'Niles Treasures'

Niles Chamber of Commerce unveils new public art program, Page 6

Niles Chamber of Commerce and Industry Executive Director Katie Schneider, from left, and the chamber's Public Art Program Committee chair, Kyle Brown, unveil the new "Niles Treasures" public art program, similar to last year's "Stop and Smell the Roses."

ENTERTAINMENT

Five fresh films for Valentine's Day this year

Bruce Ingram updates the romantic standards by introducing five recent movies that all offer the same romance as the classic Valentine's Day films "Casablanca" and "Breakfast at Tiffany's," but in updated formats for today's audiences. Page 50
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Chamber gears up public art effort

BY IGOR STUDENKOV
Pioneer Press

The Niles Chamber of Commerce and Industry is inviting artists to submit designs for its newest public art initiative.

Last year, the chamber did a “Stop and Smell the Roses” art project. Taking a cue from the city of Chicago’s 1999 “Cows on Parade” project, the chamber created 35 fiberglass roses and invited artists to paint them. Once they were finished, the roses were put on display throughout the village. During the annual Night of Roses event, the sculptures were auctioned off, with proceeds going toward several Niles organizations.

Niles Chamber of Commerce and Industry’s Executive Director Katie Schneider said that the project was so successful that her organization wanted to do something similar this year. The “Niles Treasures” project will give artists a chance to color and otherwise modify wooden chests. The artists have until March 6 to apply. Compared with last year, the artists will have more leeway to modify the chests, and they’ll get a bigger stipend — and Schneider said she hopes that it will bring even more money than the roses.

The project will use wooden coolers made out of pine. Each “treasure chest” has four wooden legs, rising to 30 inches, with the top measuring 18.5 inches across and 27 inches wide. Each one weighs approximately 35 pounds.

According to the artist application form, which is available on the chamber’s official website, the artists will be able to paint, sculpt and otherwise “transform” the object. However, the chest can’t be modified to the point where it can’t function as a cooler — so the modifications can’t block the inside drain. All designs must be approved by the chamber beforehand, and they can’t include anything “overly religious, political, violent or sexual in nature.”

While the artist will have some flexibility to make changes to their designs after their applications are accepted, any of those changes will need to be approved by the chamber. The artists will have an option of designing a chest to suit one particular business, but they won’t be able to use any corporate logos without the approval of both the logo’s copyright owner and the chamber.

As per the agreement the artists will be required to sign as part of the application, all the rights to their design will be assigned to the chamber. The artists will have an option of designing a chest to suit one particular business, but they won’t be able to use any corporate logos without the approval of both the logo’s copyright owner and the chamber.

Schneider said that any artist in any medium can apply. Once the designs are approved, each chest will be paired with a local business, which will sponsor the chest. The artist will have eight weeks to make their design a reality, with the final deadline set at June 28.

After the deadline, the chests will be displayed throughout Niles from beginning of July to the end of September. During this year’s Night of Roses — which is scheduled for Oct. 3 — the chests will be auctioned off.

As last year, the proceeds will be donated to Niles Family Services’ Food Pantry and the chamber’s Dollars for Scholars scholarship program, and some of the proceeds will go to the chamber itself.

Schneider and Kyle Brown, the chair of the chamber’s Public Art Program Committee, officially unveiled the project on Jan. 27, at the start of the Niles Village Board meeting. The two chamber officials brought a tapestry-covered chest to the chamber floor and revealed the object. Schneider thanked the village residents for supporting the previous year’s projects and touted its success.

“Each organization [that the donations went to] received more than $2,000,” she said. “Because of the positive response, we decided to do the program again.”

Brown encouraged local artists to get involved.

“Niles has many treasures, and we’d like the entire community to participate,” he said.

Igor Studenkov is a freelance reporter for Pioneer Press.

Twitter @istudenkov
The Niles Forward Party slate of Village Board candidates unveiled their official platform earlier this month.

The platform offers a number of proposals to address business development, job growth, public safety, flood control and fiscal accountability. Among other things, the candidates propose creating an apprenticeship program to train employees, coordinating with nearby municipalities on public safety improvements, expanding police department's outreach to the community, creating a TIF district to fund Touhy Corridor improvements, and changing the way industrial properties get approved for tax incentives, according to a document provided by the party.

The Niles Forward Party (NFP) slate is made up of Niles Trustee and Niles Park District Executive Director Joe LoVerde, recently retired Niles Police Department Chief Dean Strzelecki and Niles Ethics Board member Denise McGreevy. They are running for seats currently held by LoVerde and trustees Chris Hanusiai and Rosemary Palicki. Hanusiai and Palicki are running to keep their seats, while newcomer David Carabotta is running as an independent.

Mike Yesner, a member of the party's campaign committee who currently functions as its de facto spokesman, clarified some of the platform points.

For the business development and job growth, NFP wants to continue working with the Niles Chamber of Commerce and Industry to promote and strengthen local business. It suggests several steps to help village businesses succeed.

"The Niles facade program could be expanded toward beautification and expanded sales, Niles Economic Development Department could work with vacant store owners to better fill properties with on-site marketing, website marketing, and a telephone hot line to better answer questions of potential renters," Yesner said.

NFP also wants the village to work with local and county agencies to provide economic development, job training and to help strengthen the village's consumer fraud protection ordinance. The candidates support creating a Tax Increment Financing District in and around the Touhy Avenue corridor to facilitate its redevelopment. The candidates also want to create an apprenticeship program for Niles residents.

NFP offered several proposals to improve public safety throughout the village. The candidates want the village to work with other municipalities to improve public safety, using Mayor Andrew Przybylo's proposal to work together with Morton Grove to create a joint fire station as an example. The candidates want the police and fire departments to have the latest technology, and they support increasing the departments' outreach to the public, especially toward "young people" and businesses. "Forward Party embraces new technology that allows better and more efficient service to our citizens," Yesner said.

The Niles Forward Party platform said that the candidates want to revise the process and incorporate public input.

When asked to elaborate, Yesner offered the following response.

"The 6B process for promoting business opportunities should be thoroughly vetted by the Finance Committee and the Economic Development Committee and should only be considered by the Village Board upon the dual recommendation of both committees," he said.

Igor Studenkov is a freelance reporter for Pioneer Press.

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**Six Piano Ensemble**

**Saturday, April 25, 8 p.m.**  **Sunday, April 26, 3 p.m.**

Critics from Honolulu to Vienna hail the group as "unique," "impeccable," and "technically superb." Under the baton of maestra Glenna Sprague, the Ensemble showcases classical, ragtime, symphonic and popular music—and the group's rich, layered sound is comparable to an orchestra. A reception will follow the concerts.

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**Luck of the Irish**

**Saturday, May 2, 8 p.m. and Sunday, May 3, 2 p.m.**

In an effort to circumvent the racism of an affluent, segregated Boston suburb, the Taylors—an African-American couple—enlist an Irish family to buy a house on their behalf. Fifty years later, the Irish family wants "their house" back. Themes of home and America are explored in this staged reading.
On the evening of Feb. 5, Special Olympics athletes from across the Maine and Niles township areas gathered in the Fieldman Park's basketball court ready to drill with their coach. But this time, they didn't have just any coach. For the next 90 minutes, WNBA Chicago Sky basketball player Elena Delle Donne and Chicago Sky Head Coach Dana "Pokey" Chatman ran drills, gave pointers and organized competitions to see which athletes could score the most points. Afterwards, Donne signed Chicago Sky shirts, and she and Chatman posed for pictures with athletes.

The event was organized by Maine-Niles Association of Special Recreation and Chicago Sky and sponsored by Des Plaines' River Casino. Donne and M-NASR staff both told Pioneer Press that they were happy with how the event turned out.

M-NASR is a Morton Grove based organization that provide recreational programs for children, teens and adults with physical and mental disabilities. Those programs include athletics such as golf and baseball, as well as art classes and gardening clubs. The organization teams up with park districts throughout Maine and Niles townships, including the park districts of Niles, Skokie, Morton Grove, Lincolnwood, Park Ridge and Des Plaines, as well as Golf-Maine Park District, which serves unincorporated townships.

Donne has been playing for Chicago Sky since 2013. Her skills were recognized fairly early. For the 2013 WNBA All-Star Game, starters were determined by fan vote, and Donne earned more votes than anybody else — a first time in league history that a rookie was able to accomplish such a feat. She later earned the 2013 Rookie of the Year Award.

Chatman has been coaching at Chicago Sky since 2010. Before that, she was a player and later coach at Louisiana State University's Lady Tigers basketball team. Between 2007 and 2010, Chatman coached what was then known as Spartak Moscow Region Women's Basketball Club.

The Feb. 5 event, which was officially known as the Basketball Training Clinic, took place at Golf-Maine Park District's Fieldman Park. It started with Donne and Chatman having the athletes do some exercises. This was followed by some drills and dribbling across the basketball court. Donne and Chatman made sure to encourage the athletes and provided pointers throughout.

"Eyes up, and let's try to keep our dribble a bit lower, about waist high," Donne told the athletes.

Donne and Chatman also had the athletes compete to see who could keep dribbling the longest. Every athlete who dropped the ball was asked to sit. As the numbers dwindled, the athletes were confined to an increasingly narrow area, until only two players remained. After a few more minutes, one player emerged victorious.

Donne and Chatman did the competition one more time. Then, Donne gave the athletes tips on proper shooting techniques.

"The way I hold my arm is an a perfect L," she said, demonstrating the shape as she spoke. "A perfect 90 degree angle just like that."

She cautioned the athletes against making some common mistakes that would make their shots less effective.

"I don't want to see anyone shooting like this," said Donne, throwing the ball with both hands. "None of the launching stuff. It's just not correct."

She had the athletes take turns shooting hoops into one of the court's six baskets, correcting their technique where necessary.

Later, athletes were divided into small teams and each team took turns trying to score.

The competition ended in a tie and Chatman praised all the athletes.

"You guys are all excellent," she said.

The event ended with Donne giving out and signing Chicago Sky T-Shirts. The athletes and M-NARS staff presented her and Chatman with M-NARS blankets. The two women stuck around for a bit to pose for pictures with athletes and staff alike.

Donne told Pioneer Press that the event was a good experience.

"This is a great program," she said. "The players had great energy. Hopefully, we were able to teach them a little."

Suzanne Beal, M-NARS' Executive Director, said that she was pleased with how the event turned out.

"There was lots of positive energy in the gym today," she said. "I just want to thank Chicago Sky for making it happen. Our athletes really appreciated it."

Chicago Sky's Elena Donne gives M-NASR athletes basketball tips.

Igor Studenkov is a freelance reporter for Pioneer Press.
Niles rolls out online option for water bills

BY IGOR STUDENKOV
Pioneer Press

Niles residents now have an option to pay their water bills online. The village unveiled the new option during the Jan. 27 Board of Trustees meeting. The option was made possible thanks to the state of Illinois’ E-Pay system. The system can be accessed through the village website by clicking on the “E-Pay” icon on the home page.

According to Niles spokeswoman Hayley Garard, residents can pay using Visa, MasterCard and Discover credit cards and debit cards.

E-Pay charges a $1 convenience fee for payments $40 and under, and a 2.35 percent convenience fee for anything above that.

In a statement, Niles Finance Director Scott Neukirch said the new option is just the first step.

"Using E-Pay for our water bills is just the first step," he said. "Eventually we plan on making many more village service payments available from the website."

During the Village Board meeting, Mayor Andrew Przybylo emphasized that residents who don’t wish to use E-Pay can continue paying the same ways they had years prior.

Igor Studenkov is a freelance reporter for Pioneer Press.

Park Ridge police: Teens found with marijuana

BY JENNIFER JOHNSON
Pioneer Press

Two teens were allegedly found with marijuana following a traffic stop conducted by police on Mary Jane Lane in Park Ridge.

Daniel Kasch, 19, of the 1000 block of South Washington Street, was charged with possession of marijuana and drug paraphernalia after a Park Ridge police officer pulled over his vehicle for an undisclosed traffic violation on the night of Feb. 8.

According to police, 27 grams of suspected marijuana, as well as pipes used for smoking the drug, were located on the driver’s side floor of Kasch’s vehicle.

A 17-year-old male passenger, also of Park Ridge, was charged with possession of 0.5 grams of marijuana under a local ordinance citation, police said. He was assigned to appear before the city’s adjudication hearing officer on March 10.

Bond for Kasch, who was charged with a misdemeanor offense, was set at $1,500. He has a March 11 court date.

Records show Kasch was also arrested by Park Ridge police in May 2014 after marijuana and drug paraphernalia were allegedly found inside his car.

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No injuries in Niles apartment fire

BY IGOR STUDENKOV
Pioneer Press

A fire erupted in the basement apartment of a six-flat apartment building at 9032 Cumberland Ave. on the morning of Feb. 6.

According to Niles Fire Department Chief Steve Borkowski, firefighters were dispatched at 10:20 a.m. and arrived on the scene three minutes later. They put out the fire by 10:44 a.m.

Aside from Niles firefighters, the Park Ridge, Morton Grove, Des Plaines, Glenview and Lincolnwood departments were involved.

Borkowski estimates that a total of about 35 firefighters helped put out the blaze. The building is across the street from Northridge Preparatory School.

Borkowski said the building was evacuated quickly and no one was injured. While the basement apartment suffered damage, the other units in the building weren’t affected.

"The cause of the fire is still being investigated," he said.

Igor Studenkov is a freelance reporter for Pioneer Press.
The following incidents were listed in the official bulletin of the Niles Police Department. Readers are reminded that an arrest does not constitute a finding of guilt. Only a court of law can make that determination.

**DRUG POSSESSION**
- Heather Aragosa, 38, of 8506 Madison St., Niles, was charged with felony possession of a controlled substance and driving with a suspended license on Jan. 30. According to police, officers responding to a call of a vehicle stopped in the middle of the 8000 block of Madison found Aragosa and her passenger, a 44-year-old man, asleep inside the car. Police learned that Aragosa's license was suspended and a search of her vehicle revealed a number of pills identified as Valium, painkillers, and drugs used for treating attention deficit hyperactivity disorder and narcolepsy, police said. On Jan. 21, Aragosa was arrested by Park Ridge police after a bag containing 30 anti-anxiety pills was reportedly found inside her vehicle during a traffic stop. She was also charged with possession of a controlled substance and driving with a suspended license in that case.

**RETAIL THEFT**
- Feeshia Hyde, 38, of 1549 W. Jonquil Terrace, Chicago, was charged with retail theft on Feb. 4. Hyde was accused of stealing several items from a store inside Golf Mill Shopping Center and returning one of the items for $31.51 in store credit, which she allegedly used to purchase other merchandise.

**BATTERY**
- A 19-year-old man told police that on Feb. 4 he was punched multiple times in the arm and kicked twice in the leg by a 16-year-old girl he knew from high school. The alleged altercation took place at Golf Mill Shopping Center. According to police, the man said the girl and another teen accompanying her ran away when he said he was calling 911.

**BURGLARY TO VEHICLE**
- Two checks, two Polish passports and $3,000 in cash were reported stolen Jan. 31 from a van parked in a driveway on the 8200 block of Octavia Avenue.

**THEFT**
- On the afternoon of Jan. 30, a man entered a store on the 5600 block of Touhy Avenue and allegedly grabbed 42 prepaid debit cards before attempting to leave the building without paying for them. At the exit, the man reportedly dropped a bag that contained the cards and fled.

A customer unhappy about her taco order allegedly threw a bottle of liquor against the wall of a Niles restaurant to express her displeasure, Niles police reported.

According to police, the 32-year-old Skokie woman had ordered food at Taco Burrito King, 6710 W. Touhy Ave., just after 2 a.m. on Jan. 31, but began quarreling with an employee over whether she had paid for her tacos.

The employee reportedly gave officers the same account of what had occurred.

The employee declined to pursue charges against the woman, who agreed to pay for the bottle of gin that was destroyed, police said. The woman did not appear to be intoxicated and had not been served any alcohol at the establishment, police reported.

**Bottle thrown in taco eatery**

**BY JENNIFER JOHNSON**
Pioneer Press

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The Park Ridge-Niles District 64 Board of Education voted to conduct residency checks for all district families in the run-up to the 2015-2016 school year.

While the resolution adopted at the Feb. 9 meeting states that the checks will be annual, the board members agreed that the first residency check would be a trial.

If the check shows that the number of families that don’t live in the district isn’t significant enough to justify the expense involved, the board would repeal it.

The board considered two options for annual residency checks. But when it cast the vote, it declined to choose a particular option, leaving the details up to the district administration.

The board has been discussing residency checks for the past few months. While families that live in rented housing have their residency checked annually, families that live in housing they own only get checked when their children first enter the district. The board and the district administration have been concerned that this allowed home-owning families to keep sending their children to the district even after they move out of the district. Since such families don’t pay property taxes in their district, educating their kids puts a strain on district resources.

During Jan. 26 board meeting, District Superintendent Laurie Heinzer presented three options for more regular residency checks. Under Option A, the families would be checked once every three years. Under Option B, families would be checked every year, and families would be required to bring in documents to prove their residency in person. Option C would allow annual checks, but families would be able to drop documents off.

At that meeting, board members John Heyde and Scott Zimmerman expressed concerns about all of the options. Heyde maintained his long-standing argument that more frequent checks would be too burdensome for residents, while Zimmerer argued that, unless the residency checks are more thorough, increasing their frequency would be pointless.

In response, Heinzer offered what she described as a compromise. During the Feb. 9 meeting, she said that the district staff believed that Option A would be thorough enough to cover half of the district families. It would give the district a decent idea as to how many non-residents the district schools had without placing too much burden on families.

But as the board proceeded to discuss the issue, most board members rejected that option. Board member Bob Johnson argued that the district needs to determine the full extent of the problem, that checking half of the home-owning families wouldn’t cut it.

“I think the only way we can determine the efficiency of [residency checks] is to do it completely,” he said.

Board member Dan Collins, who previously said he would support whichever annual check gets the best results, agreed with Johnson’s argument. He noted that he had two kids in the district schools, and he was willing to deal with the burden. Collins also noted that none of the district parents he spoke to felt annual residency checks were burdensome.

“I had no one in the community come up and question if it was a bad idea,” he said. “They told me it was a great idea.”

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“I think the only way we can determine the efficiency of [residency checks] is to do it completely,” he said.

Board member Dan Collins, who previously said he would support whichever annual check gets the best results, agreed with Johnson’s argument. He noted that he had two kids in the district schools, and he was willing to deal with the burden. Collins also noted that none of the district parents he spoke to felt annual residency checks were burdensome.

“I had no one in the community come up and question if it was a bad idea,” he said. “They told me it was a great idea.”

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District 64 Spelling Bee champ earns second title

BY JENNIFER JOHNSON
Pioneer Press

For the second year in a row, Catherine Sernel emerged from a spelling bee V-I-C-T-O-R-I-O-U-S.

After 22 rounds and correctly spelling the word "clementine," Sernel, a sixth-grader at Lincoln Middle School, was declared the winner of the 2015 Park Ridge-Niles School District 64 bee, a title she captured last January as a fifth-grader at Washington School. This makes her the first District 64 student to win two consecutive district-wide bees.

“It’s something I like to do on top of all my other stuff,” said Sernel, who plays piano and basketball and soccer. “It’s a challenge because there are a lot of good spellers.”

Some of those star spellers also earned accolades last month. Owen Mech, an eighth-grader at Emerson Middle School, took second place, while Zoe Berthold, a seventh-grader at Lincoln, placed third.

Individual school winners included Brandon Griffin, Sara Plaza and Sargon Adam of Carpenter School; Owen Mech, Kenneth Kim and Fallon Adams of Emerson Middle School; Joseph McDonough, Makaila Wilson and Martyna Golebiowska of Field School; Matt Williams, Nathan Brozell and Arham Rahman of Franklin School; Catherine Sernel, Zoe Berthold and Charlotte Geier of Lincoln Middle School; Alaina Basis Alex Eng and Brayden Bristle of Roosevelt School; and Anthony Giustino, Tommy Locascio and Sean Stachorek of Washington School.

This year’s Spelling Bee also included a new requirement. During every fifth round, students were required to select the correct definition of the word they were asked to spell. They were given two choices.

“It was a good addition,” said Sernel. “It’s extra work but it’s good practice.”

Sernel went on to compete in the North Cook area spelling bee, which is part of the Scripps National Spelling Bee network, on Feb. 3 in Kenilworth. She placed in the top 10 at that competition.

Each year, all seven District 64 schools host a spelling bee, with the top spellers from each moving on to the district-wide bee. In all, 268 students in grades 3-8 took part this year.

Sernel studies for the annual spelling bees weeks in advance, memorizing as many as 2,000 words that are on a list provided by District 64. She also relies on her parents, Tracy and Marc, to quiz her.

“She’s a very bright girl, but she’s also pretty easy going in general so she handles the pressure of the competition well, which is amazing to us,” Tracy Sernel said. “And there is real pressure in that competition.”

There’s no real trick to being a good speller, other than memorization, Sernel says. She doesn’t write down the words she is studying; she simply visualizes them.

Above all, though, it’s fun, she admits.

“I’m just proud I did it again,” Sernel told the Park Ridge Herald-Advocate. “I’m happy I accomplished my goal and I still have two more years I can participate.”

School District 64 Spelling Bee winner Catherine Sernel, left, is joined by Owen Mech, second place, and Zoe Berthold, third place.

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SCHOOL DISTRICT 64/HANDOUT

SCHOOL DISTRICT 64/HANDOUT
Selma Lamkin may have been the student, but that didn't stop her from teaching the instructor a mighty valuable lesson: Never underestimate her.

It's a familiar lesson for anyone and everyone who have crossed paths with Lamkin, now nearing age 90.

Auditing a criminal law class, the student proved to be so sharp that the teacher mentioned she should be in law school.

It was most likely a flippant, tongue-in-cheek comment since Lamkin was already in her 70s. The teacher said he'd even find her a scholarship if she passed the entry exam.

Fast forward: Lamkin graduated law school at age 74.

"Told woman at the mailbox, 'Look at this - I passed the bar!'" she writes in her recently-released self-published memoirs. "She said, 'I pass it almost every day on my way to work.'"

This funny exchange is another example of people sometimes having a hard time wrapping their minds around Lamkin's defiance of the odds.

Her memoirs are filled with random, anecdotal recollections of her difficult and challenging but rich and varied life, all of which is perfectly summed up on the last page.

"I try to overcome obstacles," she writes. "I work really hard at it. I advocate for myself."

A resident of Skokie's Lieberman Center for Health & Rehabilitation, Lamkin may not speak quite as often as she once did, but there is still a spark and feistiness in her when she does.

She appeared at a book party Jan. 29 attended by a small group of residents, staff and volunteers, fielding questions from the front of the room while seated in her wheelchair.

How does she feel now that the book has been published and the public can read about her trials and tribulations?

"Happy," she succinctly said.

Not surprisingly, "Selma's Memoirs" is dedicated to Katharine Houpt, the creative arts therapist at Lieberman who encouraged Lamkin and illustrated her story with well-rendered, playful comics.

"The reason the comics came about is because Selma talked about how she lost a lot of her photos throughout her life," Houpt said. "I suggested drawing comics as a way to have some visual representation with her memories."

Selma's first response was an emphatic no.

But Houpt brought in examples of different styles of comics, having the author choose the style she liked best. It was a true collaboration, the two deciding on stories that best exemplified Selma's "fighting back against oppression."

Many of Boston-born Lamkin's memories are of difficult experiences: her grandfather died in the car when her father was taking him to the hospital; her grandmother suffered a nervous breakdown; she had tough relationships - one man abandoned her, another embezzled money from his job; she mostly raised her three children on her own; and she lived in a time when discrimination and sexism ran rampant.

"Selma's Memoirs," however, is the antithesis of a downer; it's an inspirational read sprinkled with flashes of humor. There is a sense of triumph about what Lamkin overcame during all phases of her life.

And best of all, her personality comes shining through.

At age 70, Lamkin ate at a restaurant where a waiter kept referring to her as "dear," even after she asked him to stop. She ultimately handed off the check to the cashier, saying the waiter who served her will pay because "I'm his dear."

"I walked out and nobody followed me," Lamkin writes.

Her first published work appeared in a most unexpected source - Penthouse Magazine, which lends itself to one of the funnier comics.

Lamkin didn't even know what Penthouse was, she said. She called her son to tell him he had to go out and buy Penthouse.

The final comic panel has Lamkin's son telling his wife: "My mother says I have to go buy Penthouse."

"Selma's Memoirs" is not Lamkin's first book, but her seventh. She self-published books on topics ranging from self-employment and home-based businesses to networking and franchising.

She wrote books about buying a condominium and how to fix the legal system.

This one, however, is certainly her most personal, an informal and conversationally-turning book, Page 15.

Lieberman Center For Health & Rehabilitation resident Selma Lamkin enjoys a cookie Jan. 29 at her book party. Lamkin recently self-published her memoirs documenting her remarkable life, and Art Therapist Katharine Houpt, left, provided the illustrations.
Book recounts memories from Selma's long, full life

Book, from Page 14

written journey through the highlights of her ever-changing life.

She was an accountant, an author, an educator. She consulted on money and investment. She has been recognized in "Who's Who in American Women," "International Who's Who," "American Biographical Institute" and "Personalities of America."

Long before Lamkin earned her law degree - when most people are well into their retirements - she earned a degree in accounting and finance and then a doctorate in economics from Pacific Western University.

At age 87, she was Bat Mitzvahed at Lieberman. Now, she becomes an author again just before she turns nonagenarian.

"It was exciting to go back and live my life again," she said.

Her challenges in that life belonged not only to her earliest days.

Recounted in the memoirs was her serious injury at age 82. Lamkin was in Florida where she fell and was unable to get up. She lay on the floor for three or four days before she was rescued.

"They said three to four more hours I would have been dead," she said.

Lamkin came to Evanston to live with one of her sons and his family, then to the Lieberman Center some seven years ago. "There are pros and cons of living here," she writes. "My major concern is that I can't get out of the building at all."

She says she sometimes feels stuck, lost in a routine of watching TV and listening to tapes. But she also enjoys some of the activities at Lieberman as well.

During last month's book party, Houpt read various entries to the gathered group, which asked questions and expressed admiration for the life Lamkin has lived.

The author said there were plenty of stories that had to be set aside so she has already entertained the idea of a sequel. "I'd like to if Katharine is willing," she said when asked.

Some people chuckled, but after hearing Selma's story they knew better than to doubt it would happen. If her life proves one thing, it's that underestimate Selma Lamkin and she'll undoubtedly have the last laugh.

To inquire about receiving a copy of "Selma's Memoirs," call Andrea Koch at the Lieberman Center at (847)-929-3244.

Lieberman Center For Health & Rehabilitation resident Selma Lamkin introduced her memoirs at a Jan. 29 book party attended by a small group of her friends.
“Last month we spent $400 on batteries! We need to find a better way to search for the TV shows we want to watch.”

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**NEWS**

The Cabrini Retreat Center located in unincorporated Maine Township.

**NDFS, Cabrini Retreat team up to provide emergency housing**

*Igor Studenkov*

Pioneer Press

The Niles Department of Family Services and Maine Township's Cabrini Retreat Center have teamed up to help Niles residents who need emergency housing.

When Niles residents needed emergency housing, they traditionally sent them to Travelers Inn motel.

The department and Cabrini Retreat Center began discussing working together in November. Tony Hollenback, the director of family services, reported on the agreement during the Nov. 6 Niles Human Services Committee meeting.

Family Services runs a range of programs and services to help Niles residents. When Niles residents can’t stay in their homes, the department helps them find emergency housing. Hollenback told Niles Herald-Spectator that residents might need emergency housing for many reasons.

“When Niles Family Services receives a referral from a new or existing client in need of urgent housing, these requests are precipitated by domestic violence/situation, fire, rain or water damage, extreme heat or eviction,” he said.

Hollenback explained that requests for emergency housing can come from individuals themselves, or they can come from emergency services, a school or the community organizations Family Services works with.

Travelers Inn is one of the only two remaining overnight lodging facilities within village limits, but around August 2014, the department started getting reports about conditions at Travelers Inn that concerned them.

He told the Human Services Committee that he started looking for other options.

“If you are in a crisis, you need a safe place to go,” said Hollenback. “The more I heard about Travelers Inn, the more I felt like it wasn’t a good place.”

After considering some options, he decided to reach out to Cabrini Retreat Center. The center is located in unincorporated Maine Township, near the section of Golf Road between Niles and Des Plaines. It is run by the Missionary Sisters of the Sacred Heart of Jesus, a female-only Roman Catholic congregation. According to the organization's website, the center is part of its mission to help individuals and organizations to have a fuller spiritual experience. Among other amenities, the center offers single-person bedrooms where group members can rest overnight. Hollenback reached out to Nancy Golen, the center's executive director, in November. After some discussion, they agreed that the center would provide rooms for Family Services' clients, provided the rooms aren't occupied.

“The retreat center is an optimal location given the mission of hospitality in providing a warm, compassionate space for guests to come to,” he said. “This is exactly the type of setting conducive to healing which our residents can benefit from. It can be very traumatic to be displaced, homeless and not have a place to go.”

Hollenback told the Human Services Committee that the center charged the same for rooms as the Travelers Inn did. Unlike the motel, the Cabrini Retreat Center offers free meals to its guests. Like Travelers Inn, Cabrini Retreat Center will send a bill once a month.

Hollenback said that, at the moment, the agreement between Family Services and Cabrini Retreat Center doesn't have an expiration date, and some aspects of the agreement may be tweaked over time.

“It's exciting to partner with other organizations who share our mission of community service,” Hollenback said. Igor Studenkov is a freelance reporter for Pioneer Press.
Seven arrested in undercover prostitution sting

Multi-jurisdictional task force targeted prostitution using various social media sites

BY STEVE SHERING
Pioneer Press

Seven Chicago area men were arrested Feb. 5 in Wilmette in an undercover sting operation for offering prostitution in advertising on social media, police said.

According to Wilmette police, a multi-jurisdictional task force targeted prostitution through various social media networks. Investigators set up a fake prostitution advertisement and directed would-be customers to a specific room at the Residence Inn, 3205 Old Glenview Road, police said.

Five area police departments and prosecutors were involved in the sting operation, police said.

“All arrests took place in Wilmette,” said Wilmette Deputy Police Chief Kyle Murphy. “In the past we’ve partnered with these other jurisdictions when they’ve run prostitution stings. This time, we took a turn.”

Those arrested Feb. 5 include Don Romero, 53, of 9040 Kedvale Ave., Skokie; Eduardo Romero, 30, of 7035 N. Ridge Blvd., Chicago; Mark L. Rumbolt, 40, of 329 Custer Ave., Evanston; Stavros C. Sellas, 38, of 2214 N. Rockwell St., Chicago; Samir Husetovic, 50, of 7521 W. Brown Ave., Forest Park; Vasil Lizarov, 24, of 1720 Palm Drive, Mount Prospect; and Brian Tierney, 44, of 5812 N. Octavia Ave., Chicago, police said.

According to police, the seven suspects were arrested after allegedly offering an undercover police officer money in exchange for a sex act.

Each of the seven offenders was charged with one count of solicitation of a sexual act, police said. Each suspect is expected to appear in court at 1:30 p.m. March 24 at Cook County's 2nd Municipal District Courthouse in Skokie.

The undercover operation included participation from the Cook County State's Attorney's Office and the Evanston, Skokie, Lincolnwood and Oakbrook Terrace police departments, police said.

Murphy declined to comment on which social media websites police targeted.

Residence Inn officials cooperated in the investigation, he said.

“They were very helpful in offering up their facility to assist our investigation,” Murphy said.
As the "Blizzard of '79" paralyzed the city, Jane Byrne's campaign gained momentum, tumbling her into City Hall on voter discontent that rumbled over the Democratic machine candidate, Michael Bliuniadick.

Snow removal can sting you

There was a calm after the storm, and not just metaphorically. This was why shoveling 2 inches of snow on Tuesday night in windless 28-degree weather actually felt invigorating rather than miserable — it was a beautiful winter night, proving that there is such a thing.

But then there is the storm after the storm, and not the literal kind that produces more snow. This would be the tempest of complaints that rains down from citizens when, say, their specific side street still features snow in the days after a blizzard.

Such anger shouldn't be waivered off too quickly. The legends are mostly true about the Blizzard of '79 giving the late Jane M. Byrne the shot in the arm she needed to compete with Mayor Michael Bilandic, a quiet and charmingless guy who — fairly or not — came across as more energetic than usual during the city's election day that year.

On election day that year — Feb. 27, about six weeks after the blizzard — Byrne squeaked out a victory by 2 mere percentage points, but the margin doesn't matter. All we remember is that she took down The Machine because it didn't plow the streets, pick up the garbage or keep the trains running on time.

Do you know what Byrne was before she was elected mayor of a major American city? The city's commissioner of consumer affairs. That would be like Maria Guerra Lapacek defeating Rahm Emanuel on Feb. 24, 2015.

There's your perspective on how significantly weather can change history.

But maybe we need a little perspective when it comes to human beings trying to make snow disappear. Here in Lake County on Monday and Tuesday, there were places where four-lane roadways suddenly became two-lane roadways, with mounds of plowed snow extending off the shoulder.

Yes, there were side streets that looked like lost trails through the woods, but there were also primary roadways here and there covered with a thick, lumpy layer of gray slush. Raise your hand if you know and love someone who complained loudly about such things — or if you complained about them yourselves.

But keep that hand raised if you don't want your municipal, township or county share of your property taxes to go up, because that's what pays for the plows and their gasoline and their salt, not to mention the weekend and evening overtime paid to their drivers.

Do the taxes you already pay cover the expense of scraping every paved roadway in Lake County down to the asphalt immediately after a Top 5 blizzard? Take a look around this week to get your answer, and drive carefully.

dmoran@tribpub.com
Twitter @NewsSunDanMoran

The choice not to vaccinate is a false one

Randy Blaser

I never got the measles vaccine.

But that wasn't by choice.

Unlike the growing number of parents who choose not to vaccinate their children because they think vaccines are harmful or will cause autism, my parents had no say in the matter. There was no measles vaccine.

Instead, I came down with a full-blown case of the measles at 7 years old. I remember little of the experience, except for missing school for a week and watching kid shows on TV from the comfort of our living room sofa.

My mother had a different story, however. She told of my battle with measles from her perspective of panic over my high fever, my "becoming delirious," as she called it, watching my eyes roll back, and as a last resort, throwing me in a cool bath to break the fever. "I thought you were dying," she said.

I'll take my mom's word for it.

A few years later I had German measles, known as rubella, which was a breeze compared to the real thing, and later I came down with mumps. The case of chicken pox between those bouts gave me the grand slam of childhood diseases. All my friends had those diseases, too.

Today, few kids get any of those diseases because we have vaccines for them. They are 100 percent preventable.

Yet this week we have an outbreak of measles, mostly in Southern California. The cause of this outbreak is parents who have decided not to vaccinate their children.

These parents believe there is a link between the MMR vaccine, which is given to prevent measles, mumps and rubella, and children becoming autistic. Pop celebrity Jenny McCarthy, who has appeared in Playboy, movies and television, popularized this idea after her son was diagnosed with autism after being vaccinated.

But one does not cause the other. The weight of medical research and studies show there is no link between the vaccine and autism.

The rise of autism does not coincide with the rise of the vaccine. The MMR vaccine began in 1971. Yet throughout the 1970s and 1980s autism was diagnosed in about one out of every 2,000 children. Today it is one out of every 150. Something else is happening.

Rotary International has a goal of wiping out polio by making sure all children are immunized. Yet polio lingers in some Third World countries, in part because some parents believe the vaccine causes sterilization.

We're not in a Third World country, but misconceptions and misinformation seem to be the same the world over.

We give parents the choice on whether to give their kids the vaccine or risk this deadly childhood disease. But it's a false choice. Don't make it a deadly one.
Vaccine debate proves you can't fix stupidity

As other protesters do, Anderson advocates "vaccine choice" as if protecting children from death should be a matter for voter referendums. Maybe Wauconda trustees have limited power to shape public health policy. We hope so. But some ideas are dangerous to everyone.

Consider the science. "Herd" barriers protect those who can't be inoculated because their health is compromised or frail. When enough people are vaccinated, the larger "herd" shares the immunity. But that immunity can be compromised for everyone when fewer healthier members are vaccinated. Anti-vaxxers risk your life too.

The measles vaccination rate for young children in America is 92 percent. Although lower than in most affluent countries, it's the minimal rate needed for herd immunity. Although all 50 states require vaccines for students, 19 allow them to opt out without a doctor's approval or religious justification.

Dumb. Very dumb.

We are a species prone to bouts of such dumbness. But no parent in the 1800s could have comprehended willfully withholding cures for measles, rubella, typhoid or cholera had they been available. Parents were petrified of polio only 50 years ago. Those parents had seen children die. We live healthier, longer lives now than ever, but that's because diseases that once killed our children no longer do. Vaccines have become a victim of their own public relations triumphs.

Of course, in the perfect health utopia of America there are no realities like those in Africa, where 700,000 children die every year from illnesses that vaccines would stop.

Why? They don't vaccinate enough to stop the disease. For those who agitate against vaccinations, Africa should be a perfect experimental petri dish to test their theories. In fact, it is.

Death is both indifferent and immune to free speech.

David.Rutter@live.com
Reader asks ‘How can I block unsolicited calls?’

Dear Help Squad,
I am exasperated by the number of unsolicited phone calls I receive on both my landline and cell. The numbers are on the www.donotcall.gov list and when I get the calls I wait until the end of the recording or ask the person on the other end to remove me from their calling list. I actually have a chimney sweep company that calls every 21 days and says I am rude and that she could call us anytime she wanted. Really irritating. The political calls are exasperating too. I have told people I am deceased or a felon (unable to vote) so they would stop calling. It doesn't work but I am out of ideas!

Jennifer, Morton Grove

Though registering her land line and cellphone numbers with the FCC’s National Do-Not-Call Registry should have prevented Jennifer from receiving solicitations from the chimney sweep, the reality is that not every company abides by the rules. By law all telemarketers are required to check the numbers they intend to solicit against the Do-Not-Call Registry, and any that appear on the registry are to be purged. Jennifer can and should file a complaint at donotcall.gov. However, the reality is that FCC enforcement can’t keep pace with the volume of complaints received and, as a result, unscrupulous companies weigh the risk of getting caught against the reward of making a sale. Unfortunately for Jennifer (and like-minded call recipients), political calls are exempt from the registry.

So where does that leave Jennifer? As an AT&T U-verse customer, she has access to free call blocking and call screening. Per AT&T spokesperson Erin McGrath, Jennifer can access this service by logging into her account online and activating call blocking. There, up to 20 phone numbers can be entered. Once this has been done, she can then turn Call Blocking on (*60#) and off (*50#) from her home phone. When the blocked caller next rings, they will hear, “The number you dialed will not accept your call,” and be disconnected. While in her online account, Jennifer can also set up Anonymous Call Blocking, which is activated and deactivated by pressing *77# and *87#, respectively, from her home phone. This feature blocks all calls that do not provide caller ID. All such callers are told, “The number you dialed does not accept calls without caller ID information.” When it comes to her cellphone, Jennifer has a couple of different options. According to McGrath, Jennifer can sign up for AT&T’s Smart Limits program, which, among other things, enables the blocking of unwanted phone calls, texts and data. The cost is $4.95/month for one phone or $9.99/month for up to 10. It is available through AT&T or as an iPhone or Android app. Jennifer could also go the free app route and download a call-blocking app such as YouMail or Truecaller.

Comcast provides similar features for its home phone service. Its offerings are called Call Screening and Anonymous Call Rejection. Both can be activated from a customer’s home phone or via his/her online account using similar prompts to AT&T’s: *60 to activate Call Screening, *80 to deactivate it; *77 to activate Anonymous Call Rejection, *87 to deactivate it. The only difference is that with Comcast, a customer can manage everything from the keypad of his/her phone if he or she so chooses.

A free workaround for filtering out unsolicited cellphone calls could also be to assign them a silent ringtone. Though this doesn’t discourage such callers directly (aside from the fact that their calls are never answered), it does cut down on the interruption and annoyance caused by their persistent dialing. Silent ringtones can be found for a variety of cellphone makes and models by conducting an Internet search for “silent ringtone.”

Need help?
Did a utilities company overcharge you? Did a boutique deny your request for a return? Are you the victim of fraudulent business practices? Is someone just exhibiting bad business behavior? Let Help Squad make the call for you. Send your letters, your complaints, your injustices and your story ideas to HelpSquad@pioneerlocal.com and we will be happy to help you.

Cathy Cunningham is a freelance columnist for Pioneer Press.
Who needs candy or flowers on Valentine's?

This might come as a surprise, but I've never been a huge fan of Valentine's Day. Don't get me wrong. I love romantic gestures and the idea of giving someone you love a gift.

But, I think the holiday puts a lot of pressure on couples to make the day special, and if two people in a relationship have different expectations of what is going to happen on Valentine's Day, they could have issues. In other words, if a woman thinks her guy is walking in the door with a dozen roses and he shows up with a nice card, look out!

Inequality on Valentine's Day can cause feelings of disappointment, anger, sadness or even embarrassment (if he or she buys you an expensive gift and you do nothing).

My suggestion is, why not forget about material gifts this year and give your Valentine something that is 100 times more valuable? Here are some examples:

1. Instead of dinner in a crowded restaurant, make him or her an unforgettable meal at home. Cooking for someone signifies thoughtfulness and effort. By preparing food, you are showing that you care enough to take time out of your busy day to do something you think the person you love would enjoy. Being cooked for makes a person feel special, important and appreciated. And, I want to make this clear: sauce out of a jar on boiled spaghetti noodles actually achieves the same result as roasted bronzino prepared in a white wine reduction sauce with caramelized leeks and a beet salad.

2. Instead of Hershey's Kisses, kiss her with your lips. Women love to kiss. It makes us feel sexy and young and loved. It also brings us back to the time when the relationship was fresh and new and exciting.

3. Instead of chocolates in a heart shaped box, give her your heart. How do you give someone your heart? By making it very clear that you are here. Not for a day or a week or even a year, but forever, no matter what. By letting him or her know they are appreciated. That might mean saying, "Thank you for all you do for this family," or a backrub, or doing the dinner dishes every night for a week, or saying, "I'll baby-sit the kids Thursday night; you should make plans with your friends and go out." Giving someone your heart also means showing vulnerability, and showing the one you love that you need him or her, not just to pick up your dry cleaning or to bring home a paycheck but because you need your best friend, your life partner, the love of your life.

4. Instead of a Hallmark Valentine's Day card, try a love letter. Don't let a greeting card company tell the person you love how you feel. Say it yourself, in your own words. Too often, couples assume their spouse is a mind reader, and that after a few years he or she doesn't need to hear "I love you more than I've ever loved anyone," "I feel lucky to have you as my wife" or "You are an amazing man who has made me very happy." It doesn't matter if you write it on a piece of stationary, a note pad or even the back of a sales receipt. It just matters that it came personally from you, and that you took the time or got up the nerve to tell your Valentine how you feel about him or her. Ever heard the phrase, "Payback is hell?" Write your Valentine a love letter and "Payback will be heaven!"

Lastly, although it is customary to give your spouse a gift on Valentine's Day, remember that no day is off limits when it comes to surprising your spouse with one of these special gifts. Happy Valentine's Day!

Jackie Pilossoph is a freelance columnist for Pioneer Press.
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BARRINGTON

Fantastic 4/5 bedroom, 3.5 bath colonial on over 1/2 acre that is packed with potential. Highlights include a spacious screened-in porch just off the kitchen, a 4-car tandem garage that would be perfect for a workshop and an in-law suite with full bath and kitchen. Spacious master suite with full bath. Basement is finished with a rec room & fifth bedroom or office space. Paver patio off porch.

Address: 725 Cumnor Ave.
Price: $430,000
Schools: Barrington High School
Taxes: $9,948
Agent: Jamey Johnson/Kale Realty

LIBERTYVILLE

One previous owner. New roof, siding, gutters & downspouts, furnace, carpet, and newer water heater. Huge first-floor laundry w/ extra access & room for office. Four bedrooms, 2.5 baths, full basement waiting for your finishing touches. Kitchen with Corian counters and pantry, Family room brick fireplace is flanked by built-ins and slider to extensive patio. In-ground sprinkler system for mature landscaping. Close to shopping.

Address: 1180 Tamarack Lane
Price: $399,000
Schools: Libertyville High School
Taxes: $10,159
Agent: Millie Kepler/KoenigRubloff Realty Group

GLENVIEW

Custom brick 4-bed, 2.5-bath home situated at end of cul-de-sac. Gracious foyer with curved wrought iron staircase and Juliet balcony. Generously sized living room, built to accommodate grand piano, adjacent to dining room. Kitchen with eat-in area, Family room with gas fireplace and sliding doors opens to patio. Den/office off foyer. Master bedroom with dressing room.

Address: 2742 Norwood Terrace
Price: $509,000
Schools: Maine East High School
Taxes: $2842
Agent: Heidi Grumley/Coldwell Banker

HIGHLAND PARK


Address: 1348 Sunnyside Ave.
Price: $369,900
Schools: Deerfield High School
Taxes: $5,030
Agent: George Delamatyr/Hometown Realty

Listings from Homefindernm.

LOVE DRAMA?
HOLD A FAMILY REUNION.

HATE DRAMA?
GO TO CARS.COM

Our Side-by-Side Comparison Tool lets you instantly compare different makes and models. Research. Price. Find. Only Cars.com helps you get the right car without all the drama.

ALL DRIVE. No drama.
Aw Yeah Games wants you to play

BY IGOR STUDENKOV
For Pioneer Press

The downtown Skokie space that was once occupied by 7th Heaven Cafe is now home to a different kind of a community experience.

Aw Yeah Games sells board games, card games, role-playing games, gaming miniatures and anything else a group of people can play at a table. It also holds game nights, when game enthusiasts can come and play together.

The store is the spin-off of Aw Yeah Comics, a comic store that has been in downtown Skokie since March 2012. Aw Yeah Comics co-owners Marc Hammond, Art Baltazar, and Franco Aureliani co-own the store with Randy Field, who handles most of the day-to-day operations.

The store opened Jan. 24, and it will have the grand opening on March 14, to coincide with Aw Yeah Comics' three-year anniversary. For now, Field said that Aw Yeah Games is focusing on growing its customer base, expanding inventory and getting more events up and running. Field feels that the store will have something for anyone that comes through the door - and he will be happy to help the customers find it.

Since it opened, Aw Yeah Games has left a mark on downtown Skokie. Baltazar is a comic book artist, and the store signage and interior reflect his art style. Last year, Baltazar took part in art projects around downtown, painting several fire hydrants to look like superheroes and drawing panels from his kid-oriented comic books on utility boxes.

Aw Yeah Games shares a lot of aesthetic elements with its comic book selling counterpart, down to similar signage and Baltazar's characters painted on the walls. But the store is different in one important way - it offers something Aw Yeah Comics would never sell.

"[Hammond] got a lot of request for games like Magic the Gathering and Heroclix," Field explained. "We were already buddies, and [Hammond and Aureliani] already knew I published some games, so they asked me if I would be interested."

In 2012, Field co-founded Split Second Games, a board and card game company, with his brother-in-law. The company created Quicksilver, an airship racing themed board game, and Paradox, a science fiction puzzle game. Hammond approached him about opening a game store in 2014, and the idea was too enticing to resist.

Aw Yeah Games opened across the street from Aw Yeah Comics, less than a block to the east. Field said he and the other co-owners always wanted to have the stores close together.

"That was really important too for the convenience of our customers," he said.

"Plus, it's a great location. There aren't any other gaming stores within four miles."

Aw Yeah Games opened next door to Old Magazine Store, a long-time downtown staple. The two retailers have been trying to help each other out. Old Magazine Store is currently holding a sale on comics and game magazines, and Aw Yeah Games has been promoting it on social media.

The game store currently has a mix of board games, card games, tabletop role-playing games and miniatures games. Field said that he tried to have something for both long-time gamers and newbies. The store already has classic games such as Risk, Dungeons & Dragons and Magic the Gathering, as well as board games based on The Walking Dead and Game of Thrones, and Pokemon, Yu-Gi-Oh and My Little Pony card games.

Field said that he always welcomes anyone who wants to learn more about games.

"First thing I'd ask you is - what kind of games you enjoy, what kind of movies do you like," he said. "Do you want something that requires deep strategy, or do you want something quick to just sit down and have fun?"

Whatever a person may want, Field believes he'll be able to find something they'll be happy with.

"There's definitely a game for everyone," he said. "I absolutely believe it."

Field said that the he's planning to greatly expand the store's inventory. But there's one type of game Aw Yeah Games doesn't plan to carry.

"We don't do video games, because there are other people who do it better," said Field.

Besides, he wants to see his customers play together and interact - the kind of experience that he believes video games can't provide.

"I think people are really hungry for interaction, more so than staring at a TV together," said Field. "I think there is a lot of power in that."

Igor Studenkov is a freelance reporter for Pioneer Press.
'Build It!' at Kohl Children's Museum: The museum announces its newly constructed, temporary exhibit "Build It!" which puts a spin on classic building blocks by letting children explore and interact with 10 different varieties of blocks in a single space through May 3, 2015. Children can discover, stack, bridge, enclose, make patterns, name and symbolize using blocks and more. 9:30 a.m. all week and 12 p.m. Sunday, Kohl Children's Museum, 2100 Patriot Blvd., Glenview, $10-$11, 847-832-6608

Valentine’s Bingo: Play for a chance to win gift cards to restaurants and the movie theater just in time for Valentine’s Day. Lunch is included. (Ages: 55 & Up). Register online at www.prparks.org. 12:30 p.m. Thursday, Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, $5 Member/$10 Guest, 847-692-3597

Garden club meeting: The Park Ridge Garden Club hosts speakers Inge Serpe and Lynn Crowley, who discuss techniques to decorate terra cotta pots by distressing. 7 p.m. Thursday, Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-3597

Mike Toomey: The Chicago-based comedian, as seen on MTV's "Half Hour Comedy Hour," A&E's "Comedy on the Road," and other programs, headlines a stand-up showcase. 8 p.m. Thursday, 7 p.m. Saturday, 9:30 p.m. Saturday, Zanies Rosemont, 5437 Park Pl, Rosemont, $22 plus a two-item food/drink minimum, 847-813-0484

Ice Skating at Westfield Old Orchard: The rink, in conjunction with the Skokie Park District, features skate rentals as well as special performances from the professional ice skating ensemble 5-8 p.m. Monday through Friday, 1-8 p.m. Saturday and 1-5 p.m. Sunday, March 15, Westfield Old Orchard, 4999 Old Orchard Center, Skokie, $2 to skate; $3 rentals; $12 for skating lessons, 847-673-6800

'White Guy on the Bus': In this play, Ray, a successful white business executive, rides the bus past the state penitentiary every Saturday. On his weekly ride, he befriended Shatique, a young black woman putting herself through school and struggling to raise a son on her own. 7:30 p.m. Thursday, 8 p.m. Friday, 2:30 p.m. Saturday and 7:30 p.m. Sunday, Tuesday and Wednesday, Northlight Theatre, 9501 Skokie Blvd, Skokie, $15-$49, 847-673-6300

Lyric Opera Presents: A Weinberg Evening: Members of the Lyric Opera Orchestra perform chamber music by composer Mieczyslaw Weinberg and his contemporaries. A companion lecture provides a historical perspective. 6:30 p.m. Thursday, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, $20-$30, 847-967-4800

European Journey: This concert by the Rembrandt Chamber Players weaves together influences from the Dutch, German and French repertoire. 7:30 p.m. Friday, Nichols Concert Hall, Music Institute of Chicago, 1490 Chicago Ave, Evanston, $35, $25 for young adults ages 18-30; $10 for students, 312-360-3445

Origins of Today's Anti-Semitism in France: Jewish scholar Steven T. Katz will discuss anti-semitism in France. The program begins with Kabbalat Shabbat services at 6:30 p.m., followed by a Shabbat dinner entirely catered from Mizrahi Grill at 7:30 p.m. At 8:30 p.m., Professor Katz will present his program. Advance reservations are required. 6:30 p.m. Friday, North Shore Congregation Israel, 1185 Sheridan Road, Glencoe, free, 847-835-3222

School Day Off Fun: Valentine: Crafts, games, baking and more, with a Valentine’s Day twist. Create your own heart pizza for lunch. The activity fee includes activities, trip admission, transportation and a pizza lunch for each School Day Off Fun program. Pre-registration is required for all School Day Off Fun programs; on-site registrations will be accepted only if spaces remain. 9 a.m. Friday, Takiff Center, 999 Green Bay Road, Glencoe, $45, $54, 847-835-3030

Game Night! (Ages 13-18): Play with the library’s game system and collection on big screens. Pizza is generously donated by Viccino’s Pizza Company and D’Agostino’s Pizza. Register at glenviewpl.org/register, 847-729-7500 Ext. 7600, or the Reader Services Desk. 5 p.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Share the Warmth: Volunteers wanted to join a group of warm, friendly, supportive women (men welcome) to prepare one-of-a-kind fleece blankets for chemo patients. Add a crochet edge to fleece and send these free blankets to new adult chemotherapy patients. You can be taught a basic crochet stitch if needed. Bring lunch. Gatherings often last until 2 or 3 p.m. 9 a.m. Friday, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-784-6000

Valentine’s Party with the Animals: Show love for the animals. Create handmade valentines for cuddly friends.
Dios No Choro: Get a taste of Carnaval -- an afternoon of Brazilian choro music (a genre originating in Brazil in the late 1800s, mixing African rhythms and European dance melodies). Dios no Choro is comprised of Julie Koidin, flute, and Paulinho Garcia, guitar and vocals. Also, Julie Koidin presents her recent book, “Choro Conversations,” along with a question and answer session about her experiences performing with the foremost choro musicians in Brazil. 2 p.m. Sunday, Lincolnwood Public Library, 4000 West Pratt Avenue, Lincolnwood, free, 847-677-5277

Mental Health Presentation: Temple Beth Israel Sisterhood and NAMI (National Alliance on Mental Illness--Cook County & North Suburban Area) present "In Our Own Voices: Stories of Hope and Recovery from Individuals Living with Mental Illness." Open to the community. Call or visit the website, for more information. 2 p.m. Sunday, Temple Beth Israel, 3601 W. Dempster St., Skokie, free, 847-675-0951

Music and the Spoken Word: The Skokie Valley Symphony Orchestra performs. 3 p.m. Sunday, North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie, $30; $27 for seniors; $10 for young adults (13-25 years); $5 for children 12 years and younger, 847-673-6300

Sunday, Feb. 15

Chicago Philharmonic: Taste The Music: The concert features pieces by Mozart and Strauss II plus Bohuslav Martinu's one-act comedic ballet, "La Revue De Cuisine," performed by Visceral Dance Chicago. 3 p.m. Sunday, Nichols Concert Hall, 1490 Chicago Avenue, Evanston, $25-$75; $10 for students, 847-957-0000

Art in the Library Gallery Talk: Chicago native Shalisha Erenberg (ShalishaWorks.com) finds her inspiration for the current exhibit, "Snow, Glorious Snow: The Calendar as Muse," in the seasonal rhythm of the midwestern calendar. The calendar guides her hand as she combines color and texture to evoke and express emotion and feeling. As you view this exhibit, you may be dusting snow off your jacket, but you will be embraced by Shalisha’s interpretation of the seasons and a hopeful hint of warmer days to come. Just drop in, 1:30 p.m. Sunday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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Mental Health Presentation: Temple Beth Israel Sisterhood and NAMI (National Alliance on Mental Illness--Cook County & North Suburban Area) present "In Our Own Voices: Stories of Hope and Recovery from Individuals Living with Mental Illness." Open to the community. Call or visit the website, for more information. 2 p.m. Sunday, Temple Beth Israel, 3601 W. Dempster St., Skokie, free, 847-675-0951

Music and the Spoken Word: The Skokie Valley Symphony Orchestra performs. 3 p.m. Sunday, North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie, $30; $27 for seniors; $10 for young adults (13-25 years); $5 for children 12 years and younger, 847-673-6300

Film and discussion: The Pawnbroker: Watch the film about a Holocaust survivor whose loss of his family to the Nazis shapes his character and drives his actions, followed by a post-screening discussion. 12:30 p.m. Sunday, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, $10-$15, 847-967-4800

Monday, Feb. 16

Book Discussion Network: Calling all book discussion lovers and leaders. Join library staff for an evening filled with book discussion ideas. Learn about the staff’s favorite discussion titles and discover resources available through the library to help lead your own discussion group. Participants also have the opportunity to share success stories from their individual groups. Refreshments served. Limit 20. Register at glenviewpl.org/register. 7 p.m. Monday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Baby and Me Time: Parents and their children up to 12 months can in for this opportunity to socialize and share parenting advice. An Advocate Lutheran General Hospital nurse representative is on hand for any childhood development questions. 9:30 a.m. Monday, Kohl Children’s Museum, 2100 Patriot Blvd., Glenview, free, 847-832-6600

MGPL Kids: Monday Morning Playgroup: Drop-in play time for preschoolers with a parent or caregiver to introduce young children to the library in a low-key, unstructured session. Visit Turn to Calendar, Next Page
CALENDAR

Calendar, from Previous Page

www.mgpl.org for more information.

10:30 a.m. Monday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Yarn Gang: Kids in grades one and up are invited to try their hand at knitting, crocheting or other yarn crafts. 4 p.m. Monday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Mardi Gras Party: Celebrate the holiday with cake, crafts and snacks. 1 p.m. Monday, Whole Foods Market, 840 Willow Road, Northbrook, free, 847-729-7500

Presidents’ Day Fun: Meet the Unions: Bring the kids to meet President and Mrs. Lincoln this Presidents’ Day. President Lincoln talks about growing up in a log cabin, how he got his beard and why he wears such a tall hat. Presidential games and activities follow. 1:30 p.m. Monday, Wilmette Historical Society, 609 Ridge Road, Wilmette, free, 847-853-7666

Tuesday, Feb. 17

Beyond the Box Score: The Female Voice in Sports Media: The state of sports journalism today, the advantages and disadvantages women face in the media and the perceptions they must overcome are addressed during “The Female Voice in Sports Media,” the fifth installment of the “Beyond the Box Score,” lecture series hosted by Medill and Northwestern Athletics. 5 p.m. Tuesday, McCormick Tribune Center, Northwestern University, 1870 Campus Drive, Evanston, free, 847-491-2050.

Power Employment Workshop: This free workshop, presented by volunteers from Business and Career Services of Illinois WorkNet, provides expert guidance on smart goals, resume and cover letter writing, effective job searching and interview techniques. Arrive on time. Register at glenviewpl.org/register. 9:30 a.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

WORD 2010 Formatting and Images: Format a document and learn how to work with pictures and clip art. Registration and Glenview Library card required. Register at glenviewpl.org/register. 2 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Science Night at Wildwood Nature Center: Turn one’s family into scientists and explore fun science concepts. Make cool scientific discoveries through experiments, projects and play. Different activities in each class. Register online at www.prparks.org. 6 p.m. Tuesday, Wildwood Nature Center, 529 Forestview Avenue, Park Ridge, $12 per family, 847-692-3570

Wednesday, Feb. 18

YMCA Preschool Art Classes: The North Suburban YMCA Art Academy provides experiences for preschoolers to create art. Ages 3-5 with an adult. Parent or caregiver must be present. Registration is required and preference is given to Glenview Library cardholders. Register at glenviewpl.org/register. 10 a.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Bernard Weinger Jewish Community Center Men’s Group: The Men’s Club meets throughout the year on Wednesday mornings. For adults 55 and older. Every week there’s a stimulating new topic for the guys to talk about at the JCC. The JCC Men’s Club gives one an easy way to meet up with others for fellowship and intellectual stimulation. Enjoy the camaraderie while coming together for a broad range of interesting programs and lectures. There’s always something new to learn. 10 a.m. Wednesday, Bernard Weinger JCC, 300 Revere Dr., Northbrook, free, 224-406-9200

Who wrote Shakespeare’s plays?: Examine the history of Shakespeare’s authorship from his own time, and on into our own time, and take a close look at the principal candidates for his throne. 1 p.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, $10-$13, 847-784-6030

Free movie night: Enjoy a double feature that highlights historical films from the heyday of Maxwell Street and South Haven. 7:30 p.m. Wednesday, Ezri Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, free, 847-675-4141

A Song For You: National Louis University hosts a screening of the new documentary “A Song for You,” which looks at a family’s escape from the Nazis in France and their five years on the run after that escape. 6 p.m. Wednesday, National Louis University North Shore, 5202 Old Orchard Road, Skokie, free, 224-233-2369

Have an event to submit? Go to chicagotribune.com/calendar.
ManUP honors veterans at 'Leave No One Behind'


Landwehr, as event director, organized the fundraiser for the Wounded Warrior Project with fellow members of ManUP, a north suburban volunteer group. The breakfast raised over $101,000, twice the goal of $50,000. Keynote speaker was Deven Schei, a Gulf War veteran, who gave emotional testimony of the war’s toll, chronicling his long recovery from wounds. Schei shared his passion for the Wounded Warrior Project, which helps other returning veterans.

“Deven’s compelling story helped us further understand the trauma of war, and the physical and mental challenges from wounds and what we can do to share our support and compassion for our veterans,” Landwehr said.

More than 310 people attended the sold-out Saturday morning sit-down breakfast. Enough money was netted to purchase eight Action Trackchairs for veterans. Track wheelchairs move far better than standard wheelchairs, traveling over hills and snow, for instance.

It’s great to see the community turn out for an event like this,” said Northbrook Village President Sandy Prum. “It is so important to support the men and women who have served and who have come back wounded.”

Local corporations, American Legion posts, police and fire departments were also fundraiser sponsors.

Felix Castillo, 9, of Mundelein, attending with his mother Laura Castillo, wore his scout uniform. Felix donated money he’d raised selling “Felix’s Famous Cookies,” Mexican tea cookies.

“It feels great,” Felix said. “I like helping people out.”

“I am extremely proud of him,” said Laura Castillo. “It has never been about him, it’s always about giving back.”

To learn more about ManUP and its future fundraising events, email william.landwehr@yahoo.com or ssnenadov@comcast.net.

Deven Schei, keynote speaker and a Gulf War veteran, near a trackchair.

Laura Castillo of Mundelein and her son Felix, 9. Felix raised money by selling cookies and donated it to help wounded Gulf War veterans.

From left, Joe Butzen, Peter Stockslager, Chris Birren and Nick Kaup, all of Northbrook.

Irv Winer of Wheeling and Karl Ritz of Northfield. Both men served in the U.S. Army. Winer during World War II and Ritz during the Korean War.
Evans Scholars: 85 years of funding college for caddies

BY LAURA PAVIN
Pioneer Press

Glenview resident Joe Haffner learned early on that he had to work for what he wanted in life. Coming from a family with 15 kids, caddying at the Beverly Country Club in Chicago offered him and his siblings the chance to earn money and a shot at becoming an Evans Scholar.

Haffner, who graduated from Marquette in '87, credits the Foundation's support system for his success. “I moved into a house with four roommates cut from the same cloth, and it made a huge difference in how I approached school,” said Haffner, now an attorney with his own private practice. “We all felt obligated to do well and supported each other.”

His experience isn’t unique.

As of last December, the Evans Scholars Foundation had more than 10,000 alumni. Currently, 870 young men and women are enrolled as Evans Scholars at 19 universities across the United States.

Evans Scholars began 85 years ago with the dream of one of Chicago’s great sportsmen, golfer Charles “Chick” Evans Jr. (1890-1979), who hoped to send as many hardworking, ambitious caddies as possible to college.

In 1930, Evans asked the Western Golf Association to take over the fund he had started earlier with his golfing prize money. The WGA set up the Evans Scholars Foundation in Golf, Ill., and has since helped thousands of students, most of them with significant financial needs, fulfill dreams of a higher education, covering the costs of tuition, room and board.

Roger Mohr of Lake Forest also grew up knowing he’d have to work for what he wanted. His father had died, and his mother, little education had little income.

So in eighth grade, Mohr started caddying at the Milwaukee County Club in Wisconsin. By 1949, that caddying earned him a scholarship from the Evans Scholars Foundation.

“No one in my family had ever gone to college — without the scholarship, I don’t know what would have happened to me,” said Mohr. “It was the opportunity of a lifetime.”

Mohr went on to serve as president of Chicago’s Arthur Meyerhoff advertising agency, secretary of the board of the American Association of Advertising Agencies, and president, CEO, board chairman and vice chairman-international of BBDO Chicago Inc, and in other prestigious positions.

Like many Evans Scholars, Mohr has stayed connected to the Foundation. He has been president of the Evans Scholars Alumni Association, as well as director, vice president and chairman of the WGA.

Under his leadership, the association’s first endowment fund was formed. It’s worth millions today.

Loyalty is a big part of the reason why the Foundation is one of the largest privately-funded scholarship programs in the country.

In 2014 alone, alumni donated a record $8 million to the program; over the course of its 85-year history, they’ve given more than $93 million.

More information at wgacsf.org.

Laura Pavin is a freelance reporter.
Heal your heart

Whether you have a genetic predisposition to heart disease or not, lifestyle changes can reduce risks

BY HEATHER SCHROERING
Special to Tribune Newspapers

When President Lyndon Johnson proclaimed February as American Heart Month 51 years ago, cardiovascular disease was responsible for more than half of all deaths in the country. With improved medical technology and more knowledge of risk factors, the death toll has dropped remarkably, but heart disease is still the leading killer, claiming one in four people each year, according to the U.S. Centers for Disease Control and Prevention. Cancer claims another of the four, and a variety of less common causes account for the rest.

Like cancer, heart disease isn’t one thing; it’s an umbrella term for all types of conditions that affect the heart. Coronary artery disease, when plaque builds up in the arteries that supply blood to the heart, is the most common in the U.S. and is increasingly taking a toll on younger Americans. But even in middle age, heart disease isn’t inevitable, according to Dr. John Mandrola, a cardiologist and electrophysiologist at Louisville Cardiology Group in Kentucky. While not all risks can be controlled or treated, Mandrola stressed that 95 percent of heart disease risk is modifiable. “Even if you have a strong family history, the risks can be lowered significantly,” he said.

What causes heart attacks?

Sudden heart attacks are caused by abrupt closure of a vessel. Historically, physicians have focused on fixing larger blockages that appear on stress tests. These markers for heart disease are important because they can cause chest pain and heart failure.

But even though less blood flows past larger blockages, the surface of the plaque is smoother because the larger blockages have been there longer, so doctors now understand that heart attacks can be caused by less severe obstructions.

“A plaque fissures, just a little, like a skin nick,” said Mandrola, who is also a columnist for the professional cardiology site TheHeart.org. “A few platelets stick to the vessel wall, like what happens on skin. Then a few more platelets stick. Then a cascade of sticking. A clot. ... The pipe, which an hour ago had a 10 percent blockage, is now 100 percent blocked. Heart attack. That’s why you can pass a stress test and have a heart attack hours later.”

Nearly everyone is susceptible, but if someone has a parent who had a heart attack in his or her 50s or younger, it’s better to worry early.” The genetic predisposition is kind of relevant because if you find out you do have a genetic tendency that should increase (your awareness),” Mandrola said, “that’s an important piece of information.”

So especially if you’re genetically inclined, here are things you should and shouldn’t do.

The do’s

Smoking: It’s the chief contributor to heart disease, Mandrola said, causing short-term and long-term risks. It irritates the inside of blood vessels, causing plaque buildup over time. The good news is that the risk of sudden heart attack starts to decrease about two weeks after a smoker quits as the vascular system begins to heal. But other smoking risks, such as cancer and a future heart attack from plaque buildup, remain, so the longer a person has been smoking, the higher the risk.

Diabetes: Having high blood sugar and elevated insulin (the hormone that helps metabolize glucose) increases risk of plaque formation and inflammation, according to Mandrola. “Insulin promotes fat and plaque buildup, and the more insulin you have, the more likely you are to have plaque and also more inflammation,” Mandrola said.

High blood pressure: High blood pressure, or hypertension, means the blood vessels are stiff. “The heart beats 100,000 times per day,” Mandrola said. “If you’re pumping into a blood vessel that has a lot of tension because it’s stiff, that’s a lot of sheer force, and over time, that sheer force of having high blood pressure is going to cause wear and tear on that blood vessel.” Hypertension also damages the arteries and kidneys but mostly can be corrected with exercise and a good diet.

Obesity: Not only does being overweight wear on the body, joints and blood vessels, but fat cells are “factories of inflammation,” Mandrola said. The benefits of weight loss begin right away, within the first 10 to 20 pounds, Mandrola said.

The don’ts

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The do’s

Eat better: Rather than turn immediately to medications, Dr. Sudhakar Chennareddy, a cardiologist at the North Shore-LIJ Health System in metro New York, Fill it with fruits and vegetables and just a palm-sized portion of grilled or boiled meat, if you have to have it.

Choose complex carbs, which require more work to break down, versus refined foods. And even at that, opt for small portions of brown rice or whole-grain pasta and of root vegetables, like yams and sweet potatoes.

Mandrola also said having two servings of fish high in omega fatty acids (salmon, mackerel and herring) twice a week can be cardioprotective.

Exercise every day: Obviously a medical work-up before strenuous exercise is recommended, but even moving will help.

Do something active every day for 20 to 30 minutes. From yoga to mall-walking, any exercise that increases breathing and heart rate and is enjoyable is good exercise. Mandrola, a cyclist, finds high-intensity interval training very effective.

That involves intense bouts of exercise for a short period of time (sprinting versus jogging). “It’s like you’re sprinting with your heart,” said Dr. Jordan Metzl, sports medicine physician at the Hospital for Special Surgery in New York City. This type of exercise can be done on a bike or the treadmill but certainly is not limited to that.

Get enough sleep: Sleep deprivation irritates the heart rhythm and blood vessels. “If you don’t get a good night’s sleep, you’re less apt to exercise, you’re more apt to be hungry,” Mandrola said.

Manage stress: Doctors agree that managing stress is important. Though it’s unavoidable, how we handle it is important. Many studies, for example, point to links between anger and heart disease.
Double Dactyls: With the same meter reading

BY S.N. | EDITED BY STANLEY NEWMAN
(stanxwords.com)

ACROSS
1 Lucy van ___ (Peanuts character)
2 Sound scared ___-Cola (Pepsi rival)
3 Headquartering
4 Choir voice
5 Wally of cookies
6 World's largest peninsula
7 Name of 12 popes
8 Russian-born pianist
9 Leaving guess: Abbr.
10 Quick look
11 Solemn act
12 Trio on older phones
13 Poor grade
14 Rhet Butler spouse
15 Himalayan land
16 More sore
17 Send back
18 Bruins of the Pac-12
19 For ... a jolly good ..."
20 Ring of light
21 Anderson Cooper's heiress mom
22 Aroma
23 Make known
24 Lab garments
25 Field of work
26 Expected
27 All those against
28 Greatly impresses
29 Spree
30 On the way up
31 You, south of the border
32 Drinks with fizz
33 Outback predator
34 The Little Mermaid author
35 Keep ... to the ground
36 Freezing temperatures
37 Sleep disturber
38 Disentangles
39 Sgt. subordinate
40 House Hunters cable channel
41 Den seating
42 Acorn, essentially
43 Tomasso's "thanks"
44 Prepared
45 Convent resident
46 Bath-powder ingredient
47 "First Lady of the World"
48 Gravity-powered vehicle
49 UFO pilots
50 Jacuzzi
51 Army medic's procedure
52 Put a match to
53 Social gathering
54 Hairy, as an 82
55Down
56 Take turns
57 GNP or RBI
58 Monitors before flat-screens
59 Lumber along
60 Church fixture
61 Skin cells
62 Praeful
63 Super Bowl scores
64 Handled over
65 Blue Jasmine director
66 Amount set
67 Okra portion
68 Composer Saint-Saëns
69 Decide to leave out
70 Jazz pianist Chick
71 Wood in bats
72 British attorney
73 Come up smelling like ...
74 Tool with teeth
75 Bibliography abbr.
76 Marquee time
77 Stare intently
78 S&L offerings
79 Hamlet's love
80 Helen of Troy's abductor
81 Play about robots
82 Young hoodlums
83 IU
84 "Broadway Joe" of football
85 Naval fleets
86 Computer accessories
87 Waiting room
88 Crater Lake locale
89 Party to a promise
90 Nailed an exam
91 Took the first step
92 Wrong
93 Kid (of)
94 Cost to play a round
95 Chowder cracker
96 Fathers of colts
97 Very thin person
98 Justice succeeded by Kagan
99 Serenaded
100 Favorite hangouts
101 Flower category
102 Get cozy
103 Sign of the dollar
104 Commandment
105 Second
106 Any Super Bowl athlete

DOWN
1 Travels on
2 Scottish singer
3 BOyle
4 Shared equally
5 Fathers of colts
6 Very thin person
7 Justice succeeded by Kagan
8 Chowder cracker
9 Polo participant
10 Everybody
11 Castro foe Batista
12 Came before
13 Gusto
14 Second
15 Contractual details
16 Start of the fifth century
17 Scoring opportunity in hockey
18 Traveling through
19 Jurys determination
20 Part of Disney World
21 Campers, for short
22 Landlord's sign
23 Open a little
24 Emperor after Claudius
25 Small fly
26 Slightest amount
27 Where boxers train
28 Hoop group
29 Campers, for short
30 PC key
31 Gusto

Last week's answers appear on the last page of Puzzle Island © 2015 Creators Syndicate. All rights reserved.
Get your kids set up for a great summer
Now that the holidays are over, and families have settled in to a new semester, it's a good time for parents to reflect on their child's growth and development during this school year. Parents of children who attended a great summer camp last year will notice that skills learned over the summer are reflected in their child's school performance: Camp becomes a bridge between school grade levels, keeping children on the path to success.

One of the ways a summer spent at camp prepares children for the school year is by supporting their independence. For some younger children, a day at camp marks the first experience they have away from their parents. A safe, nurturing experience provided by a mature and well-trained staff guides younger campers as they learn to dress themselves, take care of their belongings and try new activities. Older campers experience greater independence as they choose activities based on their interests and learn to advocate for their needs. These experiences build self-confidence as campers learn that they can be self-reliant in many areas of their lives.

Camp also prepares children by teaching important social skills needed to make friends, work within a group and communicate with adults. If conflicts arise, children at camp learn how to communicate for healthy and meaningful resolution. As part of a camp group, children learn to cooperate and support one another. They learn teamwork through spirited activities like color wars and sports leagues. Children also learn to communicate with adults outside of their family circles. This is extremely important in building a foundation where children feel comfortable speaking up for themselves and asking questions in the classroom.

In addition to independence and social skills, campers demonstrate a greater level of resiliency. Through encountering new experiences and taking safe-risks, children learn to stretch out of their comfort zones.

The lessons learned from a summer spent at camp lay a strong foundation for a successful future. The right camp teaches children to do their best, work together, support their friends and to keep doing their best even when challenges arise. Campers learn to work together as a team and be kind to each other. This attitude combined with the wholesome nurturing of a loving staff is the essence of a great camp.

Submitted by Banner Day Camp, a premier day camp on Chicago's North Shore serving Chicago and the northern suburbs.
Making camp affordable

With summer school's many positive effects, parents are eager to sign their children up for the experience. However, camp can quickly become an extra expense, and some families may question their ability to afford it. Being on a budget doesn't have to mean summer camp is out of reach.

"There is a camp for every family budget," says Peg Smith, CEO of the American Camp Association (ACA). "It is important that you ask financial questions. What discounts are available? Are there scholarships? What kind of payment plans are there? Don't assume you can't afford to send your child to camp."

Smith suggests that parents begin their research at campparents.org, a resource website run by the ACA. The database allows users to research camps by cost as well as age, interests and special needs.

Many camps offer special discounts including early-registration markdowns, price reductions for multiple enrollments per family, and reductions for full season attendance.

"We offer payment plans and an early-registration discount," says Gayle Baritz, communications specialist for the Northbrook Park District.

Some camps might also be willing to help cover full or partial cost of tuition for children who come from families with special circumstances and financial issues.

"There are so many different ways to accommodate special circumstances, from full funding to payment plans," says Barb Lazarus, owner of Game On! Summer Sports Camp 4 Girls.

Families can also ask if a camp is part of a scholarship program. SCOPE Midwest offers scholarships. According to Stacy Schwartz Kotelov, co-owner of the Lake Forest-based Banner Day Camp, families can contact SCOPE Midwest directly to find out which camps participate with the scholarship program.

For families who find their budgets cannot accommodate the cost of residential or overnight camp, places such as the YMCA or local park districts can provide economical day programs.
I, Nick Teich, CEO and founder of Harbor Camps, am excited to announce the establishment of Camp Aranutiq, the first overnight summer camp specifically designed for transgender youth.

The word "Aranu'tiq" is from the Chugach language, an indigenous people of Alaska. It means a person who embodied both the male and female spirit. Chugach often revered Aranu'tiq people because they were thought to be lucky because their existence transcended traditional gender boundaries.

At Camp Aranu'tiq, campers can participate in typical camp activities such as swimming, arts and crafts, and hiking along with other transgender youth. We want our kids to feel normal, says Teich. "We don't have therapy or support groups to talk about being transgender. We are focused on camaraderie, activities, and community." Camp Aranu'tiq estimates that it will serve about 400 campers in three separate programs in both the New Hampshire and Southern California locations.

Harbor Camp is the overarching organization that hosts an LGBTQ-family-camp weekend in both locations. Programs at both east and west coast locations are held through the entire year. Financial assistance is also available to families in need, thanks in part to donations.

Harbor Camp was created for parents who identify as LGBTQ as well as their children and extended family. The family camp offers traditional activities such as sports, hiking, and crafts as well as groups for parents and adults to come together and speak on their shared experiences.

Campers can sign up for activities before they arrive, and they stay with others of the same age group with similar gender identities and expression. Counselors and campers alike are called by their preferred names and pronouns, and older children can participate in leadership development that allows them to apply an area of interest such as gender diversity or LGBTQ rights.

Teich, a transgender man, says he prides his camp on positivity. Teich started Aranutiq because of his experience with summer camp as a child. "After speaking to some parents and camp staff, I realized that many camps wouldn't take a transgender child because they didn't know where to house them and didn't want to worry about such things. Parents were resigned to the fact that their transgender children would never go to an overnight camp."

Find more information on Camp Aranutiq and Harbor Camps at cam paran utiq.org or by calling 617-467-5830.
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COUPON SALE

ENDS MONDAY

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The Village of Lincolnshire
Notice to Bidders
Single Stage Bidding
The Village of Lincolnshire will hold a Single Stage Bidding on February 15, 2015, at 11:00 a.m., at the Village Hall, located at 1200 Old McHenry Road, Skokie, IL 60076.

The project includes the rehabilitation of the Village Hall, located at 1200 Old McHenry Road, Skokie, IL 60076.

For more information, please contact the Village of Lincolnshire at 847-968-4700.

Village of Lincolnshire
847-968-4700
February 15, 2015
11:00 A.M.
Village Hall
1200 Old McHenry Road
Skokie, IL 60076

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Foreclosures

SKEANE, in the Circuit Court of Cook County, Illinois, County Department (North), Cause No. 2014-CH-10760.

Public Notice

The Notice of Sale will be published in the Circuit Court of Cook County, Illinois, Department (North), Cause No. 2014-CH-10760.

The Village of Skokie

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MAKING UP FOR EVERY GIVE IN TO ME

The cosmetics brand released a collection inspired by Anastasia Steele, the protagonist of the novel and hotly anticipated film "Fifty Shades of Grey" (left). Featuring provocative monikers like the Tease Me nude lip trio ($32) and Desire, the kits come with tips from the movies makeup department head, Victoria Down. Sephora locations citywide. Sephora.com

MAKE UP FOR EVER'S GIVE IN TO ME

Nail your best-man toast or maid-of-honor speech during wedding season with help from this service, which employs 13 veteran comedians who craft the perfect hilarious script in under 48 hours, based on a thorough questionnaire. Laughstaff.com

MAKE UP FOR EVER

MAKING UP FOR EVERY GIVE IN TO ME

THE DRIEHAUS MUSEUM PRESENTS: MAKER & MUSE

Get ready for some major jewelry envy: On Feb. 14, the museum unveils its exhibit of 250 pieces of "art jewelry" — ornate brooches, bracelets, tiaras, rings and more — created between the Victorian era and World War I. $20 general admission, $10 students, 40 E. Erie; Driehausmuseum.org

SAVED WINE

From artist Scott Campbell — who has tattooed stars like Marc Jacobs, Sting, and Robert Downey, Jr. — comes this bold Zinfandel, packaged in a bottle and box etched with symbols of good luck, love and a coded message to Campbell's wife, actress Lake Bell — making this possibly the most romantic wine ever. $25, Joe's Wine Cellar, 2108 W. Division; Joe'swinecellar.com

N VIDEO: Jenny McCarthy and Donnie Wahlberg

Newlyweds Jenny McCarthy and Donnie Wahlberg met the Splash team two days before Christmas for their cover shoot at Hotel Baker in St. Charles. The couple posed for photos at the romantic boutique hotel (where they tied the knot just four months prior), then jetted off to do some last-minute holiday shopping.

Contact us at: Susanna Negovan, susannan@suntimes.com
Liza Sweitzer, lsweitzer@suntimes.com
Chiara Milouilis, cmilouilis@suntimes.com
Katerina Bizios, kbizios@suntimes.com
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Casey Doherty and Susan Moskop

For advertising inquiries, please call (312) 321-2123

Splash is distributed inside Sun-Times Media publications.
**FEBRUARY 13**

- **Pizza-tossing class**
  
  You've done chocolate and flowers, perfume and Champagne, so why not try something different this Valentine's Day? The culinary team at Bar Toma – chef Tony Mantuanos' regional Italian restaurant – invites lovers to get close at this interactive pizza-tossing class. Executive Chef Erik Freeberg walks guests from dough to oven as they learn how to create the restaurant's award-winning wood-fired pizzas and sip on a selection of wine, beer and Italian-inspired cocktails.
  
  Time: 7 p.m.
  
  Place: Bar Toma, 1101 E. Pearson
  
  Cost: $50. For reservations, call (312) 266-3110 or visit OpenTable.com.

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**FEBRUARY 12**

- **AMERICAN DESIGN AUCTION**
  
  Wright, the widely respected auction house specializing in modern and contemporary design, puts over 130 lots on the block. Some of the best-known names in midcentury American design are represented, including Charles and Ray Eames, George Nelson, Florence Knoll and Eero Saarinen. Pieces range from Russel Wright ceramics to a set of six Harry Bertoia dining chairs.
  
  Time: Noon
  
  Place: 1440 W. Hubbard
  
  Cost: Free. For bid forms and more information, visit Wright20.com.
Erica Baran Fasano — showcase their work, while guests enjoy appetizers and complimentary beer.

Time: 6 p.m.
Place: Tradition Gastro Pub and Bar, 160 N. Franklin
Cost: $5 donation recommended.

FEBRUARY 13-15
- “LE CA (THE ID)”
Dynamic Barcelo-na-based dancer Sónia Sánchez makes her North American debut with a searing solo, accompanied by electric guitarist David Soler and vocalist Miguel Angel.

Time: 10:30 a.m.-5 p.m. daily, Thursdays until 8 p.m.
Place: The Art Institute of Chicago, 111 S. Michigan
Cost: $23 general admission.

- WINTER TAP JAMBOREE
Chicago Human Rhythm Project welcomes students and performers to this annual get-together, featuring master classes, a panel discussion, tap jams, and auditions for the Tap Scholar Program and Nicholas Young’s Institute For The Rhythmic Arts.

Place: American Rhythm Center, Fine Arts Building, 410 S. Michigan
Cost: $15 registration fee, $20 per child membership.

Feb 22
- FEAR NO ART PRESENTS THE DINNER PARTY
Gospel singer and former Destiny’s Child member Michelle Williams; Dr. Ian Smith of “The Doctors”; and film director Cathryn Michon join host Elysabeth Alfano for an unscripted conversation. Tipsy Hall Chef Guillermo Tellez serves up signature bites, and jazz great Frank Catalano gets the evening going.

Time: 6:30 p.m. doors open, 7 p.m. show
Place: City Winery, 1200 W. Randolph
Cost: $45. For tickets, call (312) 733-9463 or visit Citywinery.com.

FEBRUARY 17-MARCH 29
- FIRST WIVES CLUB
Based on Olivia Goldsmith’s novel and its movie adaptation, this Broadway-bound musical was penned by Linda Bloodworth-Thomason and scored by the legendary Motown team Holland-Dozier-Holland.

The cast includes Tony-winner Faith Prince, “Wicked” star Carmen Cusack, and “Mamma Mia” star Christine Sherrill.

Place: Oriental Theatre, 24 W. Randolph
Cost: $33-$100.
For tickets, visit Broadwayinchicago.com.

FOURTH FRIDAY FEBRUARY 15
- "SHATTER RUPTURE BREAK"

The first in The Art Institute of Chicago’s new Modern Series — exhibitions showcasing the museum’s rich holdings in fresh and challenging ways — this show examines how art and life were transformed a century ago, as commerce, communication and artistic innovation created a brave new world.

Drawn from collections across the museum, the exhibition work by Robert Delaunay, Kurt Schwitters and Salvador Dali.

Time: 10:30 a.m.-5 p.m. daily
Place: The Art Institute of Chicago, 111 S. Michigan
Cost: $28. $22 for MCA members. For tickets, call (312) 397-4010 or visit Mcachicago.org.

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Place: Oriental Theatre, 24 W. Randolph
Cost: $33-$100.
For tickets, visit Broadwayinchicago.com.
This Valentine's Day, celebrate with romance, roses, rosé and—of course—a rosy-hued dress. Feminine and soft, blush is every girl's best friend, especially when paired with gold or diamond jewelry (hint hint, gents). Plus, the neutral shade will transition seamlessly into next season, thanks to designers like Joseph Altuzarra and Burberry Prorsum's Christopher Bailey, who included soft gingham and romantic sheer dresses, respectively, in their spring collections. Trust us, you'll be blushing from all the compliments.
The scene: Nearly 750 guests got an exclusive view of the Black Creativity Juried Art Exhibition — which showcases more than 100 original works of art by African-American artists — at the 32nd annual Black Creativity Gala at the Museum of Science and Industry (5700 S. Lake Shore) Jan. 24.

The invite list: Hosted by Allstate Insurance Senior VP Cheryl Harris and ComEd President and CEO Anne Pramaggiore, the black-tie affair featured a cocktail reception and musical entertainment by the Walt Whitman & The Soul Children of Chicago, The MoFitz Project and DJ Lil' John. Guests filled up from six dinner stations, themed “Around the World” (inspired by locales like India, Australia, Alaska and Rome) before indulging at the Moulin Rouge-inspired dessert station. Partygoers also purchased raffle tickets to win prizes, including air travel courtesy of United Airlines and a portrait package from Ebert Studios.

The bottom line: The gala raised $500,000 to support Black Creativity programming and events, which pay tribute to the culture, heritage and scientific contributions of African-Americans and help motivate youth in the sciences. — Chiara Miloulis

Splash was the media sponsor of this event.
The scene: On Jan. 23, host and emcee Carmen DeFalco of EPSN 1000 welcomed more than 1,000 guests to a black-tie evening at Morgan Manufacturing (401 N. Morgan) in support of Urban Initiatives. Partygoers indulged in bites and signature libations by Lettuce Entertain You Enterprises before participating in a silent auction, featuring items like a vacation to Colombia and exclusive Chicago Cubs seats.

The invite list: A-list attendees included Chicago Blackhawks’ Marcus Krüger, Chicago Fire Soccer Club’s Jeff Larentowicz and Rep. Bob Dold. This year, the soirée honored Mayor Rahm Emanuel with the Soccer Ball Award for his unwavering support, and Pasteur Elementary student Estrella Alvarez with the Troy Cameron Team Captain Award for dedication and leadership in her community.

The bottom line: The Soccer Ball raised a record-breaking $480,000 to benefit Urban Initiatives’ sports-based youth development programs, which serve over 16,500 boys and girls throughout 41 Chicago public schools. —Chiara Mililouis

Splash was the media sponsor of this event. The Sun-Times Foundation and the Chicago Community Trust will match every dollar donated to Urban Initiatives up to a total of $25,000. Up to $1,000 can be matched per individual donation.
UPCOMING SHOWS
ONLY IN ROSEMONT!

SAT. FEB. 21 AT 2PM & 8PM
DIRECT FROM LONDON'S WEST END AND BROADWAY
LET IT BE
A CELEBRATION OF THE MUSIC OF THE BEATLES
THE BEATLES ARE BACK!
"BY FAR THE BEST BEATLES SHOW YET!"
SUN. FEB. 22 AT 3:30PM
THE ULTIMATE ELVIS TRIBUTE ARTIST EVENT
ELVIS LIVES
THE BEATLES SHOW IS BACK!

SAT. FEB. 22 AT 1PM & 4PM
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ALL STARTED WITH THE RAT PACK!
SAT. MAR. 15 AT 7PM
ARRIVAL
FRI. MAR. 13 AT 8PM
THE MUSIC OF ABBA
SUN. MAR. 15 AT 7PM
THE RAT PACK IS BACK!
SAT. MAR. 14 AT 8PM
ONE NIGHT OF QUEEN
SUN. MAR. 15 AT 7PM
SAT. MAY 9 AT 1PM & 4PM
AIpana Singh's Seven Lions spices up lunchtime

Join the club
Alpana Singh's Seven Lions spices up lunchtime
BY ANTHONY TODD

Alpana Singh never slows down. Just two years ago, the former "Check, Please!" host opened the doors to The Boarding House, a glitzy River North restaurant; last fall, she appeared as a judge on Food Network's "Food Truck Face Off"; and her latest venture, Seven Lions, opens soon on Michigan Avenue.

The location for the new restaurant, just across the street from the Art Institute, couldn't be better — though it took some work getting it into shape. "We completely re-did everything," explains Singh. "We take pride in restaurants that have a great visual appeal." The space is adorned with reclaimed wood, gray velvet booths and a massive work by local artist Gail Mancuso.

The kitchen, helmed by Chef Chris Curren, will focus on American clubhouse fare, designed to appeal to locals and tourists alike. "My mindset is to take dishes people know and put a twist on them," he says.

Chef stats: Curren started his career in Cleveland at Three Birds, then moved to Chicago, where he ran his own restaurant, Blue 13, for five years. After a stint with Fifty/50 Restaurant Group (Homestead, The Berkshire Room) and a family-focused hiatus, he reentered the culinary scene with Seven Lions.

Menu musts: Curren's favorite dish is a citrus-braised pork shank with heirloom beans, ham and pork jus. "It's very simple, straightforward, but we're taking great care and making sure we're cooking things properly," he says. It wouldn't be a club without a shrimp cocktail, but Curren's version is made with pickled shrimp and served on a cake of grits for a southern flair.

All-American: Singh is a master sommelier, and the list at The Boarding House spans the world. At Seven Lions, however, she's only serving American wines.

She was intrigued in new grapes emerging from states not traditionally known for great wine, including Texas, New Mexico and even Illinois.

Lunch hour: Because of the location, Curren expects heavy traffic at lunchtime — so he's created a midday menu that's sure to Please, including items like a pork chop sandwich with garlic aioli, sauerkraut and fried pickles. "It's one of the best sandwiches I've ever made," Curren says.

130 S. Michigan;
Sevenlionschicago.com

Ham, egg and cheese sandwich, $14 (above);
wild boar chop, $30
(left) PHOTOS BY RAMZI
DREESSEN | SPLASH

MORE ONLINE
For more delicious photos of Seven Lions' fare, go to Chicagoslash.com

ROSEMONT
THEATRE
TICKETS ON SALE NOW! For tickets go to RosemontTheatre.com or visit the box office.
Trai Byers is having a #MovieStarProblem: He's sitting in a suite at The James Chicago (55 E. Ontario) tugging at his suit. "They make me wear a suit, I'm a T-shirt and jeans guy," he laments. "It's a high-class problem." Sadly for Byers, 33, his future looks like it will be filled with suits — very, very nice suits.

The Kansas City native broke out last month playing James Forman in the critically acclaimed "Selma"; now he's co-starring in one of the year's biggest new TV shows, the Chicago-filmed "Empire," as Andre Lyon, the bipolar, power-hungry, scheming suit-clad son of Lucious Lyon (Terrence Howard).

The show is only five episodes in, but Byers teases of the drama that will unfold. "Expect the unexpected," he says. "Where you think it's gonna go, it's gonna go the complete opposite way, and it's gonna drop your jaw to the floor." For Andre, according to the actor, more womanizing, plotting and bipolar breakouts are in store this season.

Pulling in more than 10 million viewers a week, the show has already been dubbed a breakout hit — even reigning TV queen Shonda Rhimes tweeted, "I am all about Empire." Byers attributes the instant success to the series' wild plot — based on Shakespeare's "King Lear" — and improvised dialogue. "Empire is cool, it's crazy, it's unpredictable," he says. "A lot of these artists are coming up with ideas that aren't scripted. . . . Taraji [P. Henson], for instance, she's like a snapping live wire. [Her line] 'Boo-boo, kitty' — she just brings up these terms from different worlds and incorporates them into 'Empire.' It's amazing."

Improvisation doesn't come easy for Byers, whose theater training taught him that "if it ain't on the page, it ain't on the stage." He graduated from the Yale School of Drama in 2011, though even while in school he was booking gigs on shows like "All My Children."

But, after more success on "90210" and in several indie movies, Byers hit a roadblock. He remembers: "In 2013, BOOM! Everything was completely down. Life was kind of shattering a little bit. Girlfriend of years? Gone. Friends dropping off." The struggling actor turned to religion for guidance and, just as he was contemplating leaving show business altogether, he received his saving grace." 'Empire' came out of nowhere. [It felt like it] fell from the sky," he says. The day after "Empire" was picked up to series, Byers got the role in "Selma."

Now, he's just counting his blessings — even if they mean he'll be forced into suits. "I feel grateful — very, very grateful," he says. "I got a message the other day, someone thanking me for using myself as a vessel to show what bipolar [disorder] actually looks like. That means something to me. It's beautiful to be useful." He adds, "It's just a blessing, the opportunity to live my dreams out in a way I didn't think I'd be able to."

Watch "Empire" Wednesdays at 8 p.m. on FOX.
cover story

ON MCCARTHY
Gown: Oscar de la Renta, $9,490, Saks Fifth Avenue, 700 N. Michigan; Saksfifthavenue.com
Clutch: Judith Leiber Couture, $5,995, Neiman Marcus, 717 N. Michigan; Neimanmarcus.com
Earrings: Garrard, diamond and ruby 18-karat white gold, $32,250 Bracelet: A. Marek, ruby and diamond line platinum, $65,000
Both available: A. Marek Fine Jewelry, 3021 Butterfield, Oak Brook; Amarekfinejewelry.com

ON WAHLBERG:
Suit: Reiss, $745 Shoes: Reiss, similar styles $295
Both available: Bloomingdale's, 900 N. Michigan; Reiss.com
Shirt: Emporio Armani, $295, Saks Fifth Avenue, 700 N. Michigan; Saksfifthavenue.com
Shot on location at: Hotel Baker, 100 W. Main, St. Charles; Hotelbaker.com
It's a rare moment of seriousness for Splash columnist Jenny McCarthy and Donnie Wahlberg when, in the premiere episode of their new A&E docuseries, “Donnie Loves Jenny,” they stand at an altar inside St. Charles’ Hotel Baker and exchange wedding vows. The two can't stop staring into each other's eyes ... and smiling, they can't stop smiling.

Four months later, back at Hotel Baker for our Splash cover shoot, they're still staring into each other's eyes and smiling.

“He’s just ‘the one,’” McCarthy, 42, gushes. “I always heard old people say that when you meet the one, you’ll know, and I was like, ‘Yeah, right.’ And then it happened.”

The couple has taken steps to prove they’re in it for the long haul. They've combined their families, a total of three kids from previous marriages, and — spoiler alert — purchased a home in suburban St. Charles (until now they’ve been living outside New York City, where Wahlberg films his CBS cop drama, “Blue Bloods,” and McCarthy records her SiriusXM radio show, “Dirty Sexy Funny”).

And now, they’re doing it all on camera. “Donnie Loves Jenny” premiered Jan. 7 to 1.7 million viewers, and follows the duo's madcap relationship, documenting the (often surprisingly normal) obstacles they face each day. In one episode, for example, Wahlberg, 45, makes a mess fixing breakfast for McCarthy’s son, and then uses chewing gum to glue planets together for his school science project.

“It’s almost like we get to make a sitcom together, on our terms,” Wahlberg says. “We’re the ‘writers’ of our lives” — they’re the executive producers, too — “so it’s turned out to be really fun.”

“Wahlburgers”[another A&E series that Wahlberg stars in with his brothers] I think broke the mold of reality shows, in terms of being feel-good TV,” McCarthy says. “We wanted to do something in the same, feel-good place as a relationship show, because [everything else] was salacious.”
It only makes sense that the two would have a show — their relationship played out largely on TV. The couple first met on New Year’s Eve 2010, when McCarthy was co-hosting “Dick Clark’s New Year’s Rockin’ Eve” with Ryan Seacrest and Wahlberg was performing with New Kids on the Block. A few more televised run-ins followed: They were guests together on Andy Cohen’s “Watch What Happens Live” in 2013 and Wahlberg was a guest on McCarthy’s short-lived VH1 talk show; eventually, they announced their engagement on “The View” during her season as a co-host.

Most importantly, though, the show allows them to spend more time together. “Jenny and I are both workaholics,” says Wahlberg. “We’re constantly being pulled to different sides of the Earth, but we want to be on the same side of the Earth, in the same place, holding hands as much as possible. We were trying to find a way to work together and spend as much time as possible together, so [doing a show] seemed like a no-brainer.”

At this point in the interview there’s a long pause. The newlyweds have honed in on each other and don’t seem to realize anyone else is in the room — not the stylist primping McCarthy’s hair or the photographer staging his next shot — and certainly not me, recording light blinking red, waiting for an answer to my last question.

“You’d both been married before,” I repeat. “So what was different this time?” Neither can quite put it into words, except to reiterate “just knowing.”

“I immediately knew there was something special about her,” Wahlberg says. “I immediately knew, though, that if I was going to go out with her, I was going to have to get out of my own way. Meaning I was used to being alone; after being married once, relationships were my way or the highway. I didn’t feel like she was someone I could just date for a little while and move on. I felt like I had to get in and commit or get out fast — and I decided to get in.”

Of course, it didn’t come without challenges. Both McCarthy and Wahlberg already had two sons: his two sons, ages 13 and 21, and her son Evan, a 13-year-old who appears often in the show. “Bringing the families together was scary at first, because the unknown is always scarier than reality,” McCarthy admits. “It turned out to be wonderful. Evan was desperate for a male hero.”

As the season unfolds — it runs through March 11 — we’ll watch them face more challenges, too, albeit with a heavy dose of humor. But for as unconventional as McCarthy and Wahlberg are as individuals, their love story is surprisingly by-the-book — and one we can all take a page from. They’ll finish their house hunt, groan at McCarthy’s live-in dad’s jokes and laugh all along the way, but mostly, they’ll continue to fall in love with each other.

MORE ONLINE
For more photos from our shoot — plus a behind-the-scenes video, go to Chicagosplash.com

THE NEWLYWED GAME
We tested McCarthy and Wahlberg to see how much they really know about each other.

Splash: Donnie, what is Jenny’s favorite sports team?


Jenny McCarthy: Nooo!

DW: All right, since the [Boston] Celtics are bad this year,

S: [stage whisper] This is a Chicago newspaper! I root for the Bulls — my family is a basketball family, so I have to go with the Bulls.

JM: [stage whisper] That’s close. We’re both incredibly messy, so we go on incredible cleaning binges.

DW: Yes — I’d have to agree with that.

S: What is each of your favorite movies?

JM: I love how she dances. Jenny thinks she’s the worst dancer in history, but she smiles on her face when she dances — I don’t even look at her body. I don’t know what she’s doing.

DW: She has a few. I’ll give her three: “The Jerk,” “Grease” and “The Sound of Music.”

JM: I would include “Airplane!” but he definitely got those three right. Donnie’s would be... What’s tricky. “Scarface”?

DW: That’s one of my favorites, for sure. And now “The Sound of Music” is, too. I had never seen it before, but we just watched it the other day. I cried a lot.

< On their list of favorites: Steve Martin in “The Jerk” (from left), Julie Andrews in “The Sound of Music” and the Bulls’ Derrick Rose.
Pink ladies

On Tickled Pink's 10-year anniversary, founder Jodi Fyfe reflects on love, loss and leaving a legacy

From the moment I was born, my cousin Carrie was my constant companion. Only a year older, she taught me how to tie my shoes, how to kiss boys, how to do anything and everything. She was fun and energetic, the life of the party. When we got older and went to college, we made regular trips to visit each other. Carrie was someone I relied on and looked up to — truly my best friend.

So I'll never forget the call I got from her in 1997, just after she'd returned from her honeymoon. Carrie said she had found a lump in her breast, I remember not having any idea what that meant. Eventually we went to the hospital and the doctors told Carrie she had breast cancer. Neither of us had ever known anyone with breast cancer before, and we had no idea what lay ahead.

After a difficult seven-year battle, Carrie succumbed to cancer at the age of 35. After she passed, I would call her over and over, just to hear her voice on her outgoing message — having been joined at the hip for 34 years, I couldn't imagine I'd never see her again.

Carrie had such a profound impact on my life from an emotional and mental standpoint, and I quickly realized I needed to do something to commemorate her. I wanted to keep her memory alive by giving back to breast cancer organizations, in order to help other women like Carrie deal with the questions, the fear and the pain she had faced.

With a group of my close friends, I put together the first Tickled Pink fundraiser in 2005. More than 700 people attended and we raised over $100,000. Since then, we've grown every year, and it's humbling to know over $1.6 million has been donated to breast cancer organizations.

This year, we celebrate Tickled Pink's 10th anniversary — a huge milestone. It's proof that people believe in the message we are conveying, and that we can come together to support one another. My cousin Carrie always lived for the moment and appreciated every second of every day. In her memory, Tickled Pink is — and continues to be — about celebrating our lives here and now.
> SWEETEST SUITE

Tucked away off Michigan, the Sofitel Chicago Water Tower is a romantic hidden gem. With the Magnifique Romance package, you can get Champagne delivered to your suite with chocolate bonbons or flowers. Enjoy the super-late checkout and soak up the property’s refined French style. Rates start at $196. 20 E. Chestnut: Sofitel.com - A.G.

Right: Rhubarb and raspberry vacherin from Café des Architectes at Sofitel

< BEST BUBBLY

Sip some sweet bubbles in the holiday’s signature pink hue with the Moët & Chandon Rose Imperial. It comes in a special package with two Champagne flutes for you and your Valentine ($150, call 212-838-7500) — or as a single bottle ($53.99, Binny’s locations citywide, Binny’s.com). - Z.S.

CREATIVE NON-DINNER DATE

Start Valentine’s Day early with CH Distillery & Cocktail Bar’s spirit and truffle pairing session (Feb. 10, 5:45 and 8 p.m.), featuring Ethereal Confections out of Woodstock. Sip spirits like CH Amaro, paired with a sea salt, almond and cocoa nib chocolate bar, and take a tour of the distillery. 564 W. Randolph: Chdistillery.com - S.L.

The best of

VALENTINE’S DAY 2015

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SHERRILL BODINE

Romance novelist

Best gift: The best gift is when my husband surprises me, either with (a) trip to The Amishah Club in Kohler, Wisconsin, or he makes dinner reservations at one of my favorite restaurants. Often there’s a surprise gift. He never gives me flowers, but jewelry makes up for no roses.

Advice to singles: Do not stay home! Go out with friends, anywhere there are other singles. This could be the night you look across the room and lock eyes with your soul mate. Trust me — I write this stuff — make it happen!
BRIGHTEST BLING

Stack them, mix-and-match them (they come in yellow, rose and white gold) or wear one as a necklace — these versatile Posey rings by Monica Rich Kossan are inscribed with sweet sayings and make a great gift for your Valentine. Starting at $465, A. Marek Fine Jewelry, 3021 Butterfield, Oak Brook; Amarekfinejewelry.com - K.B.

BEST PRE-DATE PREP

Take the stress out of getting ready: Grab a seat and a glass of wine (or two) at Pin Me Up and let co-owners Brittani and Jessica Sylvester and their team go to work. Lashes, blowouts, hair extensions, airbrush makeup — the salon delivers on all fronts, making you picture-perfect for your special day. Services start at $50, 111 N. Wabash, Pinmeupchicago.com - KB.

BEST AFTER-DINNER DRINK

The romance doesn't end with dessert: Splurge on nightcaps at The Violet Hour. The swanky but inconspicuous spot makes you seem in-the-know and, inside, it’s quiet enough to actually talk. Valentine’s Day tickets ($200, seatings at 6-9 p.m. and 9:30 p.m.-12:30 a.m.) include a table for two, three drinks each and a shared appetizer; email Aubrey@theviolethour.com. 1520 N. Damen; Theviolethour.com - Z.S.

FAVORITE CHICAGO ROM-COM

There’s no shortage of great romantic films set in Chicago — “My Best Friend’s Wedding,” “High Fidelity,” “Love Jones” — but which uses our city best? We’re giving this to 2000’s “Return to Me,” which filmed at Old Town’s Twin Anchors Restaurant & Tavern and Lincoln Park Zoo’s ape house (points for cute animals, too). Rent on iTunes and Amazon Instant Video. - J.S.

MOST ROMANTIC DINNER

I’m pretty traditional — a steak-and-seafood dinner is the perfect V-Day date for me. At Chicago Cut, the food’s unbeatable, the river view is spectacular, and the soft mood lighting makes my skin look great. Oh, and the wine list is really long. 300 N. LaSalle; Chicagocutsteakhouse.com - E.E.

BEST BOUQUET

This V-Day, make sure your special delivery stands out among the sea of red roses. Kalla offers a signature “Grand Gesture” package filled with artisan chocolates, Napa Valley wines, customizable stationery and, of course, a pretty bouquet of crimson, heart-shaped Wanted Heart roses and hypericum berries. $325; Kalla.com - C.M.
Whether it's a heartwarming romance novel or steamy read à la Fifty Shades of Grey, a book is always a great gift. Hyde Park's legendary Seminary Co-op has just about every book in print — there are more than 100,000 on their shelves. 5751 S. Woodlawn; Semcoop.com - E.E.

> WHERE TO BUY FOR HIM

I could easily spend a whole day in Belmont Army. I'm all about the third floor, which is full of military jackets, boots and the like, but it's the fourth floor (the costume area) that really shines. When I need to find a 70s-era, flat-collared shirt to impress that special someone, I know where to go. 855 W. Belmont, Belmontarmy.wordpress.com - R.D.

< WHERE TO BUY FOR HER

G Boutique takes the "ick" out of shopping for items ranging from lacy lingerie to racy accessories. The store is run by women, for women — but it wouldn't be a bad idea to take your guy there to help you choose the ultimate V-Day gift. 2131 N. Damen; Boutiquex.com - S.N.

JEFF LAWLER

Managing partner of Geja's Café, where more than 16,000 couples have gotten engaged

Best gift: My long-distance girlfriend Darla compiled all of our text messages and email conversations into a photo album as thick as the Chicago phone book. It took a lot of time and thoughtfulness. I often refer to it for nice memories of our beginnings.

Advice to couples: Go to a place that's special to you both, or somewhere with an environment that you can truly lose yourself in each other. Make a reservation in advance, relax and have fun.

BEST CANDLE

I burn Michael Aram's olive branch candle constantly, especially when special company comes over. It has an incredibly clean and refreshing scent — it's the perfect accent, without being overpowering. $60. Saks Fifth Avenue, 700 N. Michigan; Saksfifthavenue.com - A.D.

CUTEST STATIONERY

Known for their signature modern floral designs, Ravenswood-based stationery and gift company Snow & Graham shows its humorous side with cute (but not too cutesy) V-Day messages: "I Wanna Take You Out," "You Are Smokin' " and "I Like Your Type." $3.50 and up. 4021 N. Ravenswood; Snowandgraham.com - J.S.

STYLISH USE OF HEARTS

As a serial LBD lover, I'm swooning over these Saint Laurent heart-print Paris Half D'Orsay pumps ($795). The four-inch, pointed-toe stiletto adds a pop of color to a date-night outfit — and is the perfect pretty print for the sweetheart holiday. Barneys New York, 15 E. Oak; Barneys.com - C.M.

MOST EXOTIC CHOCOLATES

Katherine Anne Confections, hands down. I love that they collaborate with other local businesses, like Evanston's FEW Spirits for a bourbon-infused truffle. Valentine's Day Sun & Moon box, $65. 2745 W. Armitage, Katherineanne.corn - E.E.

BELA GANDHI

Founder and president of Smart Dating Academy

Best Valentine's Day memory: Feb. 14, 2004, wins. My husband and I were all set to go out for a nice dinner; I was nine months pregnant. At 4 p.m., my stomach felt unsettled — I was going into labor! So our nice dinner turned into an evening at home, timing contractions. Such an exciting and unforgettable night.

Advice to couples: If you're in a brand-new relationship, acknowledge it, but don't go overboard — a cute note and a small gift are totally cute! Don't give a woman a Tiffany's box on the second date (I've seen it happen) — it's TOO much!

SHARABLE SWEET

One spoonful of the salted caramel chocolate mousse ($10) from Maude's Liquor Bar will numb your senses. My fiancé and I love to share the salty-sweet treat after a meal in the dining room, or with a glass of Champagne at the bar. 840 W. Randolph; Maudesliquorbar.com - A.D.
CITY SPARKLE

Jewelry designer Daisy Knights teamed up with The James Hotels to put a spin on standard V-Day bling, with a collection inspired by the hotel chain's trendy locations. The James Collection features everything from necklaces to cufflinks in gold, brass, or silver. Our favorite is the Chicago-inspired friendship bracelet (pictured, $79), made of nylon cord and 22-karat gold-plated brass pendants. Pieces start at $79, The James Chicago, 55 E. Ontario; Daisyknights.com

IN GOOD CO.

Make Valentine's Day a family affair at the opening celebration of The Red Balloon Co., children's store Feb. 14. The kid-centric fete includes face painting, story and craft hours, cookies and a valentine-making station 10 a.m.-6 p.m. 3651 N. Southport: Theredballoon.com

BLOWOUTS, BEAUTY & BUBBLES

This Valentine's Day, stop by River North's Blowtique, choose your blowout style and get a complimentary makeup application and gift from Burberry. Oh, and don't forget to take advantage of the complimentary build-your-own mimosa bar. Blowouts $40, 1-5 p.m. 520 N. Michigan: Blowtique.com

SLEEP RESEARCH STUDY
FOR PEOPLE WITH LUNG DISEASE:

Volunteers are invited to join this study: you must be over age 45 years, have either emphysema or chronic bronchitis and difficulty falling asleep or staying asleep to qualify.

We are testing a program to improve sleep in people with lung disease. Volunteers eligible for the study will participate in 6 weekly sessions in one of four behavioral or educational programs. The programs are offered by the University of Illinois at Chicago and the Hines VA. Health evaluations include an overnight sleep study, lung function tests, two blood draws, activity monitoring and questionnaires. Compensation is provided to enrolled participants, all program activities and testing are free and free parking is provided.

For more information call Mary Kapella PhD, RN or Franco Laghi MD at (312) 996-1575, 9:30AM to 4:00PM, Monday thru Friday at the University of Illinois at Chicago, Center for Narcolepsy, Sleep & Health Research. This study is funded by the National Institutes of Health.
You might know Jim O’Heir — or you might not — from NBC’s “Parks and Recreation,” on which he plays Jerry/Garry/Larry/Terry Gergich/Gengurch, the comically overlooked associate director for the Pawnee Parks and Recreation Department. O’Heir was originally booked for just six episodes, but became a recurring character throughout seven seasons of the show, which airs its series finale Feb. 24.

Calling from: “My little home in Encino, [Los Angeles], where it’s going to be 80 degrees today.”

Growing up: “I loved television. I would think, ‘How exciting that would be [to be on TV], but I didn’t know what I was going to do ... From my first day of the first class I did at The Second City, when I got that first laugh, I knew that’s what I wanted.”

How I got the part: “The word was out that Amy Poehler was getting a show. [The producers] put out a call for [the part of] Ron Swanson, so I initially auditioned for that — along with everyone in town. But they must have liked something I did, because two weeks later I got a call to be seen for Jerry.”

My goal is: “To always just do a decent audition. You never know what it could lead to, you never know who’s in the room — so just make a good impression.”

At “Parks and Recreation”: “We do a fun-run after every scene to improv. The writers know us so well, so about 90 percent of what you see is written [in the script], but sometimes things make it in.”

People would be surprised to know: “I have a shockingly large tongue — you asked!”

In Chicago I go to: “Gino’s East and Lou Malnati’s. I get the frozen pies sent to my house — it’s two pies in a nice container and it’s a great deal.”

Up next: “I have three different independent films lined up — one I’m the lead in. [The writer/director] is a Chicago guy, Ned Crowley.”

Watch O’Heir in “Parks and Recreation” Tuesdays at 7 p.m. on NBC.

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ON SPEED DIAL ...

Jim O’Heir

The Chicago native calls in to talk ‘Parks and pizza

BY ELLE EICHINGER

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How do I love thee?

The Newberry Library counts the ways

BY THOMAS CONNORS

Valentine’s Day. Bah, humbug! Next to Christmas, this is the holiday commercialism—denouncing cranks love to hate the most. But whether you cut it up or swear at you scramble to grab a box of chocolates before heading home, the Newberry Library has got a treat for you. “Love on Paper” is a looking around at how rich folks have expressed affection over the centuries (and it won’t cost you a nickel).

Drawn from across the library’s various collections, the material on view ranges from the saccharine to the steaniv, romantic handwritings, and irreverent antidotes to the sweetness at the usual tokens of affection to “vinegar valentines,” garishly items included in those valentines, plus another 25 related items. Included are those “vindictive valentines,” garishly colored cards with rude verses that, as Dillon explains, were often sent COD, so that the recipient had to pay the mail carrier to be insulted. Humbug, indeed.
Malory Ulaszek & Bryan Tews

BY CHIARA MELIOULIS

Mallory Ulaszek and Bryan Tews weren't exactly high school sweethearts: Even though they met at Loyola Academy in 1999, it wasn’t until 2008, while working in Atlanta, that the pair reconnected. It was another two years before they began dating. “We finally decided to bridge the gap between friendship and a relationship,” says Ulaszek, co-founder of local PR firm Presence Agency.

In August 2013, Tews, who works in software and business analytics at IBM, planned a trip to Seattle to pop the question. “He had our dog’s tag engraved with the proposal,” Ulaszek remembers. “I laughed because I was like, ‘Is the dog proposing or are you?’”

The romantic gesture did the trick: Late last year, the couple honored their alma mater by reciting their vows in front of close friends and family at their high school’s sister parish, Old St. Patrick’s Church (700 W. Adams). “It was a classic wedding experience, but I wanted to have more fun,” Ulaszek says. So, a week later, the couple invited 100 guests to a private estate in Big Sur, California, for a second — more upbeat — coastal wedding.

With the help of their wedding planner, the newlyweds dressed the estate’s grounds with red blooms, fresh greenery and white protea flowers for a whimsical, fairytale-themed affair. Following the ceremony, guests gathered on rustic wooden benches around a fire pit to continue the revelry. “It felt like A Midsummer Night’s Dream,” says Tews. “We felt like we were escaping reality.”

IT’S IN THE DETAILS

Bride’s gown: Monique Lhullier, Ultimate Bride, 106 E. Oak, Ultimatebride.com
Bride’s shoes: Pierre Hardy, Barneys New York, 15 E. Oak, Barneys.com
Bride’s jewelry: David Yurman, 40 E. Oak, Davidyurman.com; Loren Stewart, Lorenstewart.com
Bride’s hair & makeup: Shawn Cavan Beauty Co.; Shawncavanbeautyco.com
Groom’s attire: custom
Alton Lane; Altonlane.com
Maid of honor’s dress: custom
Alton Lane; Altonlane.com
Rings: Jules Vance Jewelry; Julesvancejewelry.com; Eva Fehren, Barneys New York, 15 E. Oak, Barneys.com
Wedding planner: Allison Weddings, 15 Westwood, Santa Cruz, California; Allisonweddings.com
Catering: Francesca’s on Taylor, 1400 W. Taylor, Francesca’s.com; Paradise Catering, Paradisecatering.com
Decor & florist: Presence Agency, Presenceagency.com; Sprout Home, 745 N. Damen, Sprouthome.com; Fleurs du Soleil, 244 Pearl, Monterey, California, Fleursdusoleil.com
Entertainment: Synchronicity Strings, Synchronicitystrings.com; Pop Fiction, Popfictionlive.com
Invitations: Helanders Stationers, 222 E. Westminster, Lake Forest; Helanders.com

CHEERS!

Kimpton Hotels & Restaurants has a lot to celebrate this month: The brand’s regional VP Ron Vlasic (above) was recently named 2015 chairman of the Illinois Hotel & Lodging Association Educational Foundation to help increase scholarship funding and hospitality education. Kimpton’s sales and marketing teams got a boost, too, with the promotion of Denise Schultz to Chicago area director of sales and marketing and the addition of Jose Angulo as director of sales and marketing for Hotel Palomar (505 N. State).

Karena Fiorenza Ingersoll comes from California to settle in the Midwest as Hubbard Street Dance Chicago’s new general manager, bringing more than a decade of performing arts management experience to the company.

Celebrity hairstylist Anthony Cristiano — owner of the eponymous salon in the Trump International Hotel & Tower Chicago (401 N. Wabash) — reaches new heights in haircare as the recently appointed global artistic director of PHYTO, a line of plant-based hair products.

MORE ONLINE For more of their wedding photos, visit Chicago splash.com

“He had our dog’s tag engraved [with the proposal],” the bride says. On the big day, the best man walked their dog Dexter (above) down the aisle.

PHOTOGRAPHY BY SCOTT CAMPBELL
who to watch

ANGÉLICA CARROLL
AGE: 27. LIVES IN: South Loop. NAMESAKE: Idlewild is a town in Michigan, where I grew up. There's an old folk saying, "Idle men and wild women." We repurposed that — we want to make women feel powerful and free. FIRST BIRTHDAY: For our one-year anniversary collection in April, we'll have pants, dresses, leather braids — real statement pieces. WARDROBE STAPLES: We want our clients to curate their closets as if they were art collections.

BABY NEWS: I'm due in February — I'm convinced it's going to be a Valentine's Day baby. LOVERS: For Valentine's Day, my husband [artist Hebru Brantley] and I will be low-key. We'll have one-on-one time, because I know once the baby comes, it won't ever happen again!

This was an exclusive piece from our Hebru collaboration. Everyone should own a motorcycle jacket, and the fact he painted on it makes it special.

Clutches: Hammered gold clutch (left, similar styles available); Speak clutch (right, $600); Shopidlewild.com

I'm all about chunky booties — the platform makes them easier to walk in.

Similar styles available at Topshop: Hackney lace up boots, $135, 830 N. Michigan; Topshop.com

RHEA FERNANDEZ
AGE: 27. LIVES IN: Gold Coast. STYLE SISTERS: We wanted to do something creative and we have similar styles, so we started designing bags and slowly [grew]. ART MEETS DESIGN: Hebru Brantley has an aesthetic unlike anyone else's. We had a lot of inspiration from other painted bags, like [the ones by artist] George Condo. BRAND IDENTITY: We love menswear, so our pieces tend to have more masculine structures and cuts.

QUICK TURNAROUND: We make such small runs, so each piece is as different as possible. Once an item is gone, it's gone. We're constantly looking for new material. FRESH INSIGHT: If you put everything into what you do and you believe in what you're making, people will appreciate it.

Shop Idle.Wild products at Sir & Madame (638 N. Damen) or at Shopidlewild.com.

Argan oil is moisturizing and [makes your hair] shiny — perfect for the dry winter.

Target: Azuré Organics, Argan oil, $12.34; locations citywide; Target.com

I only wear black and white, and this is a perfect everyday piece.

Similar styles available at Barneys New York: Helen Levy, side-shirred leather Miriam pencil skirt, $1,450, 15 E. Oak; Barneys.com

The co-creators of Idle.Wild prep for the urban chic label's one-year anniversary.
Bonnie & Tracy

Co-owners, Shred415

Watch fitness experts Bonnie and Tracy give nutritional and motivational wisdom at marianos.com.
Big Screen, Small World

At GEMS World Academy – Chicago, innovative technology in every classroom connects cultures.

When most students first learn about other cultures, they open a book. At GEMS World Academy – Chicago, a premier JK - 12 school, they do it face-to-face via international teleconferences. With 70-inch interactive touch screens in every classroom, students collaborate globally beginning as early as first grade. Building authentic relationships with others around the world enables our students to understand the universal experiences that make us responsible global citizens. That's learning on a higher level.

Attend An Open House

To learn more about GEMS World Academy - Chicago, tour the school and meet faculty and staff, join us for an Open House with our Director of Admissions, Ryan Hannon.

To learn more and reserve your spot, visit gemschicago.org/splash
312.809.8910
admissions@gemschicago.org
Easing the summer camp blues

Homesickness doesn't have to disrupt a positive away camp experience. Parents or guardians who speak honestly and openly with their children about being away from home can help ease the anxiety.

"What parents say matters and is very important for the intensity of homesickness," says Edward Walton, M.D., who serves on the board of the American Camp Association (ACA), an accredited camp organization that specializes in youth development.

The ACA and other camp professionals offer a few tips that can help children ease into the summer camp experience.

Make certain that residential camp is appropriate for your child. While overnight camps can offer an exciting experience, discuss your decision with your child. Show websites, catalogues or brochures that offer activities of interest to your child. Contact the camp and find out if they will allow you and your child to meet some of the staff to discuss the programs before enrollment.

Frank Lenardi, senior director of programs and facilities of the North Suburban YMCA, suggests that families ask camp staff the following questions: What will my child be doing? What experience does your staff have? How flexible and accommodating is the camp? How do you deal with allergies?

Start with a sleepover. If your child has never spent a night away from home, encourage them to stay the night at a friend's home. During that time, limit any phone calls or text messages so your child can experience what camp may be like without you.

Talk about it. Feeling some sort of fear while at camp is natural for most children, especially those attending for the first time. Encourage children to figure out their own solutions when it comes to handling homesickness. Learning how to cope with difficult feelings can become a positive growing experience for your child.

Share information. Tell children that camp will be even more fun if they take advantage of the many offerings, join the activities and keep busy, says camp director Paul Denowski of YMCA Camp Wapsie.

Talk about the fun part. Remind your children that camp is a fun, learning environment where they will have exciting new experiences and meet new friends. Children need the opportunity to play and engage with other people, to learn how to make friends, to make mistakes, to correct those mistakes, to learn how to survive and thrive in the world today, and have opportunities to play," says Peg Smith, CEO of the ACA.

Parents get homesick, too. Some parents may struggle with feelings of sadness while their children are away. If the thought of separation from your child has you feeling down, speak to a professional that can suggest a plan to ease the summer camp blues for you.
2015 Camp Listings

21ST CENTURY SKILLS ACADEMY
Multiple locations
21stcenturyskillsacademy.com
As the 16-year director of Saint Ignatius College Prep's Model United Nations program, internationally recognized Diane Haleas Hines and her team have scored victories in the United States and at numerous competitions across the globe. This summer, the Academy offers students in grades 7-12 the opportunity to engage in a United Nations simulation in which they will act as diplomats representing the interests of their assigned country and debate issues, navigate conflicting perspectives, make decisions, and negotiate solutions. Summer sessions will be in Lombard (June 9-13), Hinsdale (June 16-19) and Western Springs (July 28-Aug. 1).

BANNER DAY CAMP
1225 Riverwoods Road
Lake Forest, IL 60045
847-295-4900, bannerdaycamp.com
Banner Day Camp offers a safe place to make new friends, accept challenges and develop self-esteem in a nurturing, positive setting. Days begin with door-to-door bus transportation — and once at Banner, large pavilions, an air-conditioned dining hall and multipurpose rooms make it easy to enjoy camp in any weather. Professional-level specialists lead swim instruction, sports, arts, music and adventure programs. Preschool-age specialists supervise children as young as 3 years. Beginning in kindergarten, campers choose activities that provide high-level instruction. A ratio of one staff member for every three to four campers ensures personalized attention.

CAMP ANOKIJIG
W6369 Anokijig Lane
Plymouth, WI 53073
920-893-0782, anokijig.com
Since 1926, Camp Anokijig has been helping children grow by making new friends, developing positive values and experiencing great adventures mixed with fun. The camp offers coed, overnight programs for children ages 7-16. Camp duration is from four days to one or more weeks. Campers enjoy two daily skill periods, all-camp activities, sectional/cabin events and directed free time. Specialty programs and off-site, weekend adventure trips are also available. Camp Anokijig emphasizes honesty, respect and responsibility.

CAMP JORN YMCA
13591 Zener Lane
Manitowish Waters, WI 54545
715-543-8808, www.campjornymca.org
For over 60 years the focus of Camp Jorn has been developing relationships with campers, the staff, their peers and the outdoors. Through the mission and tradition of YMCA resident camping, Camp Jorn places a strong emphasis on creating and providing a memorable and impactful experience for campers and families. Camp Jorn's facilities provide the setting for caring and qualified staff to lead progressive and challenging programs making Camp Jorn the perfect place for campers to grow and develop self-esteem and a strong sense of worth, all while in a safe and nurturing environment.

NORTHBROOK PARK DISTRICT
SUMMER CAMPS & WORKSHOPS
Register now and save!*
For details, visit nbparks.org or call 847-291-2995.

*Early fee discount applies to most camps until March 13.
tennis, golf or archery. In addition, those 14 and 15 years of age can develop leadership skills as counselors in training. There's something for every child, and the chance to create lasting summer memories with a wide range of activities.

DECOMA DAY CAMP
4350 Walters Ave.
Northbrook, IL 60062
847-945-4455, decomadaycamp.com
Decoma offers a flexible camp schedule of from four to nine weeks of three or five days with included transportation and daily lunch. A shortened-day preschooler program and free extended care also are available. Highlights include individual attention, small staff/camper ratios, mature experienced counselors, flexible programming, and twice-daily swimming with expert instruction. Activities include tennis, basketball, baseball, sand volleyball, trampoline, bungee jumping, crafts, dance, archery, drama, soccer, fishing, gymnastics, martial arts, mountain biking, photography, circus arts, theme days and field trips. Optional specialty camps are offered in dance, golf, music, tennis, sports, taekwondo and horseback riding.

EVENSTON JUNIOR YOUTH GOLF CAMPS AND CLINICS
Canal Shores Golf Course
1030 Central St.
Evanston, IL 60201
847-475-9173, canalshores.org
Programs for pre-K through eighth grade at all skill levels are provided under an agreement between Evanston Wilmette Golf Course Association and The Golf Practice. Sessions help youth develop skills and friendships, instill an appreciation of the game of golf, and offer an opportunity to enjoy the outdoors. Some 400 youth are expected to sign up this season. Funds are actively being raised to offer special programming and scholarships. Afternoon golf clinics run May 20-Sept. 30, half-day camps June 8-Aug. 7, and full-day camps June 15-Aug. 7. Register online, contact the Pro Shop, or email info@canalshores.org.

GOOD TIMES SUMMER DAY CAMP
Libertyville Sports Complex
1950 N. Highway 45
Libertyville, IL 60048
847-680-4884, goodtimescamp.com
Based at Libertyville Sports Complex, Good Times offers campers active programs for children ages 4-12. Each week is filled with hours of swimming, field trips, various sports, activities, and a theme-based cookout every Friday. Extended hours from 6:30 a.m. to 5:30 p.m. at no extra charge accommodate parents' busy schedules. Schedules are flexible and campers can attend only the days desired. Camp shuttlebuses throughout Lake County serve areas such as Lake Zurich, Grayslake, Mundelein, Gurnee, Abbott Park and Vernon Hills.

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KESHET
3210 Dundee Road
Northbrook, IL 60062
847-205-0274, keshet.org

Keshet offers various eight-week, full-day and overnight-integrated camp options for individuals with special needs. Families can choose from more than 14 camps that suit their child's interests and needs. The state-of-the-art programs offer a well-rounded functional summer that emphasizes maintaining goals achieved throughout the school year. Camps are located in Chicago and surrounding suburbs, as well as in Wisconsin. Keshet provides exceptional opportunities for children with developmental and/or intellectual disabilities. Space is limited.

LAKE FOREST PARKS AND RECREATION
400 Hastings Road
Lake Forest, IL 60045
847-234-6700, lffec.com

Lake Forest Parks and Recreation Department's camps are filled with many opportunities for great experiences, new friendships, exploring the outdoors and creating a memorable summer. The department has been offering camps for Lake Forest and surrounding communities for more than 59 years with variety, flexibility and value. In addition to the traditional full-summer experience, a series of two-week options in most of the camps is available again this year.

LIGHT OPERA WORKS
Summer Kids Musical Theater Workshop
516 4th Street, Wilmette, IL 60091
847-920-5360,
LightOperaWorks.com/summer.html

Kids 8-13 learn acting, dancing and singing in five, self-contained weeklong sessions. Productions include "The Sound of Music" (June 15-20), "Roald Dahl's Willy Wonka" (June 22-27), "Annie" (July 6-11), "Fiddler on the Roof" (July 13-18) and "Shrek The Musical" (July 20-25). Fee is $365 per workshop. Scholarships are available. Teen "South Pacific" is offered July 29-Aug. 16 for ages 13-18. The show will have a free public performance Aug. 17 with professional costumes, sound and lighting on the same set as Light Opera Works' adult production of "South Pacific" at Cahn Auditorium in Evanston. Fee is $1,250.

NIKE TENNIS CAMPS
US Sports Camps
1010 B St., Ste. 450
San Rafael, CA 94901
415-451-2203, ussportscamps.com

Campers can have fun and improve their athletic skills this summer at Nike Tennis Camps. With junior overnight, day and half-day camps for boys and girls ages 5-18 of all ability levels, and adult weekend clinics, a camp option is available for everyone. Directed by some of America's most respected college coaches and tennis professionals, the camps provide players the opportunity to improve their game, work hard and have fun. See the website for more details on camps in the Midwest: Northwestern University (full-day and half-day options), Rod Schroeder National Tennis Camp, University of Illinois, Michigan State and Butler University.

NORTHBROOK PARK DISTRICT
545 Academy Drive
Northbrook, IL 60062
847-291-2995, nbparks.org

The Northbrook Park District offers 10 weeks of high-quality summer camps for tots to teens with numerous enriching experiences outdoors and close to home. The camp is committed to providing a wide variety of safe, active learning opportunities that promote teamwork, friendship and fun.

PLAY-BY-PLAY SPORTS
BROADCASTING CAMP
100 Leveerington Ave. PH 18
Philadelphia, PA 19127
800-319-0884, playbyplaycamps.com

PLAY ON COMEDY CAMP
1330 Ridge Ave.
Evanston IL 60201
847-337-9614, playoncomedy.com

Play On Comedy Camp combines professional comedy and theater training with field trips, swimming and outdoor fun. While maintaining a focus on classes that will help sharpen their comedic minds, campers are also able to choose from workshops and electives that round out a diverse curriculum. Field trips may include Broadway in Chicago, Chicago Shakespeare and The Second City, as well as fun friendship-building trips to a museum or a recording studio. Play On is the perfect combination of learning and summer camp fun.

This is Your Summer!

BOYS & GIRLS AGES 3-12

NO CARPOOL NEEDED
Door to door transportation or free extended care

SAY GOODBYE TO BROWN BAGS
Daily lunch included

PLANNING A TRIP?
We're as flexible as you are—choose your weeks, 3 or 5 days / week

PEACE OF MIND
Going on 67 years of camping—your kids are in great hands!

Exceptional Swim Program • Fun-Filled & Unique Activities • Exciting Theme Days & Events • Optional Specialty Camps (Tennis, Dance, Golf, Horseback Riding, Music) • Shortened Day Camp For Preschoolers

CALL US: 847-945-4488  DecomadayCamp.com
Movie Trailers

BY MARTI DUGUAY-CARPENTER
EDITED BY RICH NORRIS AND JOYCE NICHOLS LEWIS

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Cropped image of a grid puzzle with clues and answers.

Last week's answers appear on the next page

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Unexpected windfall brings on greed

Dear Amy: My older brother recently passed away. Among the assets he left was a life insurance policy that names our son (age 49) and daughter (age 42) as equal beneficiaries.

Our son and daughter were unaware of this policy until I discovered it among his papers. The policy was purchased with a single premium of $40,000, purchased from his savings, which at the date of policy issue was close to his annual salary. My brother was single, with no children, and was not close to our children — nor did our children reach out to him very often. Most interaction was at family holiday gatherings a few times each year.

The benefit payable to each will be approximately $36,000. When I advised our children of this unexpected windfall, the first response from each was, "How much am I getting?" I was expecting to hear something like, "I appreciate the generosity of my uncle for leaving me this money. To honor his memory I will use it wisely."

It was very disappointing and hurtful to me that neither one had the decency to make a statement of appreciation before the greed kicked in.

Am I correct in feeling disappointed by my children's failure to express simple appreciation for their uncle's generosity? If you agree, how do you suggest I let each one know of my disappointment? I do not want to create any hard feelings with my remarks, but I want to make it clear I expected better.

- Disappointed and Confused

Dear Disappointed: Surely you don't need me to confirm that this episode is, in fact, disappointing. You raised these people. I suggest you give them the full benefit of your honest reaction to their behavior. Your worry about creating any "hard feelings" over this is a sign that you are more fearful of upsetting than you are willing to be an honest parent. This attitude on your part contributes to their attitudes now. Sometimes hard truths cause hard feelings. So be it.

If you decide to be honest with your offspring, do so knowing that your honesty may not have any impact on their behavior. Once the check clears, they will likely move on, willfully oblivious. But maybe — just maybe — it will make them think. And it's never too late for that.

Dear Amy: I gave my girlfriend $250 for her birthday. She used it to have her hair done. When she got home, she didn't like the color. She is going back this weekend. It probably won't be free, so who should pay?

- Darryl

Dear Darryl: You gave your girlfriend a gift - not a colorfast guarantee. She should negotiate a "fix" with the salon. For that amount of money, I'd assume they would fix it. If not, she should pony up.

Dear Amy: I'm responding to the letter from "All Charged Up," whose old friend routinely drove an electric sports car to his house, parked in his driveway and "plugged in" during the visit.

There's another way to deal with the thief (which is ultimately what he is). Simply shut off the circuit breaker that feeds the outside outlet. Chances are, it's on a separate circuit, so it wouldn't interfere with anything else. I'd love to see the friend's face when he runs out of power, thinking he had a fully charged battery pack.

- Jolted

Dear Jolted: This question has generated a lot of "buzz" from readers. I've heard from electrical engineers, utility workers and electric car advocates. They debate how much it will cost to charge a car under these conditions, but they agree that the cost is quite low. I wouldn't call this "thievery," but rather the give-and-take of friendship. Your solution is unfair and unkind.

Dear Amy: "Plan B Grab Bag" described holiday gift-giving in which each adult basically gave himself or herself a wrapped gift and unwrapped the gift in the presence of others, explaining why it was chosen.

You asked for reader reaction to this idea. I like it!

- Reader

Dear Reader: Others do too.
3-D technology comes to ailing girl’s rescue

By Rebecca Savransky
Miami Herald

MIAMI — Adae nelie Gonzalez had two openheart surgeries by the time she was 4. She was born with a heart condition that pre sented blood from flowing properly into the heart from the lungs, and the surgerys yielded only a temporary fix.

A 3-D model helped Dr. Redmond Burke, left, correct a heart condition that threatened the life of Adae nelie Gonzalez, seen with her mother, Gabriella Alonso.

On a recent Friday, Adae nelie underwent her third open-heart surgery, but this time, the results may be permanent.

The Heart Program at Miami Children’s Hospital created a model of Adae nelie’s heart using new 3-D printing technology. The model allowed the heart surgeons to thoroughly examine the problem areas before carrying out the actual surgery.

“We were running out of options, as she had already had a couple of surgeries in the newborn period,” said Dr. Nancy Dobrole, pediatric cardiologist at Miami Children’s Hospital. “It became clear that to prolong her life, she needed to have another procedure done.”

Adae nelie was born with total anomalous pulmonary venous connection, a heart disease in which the four veins that carry blood from the lungs to the heart do not attach to the left atrium. Instead, the blood is transported to a wrong area of the heart, causing breathing difficulties and heart failures.

The 3-D technology lets doctors manipulate blood vessels and explore how to repair the organ’s damage before the actual surgery. The 3-D model is identical to the heart being operated on, so doctors can envision the procedure in advance.

Dr. Redmond Burke, chief of cardiovascular surgery at Miami Chil-

Coffee drinkers less likely to have melanoma in study

By Dennis Thompson
HealthDay

Your morning coffee might do more than perk up your day. Researchers suggest it also might help protect you against melanoma, the deadliest form of skin cancer.

Coffee drinkers are less likely to suffer from malignant melanoma, and their risk decreases somewhat with each cup they swallow, according to findings published in the Journal of the National Cancer Institute.

“We found that four or more cups of coffee per day was associated with about a 20 percent reduced risk of malignant melanoma,” said lead author Erikka Loftfield, a doctoral student at Yale University School of Public Health who is completing her dissertation work at the U.S. National Cancer Institute.

Previous research has shown that coffee drinking could protect against less deadly forms of skin cancer, apparently by mitigating the damage to skin cells caused by the sun’s ultraviolet rays, the researchers said in background notes.

They decided to see if this protection extended to melanoma, the leading cause of skin cancer death in the U.S. and the fifth most common cancer. In 2013, there were an estimated 77,000 new cases of melanoma and about 9,500 deaths from the cancer, according to the study.

The researchers gathered data from a study run by the U.S. National Institutes of Health and AARP. A food questionnaire was sent to 3.5 million AARP members living in six states: California, Florida, Louisiana, New Jersey, North Carolina and Pennsylvania; as well as two cities, Atlanta and Detroit.

With each cup of coffee consumed, the incidence of melanoma dropped.

The questionnaire yielded coffee drinking information for nearly 447,400 white seniors in 1995 and 1996, and researchers followed up with the participants for about 10 years on average.

All participants were cancer-free when they filled out the questionnaire, and the researchers adjusted for other factors that could influence melanoma risk. These included ultraviolet radiation exposure, body mass index, age, sex, physical activity, alcohol intake and smoking history.

They found that people who drank the most coffee every day enjoyed a lower risk of melanoma, compared with those who drank little to no coffee.

There was also a trend toward more protection with higher intake. People who drank one to three cups a day had about a 10 percent decreased risk of melanoma compared with those who drank none at all, while those who drank four or more cups had a 20 percent decreased risk.

The study only uncovered an association between coffee consumption and melanoma risk; it didn’t prove a cause-and-effect relationship.

Caffeine could be the reason for the apparent protection. The researchers found a significant decrease in melanoma risk only among those who drank caffeinated coffee, and previous studies have indicated that caffeine could protect skin cells against ultraviolet-B radiation, Loftfield said.

However, most of the people in the study drank decaffeinated coffee, which made it difficult to fully analyze the health benefits of decaf. There could be other compounds in coffee besides caffeine that also protect against skin cancer, including antioxidants.

“We certainly cannot rule out that as a possibility,” Loftfield said.

This isn’t the first study to look into the effect that coffee drinking might have on cancer risk, said Dr. Len Lichtenfeld, deputy chief medical officer of the American Cancer Society.

“Coffee has been around the block several times in a variety of cancers, in terms of whether it increases or decreases risk,” he said, noting that the findings have been mixed.

Lichtenfeld said the researchers behind the new study made a good basic science case for the possibility that coffee might protect against skin cancer. However, because this study was not a clinical trial, it didn’t prove cause and effect.

“As a result of that, one cannot conclude that in ‘real life’ coffee actually decreases the risk of melanoma,” he said.

Even with these findings, Loftfield said people should not rely on coffee to protect them from melanoma. Sunscreen, long sleeves and a wide-brimmed hat will do more than a mug of java ever could.
Plant-based diet touted as heart disease fix

Doctor stresses the importance of nitric oxide

BY HEATHER SCHROERING
Special to Tribune Newspapers

In Tarahumara natives of Mexico and the highlanders of Papua New Guinea, coronary heart disease is rare. Some call them superhumans, but it makes perfect sense to Dr. Caldwell B. Esselstyn of the Wellness Institute at the Cleveland Clinic.

"On this entire planet, there are millions of people who will never have heart disease, and the common denominator is that they are largely all plant-based (eaters)," he said.

For 20 years, Esselstyn, who is director of Cardiovascular Disease Prevention & Reversal Program, studied 17 heart patients who adopted a plant-based, oil-free nutrition foundation. His book, "Prevent & Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure," outlines this study and promotes this strategy as an aggressive solution.

Esselstyn says heart disease is a "completely foodborne illness" perpetuated by the Western diet. Processed foods are the primary culprit, he said, especially any oils, including olive, corn, sunflower, soybean, coconut and palm. He also pointed to "anything with a mother or a face," so meat, fish and dairy products, as well as any excess sugar, from sodas to maple syrup and honey. Coffee and other caffeine too.

Though some categorize olive oil and other oils as good fats, Esselstyn said oils are low in nutritious value and are 100 percent fat calories. One tablespoon of olive oil has about 120 calories, he added, and the monounsaturated and saturated fat in oil is damaging to important cells in the blood vessels.

"Endothelial cells, called the "life jacket" of our blood vessels, line the innermost part of the artery; they make nitric oxide, which protects the heart," Esselstyn pointed to studies that showed evidence of coronary disease found when autopsies were done on young men and women who died of other causes between age 17 and 34.

"Now the disease is ubiquitous," he said. "You graduate from high school, you get a diploma, and you get a foundation for heart disease."

The basis for Esselstyn's nutrition program is whole grains in cereal, bread and pasta; more than 100 types of beans and legumes; potatoes; fruit; red and yellow vegetables; and, most of all, leafy greens. These foods encourage nitric oxide. Food high in antioxidants is especially good for those who have blockages, according to his regimen. He suggests strawberries, raspberries or blueberries on cereal.

But, he said, nothing can compete with several daily servings of antioxidants in leafy greens, such as bok choy, Swiss chard, kale, collards, beet, mustard and carrot greens, cilantro, parsley, spinach and arugula, as well as napa cabbage, Brussels sprouts, broccoli, cauliflower and asparagus. You can eat these raw or steam them for five to six minutes, with a squeeze of lemon juice and balsamic vinegar on top, Esselstyn said.

"You're bathing this horrible oxide caldron of inflammation with all of these powerful antioxidants," Esselstyn said. He also advises staying away from pills and vitamins that supposedly supply the nutrients, because they aren't as beneficial. And for those who want to relegate all this to the juicer, he added that chewing food is better than juicing, because fructose isolated from fiber is absorbed too rapidly and is damaging.

Esselstyn said he has seen a plant-based diet reverse younger plaque buildup and halt symptoms such as chest pain, angina and erectile dysfunction. Major improvements in patients are possible in less than a year, he added.

"All of those non-plaque-containing vessels can suddenly be renewed to create additional nitric oxide," he said. "Even these middle-aged patients with plaque that will not regress can still be restored to full activities of daily living without restriction or disease progression."

Esselstyn's program isn't for everyone, however, and Dr. Yoni Freedhoff, medical director of the Bariatric Medical Institute in Ottawa, Ontario, recognizes that.

"There are people out there who absolutely have dramatically improved their health, longevity and quality of lives with very strict plant-based diets, but we're all built differently," said Freedhoff, who specializes in weight management and writes the blog WeightyMatters.ca. "We present the dietary ticket to success as perfection, and that's a really impossible goal."

Freedhoff said people who want to make big changes in their diet should start by replacing the least healthy meal in their diet with a more nutritious option and go from there: Cook more, reduce meals out by half and reduce the number of boxed and jarred foods by half.

As for meat, minimizing the amount rather than eliminating it is a more realistic goal initially, he said, and avoiding processed meats is a good idea. He encourages having fattier fish a few times a week and said there is clear evidence that diets rich in fatty fish are good for cardiovascular health. In addition to smaller portions of meat, he recommends a wider variety of foods, especially fruits and vegetables.

"I'd rather somebody embrace imperfection and live the healthiest life they could enjoy," Freedhoff said.
Change your fitness mindset

Creating mental and physical connection can alter our hang-ups about exercise

BY MIKE PLUNKETT

The Washington Post

It's still a new year, and you may feel like a fitness failure. Join the gym, find a yoga class or lose 10 pounds? Not a chance. Go from couch to ski?

Still on the couch. Achieve that feeling of euphoria your friends say they get after SoulCycle?

It's still Greek to you. Instead of calling it quits for the year, what if you resolved to change your mindset about fitness?

In his book "How to Think About Exercise," Australian philosopher Damon Young offers a foundation to fulfill that resolution. As part of the School of Life book series that had its U.S. release in January, Young uses philosophical inquiries to explain how we in the West came to think about exercise and fitness and how that way of thinking is a major barrier to being fit.

"This is one of my motives: How can exercise become a normal part of everyday life?" Young said to me via email. "Exercise is often a sad for buffed 20-somethings or a spectator sport. How can ordinary people reclaim the pleasures and rewards of exercise, over a lifetime?"

Young argues that much of our thinking comes from the philosophical separation of mind and body, a dualism that permeates Western thought. We as a society put more value on intelligence and mental ability than on the body and its improvement, he says. When the body is worked out, it's to fix a deficiency. Combined with the stereotypes of dumb jocks, it creates "an outlook that sees physical and mental exertion as somehow in conflict," he writes in his book.

"People are living sedentary lives and trying to overcome this by treating their bodies as machines needing a tuneup," Young told me.

So what should be the purpose of exercise? According to Young, exercise is striving toward wholeness and a fuller life. Fitness is a quest for character, virtue, beauty and pleasure. The point of intelligent exercise is full embodiment of that, a commitment to working out the body and the mind together.

Young looks to the ancient Greeks, who saw fitness as the way to push themselves physically and mentally and to reap the rewards of that effort. "This is the Greek lesson," Young writes in his book, "What we get out of the gym is more than a buffed body; it is a more defined version of ourselves."

That's great for the philosophy majors on the elliptical machines, but how about the rest of us? To see how Young's arguments can have a practical application, I contacted my college friend Jennifer Gleeson Blue, who works as a restorative exercise specialist and personal trainer in West Philadelphia and features her work on her website, theseisbody.com. Her focus is on movement, teaching clients to be fully aware of how their body is positioned. Her goal is mindful alignment at all times.

She described alignment and form as the right relationship of parts.

"At the most basic, mechanical level, it's the intersection, the sweet spot of joint stability and range of motion," Blue said. "So in that regard, the right relation of my femur to my pelvis would mean I would have a certain amount of hip flexion and hip extension available to me as allowed by all the muscles, fascia and connective tissue that exists at that joint."

The right relationship also is the mind and body interacting.

"It takes an unbelievable amount of mindfulness to maintain (alignment). Even as I am talking, I noticed that my ribs were a little lifted, so I dropped them down. I do that all day. The change requires an incredible amount of consistent mindfulness."

"I don't like it, and I'm sure nobody likes that. We're a quick-fix culture, and we don't want to think too hard about it."

It takes effort, but thinking about how you sit, stand, walk, do squats or ride a bike can help you gain a better sense of how your body works while maximizing exercise. Ask yourself: What exactly are you working out? What are your muscles for?

Young points out that fitness implies that you're fit for something. For some people, that means fit to compete and, most important, fit to win.

While winning is worthwhile, it can create frustration. A common misconception is that if you didn't win, then there was no point in trying. Young argues there's a different impetus at work in an inner challenge. As he writes, "the goal is not simply to win but to impress upon the world the stamp of our own existence, to walk away with a heightened feeling of our own enterprise."

Striving involves pride in our abilities, humility in our limitations, pain and sacrifice in embracing the costs and pleasure in the journey.

Nelle Pierson, the 26-year-old outreach coordinator for the Washington Area Bicyclist Association, spoke to me about using her bike commute as an opportunity to compete in what she calls her micro-challenges.

"For a lot of people, when they start biking, it can be really hard to get to the top of the hill of their neighborhood," Pierson said.

"Turn that into a micro-challenge. Today, I'm going to get three-quarters up that hill. You can find these little segments of your ride to really push yourself."

And when you complete the challenge, Pierson said, make sure to celebrate. "Once I get to the top of the hill, I pump up my arms in the air and say, 'Yes! I turn it into my finish line.'"

Will Handsfield, a Washington resident and transportation manager for the Georgetown Business Improvement District, leads an active lifestyle, having run and swum competitively. Now that he has children, he's using his bike commute to keep fit.

"I'm not trying to make my legs bigger or more shapely," Handsfield said. "I'm trying to make them function."

Bike commuting may not be seen as a high level of competition, but Handsfield points out there's virtue to be found.

"I find nobility in the idea that most of the places I'm going, I'm self-propelled. I'm moving myself with my own energy. I think that's something we've lost a little in the U.S. because it's so easy to hop in a car. When you do carry your own stuff, it's a real sense of satisfaction."

The satisfaction in physical striving isn't exclusive to biking, and there's nothing wrong with gyms or fitness competitions. What is important is your motivation.

The year is still new, and there's time to lose 10 pounds and join the gym. Instead of making those goals end in themselves, resolve to have a different mindset. Create a mental and physical foundation to have a healthy year and a healthy life.

All it takes is a desire to be whole.
Deeply colored and full-bodied wines warm us in winter. A simple beef stew makes a welcome companion.

Wine is a food, and as such, our moods for it change with the seasons just as they do for the solid stuff we eat. A lot more rose and dry white are sold in summertime; this is the time of year for teeth-staining reds and fortified wines that can be too heavy for midyear heat.

I’d like to recommend some wines that pair nicely with wintertime eats. I’ll offer some suggestions for the latter as well. These are some of the better red wines I’ve sampled during the past few months, and I’ll tell you why.

I played a little game with myself to see how many countries I could cover — seven — plus give you a wide price range as well.

A sweet fortified first, then the reds, listed from lightest- to heaviest-bodied.

Graham’s 20 Year Old Tawny Port, Portugal: My feeling is that the wooded port that shows its age the most expressively is the 20-year-old tawny. The 20s are viscous enough to entice back and again; and so lengthy on the palate that they haunt. (Older tawnies, in my view, overplay all of that and hence suffer nuance.) This delicious, come-hither mix of nuts, citrus and darkness (toffee, coffee, chocolate) is superb. Best by itself (and a hearth) or with dried nuts, dried fruit, rich heavy cake or lighter chocolates. $40-$46

2010 Vina Real Crianza, Rioja, Spain: The truly great thing about Rioja reds is how much you get for so little, all a function of the winemaking style there. Riojas tend to sport years of aging at the winery, the cost of which is not passed on to you, as it would be from other regions. This is a beautiful almost 5-year-old red Rioja: all cherry fruit and soft tannin, polished by years in barrel and bottle. The liveliness of Rioja red is refreshing too, especially at table. Lamb, of course, but also anything from pizza to a rich vegetarian. $12-$18

2012 Edmeades Zinfandel Peril Vineyard, Mendocino Ridge, California: It’s terrific when wood is so well integrated into a red wine that, though its aroma is upfront on first snort, it has also become part of the wine and doesn’t call unneeded attention to itself, distracting from what else is there: buckets of bright red fruit (raspberry and cherry especially), with subtle notes of brown cooking spice and black pepper. America’s new zinfandel is killer delicious, like this one. Gimme deep-dish pizza or anything else with tomatoes in it or on it. $30

2012 Vinas del Vero La Mirada de Secastilla Garnacha, Somontano, Spain: What’s best about grenache/garnacha is its in-your-face perfume that just says, “Drink me!” This is from high-altitude vineyards just recently rediscovered and refurbished for modern winemaking, and it shows bright fruit, soft tannin, super-juicy finish. Vegetarians and vegans would appreciate its flexibility with nonfat proteins. $14

2011 Ktima Drijopis, Nemea, Greece: This comes from central Greece and is all agiorgitiko, the justly famed red grape of Nemea. Higher altitude allows for a long maturation of the effulgent aroma in the wine, but a retention of refreshing, table-friendly acidity as well. Lots of dark cherry flavor here, with spice and green herbal notes. Solid tannin, so pair with some fat or oil on the plate. Grilled tuna would be nice; or something from veal or turkey; also any cheese-vegetable dish. $30-$38

2011 Bastianich Vespai Rosso, Frulli Venezia Giulia, Italy: When a big red comes across the palate softly, plumply, that’s a neat trick and a delight. This is half merlot and then a mix of Friulian and French red grapes; it’s bold, brooding, something to chomp on, but gorgeously accented with vapor-menthol “lift” and line; and though there are ample tannins, they’re plumply rendered and so carry the flavors and aromas through to a nonstop finish. More lamb to go with the minty note, but even baked ziti. $25-$30

2011 Bodegas Cal Blanca, Toro, Spain: An amazing value for all that’s packed into the bottle. All tempranillo, this is as dark as a poolee’s nose, with some gripping but chalky tannins just asking for food. The dark red-black fruit (blackberry, black currant) is very pretty accented with spicy and earthy notes, but it’s the rich tannins that will turn on the tongue. Stews, ragouts, especially meat-and-bean combinations would be delicious. $13-$18

2009 Meerlust Red Blend Rubicon, Stellenbosch, South Africa: In the Bordeaux fashion, this well-respected estate blends nearly three-quarters cabernet sauvignon with merlot, cabernet franc and a smidgen of petit verdot. It’s a splendid take on a wine from a classified chateau in the Medoc that would cost two to three times as much. All it adds is a bit of South African mood and more tannins than the French are comfortable with these days. Drink with wild mushrooms sauteed in lots of olive oil or elevate a medium-rare hamburger. $25-$35

2011 El Enemigo Cabernet Franc, Mendoza, Argentina: So many layers of flavors, aromas, textures and even a multilayered finish that it would help to have a calculator on hand. The dominant dark fruit is accented with earth, graphite and black pepper, the texture attacks right on the sip, but then plays out with vapor-menthol “lift” and line; and though there are ample tannins, they’re plumply rendered and so carry the flavors and aromas through to a nonstop finish. More lamb to go with the minty note, but also a nice beef stew or even baked ziti. $25-$30

If your wine store does not carry these wines, ask for one similar in style and price.

Bill St. John has been writing and teaching about wine for more than 40 years.

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Late to the party

BY JOHN VERIVE
Special to Tribune Newspapers

Even if you haven't yet fallen into the craft beer rabbit hole — a warren of minutiae and terminology that can make even a brewer's head spin — it's helpful to get a grasp on some of the more common terms that beer writers and beer geeks use to discuss the beverage that thrills them. Here are six terms often tossed around without much explanation, plus beer suggestions that exhibit the idea.

Wort: It all starts with wort, the sweet liquid created by steeping malted barley in hot water and boiling the resulting liquid with hops. It becomes beer once the yeast is added and fermentation takes place. Try: Whatever's in your glass.

Specific gravity: The measure of density of a liquid, specific gravity is used to communicate how much sugar is dissolved in the unfermented wort (called "original gravity") or finished beer ("final" or "terminal gravity"). A brew with a higher original gravity ends up with a high alcohol content. The yeast had more dissolved sugars to eat, which resulted in the production of more alcohol. The converse is also true. A brew with a very dry finish (also called "well attenuated") will usually also have a low final gravity — less dissolved sugar in the final beer means a less sweet flavor. Try: A typical West Coast-style IPA (such as AleSmith's), for a beer with moderately high starting gravity resulting in moderate alcohol and a dry finish. East Coast IPAs (think Dogfish Head 60 Minute) typically feature a sweeter finish.

Session beer: Typically a low-alcohol beer (anything under about 5 percent) that's flavorful enough to hold your interest for several pints during a drinking session. Try: Stone's Go To IPA or State-side from the Three Weavers Brewing Co.

Bottle conditioned: Some beer styles — typically Belgian beers, but also many craft-brewed beers and home brews — are naturally carbonated in the bottle (as opposed to force-carbonated with carbon dioxide in the tank). A bit more sugar (and sometimes a dose of fresh yeast) is added to the nearly finished beer just before it's packaged. The extra fuel kicks off a mini-fermentation, which results in a touch more alcohol and enough CO2 to carbonate the beer in the bottle. Try: Belgian abbey ales (a dubbel or tripel) from St. Bernardus or Chimay.

Knowing the language of beer geeks can help you understand what's in your glass. For example, wort: Every beer starts with wort, which is the sweet liquid created by steeping malted barley in hot water and then boiling the resulting liquid with hops.

Noble hops: While there are dozens upon dozens of hop varieties being grown today, only a tiny fraction can rightfully be called noble hops. Traditionally, the ranks have included four continental European varieties with similar floral, earthy flavors and lower levels of bittering acids: Tettnang, Hallertauer Mittelfruh and Spalt from Germany, and Saaz from the Czech Republic. Try: European lagers, especially golden Pilsners.

Bugs: The myriad bacteria and wild yeasts that make sour beers and wild ales so funky and puckering are collectively called "bugs." The wild yeast Brettanomyces ("brett") can lend complex flavors to a beer — from bright tropical fruit scents to dusty, sweaty aromas lovingly described as "barnyard" or "horse blanket." Lactobacillus and Pediococcus are two common types of bacteria used in beer to consume sugar molecules that brewe's yeast doesn't usually like. They create lactic acid as a byproduct and are largely responsible for the sour in sour beer. Try: For the brett character, Orval from Belgium.
Treat your valentine to pumpkin pancakes

**By Kay Steppin**
Special to Tribune Newspapers

Who needs chocolate? An equally delicious way to celebrate Valentine's Day is with these pumpkin pancakes — crisp on the outside and pumpkin-moist in the center. Not only do they taste divine, they also infuse the house with the most lovely, delicately spiced aroma.

You could even cook some of them up using heart-shaped cookie cutters, about 3 inches in diameter. Carefully spray oil on the insides of the cutters and set them on the heated pan. Pour in the batter, level the surface with a rubber spatula and cook the first side, then carefully remove the hot cookie cutter with tongs and turn the pancakes.

**Tips**
- If using a griddle that covers two burners, be sure to turn on — and, later, to turn down — the heat on both. And don't ask what brings this to my mind.
- Look for baking powder that is aluminum-free.

*foods@tribune.com*

**Pumpkin pie pancakes**

*Prep: 15 minutes  Cook: 12 minutes  Makes: 8 pancakes*

- 1/3 cup pecans
- 1/4 cup pumpkin puree
- 2 tablespoons each: olive oil, maple syrup
- 1/2 teaspoon vanilla
- 3/4 cup soy milk, plus more as needed
- 1 cup plus 2 tablespoons whole-wheat pastry flour (140 grams)
- 1 tablespoon baking powder
- 1/2 teaspoon each: cinnamon, allspice, nutmeg
- 1/4 teaspoon sea salt

1. Place pecans in a dry skillet over low heat. Toast, stirring frequently until fragrant, about 5 minutes. Coarsely chop pecans.
2. Stir pumpkin puree, 1 tablespoon oil, maple syrup and vanilla together in a bowl. Gradually stir in 3/4 cup soy milk.
3. In a second bowl, combine flour, baking powder, cinnamon, allspice, nutmeg and salt. Reserve 1 tablespoon of the chopped pecans; stir the rest into the flour mixture. Pour dry ingredients all at once into the bowl of wet ingredients. Stir just until combined. Let batter rest at least 5 minutes.
4. Coat a skillet or griddle with some of the remaining oil; place over medium-low heat. When a drop of water sprinkled on the grill sizzles, pour batter onto grill to form pancakes, using 1/4 cup for each. Turn heat to low; cook until bottoms start to brown, about 4 minutes. Flip carefully with a spatula; cook, 3 minutes. (Do not press pancake down after flipping.) If you prefer a thinner batter, add more soy milk, 1 tablespoon at a time, to batter until you get the consistency you like.
5. Keep finished pancakes warm while cooking the rest of the batter. Serve with remaining chopped pecans.

**Nutrition Information per pancake:** 153 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 20 g carbohydrates, 3 g protein, 307 mg sodium, 3 g fiber
Warm up with pot of greens

BY Russ Parsons
Tribune Newspapers

And so we enter our greens days. When the weather turns damp and chilly, when gray skies have you feeling spent and lethargic, there is nothing like a pot of long-simmered greens to warm you and fill your empty spaces.

My wife and I regularly pick up a bucket of them from our local barbecue stand to serve with crumbled cornbread — it is about as good a winter dinner as I can imagine.

But as delicious and soul-satisfying as greens are steamed the traditional way with smoked pork, there are many other ways to cook them. Here are a few of my favorites.

Kale, collards, chards, mustards, dandelions, even turnip and beet greens have their own distinct personalities, but they can be used more or less interchangeably. The result will be different in character but still delicious. Choose whatever looks best at the market or, preferably, a combination of as many as you can find.

The packages of already chopped greens mixes are a convenience but tend to be a little sloppily sorted for my taste. Poke through and toss as many of the woody stems as possible. If you're starting from scratch with whole leaves, trim the stems to the point that it becomes easily flexible.

It may seem paradoxical, but fresh greens are actually at their best after they've been cooked awhile. The color fades, true, but the flavor, which can be a bit harsh and bitter when raw, mellows to become sweet and complex, and the texture becomes silky.

Greens shrink incredibly during cooking. What might seem like a sinkful when you wash them will wilt quickly when you heat them. The best way to cook greens is by the handful. Use a wide pan to accommodate as many as possible, and add another handful only after the first has reduced.

Once you've cooked the greens low and slow until they're almost melting, you can start playing with the flavorings.

Collard greens with roasted peanuts and crushed red peppers: Add peanuts you've toasted in oil to blanched greens flavored with chili peppers and lots of garlic.

Greens with crisp breadcrumbs: Toast breadcrumbs in olive oil to add crunch to blanched greens.

Swiss chard with golden raisins and lemon breadcrumbs: Toast the breadcrumbs with lemon zest, and add them and soaked raisins to greens you've braised to sweet silkiness.

Greens with spicy lemon-cumin oil: Make an aromatic oil by warming olive oil with cumin seeds, red pepper and lemon zest. Add this a teaspoon or so at a time to braising greens so they absorb the flavor slowly.

Quesadillas stuffed with greens and feta: Fry corn tortillas you've stuffed with braised greens and feta or goat and mozzarella cheeses.

Greens soup: Simmer tough greens and potatoes until they're tender, then finish with tender greens such as spinach or arugula.

Southern comfort soup: This is my go-to when the flu calls. Simmer shredded greens and lots of garlic, then stir in cooked rice. A bit of sherry vinegar and a grating of Parmigiano at the end make all the difference.

A guide to greens

Here's a vest-pocket guide to which green is which.

Kale: Pictured above, today's darling salad green has always been one of the best cooking greens. The flavor mellows nicely; the texture is tender. Befitting its star status, there are a variety of kales available today, and the darkest tend to be the best flavored.

Collard: A Southern specialty, collards have a mild flavor, but the thick leaves have a rich, meaty texture when cooked.

Mustard: Wonderfully peppery, mustard greens have strong flavor but a delicate texture.

Chard: Slightly bitter when raw, the sweet, earthy side of chard comes out with cooking. Red chard has a touch of beet flavor. It's equally prized for its stalks and greens, which are usually cooked separately.

Dandelion: The bitterest of the greens, with cooking it remains assertive but turns more earthy and nutty.

Turnip and beet: Tender leaves that taste like milder versions of the roots.
Five fresh films to consider for Valentine's Day viewing

By Bruce Ingram
Pioneer Press

We all know the classics, from "Casablanca" to "Breakfast at Tiffany's," but there's no law that says you have to go vintage when choosing a movie for Valentine's Day.

Romance is a perennial in movie theaters, after all, so there's a love story to choose from almost every week. (Just don't make the mistake this week, of choosing "The Boy Next Door"). Which means there are lots and lots of relatively recent films out there perfectly capable of putting your heart through its paces.

Here are five refreshingly unfamiliar options from the past five years to consider, if the old standbys won't cut it this Feb. 14. Not that the course of true love appears to be heading in any radically new direction.

"Crazy, Stupid, Love" — Steve Carell is at his best as a dedicated family man trying, ineptly, to recover his manhood after his beloved wife (Julianne Moore) cheats on him and asks for a divorce. In addition to being a smart, funny, far-above-average romantic comedy, it scores impressive dramatic points about how crazy, stupid, complicated and painful the big L can be.

"Enough Said" — It's a shade lighter in terms of emotional heft compared to writer/director Nicole Holofcener's terrific previous efforts, but "Enough Said" is still a substantial, thoughtful and casually witty comedy-romance. And it comes with a particularly warm and engaging performance from James Gandolfini as a bruised survivor of divorce gambling on a new woman (Julia Louis-Dreyfus) while the specter of his ex looms in the background.

"The Lunchbox" — A million-to-one error in Mumbai's impossibly accurate hot-lunch delivery service results in a love connection in this very modern, yet very old-fashioned romance from India. Irrfan Khan ("The Life of Pi") plays a soon-to-retire widower who mistakenly receives lunches meant for the husband of a neglected housewife — leading to a correspondence that gradually turns into something akin to courtship. Though one last big step still needs to be taken.

"Warm Bodies" — The most romantic zombie movie you're ever likely to see. There's a moderate amount of gore to placate zombie purists, but the emphasis is on smart, subtle comedy and awkward young love as undead teenager R (Nicholas Hoult) falls for alive-and-kicking Julie (Teresa Palmer). After eating the brain of her boyfriend. Hence the awkwardness. Which only becomes more pronounced as his awakened heart slowly restores his humanity in general.

"Upside Down" — Romeo and Juliet had it easy compared to the star-crossed, gravitationally challenged lovers in this wildly implausible but visually dazzling sci-fi fantasy romance. Kirsten Dunst and Jim Sturgess fall in love after climbing mountains on their opposing twinplanets, which somehow exist face to face and separated by a few hundred yards. Unfortunately, contact between residents of their worlds is punishable by death. Nothing that happens makes much sense, but if you have enough of an amorous inclination, who needs logic?

Bruce Ingram is a freelance reporter.

James Gandolfini and Julia Louis-Dreyfus in "Enough Said."
If you're old enough to remember what it was like to see "The Deer Hunter" or "Goldfinger" on the big screen back in the day, and you long to share that experience with the less fortunate, Cinema Retro could be what you're looking for.

George Mangan of Winnetka, a lifelong movie buff and collector, launched the five-film program Jan. 18 at the Wilmette Theatre with a remastered digital print of "The Deer Hunter." And with a pre-film cartoon instead of half an hour of commercials and trailers.

"I picked films from the '60s and '70s because a lot of people are around who had the chance to see them when they were first released," said Mangan, a Wilmette Theatre board member who proposed Cinema Retro as a way of diversifying the theater's usual menu of contemporary indie and art-film fare. "It's designed to be a nostalgic experience to a certain extent - an opportunity for Baby Boomers to bring younger friends and family who might not have had the chance to see these great movies on the big screen."

Mangan will serve as host for all five films - including the original, 1962 "Cape Fear," Feb. 15, "Once Upon a Time in the West," March 22, "Goldfinger" April 17 and the original "Planet of the Apes" May 31 - providing production info and setting each in the context of their times.

"They're all genre movies, one Western, one war movie, one thriller, etc., and they're all pretty much my favorites in each category," Mangan said. At least his favorites among the vintage titles that are available in remastered DCP prints.

"I also chose films that have amazing scores by great composers like John Barry and Ennio Morricone and Jerry Goldsmith," he added, noting that he has created a pre-screening audio montage featuring dialogue and music from each film in the series.

"It's rare to find scores like these in movies these days. When was the last time you went to a movie and left humming the music?"

Of course, Mangan expects the key ingredient in the Cinema Retro experience to be the chance to experience these films in a theater with other fans.

"It's just not the same watching them at home by yourself," he said. "Even if you have a nice home theater with a big screen, you're not going to get the same impact."

"The communal experience, the opportunity to enjoy these great movies with an audience, that's a big deal."

Cinema Retro continues at 3 p.m. Feb. 15 with a screening of "Cape Fear" at the Wilmette Theatre, 1122 Central Ave., Wilmette. Tickets are $10. For more information, call (847) 251-7424 or visit www.wilmette theatre.com.
There's a make-or break moment that comes roughly midway through "La Cage Aux Folles," a number that — done wrong — renders everything before it meaningless and everything after it anticlimactic. It starts unassumingly enough, with a lone figure on stage, not singing but barely speaking four small words, "I am what I am." From there, "I Am What I Am" gradually but ruthlessly soars into a 12-alarm fire of a self-affirming anthem, ending not just with a mighty roar but with a wig hurled across the stage in a gesture of rage and self-empowerment. Albin, the "transvestite" pair in the gay couple that also includes "plain homosexual" Georges (David Hess) ends the number with an uncompromising fabulosity.

At the Marriott Theatre staging of "La Cage," directed by Joe Leonardo and running through March 22, the all-important number falls to Park Ridge's Gene Weygandt, a triple threat singer/dancer/actor arguably known more for a sly, slightly understated sense of wicked menace than for histrionics. But here, as Albin's fierce showgirl alter-ego Zaza he's worth every rhinestone in his skin-tight gown. He makes the song an unbridled ode to joy that has the power to instill pride in every questioning youth (or adult) lucky enough to be sitting in the audience. It's glorious.

"I Am What I Am" may be the signature showstopper, but the 11-time Tony-winning "La Cage" has plenty more going for it. Based on the 1973 French play, the musical's score comes courtesy of Jerry Herman ("Mame," "Hello, Dolly") and a clever book by the unstoppable Harvey Fierstein ("Kinky Boots"). When it premiered over 20 years ago, the show was revolutionary. Wearing one's pride out, loud and uncompromising was an act of supreme bravery. It still is, even though — thankfully — gay marriage and civil rights have made significant advancements.

The basic story, though, is classic boy (Alvin and Georges' son Jean-Michel, played by Brian Bohr) meets ingénue Anne (Elizabeth Telford). The complication is that Anne's ubercconservative parents M. (Fred Zimmerman) and Mme. Dindon (Anne Gunn) are on a quest to raze every last den of inequity (read: nightclub) on St. Tropez, where La Cage is the nightclub crown jewel and Zaza its biggest bauble. Once the Dindons discover that Albin and George are not only gay but have a son and most unforgivably, show no signs of repentance, all hell breaks loose.

Not to worry, this is musical comedy not tragedy and all ends well. But not before some highly entertaining shenanigans. Among those are the endless delight of the Cagelles. Kudos to choreographer Melissa Zaremba for continually ratcheting up the jaw-dropping moves the Cagelles perform. Every last one of the Cagelles (J Tyler Whitmer, Raymond Interior, Adam Estes, Jordan Fife Hunt, Clayton Cross, Zachary L. Gray and Jhardon DiShon Milton) is a showgirl extraordinaire and deserve combat pay for some of the moves they're called on to undertake.

Fierstein's book retains its charm and its naughty humor, delivered to perfection by Hess and Weygandt. And there is great fun to be had in watching Zimmerman's Dindon get his comeuppance in the end. Yes, the world has evolved since "La Cage" first came into the world. The show itself, at least at the Marriott, remains timeless.

Catey Sullivan is a freelance reporter.
Generations can learn together at Library

"A Day In My Life" hosted in Skokie

By Myrna Petlicki
Pioneer Press

Kids and grownups will learn from each other at "A Day in My Life: Intergenerational Program," 1:30 p.m. Sunday, Feb. 22 at the Skokie Public Library, 5215 Oakton St.

Learning Experiences Manager Amita Lonial said that they wanted to involve kids in Skokie and Niles Township's annual Coming Together program, which focuses on Voices of Race this year.

"Skokie is such a diverse community," Lonial noted. "We have families from all over the world. We have over 90 languages spoken here. We thought why not invite children to bring along a beloved caregiver - be it a parent or a grandparent, an aunt or an uncle - and invite them to talk about what it was like to be a child at another time or possibly in another place."

Kids and adults will converse in pairs but there will be some group sharing at the end.

Each child/adult couple will create a book to capture the stories.

Light refreshments will be served.

For details, call 847-673-7774 or go to www.skokielibrary.info.

Spectacular circus

Otherworldly designs, surprising acrobatics, mime and live music will be used to follow the journey of two clowns in "Circuscope," 7:30 p.m. Fridays, 4:30 p.m. and 7:30 p.m. Saturdays, and 3 p.m. Sundays, Feb. 14-March 22 at the Actors Gymnasium, 927 Noyes St., Evanston. The show features acclaimed Chicago performer Dean Evans. Tickets are $15-$20.

For details, call 847-328-2795 or go to www.actors-gymnasium.org.

Walking in a winter wonderland

That's the plan for a Winter Wonder Walk, for children ages 3 and older with an adult, 1:30-2:15 p.m. Sunday, Feb. 15 at Emily Osks Nature Center, 4650 Brummel St., Skokie. A naturalist will lead the hike. Afterward, hot cocoa will be served. Cost is $4 per person.

For details, call 847-674-1500, ext. 2500 or go to www.skokieparks.org/emily-oaks-nature-center.

Eureka!

You and your kids will make cool discoveries at Science Night, 6-7 p.m. Tuesday, Feb. 17 at Wildwood Nature Center, 529 Forestview Ave., Park Ridge. You will do experiments, work on projects and play together. The cost is $12 per family. Registration is required.

For details, call 847-692-3570 or go to www.prpark-s.org.

They've got your number

...at Second Saturday Breakfast Bingo, 9:30-10:15 a.m. Saturday, Feb. 14 at Niles Public Library, 6960 Oakton St. Families will enjoy breakfast treats as they compete for prizes at Bingo.

For details, call 847-663-1234 or go to www.nileslibrary.org.

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FOOD

African crops at heart of Mardi Gras cuisine

BY VERONICA HINKE
Pioneer Press

In rural Vacherie, La., in the heart of Cajun country, Oak Alley Plantation rises amid the thick of mossy trees and billowing sugar cane fields. Inside the antebellum estate, which, true to its name, is framed in an alleyway of 300-year-old Oak trees, the foods of the African slaves that once sustained the vast property are celebrated in a recreated exhibition of their former quarters. Three important ingredients—watermelon, okra and cow peas (or black-eyed peas)—are highlighted on a plaque as foods that were introduced into Cajun cuisine from Africa.

We'll be seeing two of those ingredients—black-eyed peas and okra—soon in plenty of Mardi Gras meals. As the plaque at Oak Alley Plantation documents, the Bantu name for Okra, ki ngombo, is the root of the word gumbo. “Okra, then and today, was used in gumbo as a thickening agent,” said Debra Mayhew, director of marketing at Oak Alley Plantation Restaurant & Inn.

At some point, okra collided with a type of paella in the heavily Spanish-influenced region—and jambalaya evolved.

Jambalaya, as sure a symbol of Mardi Gras as the king cake, wouldn't be the same without okra. At The Lantern in Lake Forest, chef Israel “Izzy” Valerdi makes a traditional jambalaya. He includes sautéed chicken, jumbo tiger shrimp, Andouille sausage and plenty of okra.

“I love this recipe because of all the different ingredients and the unique flavors it brings together,” Valerdi said.

At Bluegrass in Highland Park, chef Brian Bishop recently dreamed up a recipe for Roasted Dirty Rice-Stuffed Quail and Fried Okra. He made the rice with chicken livers, Andouille sausage, sautéed onions and garlic and a splash of cognac. “I was browsing recipes from down South to prepare for a recent beer dinner at Bluegrass,” he said. He was inspired to make what he considers a sort of de-constructed gumbo. “It has all the components of what would be in a gumbo,” he said. “I like to take classic foods and elevate them.”

Deep frying okra instantly makes the seeds more intact, which reduces that gooey sensation okra is famous for. “After cooking okra other ways, I don't know how else to say it: it's gooey,” Bishop said.

Bishop and Bluegrass staff member Diane Sandler will share some of their other intriguing approaches to cooking Creole during a Mardi Gras Cooking School they will host at Bluegrass at noon on Saturday, Feb. 14. They class will feature Smoked Turkey Legs, Corn Hush Puppies, and a quick course in “Oyster Shucking 101.”

A bowl of jambalaya is ready to leave the kitchen at The Lantern in Lake Forest.

Jambalaya

SAUCE:
2 cups onion, diced
2 teaspoons garlic, chopped
1 bunch celery, chopped
1 cup okra
1 tomato, diced
2 tablespoons favorite Cajun seasoning blend
4 bay leaves
1 cup chicken stock
Sweat (sauté) onion, garlic, celery and okra in olive oil. Add tomato, seasoning, bay leaves, and chicken stock. Simmer until ingredients thicken. Remove bay leaves.

MEAT STOCK:
4 ounces chicken breast, diced
4 ounces tiger shrimp
4 ounces smoked andouille sausage, sliced
In a separate pan, sauté chicken, shrimp and sausage.
Combine meat and sauce.

South,” he said. On one of those trips he discovered Green Gator. It’s a slushy cocktail made with rum and pineapple juice.

“It's an old Southern classic,” Lederer said. “When you go down there, you'll see Green Gators in slushy machines.”

Lederer and his Bluegrass team host cooking school events throughout the year.
GO CALENDAR

Listings are subject to change. Please call the venue in advance.

Friday, Feb. 13

Private Lives: Noel Coward's best known comedy tells the story of divorces Elyot and Amanda who are perfectly happy honeymooning with their new spouses in France. To their surprise, they bump into each other on their adjacent hotel balconies. Each trying unsuccessfully to convince their new spouse to leave immediately to avoid another awkward encounter, the two quickly rekindle their old flame. 8 p.m., Friday, 7 p.m. Saturday and 3 p.m. Sunday, Metropolis Performing Arts Centre, 145 W. Campbell St., Arlington Heights, $30-$38, 847-577-2121

First Date: When blind date newbie Aaron is set up with serial dater Casey, a casual drink at a busy New York restaurant turns into a hilarious high-stakes dinner. As the date unfolds in real time, the couple quickly finds that they are not alone on this unpredictable evening. 7 p.m., 7:30 p.m. and 9:30 p.m., Friday, 5:30 p.m. and 8 p.m. Saturday, 3 p.m. Sunday and 7:30 p.m. Feb. 19, Royal George Theatre Center, 1641 N. Halsted St., Chicago, $49, 312-988-9000

Red Bud: Written by Brett Neveu and directed by Brant Russell, this play follows some middle-aged friends tapping into their youth on a regular trip to the Red Bud motocross race. The group has nearly wrung their mutual friendship dry and uses the overnight episode to revive past glories, play asinine games and beat the holy hell out of each other. 8 p.m., Friday, 7 p.m. Saturday, 3 p.m. Sunday and 7:30 p.m. Feb. 19, Royal George Theatre Center, 1641 N. Halsted St., Chicago, $49, 312-988-9000

The Addams Family: The quirky Addams family comes to town via this strange and comic musical. 7:30 p.m., Friday, 3 p.m. and 8 p.m. Saturday, 3 p.m. Sunday, Thursday 7:30 p.m. Wednesday and 3 p.m. and 8 p.m. Feb. 19, Mercury Theater, 3745 N. Southport Ave., Chicago, $45-$65, 773-325-1700

Circle-Machine: An American woman aboard is mistakenly left holding the newborn child of the First Secretary of the Community Party as the Berlin Wall comes crashing down. In the confusion of revolution, she decides to escape the chaos and corruption to raise the child in the safe embrace of the West. 8 p.m., Friday, 8 p.m. Saturday, 7 p.m. Sunday and 8 p.m. Monday, Oracle Theatre, 3809 N. Broadway, Chicago, $24-$290

The Sweeter Option: Strawdog Theatre's 100th production is this world premiere psychological thriller set in 1971 Chicago, written by John Henry Roberts and directed by Marty Lyons. "A low-rent investigator named Tucker (Sam Guinan-Nyhart) tracks a stolen rent-a-car and stumbles deep into an embezzlement scheme gone sour," how promotional materials describe the play. "There's enough cash up for grabs to finance a whole new life, but the only way to do it is through Irene Pike (Michaela Petro), a suburban housewife who is clearly more than she lets on." 8 p.m., Friday, 8 p.m. Saturday, 4 p.m. Sunday and 8 p.m. Feb. 19, Strawdog Theatre, 3829 N. Broadway, Chicago, $28, 866-811-4111

The Revenants: This dramatic play by WildClaw Theatre at the Athenaeum Theatre follows two couples in hiding during an undead apocalypse. "Gary and Karen tether their turning partners, Molly and Joe, for the safety of all," according to promotional materials. "But as Molly and Joe falter deeper into sickness, the question of whether or not they are still themselves becomes harder and harder to answer as they become more threatening." 7:30 p.m. Friday, 7:30 p.m. Saturday, 3 p.m. Sunday and 7:30 p.m. Feb. 19, Athenaeum Theatre, 2936 N. Southport Ave., Chicago, $10-$20, 773-935-6875

Original Tease: The monthly burlesque show includes go-go dancers, singers and more. 9 p.m. Friday, 10:30 p.m. Friday, Lincoln Tap Room, 3010 N. Lincoln Ave., Chicago, Free, 773-868-0060

Book of Merman: Pride Films and Plays presents this comedy musical by author Leo Schwartz and director Daves Elyot and Amanda who are perfectly happy honeymooning with their new spouses in France. To their surprise, they bump into each other on their adjacent hotel balconies. Each trying unsuccessfully to convince their new spouse to leave immediately to avoid another awkward encounter, the two quickly rekindle their old flame. 8 p.m., Friday, 7 p.m. Saturday, 2 p.m. Sunday and 7:30 p.m. Feb. 19, Black Ensemble Theatre, 4450 N. Clark St., Chicago, $35-$65, 773-769-4451

Too Much Light Makes the Baby Go Blind: The longest-running show in Chicago, it's a one-hour blitz of 30 extremely brief plays. 11:30 p.m. Friday, 11:30 p.m. Saturday and 7 p.m. Sunday, The Neo-Futurarium, 5153 N. Ashland Ave., Chicago, $9 plus the roll of one die ($10-$15) or $20 for advance reservations, 773-727-5255

Book of Mormon: When blind date newbie Aaron is set up with serial dater Casey, a casual drink at a busy New York restaurant turns into a hilarious high-stakes dinner. As the date unfolds in real time, the couple quickly finds that they are not alone on this unpredictable evening. 7 p.m., 7:30 p.m. and 9:30 p.m., Friday, 5:30 p.m. and 8 p.m. Saturday, 3 p.m. Sunday and 7:30 p.m. Feb. 19, Athenaeum Theatre, 2936 N. Southport Ave., Chicago, $22-$27 (plus $2 online fee), 773-935-6860

Married Alive: The comedic musical looks into on two married couples covering everything from babies to empty nests and job stress to domestic bliss. 8 p.m. Friday, Saturday and Sunday, Raue Center for the Arts, 26 N. Williams St, Crystal Lake, $32.50-$38.50, 815-356-9212

All My Relations: A Seneca History: In collaboration with visual artist and dancer Rosy Simas (Seneca), this exhibit introduces the history of the Seneca culture through milestones in the lives of Simas and her relations. It features traditional and modern Seneca artifacts, which span various generations. 11 a.m. All week, Mitchell Museum of the American Indian, 3001 Central St., Evanston, Free-$5, 312-922-4400

Native Haute Couture: The year long exhibit celebrates the history of Native American high fashion from pre-contact to today. It features garments that showcase American Indian artistry and expertise in tanning, weaving, embroi
dery, beadwork and tailoring. 10 a.m. All week, Mitchell Museum of the American Indian, 3001 Central St., Evanston, Free, 847-475-1030

The Odd Couple: Enjoy the Tony Award-winning comedy classic about
mismatched roommates by playwright Neil Simon. 8 p.m. Friday and Saturday, 3 p.m. Sunday and 8 p.m. Feb. 19, Oil Lamp Theater, 1723 Glenview Road, Glenview, $35, 847-834-0738

"Other Desert Cities" at Citadel Theatre: Citadel Theatre launches its third production of the 2014-15 season with Jon Robin Baitz's "Other Desert Cities." The play, is named for a road sign east of Los Angeles, which lists upcoming towns in the Arizona Desert. Writer Brooke Wyeth comes home for Christmas to her parents' Palm Springs abode. The play turns from comedy to intense family drama as she reveals her intent to unearth the proverbial skeletons in the family closet with a tell-all memoir. For tickets, visit website or call. Discounts for seniors, students, and groups of 10 or more. 8 p.m. Friday, 8 p.m. Saturday, 3 p.m. Sunday and 8 p.m. Feb. 19, Citadel Theatre Company, 300 S. Waukegan Road, Lake Forest, $35-$49, 847-673-6300

Predict the Oscars Contest: Fill out an Oscars ballot in the lobby and if you correctly guess the Academy Awards winners, you could get free movie tickets for a year. All week, Woodstock Theatre, 209 E. Main St, Woodstock, free, 815-338-8555

Saturday, Feb. 14

Fortnight: A New Play Festival: The Underground Laboratory Theatre hosts this free theater exposition featuring performers and writers from Loyola University of Chicago. Each date includes a different performance, followed by an audience critique. At 7:30 p.m. Saturday, Jan. 31, watch "We Are Treacherous People" by Melissa Hubert, then at 7:30 p.m. Saturday, Feb. 14, watch "Syringomyelia" by Kyle McCloskey. Get tickets by visiting http://LUCTix.com.

LUC.Tix.com, 7:30 p.m. Saturday, Underground Laboratory Theater, 1020 W. Sheridan Road, Chicago, free, 773-508-8400

'Edgar and Annabel': Sam Halko's play throws us into a world of government surveillance and societal distrust. Against the odds, a young married couple thrives at least to those who are listening. 4:15 p.m. Saturday, 4:15 p.m. Sunday and 8 p.m. Monday, The Side Project Theater, 1439 W. Jarvis Ave., Chicago, $15, 773-904-0391

Chicago Auto Show 2015: See the latest and greatest cars, trucks and SUVs, plus concept vehicles and state-of-the-art technology on display. Family Day is Monday, Feb. 16, Women's Day is Tuesday, Feb. 17 ($6 admission for women) and Hispanic Heritage Day is Friday, Feb. 20. Show goers who donate three cans of food receive coupons for $6 off a full adult admission on Wednesday, Feb. 18, Thursday, Feb. 19 and Friday, Feb. 20. Cans of food can be redeemed for the coupons at booths that are set up at the two ticket locations for the Chicago Auto Show. All food collected will benefit A Safe Haven Foundation. 9 a.m. All week starting Saturday, Feb. 21. McCormick Place, 2301 S. Lake Shore Drive, Chicago, $12 adults; $6 for children and seniors, 312-791-7500

2015 ETHS Jazz Festival: ETHS celebrates its 12th Annual Evanston Township High School Jazz Festival. Jeff Hamilton Trio headlines the evening's

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The Orchid Show: Escape from winter to a tropical paradise created by 10,000 colorful, fragrant blossoms filling the greenhouses, galleries and halls of the Regenstein Center at the Chicago Botanic Garden. The month-long exhibition includes activities for every age and interest, including free concerts on Tuesday and Thursday mornings. 10 a.m. All week starting Saturday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, $8-$10, $25 parking fee, 847-835-5440.

Highland Park Players Present Goodnight Moon Musical: Highland Park Players present Goodnight Moon, a musical for young audiences based on the beloved children's classic book, "Goodnight Moon." This musical transforms the simple story of a young bunny preparing for sleep into a 3-D wonderland, full of catchy songs, delightful choreography, a colorful set and clever costumes. Tickets are general admission, good for any performance, and available for purchase online and at the door. A special 60th anniversary edition of "Goodnight Moon" may also be purchased for only $6, when you buy tickets online. For more information, contact: info@highlandparkplayers.com or Linda Rosen at 847-682-4632 or Jacob Cohen, 847-338-4813. A. 10:30 a.m. and 12:30 p.m. Saturday and Sunday, Edgewood Middle School, 929 Edgewood Road, Highland Park, $10-$12, 224-765-3200.

A Year with Frog and Toad: Enjoy the musical about a cheerful frog and a grumpy toad. 10 a.m. and 1 p.m. Saturday, Northbrook Theatre, 3323 Walters Ave, Northbrook, $10-$12, 847-291-2676.

Fleetwood Mac: 8 p.m. Saturday, Allstate Arena, 6920 Mannheim Road, Rosemont, $49.50-$89.50, 847-635-6601.

Ron Hawking Performs His Way: Sinatra Centennial Celebration: Ron Hawking performs the music of Frank Sinatra. 8 p.m. Saturday, Prairie Center for the Arts, 201 Schaumburg Ct., Schaumburg, $42, $40 for students and seniors, 847-895-3600.

Thomas Nickell and the Oistrakh Symphony of Chicago: Young Steinway Artist Thomas Nickell makes his Chicago debut with the Oistrakh Symphony, Mina Zilker, Conductor. 7:30 p.m. Saturday, North Shore Center for the Performing Arts, 5005 Skokie Blvd., Skokie, $10-$30, 847-677-6300.

Sunday, Feb. 15

Poutine Fest 2015: Chefs from restaurants around Chicago including Rocking Horse, Frontier, Bite Cafe and more serve up the gravy-laden, cheese-curd filled french fry dish at this fest. Admission includes 10 poutine tickets and two drink tickets. VIP tickets include early entry and an additional drink ticket. 10:45 a.m. Sunday, Haymarket Pub & Brewery, 737 W. Randolph St., Chicago, $60-$70 (+21), 312-638-0700.

Chicago Philharmonic: Taste The Music: The concert features pieces by Mozart and Strauss II plus Bohuslav Martinu's one-act comedic ballet, "La Revue De Cuisine," performed by Visceral Dance Chicago. 3 p.m. Sunday, Nichols Concert Hall, 1490 Chicago Avenue, Evanston, $25-$75; $10 for students, 312-957-0000.

Petra Van Nuis & Andy Brown: 2 p.m. Sunday, Glenview Public Library, 1930 Glenview Road, Glenview, free. 847-729-7500.

Dios No Choro: Get a taste of Carnaval— an afternoon of Brazilian choro music (a genre originating in Brazil in the late 1800s, mixing African rhythms and European dance melodies). Dios no Choro is comprised of Julie Koidin, flute, and Paulinho Garcia, guitar and vocals. Also, Julie Koidin presents her recent book, "Choro Conversations," along with a question and answer session about her experiences performing with the foremost choro musicians in Brazil. 2 p.m. Sunday, Lincolnwood Public Library, 4000 West Pratt Avenue, Lincolnwood, free, 847-677-5277.

Mental Health Presentation: Temple Beth Israel Sisterhood and NAMI (National Alliance on Mental Illness—Cook County & North Suburban Area) present "In Our Own Voices: Stories of Hope and Recovery from Individuals Living with Mental Illness." Open to the community. Call or visit the website, for more information. 2 p.m. Sunday, Temple Beth Israel, 3601 W. Dempster St., Glenview, free, 847-677-5481. 

Turn to Go Calendar, Next Page
Monday, Feb. 16

Presidents' Day Celebration: Attend this president-centric event at the Chicago History Museum, which includes performances, storytelling and crafting: "Mingle with Abraham Lincoln and Mary Todd look-alikes and listen to an ensemble concert from the Chicago Brass Band," according to an announcement. "Stay for a production of 'Meeting the Lincolns' to learn more about the personal Lincoln, as well as the professional politician and the issues that troubled the nation in his time." For more information, visit www.chicagohistory.org. 10 a.m. Monday, Chicago History Museum, 1601 N. Clark St., Chicago, free, 312-642-4600

Tuesday, Feb. 17

Creole Stomp: 7:30 p.m. Tuesday, Metropolitan Performing Arts Centre, III W. Campbell St., Arlington Heights, $28, 847-577-2121

John Mellencamp: 7:30 p.m. Tuesday and Wednesday, The Chicago Theatre, 175 N. State St., Chicago, $42.50-$129.50, 312-462-6300

First Wives Club: 7:30 p.m. Tuesday and Wednesday and Feb. 19, Oriental Theatre, 24 W. Randolph St., Chicago, $35-95, 800-775-2000

Wednesday, Feb. 18

Free movie night: Enjoy a double feature that highlights historical films from the heyday of Maxwell Street and South Haven. 7:30 p.m. Wednesday, Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, free, 847-675-4141

A Song For You: National Louis University hosts a screening of the new documentary "A Song for You," which looks at a family's escape from the Nazis in France and their five years on the run after that escape. 6 p.m. Wednesday, National Louis University North Shore, 5202 Old Orchard Road, Skokie, free, 224-233-2369

Thursday, Feb. 19

The You Matter Chicago Concert: A variety of performing artists unite (for charity, even) under a single banner: the individual. The only inspirational themes: follow your dream, don't quit on excellence and seek the divine within. The artists: Terra Godz, Zoie Moser, Lonewolf and Darse Jackson. VIP guests with food allergies should email rowcypher@gmail.com in advance of the event. For more information and price packages, email rowcypher@gmail.com or visit www.rowcypher.com. 7 p.m. Feb. 19, The Annoyance Theatre, 851 W. Belmont Ave., Chicago, $15-$19, 773-697-9693

Music in the Galleries: Organized by the Block Museum's Student Advisory Board, informal weekly performances by Northwestern student musicians and musical ensembles, inspired by both Eastern and Western musical traditions, will permeate the museum's galleries. 4 p.m. Feb. 19, Mary and Leigh Block Museum of Art and Pick/Laudati Auditorium, Northwestern University, 40 Arts Circle Drive, Evanston, free, 847-491-2261

Have an event to submit? Go to triblocal.com/events.
“Paddington” ***
PG, 1:29, family. Never judge by appearances. The poster image for “Paddington” depicts the valiant little bear in the red hat and blue jacket careening down a flooded staircase in a bathtub, and the image (from the first of creator Michael Bond’s 26 “Paddington” books) is rendered in such a way as to make the film look pushy and twee and eminently skippable. And yet the film isn't any of those things. It's witty and charming, with a considerable if sneaky emotional impact. True, there is a not-insignificant storytelling misjudgment in adapter/director Paul King's picture, but enough goes right here to satisfy Paddington lovers and newbies alike. — M.P

“Project Almanac” ★½
PG-13, 1:46, thriller. What have we done to deserve another found-footage movie? The tired handheld technique that seemed so fresh in 1999 with “The Blair Witch Project” long ago wore out its welcome. The only thing noteworthy about its use in “Project Almanac,” which follows a group of high school misfits who invent a time-travel apparatus, is that this particular found footage film isn’t really a horror film but a sci-fi thriller. Used as a means to gain an entry into the lives of these kids, it makes what could have been a fresh sendup of genre conventions seem as cheap and forgettable as all the rest. — Lindsey Bahr, Associated Press

“The Boy Next Door” ★½
R, 1:31, thriller. As the song from “Meet Me in St. Louis” put it, in a different story context: How can she ignore the boy next door? She can't! Jennifer Lopez just can't. The boy next door, played by Ryan Guzman, is just too darn hot. Psycho, but hot. And after so much “American Sniper” analysis of patriotism, jingoism, geopolitical morality and cinematic debate, it's important to remember what two things we, as a nation, fight for every day of our lives: the sight of Lopez's epochal posterior in horizontal stripes, and the God-given right to make a ridiculously stupid thriller like “The Boy Next Door.” I wish the movie had a different, zingier sort of mediocrity, but whenever it threatens to go the full Zalman King “Two Moon Junction” route, it pulls back and behaves itself and settles for a grindingly predictable series of escalations. — M.P

“Black or White” ★½
PG-13, 2:01, drama. Writer-director Mike Binder’s “Black or White,” from the outset, is a story driven by the white, late-middle-aged male beset by circumstance. The building blocks came from Binder’s own family life involving a biracial nephew whose mother died at 33 and the boy’s subsequent upbringing in tony Santa Monica, Calif., and in South Central Los Angeles. The film, Binder declared in his director’s statement, was designed to “spark a conversation about how we move forward with regard to race relations in this country.” “Black or White” may not be racist, exactly, but it patronizes its African-American characters up, down and sideways, and audiences of every ethnicity, background, hue and predilection can find something to dislike. — M.P

“American Sniper” ★★
R, 2:13, biopic. Already director Clint Eastwood’s latest has turned into an ideological war to be won or lost, rather than a fictionalized biopic to be debated. You don’t have to know much about the real Navy SEAL marksman Chris Kyle (1974-2013) to wonder if the movie telling the whole truth about him. Plenty of military veterans have expressed their problems with Kyle’s book as dangerously romantic in its view of war. Eastwood’s view isn’t that, exactly. But there’s a difference between a film about a man reluctant to acknowledge the psychological toll of what he endured and a movie that basically doesn’t want to talk about it, period. — Michael Phillips
MacLean, Barbara J.
Barbara J. MacLean nee Betty (Tyksinski). Age 79 of Park Ridge, passed away February 4, 2015. Born on September 2, 1935 in Oak Park, IL. to Aimee MacLean Betty and James Betty. Graduate of Oak Park River Forest high school and Northwestern University with a degree in History. Barbara's life was defined by her devotion to causes of equality and justice. She was a staunch guardian of women, which took her to the front lines of the feminist movement. In a time when women had little or no voice, she stood up and yelled. She enjoyed a healthy debate and never shied away from the opportunity to defend the underdog. Always politically active, she spoke out against prejudices of any kind. She never wavered from her philosophies. Her opinions were never left silent and her belief system and values left a positive impression on many of the lives she touched. Her home was always open and welcoming to all. Barbara was a mover and a shaker, and she left her mark on this earth. Books were her first love, particularly those pertaining to history and mystery. Her love of sports moved well beyond her eternally optimistic (and irrational) devotion to the Cubs. As a player and a coach, she became an integral figure in the expansion and development of Woman's rugby in the mid-Atlantic region. An avid supporter of arts, literature, and music, her home was alive with culture as well as the aroma of her Polish Hamburgers. Barbara was a self-taught artisan and loved knitting, quilting and needlework. Her gardens were a testimony to nature and the time she spent in them was her sanctuary. Her smile was infectious. Her generosity was unbounded. Her children and grandchildren embody her spirit and passions. She is cherished and remembered by her many lifelong friends. We will miss her laughter, her intelligence, and her love of family. Barbara was the vibrant mother of Barbara (Doug Sohn) Tyksinski, Michael (Kelsey Marsh) Tyksinski, Susan Tyksinski, Jamie (Carol Fratrik) Tyksinski and the late Catherine Tyksinski; devoted grandmother of Derrick Fisher, Shane Tyksinski, Dillon Tyksinski, Keaton Fisher, Taylor Fisher, Aidan Tyksinski, Caleb Tyksinski, Cooper Tyksinski, Georgia Tyksinski and Hazel Tyksinski; dear sister of Richard (Carol) Betty. A celebration of Barbara's life is planned for the spring. Memorial's to a charity of your choice are appreciated. Arrangements entrusted to Ryan-Parke Funeral Home, www.ryan-parke.com.

Gray, Helen Ergang
Helen Ergang Gray, age 95, passed away peacefully at Rainbow Hospice Ark in Park Ridge on Sunday, February 1. She led a wonderful life, full of joy and love and compassion and friendship. Helen graduated from Amundsen High School in Chicago, where she competed in swimming the breast stroke, and became a charter member of the Girls' Athletic Association of Illinois. She grew up singing in the Berry Methodist Church choir, and later sang in the Park Ridge Presbyterian Church choir. After high school, she completed two years of college at North Park, joining Tri Delta there, and embarked on her professional career, beginning with Trans World Airlines. She married handsome and dashing Eric Gray in 1944. When their two children reached junior high school age, Helen returned to the work force as Executive Secretary to a succession of presidents at a large insurance firm, and she was named an officer of the company. She is survived by her two children, Georgene Tom) Pompiun and Gordon Gray, and many loving nieces and nephews. Helen will be missed by all who knew her: companions of her youth, friends from her church, her PEO sisters, her health club buddies, and her wonderful neighbors. A celebration of Helen's life will be held Saturday, March 28, 11 a.m. at the Park Ridge Presbyterian Church, 1300 West Crescent Avenue, Park Ridge, Illinois. All are welcome. In lieu of flowers, please consider a contribution to your charity of choice.

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Can you hear me now?

Artificial noises help fuel-efficient engines roar instead of purr — but purists are howling

BY DREW HARWELL
The Washington Post

Stomp on the gas in a new Ford Mustang or F-150, and you'll hear a meaty, throaty rumble — the same style of roar that Americans have associated with auto power and performance for decades.

It's a sham. The engine growl in some of America's best-selling cars and trucks is actually a finely tuned bit of lip-syncing, boosted through special pipes or digitally faked altogether. And it's driving car enthusiasts insane.

Fake engine noise has become one of the auto industry's dirty little secrets, with automakers from BMW to Volkswagen turning to a sound-boosting bag of tricks. Without them, today's more fuel-efficient engines would sound far quieter and, automakers worry, seemingly less powerful, potentially pushing buyers away.

Softer-sounding engines are actually a positive symbol of just how far engines and gas economy have progressed. But automakers say they resort to artifice because they understand a key car-buyer paradox: Drivers want all the force and fuel savings of a newer, better engine but the classic sound of an old-guzzler.

"Enhanced" engine songs have become the signature of eerily quiet electrics like the Toyota Prius. But the asks is now increasingly finding its way into even beefy trucks and muscle cars, long revered for their iconic growl.

For the 2015 Mustang EcoBoost, Ford sound engineers and developers worked on an Active Noise Control system that amplifies the engine's purr through the car speakers. Afterward, the automaker surveyed members of Mustang fan clubs on which processed "sound concepts" they most enjoyed.

Ford said in a statement that the vintage V-8 engine boom "has long been considered the mating call of Mustang," but it added that the newly processed pony-car sound is "athletic and youthful," "a more refined growl" with "a low-frequency sense of powerfulness."

Among purists, the trickery has inspired an identity crisis and cut to the heart of American auto legend.

The "aural experience" of a car, they argue, is intangible that's just as priceless as what's revving under the hood.

"For a car guy, it's literally music, to hear that thing rumble," said Mike Rhynard, 41, a past president and 33-year member of the Denver Mustang Club. "It swayed between love and hate with the snarl-boosting sound tube in his 2012 Mustang GT, but of the computerized noise, he's unequivocal.

"It's a mind-trick," he said. "It's something it's not. And no one wants to be deceived."

That type of ire has made the auto industry shy about discussing its sound technology. Several attempts to speak with Ford's sound engineers about the new F-150, a six-cylinder model of America's best-selling truck that plays a muscular engine note through the speakers, were quietly rebuffed.

Car companies are increasingly wary of alerting buyers that they might not be hearing the real thing, and many automakers have worked with audio and software engineers to make their cars' synthesized engine melody more realistic.

"If you're going to do that stuff, do that stuff. Own it. Tell customers: If you want a V-8 rumble, you've got to buy a V-8 that costs more, gets worse gas mileage and hurts the Earth," Brauer said.

Volkswagen uses what's called a "Soundaktor," a special speaker that looks like a hockey puck and plays sound files in cars like the GTI and Beetle Turbo.

Lexus worked with sound technicians at Yamaha to amplify the noise of its LFA supercar toward the driver seat.

Some, like Porsche with its "sound symposer," have used noise-boosing tubes to crank up the engine sound inside the cabin.

Others have gone further into digital territory: BMW plays a recording of its motors through the car stereos, a sample of which changes depending on the engine's load and power.

Orchestrated engine noise has become a necessity for electric cars, which run so quietly that they can provide a dangerous surprise for inattentive pedestrians and the blind.

Federal safety officials expect to finalize rules this year requiring all hybrid and electric cars to play fake engine sounds to alert passers-by, a change that experts estimate could prevent thousands of pedestrian and cyclist injuries.

With traditional engines, some boosters have even celebrated artificial noise as a little added luxury. Without it, drivers would hear an unsettling silence or only the kinds of road racket they'd rather ignore, like bumps in the pavement or the whistle of wind.

Yet even drivers who appreciate the accompaniment have questioned the mission. A SlashGear reviewer who otherwise enjoyed the new F-150 said the engine sound was piped in "arguably pointlessly."

This raises a more existential question: Does it matter if the sound is fake? Is taking the best part of an eight-cylinder rev and cloaking a better engine with it really, for carmakers, so wrong?

Not everyone is so diplomatic. Karl Brauer, a senior analyst with Kelley Blue Book, says automakers should stop the lies and get real with their drivers.

"Everything you're doing is do something with drivers. If you want a V-8 rumble, you've got to buy a V-8 that costs more, gets worse gas mileage and hurts the Earth," Brauer said.

Sources:
2. "Orchestrated engine noise has become a necessity for electric cars," Karl Brauer, Kelley Blue Book, 2015-02-12. (Available online.)

Image credit: Getty Photos; Tribune Illustration
Don't dismiss Buick Regal

BY ROBERT DUFFER
Tribune News Service

In 2014, Buick had the best year in its 111-year history, partly because of a shift in focus to luxury cars and a renewed lineup and a younger audience. But the Regal is Buick’s worst seller of five models, selling less than half of the fourth-place Verano, an entry-level upscale compact. The Regal is sandwiched between the full-size LaCrosse and the Verano in a market that prefers crossovers.

The real challenge for the Regal GS comes from its $40,000 price tag. The price is in range with BMW’s 328i, Audi A4, and Mercedes-Benz C-Class, and GM’s own Cadillac ATS.

Stiff competition. Averaging 22 mpg with all-wheel drive, the Regal GS lags the competitors in fuel economy and doesn’t have the same cachet. Yet it justified its price more with each drive.

The acceleration in the 2-liter turbocharged four-cylinder is surprising for such an unassuming car, and while there is the lightest delay from a stop, the 8-speed automatic is smooth and quiet. The cabin is as quiet at all speeds, and the front seats never feel cramped. The continuously variable damping suspension responds with a softer ride at cruising speeds and more feedback during aggressive driving.

The narrow center console widens into a cool, sleek, almost sporty center stack, which is a wonderful contrast from busier interfaces. The climate control system features buttons in the shape of a cup in the center flanked by touch-sensitive temperature gauge and heated seat levels. It’s a cool design but risks the inconsistencies of any touch-sensitive surface, where pressing too hard or lightly won’t get you what you want. Gloves won’t help.

On top of the climate system is GM’s 8-inch touch screen for the Intellilight infotainment system. Once you understand the levels of logic, it’s easy, and it may be the most complete system on the market. The voice commands are exceptional, reaching Siri-like fidelity in finding contacts and addresses.

The car is a hot spot capable of transmitting Wi-Fi to seven portable devices, which is another direct appeal to younger drivers and budding families. The GS could make a compelling case for a sports sedan that doubles as a family road tripper, except that the rear leg room is cramped, even for grade schoolers.

The $40,000 starting price is loaded with features such as heated front seats and steering wheel, a nine-speaker Bose system and 19-inch alloy wheels. The test model came with $3,335 in “driver confidence packages” that offer the latest safety features. The forward collision alert is more sensitive than we’d prefer, beeping and momentarily tapping the brakes when we made reasonable highway lane changes, but the settings are supposed to be adjustable.

Once you get past the sticker shock, the GS wins you over with great balance between performance and comfort, and with easy-to-use technology that’s better than that of competitors.

rduffer@tribpub.com

Toyota keeps global sales crown, but VW is gaining

“The Japanese automaker sold 10.23 million vehicles last year, outpacing Volkswagen and General Motors.”

BY YURI KAGEYAMA
Associated Press

TOKYO — Toyota Motor Corp. stayed at the top in global vehicle sales in 2014, taking that auto industry crown for the third year straight, but it was less upbeat about this year.

The Japanese automaker sold 10.23 million vehicles in 2014, up four percent from the previous year.

Dortroit-based GM was in third place, with 9.14 million vehicles, a company record and two percent higher than its tally in 2013.

Volkswagen sold 10.14 million vehicles last year.

Toyota said the total amounted to 10.23 million vehicles, beating out Volkswagen and General Motors.

Toyota suffered a setback in 2014, when its production was hit by the earthquake and tsunami in northeastern Japan. But it made a comeback as No. 1 in 2012. GM had been the top-selling automaker for more than seven decades until being surpassed by Toyota in 2011. Even so, Volkswagen has been racking up stellar growth in recent years, beating GM last year and in 2013.

But that year, GM would have won if the companies had been compared without the sales of industrial truck brands, which GM doesn’t make.

Last year, Volkswagen outsold GM even without its heavy trucks, which totaled 199,900 vehicles.
Glenbrook South gymnastics team wins first sectional title

Loyola, Glenbrook North, Niles West entrants also qualify automatically

BY MATT HARNESS
Pioneer Press

MUNDELEIN - All Glenbrook South coach Steve Gale asked of his girls gymnasts was that they compete against themselves at the Mundelein Sectional. He didn't want them to worry about what everybody else was doing.

The game plan worked as the Titans finished first with 142.625 points on Monday. It was the program's first sectional title.

The six teams were separated by less than four points. The host Mustangs scored a 141.325, and Carmel placed third at 141.125.

New Trier and Warren tied for fourth at 139.250, while Glenbrook North finished with 139.075.

"We did not look or ask about the scores," senior Kaci Castino said. "As long as we did our best, we were going to be happy. But this is awesome. I'm still in shock."

The sectional team champion automatically advanced to the Feb. 20-21 state meet at Palatine. The top five individuals and ties also qualified for the state meet. At-large bids will be announced after the last sectional is completed.

Gale said his gymnasts were nearly perfect Monday, and he credited that to their approach.

"I just told them to do what you're supposed to do, and the scores will take care of themselves," he said. "We had the girls that we wanted to have liked to have been perfect, but this is very good."

Glenbrook South freshman Bebe Haramaras was the team's top finisher, taking second on the balance beam at 9.275. Sophomore Hannah Hartley took third on the floor exercise (9.600) and fourth on the vault (9.400).

"There is a lot of good stuff happening with this team," Gale said.

Loyola

Following a flawless routine on the beam, Claire Sullivan stumbled on her dismount, mostly because she lost her footing at the edge of the pad.

The junior all-rounder mustered "shoot" under her breath before a smile returned to her face.

More than anything else, Loyola coach Shelli Sullivan said she's proud of her daughter's attitude with the sport.

"She's a joyful gymnast," said Shelli Sullivan, whose daughter competes as an individual. "She keeps it all in perspective."

Claire Sullivan will make her second trip to the state meet in two seasons after earning automatic qualification in the beam, bars and all-around. She finished first on the beam (9.300), fourth in the all-around (36.825) and fifth on the bars (9.100).

"I love the beam, and I've been working on my form," Claire Sullivan said. "I was nervous at the beginning of the year, but I am gaining more confidence."

As for the slip at the end, she said she wasn't upset.

"I just knew I could do it better," she said of the landing. "But I'm extremely happy with the routine."

Glenbrook North

Carli Betman said she didn't put too much pressure on herself at Monday's meet and treated the sectional more like a practice session.

That especially was true on the floor exercise, where the senior said she performed her best routine of the season. Betman's 9.550 was good for fourth and a trip to the state meet.

"I focused on my form, and my tumbling was higher than before," she said. "In the past, I worried more about getting through it without a fall. You can't go into this thinking about stuff. You have to have an open mind."

Betman also advanced on the vault, finishing in a tie for fifth at 9.400. She took seventh on the beam with an 8.950.

Spartans placed sixth as a team with 139.075 points.

New Trier

The Trevians received bad news when senior all-rounder Sam Stoddart was diagnosed with mononucleosis in late January. She missed the conference meet, the regional meet and Monday's sectional.

"Bad timing," New Trier coach Jennifer Pistorius said. "They're done a great [job] all year."

Junior Peyton Burns had the team's best showing, placing seventh on the bars with a 9.025. She will have to wait to find out if the score is good enough for an at-large bid.

"The team did everything that was asked of them," Pistorius said. "They've done a great [job] all year."

Evanston

Two seniors capped the careers at the sectionals. Emily Varua was 34th on the beam (7.100) and Claire Gruger was 35th on the vault (8.050).
Abram, Maurer end careers on high notes

BY ERIC VAN DRIL
Pioneer Press

ARLINGTON HEIGHTS — The Maine East girls gymnastics team scored less than 100 points at the Hersey Regional. It also didn’t have anybody advance to the sectional.

But Maine East coach Neil Adamson was far from upset after the Feb. 5 regional. He was especially pleased with how seniors Aornina Abram and Rachel Maurer ended their careers.

“It’s impressive to see how much these girls really push themselves,” said Adamson, referring to Abram and Maurer. “We had goals as far as scores and stuff like that. We didn’t necessarily hit them because it’s hard at regionals to do that, but I couldn’t be more proud.”

A big reason why Adamson felt that way was Abram and Maurer worked hard in the two weeks leading up to the regional. Both gymnasts prepared for the biggest meet of the season by working on new skills.

Abram’s goal was to advance to the sectional for the first time. She began working on a Tsukahara vault late in the season. A Tsukahara is an advanced trick for gymnasts, and when executed correctly, it earns a score that likely leads to a sectional berth.

Although Abram doesn’t have a club gymnastics background, she learned the trick in about two weeks and she said she was landing it in practice.

“For her to be throwing that kind of a vault at this point — and getting, technically, the correct way of doing it — is just absolutely amazing,” Adamson said.

Abram’s first Tsukahara at the Hersey Regional looked good all the way through, and she managed to land with her hands off of the mat. But the judges ruled that one of Maine East’s coaches who was positioned behind the vault to spot Abram — tapped her back as she was flipping, which in turn voided her first attempt.

Abram tried the Tsukahara a second time, but her right hand hit the mat as she landed. She was awarded a 7.2, but she jammed four of the fingers on her right hand on her second attempt.

“My next event was bars, and at that time it didn’t quite hurt as much,” Abram said. “But as time went on, it started hurting more.”

Abram fought through the injury on bars (6.375) and then did balance beam (5.425), but she elected not to compete on floor because of the pain.

Abram seemed disappointed at the end of the regional. It wasn’t the way she wanted her gymnastics career to end, but the fact that she learned a Tsukahara in such little time and without any pre-high school training was a reason for her to feel proud.

“I’m really happy that I got my Tsuk,” Abram said. “Even at the beginning of this year, I didn’t think I was going to do it. I thought it was going to be impossible. But I just did what my coach told me. At the end of the season, I got it — even though it wasn’t successful [at the regional].”

Maurer’s goal for the regional was to do her first-ever routine on floor exercise. She finished with a 6.35 on floor Feb. 5 and earned a 24.725 in the all-around.

Maurer, like Abram, also had reason to feel a sense of accomplishment at the end of the meet.

“Doing floor for the first time, I felt so happy, as opposed to the last two weeks, which has been really stressful, working on it so hard,” Maurer said. “I think today was the payoff.”

Eric Van Dril is a freelance reporter for Pioneer Press.

Maine East’s Aornina Abram attempts a Tsukahara vault during the Hersey Regional on Feb. 5 in Arlington Heights.
Niles North can win CSL North outright with victory Friday

Niles North girls basketball team's transformation from wireless in the Central Suburban North to conference champions in two years was completed with a 52-38 victory over Glenbrook North on Friday night.

It's been quite the turnaround for the Vikings, but they didn't celebrate by dousing coach Dan Paxson with Gatorade or cutting down the nets. It was the complete opposite, in fact.

There was barely any talk immediately afterward about the significance of the win over the Spartans.

"There was a little whisper amongst teammates, but not really," Niles North senior guard Alyssa Brand said when asked if the Vikings discussed clinching a share of the CSL North championship.

Niles North's conference campaign reaches its conclusion at 7:30 p.m. Friday against Highland Park in Skokie. A win will guarantee the Vikings (18-9, 8-1) an outright title over Maine West, which is currently a game behind at 7-2.

That was a big reason why the Vikings didn't get too high excited clinching a share of what is the program's first conference championship since 2004, according to Paxson.

"I just want to get out there and get [the outright CSL North title]," Niles North senior forward Kiely Sullivan during the Feb. 6 game in Northbrook.

just want to win out, and continue to win and play as best we can. But yeah, I think [clinching a share of the championship] is great. It's really exciting for our team."

Brand and Jones were part of the Vikings' 2012-13 squad that went 0-10 in conference. They've spent each of the last three years on varsity, along with junior forward Stephanie Donado and junior Olivia Schaps.

That quartet has grown together and it made up four-fifths of Niles North's starting lineup against the Spartans (4-49, 1-8).

The nucleus' different skills help explain why the Vikings have had so much success this year. Jones (18 points, 12 rebounds) is tenacious within 10 feet of the basket on offense, as well as an excellent rebouder and a vocal leader.

Donado has a beautiful left-handed shot from the perimeter, and she spaced the floor with a pair of three-pointers en route to 12 points against Glenbrook North. Schaps (11 points, four rebounds) is the team's point guard - one who's a calm ball handler, a capable shooter and a good defender.

Brand, a Drake soccer commit, is an excellent on-ball defender who often guards the opposing team's best scorer.

The foursome's development - along with the ability of first-year varsity players like sophomore guard Gina Loy and freshman guard Alyssa Aragon to fit into supplementary roles - has been vital.

"I knew we were getting better, even when we took lumps two years ago," Paxson said. "Even when we took lumps, we were still competing, we were still coming to practice focused every day. I thought this summer, I was seeing a lot of improvement. We felt good about the team going into [this season], and we thought that was a realistic goal, to win conference this year."

Notes

- Glenbrook North was led in scoring by junior Ilana Malman, who finished with 15 points. Junior center Miranda Weber (10 points, four rebounds) also reached double-figures.

- Niles North outrebounded Glenbrook North 30-49. The Vikings had 11 offensive rebounds.

Easter works to regain shooting touch after injury layoff

Niles West girls basketball captain missed six games with broken thumb

BY MATT HARNESS
Pioneer Press

SKOKIE - A broken right thumb forced Niles West senior Julia Easter to miss six girls basketball games last month.

It marked the first time in her high school career that an injury kept the three-year varsity starter away from competition.

"I guess I had been waiting to get injured," Easter joked.

The 5-10 starting forward and a team captain returned to action Friday for the first time since Jan. 13, but her presence wasn't enough as the Wolves lost to Central Suburban South-leading New Trier 61-35.

Easter, who was cleared to practice two days before the game, didn't start and played less than half of the game while wearing tape around her wrist and thumb.

"I felt comfortable out there," said Easter, who injured herself during a drill at practice on Jan. 14. "I really didn't think about my thumb. I don't think it affected me too much."

"I was a little winded, but I felt like I could have played longer than I did." Easter added: "I think we're trying to take each game at a time. I think we..."

Eric Van Dril is a freelance reporter for Pioneer Press.

Twitter: @VanDrilSports

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D'Avanzo helps Dons squeak past Eagles

By Eric Van Dril
Pioneer Press

Junior forward, who scored 14 points against Leyden, praised for his development

Down by one point in the final 30 seconds against Leyden, the Notre Dame boys basketball team ran its offense and the ball found guard Joe Mooney for an open three-pointer from the corner.

The left-handed senior's attempt bounced off of the rim Sunday. Several players from both teams jumped for the rebound, but it was Notre Dame junior Anthony D'Avanzo — a springy, 6-7 forward — who outjumped everybody and tipped the ball to one of his teammates. Dons coach Tom Les called a timeout with less than 15 seconds remaining and drew up an out-of-bounds play that resulted in junior forward Animar Becar getting fouled near the basket. Becar drained the game-winning free throws.

That Mooney and Becar got the ball in the critical moments of Notre Dame's 50-49 victory over Leyden in the Conference Challenge Classic wasn't a surprise, given their proven offensive ability.

The little play D'Avanzo made to sustain possession wasn't a surprise, either. It's been part of his value to the Chicago Tribune's No. 14-ranked team all year.

"Anthony is figuring it out," Becar said. "He's playing outstanding defense — blocking shots when we have a defensive collapse — rebounding, finishing, tips. He's doing everything that we need him to do."

Les added: "Every game, he seems to get a little bit better, a little bit more active. He's making a lot of progress."

D'Avanzo had one of his best offensive games of the season against Leyden. He finished with 14 points on just eight shots and a game-high seven rebounds for the Dons (20-4).

All of D'Avanzo's points were scored in the paint or at the free-throw line. The majority of his shots came as a result of his teammates drawing the defense and finding him, but he also made himself available when the defense broke down, caught the ball cleanly and then scored in spite of contact.

Playing alongside Becar, who finished with 18 points on Sunday, has made D'Avanzo especially effective.

"He's always patient with [the ball]," D'Avanzo said of Becar. "I'm always ready for the ball when he has it, because I know he's going to pass it to me."

An example of that came in the second half. Becar caught the ball near the basket on a fast break and fired a pretty touch pass to D'Avanzo, who caught it on the run and laid it in.

"Every team we play, they're focusing on Joe and Animar," Les said.

"They've got their best big guarding Animar. Anthony's got good size, so he's looking at one of the players that may not be as good, defensively, and he's taking advantage of it."

Eric Van Dril is a freelance reporter for Pioneer Press.

Twitter @VanDrilSports
Notre Dame’s Lucas Simon celebrates immediately after Sunday’s win in Niles.
Leyden had a chance to win the game, but it missed a shot at the buzzer and Notre Dame held on for a 50-49 victory.

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2015 SPRING TRAVEL (MARCH–JUNE) 2nd–8th GRADE
Illinois Old School is a unique travel basketball program that focuses on teaching fundamental basketball at all age levels. All players will participate in two 90 minute structured and high intensity team practices throughout the week during the spring travel season. Our practices are structured to provide a focus on individual skills for 45 minutes and 45 minutes on team instruction (offensive plays, presses, press breaks, & various defenses).

All travel players will receive a NIKE gear package which includes NIKE Uniform, NIKE Bag, NIKE Shoes, Elite Socks, IOS T-Shirt, and Shooting Shirt.

All travel teams will participate in 5-7 one or two day tournaments. Illinois Old School travel teams will have two team practices per week. Practice locations are in Northbrook, Park Ridge, and Morton Grove.

TRYOUT INFORMATION

1st TRYOUT
Solomon Schechter 3210 Dundee Road Northbrook, IL
2nd-3rd grade Wednesday 2/25/15 6:00pm-7:15pm @ Schechter
4nd-5th grade Wednesday 2/25/15 7:15pm-8:30pm @ Schechter
6th grade Thursday 2/26/15 6:00pm-7:15pm @ Schechter
7th-8th grade Thursday 2/26/15 7:15pm-8:30pm @ Schechter

2nd TRYOUT
Maine East High School (ABCD GYM) 2601 W. Dempster St. Park Ridge, IL
2nd-3rd grade Sunday 3/1/15 6:00pm-7:15pm @ Maine East HS
4th-5th grade Sunday 3/1/15 6:00pm-7:15pm @ Maine East HS
6th-8th grade Sunday 3/1/15 7:15pm-8:30pm @ Maine East HS

FOR HIGH SCHOOL TRYOUT DATES/TIMES PLEASE VISIT OUR WEBSITE AT WWW.ILLINOISOLODSCHOOL.NET

SPRING TRAVEL FEE $850
$750 for players returning from the 2014-15 winter travel season

$20 TRYOUT FEE
(Goes towards player fee)

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