Archbishop visits Niles

Chicago Archbishop Blase Cupich accepts a welcome gift during a Mass at St. John Brebeuf Parish in Niles. Page 4

These animals are ready for adoption

Officials tour Wright-Way. Page 12

Chicago creativity

Thodos Dance takes inspiration from the Windy City for the Feb. 21 concert at the North Shore Center for the Performing Arts. Page 40
Trouble kicking the soda habit?

With half of all Americans drinking at least a glass of soda each day, you're not alone. Find out why a daily fizz-and-sugar fix might be worse for your health than you think. Also, get some recipes for safe alternatives (pictured) that you can make at home.

See the GO section.

Finish Your Degree at Northwestern

Consider the value of a Northwestern bachelor's degree in today's competitive marketplace. You may be closer to a Northwestern degree than you think.

- Restart your academic career at a premier university with admissions criteria centered around the adult learner.
- Choose from 16 bachelor's degree majors.
- Take advantage of competitive tuition rates.
- Transfer in credit — many students create a shorter path to degree completion by applying transfer credit.
- Explore financial aid and scholarship opportunities for qualified undergraduate students.

Apply today — the summer quarter application deadline is May 1.

sps.northwestern.edu/grad  312-503-0875
ONE DAY SALE
SATURDAY, FEB. 21 SHOP 9AM-11PM (IT'S A SALE TOO BIG TO FIT IN A DAY!)
ALSO SHOP FRIDAY, FEB. 20 FROM 9AM-10PM HOURS MAY VARY BY STORE. VISIT MACYS.COM & CLICK ON STORES FOR LOCAL INFORMATION.
FREE SHIPPING & FREE RETURNS AT MACYS.COM. FREE SHIPPING WITH $99 PURCHASE. FREE RETURNS BY MAIL OR IN-STORE. U.S. ONLY. EXCLUSIONS APPLY; DETAILS AT MACYS.COM/FREERETURNS

DOORBUSTERS 5 HOURS ONLY! 9AM-2PM FRIDAY & SATURDAY

DOORBUSTER 19.99
DRESS SHIRTS OR TIES

DOORBUSTER 239.99
SUITS SEPARATE SET

DOORBUSTER 59.99
CLEARANCE SUITS

DOORBUSTER 2 FOR 34.99
JEANS FOR HER

DOORBUSTER 49.99
DIAMOND BRACELET

DOORBUSTER 199
DIAMOND STUDS
Reg. $600, after 2pm: $315. 1/2 ct. t.w. in 14k white gold. *590445.

DOORBUSTER 259.99
SHEET SET

DOORBUSTER 25% OFF
REGULAR & SALE PRICES
SELECTIONS FOR HER:
SPORTSWEAR FOR MISSES, PETITES & WOMEN, IMPULSE HANDBAGS

DOORBUSTER 20% OFF
REGULAR & SALE PRICES
SELECTIONS FOR HER:
FAMOUS MAKER & DESIGNER COLLECTIONS, DRESSES, SUITS & CAREER SPORTSWEAR

OR, EXTRA SAVINGS FRIDAY AND SATURDAY 9AM-2PM. SAVINGS PASS DISCOUNTS DO NOT APPLY TO DOORBUSTERS & DEALS OF THE DAY.

* macys WOW! $10 OFF
SALE & CLEARANCE APPAREL AND HOME ITEMS CANNOT BE USED ON DOORBUSTERS OR DEALS OF THE DAY
$10 OFF
YOUR PURCHASE OF $25 OR MORE.
VALID 2/20 TIL 2PM OR 2/21/15 TIL 2PM. LIMIT ONE PER CUSTOMER.

* macys WOW! $20 OFF
SALE & CLEARANCE APPAREL AND HOME ITEMS CANNOT BE USED ON DOORBUSTERS OR DEALS OF THE DAY
$20 OFF
YOUR PURCHASE OF $50 OR MORE.
VALID 2/20 TIL 2PM OR 2/21/15 TIL 2PM. LIMIT ONE PER CUSTOMER.

Fine jewelry doorbusters are only at stores that carry fine jewelry. Returns must include 1st and 75% off basis.

Intermediate price reductions may have been taken. All carat weights (ct. t.w.) are approximate; variance may be 0.05 carat. Jewelry photos may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macy's.com for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to macy's.com/gemstones or ask your sales professional. Extra savings are taken off already-reduced prices; "doorbuster" prices reflect extra savings. Doorbuster items are available while supplies last. Advertised merchandise may not be carried at your local Macy's & selection may vary by store. Prices & merchandise may differ at macy's.com. Electric items & luggage carry mfr's warranties; to see a mfr's warranty at no charge before purchasing, visit a store or write to: Macy's Warranty Dept., PO Box 1015, Maryland Heights, MO 63043, attn: Consumer Warranties. N5014027.
St. John Brebeuf welcomes archbishop

PAM DEFIGLIO
Pioneer Press

Mass-goers crowded into St. John Brebeuf Feb. 12, the church orchestra started playing majestic music and more than 40 Knights of Columbus lined the center aisle, their swords raised ceremonially.

But if worshippers expected Chicago's new archbishop to make a quick appearance, they were in for a surprise. A dozen priests in cream-colored vestments began a procession past the Knights in their capes and plumes, then a dozen more, and they kept streaming up to the front until about 60 priests had taken seats on the side of the altar. Only then did Bishop Francis Kane and Archbishop Blase Cupich, who was recently appointed to head the archdiocese, appear.

"Thank you all for coming out tonight," Cupich said to the crowd of more than 1,300. It was the sixth of the archdiocese's welcome Masses for the new archbishop, each held in one of the six vicariates (regions) of the archdiocese. St. John Brebeuf hosted Vicariate 2's event and the 60 or so priests came from the various churches in the vicariate, located on the North Side and the near north suburbs. Many of their parishioners came as well.

During his homily, Cupich told the story of an immigrant woman who came to the United States shortly after World War I, when she was about 18 years old. Her mother had died during the war, and her father remarried a 22-year-old woman, who did not get along with her new step-daughter. To prevent bickering, the father sent his daughter to sell their firm's produce at the daily market, but the daughter could not get the hang of riding the horse sidesaddle.

Finally, the father told his daughter, "Go to the United States with your brother. You're no good to me," the archbishop explained.

He used it to illustrate how sometimes the darkest moments and feelings can be transformed by God, and indeed it became a blessing as the woman's life changed for the better.

Then he revealed, "That woman was my grandmother," to a low murmur of "ohhhh," from worshippers.

"By identifying that knot and untwisting it, she could see the goodness God created in her life," he said.

Parishioners then came to the podium and offered blessings in Polish, Croatian, Tagalog, Spanish, Italian and English.

As Mass was about to conclude, two gifts were presented to the archbishop. The Rev. Pawaz Kako of Mart Mariam Chaldean Catholic Church in Northbrook presented a Bible in Aramaic, the language of Jesus, and Bishop Kane presented an icon of St. Blase as a gift from Vicariate 2. He had commissioned it from Chicago-based iconographer Joseph Maiam.

After the priests and archbishop exited, St. John Brebeuf Pastor Rev. Michael Meary spirited the archbishop off to the parish ministry center, where parish volunteers stood waiting to serve trays of food, and a children's choir was singing onstage to greet the archbishop. Soon, hundreds of churchgoers streamed in, and they sat at tables or stood in line to meet the archbishop and take photos with him.

Carolyn Drblik of the Catholic Women's Club and Alice Kowaiski of the Queen Jadwiga Society welcomed Cupich with the traditional Polish greeting of bread and salt.

While most of the guests were from nearby parishes, Carol Ann and Bob Bravac brought their son, Luka, 7, who was diagnosed with a brain tumor last June, from Milwaukee, Wis., to be blessed by the archbishop.

"We're basically hoping for a miracle," Carol Ann Bravac said after Cupich gave the family his blessing and told Luka he would be praying for him.

At the reception, Andrew Johnson, director of the American Indian Center in Chicago, along with Georgina Roy, director of the St. Kateri Center, an Archdiocese of Chicago ministry to the American Indian community, led guests in a prayer to the four directions, asking everyone to face east, south, west and north in turn, as well as honoring the sky and the Earth.

Many of the American Indian Center members, dressed in native American honorary attire, performed drumming. They were followed by other groups including a Croatian troupe.

The celebration went on past 10 p.m., with parish volunteers serving Polish ham sandwiches, fruit kebabs, poppy seed and chocolate cake, wine and coffee to the guests.

Pam DeFiglio is a freelance reporter for Pioneer Press.
Three Niles troop members attain rank of Eagle Scout

BY PAM DEFIGLIO
Pioneer Press

Boy Scout Troop 175, based at St. John Brebeuf parish in Niles, has added three more Eagle Scouts to its long list. Adam Cieply and Ray Joseph, both seniors at Notre Dame College Prep in Niles, and Andrew Cichon, who graduated last spring from Loyola Academy in Wilmette, earned the top rank in Boy Scouting. They got official recognition at a Court of Honor ceremony Feb. 8 at St. John Brebeuf. They got official recognition at a Court of Honor ceremony Feb. 8 at St. John Brebeuf parish, attended by about 100 well-wishers.

To achieve Eagle Scout status, scouts must cap off years of earning merit badges and progressing upward through different ranks with an Eagle project. Cieply marshaled fellow scouts to make handmade greeting cards for hospitalized children. His project contributed to www.cardsforhospitalizedkids.com, a charity effort started by Jen Rubino, a Park Ridge teen whose own hospitalizations inspired her to send uplifting cards to other seriously ill kids. Cieply collected card stock, markers and supplies and held card-making parties. They yielded 237 cards. Rubino thanked him, saying she usually gets 15 to 16 from volunteers.

Joseph chose to do his project at St. Andrew Life Center, an assisted living, nursing care and independent senior living complex just south of Touhy Avenue and west of Milwaukee Avenue in Niles. Joseph and volunteers reconfigured a flower bed and replanted flowers and plants to enhance the beauty of the surroundings. Joseph also volunteers at St. Andrew's.

Cichon organized volunteers to clear 1.5 acres of invasive plant species from the Miami Woods Forest Preserve, which is on Caldwell Avenue north of Oakton Street in Niles. After the Scouts uprooted buckthorn and other non-native plants, sunlight could reach the ground level of the forest, and native grasses and prairie vegetation have grown back, Cichon said. "Everything is coming back to life," he commented. The native plants also provide food for native animals.

Pam DeFiglio is a freelance reporter for Pioneer Press.
Three possible new Niles logos unveiled

IGOR STUDENKOV
Pioneer Press

Three potential new village logos and two new tag lines were officially unveiled at the Feb. 11 Niles Economic Development and Neighborhood Renewal Commission meeting.

On May 27, the Niles Village Board voted to hire LS+Team, a Glen Ellyn branding consultant, to revamp the village brand by giving it a new logo and a tag line. The move came in response to a recommendation from the Economic Development and Neighborhood Renewal Commission, which argued that rebranding was necessary to encourage new development and attract new businesses and residents.

During the Feb. 11 meeting, the majority of the commission spoke strongly in favor of a logo featuring the Leaning Tower of Niles and other images arching over the village name. But when it came to tag lines, the majority of the commission didn’t like either of the choices presented. The commission ultimately decided to think of some suggestions and review them for the next meeting.

The current Niles logo, which features a red, white and blue shield with the village name and the phrase “All America City,” dates back to 1968. Niles’ current tag line is “Where people count,” though the village also used “#1 Place to Raise Kids” as a secondary tag line since 2011. The tag line is a reference to a 2011 Businessweek article spotlighting communities that are affordable and kid-friendly. Most village documents — such as meeting agendas — have both tag lines somewhere on them.

In their presentation to the Economic Development and Neighborhood Renewal Commission, LS+Team owner Lisa Sallwasser and LS+Team partner Stephanie Goodman explained how they arrived at the logos and tag lines they proposed.

Goodman said the company conducted a total of 26 interviews, eight of which were with owners of Niles businesses. Each interviewee was asked four questions — how they felt about Niles, what were the village’s strengths and weaknesses, what characteristics they would ascribe to Niles and how they would describe Niles to non-resident friends. The business owners were asked a fifth question — what would make the village the best place to live and work?

LS+Team also talked to village employees and several Niles community organizations to get additional input.

The company took that information and set out to craft logos and tag lines based on the common themes found in those responses. They wanted to create something that would convey that Niles is a safe, comfortable, family-friendly, pro-business village with diverse neighborhoods and good public amenities. They also wanted to touch on the village’s proximity to Chicago and O’Hare Airport.

Sallwasser said LS+Team thought Niles’ current logo and tag lines were too generic. The company, she said, was trying to create a tag line that was more unique and evocative.

“We want tag lines that feel inspirational and aspirational, [such as] ‘Open Up,’ ‘Your Life, Animated,’” Sallwasser said.

In the end, LS+Team came up with two tag lines — “Rules Rewritten, Stories Told” and “New Thinking, Next Door.”

The first tag line, Sallwasser explained, was designed to reflect that Niles is progressive and has a diverse population that has plenty of stories to tell. In the second tag line, “next door” is a reference to both Niles’ proximity to Chicago and one’s next-door neighbors.

For the logo, Sallwasser said the LS+Team was aiming for “timeless colors and timeless design. All logos use orange, blue and green.

The first logo features a graphic with the Leaning Tower, the Niles Free Bus, park trees and some generic buildings arching over the village name written in caps. The tag line, rendered in a green handwritten-style font, was placed right below.

The second logo features the map of Niles with Milwaukee Avenue and other major thoroughfares outlined in white. The village name is located to the right of the map, with the tag line placed right below the name.

The third logo features the letter “N” inside an equilateral rhombus, with the right corner of it forming a green arrow that points toward the village name.

Niles Economic Development Director and commission member Ross Klicker said that, while he didn’t have anything against any logo, he personally preferred the third.

“I like it for the more corporate feel I can present to businesses,” he said.

Klicker added that he likes its corner-as-arrow element.

“It’s very subtle, but it’s subtle things that stick in people’s minds,” he said.

Most commission members spoke in support of the first logo, arguing that it captured Niles’ family-friendly feel and highlighted the village’s amenities and points of interest. Commission member Vicki Peake echoed the thoughts of many members when she weighed the strengths and weaknesses of the logos.

“Aesthetically, I like No. 1,” she said. “It incorporates everything together. Other logos look a little too corporate and not as friendly.”

Niles Chamber of Commerce and Industry Executive Director Katie Schneider said she thinks the first logo does the better job of attracting people and offered a good representation of Niles at events.

Many commission members took issue with the “Rules Rewritten” part of the first tag line, expressing concerns that it invites lawbreaking.

Commission member Julie Genualdi, a Park Ridge police officer, noted the logo will be used everywhere, including the Niles Police Department.

“On a police badge, ‘Rules Rewritten’ sends a very mixed message,” she said.

Niles Communications and Multimedia Coordinator Hayley Garard defended the tag line, arguing that it can have good connotations and that it works great from a marketing perspective.

“For me, ‘Rules Rewritten, Stories Told’ gives me a lot to work with,” she said. “I can visualize it going in all sorts of directions.”

Garard used the city newsletter as an example.

“I do our newsletter, and recently I started putting in resident stories, and they are great stories,” she said.

Mayor Andrew Przybylo called it bold and eye-catching, which works well for Niles.

“It’s very dynamic, and you want that dynamism,” he said.

While commission members didn’t have objections to the second tag line, most weren’t enthusiastic about it. Many members offered alternative tag lines, including “New Thinking, Stories Told,” “Just Be There” and “Live, Work and Thrive.”

Klicker took the poll of the commission members. For the logo, 14 commission members voted for the first option, one voted for the second and three voted for the third. For the tag line, five voted for the first option, three voted for the second option and 13 voted for “none of the above.”

After some discussion, commission members agreed to think of tag line suggestions and send them to Village Secretary Cathy Spadoni by Feb. 20. They would discuss the submissions at the next meeting.

“Go home, and for the next week, think of three-four words that are captivating, that describe the Village of Niles in a positive way,” Przybylo said.

Igor Studenkov is a freelance reporter for Pioneer Press.
The following incidents were listed in the weekly bulletin prepared by the Niles Police Department.

Niles

RETAIL THEFT
- Christopher Samaniego, 39, of the 7200 block of West Lawrence Avenue, Harwood Heights, was charged with felony retail theft on Feb. 7 after he allegedly stole a bottle of cologne, a pair of pants and a shirt from a store at Golf Mill Shopping Center. He has a March 13 court date.

DUI
- Sung Kim, 35, of the 4300 block of Lawrence Avenue, Chicago, was charged with driving under the influence on Feb. 11 after he was stopped by police for reportedly speeding and driving erratically on Dempster Street. He has a March 27 court date.

THEFT
- A 28-year-old man from Bristol, Indiana told police that a woman stole his video game equipment on Feb. 9 after he traveled 132 miles to have dinner and play video games with her. The man told police that he first met the woman online and that the two agreed to meet in person at a restaurant in the 8500 block of Golf Road before driving to a hotel in Skokie to play video games. The man reportedly placed $1,100 worth of video game equipment inside the woman's car while they ate at the Niles restaurant, but instead of driving to the hotel with him, she allegedly drove off with the equipment. The man later received a text message from the woman stating she was involved in an accident and was admitted to North Shore Hospital, but when the man called the hospital, he learned the story was a lie, police said.

BURGLARY TO VEHICLE
- A woman reported her wallet was stolen from her vehicle while it was parked in a lot in the 9400 block of Milwaukee Avenue for several minutes on the morning of Feb. 10. There were no signs of forced entry to the vehicle, police said.

Man charged with attempted kidnapping

BY MIKE ISAACS
Pioneer Press

A Chicago man was charged with felony counts of attempted kidnapping and unlawful restraint in connection with the attempted kidnapping last month of a 13-year-old girl while she was walking from Old Orchard Junior High School to Niles North High School.

Gabino Torres, 36, of the 7200 block of North Bell Avenue, is in police custody and is scheduled to appear in court Friday.

"The quick resolution of this case was brought about by the dedication, commitment and professionalism of the men and women of the Skokie Police Department," police said in a statement Thursday. Information provided by the public was also instrumental in helping to apprehend the suspect, police said.

The incident occurred at 3:20 p.m. Jan. 20, near the parking lot of Golf Galaxy, 4831 Golf Road, according to Skokie police.

The victim told police that the suspect pulled into the lot, left his vehicle and asked the girl for directions. When she started to give him directions, police said, he attempted to pull her toward his vehicle.

Police said the teenager reached into her backpack and pulled out a few metal padlocks on a string and hit the suspect in his jaw. He then left the scene, police said.

The girl was able to give police a detailed description of the suspect including that he was missing two fingers from his right hand. She was also able to provide details about the vehicle the suspect was driving — a blue SUV or crossover.

District 68 sent parents an email about the incident the following day.
Cause of Golf Maine fire was mechanical

BY JENNIFER JOHNSON
Pioneer Press

A fire that damaged a Park District maintenance garage probably was mechanical in nature, authorities say.

North Maine Fire Marshal Arnold Witzke said the official cause of the Feb. 2 fire at 9229 Emerson St. in unincorporated Maine Township has been classified as accidental and probably was the result of a heating system or lighting malfunction.

The building belongs to the Golf Maine Park District and housed vehicles and other equipment. Smoke damage was noticeable on the exterior of the cinder block structure following the fire.

John Jekot, executive director for the Park District, said two pickup trucks were destroyed, but the total damage is still unknown.

"The insurance adjusters are still going through the inventory process," he said.

The Golf Maine Park District, which consists of two public parks, serves unincorporated Maine Township and portions of Park Ridge, Niles and Des Plaines. The maintenance garage is located behind the recreation building at Dee Park.

Drivers ticketed after vehicle hits tree

BY JENNIFER JOHNSON
Pioneer Press

Two people were ticketed after a vehicle crashed into a tree along a stretch of Northwest Highway in Park Ridge.

The accident occurred just before sundown Feb. 10 at the intersection of Northwest Highway and Western Avenue. According to police, a 71-year-old Park Ridge woman was driving south on Western and crossing Northwest Highway when she collided with a white Ford Expedition driven by a 37-year-old man from Staten Island, N.Y. The Expedition, which was traveling east on Northwest Highway, jumped the curb and drove up the front lawn of a residence at the southeast corner of the intersection, striking a small tree.

The vehicle sustained front-end damage, but no injuries were reported, police said.

The driver of the car that struck the Expedition was ticketed for failure to yield. Police also cited the driver of the Expedition for driving with open alcohol and no insurance. According to police, the man did not show signs of alcohol impairment at the scene of the accident.
Understanding Dementia

THURSDAY, FEBRUARY 26TH, FROM 1:30PM TO 3:00PM

Please join us for a panel discussion by knowledgeable professionals, and learn how to recognize the signs of dementia.

Enjoy appetizers and take a tour of our warm and welcoming community.

See why our residents love living life at Lincolnwood Place!

RSVP AT 888-388-9432

* TWO MONTHS FREE LIMITED TIME OFFER ENDS FEBRUARY 28, 2015.

BRING IN THIS AD AND START SAVING TODAY!

LINCOLNWOOD PLACE
a Senior Lifestyle community

INDEPENDENT LIVING | ASSISTED LIVING | SKILLED NURSING | REHAB
7000 N. McCormick Blvd. | Lincolnwood, IL 60712
WWW.SENIORLIFESTYLE.COM
Exploring deadly race issues in America

Coming Together program asks attendees to check their privilege

BY MIKE ISAACS
Pioneer Press

Before there was any discussion about Emmett Till, Trayvon Martin and Michael Brown, all African Americans killed before reaching adulthood, there was explanation.

Oakton Community College professor Angelyn Anderson provided it before a provocative community exchange about race relations in America, part of this year's Coming Together in Skokie and Niles Township series exploring race from different angles.

"Every one of us comes in here with some type of privilege that influences the way we look at things and the issue that we're discussing," said Anderson.

When the instructor said, "check your privilege," she was asking that people step back and examine their lens, their perspective.

It was a sensible preamble to a discussion about three black males killed with nobody ever charged in any of their deaths.

Whether there was justification in the shootings that took the lives of Trayvon Martin and Michael Brown remains controversial. In the first incident, George Zimmerman was found not guilty by a jury. In the second, authorities declined to indict or press charges against police officer Darren Wilson.

What seems indisputable, though, said Anderson, wearing a T-shirt that read, Black Lives Matter, is the presence of "an epidemic impacting black lives and at an exponential rate than their counterparts."

Anderson drew out short biographies of the three males and their tragic outcomes, showing still photos of each of them after they were killed.

Till, killed in 1954 at age 14 for allegedly whistling at a white woman in Mississippi, was unrecognizable after his savage beating and being shot in the head.

Roy Bryant, the husband of the woman, and his half-brother J.W. Milam, were acquitted of charges - even though years later they admitted to the crime in a magazine interview.

The Feb. 11 Skokie program, Moving Targets: Lives and Legacies of Emmett Till, Trayvon Martin and Mike Brown, explored connections between Till's murder from more than 60 years ago and the more recent high-profile killings of black youth.

Anderson said that each of these cases were surrounded by "victim blaming" to justify the deaths.

Michael Brown was a thug who stole something, Trayvon Martin fought back so George Zimmerman had to protect himself; Emmett Till violated "an unwritten rule" about addressing a white woman in the deep south.

The differences in perspective between blacks and some whites surrounding these deaths perfectly illustrates the "check your privilege" concept, Anderson said.

She played an interview with the mother of Eric Garner, a black man who was strangled in New York City by police in a controversial killing.

"They think it's a small group of African Americans that's complaining," the grieving mother said about the differing responses. "Until it happens to them and their family, they don't understand. They don't understand what we're going through or what we're fighting against."

Anderson seemed to realize the greatest challenge is in how to address such a difficult and toxic issue. Most of the 45 or so audience members agreed with her about the need to speak to one another, to raise the issue, to keep the dialogue going.

It was a spirited conversation, one that inspired people to speak out about what small steps they can take to make difficult change.

But toward the end, the discussion fell silent as Anderson displayed somber quotes on the overhead screen, the reported last words of African Americans who have been killed at an early age.

"I don't have a gun. Stop shooting."
- Michael Brown

"Officers, why do you have your guns out?"
- Kenneth Chamberlain

"I love you, too."
- Sean Bell

"You shot me. You shot me!"
- Oscar Grant

"What are you following me for?"
- Trayvon Martin

"I can't breathe!"
- Eric Garner

"Please don't let me die."
- Kimani Gray

The community engaged in a provocative discussion on race last week led by Oakton Community College professor Angelyn Anderson at the Skokie Public Library.

many, it by far spoke the loudest.
State Rep. McAuliffe visits Niles

Students at Mark Twain School hear about the legislature

State Representative Michael McAuliffe visited a Niles elementary school recently, inviting students to ask him questions about his job as a legislator.

The visit took place Feb. 11 at Mark Twain School, 9401 N. Hamlin Ave. McAuliffe visited three classrooms, where students were able to ask about the work state representatives do and how they are elected.

McAuliffe, a Republican from Chicago, represents portions of East Maine School District 63, including Niles, Park Ridge, and unincorporated Maine Township.

Maine South presents ‘Pippi Longstocking’

BY JENNIFER JOHNSON
Pioneer Press

Maine South High School will present its winter play, “Pippi Longstocking,” this weekend at the Park Ridge school, 3111 S. Dee Road.

Performance times are 7:30 p.m. on Thursday, Feb. 19 through Saturday, Feb. 21. There will also be a 2 p.m. Saturday matinee.

Playing the lead role of Pippi is Chrissy Friel. The remaining cast includes Kelly Bauer, Trevor Ross, Grace Goble, Elena Sasso, Anna Spytek, Sarah Biggins, Jack Hoeg, Mark Biedke, Mason Matt, Michael Wozerek, Grace Murphy, Pat Gibbons, Greta Ramsey, Maddie Hoffman, Bonnie Miller, Darragh Dolan, Tommy Oeltman, Hannah Henley, Liam Finn, Danny Connolly, Maddy Bergstrom, Claire Connolly, Maria Francque, Eamon Hurd, Melissa Sanford, and Skylar Golbeck.

Funding for the production has been provided in part by the District 207 Education Foundation and the Park Ridge Cultural Arts Council.

Tickets are $7. For more information, contact the Fine Arts Department at 847-692-8240.
Shelter aims to save pets, enrich lives

BY NATALIE HAYES

Every Friday, about 100 puppies and kittens facing euthanasia are scooped up from rural shelters in southern states and driven in vans by volunteers to Morton Grove, where they get a new chance at life in new homes at Wright-Way Rescue, a no-kill animal shelter that opened a new 13,000 square-foot facility at 5915 Lincoln Ave. last fall.

The rescued animals come mostly from animal control centers in rural areas of states like Kentucky, Arkansas and Missouri. Despite the animals being mostly healthy, they're added to lists to be put to sleep because of a lack of space in the under-funded shelters.

Wright-Way Rescue, along with a handful of other no-kill shelters in the state, swoops in once-a-week to gather a new group of pets, which are then brought to the Wright-Way Rescue Admissions and Care Center in downstate Murphysboro, Ill.

The pets spend a two or three week period in the downstate facility while they are prepped for adoption with all the proper vaccinations and grooming services.

Then, the van comes back and brings them north to Morton Grove, where they're put into spacious cages to await their new homes.

Wright-Way welcomed about 100 members of the Morton Grove Chamber of Commerce on Feb. 11 to tour the new facility, which includes a full-service veterinary hospital and a large adoption center designed to keep the animals comfortable with ventilated, spacious cages.

The addition of the vet hospital helps low-income pet owners pay for health care for their pets, said the facility's veterinarian, Laura Evans.

"It allows us to be more full-service so that now people can get their pet and walk next door to the vet," Evans said.

Shelby Walchuk, one of six employees who run the shelter, said community outreach events like the Chamber mixer are a major component of shelter's operations since Wright-Way moved from its smaller previous location in Niles last year.

"Shelters can sometimes be associated with negative, scary feelings," Walchuk said. "But this is actually a hopeful, happy place, so we want to get as many people in as possible."

Chicago resident Sarah Kough brought her dad along to look at a puppy she saw listed for adoption on Wright-Way's website.

As Kough played with the puppy in an enclosed play room on Wednesday night, she said she drove in from the city specifically to see the puppy.

"We're looking for a dog and we saw this one online," Kough said. "I wanted to come see him in person."

Beyond the chamber event and hosting regular adoption hours, Wright-Way Rescue regularly welcomes Girl Scouts troops to the facility for service projects and also hosts family service nights that allow local families to come in and spend a few hours with the animals.

Part of the new facility also includes space for kids birthday parties and a training room that offers discounted training classes to new dog owners.

"Sometimes behavioral issues force people to give up their pets," Walchuk said. "The training center provides a place for training so they don't have to give them up."

Wright-Way was on track toward a goal of saving 5,000 animals in 2013 until a freak accident involving a school bus that crashed through the front of its building at 7136 W. Touhy Ave. in Niles forced the facility to move into a temporary location in Des Plaines for a year.

After a year of displacement, Wright-Way is looking toward the future and setting a new goal to save at least that many animals in 2015, if not more.

Adoption fees and a new pet supply store added to the front lobby of the shelter have helped contribute to the shelter's fundraising efforts, but saving thousands of pets and paying for day-to-day operations of the facility requires thousands of additional dollars.

"We're focusing our sights on fundraising, because what we really need is donations," Walchuk said.

As if Wright-Way's mission weren't heartwarming enough, the animal-lovers behind the shelter make sure none of the animals are ever put to sleep, regardless of whether they find adoptive families or not.

If an animal isn't adopted after a few months, it's either put into a foster home with one of the shelter's more than 100 volunteers, or it is sent back downstate to the Murphysboro facility, which sits on a farm and has acres of outdoor space for the animals to run around when they're not indoors.

Among the new programs on the horizon for Wright-Way is an initiative called ConnectUS, which connects patients at the Ann and Robert H. Lurie Children's Hospital of Chicago with puppies living at Wright-Way.

Walchuk declined to provide additional details on the partnership, but said more information would come out this spring.

All the animals available for adoption at Wright-Way can be seen at http://wrightwayrescue.org. The adoption hotline is 847-728-5434, option 2.

Natalie Hayes is a freelance reporter for Pioneer Press.
Snow sculptures take center stage in Skokie

BY KARIE ANGELL LUC
Pioneer Press

What do you do with tons of snow at an outdoor shopping mall besides hauling it all away? How about make snow sculptures at Old Orchard shopping mall in Skokie?

Located at the center's Koi Pond (near Macy's) will be an eight-foot tall koi fish. Near Cube Park, a polar pear scene with penguins beckons to the kid in all shoppers.

“We were actually doing a mall walk on that Monday after we got 19 inches of snow,” said Shannon Ridgeway, senior marketing director of Westfield Old Orchard. “And we thought, ‘What could we do with all of that snow,’ sort of making lemons out of lemonade.”

With a Valentine’s Day weekend pop-up shop of artisans called Dose Market at The Cube, customer traffic was guaranteed to pass by the snow sculptures.

“It’s unexpected,” said Tim Geiges, Westfield Old Orchard district general manager, of the awe factor of seeing huge snow sculptures, professionally crafted.

Shoppers were seen snapping cell phone photos of sculptures Feb. 12.

“I think social media has become such a huge part of our business and it’s one picture that ends up on someone’s Facebook page and it gets Tweeted out,” Geiges said.

Teaming up with artist Joseph Gagnepain of St. Charles and his crew, mall officials reviewed design proposals with a requested polar bear.

“I just kind of pictured it in my head,” said Gagnepain. “It was kind of like a play off of the Polar Plunge or the Skokie Splash.

“Just penguins sliding on a polar bear’s back so there’s some movement on it,” he said.

Pros estimate the winter scene near The Cube literally has tons of snow compacted for an impressive display.

“What we did was, we stood up four sheets of plywood for framing the rear and we attached them in an open hexagonal shape,” said Kris van Slee of Chicago, a sculptor. “And then we took another sheet of plywood and laid it down and stacked two high for each side and then we took two more half sheets for the nose.

“And then we just filled and packed it with snow,” van Slee said, who worked alongside his wife Leslie van Slee and another sculptor requesting anonymity.

Gagnepain was on another team in the recent Frankenmuth, Michigan Snowfest, taking first place for the single block snow sculpting competition category for a work called “Splash.”

“I was proud to be on the winning team,” said Gagnepain. “I never dreamt as a young child playing in the snow that I would ever make a living out of this.”

The sculptor used to write his mother messages in the snow in their backyard such as “I Love You.”

“This is a shout out to her,” Gagnepain said. “Mom, Happy Valentine’s Day!”


Karie Angell Luc is a freelance reporter for Pioneer Press.

Celebrities reinvent themselves, so did we

Reintroducing Chicago's original entertainment guide

Experience the new metromix.com, now on all of your devices. With entertainment listings that cover the city and the suburbs, we're your go-to source so you can spend less time planning, and more time doing.
IGOR STUDENKOV
Pioneer Press

The Niles General Government/IT committee voted to give its support for the new employee recognition awards.

The proposal, which was devised by a group of Village of Niles employees, calls for the monthly Peer Award and the annual Above and Beyond Award. All full-time, part-time and seasonal village employees would be eligible, and the winners would be determined by an anonymous 10-member employee committee. Some details may still be changed, and it will be up to the Village Board to determine whether to approve it.

Assistant Village Manager Hadley Skeffington-Vos presented the proposal during the committee's Feb. 11 meeting. She explained that the idea for employee recognition awards came from the employees themselves, and neither she nor other village officials were involved.

The proposal calls for two awards. The Peer Award would take place once a month. Nominations can be made by fellow employees. The committee of 10 anonymous employees would then look at the nominations and rank each nominee based on several categories using a number scale. Skeffington-Vos would then tabulate the results.

If the committee member gets nominated, he or she wouldn't take part in the evaluation process on that particular month.

Skeffington-Vos explained that, if no one is nominated, the award simply won't take place. On the other hand, if several equally worthy candidates are nominated, the committee might choose one and hold over the other application for a later date.

"Applications will be held for three months, so if there are 20 good applications in February, they would roll over into March and April," said Skeffington-Vos.

She indicated that more than one person could be nominated for the award if they all took part in the same praiseworthy act.

"If 2-3 employees pulled someone out of the river, they all get an award," she said.

Winners of the Peer Award would get a $100 gift card for the Niles business of their choice, and they'll get a parking spot in the village garage for a month. And, to encourage participation, an employee who nominated the winner would get $25.

The proposal also calls for Above and Beyond Award - an annual award that would draw from the pool of that year's Peer Award winners. Winners of the Above and Beyond awards would get $500 Visa gift cards.

Skeffington-Vos emphasized that the awards would be entirely employee-run, and their supervisors would have no role in it.

"It's run and operated by the employees themselves," she said. "It's not the bosses who name [the winners] - it's their peers."

Skeffington-Vos estimated that the awards would cost about $2,300 a year.

Village Manager Steve Vinezeano expressed concern about one aspect of the proposal. He asked how the price would be handled if more than one person won. Skeffington-Vos explained that the committee that created the proposal felt that each person involved deserved a full prize.

"They felt it was unfair to make people who saved people's lives split $100," she said.

Vinezeano said he worried that this might lead to a sharp increase in the cost of the awards. But General Government/IT Committee chair George Alpogianis argued that the award committee were sensible enough to keep the costs under control.

"I think they should have leeway," he said. "I think they are reasonable people - they wouldn't give an award to the entire [Department of Public Works] for shoveling snow."

General Government/IT Committee member and Village IT Director Bill Shaw suggested two changes to the proposal. He would have Peer Award winners help choose the next month's winner. He also suggested that all Peer Award winners should tell the award committee which one of them deserves to get the annual award.

Shaw argued that this would be good for morale.

"It would help control disappointment for people who didn't get [the Above and Beyond Award], so they'd at least know their input was considered in the process," he said.

After some discussion, Skeffington-Vos said she'll take Shaw's idea back to the employees.

The General Government/IT Committee unanimously voted to support the program. While the Village Board doesn't need to sign off on the awards' creation, they would need to approve the program's budget. That would be part of the board's budget planning process, which will unfold over the next few months.

Before the committee voted, Vinezeano said that its vote of support may help it along.

"Of course, it has to survive the budget process," he said. "It would be nice to show that General Government [committee] is behind it."

Igor Studenkov is a freelance reporter for Pioneer Press.
Niles Arts and Culture Advisory Council takes shape

IGOR STUDENKOV
Pioneer Press

The village of Niles is making headway in filling seats on the Arts and Culture Advisory Council.

The ordinance the Village Board passed on Dec. 9 states the council is supposed to have 11 members. Five of them would be local artists. Six of them would be representatives of the Niles Public Library, Niles Park District, Niles Historical Society, Niles Chamber of Commerce and Industry, Niles Sister Cities, Culver Elementary School and the Veterans of Foreign Wars' Post 7712.

During the General Government/IT Committee's Feb. 10 meeting, Village Clerk Marlene Victorine reported that some of the organizations that responded to the village inquiries offered to represent the library. Pioneer Park Manager Lindsay Brubaker offered to represent the Niles Park District, while Niles Public Library interim Director Susan Lempke, Niles Historical Society board member Michael Crisci and Veterans of Foreign Wars' Post 7712 Cmdr. Jim Kozak offered to represent their respective organizations.

Victorine said other organizations have yet to respond, but committee Chairman George Alpogianis, who currently serves as a president of Niles Sister Cities, said the Sister Cities might soon get a new present - Niles resident Rosanna Wozniak. If she gets the position, she will represent the organization in the art council.

"She is a very strong woman," Alpogianis said. "She's got ties to Italy and Italian businessmen. Legitimate ones. I've been serenading her for awhile and she's given me very strong indication (that she'll agree)."

Victorine also said the village made some progress in recruiting artists to the board. Professional storyteller Debi Gajewski and painter Carol Luc said they would be willing to join.

"I know Debi very well," he said. "I actually hired (her and her husband) at Kappy's to do a storytelling event. They were wonderful."

Under the language of the ordinance that created the art council, all of its members must be appointed by the mayor and approved by the village board. During the Dec. 9 meeting, Mayor Andrew Przybylo said that the organizations will be able to appoint their own members.

After the meeting, Victorine emphasized to the Niles Herald-Spectator that all of the appointments are provisional and they won't become official until the board signs off on them. She later clarified that it would, indeed, apply to members appointed by organizations.

"The community organizations will choose their representative, but they must still be officially appointed by the mayor and the board," Victorine said.

We know your favorite spot better than your spouse

Reintroducing Chicago's original entertainment guide

Experience the new Metromix.com on all of your devices. With entertainment listings that cover the city and the suburbs, you're your go-to source so you can spend less time planning, and more time doing.
Striped title is the fault of adults, not kids

RANDY BLASER

When it comes to kids sports, adults continue to ruin the fun.
The latest example is what happened to a wonderful group of boys that made all Chicagoans feel great about baseball and our city last summer — Jackie Robinson West.

These talented baseball players intrigued the nation by winning the Little League U.S. title and challenging for the world championship. What made their march to the U.S. title especially sweet was simple: these were African-American kids performing on a national stage in a manner rarely seen on TV in America. They were the tonic we all needed to drink to cure all of us of the national ill of racial animosity that was being played out in Ferguson, Mo.

But Jackie Robinson West was stripped of its title by Little League International. Why? It’s simple: adults involved in a kid’s game.

Little League took action because it found that Jackie Robinson West officials and other regional Little League officials put players on the team who lived outside the Jackie Robinson boundaries.

In other words, adults cheated by stacking the team. We all know that’s wrong. It’s unfair to other teams and unfair to other players. No one likes to play against a stacked deck, and it is hard to celebrate a stacked deck.

And that’s too bad, because the boys obviously had nothing to do with putting a team together. They just played baseball. And they were very good at it.

And that’s what stings right now.

Kids inherently know how to play fair. If you ever watched kids get together for a pick-up game, you would notice that they choose sides before playing. You probably did it as a kid, too.

If the results are too lopsided, the kids will stop and choose sides all over again. They not only want it to be fair, but also even.

Kids know deep down that’s what makes it all fun. That’s what makes it worth playing the game.

Attorney Victor Henderson addresses reporters at law firm Henderson Adam, LLC Feb. 12, 2015, in Chicago. He announced the firm would represent the Jackie Robinson West team after it was stripped of its title.

Adults work another way. Adults pick sides to win, not to have fun.

As my old high school baseball coach told us: “It’s only cheating if you get caught.”

Guess what? They got caught, but it’s the kids who now suffer.

That’s on the adults. Nobody should make out it has anything to do with these boys.

Minimum wage hike is the least we can do

PAUL SASSONE

It was more interesting than Gov. Bruce Rauner’s jaw-dropping, is-he-serious proposal to raise Illinois’ minimum wage from $8.25 an hour to $10 in seven years.

More interesting was the supportive comment from Sup. Oberweis, milkshake millionaire and always-a-bridesmaid-never-a-bride GOP candidate.

Oberweis said minimum wage jobs never were intended to support a family.

This, of course, would be a surprise to the millions of minimum wage workers who must attempt to support their families on minimum wages.

But Oberweis’ comment attempts to just eliminate the major argument for raising the minimum wage — that employees can’t live and support a family on minimum wage. Employees are wrong to expect they will be paid a decent wage for certain kinds of work.

It is as if these people are not just wrong, but perhaps malicious, in expecting better pay for the jobs they do.

There is an unspoken accusation here that if minimum wage workers want better pay they should have chosen jobs that pay better. It’s like, remember, when we were little kids, and we were always jarring about what we wanted to be when we grew up.

Me? I wanted to be a pilot, followed by a long list of other things to be when grown up.

I became none of those things. Most of us grow up to do jobs we hadn’t picked when we were kids.

But the folks who argue against minimum wage hikes almost seem to believe that at some early point everyone sits down and chooses his or her job — I’ll be a vascular surgeon, I’ll be a lawyer, I’ll be an arbitrator, I’ll fry burgers at Wendy’s.

And because we make the choice of what to be, we must accept the wages that go with each job.

But we all know that there are so many reasons — not by any means all volitional — for why we wind up in the jobs we do.

And it’s not that the sales clerk and the brain surgeon should receive the same pay. No one argues that.

The people who prepare and serve our food, who wait on us in stores, who clean, who care for — they can raise, feed, house and educate a family?

That’s not too much to ask.

That’s why a decent minimum wage is important. It’s fair. It’s the way a great country should operate.

It wasn’t long ago that many Americans would have agreed with the assertion that if you can’t afford to pay your employees a decent wage, you shouldn’t be in business.

I’m not sure in today’s political climate whether that assertion would have as much support.

So, I guess we have to move by little steps. The Illinois Senate has a plan to raise the minimum wage to $9 by June 1 and then incrementally to $11 an hour by 2019. Still not enough.

But way better, human and humane than what the governor proposed.
Gov. Bruce Rauner, speaking to students Tuesday at Lanphier High School in Springfield, is standing tall so far among Midwest governors.

Rauner already best gov in Midwest

At this point, no evidence tilts the scale on Bruce Rauner in either direction.

He's either a rich guy playing politics and will shortly get bored of the hot mess that is Illinois and then sell the entire state to the Koch Brothers for a few hundred bucks.

Or alternatively, he's a tightly wound conservative who will fix the state despite every force arrayed to stop him. He also will fix you and me, whether we like it or not.

But one fact should be far more appreciated in consensus.

After decades of hiding under the bed embarrassed by our governors, at least we can face the sunlight and not feel the nation is mocking us.

But whether Rauner is a wonderful person, a corporate pillager or something more neutral in between, he's the best governor in the Midwest.

He hasn't done anything yet, but he seems, what's the right word? Sane.

Yes, we have a sane, competent, apparently nonfelonious governor. It makes us giddy.

We have the advantage of a filthy rich governor, which means he doesn't have to steal all the silverware to fund his retirement.

While Pat "I'm-the-jobs-governor" Quinn left no pending corruption indictments in his wake that we know about, he was by every standard a bad governor. He consumed six years with total party control of the state legislature and did nothing.

Big things broken at the molecular level - pensions, taxes and education - stayed broken.

He succeeded two-term disgrace Rod Blagojevich, more crooked than a tick hound's hind leg. Blago succeeded George Ryan, also a money-grabbing jail bird.

As for competition, Rauner looks so good because every nearby state has an abysmal governor, with the exception of Kentucky.

Wisconsin's Scott Walker wants to be president, which scalding leftist blogger "The Wonkette" calls "a heavy lift for a guy who has all the charisma and magnetism of a Styrofoam cup of barley soup left out on a table in a homeless shelter."

In the same week Walker vowed to cut $300 million from the University of Wisconsin budget (This is war!) because the state is broke, he also decided to give the Milwaukee Bucks owner $220 million for a new arena.

He also wants $250,000 to study the deleterious effects on human health caused by wind power.

Remember how the country used to laugh at Illinois about Blago? Now the guffaws have a "Yah, sure" accent.

Indiana's Mike Pence is an odd duck who also wants to be president. He also wanted taxpayers to pay for his own personal Hoosier Pravda news service. That imploded. The state has the most welcoming business climate in the Midwest and has produced no prosperity for actual people.

Iowa's Terry Branstad must appear wingnutty to appease a state party that has gone over Niagara Falls in a barrel. Farther away in the continuum, Goy. Sam Brownback's Kansas experiment to save democracy by doing away with taxes apparently also has done away with public schools.

In all, we can be proud that Rauner is a tall knight surrounded by a herd of very irritating Hobbits.
TRY TV WEEKLY MAGAZINE
America's guide to "the good stuff" on TV.

TV Weekly magazine provides local TV and cable print listings with comprehensive program grids for each service provider in your area. It delivers an entire week's worth of localized TV listings — with each day's schedule easily viewed at a glance. It's much quicker and easier to use than a 50 button remote!

Weekly features include:
- Unique editorial content plus daily "Best Bet" recommendations
- 5 Questions with your favorite celebrities
- Insider info with Rick Gables
- What's new on DVD and OnDemand
- Find your game in the Sports Zone
- Horoscopes, Sudoku, Crossword & Soaps

Try 13 issues for a trial rate of just $9.75, that's a 75% savings off the cover price.

online: www.iwantmytvmagazine.com  phone: 1-877-689-3861

OPINION

Finding friendship with people I may never meet

What are the rules for friends on social media? Can you ever consider someone a true friend if you've only "met" on Facebook?

We've all known someone who over-shares on social media, but how often do we stop to think about what's behind that sharing?

For example, let's examine my Facebook friend, J. What do I really know about her?

She has a cat named Gilda and once shared a post titled, "Are You There, God? It's Me, Anxious Mom."

Only one of us:
- is a single mother.
- pursuing a dream job.
- can carry a tune.

However, we both:
- have three children.
- went to the University of Illinois.
- love to write.
- have friends for whom we'd fall on swords.
- juggle lives filled with love and disappointment.
- admit our flaws and imperfections.
- love to write.
- observe the lack of public discourse about mental health issues.
- speak openly about public schools' failure to address social-emotional issues.
- feel comfortable behind a microphone.
- cling to humor in times of stress, as demonstrated by one of J's recent posts: "Attention Therapists: Dust in the Wind" is really not a good idea for waiting room music."

Long ago, I read a study about the "rules" of social media: more than 300 friends make you look desperate, fewer make you seem lonely.

What Ever.

We make our own rules. While I have a ton of connections on my social networks — some of whom I'll never meet — they serve many purposes. Sometimes, looking for an escape, I find comfort pecking into others' lives. Other times I want to share my writing with an audience. Oftentimes I need advice or suggestions. Mostly, I'm just inordinately curious about how others live life.

Rachel Engel offered thanks to Facebook founder Mark Zuckerberg in a 2015 HuffPost column titled, "What Facebook Means to Special Needs Families."

...For parents of children who have...something that makes them extra unique...it's the most precious invention, ever. I don't think you actually know what Facebook means to these parents. ...It means never feeling alone.

In dealing with her own special needs child, J posts things like: "Entire body is so tense; I can't even fully inhale nor exhale. Either I will end up sobbing at some point, or in hysterical laughter. Putting money and hope on the latter."

"And while I made dinner and actually cleaned in the kitchen tonight, I reflected on how happy my child's happiness makes me. My own accomplishments are littered with the various voices clamoring in my head, but my kids' successes so overwhelm negativity that it's almost freeing. I hope as we enter whatever rough phase comes ahead (because we all know parenting is totally cyclical), I can keep that image of [my child] in my head, finding me sitting in the bleachers while he practically did cartwheels on the pitcher's mound, with that incredible smile lighting up the whole field."

To be sure, some read J's posts with a less tolerant attitude than mine. One acquaintance recently asked me "Can you believe some of J's posts? Talk about TMI."

Too much information? Or too much insecurity to reveal authenticity? I recently overheard my sister, a counseling psychologist, telling my daughter that "Facebook and Instagram are everyone's highlight reels." And with the numbers of people turned off by posts on struggles and misfortunes, she's absolutely right.

Will I ever share a meal, a hug, or a secret with J? Take long walks on the lakefront? Trade emergency contact numbers for our kids? Maybe, maybe not.

I still care, and she sees that with every comment and "like" button I send.
Sex is meant to be exciting and fun, and a way for couples to connect on a deep level. I think anyone would agree with that.

But what if your sex life became regulated, forced, mechanical, non-spontaneous and boring? That's what can happen to a couple with infertility issues, according to Dr. Nicole Gerber, Psy.D.

"I've seen so many couples going through fertility treatments - some for years, and it affects their relationship in every way," said Gerber, a Northbrook-based Licensed Clinical Psychologist who has been in practice for 17 years, specializing in couples therapy. "It causes huge sadness, hopelessness, frustration, anxiety and anger, and it puts stress on the relationship, both in and out of the bedroom."

According to the Centers for Disease Control and Prevention, there are 1.5 million married women (aged 15-44) in the U.S. who are unable to get pregnant after at least 12 consecutive months of unprotected sex with their husbands.

Gerber said in many situations, sex becomes a chore or an obligation that revolves around a woman's ovulatory cycle, which becomes draining and exhausting, and which turns what should be enjoyable bedroom fun into a nightmare.

"Every month they say, 'This might be the month!' and when it doesn't work, it's devastating," said Gerber, who holds a Doctorate from the Illinois School of Professional Psychology. "It becomes like a roller coaster."

So, how can couples shift from baby-making mode back to what sex should really be? Here are Gerber's four tips:

1. **Strengthen your connection outside the bedroom first.** That will lead to a strong sexual connection. How do you do that? By scheduling date nights where there is no talk of baby making. Instead, be nostalgic and reminisce about how you met and fell in love. Hold hands, take walks, make eye contact, hug, flirt and kiss.

2. **Set the mood.** When was the last time you put on romantic music or lit candles? These things help couples relax. Also, consider role-playing, reading erotica, watching sexually stimulating videos or using sex toys.

3. **Try new activities together.** Try and connect at more unexpected times where the pressure to have sex is not present. This may include cooking a meal together, going on a road trip and exploring a new city, learning a new sport, taking a yoga class together, getting a couple's massage, or finding a new place to hike near your home. A really fun day together that causes you and your spouse to bond has a good chance of putting you in the mood.

4. **Take a month off.** Take sex off the table for a month. Just agree that there will be no sex. You might be relieved at first, but oftentimes, couples end up wanting to have sex because the pressure is gone. In other words, it wasn't on your to-do list. I can't even imagine how devastating it would be to want a baby and try and try again, unsuccessfully to conceive. But, I will say this. I truly believe that with the amazing advancement our country has seen in the field of infertility over the past decade, that the chances of successful treatment are very high. I remember a friend saying to me several years ago, "Don't worry. It's only a matter of time. We're all going to have babies if we want them." I never forgot that.

In closing, I would urge couples with infertility issues not to lose sight of the importance of their marriage. Remember, you are in this together. Even if you don't have kids, you are already a family.
<table>
<thead>
<tr>
<th>ADDRESS</th>
<th>BUYER</th>
<th>SELLER</th>
<th>DATE</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>602 E Algonquin Rd, # 1277,</td>
<td>Yoel A Patel &amp; Vidanta Y Patel</td>
<td>Julie A Justesen</td>
<td>01-13-15</td>
<td>$66,000</td>
</tr>
<tr>
<td>Arlington Heights</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>606 E Algonquin Rd, # 209,</td>
<td>Jozef Maciolek &amp; Zofia Maciolek</td>
<td>Michellie Marak Piek</td>
<td>01-12-15</td>
<td>$115,900</td>
</tr>
<tr>
<td>Arlington Heights</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>445 S Cleveland Ave, # 203,</td>
<td>Dimitar Stankov &amp; Krasimira Ivanova</td>
<td>May Trust</td>
<td>01-12-15</td>
<td>$104,000</td>
</tr>
<tr>
<td>Arlington Heights</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>229 S Goebbert Rd, # 201,</td>
<td>Shushanthi Suriwar &amp; Wei Rees Chel</td>
<td>Selman Hysa</td>
<td>01-12-15</td>
<td>$109,000</td>
</tr>
<tr>
<td>Arlington Heights</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>101 S Washington Dr, # 102,</td>
<td>Shradhiben Amin &amp; Dipesh kumar Amin</td>
<td>Robert Lamanata</td>
<td>01-12-15</td>
<td>$124,000</td>
</tr>
<tr>
<td>Arlington Heights</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 S Old Wilke Rd, Arlington Heights</td>
<td>Tasha Kagalawala</td>
<td>Nucompress Mobility Services</td>
<td>01-14-15</td>
<td>$163,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>259 N Chestnut Ave, Arlington Heights</td>
<td>Michael J Dufault &amp; Mary A O Too</td>
<td>Bruce Miller</td>
<td>03-10-15</td>
<td>$220,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>102 S Hadrow Ave, Arlington Heights</td>
<td>James J Addieley &amp; Ashakamari R Adderley</td>
<td>Federal National Mortgage Assn</td>
<td>01-14-15</td>
<td>$143,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>101 S Dunton Ave, Arlington Heights</td>
<td>Steve Yesnick</td>
<td>Geraldine L Harrington</td>
<td>01-14-15</td>
<td>$240,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3401 N Carpenterway Dr, # 301,</td>
<td>Romeo Ramos &amp; Lourdes S Ramos</td>
<td>Charles Nadelman</td>
<td>01-15-15</td>
<td>$275,000</td>
</tr>
<tr>
<td>Arlington Heights</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2627 N Dryden Pk, Arlington Heights</td>
<td>Demetrios Voces &amp; Christina Voces</td>
<td>Carmela Belmonte</td>
<td>01-16-15</td>
<td>$517,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>210 S Cranbourne Way, Arlington Heights</td>
<td>Shaida Shahid &amp; Shabnam Shabnam</td>
<td>Patti Anne Davis Smith</td>
<td>01-16-15</td>
<td>$297,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 S Roosevelt Ave, Arlington Heights</td>
<td>Tillous Sepko</td>
<td>Harriet R Levin</td>
<td>01-13-15</td>
<td>$320,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 W Hertz Rd, Arlington Heights</td>
<td>Tianfio Wang</td>
<td>Barbara Tsukarek</td>
<td>01-15-15</td>
<td>$320,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>915 N Kaspar Ave, Arlington Heights</td>
<td>Scott Dalton</td>
<td>Duchein &amp; Assoc Inc</td>
<td>01-25-15</td>
<td>$350,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>413 N Barr Oak Dr, Arlington Heights</td>
<td>James T Harney &amp; Laura Harney</td>
<td>Robert Miller</td>
<td>01-21-15</td>
<td>$380,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>44 N Vill Ave, # 515, Arlington Heights</td>
<td>Frances M Carroll</td>
<td>Anne L Olazeh Lehrman</td>
<td>01-23-15</td>
<td>$100,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>127 S Pine Ave, Arlington Heights</td>
<td>Patrick O Lee &amp; Jillian R Lee</td>
<td>David O Hovis</td>
<td>01-21-15</td>
<td>$485,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>660 Grove Dr, # 210, Buffalo Grove</td>
<td>Lu Yang</td>
<td>Eugenia Kuyprih</td>
<td>01-20-15</td>
<td>$79,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>648 Chestnut Dr, Buffalo Grove</td>
<td>Amy Fink &amp; Jonathan J Wang</td>
<td>Cameron Morteskie</td>
<td>01-16-15</td>
<td>$145,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>225 Willowdale Ct, Buffalo Grove</td>
<td>Kimberly W Carlyle</td>
<td>Betty M Lindsberg</td>
<td>01-15-15</td>
<td>$152,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>679 Weidner Rd, Buffalo Grove</td>
<td>Kapil Atora &amp; Kanika Khullar</td>
<td>Daniel Gomez Jr</td>
<td>01-13-15</td>
<td>$155,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1220 S Wellington Ct, Buffalo Grove</td>
<td>Darrell Beck &amp; Margaret Beck</td>
<td>Edward G Bigbeeck Estate</td>
<td>01-12-15</td>
<td>$173,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>350 Dogwood Ter, Buffalo Grove</td>
<td>Aralinde Samantyara &amp; Nibilla Mohanty</td>
<td>Randall M Michaelon</td>
<td>01-15-15</td>
<td>$185,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>541 Springside Ln, Buffalo Grove</td>
<td>Lee E Clifford &amp; Lauren M Clifford</td>
<td>Traci J Cook</td>
<td>01-16-15</td>
<td>$230,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1561 Brandwyn Ct, N.s Grove</td>
<td>Luis M Perez &amp; Ana C Vallejos</td>
<td>Yufang Wang</td>
<td>01-14-15</td>
<td>$456,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1048 Whitehall Dr, Buffalo Grove</td>
<td>Brielle Nicosseak</td>
<td>Federal Home Loan Mtg Corp</td>
<td>12-17-15</td>
<td>$327,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 Charlevoix St, Buffalo Grove</td>
<td>Alain Bochi &amp; Tamara X Goi</td>
<td>Mitchell R Croytezic</td>
<td>01-14-15</td>
<td>$189,500</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1134 Desroches Rd, Buffalo Grove</td>
<td>Danisid Kopioka &amp; Jolanta Kopioka</td>
<td>Jerry M Graman</td>
<td>01-20-15</td>
<td>$235,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1156 Knollwood Dr, Buffalo Grove</td>
<td>Ashurhof Sharma &amp; Swabi Kumar</td>
<td>Peter C Oginbi</td>
<td>01-16-15</td>
<td>$364,500</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>799 Thornton Ln, Buffalo Grove</td>
<td>Jeff Irwin &amp; Nicole Irwin</td>
<td>Christopher Johnson</td>
<td>01-13-15</td>
<td>$370,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1077 Linda Ln, # 50, Des Plaines</td>
<td>Ernesto R Perez &amp; Gustman &amp; Judith De La O Zamora</td>
<td>Deborah Iles</td>
<td>01-16-15</td>
<td>$25,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1057 Linda Ln, # 50 E, Des Plaines</td>
<td>Jamil Jami &amp; Eva Melid</td>
<td>Meenakshi Gupta</td>
<td>01-13-15</td>
<td>$30,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1100 Holly Ln, # 50 E, Des Plaines</td>
<td>Michael Hujin Kim</td>
<td>Yul Neun</td>
<td>01-14-15</td>
<td>$120,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3141 River Dr, Des Plaines</td>
<td>Joseph A Gupe</td>
<td>US Bank NA</td>
<td>01-11-15</td>
<td>$112,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>555 S River Rd, # 202, Des Plaines</td>
<td>Ermedette A Douglas</td>
<td>Luellen Kilman Estate</td>
<td>01-14-15</td>
<td>$147,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9263 Doe St, Des Plaines</td>
<td>Abdufrazak Kamian &amp; Ashraf Monen</td>
<td>ClipBank NA</td>
<td>01-15-15</td>
<td>$153,500</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>431 N 4th Ave, # A, Des Plaines</td>
<td>David J Fiegel &amp; Dina L Albert</td>
<td>John R Cordes</td>
<td>01-14-15</td>
<td>$155,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>842 One Dr, # B, Des Plaines</td>
<td>Jose A Aguirre</td>
<td>SRy Real Estate Investments</td>
<td>01-14-15</td>
<td>$161,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>189 Pine St, Des Plaines</td>
<td>Andrew T Turek &amp; Maheid S Hudg</td>
<td>Rahelis Otsun</td>
<td>01-14-15</td>
<td>$168,500</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>689 E Thacker St, Des Plaines</td>
<td>Craig Hollins &amp; Julie Radicskov</td>
<td>August F Geneveiros</td>
<td>01-15-15</td>
<td>$169,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1930 Pine St, Des Plaines</td>
<td>Nikolay Stankevich &amp; Dzejla Stankevich</td>
<td>US Bank NA Trustee</td>
<td>01-20-15</td>
<td>$177,500</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1409 W Pennsylvania St, # 605, Des Plaines</td>
<td>Sylvia Drivasil</td>
<td>Susan Marie Norden Molloy</td>
<td>01-12-15</td>
<td>$180,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2362 S Scott St, Des Plaines</td>
<td>Juan L Ortiz &amp; Mrs Ortiz</td>
<td>Juan T Medrano</td>
<td>01-13-15</td>
<td>$190,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>408 Alles St, Des Plaines</td>
<td>Jose Luis Trejo &amp; Lillana Trejo</td>
<td>Maria Serrato</td>
<td>01-15-15</td>
<td>$194,000</td>
</tr>
</tbody>
</table>

This list is not intended to be a complete record of all real estate transactions. Data compiled by Record Information Services.
LONG GROVE

Address: 5530 Oak Grove Circle
Price: $539,000
Schools: Adlai E Stevenson High School
Taxes: $14,085
Agent: Kevin Walsh/RE/MAX Showcase

HIGHLAND PARK
Adorable brick ranch with flexible floor plan, attached 1-car garage makes great starter/condo alternative. Use as a 3-bedroom or 2 with separate dining. Recent updates: new carpet in bedrooms, new laminate in dining room & kitchen, new tile in bathroom, new counters and paint in kitchen. Living room has oak floors. Full unfinished basement has high ceiling, overhead sewer. Walk to train, trail, parks, shopping & more.

Address: 871 Burton Ave.
Price: $298,900
Schools: Highland Park High School
Taxes: $6,159
Agent: Cory Albani/@Properties

WAUKEGAN

Address: 1125 North Ave.
Price: $119,000
Schools: Waukegan High School
Taxes: $2,761
Agent: Katie Kennedy/Baird & Warner Libertyville

MOUNT PROSPECT

Address: 1109 South Lavergne Drive
Price: $439,900
Schools: Rolling Meadows High School
Taxes: $8,199
Agent: Doris Rivera/CENTURY 21

Listings from Homefinder.com.
Cooking & Wine @ 909 combines instruction, party

Woman offers cooking class from Glenview home

BY JACKIE PILossoPH
Pioneer Press

When asked how she came up with the idea to start a cooking school out of her Glenview home, Marilee Racana Fellinger pulled out a basket containing thousands of recipes she compiled over the years.

"When my kids were younger and they'd be napping, I'd be stuck in the house for hours, and I'd watch cooking shows and take notes," said Fellinger, a former corporate marketing representative who founded Cooking & Wine @ 909 last year. "I thought to myself, 'If I want to learn to make new recipes, don't other women feel the same?''

Cooking & Wine @ 909 isn't your typical cooking school, but rather a combination of a cooking class with a girls' night out, a dinner party or another special event.

"All my clients have to do is pick the date of the event, decide how many guests they want in attendance, and choose one of our menus or a custom menu," said Fellinger, an Indiana University graduate, who has lived in Glenview for 10 years with her husband, Paul, and their three daughters.

The night of each class, professional chef Mike Chapter prepares a gourmet meal at the party host's home while guests watch, enjoy a glass of wine, ask questions, and then enjoy the meal together. Everyone leaves with printed recipes of the meal.

"It's really about the fun interaction of the people who get together to enjoy each other's company, but while they are together, they get hands-on cooking instruction," said Chapter, who is a culinary and food-related consultant, as well as a cooking instructor at The Wooden Spoon in Chicago. "Being able to pick up a new technique or learn about an ingredient and see everything happening in real time is part of the fun."

Fellinger does all the pre-class shopping, attends every event, and assists Chapter with preparation and cleanup.

"People love having a professional chef there to ask, 'Why are you using sesame oil instead of olive oil? Why are you using sea salt instead of table salt?'" Fellinger said. "Guests are learning all these new tricks and tips, while having a glass of wine, relaxing, eating wonderful food and having fun with your friends."


Amy Jones of Glenview attended a Fancy Schmancy Appetizer class, as well as an Ultimate Tailgate class.

"I really like to cook, but I've got little kids and I don't have time to experiment with new recipes," said Jones. "We learned how to make a bloody Mary dip, spicy Korean chicken wings, and mini Cuban sandwiches - appetizers that were so much better than the typical stuff you'd make for tailgating."

Fellinger said a typical class ends up costing the host around $65 per person, which includes everything except for the wine.

"What people love is to be able to book a class, pick a menu, invite friends and show up," she said. "There's no shopping and no cleanup, and it ends up being a fun, social, interactive experience that's unlike your typical dinner party."

"For the last 15 years, the Food Network and other cooking shows have made people more interested in where food comes from and what goes into its preparation," said Chapter. "So seeing this live demonstration is interesting to them, and they're learning tips to make life easier and have more fun in the kitchen."

To learn more about Cooking & Wine @ 909, call (312) 550-3508 or visit facebook.com/cookingandwineat909.

There's no shopping and no cleanup, and it ends up being a fun, social, interactive experience," said owner Marilee Fellinger.

Jackie Pilossoph is a freelance reporter for Pioneer Press.

Twitter @JLoVesEssentially.
COMMUNITY CALENDAR

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

Thursday, Feb. 19

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. every day. Mitchell Museum of the American Indian, 3001 Central St., Evanston, Free-$5; $10-$12 for talk, 847-478-5103

The History of Organized Crime: The Mob and Las Vegas: Historian Barry Bradford discusses how Bugsy Siegel pioneered Vegas as a Mob haven and how the modern city grew from its mafia roots. 1 p.m. Thursday, North Shore Senior Center, 161 North Road, Northfield, $10-$13, 847-784-6030

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 IceEsome. 5-8 p.m. Monday through Friday, 1-8 p.m. Saturday, 1-5 p.m. Sunday through March 15, Westfield Old Orchard, 7099 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 befriends Shatique, a young black woman putting herself through school and struggling to raise a son on her own. 7:30 p.m. Tuesday through Friday, 2:30 p.m. Saturday and Sunday, Northlight Theatre, 9501 Skokie Blvd., Skokie, $15-$49, 847-673-6800

Saturday, Feb. 21

Friends, Photos and Fondue: Come to share stories, photos projected on the wall, and enjoy glasses and drinks. 7:30 p.m. Saturday, Raydiant Day, 1400 Greenleaf St., Evanston, $5 suggested donation, 847-869-6477

FUSE: Studio: Drop in with friends to wire LEDS, compose a ringtone, build an amp, mix chemicals to make gel beads, navigate a robot obstacle course and more. For grades six to 12. 6:30 p.m. Saturday, Evanston Public Library, 1703 Orrington Ave., Evanston, free, 847-448-8600

Evanston Winter Farmers Market: Shop for fresh produce and other local goods at the winter market. 9 a.m. Saturday, Evanston Ecology Center, 2024 McCormick Blvd., Evanston, free

Circuscope: The creators of the Actors Gymnasium Winter Circus explore a fascinating world on the other side of the microscopic lens. Circuscope transports audiences through surprising acrobatics, mime, live music and other-worldly design. 4:30 p.m. Saturday, 7:30 p.m. Saturday, 3 p.m. Sunday, Actors Gymnasium, 927 Noyes St., Evanston, $15-$20, 847-328-2795

Northwestern Polar Plunge for Special Olympics: Participants must raise $75 in donations from friends, family and co-workers in exchange for jumping into the icy waters. 11 a.m. Saturday, North Beach, Northwestern University, Sheridan Rd. and Lincoln St., Evanston, $75, 630-942-5621

Weekend Family Class: Homemade Ice Cream: Children ages 4-10 with an adult can get an up close look at one of the world's tiniest seeds from the vanilla orchid, make a batch of ice cream and pot up a plant that can flavor ice cream. 9:30 a.m. Saturday, 1 p.m. Saturday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, $23 per child, 847-835-5440

Chinese New Year at the Chicago Botanic Garden: Celebrate the Year of the Sheep with a shadow puppet performance by the Shaanxi Folk Arts Group, plus traditional Chinese paper cutting and painting. 11 a.m. Saturday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

Crisis: 9 p.m. Saturday, Potato Creek Johnny's, 1850 Waukegan Road, Glenview, free, 847-486-4007

Magic By Randy: Randy entertains and inspires with intriguing illusions. 10:30 a.m. Saturday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Chinese New Year at the Chicago Botanic Garden: Celebrate the Year of the Sheep with a shadow puppet performance by the Shaanxi Folk Arts Group, plus traditional Chinese paper cutting and painting. 11 a.m. Saturday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

A Year with Frog and Toad: Enjoy the musical about a cheerful frog and a grumpy toad. 10 a.m. Saturday, 1 p.m. Saturday, Northbrook Theatre, 3333 Walters Ave., Northbrook, $10-$12, 847-292-2367

Middle School Open Gym and Swim: This Saturday night social for sixth-eighth grades includes a DJ, inflatables, open gym, swimming, wallyball, ping pong, and racquetball. Snacks and pop are available for purchase. Register online at www.prparks.org. 7 p.m. Saturday, Park Ridge Community Center, 1513 W Touhy Ave, Park Ridge, $5 at the door, 847-692-9109

Jesus Calls Ordinary People work...
Calendar, from Previous Page

**Shop:** Seek, discover, confirm and incorporate God's "call." Advance registration required. 8:30 a.m. Saturday, St. Luke's Lutheran Church, 205 N. Prospect Ave., Park Ridge, $15, 847-825-6659

**Playdate with Nature:** For family games, crafts, and educational activities based around the seasonal nature theme of the day. Registration required. Register at prparks.org. 9 a.m. Saturday, Wildwood Nature Center, 520 Forestview Ave., Park Ridge, free, 847-692-3570

**Film Festival:** Watch two films: "This Old Song," a documentary about the story of one of the lost tribes known as the Bene Menasha and "The Matchmaker," by Avi Neshet set in Israel about Arik, a teenage boy who works for Matchmaker, a mysterious Holocaust survivor. 7:30 p.m. Saturday, Beth Hillel Congregation Beth El, 3220 Big Tree Ln., Wilmette, $10, 847-256-1213

**Sunday, Feb. 22**

**Seed Swap:** Learn about the art of seed saving, and share seeds from many heirloom and hybrid varieties of flowers, herbs and vegetables. Gardeners are invited to bring saved or leftover seeds to share with others. Beginners are welcome to participate even without seeds. Advance registration required. 2 p.m. Sunday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

**Globe Trotters: Egypt** Kids in kindergarten to third grade explore a new culture each month. 2 p.m. Sunday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**"Classical Delights":** With the Northbrook Symphony Orchestra. 4 p.m. Sunday, Sheely Center for the Performing Arts, 2300 Shermer Road, Northbrook, $8-$50, 847-272-0755

**The Limits of Presidential Power:** Eric Posner, a professor of law at the University of Chicago, lectures on a subject he's well-familiar with, being an expert on constitutional law. "Posner will discuss the bounds on executive authority in the U.S. and review several precedents that suggest the president is bound more by political than legal constraints," according to an announcement. "He will describe his reasoning as to why President Obama's recent executive order on undocumented immigrants is legal." These Sunday programs are free and open to the public. Even child care is available. 10:30 a.m. Sunday, Ethical Humanist Society of Chicago, 7574 N. Lincoln Ave., Skokie, free, 847-677-3334

**Music of the Baroque:** Baroque Invention: 7:30 p.m. Sunday, North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie, $25-$75, 312-551-1414

**Through Soviet Jewish Eyes: Photography, War and the Holocaust:** The exhibition features more than 50 photographs presented through the lens of some of the most important Soviet photojournalists. 2 p.m. Sunday, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4800

**Monday, Feb. 23**

**Book Babes:** Songs, games, story time and free play for babies ages 2 and younger with a caregiver. 10:15 a.m. Monday, Evanston Public Library - North Branch, 2026 Central St., Evanston, free, 847-448-8600

**Baby and Me Time:** Parents and their children up to 12 months can come in for this opportunity to socialize and share parenting advice. 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. Call 847-929-8102 or visit 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

**Parkinson's Support Group:** For people with Parkinson's, as well as their caregivers and families. 10 a.m. Monday, Covenant Village of Northbrook, 2625 Techny Road, Northbrook, free, 847-509-0927

**Oscar Party:** Before a quick game of Oscar Trivia, dine like movie stars and sip champagne. A screening of an Oscar nominated movie wraps up the event (Ages: 55 & Up). Register online at www.prparks.org. 12:30 p.m. Monday, Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, $17 Guest, 847-692-3597

Turn to Calendar, Next Page
Tuesday, Feb. 24

The Diary of Anne Frank: The classic production explores the life of a young Jewish girl in hiding for two years during World War II. 7:30 p.m. Tuesday, Wednesday Writers Theatre, 664 Vernon Ave., Glencoe, $35-$85, 847-242-6000

Northern Lights: Winter Homework Help Center: High school volunteers help kids in grades 1-8 with their homework and reading and math skills. 6 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

One-On-One CJE Senior Life Counseling: CJE SeniorLife Resource Specialists provides counseling to adults 60 and over, their families, and caregivers. For more information and to make an appointment, call Kathy Gaeding at CJE SeniorLife, 773-508-3084, 9:30 a.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

MGPL Kids: Listen Up!: Drop-in story and play time for preschoolers with a parent or caregiver. Call 847-929-3002 or visit www.mgpl.org/kids for more information. 1:45 p.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

The Glenbrook North Band Concert: Enjoy the sounds of the freshman, symphonic and symphonic wind ensemble bands under the direction of Rich Chapman and Mark Running. 7:30 p.m. Tuesday, Glenbrook North High School, 2300 Shermer Road, Northbrook, free, 847-272-6400

Citizens’ Forum: Climate Change Is Real: Kent Taylor of the Climate Change Reality Project discusses the latest scientific evidence that human activity and not natural cycles is causing the decades-long warming of our planet. 6:30 p.m. Tuesday, Covenant Village of Northbrook, 2625 Techny Road, Northbrook, free, 847-480-6380

The Middle Ground: Indians and Empires in the Great Lakes: Learn how Europeans and Native Americans met and interacted between 1650 and 1815. 1 p.m. Tuesday, North Shore Senior Center, 161 Northfield Road, Northfield, $40-$52, 847-784-6030

Life Transitions Group: A support group for men and women who have been widowed for one to four years. 7 p.m. Tuesday, Park Ridge Nonprofit Center, 720 Garden St., Park Ridge, $5 per session, 847-720-4170

Wednesday, Feb. 25

Preschool Story Time: Stories and songs for children ages 3-5 and a caregiver. 10:30 a.m. Wednesday, Evanston Public Library, 1703 Orrington Ave., Evanston, free, 847-448-8610

ACT Math Seminar (Grades 9-12): Learn tips and tricks from professional tutors from College Nannies and Tutors of Glenview as they detail the math portion of the ACT test. Register at glenviewпл.org/register, ext. 7600, or the Reader Services Desk, 7 p.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

The Basics of Social Media for Small Businesses: Take a look at the five most popular social media networks - Facebook, Twitter, LinkedIn, Google+ and Pinterest to decide what is right for your business. Norbert Barszczewski of JF NetQuest, Inc. and Constant Contact Local Authorized Expert, leads this SCORE seminar. Registration required at ext. 232. 7 p.m. Wednesday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277

Guided Meditation: Om Johari teaches meditation techniques. Relax, renew, refresh and experience the stress-relieving benefits of meditation during guided sessions. 10:30 a.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Bernard Weinger Jewish Community Center Men’s Group: The Men’s Club meets throughout the year on Wednesday mornings. For adults 55 and over. Every week there’s a stimulating new topic for the guys to talk about at the The JCC Men’s Club. Meeting from 10 to 11:30 a.m. Wednesday, Bernard Weinger JCC, 300 Revere Drive, Northbrook, free, 224-406-9200

April Macle: The finalist on “Last Comic Standing” and frequent guest on “The Howard Stern Show” performs stand-up. 8 p.m. Wednesday, Zanies Rosemont, 5437 Park Place, Rosemont, $22 plus a two-item food/drink minimum, 847-813-0484

Have an event to submit? Go to chicagotribune.com/calendar.
Laughs from lawyers raise Oakton scholarship funds

The Chicago Bar Association's 91st Annual Holiday Spirits Revue: 'Bar Wars: Episode 6.5: The Phantom Museum' Benefiting: Oakton Community College youth scholarships Raised: $10,000+ Date: Jan. 24 Location: Oakton Community College's Footlik Theater, Des Plaines Attended: About 100 Website: oakton.edu

Phil and Carol Gerner of Wilmette and Oakton Community College Assistant to the President Carl Costanza of Park Ridge.


Stacey and Ken Jahnke of Morton Grove.

Carol Miller of Highland Park and Lori Berman of Lincolnwood.
d’Vine Affair uncorks a taste of helping others

BY LEE A. LITAS
Pioneer Press

The Event: The short break in the winter storm must have seemed like divine providence for 450 attendees who braved the cold to attend the Catholic Charities of the Archdiocese of Chicago 14th annual d’Vine Affair at the Union League Club of Chicago on Jan. 25.

In addition to wine and beer tasting seminars, nearly 90 vintners from around the world uncorked 250 vintages and master brewers opened their taps to give guests a taste of the good stuff and to raise critical funds for Catholic Charities’ self-sufficiency programs. The d’Vine Affair has raised more than $1 million over its 14 years.

Cause célèbre: “It’s probably the best wine tasting event in the city considering the amount of vintners both domestic and international, and it supports self-sufficiency programs which allow families to get back on their feet and truly become self-sufficient,” said Teddi Scholz of Highland Park, event co-founder.

Long-time participant and first-time event co-chairman, Erin Reardon Cohn of Highland Park said, “This is about a hand up not a hand out. It’s about sustainable families, and one dollar donated today will last for generations.”

Catholic Charities assists one million people annually throughout the city and suburbs via its 166 locations in Cook and Lake counties. Facilities range from shelters to early childhood centers to regional offices and residences.

Most notable, according to Monsignor Michael Boland, president/CEO Catholic Charities, has been the spike in poverty in the suburbs.

Reintroducing Chicago’s original entertainment guide

We were showing you Chicago before you could search “Chicago”

Experience the new Metromix.com, now on all of your devices. With entertainment listings that cover the city and the suburbs, we’re your go-to source so you can spend less time planning and more time doing.

metromix.com
Women in authority suffer from stress

Juggling family, work duties hurts mental health

BY LESLIE MANN
Special to Tribune Newspapers

It's easier when your kids are grown, said Alyson Breathed, 60, a marketing director with a staff of 10. But even after decades of being in management — first in hospitality, now for a public garden — being a woman in authority is stressful, she said.

"We're still the ones juggling most of the family responsibilities, plus working," said Breathed, a Fallbrook, Calif., mother of two children and two stepchildren. "After my kids grew up, my mother needed help. Family and work are both insatiable."

Add pay inequality and the scarcity of women at the top. and it's no wonder women's mental health suffers, said Tetyana Pudrovska, sociology professor at the University of Texas at Austin and co-author of "Gender, Job Authority and Depression" in the December 2014 Journal of Health and Social Behavior. The study said women in authority have more "depressive symptoms" than men in authority and many more than women down the ladder. For men, though, the higher the ladder runs, the fewer depressive symptoms, according to the findings.

Having "authority" included hiring, firing and influencing pay, Pudrovska said. On the Center for Epidemiologic Studies Depression Scale, "depressive symptoms" included feeling tired, lonely, distracted or unable to shake the blues.

The data on 1,307 male and 1,507 female participants are from the Wisconsin Longitudinal Study, which began in 1957. All graduated from Wisconsin high schools, but many have moved out of state since.

"When women have higher incomes and better jobs, they should enjoy better mental health," Pudrovska said. "Instead, there's a psychological cost of their authority." Authority can cause stress, which can trigger depressive symptoms.

Previous studies, according to Pudrovska, overlooked the "gender dimension." "Male leadership is considered legitimate and expected," she said. "But when women are leaders, they face resistance and are exposed to overt and subtle gender discrimination and harassment."

"Gender caveat," noted Deborah Belle, an associate professor of psychology at Boston University. "The study measured symptoms that mostly affect women," she said. "Stressed-out men are more likely to get agitated, drink too much or have physical health problems."

Pink vs. blue

The participants' age, now 75, meant they were more likely to be in traditionally female fields including education and healthcare. Younger women have entered male-dominated fields such as finance and law. But Pudrovska's subsequent research shows "gender stereotypes remain," she said.

While women outnumber men at many colleges, "society still expects women to take charge of the home and family," said Dr. Carol Bernstein, associate professor of psychiatry at New York University School of Medicine. "And women still have to have the babies."

"We were the glass-ceiling-breakthrough generation," Breathed said. "But then, just when we hit our stride, we had to decide whether or not to have kids."

"To a person, every woman I know who did have kids had to make work sacrifices."

Gender stereotypes start young, the experts said.

Instead of honing leadership skills like risk-taking, young women undermine their own success by questioning and diminishing themselves, wrote Rachel Simmons in "The Curse of the Good Girl." The result is a "psychological glass ceiling." Definitions of "feminine" and "masculine" must change, Pudrovska said.

"When women in authority are assertive, dominant, powerful and confident, they're viewed as unfeminine," she said. "Men don't have this conflict; these are 'masculine' traits."

Women excel at compassion and empathy, which complicates their leadership roles, Breathed said.

"When men get to positions of authority, they're like the chestbeating silverback gorillas; they've made it," she said. "But women say, 'Oh my God, I've got to fire a woman with two kids.'"

Finding support

It's lonely at the top, women in the University of Texas study said.

Joining a sisterhood helps.

"It's my safe haven," Daphne Mallory said of W2W, her Twin Falls, Idaho, group, which includes a college professor, beauty pageant organizer and shop owner. Instead of venting, they role-play conflict resolution and preview others' presentations. "It's not tea and crumpets," she said.

Other professional women's groups have specific demographics, like the national Women in Toys (womenintoy.com) and the Dallas-based Women of Color Leadership Initiative for African-American leaders of nonprofits.

Some host activities tailored to members' lifestyles, like the "walk-and-talks" hosted by the CLUB in the Silicon Valley (theclubsv.org).

National groups, including Lean In (leanin.org) and American Business Women's Association (abwa.org), teach through webinars and seminars, while linking women locally.

and confident, they're viewed as unfeminine," she said. "Men don't have this conflict; these are 'masculine' traits."

Women excel at compassion and empathy, which complicates their leadership roles, Breathed said.

"When men get to positions of authority, they're like the chestbeating silverback gorillas; they've made it," she said. "But women say, 'Oh my God, I've got to fire a woman with two kids.'"

Check your good girl

How can women dial back the stress-o-meter?

Choose a female-friendly employer, said Harriet Greenberg, a partner at Friedman LLP, an accounting firm in New York. Its open-door policy and flex-time option help women cope.

"When women are leaders, they face resistance and are exposed to overt and subtle gender discrimination and harassment."

— Tetyana Pudrovska, sociology professor, University of Texas at Austin

■ Find like-minded women. Bernstein advised. Create a network "of other women who are juggling too."

■ Subscribe to the philosophy of wabi sabi. "Imperfection is part of life," Breathed said. "It's OK if the bed isn't made."

■ If your job is killing you, jump ship. Breathed left a 60-hour-a-week inflexible job for a 35-hour flexible one that allowed her to be her kids' Scout leader and soccer coach.

■ Teach your daughters to resolve conflicts, take risks, tout their strengths and "check your good girl at the door," Simmons said.

■ Support efforts like the national Thirty Percent Solution, which vows to get more women on boards of directors, where policy decisions are made. "As more women join these old boys' networks, they'll become inclusive, not exclusive," said its spokeswoman, Solange Charas.

Society has come a long way since the 1956 "Why Can't a Woman Be More Like a Man?" song, Pudrovska said. "But we still need a cultural shift. Awareness is a first step."

"I'd rather we see men being more like women, who are considered 'caring' and 'thoughtful,' " Belle said. "Women have to work on traits like confidence, but we don't want to lose the 'feminine' traits."

Meantime, Breathed said, millennials are heading to the C-suite with different expectations than their mothers had. Said Breathed of her daughters: "I feel sorry for the men who try to harass them."
Controlling your environment goes a long way toward controlling, and improving, your health. And the market is exploding with new offerings designed to help you do just that.

"Consumers are demanding more," said Jon Hall, senior brand manager for Whirlpool. "They want more flexibility. They want to be able to see more. They want personalization."

Take the refrigerator, he said. It's basically a box. But newly redesigned interiors allow consumers to glance inside produce bins without opening a drawer, and some drawers are also adjustable, so customers can fit in all their fresh produce without bruising the broccoli.

Cedric Hutchings, chief executive of Withings, an industry leader in the field of smart health devices, said consumer offerings are quickly expanding beyond wearables such as fitness trackers. "We think home is a place where more and more consumers will be empowered to measure and optimize a healthy environment," he said.

Here is a sampling of the gadgets, gizmos, devices, apps and appliances you'll be seeing sooner rather than later.

**Oral-B Bluetooth toothbrush:** Get the weather, news and more while you brush away and monitor an accompanying mobile app. The app helps you log how much brushing time you put in, follows along as you work your way around the mouth (so you don't miss any spots) and sends up a red flag when you're using too much pressure. Available in March at major retailers for about $219.

**Withings Aura:** A sensor pad slips under your mattress and helps you keep track of data, including how long you spent in different stages of sleep, the quality of your sleep and your heart rate throughout. The Aura also includes light and sound patterns designed to trigger the release of melatonin and "gently bring you to your light sleep phase, the best moment to wake you up." Retails for $299.95 at withings.com.

**Genesis Touch:** Honeywell bills this monitor as a simple way to connect a remotely located patient and a care provider, but it also gives you a glimpse of the types of devices that aging adults could use to foster independent living even if they are not tech savvy. Use it with a tablet for video visits and educational classes, all aimed at improving patient compliance and healthful behaviors. Available as prescribed by a health care provider.

**Roomy Whirlpool fridge:** If there's one thing consumers demand from their refrigerators, it's more space, Hall said. Whirlpool's new Double Drawer French Door fridge, expected to be available this spring, will include two soft-close drawers. Features include temperature control, ideal conditions for preserving produce and a setting for thawing frozen meat. There's also undershelf lighting that helps you better see what might be wilting in the back. Price not available.

**Withings Smart Body Analyzer:** Looks like a regular scale, right? But it measures your resting heart rate (a fitness indicator) and air quality in addition to weight and body composition. "By monitoring and managing indoor air quality, people can live and sleep in a healthier environment," the company says. Retails for $149.95 at withings.com.

**Withings Aura:** A sensor pad slips under your mattress and helps you keep track of data, including how long you spent in different stages of sleep, the quality of your sleep and your heart rate throughout. The Aura also includes light and sound patterns designed to trigger the release of melatonin and "gently bring you to your light sleep phase, the best moment to wake you up." Retails for $299.95 at withings.com.

**Roomy Whirlpool fridge:** If there's one thing consumers demand from their refrigerators, it's more space, Hall said. Whirlpool's new Double Drawer French Door fridge, expected to be available this spring, will include two soft-close drawers. Features include temperature control, ideal conditions for preserving produce and a setting for thawing frozen meat. There's also undershelf lighting that helps you better see what might be wilting in the back. Price not available.

**Withings blood pressure monitor:** Home blood pressure monitors are already available, but they can be clunky. This version underscores how designers are trying to simplify. It straps onto the arm and launches a smartphone app. Punch the start button, and you'll get a blood pressure and heart rate reading on your phone. The app plots trends, sends reminder alerts and can also relay data to a doctor. Retails for $129.95 at withings.com.

**Babolat Play tennis racket:** Sensors relay all kinds of details, including shot power, ball impact locations and number of strikes. You can also see how you stack up against friends and top players, including Rafael Nadal. Expect to see more devices like this, a sort of middle ground between video games and real life. (And if it's more fun to play, you'll play more.) Expected in stores soon, $349, babolat.us.

**Genius Touch:** Honeywell bills this monitor as a simple way to connect a remotely located patient and a care provider, but it also gives you a glimpse of the types of devices that aging adults could use to foster independent living even if they are not tech savvy. Use it with a tablet for video visits and educational classes, all aimed at improving patient compliance and healthful behaviors. Available as prescribed by a health care provider.
Highly sensitive people have much to offer society

BY SCOTT CHRIST
Greatest.com

"He'll come out of his shell eventually."
"She's just a little shy."
"You just need to learn to speak up a little more."
Welcome to the wonderful world of the "extrovert ideal." The Western world places a premium on extroverted behaviors such as gregariousness, dominance, being comfortable in the spotlight, preferring action to contemplation, valuing certainty and favoring quick decisions, even at the risk of being wrong.

But more and more scholarship suggests these personality traits are not necessarily the "best" way to be and that the unique experiences and perspectives of a quieter category of humans, known as highly sensitive people, are of great value to the world.

Pioneering research on introversion versus extroversion was conducted by Dr. Elaine N. Aron in 1996. It was then that Aron coined the term "highly sensitive person," which describes people who process sensory data more deeply and thoroughly due to a biological difference in their nervous systems. Twenty percent of the population in the U.S. is considered highly sensitive (equal numbers in men and women), and evidence suggests these individuals are born, not made.

HSPs have great imagination and intellectual abilities; are creative and curious; are hard workers and good problem solvers; are extremely conscious and compassionate; greatly respect nature, art and music; have profound and intense sensations and feelings; are objective and can see the bigger picture; notice things few people notice; and tend to withdraw and feel emotionally drained at sensory-rich events. While many HSPs may also be introverts, not all introverts are HSPs.

Being an HSP has often been confused with innate shyness, social anxiety problems, inhibition, social phobia and fearfulness, and introversion. In reality, HSPs simply experience the world differently from their classically extroverted peers. That doesn't mean they're averse to social interaction; in fact, 1 in 5 HSPs are extroverts. But while classic extroverts tend to gain energy from social activities, HSPs may grow exhausted from these interactions and need some solo downtime to recover, just like introverts.

Despite HSPs' admirable qualities, society is often structured in ways that can be difficult for HSPs to adjust to. In the classroom, highly sensitive kids are frequently called on when their hand isn't raised or asked to participate in large group activities and other highly stimulating environments that may cause them to shut down. In the business world, open office settings and group brainstorming meetings are the norm. These structures are designed with extroverts in mind, which leaves one-fifth of the U.S. population struggling to keep up with standards that don't enable them to thrive.

When given space to flourish, HSPs tend to be intelligent, reflective, independent and level-headed. They also tend to have better focus than their extroverted peers, especially when preparing projects, and think things through before acting. In fact, some of our greatest ideas, art and inventions—from the theory of relativity (Albert Einstein, above) to the modern evolutionary theory (Charles Darwin, left)—have come from HSPs.

Some of our greatest ideas— from the theory of relativity (Albert Einstein, above) to the modern evolutionary theory (Charles Darwin, left)—have come from HSPs.

When it comes to longevity, new research contends.

When it comes to longevity, new research contends.

Some researchers have suggested that people with conservative and moderate political ideologies, liberals were less likely to die over the course of a 30-year review. But party lines did not determine life span, with independents faring better than Republicans and Democrats, according to the study published in the Journal of Epidemiology & Community Health.

Researchers not involved with the study were divided over what— if anything—the findings proved.

While the study authors tried to account for the influence of factors such as race, education level and income, they didn't have any data regarding life choices such as diet, smoking and exercise. Liberals and independents could simply be living more healthy lifestyles than other people, or the connection may be a coincidence, the researchers noted.

To complicate matters, liberals lived longer than Democrats.

Still, "there's got to be something going on," said study author Roman Pabayo, an assistant professor with the School of Community Health Sciences at the University of Nevada at Reno. Political views, he said, are "definitely a marker for something."

Researchers know a bit about how ideologies affect lives. "Liberals are more likely to look at inequality in a negative way, while conservatives are considered more likely to be happier," Pabayo said. But there's been little research into how political views may affect how long people live.

For the new study, Pabayo and his colleagues tracked almost 33,000 adults in the United States for about three decades. The researchers followed the volunteers, who joined the study between 1976 and 2008, for an average of 15 years.

The participants answered questions about their political views, although they didn't fit easily into boxes. Liberals weren't necessarily Democrats, and conservatives weren't necessarily Republicans. The study didn't analyze where their views fit along the political spectrum; it was only based on what the participants thought of themselves.

Almost 30 percent of the participants died during the study, Pabayo said. After adjusting the statistics to compensate for high or low numbers of people who shared certain traits like race or age, the researchers found that 33 percent of Democrats died, compared with 28 percent of Republicans and 23 percent of independents.

Pabayo suspects that political views may serve as stand-ins for other factors that might affect life span, but he couldn't say what they were. "I don't think it's accurate to say everyone should be a liberal," he said.

SV. Subramanian, a professor of population health and geography at the Harvard School of Public Health in Boston, was skeptical of the study, noting that the difference between groups was small, and "the findings are somewhat inconsistent."

"No meaningful conclusions should be drawn from this study," he said, because "the definitions of liberal and conservative are so ambiguous."

Dr. Christian Gerick, chief executive of The Wesley Research Institute in Auchenflower, Australia, endorsed the study, saying this kind of research "serves to quell our thirst for understanding the power of political beliefs on health outcomes to some extent."
Now with an additional crossword puzzle!

puzzle island

For interactive puzzles and games go to chicagotribune.com/games

Pay Up: It's going to cost you

BY FRED PISCOP | EDITED BY STANLEY NEWMAN

(A Stanxwords.com)

ACROSS
1 BMW rival
5 On the trail of
10 Prefix for climactic
14 Breakfast serving
18 Golf-bag group
20 Tardy job
21 Canadian dollar depiction
22 Aural comeback
23 Battleship weapon
25 FAQ reader’s quest, perhaps
27 Mask opening
28 Generic-brand
30 Love tie
31 Chip away at
33 QB scores
34 How correction may be marked
35 OSHA concern
38 Wind indicators
41 Fritter away
44 Heating units
45 River through Rome
46 Matches a bet
47 Headlight setting
50 Strongbox document
51 Measuring device
52 In a way, so to speak
53 Distinctive period
54 Comics bark
55 Metaphor for a thorough search
58 Marx or Persian
59 Allowance
61 Nectar sources
62 From Kilkenny
64 Enviably accomplishment
65 Gaunt
68 Read quickly
69 Hoofbeats
71 Not as colorful
72 Pastry chef’s forms
75 Big lug
76 Steeple sound
81 Hawaiian handout
82 www.oberlin...
83 Major conduits
84 Standing at attention
85 Poker variation
86 Brooklynesque
87 Born yesterday
88 Toast sound
89 Cause for alarm
90 Divine nourishment
91 No longer colorful
92 A moon of Mars
93 Made known
96 Military grp.
97 Take an oath
99 Hilary Swank biopic
100 Moolah
101 Publicity piece
102 Omelets, meat loaf, etc.
103 Moot
104 “Inside” data
105 Dandy
106 High five
109 Tankard filler
110 Wild West showman
111 Opening stake
112 Gazillions
113 “To sum it…."
114 Mythical greedy king
115 Mythical greedy king
116 Throw out
117 Gym count, for short
118 Rips up
119 Rubberneck

DOWN
1 Office helper
2 Chemistry
3 “Inside” data
4 Ultimately
5 Had sore muscles
6 Home loan org.
7 In a quandary
8 “By logic, then…”
9 Verify, as a computer password
10 Homecoming crowd
11 Miniscule margin
12 Ballet pivot
13 “Inside” data
14 Author Hanff
15 Repertory member
16 Perform superbly
17 Crossed one’s fingers
19 Gym wear
21 Hawaiian handout
22 www.oberlin...
23 Battleship weapon
24 Be too sweet
26 Condo dwellings
29 Program breaks
30 Some soft drinks
31 Lilac
32 Facebook party notice
33 Field day
34 Fritter away
35 Fritter away
36 Fritter away
37 Fritter away
38 Fritter away
39 Fritter away
40 Fritter away
41 Fritter away
42 Fritter away
43 Fritter away
44 Fritter away
45 Fritter away
46 Fritter away
47 Fritter away
48 Fritter away
49 Fritter away
50 Fritter away
51 Fritter away
52 Fritter away
53 Fritter away
54 Fritter away
55 Fritter away
56 Fritter away
57 Fritter away
58 Fritter away
59 Fritter away
60 Fritter away
61 Fritter away
62 Fritter away
63 Fritter away
64 Fritter away
65 Fritter away
66 Fritter away
67 Fritter away
68 Fritter away
69 Fritter away
70 Fritter away
71 Fritter away
72 Fritter away
73 Fritter away
74 Fritter away
75 Fritter away
76 Fritter away
77 Fritter away
78 Fritter away
79 Fritter away
80 Fritter away
81 Fritter away
82 Fritter away
83 Fritter away
84 Fritter away
85 Fritter away
86 Fritter away
87 Fritter away
88 Fritter away
89 Fritter away
90 Fritter away
91 Fritter away
92 Fritter away
93 Fritter away
94 Fritter away
95 Fritter away
96 Fritter away
97 Fritter away
98 Fritter away
99 Fritter away
100 Fritter away
101 Fritter away
102 Fritter away
103 Fritter away
104 Fritter away
105 Fritter away
106 Fritter away
107 Fritter away
108 Fritter away
109 Fritter away
110 Fritter away
111 Fritter away
112 Fritter away
113 Fritter away
114 Fritter away
115 Fritter away
116 Fritter away
117 Fritter away
118 Fritter away
119 Fritter away

Last week’s answers appear on the last page of Puzzle Island
© 2015 Creators Syndicate. All rights reserved.
Quote-Acrostic

1. Define clues, writing in Words column over numbered dashes.
2. Transfer letters to numbered squares in diagram.
3. When pattern is completed, quotation can be read left to right. The first letters of the filled-in words reading down form an acrostic yielding the speaker’s name and the topic of the quotation.

Clues Words
A. Rhinoplasty, slangily. 2 wds. 111 33 58 145 20 153 94
B. Employee. 35 156 89 63 119 135 45
C. Quite remarkable. 7 60 92 17 150 141 69 123 34
D. Five make a pentadactyl. 91 128 168 139 67
E. They stir interest. 26 86 159 79 4 132 122
F. Not well thought out, hyphen. 5 57 140 44 194 125 76 93 25
G. Exchange. 158 88 49 32 113 73 65 132 28
H. Fool. 27 157 76 6 149 100 118 82 53
I. Surname from pada. 48 146 42 15 104

Across

1. Eggshell
5. Computers
9. Clip’s partner
13. Weighty
14. Collins, CO
15. Take off
16. MOMA favorite
17. Unbounded joy
18. Honeysuckle tree
19. Mighty oak
20. Fortuitous
22. Spare
24. Exec’s note
25. Brooder
26. Sort of soup
31. Pax’s kin
34. Spill the beans
37. Aniseed liqueur
38. Lakme highlight
39. Stake a price
40. Mouth, slangily
41. Do __ moolah
42. Importune
43. Be generous
44. __ Madre
46. Java

Down

1. Norse writings
2. Knock off
3. Ease up
4. Unsettled
5. Throw
6. Big name in politics
7. Imagine
8. McQueen or Martin
9. Animation frames
10. Fill the hold
11. Hot spot
12. Perky
13. Really expensive
14. King’s title
15. Town near Tanglewood
21. Gush
23. With no holds barred
26. Atmosphere
29. Muslim lady’s garment
30. Trot along
31. Gobs
32. “ __ __ saw Elba”
33. Rickey need
34. Prickle
35. Record
36. Downed
38. Printer’s spacing gizmos
40. Ransack
42. Circadian woe
43. __ __
44. Birds of a feather
46. Up and at it
47. Gun-collector’s prize
48. __ __ buco: veal dish
49. Parisian ones
50. Straggle
52. Pasta choice
57. Olympian queen
58. Pry

Puzzle Island

Last week’s answers appear on the last page of Puzzle Island. © 2015 Creators News Service.
Features:
- High Performance Triple Glass
- Insulated Frames for Peak Energy Performance
- Designer Glass for Doors and Windows
- Eleven Manufacturers to choose from - Meeting all budget and product needs

Also Offers:
- Attic Insulation
- Siding
- Replacement Doors
- Gutters
- Glass Block Windows
- Storm Doors
- Soffit/Fascia
- Roofing

See Our Website for Special Offers
www.americanthermalwindow.com

Window and Door Collection
Lifetime Warranty | Glass Breakage Warranty

Owned and Operated by Police Officers (Ret.)

773-774-3131
5304 North Milwaukee
Chicago, IL 60630
### Winn Sale

**7 Days Only February 23rd to March 1st**

Empire Silver is back in business!

<table>
<thead>
<tr>
<th>Item No.</th>
<th>Material</th>
<th>Description</th>
<th>Retail Price</th>
<th>Char's Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>92</td>
<td>Sterling</td>
<td>Baby Cup</td>
<td>$85.00</td>
<td>$75.00</td>
</tr>
<tr>
<td>2012</td>
<td>Sterling</td>
<td>Dumbbell</td>
<td>$125.00</td>
<td>$115.00</td>
</tr>
<tr>
<td>202</td>
<td>Sterling</td>
<td>Salt &amp; Pepper (Pair)</td>
<td>$210.00</td>
<td>$190.00</td>
</tr>
<tr>
<td>496</td>
<td>Sterling</td>
<td>Candelastra</td>
<td>$295.00</td>
<td>$275.00</td>
</tr>
<tr>
<td>3477</td>
<td>3 Light Twist Arm</td>
<td>Sterling</td>
<td>$1,800.00</td>
<td>$1,700.00</td>
</tr>
<tr>
<td>976</td>
<td>Pewter</td>
<td>Pommeriger</td>
<td>$95.00</td>
<td>$85.00</td>
</tr>
<tr>
<td>689</td>
<td>Pewter</td>
<td>Baby Cup</td>
<td>$95.00</td>
<td>$85.00</td>
</tr>
<tr>
<td>853</td>
<td>Pewter</td>
<td>Baby Frame</td>
<td>$155.00</td>
<td>$145.00</td>
</tr>
</tbody>
</table>

### Just Slate

Your Price

- **8.56" x 5.07" Large Decorative Cheese & Knife set w/ Slate** $39.00
- **16.36" x 5.85" Meze Set w/ Slate Base** $84.00
- **13.60" x 7.97" Sundries Tray (Set of 8)** $38.00
- **4.99" Square Containers (Set of 4)** $38.00
- **9.75" x 7.75" Square Pearl Meats (Set of 2)** $40.00
- **13.65 x 8.75" Rectangular Cheeseboard** $32.00

### MUS Mother of Pearl Picture Frames

<table>
<thead>
<tr>
<th>Material</th>
<th>Description</th>
<th>Retail Price</th>
<th>Char's Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pewter</td>
<td>Baby Fronte</td>
<td>$215.00</td>
<td>$205.00</td>
</tr>
<tr>
<td>Pewter</td>
<td>Baby Frame</td>
<td>$215.00</td>
<td>$205.00</td>
</tr>
<tr>
<td>Pewter</td>
<td>Baby Cup</td>
<td>$360.00</td>
<td>$340.00</td>
</tr>
</tbody>
</table>

### Nora Fleming

**SPECIAL!**

- Purchase any dish/plate or Keepsake Box and receive 15% off your order.
- Halftone Keepsake $30.00
- Pearl Round Platter $41.00
- Pearl Square Platter

Choose from more than 50 decorative minis. Additional minis may be purchased for $12.00 each.

<table>
<thead>
<tr>
<th>Material</th>
<th>Description</th>
<th>Retail Price</th>
<th>Char's Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pewter</td>
<td>Candy Dish</td>
<td>$28.00</td>
<td>$26.00</td>
</tr>
<tr>
<td>Pewter</td>
<td>Rectangular Bread Tray</td>
<td>$36.00</td>
<td>$34.00</td>
</tr>
</tbody>
</table>
7 Days Only February 23rd to March 1st

Lismore Essence

Set of 6 Red Wine/Goblets
Retail: $480.00
Sale: $395.00

Set of 6 Flutes
Retail: $480.00
Sale: $395.00

Set of 6 Double Old Fashioned
Retail: $480.00
Sale: $395.00

Set of 6 Hiballs
Retail: $480.00
Sale: $395.00

Lismore

Set of 6 Red Wine/Goblets
Retail: $480.00
Sale: $395.00

Set of 6 White Wines
Retail: $480.00
Sale: $395.00

Set of 6 Flutes
Retail: $480.00
Sale: $395.00

Set of 6 Double Old Fashioned
Retail: $480.00
Sale: $395.00

Set of 6 Hiballs
Retail: $480.00
Sale: $395.00

*** Call for Even Better Sale Pricing ***

Crystal & China Repair

Restored to Original Beauty by Mary Lou

We can repair most chipped, cracked or broken stemware, bowls, candlesticks, plates, tea cups, vases and all items which have become damaged in one way or another.

We can also repair figurines such as Hummels, Lladros, Swarovski crystal and most porcelain items. Simply drop off your damaged piece of crystal or china at Char Crews and we will call you with a free estimate for cleaning and polishing.

Cassidy 10" Bowl
Retail: $300
Sale: $149.95

Cassidy 10" Vase
Retail: $300
Sale: $149.95

Winter Sale! Thymes Scents

7 Days Only February 23rd - March 1st

Lavender Sink Set
Hand Wash & Lotion
Your Price: $22.00

Eucalyptus Soap
Candle
Your Price: $27.00

Diffuser Refill
Your Price: $20.00

Eucalyptus Sink Set
Hand Wash & Lotion
Your Price: $22.00

Silver Cleaning & Polishing

Make your sterling silver look like new again. We offer professional sterling silver cleaning and polishing.

Sterling Flatware: $5 per piece

Drop off your bowls, trays, candlesticks, brass items, etc. and we will call you with a free estimate for cleaning and polishing.

Silver Cleaning & Polishing

Char's
Sale Price
$149.95

Winter Sale!

Waterford

Eucalyptus Sink Set
Hand Wash & Lotion
Your Price: $45.00

Char's Sale Price
$45.00

Grant Square Hinsdale 630-920-1192 800-323-1972
1515 Sheridan Road Wilmette 847-256-5910 877-438-2536

Char Crews, Inc.
YOUR VOTE
Decides which
Aspiring Singer will
Win the Coveted
$3,000 Grand Prize!

OPERA IDOL PRELIMINARIES
MARCH 3RD, 11TH & 19TH
7:30PM
AN EXCITING SERIES OF MOVING PERFORMANCES BY ASPIRING OPERA SINGERS
all Performing for a Once-in-a-Lifetime $3,000 Scholarship on April 17th!

OPERA IDOL 'JUNIOR' COMPETITIONS
MARCH 31ST & APRIL 2ND
7:30PM
A CHANCE FOR YOUNG, ASPIRING OPERA SINGERS TO SHOWCASE THEIR TALENT
for a $500 Grand Prize on April 2nd!

9TH ANNUAL OPERA IDOL FINALS
FRIDAY, APRIL 17TH AT 7:00PM
Coaching by Renowned Opera Star - Sherrill Milnes

Free Admission with RSVP | 847.380.8510 | events@MerionEvanston.com
The Merion is Chicagoland’s newest luxury retirement apartment community, located right in the heart of vibrant downtown Evanston.

Artfully reborn out of the historic North Shore Hotel, The Merion is redefining retirement living by offering for-lease, beautifully furnished apartments situated in an environment suited for those with the most discerning taste and expectations. The Merion is for those that have worked hard and played hard. Now it is time to retire easy.

Contact us to schedule a casual tour today!
The most highly recommended bed in America.

Buy now before prices go up March 3rd. Save up to $200 on select Tempur-Pedic® Mattress Sets.

 også million of TEMPUR-PEDIC IN STOCK & READY FOR DELIVERY!

The most highly recommended bed in America:

Firm Full or Queen Set
SAVE $100 off our already low price of $498.99

NOW $298.99

King Set $398.99 • Not valid on Twin Sets.

Posturepedic Firm Full or Queen Set
SAVE $100 off our already low price of $698.99

NOW $398.99

King Set $798.99 • Not valid on Twin Sets.

For additional savings*** until 2019 with 48 equal payments and a minimum purchase of $2498.
America's #1 Tempur-Pedic Retailer \textbf{MATTRESSFIRM}™

\textbf{Buy now before prices go up March 3rd. Save up to $200** on select Tempur-Pedic® Mattress Sets.}**

\textbf{PLUS} 0\% APR FOR 4 YEARS™ FRIDAY - SUNDAY

\textbf{TEMPUR-Contour™ Supreme} $67 Per Month* 36 Months 0\% APR** $2399 Total to Pay

\textbf{TEMPUR-Cloud™ Supreme} $67 Per Month* 36 Months 0\% APR** $2399 Total to Pay

\textbf{TEMPUR-Contour™ Elite} $63 Per Month** 48 Months 0\% APR** $2999 Total to Pay

\textbf{TEMPUR-Cloud™ Elite} $69 Per Month** 48 Months 0\% APR** $3299 Total to Pay

\textbf{72 HOUR SALE} FRIDAY - SUNDAY

\textbf{HAMPTON \& RHODES} $50 off Mattress Sets on sets of $399.99 and above

\textbf{Posturepedic} $100 off Mattress Sets

\textbf{STEARS \& FOSTER} $300 off S\&F Signature and Estate Collection Mattress Sets

\textbf{SLEEP HAPPY} To unlock additional savings***

\textbf{MATTRESSFIRM}™ \textbf{BACK to BED} \textbf{BEDDING EXPERTS}™

\textbf{OVER 75 YEARS OF COMBINED EXPERIENCE}

1-800-MAT-FIRM MATTRESSFIRM.COM OVER 100 CHICAGO AREA LOCATIONS

**See In-Store Associates for Details. 0% APR for 48 Months Available to Qualified Buyers Only. Subject to approval. Some restrictions apply. May not be combined with any other offer. See store for details. 1. APR = Annual Percentage Rate.**

***See In-Store Associates for Details. Satisfaction Guarantee. We guarantee to beat competitors advertised price by 10% or your mattress is free*. We guarantee fast free delivery*. Our professional sleep experts will help you find the right mattress.**


*See In-Store Associates for Details. Satisfaction Guarantee. We guarantee to beat competitors advertised price by 10% or your mattress is free*. We guarantee fast free delivery*. Our professional sleep experts will help you find the right mattress.**


*See In-Store Associates for Details. Satisfaction Guarantee. We guarantee to beat competitors advertised price by 10% or your mattress is free*. We guarantee fast free delivery*. Our professional sleep experts will help you find the right mattress.**


*See In-Store Associates for Details. Satisfaction Guarantee. We guarantee to beat competitors advertised price by 10% or your mattress is free*. We guarantee fast free delivery*. Our professional sleep experts will help you find the right mattress.**
FEBRUARY 15-28, 2015

PARTIES
CATHOLIC CHARITIES’ PATRICK J. RYAN MAIN EVENT
CYSTIC FIBROSIS FOUNDATION’S GRAND CHEFS GALA

& MORE

WE’RE TALKING ABOUT ... HEALTH, WELLNESS & BEAUTY

Tie game

CHICAGO BULLS DOUG MCDERMOTT, JIMMY BUTLER AND NAZR MOHAMMED SUIT UP FOR A PHILANTHROPIC FASHION COLLABORATION WITH THE TIE BAR
SAY GOODBYE TO FAT

CoolSculpting® is the revolutionary body contouring treatment that freezes unwanted fat so your body can eliminate it naturally. There are no needles, no special diets, no exercise programs and best of all – NO DOWNTIME. Developed by Harvard scientists to eliminate fat, CoolSculpting is FDA-cleared, safe and clinically proven.

Photos courtesy of Stanley Kovak, MD
12 weeks after first CoolSculpting® session

Call Dr. Stan Kovak today for your personal COMPLIMENTARY CONSULTATION

Kovak
dermatology and laser institute

17W535 Butterfield Road
Oakbrook Terrace
Office: 630-758-0470
www.DrKovak.com
CIVELLO'S YOUNG TALENT SALON

The River North salon is paving the way for young stylists. Through the new-concept Young Talent Salon, more experienced stylists oversee and offer guidance to up-and-coming staffers, and give customers a great deal: Color services start at $40, cuts start at $25 and blowouts start at $20.

621 N. State; Civello.com

> MON AMI GABI BRUNCH

Brunch like the French do with this classic restaurant's new Sunday service, which features dishes like beef bourguignon Benedict made with bacon, pearl onions, mushrooms and hollandaise, or the crème brûlée French toast topped with blueberries and Chantilly cream. Entrées start at $10.95, 10 a.m.-2 p.m. 2300 N. Lincoln Park West; Monamigabi.com

< THE J. PARKER ROOFTOP

Now you can take in stunning lake views without braving chilly temps: Hotel Lincoln's swanky rooftop bar has added a retractable glass roof, designed to give guests the feeling of being inside a snow globe. Take in the scenery while snacking on items from the new food menu by Chef Paul Virant and drink list from Allie Kim. 1816 N. Clark; Jparkercity.com

> FIFTH THIRD BANK AND SINFUL-COLORS

Start your engines and put down your phones: To celebrate the Chicago Auto Show — and to encourage teens to stop texting while driving — the Midwestern bank has partnered with the vibrant nail lacquer company to give away 53,000 bottles of No Text Red polish at the annual motor event. Feb. 14-22, McCormick Place, 2301 S. Lake Shore; Sinfuicolors.com

SPASH

WHAT'S YOUR NO. 1 MOTIVATION TO STAY FIT?

Publisher and Editor
Susanna Neopvan, susanna@suntimes.com

Director of Brand Development
Liza Sweitzer, liza@suntimes.com

Art Director
Jessica Sedgewick, jsedgewick@suntimes.com

Managing Editor
Elle Eichinger, eeichinger@suntimes.com

Senior Editor
Zak Stemer, zstemer@suntimes.com

Assistant Editors
Katerina Bizios, kbizios@suntimes.com
Chiara Milioumis, chiara@suntimes.com

Multimedia Producer
Ranz Dreessen, rdreessen@suntimes.com

Account Executive
Allie Cremo, acremo@suntimes.com

Event Director
Diana Vdovets, dvdovets@suntimes.com

Interns
Casey Doherty
Anna Schapiro
Susie Moskop

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

Splash is published 32 times yearly by Splash Publications LLC, a Wrapports Company, 350 N. Orleans, Chicago, IL 60654

Founder
Michael Ferro
How do they do that?

ENGINEERING FEST

SAT-SUN, FEB 21-22 • 10AM-4PM
Soaring skyscrapers. Movable bridges. Elevated trains. The Chicago area is full of engineering marvels. Join us at E-Fest for two full days of fun, FREE hands-on activities that celebrate the creativity and ingenuity in the world around us.

To learn more, visit architecture.org/efest

CHICAGO ARCHITECTURE FOUNDATION
224 South Michigan Avenue  |  Chicago, Illinois 60604
312.922.3432  |  architecture.org
Joaquin Phoenix as an unconventional PI investigating the disappearance of his ex’s real-estate mogul boyfriend. Bikers, drug lords, runaways and dubious dentists are just some of the characters he encounters along the way.

Place: Gene Siskel Film Center, 164 N. State
Cost: $11, $6 members. For tickets, visit Siskelfilmcenter.org.

FEBRUARY 27
GO RED FOR WOMEN LUNCHEON
Chaired by bizHive CEO Kim Fell, this event benefits Chicago’s Go Red for Women campaign of the American Heart Association. Hosted by WLS-Channel 7’s Judy Hsu (right), the program highlights the story of heart disease survivor and Naperville native Noelle Priolo.
Time: 10 a.m.
Place: Macy’s, The Walnut Room, 111 N. State
Cost: $500. For reservations, email Alex.smith@hvg.com.

FEBRUARY 22
ENOversity
ENO, the expansive wine room at the InterContinental Chicago, continues its series of enjoyably educational classes with a closer look at the dark-grape variety, Syrah. Sommelier Michael Golden leads attendees through a tasting of Old World and New World Syrahs from unique winemakers, such as Kivelstadt Cellars and Halcon Vineyards. Rich, wine-worthy cheese and spicy smoked meats will accompany the selected varietals.
Time: 6 p.m.
Place: ENO Wine Room, 505 N. Michigan
Cost: $50. For reservations, email Alex.smith@hvg.com.

FEBRUARY 28
AMERICAN CANCER SOCIETY BLACK & WHITE
Ball Themed the Roaring ’20s, the sixth annual fundraiser—which has raised over $2.2 million in the last five years—features auctions, live entertainment and an elegant dinner, all in support of the lifesaving mission of the American Cancer Society.
Time: 5:30 p.m.
Place: The Westin Lombard Yorktown Center, 70 Yorktown Shopping Center, Lombard
Cost: $250. For tickets, call (312) 279-7202 or visit Acshblackwhiteball.org.

Discover your Spex appeal

Spex
spexoptical.com
Glasses • Contacts • Eye Exams • Sunglasses

22 CHICAGO NEIGHBORHOOD LOCATIONS
Unrivaled fashion & high performance sunwear collections.

NOW OPEN: OLD TOWN • 1212 N. WELLS ST. • 312 664 2020

Palm Beach, Palm Springs, Spring Break.
We've Got You Covered. Distinct Cat Eye Peaks Emphasized with color defining line.
Rock Retro W/ Seraphin 'Arden Sun.' An Icon of Ultra Feminine Shape & Vintage Charm at Your Neighborhood Spex, This...and More.
The scene: The Fairmont Chicago Millennium Park (200 N. Columbus) transformed its international and Imperial Ballrooms to set the scene for a unique culinary experience Jan. 30. The 18th annual event also included music, dancing, raffles and live and silent auctions.

The invite list: Some of Chicago's most notable chefs — including Lee Wolen, Fabio Viviani and Jimmy Bannos — cooked up signature dishes for the 750 guests at the gala. Among those honored with Jean Banchet Awards for Culinary Excellence, Wolen received the Chef of the Year Award, Jake Bickelhaupt earned Rising Chef of the Year and Arthur Hon was named Best Sommelier.

The bottom line: The gala raised more than $500,000 to aid the foundation in its mission to find a cure for cystic fibrosis, a genetic disease affecting 30,000 Americans.

“...My business partner David Rekson and I look forward to this event every year. We love trying all the different restaurants’ bites and giving guests a preview of our own. We’re honored to have been awarded People’s Choice!”

— Lucas Stoiff, DineAmic Group principal and winner of the People’s Choice Award for Prime & Provisions

1. Potato cake, braised short rib, truffle-fontina creamed spinach and fried leek from Prime & Provisions
2. Embeya’s Attila Gyugyi
3. Boka Restaurant Group winners Lee Wolen, Kevin Böehm and Rob Katz
4. KISS FM’s Christopher “Brotha” Fredrick and Angi Taylor
5. Phillip Foss

Photos by Chris Guilen Photography and Huge Galdones Photography


The invite list: More than 400 masked guests bid on silent auction items and danced to the sounds of DJ Sasha Savic.

The bottom line: Attendees helped raise $90,000 for WITS’ tutoring and mentoring programs that promote learning and literacy in Chicago Public School students.

Splash was the media sponsor of this event.

Left: Ben Freeman, Jamie Freeman, Kelly Powers and Cameron Reid
This gala season, give fellow partygoers something to look at with daring backless gowns. Michael Costello's plunging backs, Stella McCartney's daring cutouts and Narciso Rodriguez's harness styles have become red-carpet staples thanks to celeb fans like Paris Hilton, Gwyneth Paltrow and Julia Louis-Dreyfus, respectively. Keep the look balanced by opting for elegant simplicity in front to contrast the bare back — and remember, with these dresses, it's all about making a dramatic exit.
The scene: On Feb. 6, Oakbrook's Drury Lane (100 Drury Lane) became a boxing arena for the Catholic Charities of the Archdiocese of Chicago's inaugural charity boxing match in support of the Loving Outreach to Survivors of Suicide program.

The invite list: The bash, hosted by Jim and Marie Ryan and emceed by Monica Pedersen, featured 10 Golden Glove-style amateur boxing fights, cocktails, bites and a ringside seated dinner. Notable supporters included boxing legends David Diaz, Montell Griffin and Fres Oquendo, plus Jamillah All-Joyce, Muhammad Ali's daughter.

The bottom line: The Main Event raised $70,000 for the LOSS program, a nonprofit support organization that aids grieving family members dealing with a loved ones' suicide.

— Chiara Miliouis
Splash was the media sponsor of this event.

CATHOLIC CHARITIES' PATRICK J. RYAN MAIN EVENT

“...the event was created to honor the memory of my brother, whom we lost to suicide. Over its 30-year history, the Catholic Charities Loving Outreach to Survivors of Suicide program has supported thousands of families and more than 165 children as they work through the grief process, all without cost to anyone.”

— John Ryan, Catholic Charities chief of staff

The scene: The Chicago Youth Symphony Orchestras and The Second City teamed up for the CYSO's annual gala, “The Noteworthy Night: An Evening with The Second City,” at the Four Seasons Hotel Chicago (120 E. Delaware) Feb. 7.

The invite list: Co-chairs Jim and Ginger Meyer and emcee T.J. Shanoff — The Second City's musical director — welcomed 300 guests to the gala, which featured back-to-back musical and comedic performances. The sold-out event also included a presentation of this year's Note of Excellence Awards: Northern Trust Senior VP and Director of Community Affairs Deborah Liverett received the Champion for Youth & Music Award, while the Meyers took home the Leadership & Service Award.

The bottom line: The evening raised more than $260,000 for CYSO's music training and education programs. — Chiara Miliouis
Splash was the media sponsor of this event.

1. Joey Ryan boxes. 2. Jimmy Ryan, Matt Ryan, Tom Grusecki and John Ryan. 3. Monica Pedersen and Stacy Ryan. 4. Emile Johnson and Jamillah All-Joyce
PHOTOS BY JOHN REILLY PHOTOGRAPHY

1. Nicole C. Hastings and Travis Turner from The Second City perform.
2. Allen Tinkham, Chas Davis, Deborah Liverett and Joshua Simonds
3. Nicoole Thurman and Anneliese Toft
PHOTO BY TINA SMOTHERS PHOTOGRAPHY
The scene: The Junior Council hosted its 27th annual black-tie fundraiser Feb. 7 at Union Station (500 W. Jackson), where live music by Brass and Rod Tuffcurls & The Bench Press filled the Great Hall.

The invite list: More than 1,800 of the city's young professionals came out for the bash and enjoyed bite-size hors d'oeuvres from Chicago favorites like Café Ba-Ba-Reeba, Summer House Santa Monica and Siena Tavern, plus a silent auction.

The bottom line: The soirée raised $200,000 in support of the pediatric and adolescent HIV/AIDS programs at Ann & Robert H. Lurie Children's Hospital of Chicago.

Splash was the media sponsor of this event.
**Bear hug**

Kathleen Casey shares the personal story that inspired her to found Bear Necessities Pediatric Cancer Foundation.

On October 6, 1987, I heard the most numbing words a mother could ever imagine: “Your son has cancer.” So many thoughts raced through my mind — how could this possibly be happening to my precious 3-year-old? Surgery was scheduled for the very next day. We tried to prepare ourselves for the unimaginable. One of his kidneys was removed and we were told that after a simple six-month course of chemotherapy, life could resume as normal. The prognosis was wonderful: Barrett “Bear” was stage one favorable with a 98 percent cure rate. While that was good news in the cancer world, my baby still had cancer and so did many other children in the hospital; I soon learned just how many more across the United States.

Bear was a trooper. We traveled back and forth to the hospital for his chemotherapy. He was very sick, but would rally to start it over again each morning. Over the next five years, Bear relapsed five times. On Jan. 9, 1993, he lost his very courageous battle to Wilms’ tumor. In five years, he had undergone seven operations, chemotherapy, radiation, an autologous bone marrow transplant, experimental therapies and much more — all while fighting devastating side effects like partial hearing loss, raging infections and kidney failure.

It was during one of Bear’s last hospital stays that he and I began discussing how we could help other children battling this disease. Bear was almost 9, and his compassion for others was truly inspiring. He was more concerned about other pediatric cancer patients than he was about himself. (Over 15,500 children will be diagnosed with cancer this year, yet less than 4 percent of federal funds allocated to cancer research support pediatric cancer.)

Now, my son’s name lives on in the foundation he inspired, Bear Necessities Pediatric Cancer Foundation. Since 1992, I have devoted my life to making Bear’s dream the reality it has become today, and I will continue to be an advocate for these children until the day we find the cure, so that no child has to battle this devastating disease.
Lobster with oxtail ravioli, $21 half portion/$36 full portion

Chicagoans have enjoyed Michael Taus' culinary creations since visiting Zealous in Elmhurst in the '90s and, later, when he opened another outpost in the city. The well-rounded chef has also consulted at Coppervine and worked at Charlie Trotter's and Le Titi de Paris, where he showed guests a more formal, white-tablecloth experience. At Taus Authentic, which opened last week, his approach is more relaxed, but doesn't sacrifice attention to detail. Here's what you can expect at Taus Authentic:

What's in a name: The name was inspired by a customer's request to the chef for "Thus-authentic" food. His response was an à la carte menu that reflects his family's heritage with modern French fare.

Homespun: "I want guests to feel as if they're at a great dinner party in our home," Taus says. Reclaimed wood tables are set with mismatched plates and bowls — think pretty porcelain and patterned Johnson Brothers dishes. Balancing an "elevated culinary experience" with a casual environment, Taus selected a soundtrack that includes everything from the Beastie Boys to Marvin Gaye and Joe Cocker to old-school rock. "If my wife had her way," he laughs, "there'd be disco playing 24/7 ... I married her anyway.

Must-try dishes: Taus' menu is inspired by his travels. After a recent trip to Barcelona, he came up with a dish of thinly sliced raw diver scallops, truffle vinaigrette, Granny Smith apple straws and a poached quail egg ($13) — a symphony of salinity, sourness and richness that looks and tastes wonderful. The lobster with oxtail ravioli ($21 half portion/$36 full portion) — "my take on surf 'n' turf," explains the chef — presents a textural range of elements that work together beautifully.

First sip: Head Bartender Will Patton aims to bring customers out of their comfort zones with cocktails that prepare the palate for Taus creations. For the Highgarden ($11), Patton mixes lesser-known ingredients like Chareau, a recently released aloe liqueur, and St. George Botanivore, an herbaceous floral gin, with fennel bitters, rosemary syrup and lime to create a well-balanced pre-meal sip.

Get real

Michael Taus presents his most authentic cuisine in a new Wicker Park restaurant

BY DAVID HAMMOND

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.
THE LATEST INTELLIGENCE FROM THE RETAIL SCENE

shopping spy

There's no sweeter romance than between a shopper and a good bargain, which is why wedding dress designer Caroline DeVillo is celebrating her store's grand opening with a sample sale. On Feb. 21, shoppers can enjoy 30-70 percent discounts on off-the-rack dresses. 10 a.m.-1 p.m. 312 S. 3rd; Caro!inedevillo.com

IN YOUR WORDS

Personalize gifts with local boutique Simona Calia's latest offering: Bring in any leather or paper product and get it embossed with the perfect message. Services start at $5. 2124 W. Division; Simonacalla.com

Earbud case with embossed Me & You, $19

BY THE BOOK

Just in time for the reopening of Carson's at North Riverside Park Mall, the department store's semi-annual Community Days event introduces an exclusive booklet of coupons and other offers. Purchase the booklet ($5) online or in-store. Feb. 27-28. 7505 W. Cermak; Communitydayevent.com

TRUE COLOR

Never doubt these diamonds: All gems over one karat in David Lampert's Chardonnay Diamond Collection come complete with a diamond grade report, verifying the rare, 100 percent natural color. Lester Lampert, 57 E. Oak; Chardonnaydiamond.com

STREET CLOTHES

Ann Taylor LOFT has teamed up with graffiti artist Chris Uphues, who took inspiration from colorful street art to create limited-edition pieces. In stores through February, the collection features items like a floral sweater with watercolor effects and a new abstract painting-inspired print called Bedrock. 664 N. Michigan and 111 W. Monroe; Loft.com

Chris Uphues X LOFT T-shirt, $29.50

EDR. BODY & SPIRIT

Local wellness and beauty company Samaritane teams up with Interfaith House this month to host the "Purple Heart" fundraiser, a full month of $30 treatments, like alchemy stress rituals and yoga. A portion of the proceeds aids the organization's mission to provide medical care for homeless men and women in recovery. For a full list of participating retailers, visit Samaritane.com.
CHICAGO,
WE MISSED YOU TOO!

THE BOOK OF MORMON
FROM THE CREATORS OF SOUTH PARK

BACK BY POPULAR DEMAND
WINNER 9 TONY AWARDS INCLUDING BEST MUSICAL
PERFORMANCES BEGIN FEBRUARY 25
12 WEEKS ONLY

Bank of America Theatre • 800.775.2000 • BroadwayInChicago.com
Despite being a blind date, Brian Fisher’s eyes were wide open when he met Jessica Zweig at Volare (201 E. Grand) in May 2012. “She was the most stunning woman I had ever met,” says Fisher, a commodities trader at CME Group. “You lose your words when you meet someone like that.”

When he proposed two years later, his bride knew exactly where she wanted to get married. “My family and I have been going to Zihuatanejo, Mexico since 1999,” says Zweig, founder of local marketing firm The SimplyBe Agency. “I wanted a destination wedding, and there’s no other place in the world I would want it to happen.” She flew a Chicago-based planner, DJ, hair and makeup artists and media vendors to Mexico, plus enlisted her friend, Chicago designer Azeeza Khan, to create the wedding dress of her dreams: a crepe-silk gown with a gold crystal motif and an open back draped with Hawaiian crystal beads. The couple also honored Fisher’s late friend, jeweler Jeff Spreckman, by wearing custom rings he had created.

For the ceremony, Zweig and Fisher decorated a private villa at La Casa Que Canta in the spirit of Mexico. “I wanted it to be authentic to the country, but still luxurious,” Zweig says. “Our wedding planner [Rachel de Marte] called it ‘Ralph Lauren Mexico chic.’” To document the day, the couple asked their 40 guests to post pictures on social media using the hashtag #BFandjZ. “The hashtag is the modern-day disposable camera — you can see everyone’s perspective,” the bride says.

The weekend ended with a splash — literally — when the wedding party changed into swimsuits to continue the dance party in the pool. This fall, the couple will continue their tropical celebration with a honeymoon in Bora Bora. — Chiara Mielniczuk

PHOTOS BY BRIAN CAREY, FIG MEDIA
As a successful comedian and TV star, Whitney Cummings should have no problem landing a date. Yet the sharp-tongued funny girl is currently single; luckily, that just means she has more material. “The difference between being single now and being single three years ago — I don’t think I’m psychologically cut out to do any of the things that single guys want me to do these days,” she laughs. “That’s how outrageous the taboo things are getting. Now, all of a sudden, I’m the conservative one? I guess that’s what happens when you get older.”

Cummings, 32, is far from conservative. The Washington, D.C. native rose to fame for her off-color stand-up, which she’ll be bringing to Schaumburg’s Chicago Improv Feb. 27-28. For the comedian, who typically plays larger venues like The Vic or the Chicago Theatre, headlining the intimate club is a chance to show her gratitude. “Schaumburg is one of the clubs that took care of me at the beginning and headlined me when no one had ever heard of me,” she says. “So it was really important to go back. I hope you guys haven’t forgotten about me. Since I’ve been there, life is very, very different.”

Indeed, a lot’s happened since she last headlined Improv six years ago. In 2011, she and Michael Patrick King created the hit CBS show “2 Broke Girls.” That same year, Cummings created and starred in her own show, NBC’s “Whitney” and, in 2012, nabbed her own E! talk show, “Love You, Mean It” (both shows ended in 2013). Now Cummings is a regular fixture on late-night shows like “Late Show with David Letterman” and Comedy Central’s “@Midnight.” Of course, success hasn’t come easy. “My biggest obstacle was myself, my self doubt and my low self-esteem,” she admits. “As far as a woman being funny, I looked around and saw Chelsea [Handler] and Natasha [Leggero] and Nikki [Glaser] and Sarah Silverman. It just didn’t occur to me that women couldn’t be funny.”

The wave of talented women has shattered the stereotype, but Cummings maintains she’s not out of the woods yet. “When one [stereotype] ends, another one starts,” she says. “The stereotype that women aren’t funny is kind of over. But now the new thing is, ‘Can women be pretty and funny?’ Just when we fix one, there’s another? It’s like Whac-a-Mole!”

Cummings certainly packs the hot-and-hilarious combination, but it hasn’t always made things easy. “I’ve got a modicum of success — I only say that because it has affected my relationships with guys so much,” she explains. “I thought, ‘Oh I can pay my bills now, I have some money in the bank, I can date whatever guy I want, I can pay for dinner, I can buy the Chipotle.’ That’s not how it works because guys aren’t into it. I’m not even that successful! What would happen if I were Tina Fey or Oprah?” She laughs at the idea and adds, “Like, finally, my dreams came true but now no one wants to go out with me!”

Blowdry bars aren’t the only solution to bad hair days. “Air drying is the new blowdrying,” says Hal Strong, co-owner of Goldplaited, Chicago’s first finishing salon. “We’re encouraging clients to air dry, then come in to be styled. It’s better for your hair and you avoid double heat, so hair grows faster.” Choose from beachy waves, curls, buns, braids and ponies — and all dry styles ($30) include a relaxing shoulder massage.

2803 N. Sheffield; Goldplaited.com

In order to lie about your age — and get away with it — good skin care is crucial. Dr. Kevin Pinski recommends DermaSweep to turn back time. Less irritating and more effective than microdermabrasion, this treatment is gentle enough for even the most sensitive skin. Mild suction exfoliation stimulates collagen production and opens pores to drink in customized infusions that treat fine lines, hyperpigmentation, redness and acne. The most popular infusion is a stem cell concoction by NUgene that reverses free radical damage and bolsters healing and cell regeneration. A treatment at Pinski Dermatology and Cosmetic Surgery — the first medspa in Chicago to offer the technology — takes less than an hour and leaves skin impossibly dewy. DermaSweep with NUgene, $250, 150 N. Michigan; PinskiDerm.com
3. MAYA CHIA BEAUTY

Chia is going the way of olive oil, moving from a lauded health food to topical applications in skin care. Maya Chia Beauty extracts pure chia oil for a lightweight facial oil that plumps skin full of omega-3 fatty acids and antioxidants, giving you an angelic glow minus the oily residue ($59; Mayachia.com). That’s not to say chia seeds aren’t still a great health food, too. Add chia to your vinaigrette to make an entree salad a little more filling. At TWO (1132 W. Grand), Chef Tom Van Lente dresses a salad of arugula, roasted golden beets and sheep’s milk feta with chia seed honey vinaigrette.

4. NEGATIVE-SPACE NAILS

"Negative-space nails are everywhere," says editorial manicurist Ashley Gregory. "It’s a throwback to a vintage manicure from the ‘20s and ‘30s, when women wanted to show off the half-moon to highlight the health of the nail." Gregory recommends purple for a winter-to-summer transition color that contrasts nicely with a nude half-moon. As for getting the half-moon shape just right at home, frehand is the way to go — and practice makes perfect. Ashley-gregory-format.com

> 6. IV HYDRATION

Voluntarily sticking a needle into your arm may sound kooky, but hydration therapy is the new cure for hangovers, jet lag and even the common cold. At IVme Hydration Clinic, vitamins and nourishing fluids are injected directly into your veins — more potent than oral multivitamins since these don’t require digestion and are easier to absorb. IVme’s spa-like Old Town flagship fills up during lunch with jet-setting executives who pop in and check emails for 45 minutes while soaking up a one-liter bag of liquid power. If IVs make you queasy, a quick Super B shot ($35) can energize you in a matter of minutes. IV treatments start at $89, 1547 N. Wells and 16 N. Peoria; lvrnechicago.com

8. AROMATHERAPY

For a massage that detoxifies your entire system, head to The Spa at the Ritz-Carlton Chicago. A new aromatherapy treatment blends geranium and juniper essential oils to reduce inflammation, improve circulation and even sharpen brain function. "With less sunshine and increased illness this time of year, the detox massage is great for balancing your emotional and physical well-being," says Spa Director Patricia Norcross. "The oil combination helps to stabilize hormones and relieve stress, and leaves you feeling refreshed." 80-minute detox massage, $210, 160 E. Pearson; Fourseasons.com/chicagorc/spa

> 7. WARM NEEDLING

Combat the yin winter season with traditional Chinese medicine at the Langham Hotel Chicago’s Chuan Spa. Master of Acupuncture and Oriental Medicine Sharon VienMees counteracts stiffness, lethargy, sluggish digestion and aversion to cold by incorporating moxibustion with acupuncture in warm needling. "Warm needling is a heat (yang) therapy where moxa is burned on the handle of needles after they are inserted into acupuncture points to induce a soothing, warming sensation that travels throughout the entire body via the meridians," she explains. VienMees selects meridian points for moxibustion based on your five elements and specific needs. Chinese medicine treatments start at $325, 330 N. Wabash; ChuanSpa.com/en/chicago

FEEL YOUR BEST

< 5. CORE FUSION EXTREME

Exhale is equal parts relaxation and fitness. While its popular yoga, barre and cardio classes appeal to a predominantly female clientele, both guys and gals will love the new Core Fusion Extreme class. This intense hour of interval training includes gliders, plyo box, weights, suspension training and core work, and gets your heart racing. Relieve sore muscles with a deep tissue or sports massage immediately afterward — you deserve it. Classes start at $25, 945 N. State; Exhalespa.com
For more photos from our shoot with Doug McDermott (from left), Jimmy Butler and Nazr Mohammed, go to Chicagosplash.com.
THE THREE CHICAGO BULLS SPORT LOOKS FROM THE TEAM’S CHARITABLE COLLECTION FOR THE TIE BAR

BY ELLE EICHINGER
PHOTOS BY MARIA PONCE

W hen Chicago Bulls President and COO Michael Reinsdorf was looking for more Bulls gear with a stylish spin to wear to the countless basketball games and team events, he turned to one of his favorite Chicago-based men’s accessories spots, The Tie Bar — and enlisted the help of the team (and their style-savvy off-court alter egos) — for a charitable collaboration. The resulting six-piece, limited-edition Chicago Bulls Charities Collection will raise money for the charities’ threefold philanthropic focus of violence prevention, youth education and health and wellness, and be available beginning Feb. 27 at the Bull Market in the United Center, as well as The Tie Bar’s storefront (918 W. Armitage) and website.

“All [the players] were involved,” says Allyson Lewis, VP of merchandising for The Tie Bar. “We wanted to capture their personal styles and tastes. We put together mood boards of things and patterns and met with players to talk about things they liked and would wear to games and out in the evening. Some guys like to wear a pocket square, some are into ties but not pocket squares, some are socks guys. We combined all their tastes.”

In anticipation of the team’s annual fundraiser Feb. 26, Splash pegged three sharply dressed players to tie one on for our cover.

DOUG McDERMOTT

Stats: Having just graduated from Creighton University, where he dominated on the basketball court, 25-year-old McDermott is the Bulls’ rookie forward.

Philanthropy: Though McDermott is new to the NBA, he’s already putting a philanthropic foot forward. This year, he’s visited Lurie Children’s Hospital to spend time with the kids and pass out bobble-head dolls, and gotten involved with teammate Joakim Noah’s Noah’s Arc Foundation.

Fashion: “In college it was straight sweats, but in the NBA you have to dress up all the time. I’m not too flashy yet; I’ve come out of my shell a bit compared to the way I was in college, but I have more of a laid-back style.”

Style icons: “You look at guys like [Oklahoma City Thunder’s] Russell Westbrook and he’s very loud with what he wears, then you see guys like [LA Lakers’] Steve Nash, who has great style but is not as loud. I think I am who I am [with my style]. I look at guys on our team and try to get a mix of everyone. … I definitely [don’t dress like] Joakim Noah; I stay more on the Mike Dunleavy side.”

McDermott wears: Plaid tie, $25, and polka-dot socks, $10

JIMMY BUTLER

Stats: Since his days at Marquette University, the 25-year-old guard-forward has spent his entire professional career with the Bulls, earning him local love, friendly nicknames and a solid starting position.

Philanthropy: Through his involvement with the Chicago Bulls Charities, Butler has brought smiles to children’s faces at La Rabida Children’s Hospital, handed out gifts with the Chicago Housing Authority at the Museum of Science and Industry and more.

Fashion: “My style has changed over the past year. I like bright colors, yellow and purple. I’m from Tomball, Texas — the country — so I go back to my country roots. I like to wear suits, but I don’t like dress shoes, so I wear [Air] Jordans with [my suits].”

Local love: “The fans in Chicago are amazing; they show so much love on and off the court. [When I’m] on the court, they’re always in playoffs mode; [when I’m] off the court, even on a day off, they’re great.”

Butler wears: Horizontal stripe tie, $25, and paisley pocket square, $15

NAZR MOHAMMED

Stats: A native Chicagoan and relative veteran in the NBA, the 37-year-old center has played professionally for 16 years. In 2014, he was named Bull of the Year.

Philanthropy: “I have my own foundation [the Nazr Mohammed Foundation]. We have a retreat where we talk to kids about situations that they face, everything from bullying to hygiene — skills that they may need going forth that are overlooked in schools — and raise money for different organizations. Last year, we raised $40,000 for the Kovler Diabetes [Center] at the University of Chicago.”

Fashion: “[My style] is kind of all over the place — it’s conservative by comfortable. I like wearing a suit. I don’t wear a lot of ties, but [prefer to] match my suits with pocket squares. I dabble with color — I don’t go too overboard but may have a hint of color in my socks or my lapel pin.”

Style speaks: “I’d like to hope that my style says I’m professional — professional but comfortable.”

Mohammed wears: Polka-dot bow tie, $25, and socks, $10

The Tie Bar's Chicago Bulls Charities Collection, $10-$25
ON SPEED DIAL ...

Bella Thorne

'The DUFF' actress dials in

BY ELLE EICHLINGER

If you don't know Bella Thorne yet, you will come Feb 20, when "The DUFF" debuts in theaters. In the coming-of-age movie—which tells the story of an average teenage girl struggling with a cruel nickname (Designated Ugly Fat Friend, or DUFF)—17-year-old Thorne plays Madison, the popular "mean girl" of the high school. In real life, though, she's just the opposite.

Calling from: "Right now, I'm at CBS Studio (doing press)."

A day of press looks like: "Getting up at 5:40, doing hair and makeup, putting on a dress and heels — the day usually ends at 6... Press can be hard but Robbie [Amell] and Mae [Whitman] make me laugh so hard. They're amazing just to be around."

Growing up: "I always wanted to be an actress. I did modeling, but everyone told me I couldn't be an actress because of my dyslexia. My brother said, 'Why don't you prove them wrong?'"

"The DUFF" is: "A funny movie, but with a serious [message]. It's about breaking out of the labels put on you."

To prepare for the role: "I watched one of my favorite movies, 'Jawbreaker,' and 'Mean Girls.' One [film] I thought was good for this role was 'Jennifer's Body.' The lingo in that movie was the same for ['The DUFF'] — and I actually love that movie."

People would be surprised to know: "I don't like sweets — I like spicy, garlicky stuff. Mint makes me nauseous. ... So before you do a kissing scene with me, you better put a clove in your mouth!"

My style: "Really has gotten simpler and simpler over the years. My go-to is black leather jeans, a black tee or sweater and boots — either AllSaints or these Louis Vuitton sneakers my mom got me for Christmas. I seriously never take them off."

Fans approach me: "Everywhere I go, it's awesome. I love talking to my teenage fans because they're actually homes I would hang out with in my real life."

Whether seen as a sign of our evolving consciousness or a symbol of society gone bad, "The Book of Mormon" is clearly a defining work of today's musical theater. The show has won multiple Tony awards, a Grammy, the Laurence Olivier Award for Best New Musical in London and a fan base to rival that of "Wicked." Despite premiering on Broadway four years ago, it's lost none of its zinging appeal, with sold-out houses, hefty grosses at the box office and tours breaking records at venues across the country. Now the musical, which played in Chicago for 43 weeks in 2012-2013, is back at the Bank of America Theatre for a limited engagement.

Created by Matt Stone and Trey Parker, whose penchant for the irreverent is displayed in their long-running cartoon "South Park," "The Book of Mormon" is a wicked, yet oddly loving, look at the foibles of the faithful. It follows two young missionaries as they try to do their duty in Uganda, bringing the word to a warlord-terrified, AIDS-afflicted village.

You don't have to be Mormon to be taken aback — or won over — by this satire with a heart. As Robert Lopez ("Avenue Q") — who collaborated on the show's book, music and lyrics — has noted, "It's easy to get people to laugh at Mormons, but when you point out that all religions are similar to Mormonism — that religion, arguably, does great things for society, as well as bad things — you really can't argue with it."

For ensemble member Jake Emmerling, "The Book of Mormon" is a gig he can't argue with, either. "[The play] pushes me vocally and physically, while balancing the fun and unique humor of the show," says Emmerling. "It's a delicate balance, though, as [co-director/choreographer] Casey Nicholaw and I are very adamant that the Mormon boys be portrayed as real Mormons who could actually exist."

An over-the-top trip in which nothing is sacred, this is no "Hello Dolly!" But then again, that show premiered in 1964. It's a brave new world.
Her voice.
His vision.
Their story.

PRE-BROADWAY WORLD PREMIERE MUSICAL

**ON YOUR FEET!**

**THE STORY OF EMILIO & GLORIA ESTEFAN**

**FIVE WEEKS ONLY! JUNE 2-JULY 5**

**ORIENTAL THEATRE**  •  **800-775-2000**  •  **BROADWAYINCHEGO.COM**

TICKETS AVAILABLE AT ALL BROADWAY IN CHICAGO BOX OFFICES AND TICKETMASTER RETAIL LOCATIONS. GROUPS 10+: 312-977-1710
who to watch

ADAM LOWRY

AGE: 40. CLAIM TO FAME: Co-founder and Chief Greenskeeper of Method. LIVES IN: Mill Valley, California. CHICAGO CRASH PAD: Soho House (113 N. Green). STARTING OUT: I started this business with my co-founder, Eric Ryan, with no experience in the cleaning products industry. I wanted to use business as a way to create social and environmental good — cleaning products are a great way to build a brand around high design and sustainability. GO GREEN: We make the sustainable desirable. I create products that are beautiful [and] responsible, so they fit within the character of your home.

ECO-FACTORY: The Method factory [opening in March at 720 E. 111th] will be the first factory built in Pullman on the South Side in more than 30 years. It will be state-of-the-art from an environmental and social-design standpoint. It’ll be powered by the wind and sun, water neutral, certified LEED Platinum, zero landfill and it’ll have the largest rooftop greenhouse in the world.

COMMUNITY INVOLVEMENT: The factory will create [more than] 100 manufacturing jobs. We’ll also conduct tours to educate kids about sustainable manufacturing, urban agriculture and sustainable food production.

HEIGHTS: Entrepreneurship can be daunting, and you’ll have a lot of people tell you why your ideas won’t work. Jump in 100 percent and give it a go — you’ll never find out if you don’t.

I own a muscle car — a 67 Pontiac GTO convertible. You can take the boy out of Detroit, but you can’t take the Detroit out of the boy.

To learn more about Method, visit Methodhome.com, and to find out more about job opportunities at the new facility, visit Methodhome.saphire.com beginning Feb. 23.

Method man

The cleaning brand co-founder crafts a new concept on the South Side.

DIESEL: Larkee style denim, $188, 923 N. Rush; Diesel.com

SIMILAR STYLES

Chiara Milioulis

Photo by Ramzi Dreesen

THESE CUFFLINKS

Good for a more classic look without being staid.

Similar styles available at Thomas Pink: Stregon check classic fit button cuff shirt, $115, 1111 N. State; Thomaspinks.com

I live in jeans and these are my go-anywhere pair. With these, I can do it all.

Diesel: Larkee style denim, $188, 923 N. Rush; Diesel.com
People who get food, get it here.

— Bonnie & Tracy

Co-owners, Shred415

Watch fitness experts Bonnie and Tracy give nutritional and motivational wisdom at marianos.com.
Your two bedroom house is too small.

BMO Harris Bank
We're here to help.

Big steps or little ones, we'll be here for all of them.
DAYTONA
AND BEYOND
THE OUTLAW AND
THE ASSASSIN
SMOKE'S RETURN
KESLOWSKI'S
PUNCHABILITY
JOHNSON & KNAUS:
THE BRADY &
BELICHICK OF NASCAR

PLUS
JIM HARBAUGH
GOES BACK
TO THE
FUTURE
NFL
COMBINE'S
WORKOUT
WARRIORS

NASCAR 2015 PREVIEW

JEFF GORDON'S
LAST LAP
Auburn QB Nick Marshall is planning on playing cornerback in the NFL. Who else has made position changes?

- Freddie S., San Francisco, Calif.

It's not unusual for a college QB to change positions in the NFL. But usually they remain on offense or in the return game (see: Julian Edelman, Josh Cribbs, Denard Robinson, Antwaan Randle El, Brian Mitchell, Matt Jones, Ronald Curry and others). Marshall will attempt to join a much smaller fraternity of college QBs who played defense in the NFL. The most famous example is Tony Dungy, who played QB at Minnesota before winning Super Bowls as a safety with the Pittsburgh Steelers (SB XIII) and head coach of the Indianapolis Colts (SB XLI).

SERENA WILLIAMS AND GENIE BOUCHARD WERE EACH ASKED TO "TWIRL" DURING POST-MATCH INTERVIEWS AT THE AUSTRALIAN OPEN. IS THAT APPROPRIATE?

- Pete S., Flushing Meadows, N.Y.

Probably not. But let's not avoid the obvious. Serena and Genie are not only two of the most talented players on the WTA (ranked Nos. 1 and 7 in the world during the Aussie Open, respectively); they are also incredibly beautiful fashion icons who use their bold apparel to build their brands. Being awkwardly asked to "twirl" by the foreign press is small potatoes for these two marketing moguls. Times have changed. "Throughout the years tennis went for a more conservative look," Williams said. "You can be beautiful and powerful at the same time."

What's the deal with Toronto Blue Jays prospect Daniel Norris living in his van?

- Roy H., Erie, Pa.

One of the top young lefties in the minor leagues is doing his best impression of Chris Farley's legendary "SNL" character, motivational speaker Matt Foley. "There'll be a lot of time for working on your curveball when you're living in a van, down by the ocean?" Yeah, Norris likes to drive his van from his home in Johnson City, Tenn., to spring training in Dunedin, Fla. He stops along the way to surf, watch the sunset and enjoy what he calls #vanlife. Norris' yellow 1978 Volkswagen is named "Shaggy" to pay homage to the Mystery Machine in "Scooby-Doo." He bought it with part of his $2 million signing bonus.
You can't purchase this Uncirculated American Eagle silver dollar directly from the U.S. Mint. But you can now purchase the official 2015 U.S. silver dollar from Littleton Coin Company at our cost - and with FREE Shipping to your home!

The beautiful and sought-after $1 American Eagle is over 99.9% pure silver and carries the same design as the popular “Walking Liberty” silver coins of 1916-47.

New Release!

- One ounce of 99.93% pure silver!
- Beautiful Uncirculated condition!
- 2015 marks the 30th year of issue of the American Eagle series
- Limited-time offer for new customers

Due to fluctuations in the coin market, prices are subject to change.

“$18.69” reflects market price as of December 8, 2014.

IMPORTANT NOTICE
ORDERS MUST BE RECEIVED WITHIN 30 DAYS
45-Day Money Back Guarantee of Satisfaction

FREE Gift!
when you order within 30 days
Complete 4-Coin Uncirculated Set of 2009 cents, featuring special designs honoring the bicentennial of Lincoln's birth!

Limited-Time Offer!

Special Offer for New Customers Only
Get a 2015 American Eagle Silver Dollar at our cost!

YES! Please send me the Uncirculated American Eagle Silver Dollar at Littleton's cost with Free Shipping (limit 1). Plus, send my FREE Uncirculated 2009 4-Coin Lincoln Cent Set (one per customer, please).

Method of payment: □ Check or Money Order payable to Littleton Coin Co. □ VISA □ MasterCard □ American Express □ Discover Network

Limit One: $ 18.69
Total Amount: $ 18.69

Name
Address
City, State Zip
E-Mail

America's Favorite Coin Source • TRUSTED SINCE 1945
Jeff Gordon represented a new era in NASCAR during the early 1990s. Now, the sport’s elder statesman hopes to go out in style during his final full season in 2015.

With a mustache and a mullet, Jeff Gordon was just a 21-year-old kid when he made his first Cup start at the 1992 Hooters 500. That race also happened to be the final start of “The King,” Richard Petty. Fitting, since the torch was passed that day from a racing icon to a rising star who would go on to cement his own place among the pantheon of legendary drivers.

Entering what will be his final Cup season as a full-time driver, Gordon has long since established himself as the clean-cut template for NASCAR success, both on and off the track. His trophy case runneth over, with four Cup championships, three Daytona 500s, six Southern 500s, five Brickyard 400s, three Coca-Cola 600s, three All-Star races and 92 career wins — which is third on the all-time list. But Gordon's impact goes far beyond the track.

"Jeff is one of those guys who transcended the race car," three-time Cup champion Darrell Waltrip opined on FOX Sports, following news of Gordon's pending semi-retirement.

"He’s someone who is recognizable across the country and across the world, not just at the racetrack. ... Jeff has been an incredible ambassador for our sport."

Expect no expense to be spared for the old man who will turn 44 years old this summer during his farewell tour. Leave the rocking chairs on the porch. Cars, statues, keys to cities; nothing will be too big or too gaudy to gift one of the sport's all-time greats as he makes a staged green-white-checker finish to a brilliant career.

The one thing that would mean the most to Gordon won’t be given away in a pre-race dog and pony show, however. Entering his 23rd season with Hendrick Motorsports — the only team he has ever raced for since arriving on the Cup scene — Gordon has his sights set squarely on a fifth career Cup championship. Riding off into the sunset, trophy in-hand, would be a fitting finale to a career that has had a storybook quality from the very beginning.

Danica Patrick will finally win a Cup race. Entering her third season as a full-time Cup driver, Danica has struggled to establish herself as more than just the girl from the GoDaddy.com commercials. But the 32-year-old has run well at Daytona International Speedway, with two top-10 finishes in five career races at the iconic track as well as pole-position to lead off the 2013 Daytona 500. The 5'2", 100-pound IRL import needs to snap her winless streak at the Cup level. Taking the checkers at Daytona would be even sweeter.
Brad Keselowski will get punched in the face
NASCAR’s version of a WWE wrestling heel, Keselowski has proven to have the sport’s most punchable face. Jeff Gordon, Matt Kenseth and Kevin Harvick are a few drivers on record as having a beef with Keselowski. Rubbin’ is racin’, but the Miller Lite Blue Deuce is in the crosshairs after making more than a few enemies in 2014. After several shouting matches and off-target swings-and-misses during post-race run-ins last season, expect one of those shots heard ’round the world to connect and for the 2012 Cup champion to take one to the chin in 2015.

“Outlaw” vs. “Assassin” will be stranger than fiction
The insane legal drama between Kurt Busch and his ex-girlfriend, Patricia Driscoll, is reaching a nice rolling boil of crazy. The self-proclaimed “Outlaw” Busch has testified under oath accusing Driscoll of being a trained assassin with expertise in long-range sniper rifles, close-quarter combat, knives and poison. Driscoll — who runs the Armed Forces Foundation charity and Frontline Defense Systems surveillance company — has accused Busch of assault and reportedly said she will destroy him. Oh, and she says Busch’s “assassin” claims come from a movie script Driscoll has been writing. Likely story.

Tony Stewart will bounce back — with a Daytona 500 win
It’s been a tough two years for Stewart — on just about every type of racetrack. In 2013, the three-time Cup champion suffered a broken leg during a sprint car race in Iowa. Last year, tragedy struck on a New York dirt track when Stewart’s car fatally hit 20-year-old driver Kevin Ward Jr. A black cloud hanging over his head, Stewart finished the 2014 season with zero wins at any level for the first time in his career. The 43-year-old owner-driver is at a career crossroads and will look to bounce back in 2015. The Daytona 500 — where Stewart is winless in 17 races — would be the ultimate comeback victory.

Chad Knaus and Jimmie Johnson will be called “cheaters”
Playing the parts of Bill Belichick and Tom Brady will be Knaus and Johnson. Cheaters never prosper, unless they’re the most successful duos in their respective sports. It’s always something with Knaus, who like Belichick is a diabolical genius who prefers to ask forgiveness rather than permission. Just as “SpyGate” preceded “DeflateGate” with the Patriots, Knaus has already been fined hundreds of thousands of dollars and suspended numerous races for various rules violations. But nothing — not even rules — will stop Knaus, Johnson and the 48 car’s chase for a seventh Cup crown.

Lee Petty wins the inaugural race. The results are announced 61 hours after the checkered flag. Bill France Sr. declares Petty the winner by two feet following a photo finish from the newsreel.


Female drivers to compete — Danica Patrick, Shawna Robinson and Janet Guthrie

Wins by CHEVROLET, the most of any manufacturer

Wins by FORD, second-most of any manufacturer

Families with multiple winners — Father-son Lee and Richard Petty (8 wins); father-son Bob and Davey Allison (4); father-son Dale and Dale Earnhardt Jr. (3); and brothers Darrell and Michael Waltrip (3)

Win by the pole-sitter, with Jeff Gordon (1999) being the only active driver to do so
For people with a higher risk of stroke due to Atrial Fibrillation (AFib) not caused by a heart valve problem

ELIQUIS® (apixaban) is a prescription medicine used to reduce the risk of stroke and blood clots in people who have atrial fibrillation, a type of irregular heartbeat, not caused by a heart valve problem.

IMPORTANT SAFETY INFORMATION:
- Do not stop taking ELIQUIS for atrial fibrillation without talking to the doctor who prescribed it for you. Stopping ELIQUIS increases your risk of having a stroke. ELIQUIS may need to be stopped, prior to surgery or a medical or dental procedure. Your doctor will tell you when you should stop taking ELIQUIS and when you may start taking it again. If you have to stop taking ELIQUIS, your doctor may prescribe another medicine to help prevent a blood clot from forming.
- ELIQUIS can cause bleeding, which can be serious, and rarely may lead to death.
- You may have a higher risk of bleeding if you take ELIQUIS and take other medicines that increase your risk of bleeding, such as aspirin, NSAIDs, warfarin (COUMADIN®), heparin, SSRIs or SNRIs, and other blood thinners. Tell your doctor about all medicines, vitamins and supplements you take. While taking ELIQUIS, you may bruise more easily and it may take longer than usual for any bleeding to stop.
- Get medical help right away if you have any of these signs or symptoms of bleeding:
  - unexpected bleeding, or bleeding that lasts a long time, such as unusual bleeding from the gums; nosebleeds that happen often, or menstrual or vaginal bleeding that is heavier than normal
  - bleeding that is severe or you cannot control
  - red, pink, or brown urine; red or black stools (looks like tar)
  - coughing up or vomiting blood or vomit that looks like coffee grounds
  - unexpected pain, swelling, or joint pain; headaches, feeling dizzy or weak
- ELIQUIS is not for patients with artificial heart valves.
- Spinal or epidural blood clots (hematoma). People who take ELIQUIS, and have medicine injected into their spinal and epidural area, or have a spinal puncture have a risk of forming a blood clot that can cause long-term or permanent loss of the ability to move (paralysis).
I was taking warfarin.
But ELIQUIS was a better find.

I TAKE ELIQUIS® (apixaban) FOR 3 GOOD REASONS:

1. ELIQUIS reduced the risk of stroke better than warfarin.
2. ELIQUIS had less major bleeding than warfarin.
3. Unlike warfarin, there's no routine blood testing.

ELIQUIS and other blood thinners increase the risk of bleeding which can be serious, and rarely may lead to death.

This risk is higher if, an epidural catheter is placed in your back to give you certain medicine, you take NSAIDs or blood thinners, you have a history of difficult or repeated epidural or spinal punctures. Tell your doctor right away if you have tingling, numbness, or muscle weakness, especially in your legs and feet.

Before you take ELIQUIS, tell your doctor if you have: kidney or liver problems, any other medical condition, or ever had bleeding problems. Tell your doctor if you are pregnant or breastfeeding, or plan to become pregnant or breastfeed.

Do not take ELIQUIS if you currently have certain types of abnormal bleeding or have had a serious allergic reaction to ELIQUIS. A reaction to ELIQUIS can cause hives, rash, itching, and possibly trouble breathing. Get medical help right away if you have sudden chest pain or chest tightness, have sudden swelling of your face or tongue, have trouble breathing, wheezing, or feeling dizzy or faint.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see additional Important Product Information on the adjacent page.

Individual results may vary.

Visit ELIQUIS.COM or call 1-855-ELIQUIS

©2014 Bristol-Myers Squibb Company
432US14BR01976-02-01 11/14
IMPORTAlT FACTS about ELIQUIS® (apixaban) tablets

The information below does not take the place of talking with your healthcare professional. Only your healthcare professional knows the specifics of your condition and how ELIQUIS may fit into your overall therapy. Talk to your healthcare professional if you have any questions about ELIQUIS (pronounced ELL eh kwiss).

What is the most important information I should know about ELIQUIS (apixaban)?

For people taking ELIQUIS for atrial fibrillation:
Do not stop taking ELIQUIS without talking to the doctor who prescribed it for you. Stopping ELIQUIS increases your risk of having a stroke. ELIQUIS may need to be stopped, prior to surgery or a medical or dental procedure. Your doctor will tell you when you should stop taking ELIQUIS and when you may start taking it again. If you have to stop taking ELIQUIS, your doctor may prescribe another medicine to help prevent a blood clot from forming.

ELIQUIS can cause bleeding which can be serious, and rarely may lead to death. This is because ELIQUIS is a blood thinner medicine that reduces blood clotting.

You may have a higher risk of bleeding if you take ELIQUIS and take other medicines that increase your risk of bleeding, such as aspirin, nonsteroidal anti-inflammatory drugs (called NSAIDs), warfarin (COUMADIN®), heparin, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRs), and other medicines to help prevent or treat blood clots.

Tell your doctor if you take any of these medicines. Ask your doctor or pharmacist if you are not sure if your medicine is listed above.

While taking ELIQUIS:
- you may bruise more easily
- it may take longer than usual for any bleeding to stop

Call your doctor or get medical help right away if you have any of these signs or symptoms of bleeding when taking ELIQUIS:
- unexpected bleeding, or bleeding that lasts a long time, such as:
  - unusual bleeding from the gums
  - nosebleeds that happen often
  - menstrual bleeding or vaginal bleeding that is heavier than normal
  - bleeding that is severe or you cannot control
  - red, pink, or brown urine
  - red or black stools (looks like tar)
  - cough up blood or blood clots
  - vomit blood or your vomit looks like coffee grounds
  - unexpected pain, swelling, or joint pain
  - headaches, feeling dizzy or weak

ELIQUIS is not for patients with artificial heart valves.

Spinal or epidural blood clots (hematoma).

People who take a blood thinner medicine (anticoagulant) like ELIQUIS, and have medicine injected into their spinal and epidural area, or have a spinal puncture have a risk of forming a blood clot that can cause long-term or permanent loss of the ability to move (paralysis). Your risk of developing a spinal or epidural blood clot is higher if:
- a thin tube called an epidural catheter is placed in your back to give you certain medicine
- you take NSAIDs or a medicine to prevent blood from cloting
- you have a history of difficult or repeated epidural or spinal punctures
- you have a history of problems with your spine or have had surgery on your spine

If you take ELIQUIS (apixaban) and receive spinal anesthesia or have a spinal puncture, your doctor should watch you closely for symptoms of spinal or epidural blood clots or bleeding. Tell your doctor right away if you have tingling, numbness, or muscle weakness, especially in your legs and feet.

What is ELIQUIS?
ELIQUIS is a prescription medicine used to:
- reduce the risk of stroke and blood clots in people who have atrial fibrillation.
- reduce the risk of forming a blood clot in the legs and lungs of people who have just had hip or knee replacement surgery.
- treat blood clots in the veins of your legs (deep vein thrombosis) or lungs (pulmonary embolism), and reduce the risk of them occurring again.
It is not known if ELIQUIS is safe and effective in children.

Who should not take ELIQUIS?
Do not take ELIQUIS if you:
- currently have certain types of abnormal bleeding
- have had a serious allergic reaction to ELIQUIS
- Ask your doctor if you are not sure

What should I tell my doctor before taking ELIQUIS?
Before you take ELIQUIS, tell your doctor if you:
- have kidney or liver problems
- have any other medical condition
- have ever had bleeding problems
- are pregnant or plan to become pregnant
- It is not known if ELIQUIS will harm your unborn baby
- are breastfeeding or plan to breastfeed
- It is not known if ELIQUIS passes into your breast milk.

You and your doctor should decide if you will take ELIQUIS or breastfeed. You should not do both.

Tell all of your doctors and dentists that you are taking ELIQUIS. They should talk to the doctor who prescribed ELIQUIS for you, before you have any surgery, medical, or dental procedure.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Some of your other medicines may affect the way ELIQUIS (apixaban) works.

Certain medicines may increase your risk of bleeding or stroke when taken with ELIQUIS.

How should I take ELIQUIS?
Take ELIQUIS exactly as prescribed by your doctor. Take ELIQUIS twice every day with or without food, and do not change your dose or stop taking it unless your doctor tells you to. If you miss a dose of ELIQUIS, take it as soon as you remember, and do not take more than one dose at the same time.

Do not run out of ELIQUIS. Refill your prescription before you run out. When leaving the hospital following hip or knee replacement, be sure that you will have ELIQUIS available to avoid missing any doses. If you are taking ELIQUIS for atrial fibrillation, stopping ELIQUIS may increase your risk of having a stroke.

What are the possible side effects of ELIQUIS?
- See “What is the most important information I should know about ELIQUIS?”
- ELIQUIS can cause a skin rash or severe allergic reaction. Call your doctor or get medical help right away if you have any of the following symptoms:
  - chest pain or tightness
  - swelling of your face or tongue
  - trouble breathing or wheezing
  - feeling dizzy or faint

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of ELIQUIS. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

This is a brief summary of the most important information about ELIQUIS. For more information, talk with your doctor or pharmacist, call 1-855-ELIQUIS (1-855-354-7847), or go to www.ELIQUIS.com.

Manufactured by:
Bristol-Myers Squibb Company
Princeton, New Jersey 08543 USA

Marketed by:
Bristol-Myers Squibb Company
Princeton, New Jersey 08543 USA
and
Pfizer Inc
New York, New York 10017 USA

COUMADIN® is a trademark of Bristol-Myers Squibb Pharma Company.
when most coaches talk about "coming home," the discussion typically centers on the chance to return to their alma mater. But for Jim Harbaugh, 51, it's about more than that. He moved to Ann Arbor as a nine-year-old kid in 1973. He grew up at the University of Michigan, where his father Jack coached under the legendary Bo Schembechler. He went from an annoying ball boy to a star quarterback for the Wolverines years later.

Harbaugh's return to the college game after a successful four-year run with the San Francisco 49ers was seismic. And for Michigan, the timing was perfect. His relationship with the 49ers front office had soured over the past year, and reports of players growing tired of his college-like approach to coaching hung over his head.

At the same time, Michigan's program floundered under coach Brady Hoke. From the day Hoke was fired in December, Michigan set its sights on Harbaugh, who was viewed as a perfect fit — but possibly an unattainable one. Nevertheless, Michigan jockeyed Harbaugh's reputation put Michigan fans in a frenzy immediately. "Ann Arbaugh" T-shirts went on sale. Billboards were erected. Sales of khaki pants — Harbaugh's trademark sideline wear — skyrocketed.

Fans consider him the savior of college football's all-time wins leader (915), a program that's lost its way. Michigan hasn't won a Big Ten title since 2004. Meanwhile, Ohio State just won a national title and Michigan State recorded double-digit win totals in four of the past five seasons.

The challenge is large and the pressure is high. Just how Harbaugh likes it.

"Whatever the biggest challenge is, I think he'll see that as something he can accomplish and show everyone that it's not impossible," says former Harbaugh assistant and current South Florida coach Willie Taggart. "He'll find a way."

Michigan has its savior, and Harbaugh's back home. On paper, the marriage is perfect.

"There has to be some kind of destiny," says Jim's dad Jack Harbaugh, 75, with a wide smile. "There has to be some kind of force. How it happened, I don't know and I don't really care to know."

Harbaugh signed a seven-year contract worth $5 million annually. However, with a $2 million signing bonus, he'll make at least $7 million in 2015 — putting him right behind Alabama's Nick Saban as the game's highest-paid coach. His staff — a group featuring four assistants with pro or college coordinating experience — won't be cheap either.

Money creates pressure to win now, but so will Harbaugh's track record. A wildly successful college coach at both Stanford and San Diego, Harbaugh's reputation put Michigan fans in a frenzy immediately. "Ann Arbaugh" T-shirts went on sale. Billboards were erected. Sales of khaki pants — Harbaugh's trademark sideline wear — skyrocketed.

Fans consider him the savior of college football's all-time wins leader (915), a program that's lost its way. Michigan hasn't won a Big Ten title since 2004. Meanwhile, Ohio State just won a national title and Michigan State recorded double-digit win totals in four of the past five seasons.

The challenge is large and the pressure is high. Just how Harbaugh likes it.

"Whatever the biggest challenge is, I think he'll see that as something he can accomplish and show everyone that it's not impossible," says former Harbaugh assistant and current South Florida coach Willie Taggart. "He'll find a way."

Michigan has its savior, and Harbaugh's back home. On paper, the marriage is perfect.

"There have been times in my life where I've thought and dreamed about it," says Harbaugh. "Now it's time to live it."
"Cell phones have gotten so small, I can barely dial mine." Not Jitterbug, it features a larger keypad for easier dialing. It even has an oversized display so you can actually see it.

"I tried my sister’s cell phone... I couldn’t bear it." Jitterbug is designed with an improved speaker and a large display so you can actually see it. Jitterbug has a plan to fit your hearing-aid compatible needs... and your budget. "My cell phone company wants to lock me in on a two-year contract!" Not Jitterbug, there’s no contract to inherit. It’s designed for the everyday person.

"My phone’s battery only lasts a couple of days." The Jitterbug’s battery lasts for up to 25 days on standby. "I’d like a cell phone to use in an emergency, but I don’t want a high monthly bill." Jitterbug has a plan to fit your needs... and your budget.

"My cell phone company wants to lock me in on a two-year contract!" Not Jitterbug, there’s no contract to sign and no penalty if you discontinue your service.

Order now and receive a FREE Car Charger for your Jitterbug - a $24.99 value. Call now! 877-657-5533

NEW Jitterbug5 Cell Phone Call toll free today to get your own Jitterbug5. Please mention promotional code 49091. www.jitterbugdirect.com

NEW Jitterbug5 Cell Phone

"My phone’s battery only lasts a couple of days." The Jitterbug’s battery lasts for up to 25 days on standby.

Available in Blue, Red (shown) and White.

More minute plans available. Ask your Jitterbug expert for details.

We proudly accept the following credit cards.

IMPORTANT CONSUMER INFORMATION: Jitterbug is owned by GreatCall, Inc. Your 1 voices will come from GreatCall. All rate plans and services require the purchase of a Jitterbug phone and a one-time set up fee of $35. Coverage and service is not available everywhere. Other charges and restrictions may apply. Screen images simulated. There are no additional fees to call Jitterbug’s 24-hour U.S. Based Customer Service. However, for calls to an Operator in which a service is completed, minutes will be deducted from your monthly balance equal to the length of the call and any call connected by the Operator, plus an additional 5 minutes. Monthly minutes carry over and are available for 60 days. If you exceed the minute balance on your account, you will be billed at $5 for each minute used over the balance. Monthly rate plans do not include government taxes or assessment surcharges. Prices and fees subject to change. We will refund the full price of the GreatCall phone and the activation fee (or set-up fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of $0.817 will be deducted from your refund for each minute over 30 minutes. You will be charged a $10 restocking fee. The shipping charges are not refundable. Jitterbug and GreatCall are registered trademarks of GreatCall, Inc. Samsung is a registered trademark of Samsung Electronics Co., Ltd. ©2015 Samsung Telecommunications America, LLC. ©2015 GreatCall, Inc. ©2015 firstSTREET for Boomers and Beyond, Inc.

NFL COMBINE
WORKOUT WARRIORS

Average Joes Turned All-Pros

The "Underwear Olympics" of the NFL Scouting Combine kicks off at Lucas Oil Stadium in Indianapolis from Feb. 17-23 and will be televised on NFL Network. While the combine is an important step of the job interview process for potential NFL draft picks, it can also hide future Hall of Famers who may not be Olympic-caliber athletes — but are ready to shine at the next level.

Tom Brady | QB | Michigan
2000 - No. 199 pick,
New England Patriots
A shirtless, doughy Brady certainly did not look the part of NFL franchise leading man. His labored 5.28-second 40-yard dash was also misleading, as Touchdown Tom has proven to have quick feet in the pocket and an intangible "it-factor" the combine has yet to test for.

Jerry Rice | WR
Mississippi Valley State
1985 - No. 16 pick,
San Francisco 49ers
The fourth pass-catcher selected in 1985, Rice's detractors worried that his "lack" of big-time exposure at I-AA MVSU and "lack" of straight-line speed (4.71 in the 40) would be too much to overcome. Years later, there was no stage too big and no one fast enough to catch Rice from behind on his way to becoming the G.O.A.T. (Greatest of All-Time).

Richard Sherman | CB
Stanford | 2011 - No. 154 pick,
Seattle Seahawks
After playing two seasons as a wide receiver under coach Jim Harbaugh at Stanford, Sherman switched to the defensive side of the ball for his final two years on The Farm. Then, the wanna-be NFL corner ran a 4.54 in the 40, the 25th-fastest time among corners. Only eight ran slower. His lack of game tape and slow time resulted in Sherman being the 23rd cornerback taken in 2011.
Look Like Tarzan, Play Like Jane
These workout warriors aced their tests at the combine, but struggled once it came time to put on the pads and play, you know, actual football.

Tony Mandarich | OT
Michigan State
1989 - No. 2 pick,
Green Bay Packers
The "Incredible Bulk" was sandwiched between four future Hall of Famers — Troy Aikman (No. 1 pick), Barry Sanders (No. 3), Derrick Thomas (No. 4) and Deion Sanders (No. 5) — making the 315-pounder an even bigger disappointment. In hindsight, the most impressive thing Mandarich did was pass his steroid drug screening before running a 4.65 in the 40-yard dash and ripping off 39 reps of 225 pounds on the bench press.

Mike Mamula | DE
Boston College
1995 - No. 7 pick,
Philadelphia Eagles
One of the pioneers of combine-specific training, Mamula soared up draft boards by running a 4.66 in the 40-yard dash and ripping off 39 reps of 225 pounds — exploding for a 38.5-inch vertical leap and scoring a 49 out of 50 on the Wonderlic Test.

AMAZING NEW GRASS SEED MIXTURE GUARANTEES YOU A LUSH, GREEN LAWN IN ALL FOUR SEASONS, IN EVERY CLIMATE!

The Original
CanadaGreen™
Sprouts And Covers Super-Fast... Just 10 Days!

Before: Lawn is an eyesore!
Grass is brown, dead or dying,
with many bare spots and weeds.

After: In just 10 days, a thick,
green, beautiful lawn you'll be
proud of!

So Easy To Transform!
No preparation. Just broadcast seed, water or let
nature do it. Your grass starts growing in just 5 days!

Don't Be Caught Without A Beautiful Green Lawn—Order Today!

Yours At Last! Beautiful Grass That Stays Green Year-Round, From Florida To Alaska!

Yes! The incredibly hardy grass that's proven itself on golf courses throughout the U.S.A. and Canada is now available to you! And it grows so quickly and easily:
• Just scatter seed for a picture-perfect lawn starting in only 5 days!
• Tolerates extremes from 120°F to 40°F below zero!
• So hardy, it stays green thru heavy foot traffic, drought, scorching heat, freezing cold, even under heavy snow!
• Saves you work by crowding out weeds.

You probably know the abuse fairway grass must take: heavy foot and cart traffic, divots, every kind of weather condition! But through it all, greenskeepers have to maintain perfect grass. That's why they love this grass that sprouts quickly and thrives through the worst abuse.

Exclusive offer! This is your chance to see for yourself how this amazing new seed will beautify your lawn all year long, while saving you time, work and money! Order today with an unconditional money back guarantee! (less s&h)

CALL NOW! 1-800-211-0700 OR MAIL IN THE ORDER FORM BELOW

YES! I would love to have a lush green lawn in all 4 seasons! Please send me enough grass seed to cover the following:

☐ 1000 sq. ft. only $19.95 (2 lbs) plus $5.95 S&H. Total $25.90
☐ 3000 sq. ft. only $34.95 (6 lbs) plus $7.95 S&H. Total $42.90
☐ SAVE! 6000 sq. ft. $59.95 (12 lbs) plus $9.95 S&H. Total $69.90
☐ SUPER VALUE! 9000 sq. ft. $90.00 (18 lbs) FREE S&H.

Total Enclosed $__________ (NJ residents please add 7% sales tax)
☐ Check ☐ Money Order ☐ VISA ☐ MasterCard ☐ Discover ☐ AmEx

Credit Card #__________ Exp. Date
Print Name
Address
City__________ State Zip

Send Your Payment Today To BEST BUYS DIRECT Dept. #CG8000, P.O. Box 450, Wayne, NJ 07474
simply the nation's lowest prices

19 99
for 12 months
tv service only:
(1) regular TV price: smart pack
$49.99/mo. Not eligible with
dishNET, Hopper.

For a Limited Time Receive:

FREE
Hopper Upgrade
whole-home DVR

FREE
HD for Life
HD
CHANNELS

FREE
Professional
Installation

Bundle & SAVE

Ask how you can SAVE $10/MO. WITH DISHNET INTERNET

Call Today, Install Tomorrow!

1-888-571-3474
www.AllAmericanDish.com dish

Important Terms and Conditions: Promotional offers. Requires activation of new qualifying DISH service. All prices, fees, charges, packaging, programming, features, functionality and offers subject to change without notice. After 12-month promotional period, then-current monthly price applies and is subject to change. ETP: If you cancel service during first 24 months, early termination fee of $20 for each month remaining applies.

Additional Requirements: Hopper Monthly fees: Hopper, $12; Joey, $7. Super Joey, $10. With PrimeTime Anytime record ABC, CBS, FOX and NBC plus two channels. With addition of Super Joey record two additional channels. Commercial skip feature is available at varying times, starting the day after airing, for select content shown on ABC, CBS, FOX and NBC recorded with PrimeTime Anytime. Recording hours vary. 2000 hour based on 50 programming. Equipment.completion based on equipment available from major TV providers as of 12/21/14. Watching live or recorded TV anywhere requires an internet connected, Single Sat box DVR and compatible mobile device. HD Free for Life. Additional $16/month HD fee waived for life of current account; requires continuous enrollment in AutoPay with Paperless Billing. Premium Channels: Premium Channels Premium Channels. Premium offer value is $30; after 3 months then-current monthly prices apply and are subject to change. Installation/Equipment Requirements: Free Standard Professional Installation only. Lower equipment must be returned to DISH upon cancellation or unsanitary equipment fees apply. Dishhome and additional monthly fees may apply. Mississauga, offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer Agreements. Late payment charges may apply. Additional restrictions and fees may apply. Offer ends 6/16/15. $49.99 new customer processing fee will apply. $100 CASH BACK... Go to AllAmericanDish.com for full details. Frozen 80 Disney Enterprises, Inc. All Rights Reserved. The Monuments Men © 2013 Columbia Pictures Industries, Inc. All Rights Reserved. Captain America: The Winter Soldier © Marvel. All Rights Reserved
**Presidents' Day SALE**

**FINAL 3 DAYS!**

**Buy the pair!**

3.6 Cu. Ft. Top-Load Washer Electric Dryer

NTW4611BQ

$599.99 pair

SRP 449

4.2 Cu. Ft. Steam Front-Load Washer

WF42HS200AW

SRP 899

7.5 Cu. Ft. Steam Electric Dryer

DV42HS200EW

SRP $999

 pedestals sold separately

Also available in platinum silver:

SRP 999

(ach I now $149 each

**WHY WAIT FOR A TAX REFUND?**

**INSTANTLY ON MAJOR APPLIANCES, FURNITURE & BEDDING**

24 MONTHS SPECIAL FINANCING3

on purchases $497 & up

plus

FREE DELIVERY on major appliances $497 & up

with your hhgregg card

$99

SONY Stereo Headphones

MDR-ZX110BLK

SRP $99

$79.99

Apple TV 32GB

MD199LL/A

SRP $99

$79.99

ENTER-TO-WIN1 12-day Grand Mediterranean Cruise with Princess Cruises®

hhgregg.com/cruise

PLUS

GET UP TO A $100 hhgregg REWARD CARD with major appliances $497 & up

 pedestals sold separately

with rebate price

$9999 each in "1099" add

with $999 delivery mail-in rebate. Rebate will be a Visa® prepaid card. Charges apply for deliveries outside standard delivery area. See store for details. 5 - No purchase necessary. Complete rule at hhgregg.com/cruise. 6 - Not available in all hhgregg locations. See store for details.

Apple, the Apple logo, Apple TV are trademarks of Apple Inc., registered in the U.S. and other countries. All rights reserved. *1GB = 1 billion bytes; actual formatted capacity less.

*Savings calculated based on SRP (suggested retail price). See store for details.
SAVE 30% on major appliances
buy all 4 $1,949.99
Package STP K4500

FRIGIDAIRE Stainless Steel Kitchen Appliances

**Dishwasher**
- 24 Cu. Ft. Door-in-Door Refrigerator
  - Flexible temp. control drawer
  - Easy reach to most used items
  - Measured fill when cup full
  - WRX735SDBM - SRP $1,299.99

**Side-by-Side Refrigerator**
- Smooth-Top Electric Range
  - 26 Cu. Ft.
  - 3rd rack for additional capacity
  - SHPE5TS5UC - SRP $959.99

**Stainless Steel Refrigerators**
- 28 Cu. Ft.
  - Door-within-Door French Door Refrigerator
    - Measured fill when cup full
    - RF28HMEDBSR - SRP $2,599.99
    - RF28HDEDBSR - SRP $2,599.99

**Built-in Appliances**
- Sleek & attractive

**Frigidaire**
- Stainless Steel Gas Range
  - 5.8 cu. ft. capacity
  - PX58HS600SS - SRP $799.99

**Whirlpool**
- Stainless Steel Smooth-Top Range
  - 12'' griddle
  - W5CE3O24XB - SRP $399.99

**Hotpoint**
- Smooth-Top Electric Range
  - 26 Cu. Ft.
  - 7'' high back guard
  - HPS15BTHRBB - SRP $529.99

**Samsung**
- Stainless Steel Refrigerators
  - 26 Cu. Ft.
  - Door-in-Door French Door Refrigerator
    - Measured fill when cup full
    - RF28HDEDBSR - SRP $2,599.99

**ALL FREEZERS ON SALE!**

**Frigidaire**
- 14.1 Cu. Ft.
  - Upright Freezer
  - FF11M1QW - SRP $952.99

**Haier**
- 5 Cu. Ft.
  - Chest Freezer
  - HCMOS0EC - SRP $199.99

**Built-in Appliances**
- Sleek & attractive

**Kenmore**
- Stainless Steel Dishwasher
  - 3rd rack for additional capacity
  - SHPE5TS5UC - SRP $959.99

** Bosch**
- Stainless Steel Dishwasher
  - 3rd rack for additional capacity
  - SHPE5TS5UC - SRP $959.99

**All freezers on sale!**

**Induction Range**
- 5.8 cu. ft.
  - PX58HS600SS - SRP $799.99

**Countertop Microwave**
- 1.6 Cu. Ft.
  - Black/white
  - 1,100 Watt"
Amana, KitchenAid, Bosch, LG & Samsung appliances are limited to 10% off (except where shown). Prior purchases excluded. Offer cannot be combined with other hhgregg for 30 days from the time of purchase. Exclusions apply, including, but not limited to, computers and tablets, online only products available at hhgregg.com, purchases ineligible for hhgregg mail-in rebate. Rebate will be a prepaid Visa® card. Does not include charges for additional parts that may be required. Charges apply for deliveries measuring opinions of shoppers intending to purchase a major appliance within a year. Proprietary study results are based on experiences and perceptions of consumers surveyed June-July 2014, Your experiences may vary. Visit jdpower.com. After and Appliance Shopper Website Evaluation Studies. Retailer Study based on 2,953 responses measuring consumer opinions of those who purchased in the previous 24 months from a major appliance retailer. Website Study based on 3,018 responses. hhgregg received the highest numerical score in the proprietary J.D. Power 2014 Appliance Retailer Satisfaction Study for 30 days from the time of purchase. Rebates apply, including, but not limited to, computers and tablets, online only products available at hhgregg.com, purchases eligible for hhgregg mail-in rebate. Rebate will be a prepaid Visa® card. Does not include charges for additional parts that may be required. Charges apply for deliveries measuring opinions of shoppers intending to purchase a major appliance within a year. Proprietary study results are based on experiences and perceptions of consumers surveyed June-July 2014, Your experiences may vary. Visit jdpower.com.
WHY WAIT FOR A TAX REFUND?
24 MONTHS special financing
or no credit needed PAYMENT PLANS
Acceptance NOW

WHY WAIT FOR A TAX REFUND?

SAVING ON TV'S

President's Day SALE

SAMSUNG SMART TV

30%

4K Ultra HD Smart HDTV

- Up to 30" 4K. $299 & up. - Not valid with other offers.
- Coherently smooth 4K performance.
- Smart Hub seamless navigation.
- Clear Motion Rate 240

- UN40HU6950 - SRP $998
- UN50HU6950 - SRP $1498

40" Class (49.5" Diagonal)

UN40H5203 - SRP $529

40" Class (49.5" Diagonal)

UN28H4500 - SRP $279

24" Class (23.6" Diagonal)

UN24H4000 - SRP $179

1.2 Channel Soundbar with Wireless Subwoofer

- Bluetooth connectivity.
- Compact 120-watt wireless sub.
- Dolby Digital processing.

- SURBAR 5000 - SRP $349

PARK compact DVD Player

- DVD/CD player.
- Remote control - SRP $19.99

PROSCAN SoundShare Color Bluetooth Speaker

- Bluetooth audio streaming.
- ClearAudio rich sound.
- SRSX3B - SRP $149

- SONY Smart Blu-ray Player - SRP $59.99

- SONY Smart Wi-Fi Blu-ray Player - SRP $79.99

- SONY Smart Blu-ray Player - SRP $199

- SONY Smart Blu-ray Player - SRP $149

HMDX Wireless Portable Speaker

- Bluetooth!
- Wireless sound.
- Connects up to 2 devices - SRP $24.99

SONY Portable Bluetooth Speaker

- Wireless sound.
- Connects up to 2 devices.
- Portable design.
- SRSXB50 - SRP $119.99

Receive our weekly ad on-the-go with our mobile app. Search hhgregg on iTunes or Android!
Take a Look INSIDE!

TO ADVERTISE PLEASE CALL: 866-399-0537 OR GO ONLINE TO HTTP://PLACEANAD.TRIBUNESUBURBS.COM

Real Estate  Pets  Employment  Automobiles

Merchandise  Business & Service Directory  Garage Sales  Legal Notices

435 Digital gets your business seen online

Feeling invisible?

Free Competitive Diagnostic of your online presence, a $500 value. Visit 435digital.com/getseen or call 312.646.3735.
Public Hearings

**LEGAL NOTICE OF PUBLIC HEARING**

Skokie Plan Commission, Thursday, March 19, 2015, Village of Skokie, 1272 Oakton Street, Skokie, Illinois 60077, at 7:30 P.M., to consider the following:

**NEW**

ACTION TAKEN

2015-4P - Subdivision 3220-3240 Touhy Avenue

Standard Bank and Trust Company, as Trustee under Trust No. 6463, on behalf of Robert Helmly for Metro Storage, LLC, requests a resubdivision of 1 lot into 3 lots in the 22-23 Commercial zoning district in the 22-23 Commercial zoning district and any relief discovered during the review of this case. Pn: 10-26-407-008-0000

2015-5P - Zoning Map Amendment 3220-3240 Touhy Avenue

Standard Bank and Trust Company, as Trustee under Trust No. 6463, on behalf of Robert Helmly for Metro Storage, LLC, requests to amend the zoning map to change the zoning district for Lot 1, to be created in case 2015-4P, from B2 Commercial to M3 Industrial. Pn: 10-26-407-008-0000

2015-6P - Site Plan Approval 3220-3240 Touhy Avenue

Standard Bank and Trust Company, as Trustee under Trust No. 6463, on behalf of Robert Helmly for Metro Storage, LLC, and Metropolitan Bank Group a/k/a Byline Bank Corp., requests modifications to an existing site plan approval to increase the size of the building and remove land use restrictions at 3220-3240 Touhy Avenue and to accommodate minor changes to the site in the 22-23 Commercial and M3 zoning districts. Relief is also requested from $18-173(b) of the zoning code to provide a front yard of 6 feet rather than the 25 required, that $18-220(b) to provide 13 canopy trees to the east of Lot 1, rather than the 10 trees required, and any other relief that may be discovered during the review of this case. Pn: 10-26-407-008-0000, 10-26-407-008-0000

2015-7P - Parking Determination: Metro Self Storage

Robert Helmly for Metro Storage, LLC, requests parking determination for a self-storage warehouse at 3220 Touhy Avenue. Pn: 10-26-407-008-0000

2015-8P - Special Use Permit 3220 Touhy Avenue

Standard Bank and Trust Company, as Trustee under Trust No. 6463, on behalf of Robert Helmly for Metro Storage, LLC, requests a special use permit for a self-storage warehouse at 3220 Touhy Avenue in the M3 Industrial district and any other relief that may be discovered during the review of this case. Pn: 10-26-407-008-0000

FOR YOUR INFORMATION: Plans and related documents are available at the Village’s Community Development Department, Planning Division, (847) 933-8447 Monday through Friday, from 8:30 AM to 5:00 PM.

SPECIAL AID: Available upon request for the disabled. Call (847) 933-0500 or email info@skokie.org.

Interested parties are invited to attend this meeting. This notice is for information purposes only. Published in the Skokie Review on February 19, 2015.

--

**APARTMENT FOR RENT**

The search begins here! Contact apartment and home hunters check the Classifieds before looking for a new place to live. Advertise your rental units with us to get a jump on the competition! Call 866-399-0537 or visit placeanad.tribunesuburbs.com

**BUSINESS OWNERS Advertise with us!**

The Classifieds can showcase your business and services! Advertise your cleaning service, mortgage company or daycare with us today! Call 866-399-0537 or visit placeanad.tribunesuburbs.com

**APARTMENT FOR RENT**

The search begins here! Many apartment and home hunters check the Classifieds before looking for a new place to live. Advertise your rental units with us to get a jump on the competition! Call 866-399-0537 or visit placeanad.tribunesuburbs.com

**BUSINESS OWNERS Advertise with us!**

The Classifieds can showcase your business and services! Advertise your cleaning service, mortgage company or daycare with us today! Call 866-399-0537 or visit placeanad.tribunesuburbs.com

**APARTMENT FOR RENT**

The search begins here! Many apartment and home hunters check the Classifieds before looking for a new place to live. Advertise your rental units with us to get a jump on the competition! Call 866-399-0537 or visit placeanad.tribunesuburbs.com

**IT PAYS TO READ THE CLASSIFIEDS**

Call 800-874-2863 or visit placeanad.tribunesuburbs.com

**TO PLACE AN AD ONLINE GO TO: placeanad.tribunesuburbs.com**
Bigger! Better! Pixel-ier!

McMANSIONS ARE BACK! BETTER CALL SAUL'S HOW TO OUTSMART UBER

68 BEST BARS
WHERE TO SEAL A DEAL, SPARK A ROMANCE, WOW A GUEST, BRING A KID, IMBIBE AT 5 A.M. AND MASTER 13 OTHER DRINKING SITUATIONS

The new and improved tablet app for Chicago magazine. Redesigned, reimagined.

Sponsored by
Corinmeal mush may help cure toenail fungus

By Joe Graedon and Teresa Graedon
King Features Syndicate

Q: I developed toenail fungus and tried using some herbal remedies. The daily soaks were working, but very slowly. Then I did a cornmeal soak, and almost immediately the fungus started to disappear from my big toe. I continued the soak about once a week, and all the toes grew out clear of the fungus. I used organic cornmeal for purity.

To make the cornmeal soak, put about an inch of cornmeal in a shallow container that will just fit the affected foot. Carefully pour about an inch of warm (not hot) water on top of the cornmeal and let it sit for an hour, so the water and cornmeal can combine naturally. After an hour, add enough warm water to cover the foot and soak for an hour. The mush must cover the whole area, not just the toenails, because fungus thrives everywhere on the toes, especially between them.

After an hour, rinse the mush off with warm water and pat the foot dry with a clean towel. Soak the toenails once a week until the fungus clears up.

A: Thank you for sharing the details on your successful nail fungus treatment. Other readers also have reported success with cornmeal.

Not all fungus infections respond equally well to home remedies. For readers who would like to learn about alternative approaches, we offer our Guide to Hair and Nail Care, with many other remedies that can help eliminate fungus. Anyone who would like a copy, please send $5 in check or money order with a long (No. 10), stamped (70 cents), self-addressed envelope to Graedons' People's Pharmacy, No. H-31, P.O. Box 52027, Durham, NC 27717-2027. It also can be downloaded for $2 from our website: peoplespharmacy.com.

Q: I began suffering from vertigo nearly a year ago. I often felt like I was about to fall down. A friend said that vitamin D-3 helps with dizziness. I started taking 1,500 IU per day, and my dizziness and imbalance problems completely went away. I am now taking 5,000 IU per day and highly recommend it for dizziness and balance problems.

A: We trust you have discussed your regimen with your physician, and that you are being monitored for your vitamin D level. Your dose of 5,000 IU daily is on the high side, and not everyone will need or tolerate such a high dose. Adequate vitamin D has been associated with improved balance among older adults (Journal of Physical Therapy-Science, October).

Q: I am having an allergic reaction to turmeric. After taking it for two days, I have broken out in red spots all over my stomach. I have been taking Benadryl pills, and I don't seem to be improving. How can I get relief?

A: We trust your first step was to stop taking turmeric. Some people do develop allergic reactions to this anti-inflammatory spice. A rash that persists requires medical attention.

Q: Thank you for writing about maca for hot flashes. I took a capsule twice a day for a month, and my hot flashes disappeared during the day. I also used to suffer from intense night sweats, about four a night, and now I experience only a very mild one about once a night.

A: Maca is the root of a plant native to the Andes Mountains in Peru. Although it has not been thoroughly researched, a pilot study found that it reduced blood pressure and eased depression in post-menopausal women (Climacteric, February). In this study, it had no impact on hormones.

In their column, Joe and Teresa Graedon answer letters from readers. Send questions to them via peoplespharmacy.com.

A rock 'n' roll lifestyle that's healthier than you think

Book offers game plan road-tested for extreme living

By William Hageman
Tribune Newspapers

You may not sing like Aerosmith's Steven Tyler or play the guitar like Dave Navarro of Jane's Addiction fame. But you can have something in common with a lot of rock musicians: a healthy lifestyle.

No one knows that better than Gabrielle Francis, a practitioner of natural medicine, acupuncture, chiropractic and massage who has been working with rock musicians for 30 years, including Tyler and Navarro.

Francis, teaming up with Stacy Baker Masand, has written "The Rockstar Remedy: A Rock & Roll Doctor's Prescription for Living a Long, Healthy Life" (HarperWave).

As musician Michael Franti puts it, the rock 'n' roll lifestyle is "not that much different than that of a very intense business traveler: living out of airports, taxis, and hotels; dashing from appointment to appointment; working very late; getting up too early answering emails; taking calls; and eating on the run."

If uncontrolled, that can add up to serious health issues. But through smarter eating, exercise and additional nutrients, even someone living the rock 'n' roll lifestyle can be healthy.

Through smarter eating, exercise and additional nutrients, even someone living the rock 'n' roll lifestyle can be healthy.

choices 90 percent of the time, and enjoy life's pleasures the other 10 percent. As your body gets stronger from that straight-and-narrow 90 percent, the other 10 percent of the time, when you feel the effects of overindulgence, becomes less attractive.

There are five stages to Francis' Rockstar Transformation:

- Detox: Get rid of things that don't serve you physically, mentally or emotionally.
- Food: Eat foods for optimal looks, stamina and focus. She offers advice on shopping, cooking and meal planning.
- Body: Develop an exercise program you love.
- Mind and spirit: Manage relationships, strengthen connections with those you love and eliminate those that are negative.
- Socialize: Learn therapies and treatments that bring you back in harmony so you can enjoy life without destroying your body.

The book also offers resources, checklists, reading recommendations and the thoughts of dozens of musicians who have benefited from Francis' wisdom.

Through smarter eating, exercise and additional nutrients, even someone living the rock 'n' roll lifestyle can be healthy.

You may not sing like Aerosmith's Steven Tyler or play the guitar like Dave Navarro of Jane's Addiction fame. But you can have something in common with a lot of rock musicians: a healthy lifestyle.

No one knows that better than Gabrielle Francis, a practitioner of natural medicine, acupuncture, chiropractic and massage who has been working with rock musicians for 30 years, including Tyler and Navarro.

Francis, teaming up with Stacy Baker Masand, has written "The Rockstar Remedy: A Rock & Roll Doctor's Prescription for Living a Long, Healthy Life" (HarperWave).

As musician Michael Franti puts it, the rock 'n' roll lifestyle is "not that much different than that of a very intense business traveler: living out of airports, taxis, and hotels; dashing from appointment to appointment; working very late; getting up too early answering emails; taking calls; and eating on the run."

If uncontrolled, that can add up to serious health issues. But through smarter eating, exercise and additional nutrients, even someone living the rock 'n' roll lifestyle can be healthy.

choices 90 percent of the time, and enjoy life's pleasures the other 10 percent. As your body gets stronger from that straight-and-narrow 90 percent, the other 10 percent of the time, when you feel the effects of overindulgence, becomes less attractive.

There are five stages to Francis' Rockstar Transformation:

- Detox: Get rid of things that don't serve you physically, mentally or emotionally.
- Food: Eat foods for optimal looks, stamina and focus. She offers advice on shopping, cooking and meal planning.
- Body: Develop an exercise program you love.
- Mind and spirit: Manage relationships, strengthen connections with those you love and eliminate those that are negative.
- Socialize: Learn therapies and treatments that bring you back in harmony so you can enjoy life without destroying your body.

The book also offers resources, checklists, reading recommendations and the thoughts of dozens of musicians who have benefited from Francis' wisdom.

You may not sing like Aerosmith's Steven Tyler or play the guitar like Dave Navarro of Jane's Addiction fame. But you can have something in common with a lot of rock musicians: a healthy lifestyle.

No one knows that better than Gabrielle Francis, a practitioner of natural medicine, acupuncture, chiropractic and massage who has been working with rock musicians for 30 years, including Tyler and Navarro.

Francis, teaming up with Stacy Baker Masand, has written "The Rockstar Remedy: A Rock & Roll Doctor's Prescription for Living a Long, Healthy Life" (HarperWave).

As musician Michael Franti puts it, the rock 'n' roll lifestyle is "not that much different than that of a very intense business traveler: living out of airports, taxis, and hotels; dashing from appointment to appointment; working very late; getting up too early answering emails; taking calls; and eating on the run."

If uncontrolled, that can add up to serious health issues. But through smarter eating, exercise and additional nutrients, even someone living the rock 'n' roll lifestyle can be healthy.

choices 90 percent of the time, and enjoy life's pleasures the other 10 percent. As your body gets stronger from that straight-and-narrow 90 percent, the other 10 percent of the time, when you feel the effects of overindulgence, becomes less attractive.

There are five stages to Francis' Rockstar Transformation:

- Detox: Get rid of things that don't serve you physically, mentally or emotionally.
- Food: Eat foods for optimal looks, stamina and focus. She offers advice on shopping, cooking and meal planning.
- Body: Develop an exercise program you love.
- Mind and spirit: Manage relationships, strengthen connections with those you love and eliminate those that are negative.
- Socialize: Learn therapies and treatments that bring you back in harmony so you can enjoy life without destroying your body.

The book also offers resources, checklists, reading recommendations and the thoughts of dozens of musicians who have benefited from Francis' wisdom.
A love for XO
Sauce's rich flavor gives a spark to celebratory dishes

BY BILL DAILY
Tribune Newspapers

The name is something of a fake — XO sauce. The Asian condiment contains no cognac, which is what the XO ("extra old") term famously applies to. Nor is it a sauce in the traditional, smooth sense but more of a chunky relish.

Leave any quibbles at the kitchen door, though, for XO's savory, sea-salty, spicy flavor will set your head spinning, especially given the jaw-dropping prices of its main ingredients.

"It has such a fabulous flavor," says Grace Young, a New York-based cookbook author. "It's salty and spicy. It has heat and sweetness. It's a balance of wonderful flavors coming at you at one time."

The sauce is expensive because it calls for, among other things, dried scallops, which can cost hundreds of dollars per pound.

That's what makes XO sauce seem so right for celebrations, like the Lunar New Year, which occurs Feb. 19.

New Year menus always call for foods symbolic of good fortune; for instance, shrimp, which sounds in Cantonese like the word for laughter, according to Young; a whole duck, a symbol of fidelity; eggs for fertility; even pot sticker dumplings, whose shape resembles gold ingots of old. It's also a time for luxurious fare.

"If a food is not symbolic, we would eat it because we're treating ourselves to something really nice," Young adds.

XO sauce is just that sort of treat, with a flavor that enlivens even the simplest of dishes, from fried rice to stir-fried Chinese broccoli to roasted oysters.

"I love that it has this seafood funk I just adore," says Nancy Leson of Seattle, a food writer, KPLU-FM radio food commentator and XO sauce fan.

"I love that it takes a plate of boring noodles and turns it into something exotic to my taste buds. I hate to use the word 'umami,' it's so overused, but XO brings up the flavor of simple vegetable preparations, like green beans. It's just a delicious, sexy flavor."

XO sauce is a relatively new creation. It was invented in the 1980s, according to "The New Food Lover's Companion," and traces its origins to Hong Kong. The name was borrowed from cognac to lend the sauce status. "I think in the 1980s there was a lot of optimism," says Ming Tsai, a TV cooking show host and cookbook author. "Chefs wanted to create something... They thought, 'What can we create and charge a lot of money for?'"

Most chefs at upscale restaurants will create their own versions of XO sauce, says Martin Yan, a San Mateo, Calif.-based restaurateur, and nearly everyone will charge you if you request some.

"It will be $5 or $8 for a dish, a little plate," adds Yan.

"You only need a spoonful. It will add flavor and give you a kick and also lots of texture."

At home, you can use commercially produced XO sauce. (A 28-ounce jar of Lee Kum Kee's XO sauce is $32.95 on Amazon.com.) Or hunt down the ingredients to make your own.

The hallmarks of XO sauce are dried scallops and dried shrimp, but secondary ingredients vary. Tsai's version, for example, calls for dried Chinese sausage, while others use various types of ham.

"I'm totally into ham in my XO," Leson says. "I've used prosciutto. I've used country ham."

When shopping for the dried scallops and shrimp, buy the best quality you can afford. Take a good sniff of whatever you plan to buy, Young says, because fragrance is an indicator of flavor.

"I normally go for the more expensive," Young says. "Scallops are not sold by type but by quality. No one says they want this kind or that kind but how much they're willing to spend."

The ingredients used in XO sauce can vary, but this homemade version calls for, clockwise from center, dried scallops, garlic, ginger, dried shrimp and chili flakes.

Ming Tsai's XO sauce

Prep: 10 minutes  Soak: overnight
Cook: 45 minutes  Makes: 2 cups

Ming Tsai offers his take on XO sauce, which produces a drier condiment than you might expect. Look for dried scallops and dried shrimp at Asian markets. If you can't find Chinese lap cheong sausage, substitute an equal amount of bacon or prosciutto. Just add a teaspoon of honey to replace the sausage's sweetness, Tsai says.

1 2 ounces each: dried scallops, dried shrimp
2 link (5 inches long) lap cheong sausage, diced
3 cloves garlic, minced
4 piece (3 inches long) ginger, peeled, minced
5 1/2 teaspoons red chili flakes
6 2 tablespoons Shaoxing wine or dry sherry
7 2 tablespoons canola oil

Soak:

1 Soak the scallops and shrimp overnight in a shallow bowl of cold water to hydrate them. Strain.
2 Place the sausage, garlic, ginger, scallops, shrimp, chili flakes and Shaoxing wine or sherry in a food processor. Pulse until a fine mixture is formed.
3 Add 2 tablespoons canola oil to a heated saucenpan. Add the scallop-shrimp mixture; cook over low heat until the mixture appears dry, about 45 minutes. Serve warm or refrigerate in a closed container for future use.
2 grapes to know

Nero d'Avola rules Sicily, but another is turning heads

Recommended

Here are a few recommended nero d'Avola and nerello mascalese wines, listed by ascending price.

**2012 Cantina Cellaro Nero d'Avola Luma:**

Nothing serious here, just pure ease and deliciousness; fantastic price for roundly, charmingly delivered red fruit. $12-$14

**2012 Benanti Nerello Mascalese Rosso di Verzella:**

Lots of dark cherry-like fruit accented with eucalyptus and cocoa; just gulpable and refreshing. $16-$22

**2009 Valle dell'Acate Cerasuolo di Vittoria:**

A vibrantly fruity and light red wine unique to Sicily, a blend of 60 percent nero d'Avola and 40 percent indigeneous frappato; gorgeous strawberry come-hitiers. $20-$24

**2010 Benanti Nerello Mascalese Rovittello:**

The more serious and earthy of the winery's nerello wines, aged in barrel. $35

**2011 Morgante Nero d'Avola Don Antonio:**

Ups the ante on nero d'Avola's regularly plain-spoken dark red fruit, adding hints of licorice and cocoa; abundant yet plush tannins and a nice, chewy texture. $42

**2010 Tascante Nerello Mascalese Terza Vendemmia:**

It's steep on the price, but you do get abundant fruit, juice-inducing texture and a whiff of earth. $44-$46

**2013 Frank Cornelissen Nerello Mascalese "Muniebel":**

One of the new voices of nerello, a naturalist, leaving the wine close to making itself; gets the head shaking after a sip because you feel as if you've just drunk from the earth itself; fruit, yes, but truly liquid terroir. $48

**2013 Frank Cornelissen Nerello Mascalese "Muniebel VA":**

From his highest (Vigne Alte) vineyards on Etna; smoke, clinders, black earth, graphite and black pepper face dark red fruit, leathery tannins and whip-snap acidity on the finish. $75

Footnote: I was sent some samples of nero d'Avola and nerello mascalese wines by the Barone Montalto winery in Sicily. The wines are marvelous but, sad to say, less than 0.5 percent of Montalto's production is sold in the U.S., according to its own informational materials. So I cannot recommend its wines. However, If and when it makes its way here, be sure to snap up a bottle of either or both Barone Montalto Nero d'Avola Appassimento (in the mode of a ripasso wine from Veneto) or the blend of nero d'Avola, nerello mascalese, cabernet sauvignon and merlot called Barone Montalto Armando.

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

If Sicily were a free-standing nation (which, on occasion, it seems to believe that it is), it would rank seventh in worldwide wine production, at around 160 million gallons a year. Though it is only one of 20 Italian winemaking regions, it produces 15 percent of all Italian wine.

Long a supplier of bulk blending wines to Italy's mainland (and other European countries), the island of Sicily has taken on fully the mid-20th century risorgimento (resurgence) in Italian winemaking and, since the 1980s, has shifted from making heavy, rustic wines to those that are lighter and more suited to contemporary tastes. It's also become a solid exporter of its wines to the world.

While Sicily is surprisingly well-regarded for its white wines, for so warm a climate and so close to the equator, it produces only about 2 percent of Italy's total wine production.

Sicily's famed, and still active, volcano, Mount Etna, looms 3.7 miles above sea level, dwarfing the neighboring 2.9-mile-high Mount Vesuvius in Italy. The Mascali plain and the town of Mascali, the site of volcanic eruptions in the 18th century, are a bit monochromatic. But it was at the foot of Mount Etna that the nero d'Avola wines showed this. The nero d'Avola wines were by and large, solid and well-made, if a bit monochromatic. It was at the table of nero d'Avola wines that people lingered and repeatedly tasted.

A tasting of just under two dozen nero d'Avola and nerello mascalese wines showed this. The nero d'Avola wines were by and large, solid and well-made, if a bit monochromatic. But it was at the table of nero d'Avola wines that people lingered and repeatedly tasted.

Sicily's nero d'Avola wines are solid and well-made, while its nerello mascalese wines strike a nice balance between ripeness and acidity with plenty of "cindery" terroir.

Whereas nearly 50,000 acres of nero d'Avola grow on Sicily, only 9,000 acres of nerello mascalese thrive (although that is increasing by the year).

Nerello mascalese "is a mountain wine," says Speckan — almost all of it grows on Etna's slopes, sometimes as high as 1,000 meters — "and so it's cool-climate, with high acidity and a dark skin tone."

"Even though it may reach high ripeness," she says, "it can still be very tart. There's this nice balance between ripeness and acidity; it's very vivacious, like a (red) Burgundy but more fun."

Nerello's dark red fruit is marked by a characteristic "smoldering, cindery quality," Speckan says. "You cannot separate it from its terroir (Etna's lava), and that is its giveaway when you taste it."

Food pairings for nerello mascalese are, according to Speckan, right down the Sicilian buffet. "Olives, pickled or brined vegetables, cured meats," Speckan lists. "It's one of the few red wines to go with fish, especially tuna, raw or cooked. I love it with roasted mushrooms and all that earthy funkiness that's the same in the wine. Or with duck or goose or richer, earthy fowl. And with (cured) ham, like jamon iberico, it's perfect."

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

bsjtrib@gmail.com

If you send some samples of nero d'Avola and nerello mascalese wines by the Barone Montalto winery in Sicily. The wines are marvelous but, sad to say, less than 0.5 percent of Montalto's production is sold in the U.S., according to its own informational materials. So I cannot recommend its wines. However, If and when it makes its way here, be sure to snap up a bottle of either or both Barone Montalto Nero d'Avola Appassimento (in the mode of a ripasso wine from Veneto) or the blend of nero d'Avola, nerello mascalese, cabernet sauvignon and merlot called Barone Montalto Armando.
Masterpiece pizza

Paper littered my desk, chair and — thanks to the teething puppy — floor. I wish I could ship it to Matisse, who would paint it brilliant, cut it fanciful and pin it to a wall, arranging the shapes into a shimmering pool — stunning on the surface, refreshing in the depths.

All winter I've been longing to ditch the pileup and escape to the Museum of Modern Art in New York, where the Matisse cutouts are — briefly — pinned to the walls. When I finally did, it was a quick plunge into a chill lake: thrilling.

Tangled up in the pomegranates and seaweed, I kept wondering not how (mere scissors), not where (Nice), but why. Why so much joy? Back home, I kneaded dough for pissaladiere, the flatbread celebrated in Nice. I rolled it paper thin, painted it with herbes de Provence, then noticed the kitchen scissors. My cutouts weren't brilliant. But they did capture one bite of joy.

38

LEAH ESKIN
Home on the Range

 savory. I rolled it paper thin, paint with herbs de Provence, then noticed the kitchen scissors. My cutouts weren't brilliant. But they did capture one bite of joy.

Pissaladiere cutouts

Prep: 10 minutes Bake: 20 minutes
Serves: A few as an appetizer

Pissaladiere dough (or 1 pound pizza dough), see recipe
Olive oil
Flaky salt, such as Maldon
Herbes de Provence
Olives and anchovies, for serving

Roll: On a lightly floured surface, roll out dough to a rectangle about 10 by 14 inches. Set it on a baking sheet lined with parchment paper.

Cut: Using scissors, cut two or three fanciful shapes from the center of the rectangle. Set these positives on the baking sheet, separated from the negative. (Alternatively, skip the cut-outs; leave dough whole.)

Decorate: Brush dough with oil. Sprinkle with salt and herbs.

Bake: Slide baking sheet into a 425-degree oven; bake until golden, 10 to 12 minutes. Brush again with olive oil. Enjoy warm, with olives, anchovies and art.

Linguine with lemony chicken

Prep: 10 minutes Cook: 20 minutes Makes: 2 servings

8 ounces linguine
2 chicken breast halves, bone on, skin removed
1/2 cup dry white wine
1 clove garlic, thinly sliced
1/4 teaspoon salt
1 lemon
3 tablespoons heavy cream
1 tablespoon capers, drained, rinsed, coarsely chopped
5 fresh basil leaves, sliced in thin chiffonade

Cook the linguine in a large pot of well-salted boiling water until al dente, 8-10 minutes. Drain.

Meanwhile, place the chicken breasts in a medium saucepan or skillet. Add about 1 cup water, enough to cover the bottom of the pan by 1/4 inch or so. Add wine, garlic and salt. Cut a good size piece of zest from the lemon; add it to the water along with a generous squeeze of lemon juice. Heat the water to a gentle simmer over medium heat. Lower the heat and cover the pan; simmer until chicken is just cooked through.

When chicken is done, transfer it to a cutting board; remove bones from the chicken and discard them. Slice the chicken breasts crosswise into thin slices.

Turn the heat under the pan to high; cook to reduce brasting liquid in half. Lower heat to a simmer; stir in cream. Cook until beginning to thicken. Add capers and reserved chicken; cook and stir, coating the chicken with the sauce and heating it through. Taste for seasoning. Toss the drained pasta in the pan with the chicken and sauce; serve, garnished with the basil and some finely grated lemon zest.

Nutrition information per serving: 717 calories, 20 g fat, 10 g saturated fat, 124 mg cholesterol, 88 g carbohydrates, 44 g protein, 491 mg sodium, 5 g fiber.
This year I resolved to get rid of redundant pots and pans, keeping only what’s most useful and/or beautiful.

Once hidden, now the life of the party

On a first go-through of my kitchen, I found these orphans languishing at the back of the cupboard:

Madeleines pans of various sizes and provenance. Resolved: Make lavender madeleines and have a tea party.

Hand-crank pasta machine. This guy was once practically my best friend, but as I got more and more into dried pasta, I stopped making fresh. I'd love to use it to make agnolotti and tortellini. The only thing stopping me: lack of a table edge thin enough to clamp the machine on. Resolved: Find one.

Chocolate double-boiler in porcelain and copper. I lusted over this one at Dehillerin in Paris for years, finally got one but rarely use it. Resolved: Make hot fudge sauce.

Blini pans. Carried home from Paris and used for several successive New Year’s Eve. What’s missing: some good caviar, or even salmon roe, which I actually love almost as much. Resolved: To re-create the time I sat with the Russian emigrés at Caviar Kaspia in Paris sipping icy vodka and eating blinis with caviar. A real splurge at the time (or any time).

Tall-sided lasagna pan. Quite heavy, and large enough to make lasagna for the entire neighborhood. Resolved: Throw a party and make Gino Angelini’s lasagna verde with a veal and beef ragù.

Terrine form, the classic, with a flat lid that slides over to keep the terrine nice and square. Resolved: Make a classic country pate to serve as a first course or part of a charcuterie platter.

Soba knife and huge stainless steel bowl for making soba. I bought them when I took a soba class from Sonoko Sakai. I loved the process, but to make good soba takes practice, practice, practice. Resolved: Lay in some buckwheat flour and try making soba. I may need to take a refresher course to get better at it.

A pair of glass egg coddlers. They’re a classic Bauhaus style, with clamps to hold the lid on tight. You get something similar to a soft-boiled egg without the mess. Resolved: Have codded eggs with toast and jam for breakfast more often.

Mezzaluna. The half-moon-shaped blade with a wooden handle at either end that slides over to keep the terrine nice and square. Resolved: Make hot fudge sauce.

This is a Chicago Tribune publication with images of a woman holding cookware. The article discusses kitchen cleanup and resolutions for the new year. The author resolves to get rid of redundant pots and pans, keeping only what's most useful and beautiful. Emphasis is placed on specific kitchen items such as Madeleine pans, a hand-crank pasta machine, and a chocolate double-boiler in porcelain and copper. The article also mentions the author's love for soba and the process of making it, as well as the desire to incorporate coddlers into their breakfast routine.
Thodos Dance Chicago is paying homage to its hometown with a Chicago-inspired dance concert featuring both rarely performed treasures and exciting new pieces. The company will present the program twice on Saturday at the North Shore Center for the Performing Arts in Skokie.

"Chicago, in and of itself, is an inspirational city," Artistic Director Melissa Thodos said. "It's rich in culture, rich in opportunity, rich in creativity. We love being in Chicago, creating in Chicago and then taking what we build in Chicago to other places in the country and in the world."

The program will include some rarely performed works by Broadway legend Bob Fosse, a Chicago native. Ann Reinking will restage the works under the title "Fosse Trilogy."

"We received a National Endowment for the Arts Dance Masterpiece Genius Grant in 2010 to re-create for the stage the very early works of Bob Fosse," Thodos explained. The pieces were created for 1960s variety shows: "The Bob Hope Show," "The Ed Sullivan Show" and "The Lawrence Welk Show."

The program will also feature a reprise of "Salute to Old Friends" by modern dance pioneer Sybil Shearer, who had a rehearsal studio in Northbrook. Archival footage of Shearer dancing in her studio will be shown courtesy of the Northbrook-based Morrison-Shearer Foundation. Former Shearer company member Toby Nicholson helped set the dance on the Thodos company.

"Sybil saw me in a show at Northwestern and asked me to join. I was 20 years old," Nicholson said. He danced with Shearer's company until he was 40.

Nicholson noted that Shearer created "Salute to Old Friends" to thank people who helped foster her career when she lived in New York. The piece consists of four solos. Thodos is restaging two of them, a piece dedicated to dance critic Walter Terry and one dedicated to choreographer Agnes de Mille, which has been turned into a full-company piece.

Nicholson noted that when de Mille saw the piece dedicated to her, she said, "Isn't it awfully busy?" Shearer did that intentionally, "so that Agnes couldn't copy it."

Guest choreographer Garfield Lemonius, an assistant professor at the Conservatory of Performing Arts at Point Park University in Pittsburgh, is staging his "Memoirs."

Lemonius choreographed the piece in 2013 at Point Park.

"Initially when I created 'Memoirs,' I wanted it to be a reflection of someone's life throughout the years," Lemonius said. "In the work, you see the aspects of someone's life — the pain, the joy, the chaos, the excitement, the storm and the calm — the tender moments that we share with different individuals."

"It's also about community," the choreographer added, "how we as individuals in a community move in and out of relationships with each other."

The program also features the world premiere of Melissa Thodos' "Near Light." "It's a very special piece to me," Thodos said. "Its inspiration comes from my life in Chicago and a general concept of loss, reconnection and new hope."

Audiences will also see a reprise of Brian Enos' "Lullaby" and the debut of two pieces created by Thodos Dance Chicago ensemble dancers as part of the company's New Dances 2014 series. They are "Flawed" by John Cartwright and "Night Windows" by Tenley Dorrill.

Myrna Petlicki is a freelance reporter.
GO

STAGE

‘Dead Man Walking’ makes Chicago premiere

BY DOROTHY ANDRIES
Pioneer Press

The Northwestern University Bienen School of Music is mounting the Chicago-area premiere of “Dead Man Walking,” an opera composed by Jake Heggie with libretto by Terrence McNally. It chronicles a Catholic nun’s experiences as a spiritual adviser on death row in a Louisiana maximum security prison in the 1980s.

“We’ve wanted to do this opera for two years,” said Michael M. Ehrman, director of opera at NU, who is directing the fully staged production. “The San Francisco Opera gave its debut in 2000, and it has become one of the most popular contemporary operas.”


In actuality, the nun was spiritual adviser to two death row inmates: Elmo Patrick Sonnier and Robert Lee Willie. “Those men were conflated into one person for the film,” Ehrman continued. The opera follows the film in that regard, but also renames the killer.

At Northwestern the lead roles are double cast. Sister Helen is shared by Kelsey Park, a Bienen School second-year graduate student (2015) and Quinn Middleman, a first-year graduate student (2016). De Rocher, the killer, will be shared by Bienen School of Music graduate students Ethan Simpson (2015) and Alex York (2016).

“Each singer provides different qualities of the character,” Ehrman said. “I’ve encouraged them to bring their own personalities to the roles.”

He calls the prologue to the opera “gritty,” as it shows the rape and murder for which the death row inmate has been convicted. On the heels of that, the first act features Sister Helen leading a children’s chorus at Hope House, located in the housing projects in New Orleans.

“We have a dozen kids, ranging from 7 to 12 years of age. We have made sure that they will be somewhere else during the prologue. We don’t want them to ever see that scene and we are warning parents about it as well,” Ehrman said.

Chorus master Donald Nally, Bienen School professor and director of the chorale organizations, is preparing about 40 members of the University Chorale to give voice to various groups who figure in the drama. He is particularly pleased about the opera’s finale. “It is all built around the Lord’s Prayer,” he explained. “Everyone is there, the inmates, the nuns, the parents, and they all have stories that intertwine. You see the death penalty through Sister Helen’s religiously motivated aversion to killing, but also through the corporate/political view of upholding the law.”

“Opera is highly stylized, which makes the story much more morally complex,” said Robert C. Owen, clinical professor at Northwestern University School of Law, who teaches courses on criminal defense and on the death penalty. In his class on the death penalty, the book “Dead Man Walking” was required reading, as was viewing the film.

“It is an impassioned challenge against the death penalty, which is a punishment we reserve for the poor,” he added.

After the last performance of the opera on Feb. 28, Owen will lead a discussion, along with Leigh Bienen, senior lecturer at Northwestern University School of Law and a criminal defense attorney.

Directors of contemporary operas often invite the composer to come and speak to the cast, and that was no exception in this case.

“I was hoping Jake Heggie could come here,” Ehrman said, “but by coincidence, for the first time since its premiere in 2000, ‘Dead Man Walking’ is going to be performed in San Francisco the same time as our production. He can’t miss that one.”

Dorothy Andries is a freelance reporter.
Evanston actor finds fun in thug role on Fox’s ‘Empire’

BY SHERYL DEVORE
Pioneer Press

Playing dead is harder than it looks. Antoine McKay had to lie in a coffin, perfectly still, while one of the other actors on the new Fox show, “Empire,” kept trying to make him laugh.

The Evanston resident took it in stride, because, after all, as he said, “I am working with brilliant, brilliant people.” And being on the new show is one of the most exciting times in his career. The show, starring Terrence Howard and Taraji P. Henson, follows the ruthless family behind an entertainment company.

McKay plays Bunkie Campbell, a street thug and cousin of Henson’s character Cookie Lyon, who asks his best friend for $3 million. By the end of the first episode, Bunkie is dead, but that wasn’t the end for his character.

“I’ll be in more episodes coming up,” McKay said. “But that’s all I can disclose.”

McKay isn’t sure what the producers will do with his character — does he have an evil twin somewhere, or was his death all a dream — but then that’s the life of an actor.

“You want to be a working actor and just keep working, that’s really the goal,” McKay said. But when he’s in between gigs, he keeps acting to stay fresh by running Evanston-based McKay Arts Acting and Improv, a theater company that teaches business men and women to use improvisation techniques to apply to their roles as leaders in their company.

His wife, Rebecca, and six children, ages 8 to 16, have gotten used to him being in and out of jobs as new roles begin and other ones end.

“There are ups and downs, but we’ve gotten used to it over the years and learned how to adjust,” said Rebecca, who works as McKay’s manager. “It can be tricky at times, but it’s rich and rewarding, especially now with the success he’s having.

“When we had kids all under age 8, Antoine was traveling a lot. I think that was really hard. Now that they’re older, they know Dad won’t always be at their sporting event. But when he’s around, he goes to their games all the time. I think he’s more available to them instead of if he had an 9-to-5 job.”

McKay, who’s been acting for 25 years, grew up in Detroit, and ended up in the Chicago area when he earned a spot with Second City in 2003. He left Second City when he was cast in an NBC sitcom, “Sports Action Team,” in 2006. He played a sportscaster who was a former football player, and not a very good one, McKay said. From there, it was on to small parts in movies, and then auditioning for Oscar-nominated director Lee Daniels to get a part in “Empire.”

“It’s brilliant, just brilliant,” McKay said of the show. “What’s really great about this is the opportunity to work with such amazing actors, actors I’ve watched for many years. Terrence Howard (an Academy Award nominee) is a brilliant man. He’s taught me about being prepared and really telling the truth of the character. He’s a good guy, and makes the set a fun place to be.”

The Jan. 7 “Empire” premiere drew 15 million viewers, and his wife said she’s hooked. “If (Antoine) weren’t on the show, I’d watch it anyway,” she said.

In real life, McKay is “super articulate and really smart, and here he’s playing this gangster. It’s really fun,” she said.

“I’ve been very blessed,” McKay said.

“Empire” airs at 8 p.m. Wednesdays on Fox.
FAMILY FRIENDLY

Chinese shadow puppets star at Botanic Garden

BY MYRNA PETLICKI
Pioneer Press

Have you made plans to celebrate the Year of the Sheep? Don't worry if you haven't. The Chicago Botanic Garden has you covered. They are hosting a festive free celebration of Chinese New Year, 11 a.m.-3 p.m. Saturday, Feb. 21 at the garden, 1000 Lake Cook Road, Glencoe.

The highlight of the event is Chinese shadow puppet performances at 11 a.m. and 1 p.m. by the Shaanxi Folk Arts Group from Xian the capital city of China's Shaanxi Province. They will perform classic Chinese folklore tales, including "The Crane and the Turtle" and "The Bear and the Flowers," among others.

Throughout the four-hour event, there will be hands-on activities for all ages. Everyone will learn to use ancient Chinese techniques to cut paper in the shape of animals, flowers and figures. You'll also learn to draw traditional Chinese paintings.

Kids should particularly enjoy discovering how the puppets are made and posing for photos with them.

For details, call 847-835-5440 or go to www.chicagobotanic.org/chinese_new_year.

Moms, sons and fun

Moms can get a terrific workout while spending special time with their sons, ages 4-12, at a Mother Son Sports Spectacular, 6:30-8:30 p.m. Friday, March 6 at Maine Park Leisure Center, 2701 W. Sibley St., Park Ridge.

"We'll do all kinds of sports," said recreation supervisor Mary Bart. That includes some unusual games that will amuse everyone.

"The moms really have so much fun with their sons," Bart said. "It's cool to see the moms out there doing something different with them."

After all that activity, the couples will snack on make-it-yourself ice cream sundaes. There will also be an awards ceremony. "We'll give out team player and team couple awards," Bart said, adding that they will also be giving out "fun and crazy awards."

Participants should wear comfortable clothes and gym shoes.

The cost is $26 per couple for residents, $33 for nonresidents. Early registration is encouraged.

For details, call 847-692-5127 or go to www.prparks.org.

Trash talking

An orphan raised by underground cave-dwelling trash collectors tries to save his friends from an exterminator in "The Boxtrolls." The 1 hour and 36 minute PG-rated film will be shown at 2 p.m. Saturday, Feb. 21 at Lincolnwood Public Library, 4000 W. Pratt Ave.

For details, call 847-677-5227 or go to lincolnwoodlibrary.org.

He's quacking up

A cute duckling won't stop making noise in "Click, Clack, Peep!" by Doreen Cronin, illustrated by Betsy Lewin. Kids will hear the story by the author of "Click, Clack, Moo," at Barnes and Noble, 55 Old Orchard Center, Skokie and do themed activities.

For details, call 847-676-2230 or go to www.barnesandnoble.com.

Visit Wilmette for a 'spell'

High school students are put to the test in "The 25th Annual Putnam County Spelling Bee." Your family can watch them compete in the Actors Training Center Repertory Company's production of the hilarious musical, 4 p.m. Saturdays and Sundays, Feb. 28-March 15, at Wilmette Theatre, 1122 Central Ave., Wilmette. Tickets are $18.

For details, call 847-251-7424 or go to www.wilmette theatre.com.
Addicted to soda? You're not alone. According to a Gallup poll, almost 50 percent of all Americans (age 18 and older) drink at least one glass of soda every day (source: bit.ly/16V5bsA).

The irony is many of us, myself included, know that drinking large quantities of soda is unhealthy because most of them are loaded with additives, artificial sweeteners and/or high fructose corn syrup.

According to nutrition expert and cookbook author Toby Amidor (tobyamidornutrition.com), most sodas also contain phosphates, which can deplete calcium stores. Amidor recommends replacing soda with tap water, which contains a small amount of good-for-you nutrients such as calcium and magnesium while also being fortified with fluoride, which is beneficial for healthy teeth and bones.

To increase the nutritive value of water and add flavor, try adding fruits, vegetables and herbs such as the ones found in these delicious recipes.

**Strawberry basil water**

This recipe combines two distinct flavors into one delicious beverage. I love how the basil enhances the flavor of the strawberries, while also preventing the drink from becoming too sweet.

**You need:**
- 2 cups sliced strawberries
- ½ cup fresh basil leaves
- 3 cups ice
- Water
- 1 quart pitcher

**Directions:**
Place strawberries and basil in a pitcher.
Add one cup of water.
Use the back of a spoon to muddle basil. Add ice and water.
Let steep in refrigerator at least 2 hours before serving.

Thank you to Holly from SpendwithPennies.com for sharing this recipe.

**Mandarin orange and blueberry water**

This infusion is perfect this time of year as it contains some much-needed vitamin C and disease-fighting antioxidants.

**You need:**
- 1 cup blueberries
- 4 mandarin oranges (peeled and sectioned)
- 3 cups of ice
- Water
- 1 quart pitcher

**Directions:**
Place blueberries and oranges in a pitcher.
Use the back of a spoon to muddle fruit slightly to release the flavor. Add ice and water.
Let steep in refrigerator 2-3 hours before serving.

**Grapefruit rosemary water**

Need a 3 p.m. pick-me-up? Try this aromatic infusion that incorporates rosemary, which is often considered a "memory boosting herb" (source: medicalnewstoday.com/articles/266370.php).

**You need:**
- 1 large grapefruit (peeled and divided into sections)
- 2 sprigs rosemary
- 3 cups of ice
- Water
- 1 quart pitcher

**Directions:**
Place rosemary and grapefruit in a pitcher. Add water and ice.
Place in the refrigerator to steep at least 2 hours before serving.

**Apple cinnamon water**

Keep the doctor away with this apple-a-day drink.

**You need:**
- 3-4 apples (cored and cut into sections)
- 2-3 cinnamon sticks
- Water
- 1 quart pitcher

**Directions:**
Place apple slices and cinnamon in a pitcher. Add water and ice.
Place in the refrigerator at least 2-3 hours before serving.
This drink is delicious served warm or cold.
GO CALENDAR

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

Friday, Feb. 20

Michael Johnson and John Gorka: 7 p.m. Friday, Metropolis Performing Arts Centre, 311 W. Campbell St, Arlington Heights, $30, 847-577-2121

"The Piano Lesson": August Wilson's play is set in Pittsburgh's Hill District in 1936, as the Charles family struggles with their surroundings and each other over their shared legacy: an antique piano and the secret it holds. 8:30 p.m. Friday, 7:30 p.m. Saturday, 2 p.m. Sunday and 7:30 p.m. Feb. 26, UIC Theatre, 3914 N Clark St, Chicago, $15-$30, 312-996-2939

"The Life and Sort of Death of Eric Argyle": Attend the Midwest premiere of this Steep Theatre Co. presentation of the play written by Ross Dungan and directed by Jonathan Berry. "Getting hit by a truck was startling enough, but two days after his death Eric Argyle began to discover the profound impact of his seemingly inconsequential life," according to promotional materials. "Ross Dungan's delightfully inspiring story illuminates the power of the stories we tell ourselves and possess the question, 'Is there such a thing as a small life?" 8 p.m. Friday, 8 p.m. Saturday, 3 p.m. Sunday and 8 p.m. Feb. 26, Steep Theatre, 1115 W. Bervyn Ave., Chicago, $10-$35, 866-811-4111

"Mr. Burns, a post-electric play": This is the Chicago premiere of Anne Washburn's comedy that imagines a world where the last shreds of culture are episodes of "The Simpsons," 7:30 p.m. Friday, 7:30 p.m. Saturday, 2 p.m. Sunday and 7:30 p.m. Feb. 26, Theewit 1229 W. Belmont Ave., Chicago, $10-$70, 773-773-9815

UnSpeakable: Say What?: This is a new sketch comedy show from an African-American perspective, written and performed by Kimberly V. Banks and Brian Goodrum. The supporting cast includes Vickie Eisenstein, Danny Hardy and Ashley Bland. 7:30 p.m. Friday, Donny's Skybox Theatre, 1608 N. Wells St., Chicago, $13, 312-337-3992

"Tomato Queen": In this musical with book and lyrics by Christine Hodak and music by Scott Lamps, an impatient 11-year-old girl named Camina learns that success takes time and teamwork — and isn't worth much if you lose your friends along the way. 8 p.m. Friday, 2 p.m. Saturday and 2 p.m. Sunday, The Blue Theatre, 1609 W. Gregory St, Chicago, free, 312-458-0895

"Bible Bingo": Vicki Quade ("Late Nite Catechism") unleashes what promotional materials call "a new, interactive comedy," centered around an archdiocesan bingo department on the hunt for revenue. "That's where you come in: Get ready to play bingo for a variety of wacky prizes. Along the way, you'll be drawn into conversation about everything: from Adam and Eve to modern sex. Just be careful: You might laugh so hard you forget to yell bingo," 8 p.m. Friday and 8 p.m. Saturday, Royal George Theatre Center, 1641 N. Halsted St, Chicago, $30, 312-988-9000

"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. 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. 26, Royal George Theatre Center, 1641 N. Halsted St, Chicago, $49, 312-988-9000

"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 Marti Lyons. "A low-rent investigator named Tucker (Sam Guinan-Nylar) tracks a stolen rent-a-car and stumbles neck-deep into an enrollment scheme gone sour," is how promotional materials describe the play. "There's enough cash up for grabs to finance a whole new life, but the only way to it is through Irene Pike (Michaela Petro), a suburban housewife who is clearly more than she lets on." 8 p.m. Friday, 7:30 p.m. Saturday, 2 p.m. Sunday and 7:30 p.m. Tuesday, 7:30 p.m. Wednesday and 7:30 p.m. Feb. 26, Raven Theatre, 6157 N. Clark St, Chicago, $22-$36, 773-338-2177

Grand Oaks Active Adults Center movie marathon: Join us for an afternoon of oldies but goodies as we watch "Hello Dolly" and "The Unsinkable Molly Brown" on the big screen at Grand Oaks Auditorium. A pizza lunch and popcorn are included in fee. Bring your own comfortable lawn chair or sit at one of our tables and enjoy this afternoon with some of your favorite movies from the past. Advance registration required. 11:30 a.m. Friday, Grand Oaks Child Care, 1401 W. Route 176, Crystal Lake, $8-$9, 815-459-0680

"Godspell": Stephen Schwartz's musical is based on the Gospel according to St. Matthew, and features songs such as "Prepare Ye the Way of the Lord," "All for the Best," "All Good Gifts," "Light of the World" and "By My Side." 7 p.m. Friday, 2 p.m. and 6 p.m. Saturday, and 2 p.m. and 6 p.m. Sunday, Prairie Lakes Community Center, 515 E. Thacker St, Des Plaines, $9-$12, 847-516-2298

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, $10-$12 for talk, 847-475-3030

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, embroidery, beadwork and tailoring. 10 a.m. all week, Mitchell Museum of the American Indian, 3001 Central St, Evanston, free, 847-475-1030

Anytime/Anywhere: The Piven Improvisation Ensemble performs long-form improv. 7:30 p.m. Friday, 7:30 p.m. Saturday, 2:30 p.m. Sunday and 7:30 p.m. Feb. 26, Piven Theatre Workshop, 927 Noyes St, Evanston, $10, 847-866-8049

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, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, $8-$10, $25 parking fee, 847-835-5440

"The Odd Couple": Enjoy the Tony Award-winning comedy classic about mismatched roommates by playwright Neil Simon. 8 p.m. Friday, 8 p.m. Saturday and 5 p.m. Sunday, Oil Lamp Theatre, 1773 Glenview Road, Glenview, $35, 847-834-0738

"Get On Up": Commemorate Black History Month with this chronicle of singer, songwriter, and activist James Brown's rise from extreme poverty in the deep South to become one of the most influential musicians in history. The Godfather of Soul. A casual audience-led discussion follows matinee screenings. Runs 139 min. and is rated PG-13. Just drop in. 2 p.m. and 6:30 p.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

"Other Desert Cities": The Tony Award-winning play tells the story of a writer who comes home for Christmas with plans to write a tell-all memoir. 8 p.m. Friday and 8 p.m. Saturday, 3 p.m. Sunday and 8 p.m. Feb. 26, Citadel Theatre Company, 300 S. Waukegan Road, Lake Forest, $35-$75, 847-735-8554

"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 befriends Shatique, a young black woman putting herself through school and struggling to raise a son on her own. 8 p.m. Friday, 2:30 p.m. Saturday, 2:30 p.m. Sunday, 7:30 p.m. Tuesday, Northlight Theatre, 7300 N. Lincoln Ave. Wednesday and 7:30 p.m. Feb. 26, Northlight Theatre, 9501 Skokie Blvd, Skokie, $15-$49, 847-673-6300

Predict the Oscars Contest: Fill out an Oscars ballot in the lobby and if you guess the Academy Awards winners correctly you could win tickets for a year. Friday and Saturday,

Turn to Calendar, Next Page
Saturday, Feb. 21

Maxwell Street Klezmer Band: 7 p.m. Saturday, Metropolis Performing Arts Centre, 111 W. Campbell St., Arlington Heights, $25, 847-577-2121

Thomas Gold: 10 p.m. Saturday, The Mid, 306 N. Halsted St., Chicago, Free before 11 p.m.; $10 after that, 312-265-3990

Chicago Flamenco Festival: La Shica Las Guitarras de Espana, an alternative flamenco act from Madrid based around vocalist and dancer Elsa Rovayo, performs a style of music derived from flamenco as well as copla that incorporates aspects of both hip-hop and pop. 7:30 p.m. Saturday, Instituto Cervantes of Chicago, 31W. Ohio St., Chicago, $20-$35, 312-335-1996

"The Greatest Story Never Told": This event brings families and strangers together to collaborate and create improvised stories on stage. Professional improvisers help coax audience suggestions and invite volunteers to take to the stage. 1:30 p.m. Saturday, IO, 3541 N. Clark St., Chicago, $15, 773-880-0199

Tink: 9 p.m. Saturday, Metro, 3730 N. Clark St., Chicago, $31-$41 | 18+, 773-549-0203

Mrs. Thorne's World of Miniatures: This is the first book club meeting of the new year. Narcissa Niblack Thorne gained world-wide recognition for the miniature rooms she created with such exacting detail that they became educational tools for students of architecture and interior design. Discover the details of Thorne's life and how her collection ended up at the Art Institute of Chicago. Light refreshments are going to be provided. 11 a.m. Saturday, Richard H. Driehaus Museum, 40 E. Erie St, Chicago, $20-$35, 312-482-8933

"The Talking Cure": This premiere centers on Sabina Spielrein, a brilliant young "hysteric," she is Carl Jung's first patient, and eventual colleague, as he seeks to refine the "talking cure" method of treatment proposed by his adopted mentor, Sigmund Freud. 8 p.m. Saturday, 3 p.m. Sunday and 8 p.m. Feb. 26, Rivendell Theater, 5775 N. Ridge Ave, Chicago, $20, 773-340-9438

Trouble: Presented by Rebel Radio, with Cold Bearded Killers and Enforcer. 7 p.m. Saturday, Red Line Tap, 7006 N. Glenwood Ave, Chicago, $12 in advance, $15 at the door, 773-274-5463

Corey Smith: With Andy Velo. 9 p.m. Saturday, Joe's Bar, 940 W. Weed St., Chicago, $15-$20, 312-337-3486

Shadow Puppet Performance to Celebrate Chinese New Year: Bring the whole family to celebrate the Year of the Sheep, with a special day of free activities and a shadow puppet performance by the Shaanxi Folk Arts Group. Hands-on crafts include traditional Chinese paper cutting and painting. 11 a.m. Saturday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

Crisis: 9 p.m. Saturday, Potato Creek Johnny's, 1850 Waukegan Road, Glenview, free, 847-486-1007

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. 2:30 and 7:30 p.m. Saturday, 3:30 and 8 p.m. Sunday, Edgewood Middle School, 929 Edgewood Road, Highland Park, $10-$17, 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, 847-291-2367

Mikal Cronin: 8 p.m. Saturday, Prairie Center for the Arts, 201 Schaumburg Ct., Schaumburg, $35; $33 for students and seniors, 847-895-3600

Sunday, Feb. 22

Girl Scout World Thinking Day: Arlington Heights Historical Museum
Half of all Oscar voters are women. This year, 82% of Oscar voters and 61% of academy members are women, according to the Academy of Motion Picture Arts and Sciences. The Academy of Motion Picture Arts and Sciences is a membership organization that governs the Oscars. The Oscars are a set of Academy Awards that are given annually for outstanding contributions to the arts and sciences of the motion picture. The Oscars are considered the highest honor in the film industry and are awarded by the Academy of Motion Picture Arts and Sciences. The Academy is made up of more than 8,000 members who are artists, filmmakers, technicians, and others who have made significant contributions to the motion picture industry. The Academy Awards are given annually to recognize excellence in film, television, and other media. The Academy Awards are also known as the Oscars, and the winners of the awards are announced at a ceremony held each year in Hollywood, California. The ceremony is broadcast live on television and is watched by millions of people around the world. The Oscars are considered to be the most prestigious awards in the film industry, and they are coveted by filmmakers and actors alike.
Tuesday, Feb. 24

“Death By Evening”: This is a mixed-format variety show featuring unique, dark and unusual stand-up, sketch, improv and music showcasing some of Chicago’s most intriguing performers. 8:30 p.m. Tuesday, 8:30 p.m. Wednesday, The Second City e.t.c., 1608 N. Wells St, Chicago, $10, 312-337-3992

Wednesday, Feb. 25

“This Is Modern Art”: This is the world premiere of the play by Idris Goodwin and Kevin Covai; it’s about the crew of Made U Look, a group willing to push boundaries and go beyond for their art. 8 p.m. Wednesday and 8 p.m. Feb. 26, Steppenwolf Theatre Company, 1650 N. Halsted St., Chicago, Prices TBA

Thursday, Feb. 26

“When Harry Met Sally”: This is a one-night screening of the comedy starring Billy Crystal and Meg Ryan who are friends for years, and then take it to the next level, with complications, of course. 10:30 p.m. Thursday, The Logan Theatre, 2646 N. Milwaukee Ave., Chicago, $5, 773-733-2682

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. - See more at: http://www.blockmuseum.northwestern.edu/visit/come-to-an-event.html#sthash.UsJZZVd8.dpuf.
4 p.m. Thursday, 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 chicagotribune.com/calendar.
**Now playing**

**“American Sniper” ★★**
R, 2:13, biopic. 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 film is 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

**“Jupiter Ascending” ★★**
PG-13, 2:07, fantasy. In “Jupiter Ascending” Channing Tatum’s character is a “splice,” an intergalactic bounty hunter with a distaste for shirts. His genetically engineered DNA contains both wolf and human strands. He sports wee pointy ears, a lemon-brown goatee and a terrific pair of jet boots. He’s basically Shakespeare’s Puck plunked down in a story recalling “The House of Atreus,” but in space. The movie doesn’t really work. The script struggles to tell a dull story straight. — MP

**“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 Paddington newbies alike. — M.P.

**“Seventh Son” ★**
PG-13, 1:42, fantasy. Legend has it that the seventh son of a seventh son is born with certain special powers, which, in Joseph Delaney’s “Wardstone Chronicles” fantasy-ilt series, include the ability to see supernatural beings and, potentially, to kill witches. But given the unusually long gestation period for Universal’s film adaptation, opening in the U.S. nearly a year later than originally planned, one shouldn’t be all that surprised to discover some pretty significant birth defects, among them a tired plot, some very unspecial effects and a pair of grotesquely uneven performances from Jeff Bridges and Julianne Moore. — Peter Debruge, Variety

**“The SpongeBob Movie: Sponge Out of Water” ★½**
PG, 1:32, animation. “SpongeBob SquarePants” made its Nickelodeon TV debut in 1999. The series is the generator behind an $8 billion merchandising revenue stream. The plot of “The SpongeBob Movie: Sponge Out of Water” honors the series’s key themes. Plankton is still after Mr. Krabs’ secret formula for Krabby Patties. A 2011 University of Virginia study published in the journal Pediatrics points to the TV show as the probable cause of “short-term disruptions in mental function and attention span” among preschool audiences. I experienced similar disruptions watching “Sponge Out of Water” — disruptions I generally enjoy with the right movie, a funnier one than this. — M.P.
Mechia, Jeannette J.

Jeannette J. Mechla nee Krupa, age 91. Beloved wife of the late Edward A. Mechta. Loving mother of Catherine Mechla and Amelia (David Kamper) Mechla. Devoted grandma of David Jr. Dear sister of Emily (late Bruno) Steckiewicz and the late John T. Krupa, late Wanda (late Timothy) Carroll, late Irene (late Phillip) Makula and dear sister-in-law of the late Stella (late Joseph) Wicker and the late William Mechla. Fond aunt, relative and friend of many. She was a longtime resident and employee of the Village of Niles. Visitation Wednesday, February 18, 2015 from 3:00-9:00 p.m. at Colonial-Wojciechowski Funeral Home, 8025 W. Golf Road in Niles. Lying in state Thursday, February 19 from 9:00 a.m. until time of Mass 10:00 a.m. at St. Juliana Church, 7200 N. Oketo in Chicago. Interment Maryhill. Memorials appreciated to Alzheimer’s Disease Association or to the Charity of One’s Choice. Info 847-581-0536 or www.colonialfuneral.com

Sign Guestbook at chicagotribune.com/obituaries
TRY TV WEEKLY MAGAZINE
America's guide to "the good stuff" on TV.

TV Weekly magazine provides local TV and cable print listings with comprehensive program grids for each service provider in your area. It delivers an entire week's worth of localized TV listings - with each day's schedule easily viewed at a glance. It's much quicker and easier to use than a 50 button remote!

Weekly features include:
- Unique editorial content plus daily "Best Bet" recommendations
- 5 Questions with your favorite celebrities
- Insider info with Rick Gables
- What's new on DVD and OnDemand
- Find your game in the Sports Zone
- Horoscopes, Sudoku, Crossword & Soaps

online: www.iwantmytvmagazine.com
phone: 1-877-689-3816
mail: complete order form below.

Thanks for making TV watching so much more enjoyable. I like your "style" much better than the TV Guide!
I used to subscribe to TV Guide before you began publishing.
Virginia - Seattle

Thank you, thank you, for the wonderful new TV listings for the Triangle and Eastern North Country supplement in the News & Observer. It is a wonderful addition. Thank you.
Dorothy - North Carolina

I placed my order online and received my first issue within 2 weeks, service was superior!
Joan - Sarasota

MAILING ADDRESS
Name:
Home Delivery Address:
City: State: Zip:
Daytime Telephone: Email Address:

PAYMENT INFORMATION
Q I'd like to pay with my credit card, Signature required:
Credit Card #: Exp. Date/Mo.: Yr.
Q I have enclosed a check. Signature required:
NOTE: Make checks payable to TV Weekly.
Mail order to: TV Weekly
213 Park Drive Troy, MI 48083

This is a non-refundable trial offer. For more information on TV Weekly subscriptions and our policies go to: www.iwantmytvmagazine.com
You may be a grown-up, but you still have a lot to learn. Life throws curve balls at us every day. How do you give a good wedding toast? How should you ask for a raise? How do you bowl without hurting someone? We've got answers. *Life Skills*, a unique collection of tips, taken from the *Chicago Tribune*'s popular column, will teach you everything you always wanted to know but were afraid to ask.
Why oil is the most vital fluid in your car

BY BOB WEBER
Special to Tribune Newspapers

To say that motor oil is the lifeblood of your engine seems a bit hackneyed. It is truly like blood. The base oil, be it mineral or synthetic, is like blood plasma. It carries all of the other components through the lubrication system like blood through the vascular system.

As motor oil circulates, it collects contaminants, then carries away impurities before they can cause damage. Then, like the human liver, the oil filter traps those contaminants. Let’s take a closer look at motor oil’s various functions.

Lubrication

Lubrication is the most obvious. But what exactly does that mean?

Lubrication involves creating a film of oil between moving parts to reduce friction. Although we think of crankshafts and camshafts rotating on bearings, or rocker arms pushing on valve stems, the parts should never contact one another.

A little oil, even just molecules thick, separates the parts so they never touch.

When metal makes contact with other metal, it heats up. When that happens, the parts can enlarge or distort. If they're allowed to operate too long without lubrication, severe damage occurs. The parts fail.

Without lubrication, contact may transfer metal from one part to another. It is called galling. Some of the metal pulls off from one part and sticks to the other part. If the heat is great enough, the metal actually welds parts together. The engine fails.

Most engine wear occurs in the first few moments after startup, and the proper motor oil permits easy starting.

Though some oil clings to engine parts when it is not running, the proper viscosity (weight) oil rapidly flows through the system to continue lubricating.

Viscosity

When the oil is cold, it can be like molasses. The challenge is to keep the oil as thin as possible when cold. The “W” in the oil rating stands for winter. The lower the winter rating, the more easily the oil flows when cold.

Still, thin oil may not adequately protect vital engine parts. When hot, it must perform like a heavier-grade oil. In use, it should protect like a 10 weight oil at 100 degrees Celsius (212 degrees Fahrenheit). The hotter the engine runs, the higher the viscosity index must be.

Do not assume that a higher viscosity index number like 50 is better than a normal number like 20 or 30. Only in severe applications like racing are high-viscosity oils necessary.

At one time, straight weight oils were common and had to be changed with the changing seasons. But thanks to science, multiviscosity oils meet the demands of cold flow and hot protection.

Using the correct viscosity, especially the recent lower-weight oils, can improve fuel economy. The SAE viscosity “W” numbers refer to the properties of the oil when cold, for example 5W-20 or 0W-20.

These low viscosity ratings indicate that it flows like a lightweight oil while protecting like a heavier-weight product. It also permits easier starting.

Always use the type of oil called for in your owner’s manual or found on the oil cap of many engines. The engineers who designed them know what is best for their engines, for fuel economy and for the environment.

Additives

Blood contains red blood cells, white blood cells, platelets and other stuff. Oil contains pour point depressants, rust inhibitors, viscosity index improvers, detergents, anti-foaming agents and other stuff.

Rust inhibitors and detergents are two of the most common oil additives.

Water and carbon dioxide are the major byproducts of combustion. Without the corrosion inhibitor, any water that lingers in the engine would cause rust or corrosion. That leads to engine failure.

Just as blood carries away cellular waste products, the oil’s detergent helps suspend and carry away combustion byproducts like carbon and metal bits that result from wear. The detergent keeps the junk in suspension and keeps engine parts clean.

Another important additive is an anti-foaming agent. Air trapped in the oil diminishes lubrication. Gaps in the oil film allow parts to make direct contact.

The oil itself does not wear out, the additives do. That is why we must change the oil regularly.

In fact, used oil can be re-refined, infused with fresh additives and used again.

Coolant

Motor oil helps cool the engine. It carries away surprising amounts of heat, which is then dissipated in the oil pan. Some oil pans have cooling ribs to aid this process. Some engines even have oil coolers.

Although most humans, thankfully, do not need regular blood transfusions, the same cannot be said for your engine. Change the oil often, and your engine will live a long, productive life.
Which pedal wins when you hit both the gas and brake?

BOB WEBER
Motormouth

Q: I have a 2012 Hyundai Santa Fe AWD that I use for towing a light boat. Recently, I found myself parked on a steep grade and tried to back up. I put my left foot on the brake pedal, to hold the vehicle from rolling forward, and put my right foot gently on the gas pedal. The gas pedal did not react.

If I removed my foot from the brake, the vehicle would lurch back toward with tires spinning.

My Hyundai dealer said this is normal behavior and suggested I do not park on hills. Really?

T.K., Crystal Lake, Ill.

A: Really. Beginning with the 2012 model year, Hyundai installed a brake-throttle override on all its vehicles, across the board.

In many cases of unintended acceleration, it was found that drivers stomped on both the brake and accelerator. With the override system, hitting the brake disables the throttle.

The National Highway Traffic Safety Administration has called for all vehicle manufacturers to begin equipping new vehicles with this technology.

Q: Just got done reading your article on tire pressure monitors. You claim they should last 10 years. I have replaced three sensors on my 2009 Dodge Journey in the last four years. Problem is they corrode around the stem, or the retainer ring corrodes and breaks. Is this normal or should I have been reporting this?

Fortunately, they failed while at home and not on the highway, which could have been tragic.

J.J., Downers Grove, Ill.

A: What kind of valve caps are you using? It matters. If you put a steel or chrome cap on an aluminum valve stem, a galvanic reaction causes corrosion. In some cases, the cap seizes to the stem.

In other cases, the stem and/or attaching nut will break. Many custom aftermarket caps are not properly nickel-plated, so they are a major problem. Stick with plastic or rubber caps.

Q: You replied to a recent question about the wisdom of starting a car in bitter cold weather. Your reply was that the energy required to crank the engine was probably more than would be replaced when running the car for a few minutes. I think there is an even more important reason. When the exhaust system and catalytic converter in your car are cold, the moisture and combustion products condense in this system and, over time, corrode expensive parts. I think the exhaust systems on modern cars are much more resistant to this corrosion than they were a few years back and believe that the practice will shorten the life of exhaust system components.

M.L., Libertyville, Ill.

A: Stainless steel is extensively used in today's exhaust systems, but it is not immune to damage. Mufflers are currently the weakest link. You make a good point.

Q: Because of a car-wash incident years ago, I always take my back wiper off my cars before running them through the local carwash. It reminds me that rear wiper blades on most cars are not as efficient as front wipers.

Is this a physics issue or is the rear wiper system an afterthought for most car manufacturers?

R.F., Warrenville, Ill.

A: It is a physics issue. At the back of the vehicle there is a bit of negative air pressure — in other words, a partial vacuum. This is the same principle that causes fallen leaves to follow a vehicle that passes over them. In the front, there is positive air pressure, but when it becomes too great, it lifts the wipers from the glass. Beam-style wipers are a godsend.

Send questions along with name and town to Motormouth, Rides, Chicago Tribune, 435 N. Michigan Ave, Fifth Floor, Chicago IL 60611 or motormouth.trib@verizon.net.

The Discovery Sport handles water and snow conditions that would daunt most vehicles.

BY KIRK BELL
Special to Tribune Newspapers

The 2016 Discovery Sport, which goes on sale in May, marks a new direction for Land Rover. It's part of what will become the Discovery sub-brand that is aimed at versatility while Range Rover models focus on refinement. Both will share Land Rover's traditional go-anywhere capability.

The replacement for the outgoing LR2, the Discovery Sport shares its engine and basic structure with the Range Rover Evoque.

Still, compared with the more stylized vehicle, the Discovery Sport is more conservatively sculpted and 10 inches longer. It also offers a small third-row seat for "5'2" seating.

To handle the icy, snowy roads on our trip in Iceland, Land Rover outfitted the Discovery Sport with studded winter tires.

Those tires teamed up with Land Rover's terrain response system to help the Discovery Sport handle everything from snow-covered volcanic rock to the paved roads of Reykjavik. For most of the two-day test run, we drove with the terrain response system in the grass-gravel-snow setting, which slows the throttle response, changes the shift points and heightens the electronic stability control, all-wheel drive and anti-lock braking systems to move power to the wheels with traction. Depending on the amount of traction, it may start the vehicle in second gear as well.

The terrain response system did its job, getting us underway with ease and maintaining traction on Iceland's slippery surfaces. But the Discovery Sport needed more than just traction. Steep approach and departure angles helped it clear snowdrifts and other obstacles; 23.6 inches of water-forcing capability was more than enough to keep the vehicle sealed in a shallow river crossing, and hill-descent control helped keep it steady while crawling down steep slopes.

In short, the Discovery Sport handled water and snow conditions that would make most vehicles find an alternate path.

Once we found paved roads, the Discovery Sport balanced off-road prowess with on-road comfort. It offers nimble moves and a stable, planted ride. It changes direction willingly and leans very little in turns. The steering is fairly quick and nicely weighted, and the brakes are strong but sometimes a bit grabby. The suspension does well in soaking up most bumps.

The 240-horsepower 2.0-liter turbocharged four-cylinder is a peppy, willing engine that offers good power off the line and has plenty in reserve for passing on two-lane roads. Land Rover says 0 to 60 mph arrives in 7.8 seconds, but it feels even quicker.

With pricing that starts just under $38,000, the Discovery Sport strikes us as a value buy in an otherwise luxury portfolio.

It doesn't offer the V-8 power, luxury cachet or billy goat off-road prowess of the brand's larger SUVs, but it's still quite capable off the road, and it is a far better value than those vehicles.
Niles West dominates second half, beats Maine South

Easter, Mededovic spark run in third quarter

BY BRIAN DE LOS SANTOS
Pioneer Press

PARK RIDGE — Niles West girls basketball coach Tony Konsewicz can’t explain it, but the Wolves have become a second-half team this year.

“We’ve struggled in the first half all season,” Konsewicz said. “We told the girls if we go out and win the first quarter it would be big for us.”

The Wolves lived up to that billing against the Hawks. The game was tied at 18 at half, but Niles West outscored Maine South by nine in the last two quarters en route to a 41-32 Central Suburban South win on Friday.

“We just reinforced [to] the girls that this is your best half of basketball,” Konsewicz said of what he told his team at the half. “We put that run on in the third quarter and that was the key. It gave us a lot of confidence.”

Credit seniors Julia Easter and Hilma Mededovic for the run. The two had four second-half points apiece with 3:14 left in the third as the Wolves outscored the Hawks 8-3 to start the third.

Niles West never looked back. Maine South junior Jackie Ostojic hit a three with 2:42 left in the game to make it 36-30, but the Wolves (15-12, 4-6) held the Hawks (14-15, 4-6) to just one basket the rest of the way.

“It takes time for a team to get together, to know each other, know how they play. And it took a while for us to learn,” Mededovic said. “Now that new chemistry has brought us where we are.”

Mededovic led all scorers with 16 points, while Easter scored 11.

— Niles West senior Hilma Mededovic

Niles West is seeded eighth in the Class 4A Glenbrook South Sectional. The Wolves were scheduled to play host to No. 10 Taft in the regional semifinals on Tuesday.

Notes
- Maine South was playing without junior guard Sam Fagenholz, who was injured last week. Maine South coach Mark Smith said.
- Junior Riley Eckhart had a team-high 10 points off the bench for the Hawks.

Brian De Los Santos is a freelance reporter for Pioneer Press.
Evanston's Dortch pins down passion, misses out on state

New Trier finishes 10th at girls bowling sectional

By Matt Harness
Pioneer Press

Even though she is one of the best girls bowlers in the area, Evanston senior Arri Dortch said the game baffles her at times.

It happened Saturday at the Rolling Meadows Sectional. She said she struggled with the lanes at the Brunswick Zone in Mount Prospect. Her 1,064 total pinfall was good for 47th, but it wasn't enough to qualify for this week's state meet at Cherry Bowl in Rockford. The sectional's final individual qualifier rolled a score of 1,200.

"It's a tricky sport sometimes," said Dortch, who took fourth and was the top local bowler at the Loyola Regional with a 1,175. "I'm still learning."

After a rough three-game morning session that included scores of 171-171-170, Dortch and her coach Ray Austin adjusted her positioning and switched balls for the final three. She had her best score up to that point of the meet in the fourth game with a 201 and then followed it up with a 204. Dortch closed with a 147.

"The clock ran out on us," Austin said.

Even though Dortch came up short of the state meet for a fourth season, Austin said Dortch has no reason to hang her head. After all, she picked up the sport as a freshman.

"We knew we had a diamond in the rough, a star on the rise," Austin said of the three-year starter and two-year co-captain. "She had raw talent, and you could see in her heart she wanted to be a bowler. She proved us right."

Dortch said she didn't take bowling too seriously as a freshman and never thought she would get this good as a senior. Now, Dortch, who carried around a 180 average this season, said she's considering bowling in college, possibly at Florida A&M.

"I looked at it like something to pass the time with friends," she said. "But I love it, and I had a great career [at Evanston]. I love the sport, and it's one of the few you can do as you get older."

New Trier

The Trevians, the lone area team at the Rolling Meadows Sectional, ended their season by taking 10th out of 12 teams with a score of 4,901. It was the furthest a New Trier girls team has advanced in the state series.

Senior Aidan Stavros finished 24th with 1,132 pinfalls in six games, scoring a high of 224 in the fourth game. Senior Sooahn Ko also bowled all six games, totaling 1,017 to tie for 61st.

Niles North

Vikings sophomore Zaria Syfu finished with a six-game score of 1,101 to tie for 32nd. Senior Regina Roman followed with an 887 for the six-game series to place 87th.

Loyola

Sophomore Margaret Petersen finished 55th with 1,033 pinfalls, and sophomore Catherine Petersen took 70th with 972 pins. Both bowled all six games.

Regina

Stephanie Zalinski, a Panthers sophomore, earned a six-game score of 970 to finish 75th.
George's hot hand lifts Niles North over Highland Park

BY SAM BRIEF
Pioneer Press

HIGHLAND PARK — George Brandon Jr. stood in disbelief behind the Niles North boys basketball team's bench as spectators filed out of Highland Park's main gym on Friday night.

Brandon's Vikings (18-8, 6-3 Central Suburban North) had just eked out a gut-wrenching 51-50 win over Highland Park (17-5, 6-3) on a night during which Niles North senior guard Abby George dropped 27 points, draining seven of his nine shots from three-point range. But Brandon questioned a particular detail.

"He missed?" Brandon asked, shaking his head and placing his hands on his head.

George did indeed miss — just twice — but it was his momentous shooting spurts that propelled Niles North to a key victory over the Giants after losing three in a row to Highland Park dating back to last season.

"I feel like I'm a really good shooter," said George, who transferred from Maine East this summer. "My coaches kept stressing to me to keep shooting, keep shooting, and they went in."

"He was special," Niles North coach Glenn Olson said. "He set the tone for us early, hitting shots. And him hitting shots gave our whole team a lot of confidence. You need a guy to step up and do those things, and he did it."

"He's been a phenomenal teammate from the second he got here, so our guys want to share the ball with him ... He may be small in stature, but he's a warrior."

And in a roller coaster of a contest, George's precise shooting stood as a single constant.

"He was feeling it," Highland Park sharpshooting guard Luke Norcia said.

Highland Park led, 16-14, after the first quarter, but Niles North dominated the second, with George engineering a 16-2 run. After a back-and-forth third quarter and an even start to the fourth, the Vikings led, 45-44, with 1:35 left.

Highland Park senior guard David Sachs nailed a corner three to cut the lead to 45-44, but Brandon hit a layup in transition to put the Vikings up three with 35 seconds to go. Highland Park's Jason Beermann missed a three with 25 seconds left and that all but sealed the Giants' fate.

"It's like a boxing match — 15 rounds," said Brandon, who scored 12 points on 6-for-7 shooting. "They punch, you punch and you just get the last punch to win the game."

If it was indeed a 15-round bout, the Vikings won just eight rounds. But that narrow margin was enough to drive them into a tie with the Giants for second place in the CSL North. Deerfield (16-10, 8-1) beat Glenbrook North 50-47 on Friday to clinch the conference crown.

Norcia and Sachs led Highland Park with 18 and 16 points, respectively. And coming off a five-game win streak, the loss represents a setback for the Giants.

"We lost to a very good team tonight," 16th-year Highland Park coach Paul Harris said. "The guys understand that we only have four regular-season games left. The reality of only having four left is motivation enough for them."

Sam Brief is a freelance reporter for Pioneer Press.
Year older, Year wiser

After going 3-5 in conference last season, Dons are 7-0 and closing in on ESCC title

BY ERIC VAN DRIL

ARLINGTON HEIGHTS

A year ago, the Notre Dame basketball team was an afterthought in the East Suburban Catholic race.

The Dons were comprised mostly of sophomores and juniors during the 2013-14 season and the ESCC was arguably the best conference in the state with Tyler Ulis (Kentucky leading Marian Catholic, Sean O'Mara (Xavier) dominating the paint for Benet and the Division I duo of Ore Arogundade (Drake) and Roosevelt Smart (Loyola recruit) at St. Viator.

Notre Dame struggled at times en route to a 3-5 record within the conference. Those losses were beneficial, however, and that's been evident this year.

"It's helped us a lot, I think," Notre Dame senior guard Joe Mooney said of last season. "Especially with all the sophomores, and with me as a junior, getting experience last year, we're a completely different team this year. I think it really paid off. Last year was tough, but we got better."

Notre Dame coach Tom Les agreed that going against teams and individuals of that caliber benefited this year's squad, which improved to 7-0 in the ESCC with a 58-41 victory at St. Viator on Friday.

"I believe in playing a tough schedule," Les said. "We got beat up some last year, and I was not very happy with how we competed early. I thought we learned how to compete as the season went on. You can see it now. We played good teams. Viator's a good team, [and] we competed. We played Lake Forest, Hinsdale Central this year. They're good teams, and we competed."

Notre Dame crushed St. Viator on the road on Friday in what figured to be a competitive matchup, given that the Lions were tied with Benet and Marist at 5-1 in the ESCC entering the game.

Mooney took the life out of the crowd from the outset, though. He began very aggressive and scored the team's first eight points.

"I think the difference maker for us was Joe early," Les said. "He makes a couple, now the basket gets bigger for everybody."

Mooney finished with 25 points, but he didn't score in the second quarter. Five players - sophomores Jaemeril Wilson and Matt Stritzel, along with seniors Ammar Becar, Anthony O'Avanzo and Lucas Simon scored one field goal apiece to help Notre Dame extend its lead to 23-14 at the half.

Mooney buried a pair of three-pointers near the beginning of the third quarter to put the game out of reach. It was an ideal performance by both Mooney and the team in an important conference game on the road.

Afterward, Notre Dame retreated to a classroom around the corner from St. Viator's gym. There were shouts of celebration from the Dons, but one of the players reminded his teammates, "We've got two more!"

"We don't look ahead," Mooney said.

Notre Dame plays Marist at 7 p.m. Friday in Niles. A win over the RedHawks - who are 5-2 in the ESCC after a 43-41 loss to Joliet Catholic on Friday - would guarantee the Dons at least a share of the ESCC title.

Notre Dame wasn't able to take any ESCC teams lightly a year ago, and they've made an effort not to look past anyone this year.

"Every game, it's one at a time," Mooney said. "Coach puts it on the board [before ESCC games]: 'Tonight, we get No. 3.' Tonight is No. 7. [This] week, No. 8 will be on the board."

Eric Van Dril is a freelance reporter for Pioneer Press.
Notre Dame wrestlers both took fourth at Glenbard North Sectional

By Matt Harness
Pioneer Press

CAROL STREAM – Notre Dame wrestlers Jake Barzowski and Marco Orlandi both overcame injuries this season to earn trips to this week’s Class 3A state tournament.

Barzowski, a junior, qualified at 138 pounds, and Orlandi, a senior, advanced at 170. Both had to win matches in the wrestleback semifinals Saturday at the Glenbard North Sectional to get to the University of Illinois. Both finished fourth at the sectional.

This is Orlandi’s second consecutive appearance at the state meet and the first for Barzowski.

“This is awesome,” said Orlandi, who beat Tartan senior David Wojs 7-3 in the state-clinching match. “I didn’t know for sure I would be wrestling.”

Barzowski is scheduled to wrestle Marmion sophomore Anthony Cheloni (31-11) in his opening-round match at the state tournament on Thursday while Orlandi is set to face Barrington senior Julius Smith (33-5) the same day.

Notre Dame senior Jimmy Gallardo took second at 113 pounds at the sectional and also advanced to state. Gallardo (28-4) will wrestle Hononegah senior Alex Rader (26-16) in the first round.

Orlandi (17-5) has a torn MCL, a partially torn ACL and a partially torn meniscus in his left knee. His right leg has a tight IT band. Notre Dame coach Augie Genovesi said doctors told Orlandi in December that he probably wouldn’t be able to wrestle in the state series.

“He’s a gutsy guy, a senior,” Genovesi said.

Barzowski (13-4) has battled bad injuries for most of the season. But, after each missed nearly 50 days from late December to early February both wrestlers got healthy enough for the Evanston Regional tournament.

“Neither of them could run,” Genovesi said. “They had to find other ways to train without running or wrestling.”

Barzowski said he spent most of his time riding a stationary bike or using his upper body to swing a heavy rope. But nothing could replicate what it takes to compete on the mat.

“I had to knock off some rust,” he said. “And my lungs are not fully there. I get gassed.”

It showed in his semifinal wrestleback against Lane senior Jake Davis. Barzowski led 4-1 before Davis sent the match into overtime. Barzowski, who lost to Davis in the regional final, scored a takedown in extra time to advance.

Orlandi’s win in the semifinal wrestleback avenged a loss to Wojs in the regional final.

“The goal from the beginning of the season was to get to state,” Barzowski said. “It didn’t change, even with the injuries. I wasn’t going to make any excuses. This is very satisfying.”
Eye on the prize
Maine East wrestler
Pagonis advances to state
tournament for first time

BY MATT HARNESS
Pioneer Press
CAROL STREAM -
Several times during the
closing minute in the wrest-
leback semifinals at the
Class 3A Glenbard North
Sectional, Maine East's
Mario Pagonis glanced at
the scoring clock.
Although he's been
taught by his coaches not to
look at the time, the 220-
pound Pagonis said he
couldn't help himself on
Saturday. With each pass-
ing second, the Blue De-
mons senior was that much
closer to qualifying for his
first state tournament.

When the buzzer sound-
ed and Pagonis had secured
the 4-3 win over Niles West
senior George Tripkos,
Pagonis clinched both of his
fists by his side and
screamed so loud it could
have been heard for those
back in Park Ridge.
The four top wrestlers in
each weight class advanced
to the state meet, which
starts Thursday at the Uni-
versity of Illinois in Cham-
paign. Pagonis is scheduled
to wrestle Naperville North
senior Chris Zhang (33-7)
in his opening-round match.

"This was a four-year
journey for me," Pagonis
said. "Everything that had
been pent up, all that hard
work, the frustration, I let it
all out."
Maine East coach Emil-
iano Hernandez said he
saw potential in Pagonis
years ago.
"I knew he had the men-
tality and the emotion for
the sport," Hernandez said.
"The biggest thing with
him was technique. It's
been fun to watch."
Hernandez even forgave
Pagonis for breaking a team
rule.
"It was hard for him to
not look at the clock, espe-
cially in that situation,"
Hernandez said. "You want
them to focus only on the
match, but I understood
why he was doing it."
Following his state-
clinching victory, Pagonis
got on to take third place
at 220 pounds by beating
Conant senior Michael
Maier 3-1.
Pagonis (34-7) almost
didn't get a chance to com-
pete at the state series after
suffering a concussion at
the Central Suburban meet
in late January. But he was
cleared in time for the Evanston Regional, where
he finished first.
"I'm reaching my peak
right now," he said.

Evanston brigade paces
Missouri juco winning streak

BY NICK BULLOCK
Pioneer Press
Backed by four Evanston
products, State Fair Com-
muty College of Sedalia, Mo,
rall on its eighth straight
women's basketball victory,
116-104 over host Three Rivers
Community College on
Feb. 7 in Poplar Bluff, Mo.
The inside-outside duo of
sophomore center Alecia
Cooley and sophomore
guard Erin Booth led the
way for Roadrunners. Fresh-
man guard Sierra Clayborn
also contributed, while fel-
low freshman guard Seara
Clayborn is on the team but
did not play. All four players
attended Evanston.
Booth finished with a
game-high 32 points on just
11 field goal attempts. She
also racked up seven re-
bounds, seven assists and
four steals. Cooley added 23
points and 19 rebounds.
Sierra Clayborn chipped
in five points, three rebounds
and three assists off the
bench. The Roadrunners
held Three Rivers to 36.2
percent shooting.
The win improved State
Fair (18-5) to 4-0 in the
Missouri Community Col-
lege Athletic Conference.
Through 23 games, Coo-
ley led the Roadrunners in
scoring (17.3 points per
game), rebounding (11.2 re-
bounds per game) and field-
goal percentage (54.5 per-
cent). Booth ranked fourth
in scoring with 10.6 points.
Sierra Clayborn averaged 6.4
points and her twin sister
Seara averaged 4.6 points.

Conklin fans
career-best 7
batters

Tom Conklin, a sopho-
more on the Washington and
Lee baseball team, recently
was named pitcher of the
week by the Old Dominion
Athletic Conference. The
Hinsdale Central alumnus
earned his first victory of the
season Feb. 11 with four
shutout innings in a 3-1 win
against Marymount in
Lexington, Va. Conklin al-
owed only one hit and
recorded a career-high seven
strikeouts.
Barrington's Jack Lenz is
a freshman catcher on the
team.

Carmichael
closes in on 14
feet in pole vault

Carolina Carmichael, a
junior on the Memphis
women's track and field
team, was named women's
field athlete of the week for
her performance in the pole
vault at the Missouri Invita-
tional Feb. 6-7 in Columbia,
Mo. The Lake Forest gradu-
ate vaulted 13-11.75. That
mark is tied for 10th in the
nation this year.
Carolina's sister and fel-
low Lake Forest graduate
Ofelia Carmichael also is a
junior pole vault for Mem-
phis.

Have a suggestion for the
College Roundup? Email Nick
Bullock at bullockpioneer-
press@gmail.com.
Notre Dame will clinch at least a share of conference title with win Friday.
JUNK GENIE
Let The Genie Remove It All!
Construction/Remodeling Material • Moving Clean-Outs • House/Business
Furniture & Appliance Removal • Senior Citizen Discount Available
Demo Work • Pay Only for the Space Used on the Truck
MENTION THIS AD RECEIVE COUPON NOT AVAILABLE ON SINGLE ITEMS
$15.00 OFF
1-866-586-5436 | www.junkgenie.com

TRY TV WEEKLY MAGAZINE
America’s guide to “the good stuff” on TV.

Weekly features include:
- Unique editorial content plus daily “Best Bet” recommendations
- 5 Questions with your favorite celebrities
- Insider info with Rick Gables
- What’s new on DVD and OnDemand
- Find your game in the Sports Zone
- Horoscopes, Sudoku, Crossword & Soaps

SPECIAL OFFER!
13 Issues $9.75

online: www.iwantmytvmagazine.com phone: 1-877-689-3816

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
4th-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

Hynes School, 9000 Bellefort Avenue, Morton Grove, IL 60053
FOR HIGH SCHOOL TRYOUT DATES/TIMES PLEASE VISIT OUR WEBSITE AT WWW.ILLINOISOLDSCHOOL.NET

SPRING TRAVEL FEE $850
$750 for players returning from the 2014-15 winter travel season
$20 TRYOUT FEE
(Goes towards player fee)

Aaron London
847.804.7799 • aaron@illinoisoldschool.net
At Lincolnwood Place, we want you to be happy. Don’t just take our word for it, use our gift for it.

FOR A LIMITED TIME, ENJOY
2 FREE MONTHS
ON YOUR NEW APARTMENT*

Understanding Dementia

THURSDAY, FEBRUARY 26TH, FROM 1:30PM TO 3:00PM

Please join us for a panel discussion by knowledgeable professionals, and learn how to recognize the signs of dementia.

Enjoy appetizers and take a tour of our warm and welcoming community. See why our residents love living life at Lincolnwood Place!

RSVP AT 888-388-9432

* TWO MONTHS FREE LIMITED TIME OFFER ENDS FEBRUARY 28, 2015. BRING IN THIS AD AND START SAVING TODAY!

LINCOLNWOOD PLACE
a Senior Lifestyle community

INDEPENDENT LIVING | ASSISTED LIVING | SKILLED NURSING | REHAB
7000 N. McCormick Blvd. | LINCOLNWOOD, IL 60712
WWW.SENIORLIFESTYLE.COM