

Niles Journal

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Ex-Bears Trainer To Speak At Teen Center

A former trainer for the Chicago Bears will speak to kids at the Niles Teen Center Thursday, May 20.

Fred Caito, now a staff member of the Niles Fitness Center, will speak and take questions for about 45 minutes beginning at 5:30 p.m.

"He's coming to talk to the kids about the benefits of being fit and athletic and organized sports," said teen center Director Mark Williams.

Caito will be the last of a series of monthly speakers that began in December. Past speakers include Mayor Robert

Callero, a police sergeant and a Journal & Topics reporter. Williams said the goal was to bring an educational influence to the teen center members and give them career and social awareness.

"Whether they enjoy it or not I know it's really good for them," he said.

He said the center stops all other activities during the visits as 30-35 kids focus their attention on the guest. Children must be members of the teen center to participate but Williams said he wouldn't turn anyone away if they wanted to come listen.