laurentiis demonstrated in Aspen was grilled salad, for which she cooked halves and quarters of lettuce heads on the grill. It's a technique she uses in a dish she calls Italian Caesar Salad. It pays homage to the original, while being modernized it with De Laurentiis twists.

"I love salads," she told the Aspen crowd. "Salads don't have to be boring. They can be fun, exciting and delicious. You can either have this as a side dish or as a main dish by adding chicken, or any other meat you like. And it's great for the summer."

Grilling lettuce gives salad a wonderful, slightly smoky flavor. Before placing lettuce on the grill, make sure that the grate is clean and very hot. Be sure and leave the core on the end of lettuce so it holds together during grilling. And for best results, don't refrigerate lettuce after grilling; chop, dress and serve fresh off the grill.

The Wine

De Laurentiis loves pinot grigio. And everyone loves her - so we're selecting the 2005 Robert Mondavi Private Selection Pinot Grigio. It's summer fun in a bottle - refreshing, easy drinking and crisp - perfect for a summer salad. It's affordable at about \$10 a bottle, and the 2004 vintage won Best of Class in the 2006 San

ITALIAN CAESAR SALAD & POLENTA CROUTONS

Dressing:

3 garlic cloves
4 anchovy fillets, chopped
¼ cup fresh lemon juice
1 tablespoon Dijon-style mustard
½ cup olive oil
Salt and freshly ground black pepper, to taste

Polenta Croutons:

1 teaspoon olive oil
2 cups Basic Polenta (recipe follows)
Vegetable oil, for deep-frying

Salad:

3 small heads (or 2 large heads) romaine lettuce, halved lengthwise
¼ cup drained oil-packed sun-dried tomatoes, cut into thin strips
½ cup pine nuts, toasted
1 ½ ounces shaved parmesan cheses
Salt and freshly ground pepper, to taste
Yields 4 to 6 servings.

To prepare dressing: Finely chop garlic and anchovies in food processor. Blend in lemon juice and mustard. With machine running, gradually blend in oil. Season dressing, to taste, with salt and pepper.

To prepare croutons: Spread olive oil over small baking sheet. Transfer hot polenta to baking sheet, spreading evenly to form an 8x5-inch rectangle ¼ inch thick. Cover and refrigerate until cold and firm, about 2 hours.

Cut polenta into ¾-inch cubes. Pat cubes dry with paper towels.

Add enough vegetable oil to fill large, heavy frying pan 1 inch deep. Heat oil over high heat. Working in batches of 10, carefully add polenta cubes to oil 1 at a time and fry until golden brown, stirring to keep cubes separate, about 2 minutes.

Using slotted spoon, transfer polenta croutons to paper towel-lined plate to drain any excess oil. (The dressing and polenta croutons can be prepared 1 day ahead up to this point. Cover the dressing and polenta croutons separately and refrigerate. Rewarm the polenta croutons on a baking sheet in oven at 350 F before serving.)

To prepare salad: Prepare barbecue for high heat. Grill lettuce until lightly charred, about 2 minutes per side. Cut lettuce into bite-size pieces.

On serving platter, mound grilled and chopped lettuce. Decoratively scatter sun-dried tomatoes and pine nuts on top. Drizzle with enough dressing to evenly coat. Sprinkle parmesan and scatter warm polenta croutons over and serve immediately.

Basic Polenta

3 cups water
1 teaspoon salt
1 cup yellow cornmeal
2 tablespoons unsalted butter

Yields 2 cups.

Bring 3 cups of water to a boil in large, heavy saucepan. Add salt. Gradually whisk in cornmeal. Reduce heat to low and cook until mixture thickens and cornmeal is tender, stirring often, about 12 to 15 minutes. Turn off heat. Add butter and stir until melted.

Lightly oil half sheetpan. Transfer hot polenta to prepared sheetpan, spreading evenly to 3/4-inch thick. Refrigerate until cold and firm, about 2 hours.

Francisco Chronicle Wine Competition.

Perhaps because it is so popular in America, many wine enthusiasts turn their noses up on this unpretentious wine. It's their loss.

Good pinot grigios are perfect for light fare, just great hot weather quaffing wine. The grape is a light-skinned cousin of pinot noir and dates to the 14th

century in France where it is known as pinot gris, or "little gray pine (cone)." It was soon after planted in Italy, where they named it pinot grigio.

The Mondavi 2005 pinot grigio promises aromas of fresh grapefruit and orange zest, with stone fruit undertones. It is dry, crisp and has concentrated fruit flavors with good acidity. Give it a good chill before serving.

'Jack Sparrow' one 'savvy' guy

COPLEY NEWS SERVICE

New Releases

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST - Probably nothing can stop "Pirates of the Caribbean: Dead Man's Chest" from hitting big. There is also nothing to stop most viewers from feeling fleeced and fatigued. Maybe if you are 17 and want desperately to be Johnny Depp's tattoo, there is

FILMS IN FOCUS

little to complain about. Otherwise, the sequel has the roaring groan of a repeater so smug about its summer right to rule that we feel lined up for sacrifice to the god (Disney) of excess (Gore Verbinski's approach). Sequel is what we get, the big tonnage, for well over two hours. The dominant sensation is of sweat, halitosis and barnacled rust. Just about everyone but Keira Knightley, never more feminine than when her Elizabeth Swann scampers around in a boyish sailor rig, is hair-matted, dentally awful and batheless since birth. A Walt Disney release. Director: Gore Verbinski. Writers: Ted Elliott, Terry Rossio, Stuart Beattie, Jay Wolpert. Cast: Johnny Depp, Orlando Bloom, Keira Knightley, Bill Nighy, Stellan Skarsgaard, Naomi Harris, Jonathan Pryce. Running time: 2 hours, 25 minutes. Rated PG-13. 1 ½ stars.

Recent Releases

THE DEVIL WEARS PRADA - Whatever Travis Bickle had in mind, surely it couldn't have been this. The outraged epony-

mous narrator of "Taxi Driver" fantasized a cleansing rain that would wash away all the filth of a raunchy mid-'70s Manhattan. In a twisted way, he has gotten his wish: First a safe, sanitized, Disney-stamped Times Square; and now, to seal the transformation in shrink-wrapped celluloid, "The Devil Wears Prada," a flat comedy that pretends to cluck its tongue at gloss and glitz and the surface tension of lives attuned only to appearances, then spends most of its time drooling over them. Still, "The Devil Wears Prada" joins that select list of movies with a secondary player so captivating that you want the whole thing to come to a screeching halt, reconfigure itself and follow her, instead. Emily Blunt stealthily swipes every scene she's in as the ambitious, backbiting and increasingly desperate and brittle Number One Assistant. Watching her come apart over the course of the film is both distracting and frustrating: Where, you keep wondering, is her movie? A Twentieth Century Fox release. Director: David Finkel. Writer: Aline Brosh McKenna. Cast: Anne Hathaway, Meryl Streep, Stanley Tucci, Emily Blunt. Running time: 1 hour, 46 minutes. Rated PG-13. 1 1/2 stars.

SUPERMAN RETURNS - Superman has to fly again. We all know that, as we gaze upward, so why bother with the mere levitation of his box-office numbers? Because "Superman Returns" cost "Titanic" treasure (circa \$200 million). And Warner Bros. has a summer (and maybe its year) riding on it. And, 28 years after Christopher Reeve first flew to stardom as Superman, the suit must again



be filled, flown, flourished. Bryan Singer directed well, efficiently disguising effort. Stuck with required elements, he sports them entertainingly. Clark Kent still bumbles, then does changes worthy of a demon Houdini, saving New Yorkers who shed cynicism for awe as their flying safety net appears (but there is an ache now: Where was he on 9/11/01?). Stick for the end credits. There is Brando reunited with Saint, for the first time since "On the Waterfront" in 1954. Singer, you sang a nice note there. A Warner Bros. release. Director: Bryan Singer. Writers: Michael Dougherty, Dan Harris, Bryan Singer. Cast: Brandon Routh, Kate Bosworth, Kevin Spacey, Frank Langella,

Parker Posey, Sam Huntington, Eva Marie Saint, Marlon Brando. Running time: 2 hours, 12 minutes. Rated PG-13. 3 stars.

WAIST DEEP - "Waist Deep" is like a Hallmark card delivered by Tomahawk missile. Its central, gentle theme of father-son bonds is advanced through action that features one severed hand, numerous shooting deaths and enough beat-downs to make the WWF claim copyright infringement. Then, the movie is topped by a marshmallow finale from some lost hip-hop remake of "It's a Wonderful Life"; the last scenes leave the formerly hard-edged "Waist Deep" up to the ears in corn. That uncertain tone winds up blunting some good performances by Tyrese

Gibson as O2, an ex-con trying to do right by his young son, and Meagan Good as Coco, a street hustler who reluctantly takes up with O2 (aka Otis). But it doesn't derail "Waist Deep" completely, thanks in part to artfully choreographed action that revs up the sometimes-talky plotting. A Rogue Pictures release. Director: Vondie Curtis-Hall. Writers: Vondie Curtis-Hall, Darin Scott, Michael Mahern. Cast: Tyrese Gibson, Meagan Good, Larenz Tate, The Game, H. Hunter Hall. Rated R. 2 ½ stars.

CLICK - The name of the film is "Click," but that could also be the sound in your head, the early warning that you've been had again, stung by another dud. It

See Films, page 24

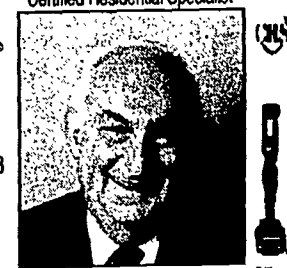
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Kids' Home Newspaper

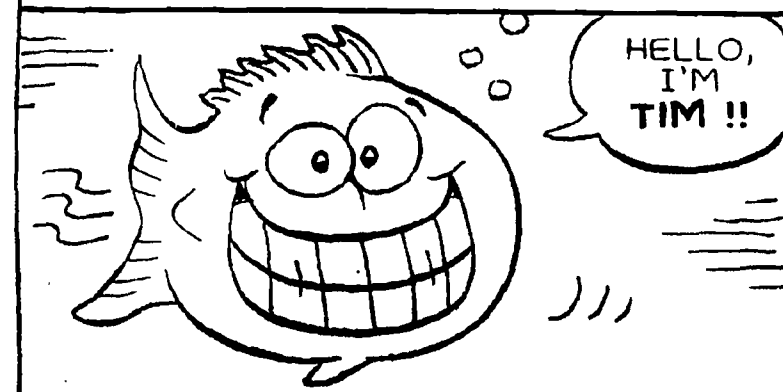
Games, rhymes and riddles for children and their parents, too!

By J.R. Rose-Copley News Service

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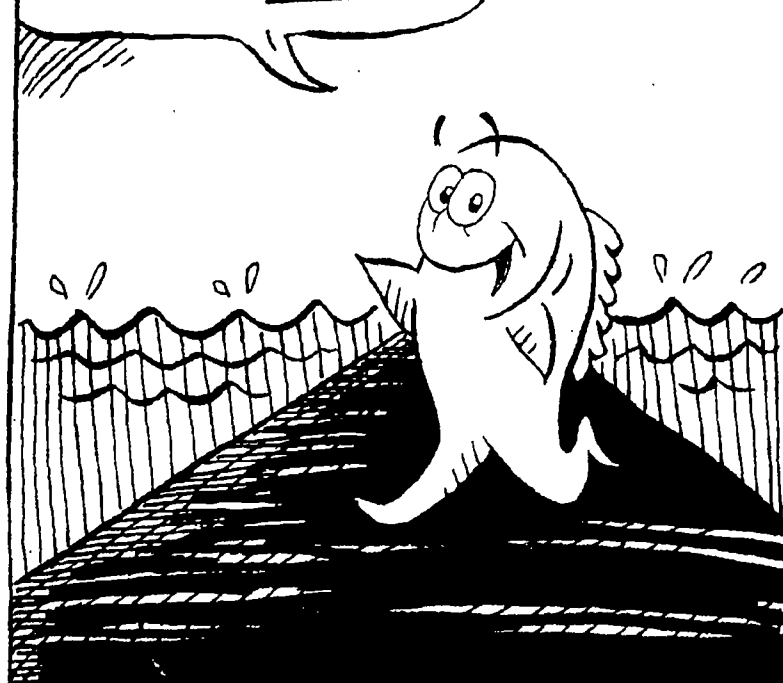
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GIVE ME 5 RHYMES FOR SWIM...



UNSCRAMBLE THIS TO SEE WHY THE FISH CROSSED THE ROAD...

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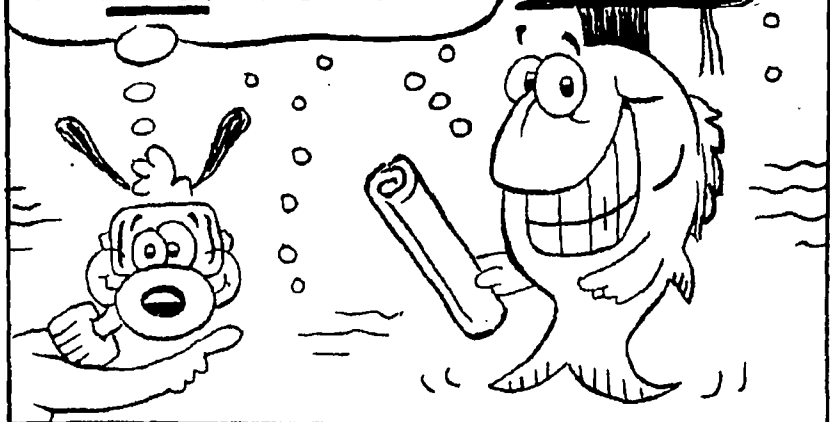
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REAL ESTATE

Decorating with the rough-n-tumble in mind

By Rose Bennett Gilbert
COPLEY NEWS SERVICE

Q: My husband's daughter has triplet boys, now almost 8 years old. We love to have them come visit, but staying over for any length of time is becoming a problem as they get bigger and threaten to outgrow the

DECOR SCORE

sleepers in the den. We've decided to turn the whole den over to them, make it "their" fun place when they come. But it's been a long time since I decorated for kids. Suggestions would be welcome.

A: You're in for a good time, decorating for the short-pants set. In the first place, children have caught manufacturers' attention nowadays. One guess why - today's parents are somewhat older, considerably richer, and totally besotted with their offspring, all of which adds up to a new and highly lucrative market for everything from kid-friendly wallcoverings to specially scaled furniture.

A second reason you'll enjoy decorating for your three grandsons: it's outright fun! You can indulge your imagination and theirs, knowing this is only a short-term commitment, that you'll want to update most things as the boys grow.

That said, it's still wise to invest in the best (read sturdiest and most mar-proof) furnishings you can afford. Look for rock-solid furniture, scrubable wallcoverings, and carpeting that shrugs off pizza

and finger paint (read, low-pile nylon with a surface-protector like Scotchgard).

You might also want to look for inspiration in the book from which we borrowed the rough-n-tumble room we show here.

It's the "Babyspace Idea Book" (Taunton Press, www.taunton.com), but author Suzanne Stirling goes beyond babyhood to offer bright ideas for the pre-prep school set. Rugged-looking as all outdoors, this is a room made for three little mountaineers, two in the twin bunk beds, a third on the daybed that also works as a daytime sofa for TV-watching.

Garbo Underfoot

Forgive a poor pun, but stardom is just a step away, thanks to Garbo's great nephew, who is also president of a rug company. Celebrating the centennial of her birth, Derek Reisfeld has launched the Greta Garbo Rug Collection, which includes designs by the star herself - who knew?

Reisfeld explains that Garbo was frustrated in her worldwide search for rugs that could stand up to her exuberant Impressionist and Expressionist art collection, so she designed her own, more than 20 rugs for her apartment and for family members.

Now handwoven in Nepal and Thailand in silk and wool, the rugs can be the stars of your own home floor show. One place to see them is at the Aimara Masterpieces Showroom, New York Design Center. Go to [www.aimaramas-](http://www.aimaramas-terpieces.com)



terpieces.com for a look.

Rose Bennett Gilbert is the co-author of "Hampton Style" and associate editor of Country Decorating Ideas. Please send your questions to her at Copley News Service, P.O. Box 120190, San Diego, CA 92112-0190, or online at copleysd@copleynews.com.

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Lifestyles

continued from page 17

I was the chosen one, and I went willingly to relieve Sarah. Also, I've written a lot about the toll care-giving takes on the designated helper, especially one who carries the burden virtually single-handedly as Sarah has.

Dad does not want to move to a retirement home. Nor does he want any professional health aides wandering around the house.

In my two weeks' back home in Indiana, away from my home in Frederick, Md., I learned a lot about Dad and about myself.

Dad has been such a vital, alive person for so long that I barely had noticed - or maybe I

ignored - the signs of age overtaking him in the last few years.

Seeing my father push a wheelchair to carry the mail or his breakfast demonstrated how much he has changed physically. And it was a shock seeing him use a motorized cart at the grocery store.

Dad never complains and has found enjoyment at every age. He never worries about things he can't do anything about, a trait I find surprising since I fuss about everything.

I love reading and trace this directly to him. He always has three or four books near at hand: his prayer book and a scholarly book for mornings, a novel for evenings and, in between, a book on something that's taken his fancy - just now, it's Michael Pollan's eye-

opening book on how the beef and pork we eat are raised in "The Omnivore's Dilemma."

I remember how he brought Cervantes' "Don Quixote" for me to read at age 11 while I was recovering from the flu.

I was so disgusted. I wanted a Kathleen Norris romance.

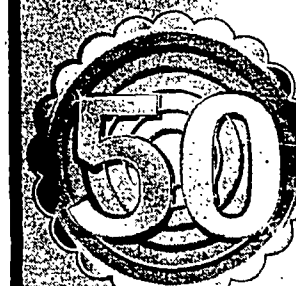
An endearing memory of my father is the way he responded to the Beatles' "When I'm 64." Not really much of a pop music listener, he was enchanted.

Still barely 50 then, he came out of his study and practically danced around the dining table while singing, "Will you still need me, will you still feed me when I'm 64?" to my mother.

Now, age 64 is four decades past for him - and I am 68 myself. And Paul McCartney, himself, has just turned 64.

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Amaryllis makes an unexpected comeback

By Jeff Rugg
COPLEY NEWS SERVICE

Q: An amaryllis bulb was given to us many years ago, and for the next four or five years, I made it bloom each year by digging up the bulb in August, storing until October and repotting it. One year, it stopped blooming even though I had

A GREENER VIEW

repeated the process every year. Then I read - perhaps in your column - that amaryllis becomes sterile if the bulb is exposed to apples. Well, we did have a lot of apples one year and we stored them in the basement, where I may have had the amaryllis bulb at the same time.

So this spring I finally gave up and tossed the bulb with a lot of leaves but no flowers into a paper bag full of yard waste. The bag was sitting in a cool dark place for a while, and I suddenly noticed a long stem with what looked like a huge bud sticking out of the bag. All the leaves had wilted. I quickly salvaged it and replanted in a pot, watered it and put in a sunny spot. Lo and behold, four huge flowers opened up!

What happened?

A: Ethylene (C₂H₄) is a plant hormone, a growth regulator and a potentially harmful pollutant of ornamental and food crops. It is produced by plants and by many fuels used in combustion engines. It is used by plants to initiate or continue the process of ripening. It also causes many types of plants to lose

GARDEN TIP

Plunging to preserve plants

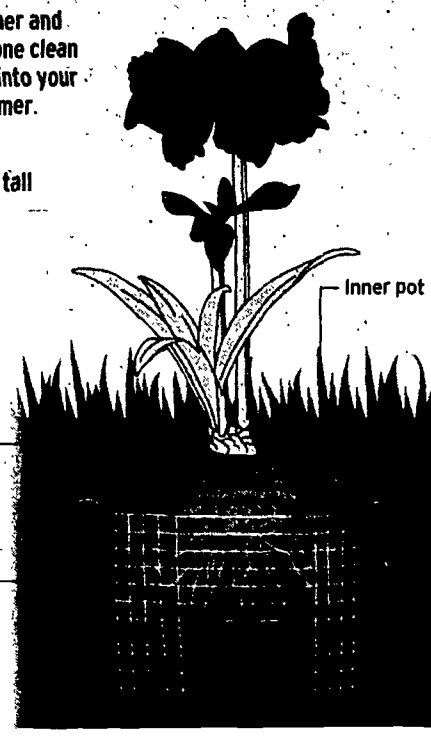
Planting a flowerpot with the plant in it with the intention of pulling it up after the summer is called "plunging."

Putting one pot inside another and planting both will keep the one clean for easy transplanting back into your home at the end of the summer.

The large pot also prevents tall plants from falling over.

Lining the hole with a piece of weed cloth barrier allows water through, but not bugs, worms or weeds.

Rotate the inner pot a quarter spin each week for a fuller looking plant.



Copley News Service / Jay Wing

their flowers or flower buds.

Ripening apples are very strong releasers of ethylene. They can cause flower buds to die in plants at rates measured in tenths of a part per million.

Your amaryllis bulb only lost the buds that were exposed to the gas in that one year. It should be fine now. Just keep it away from ripening fruit when it is in its dormant period.

Amaryllis bulbs love to be pot-bound and love to be out-

side for the summer. The more sun, food and water the bulb receives in the summer, the bigger the bulb can grow and the more flowers it can have. Any small offset bulbs can be left on the bulb or they can be planted in their own pot and grown to flowering size on their own. It may take an extra year to get them to bloom very well.

The amaryllis bulb growers know that most people will throw the bulb away after it

blooms and, because the bulb blooms on its own, why pot it in good soil? Lightweight soil also costs less to ship and we all want a low-cost product, don't we?

Thus they are also very often sold while planted in a very lightweight peat moss soil mix. This mix does not hold water well, and once it dries out it is very hard to get wet again.

Take the bulb out of the pot on a cloudy day and remove as much soil as you can, while keeping as many of the roots as possible. It will probably have numerous roots all wrapped around the bottom of the pot. You can cut some of them off and leave all those that hang down from the bulb. Put it in the same pot or one just a little bigger and use a potting soil designed for houseplants. Keep it watered and fed and in full sun until fall. It can go through the first light frost if your area has one.

At that point, stop watering it, move it indoors and let all the leaves die off. They can die off on their own or you can cut them off right above the bulb. Store the bulb for a couple months in a cool room. After two or three months, start watering again. It should bloom about a month after watering resumes.

Because you are going to cut off the leaves and let them dry out in the fall, you could plant in your flower bed instead of in a flowerpot. Amaryllis will grow large and will be easier to keep watered if growing in the ground rather than a flowerpot.

Putting the flowerpot in the ground instead of taking the plant out can be done, too. Planting flowerpots with the intention of pulling them up again in the fall is known as plunging. It is an easy method of taking care of houseplants that are moved outside for the summer. It helps keep them watered, especially if they are in clay pots. And it prevents large plants from falling over and getting their branches broken.

First, dig a hole in your garden where there is an appropriate amount of sunshine for the type of plant you are plunging. Line the hole with a piece of weed barrier cloth or similar fine mesh cloth. The weed barrier cloth is designed to let water through, but not roots nor most bugs and worms. It also will not rot. Drop the pot in the hole and fill the hole with soil, outside the cloth.

You can also use the double pot method of first installing a larger pot in the soil. Then line the pot with a couple of inches of long-stranded sphagnum moss. Set the planted pot in the moss-lined pot. Water the plant and the moss. This will keep the planted pot a little cleaner when you pull it out in the fall for bringing back into the house. It is also a little easier to spin the interior pot a quarter-turn each week so the plant looks nice and full when you take it out.

E-mail questions to Jeff Rugg at info@greenerview.com.

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Films

continued from page 21

stars Adam Sandler as Michael, an architect so dedicated that he works on a traditional drafting board at home in his off-hours, with no computer. But he's also so pliable that he tosses out all design integrity, to win the favor of his vain, obnoxious boss (David Hasselhoff) and to please greedy Japanese builders. Michael feels stuck, a workaholic little appreciated by his boss and short-changing his perfect family of two cute kids and skinny Kate Beckinsale, sort of a workin' stiff's trophy wife. Exhausted, he runs to a bed-and-bath shop to buy a universal remote control (don't ask about logic), and licks into a vast storage room run by a sort of Mr. Wizard named Monty (Christopher Walken, under a

stacked wig that could have embarrassed even Harpo Marx). Nothing embarrasses the writers or producer/star Sandler. Even before they give Michael (via Walken) the radically universal remote that gives him control over his life and other people, and has buttons to time-trip into his past and future, they've accessorized him with a pile of bad gags. A Sony Pictures release. Director: Frank Coraci. Writers: Steve Koren, Mark O'Keefe. Cast: Adam Sandler, Christopher Walken, Kate Beckinsale, Henry Winkler, David Hasselhoff, Julie Kavner. Running time: 1 hour, 50 minutes. Rated PG-13. 1 star.

THE LAKE HOUSE - Maybe its glacial pacing is a try at perfect authenticity: When Keanu Reeves enters "The Lake House," after all, it's 2004. By the time the movie's over, you

might think that's when you started out, too. Reeves and Sandra Bullock star as Alex and Kate, two Chicagoans caught up in what Kate sheepishly calls "sort of a long-distance relationship." It's not actually distance that's the issue; in fact, they hang out in the same waterfront digs. But Kate is in 2006; Alex is still dawdling back in '04. "The Lake House" is a remake of a Korean picture known outside its home country as "Il Mare." The new movie takes that title to heart; it lolls in the doldrums and leaves us at sea. A Warner Bros. Pictures release. Director: Alejandro Agresti. Writers: David Auburn, Eun-Jeong Kim, Ji-na Yeo. Cast: Sandra Bullock, Keanu Reeves, Christopher Plummer, Dylan Walsh, Shohreh Aghdashloo. Running time: 1 hour, 45 minutes. Rate PG. 1 1/2 stars.

Brighten your bedroom by adding color

By Christine Brun
COPLEY NEWS SERVICE

No other place of sanctuary is quite as important as the bedroom, so it's important to make that space a special one. We spend nearly one-third of our lives sleeping, so it's worth the time and effort to

SMALL SPACES

think of ways to make the room where we truly get away from it all peaceful and conducive to rest.

Color remains the No. 1 tool that, used carefully and in various mediums, can mold the personality of your bedroom. Consider how your own bedroom stacks up against the exceptional sun-washed room of luscious silks and rustling bed covers shown here. It's yummy to look at and also has other attributes worth noting.

According to the Chinese practice of feng shui, anyone sleeping in this room would benefit from its facing west into the gentle rays of the setting sun. The ancient rules, which are supposed to guide users toward the harnessing of positive energy, warn against using colors that are too vibrant, as they can make it difficult to rest. Color preferences are rooted in very personal experiences, and while this ensemble might be too strong for some, others might find the mix enchanting.

The magic starts by simply painting these walls with a toned-down lime green, which is a green with a lot of citrus yellow in it. Rich sunflower yellow is hung directly against the green walls, and a lighter version of the wall color is used in the bedding mix. Brilliance is achieved by the brave introduction of magenta or fuchsia against the citrus background. This arrangement is set off by the use of crisp white sheets, one white pillow and a white lamp shade to further enhance the value of the color.

For someone else, the palette might include pale, whisperlike renditions of color. Whites with barely there colors can be serene in a much more restrained way. Imagine off-whites used with a pinkish blush, cream and soft blue, the color of the fading daylight. Or picture whites used with periwinkle. Each color scheme conveys a

unique emotion so important to reflect the preferences of the people who sleep in the bedroom.

Why settle for colors established by the bedspread that was on sale and allow that one element to dominate the most essential room in the house? The gorgeous room shown here is not dependent upon "stuff." In fact, there is little furniture and even less wall adornment. Its very simplicity leads to tranquility.

The choice of textile also speaks loud and clear: Silk looks expensive, a costly material saved for an important place. The decision to use a quilted coverlet communicates a safe, warm feeling. The bed looks comfortable and invites you to crawl in and relax. That sensation, as if you had opened the door to an expensive hotel room, is extremely appealing.

Sleep experts tell us that bedrooms should only be used for sleeping and other very personal activities. You might consider eliminating the TV set, computer, photos and other distractions. Be sure to remove clutter. Regardless of your personal style, cleanliness adds to the sense of order and peace that leads to a good night's sleep.

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

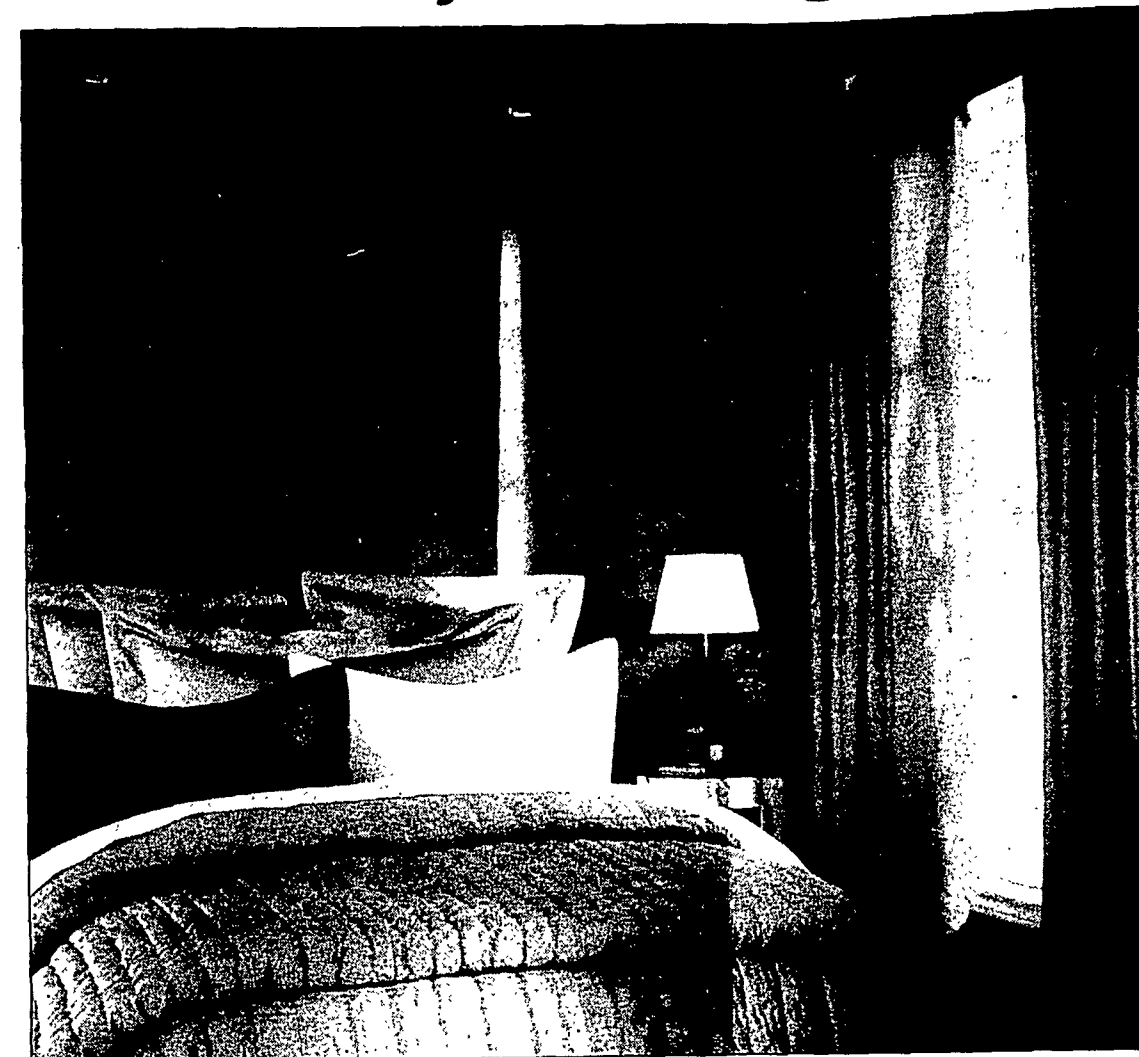
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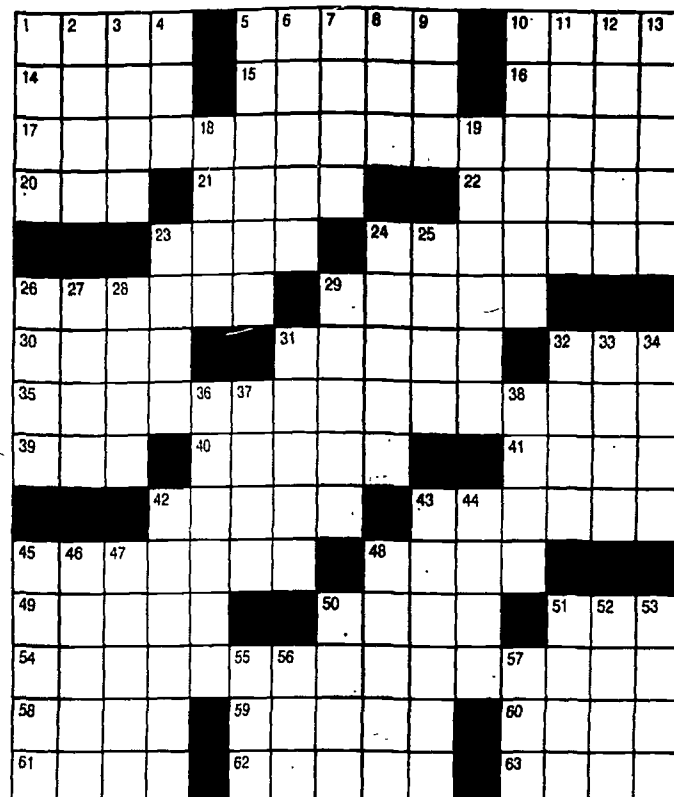
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By Charles Preston

ACROSS

- 1 Spot
5 David's verse
10 Pasture piece
14 Nile queen, for short
15 Difficulty
16 Metric weight
17 Holds in reserve
20 Choose
21 Ostrich cousins
22 Fill in the blank
23 The best
24 Majestic
26 Rent payer
29 States of mind
30 State with conviction
31 Measure
32 ___ a Wonderful Life
35 Doesn't reveal
39 Bring to a halt
40 Soil
41 Timber wolf
42 Dispute
43 Bill holder
45 Reject
48 Certain paintings
49 Earthen brick
50 Parking lot filler

DOWN

- 51 19th Greek letter
54 Ad lib
58 Gutter site
59 Mongolian group
60 Aware of
61 Coaster
62 Animal track
63 Overtake
- 1 Reverberate
2 Insult
3 Nuisance
4 Well, what do ___ know!
5 On time
6 Skull cavity
7 Eons
8 ___ Angeles
9 Bride's title
10 Undercover men
11 Mediterranean island
12 Fray
13 Smoothing board
18 Workhorse
19 Heavy
23 Small canvas cover
- 24 Lee's side
25 Fast food option
26 Commandeer
27 Level
28 Requirement
29 Dull finish
31 Spiritual guides
32 False god
33 Idiot box
34 Predicament
36 Weekly TV fare
37 Paper or plastic options
38 Annexes
42 Sauntered
43 Dry up
44 Burn soother
45 Palm fruits
46 Flawless
47 Complete the puzzle
50 ___-pop
51 Salad fish
52 PM times
53 Sci-fi filers
55 Cries of surprise
56 Dandy
57 Police officer

Last Week's
Puzzle Answers

SPANISH LESSON



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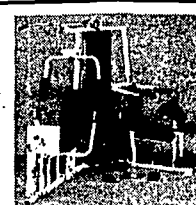
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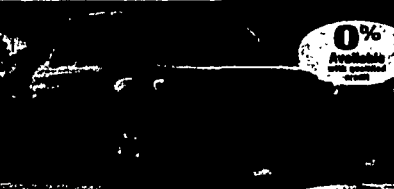
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