Taking the icy plunge

Members of the Niles Police Department, from left, Deputy Vince Genualdi, officer David Harris and Sgt. Ron Grant participate in the Law Enforcement Torch Run Polar Plunge at Northwestern University in Evanston on Feb. 21. Page 6

Golf Mill mall marks Year of the Sheep
First ever event draws out crowds. Page 7

Former NFL quarterback spreads message
High school students hear about mental health and its challenges. Page 12
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MAILING ADDRESS
435 N. Michigan Ave.
Chicago, IL 60611

PUBLICATION INFORMATION:
Niles Herald-Spectator (USPS 399-680)
is published 52 issues per year by
Chicago Tribune Media Group,
435 North Michigan Avenue Chicago,
Periodicals postage paid at
Chicago, Illinois, 60611.

ONE-YEAR SUBSCRIPTION:
Fourteen issues.
Rate: $15.00

POSTMASTER: Send address changes to:
Niles Herald-Spectator, 777 West Chicago Avenue,
Chicago, Illinois, 60654.

SUBSCRIPTION RATES:
In-County: $11.25/year
Outside Chicago: $11.50/year

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Park Ridge police officer takes the plunge

BY JENNIFER JOHNSON

There's a lot of screaming and "Oh my God" uttered at the Polar Plunge.

There are also men in Speedos (and body paint), women in bikinis, and even a guy with an inflatable palm tree on his head.

It's freezing and Lake Michigan is so covered in ice that crews have to dig out a kind of man-made lake near the shore for the plungers to walk into, scream in pain, and then hurry back out again.

A flip flops gets left behind; someone loses his stuffed monkey. Some people show off by completely submerging themselves in the lake, but the pain from frigid water combined with the wind chill is unmistakable on their faces.

No one stays in for more than five seconds.

And then there's Julie Genualdi. The Niles resident and community strategies officer for the Park Ridge Police Department was among an elite group of "super plungers" who waded into the water off an Evanston beach once an hour for 24 straight hours before the regular plunge began. And then she plunged one more time for good measure.

This is not a group strictly daredevils (though, one might say, you'd have to have a thrill-seeking gene to take a dip in a slushy pit in the middle of February in Chicago). Genualdi and those who joined her in the cold on Feb. 20-21 all did so with the intention of raising money for Special Olympics Illinois. The organization hosts several polar plunges each year across the state, the proceeds giving athletes the chance to participate in Special Olympics programs and competitions. Last year's plunges raised more than $2.1 million.

The Law Enforcement Torch Run Polar Plunge for Special Olympics at Northwestern University's North Beach marked Genualdi's third year volunteering for the 24-hour Super Plunge. Every hour she and about two dozen others plunged into the icy Lake Michigan water — and then made a beeline for the heated tent and a change of clothes. Around 2 a.m., the plungers were given a slight reprieve: two dunks in the water and then two hours sleep before the next plunge.

"You know what to expect because you've done it before, but around the mid-mark, jump 12, jump 13, you think to yourself, 'OK, I'm not even close to finishing,'" Genualdi said, laughing, after the event had concluded. "But in the morning, when you have seven, eight jumps left, it's nothing. And it goes fast because your family and friends start coming and they really bring up the momentum and build up the excitement. What really helps is the supporters out there."

Some of Genualdi's supporters included her sister Carolyn McIntyre and cousin Jessica Kitzinger who each joined her for one plunge. Genualdi's husband, Vince, deputy police chief of the Niles Police Department, was also at her side during the long Super Plunge hours before jumping in himself during the regular portion of the plunge.

Vince Genualdi, who plunged with fellow Niles officers Ron Brandt and Dave Harris, pointed out that the 30-degree Saturday afternoon was a considerable improvement from the night before when temperatures were in the teens.

"Yesterday they were breaking the ice and then in about 45 minutes it would freeze again and they'd have to break it up again. That's how cold it was," he said.

By the time the regular Polar Plunge began at 1 p.m., the event had raised more than $200,000 for Special Olympics. Each plunger is required to raise a minimum of $75 each to participate.

How does it actually feel to take the big plunge into what is pretty much an arctic bath?

"It's not so bad going all the way under," Julie Genualdi said. "But when you're wading through it, the longer you're in, that's when it starts to burn. It's the coming out of the water that's the worst part."

"The first thing that goes numb is your feet," said Vince Genualdi, who, with Brandt, has been taking part in the Polar Plunge for six years. "We expect it. We know the feeling, how it hurts."

"When you're in the water on a day like today, the water is actually warmer than the air, so while you're in the water you're OK," Brandt added. "It's when you stand up and the wind hits you — that's when you're running back to the tent."


All the plungers say it's the contribution to a good cause that keeps them coming out year after year. For Julie Genualdi, meeting Special Olympics athletes and carrying the torch during games last December made the experience more personal.

"I said to myself, 'I can't not do this,'" she said of the Polar Plunge. "We all have the same common goal: to raise the awareness and raise the funds to keep [Special Olympics] going and keep these athletes active and involved. It's very exciting."

Genualdi's work in raising money for Special Olympics through her role with the Park Ridge Police Department earned her a Community Star Award from the Park Ridge Chamber of Commerce this year.

Also taking part this year — and joining Mellema and Kaminski in the water — were six members of the Maine South High School Key Club. Clutching beach towels, Lilly Miller, Riley Conway, Maggie Ek, Sydney Cofey, Amanda Anton and Sarah Asson waited with nervous curiosity for their turn in line. It was a challenge none of them had taken before.

"Chief Kaminski came to one of our Key Club meetings and asked if we would participate," Asson said. "We said we would and so here we are."

She seemed relieved that she wouldn't be required to dunk her head under the water, as some of the plungers ahead were doing.

"It's warmer than it was yesterday, which is good," she noted.

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Music, martial arts part of Lunar New Year at Golf Mill

IGOR STUDENKOV
Pioneer Press

The Golf Mill Shopping Center held its first ever Lunar New Year celebration on Feb. 19. The event included a performance by Chicago-based Yelin Korean Traditional Drum Troupe, a Tae Kwon Do demonstration by Golf Mill's Shim's Martial Arts Training Center, a bonsai workshop and activities for kids. The mall also offered free food and raffled off prizes.

Even though the event was held during one of the coldest days so far this year, it attracted crowds.

The Lunar New Year - also known as the Chinese New Year - marks the end of the year based on twelve lunar cycles. Because lunar cycles are determined by the phases of the moon, the new year doesn't fall on the same date every year. Different cultures mark the beginning of the lunar New Year differently, but this particular holiday is based on practices that originated in China and spread to Korea, Tibet, Mongolia and Vietnam.

According to Angela Moreno, Golf Mill's Marketing and Events Manager, the mall organized the Lunar New Year celebration as a way to reach out to its Asian-American customers.

"We have a very large Asian-American population in the area, and a large number of our customers are Asian-Americans," she said. "We wanted to do something for them."

The event took place in the mall's Center Court, where the staff set up chairs, tables and a stage area. Decorations provided by Golf Mill's Garbo Fireside and Home Accents were positioned around the court. Garbo also provided a prize for a raffle that took place during the event - a Year of the Sheep themed basket.

Yelin drummers marched across the Golf Mill Mall, playing their instruments and occasionally stopping to shake hands with store owners. After they completed the walk around the mall, they sat at the Center Court's stage area.

Yelin troupe specializes in samulnori, a genre of Korean folk music that utilizes four instruments - Kwaenggwari (a small gong), Jing (a larger gong), Janggu (an hourglass-shaped drum) and Buk (a large wooden drum).

Manuel Chamcoso, owner of Golf Mill's Cota-Mac Handcrafts Native American handcrafts store, played some Native American musical instruments from his shop. For their demonstration, Shin's Training Center brought out some of its youngest students, showing that even kids ages 4-5 could perform Tae Kwon Do blocks and strikes, pose in Tae Kwon Do forms and even break boards. After one of its instructors did a demonstration, the school's Senior Team went to show their martial arts skills.

The Senior Team is made up of students ages 65 and up. Eupil Choi, of Mundelein, has been doing Tae Kwon Do for the past two and a half years. Now 81, he is the oldest member of the team. Choi said that he decided to take some classes for physical fitness purposes, and because it's something that he wanted to do for a long time.

"It's great exercise," he said. "It really keeps up my health. I'm very joyful, doing it now."

Jae Ro, who is 74, has been doing Tae Kwon Do for the past 14 years. Like Choi, he said he started taking classes to get physically fit.

"It enhances your condition," said Ro.

After the martial arts demonstration ended, the audience was invited to take some free food, which was prepared by Golf Mill's Ginza Steak and Sushi restaurant. The kids were invited to color drawings of Chinese-style paper lanterns. For adults, the staff of Wheaton-based BC Bansai offered bonsai trimming workshops.

Anna Magboo, of uninorporated Maine Township, came here because her son is a student at Shin's Academy. She said that Golf Mill Mall has been a great destination for her and her family, praising its stores, recreational options and the Niles Teen Center.

"It was fun," she said. "We always enjoy coming here."

Igor Studenkov is a freelance reporter for Pioneer Press.
Holiday Inn slated to replace Travelers Inn

IGOR STUDENKOV
Pioneer Press

The Travelers Inn and the vacant Ozzie's Bar and Grill restaurant building behind it will be demolished to make way for Holiday Inn.

Lakhani Hospitality, which owns the lots, already operates three Holiday Inn locations throughout the Chicago area. Karim Lakhani, the company's assistant director of operations said the decision came from maintenance considerations and the desire to build something that would better match the new construction that has taken place around the nearby Milwaukee and Touhy avenues intersection.

The motel will close on March 1. The company hopes to start demolition by the end of the month and start construction at the beginning of April. It currently plans to open the hotel by May 2016.

Lakhani Hospitality is a family-owned company founded by Mansoorali Lakhani. It started with a gas station Lakhani and his brothers bought in 1985. Over the next few decades, the family acquired four more gas stations and Travelers Inn. In 2004, the company became a Holiday Inn franchisee, acquiring and later expanding Holiday Inn Skokie. It has since acquired Holiday Inns in Oak Brook and near O'Hare Airport.

Travelers Inn was one of several motels built in mid-20th century Niles near major thoroughfares — in this case, Touhy and Milwaukee avenues. In recent years, the intersection saw redevelopment as the new condos, police headquarters, shopping plaza and the Niles Veterans Memorial Waterfall were built around it.

Karim Lakhani said that was just one of the reasons the company decided to tear down Travelers Inn.

"For starters, the building condition is worsening," he said. "It is an old building in need of dramatic repairs over the next year that we simply cannot justify based on projected returns. Secondly, this site — as it currently stands — is an eyesore compared to the beautiful and modern buildings recently built nearby."

Lakhani noted that his family lives in the area, and he and his sister grew up here, so they have a personal interest in improving the community.

In addition to demolishing Travelers Inn, the company plans to level the former Ozzie's Bar and Grill restaurant, directly north of the motel. Then the company would build a 100-room Holiday Inn Express.

The Holiday Inn Express is a Holiday Inn brand that caters to business travelers, offering more limited services than the "classic" brand. Lakhani indicated the location would include standard Express brand amenities — a business area, a 1,500-square-foot meeting room space, a fitness center and free breakfasts. The location will also have an outdoor pool and a "Market Place" — a small snack shop near the front desk.

Economic Development Coordinator Ross Klicker said Lakhani Hospitality contacted the village about its plans earlier this year.

While the site of the future Holiday Inn is located at the northern tip of the Touhy/Milwaukee TIF, both Klicker and Lakhani indicated the company has no plans to seek TIF funding. Instead, the company applied for Cook County 7b tax incentives.

The incentives are designed to encourage construction of new commercial buildings — or redevelopment of existing ones. This includes hotels and motels. Under the terms of the incentive, the property taxes in the lots that get the designation would be lowered to 10 percent for the first 10 years, 15 percent for the 11th year and 20 percent for the 12th year.

In order to qualify, the property must be located in the area that has been designated as needing commercial development. The applicants must show that the property's tax value has declined, that they can redevelop the area in a reasonably timely fashion, that development wouldn't be able to proceed without the incentive and that the new development would increase tax revenue and employment.

Lakhani Hospitality's application must be approved by both Cook County and the village of Niles, with the former making the final decision.

Klicker told the Niles Herald-Specator that Niles' Finance Committee considered the application during its Feb. 18 meeting. The committee recommended the Niles Village Board approve the application.

Klicker said the Village Board is expected to consider the application during its March 24 meeting.

Lakhani said the company wouldn't start construction until the Class 7b application is approved.

"If all goes well, we are hoping to demolish the current structures as early as late March and hope to break ground in April," he said. "Our contractors will work hard to turn the property around in 12 months and we hope to open our brand new hotel to the public by May of 2016."

Igor Studenkov is a freelance reporter for Pioneer Press.

Village trustee candidates issue statement

BY IGOR STUDENKOV
Pioneer Press

Incumbent Niles Village Board Trustee Chris Hanusiak and new board candidate David Carrabotta issued a joint statement outlining their positions and vision for village government.

In their statement, the candidates called for greater scrutiny when it came to creating new village government positions, greater public participation in village decisions and a different approach to granting tax incentives and creating tax increment financing districts. They also spoke out against red-light cameras and speed cameras, and spoke in favor of finding an alternative water supplier.

"This municipal election, village Board candidates are running for three seats currently held by Hanusiak and Trustees Rosemary Palicki and Joe LoVerde. LoVerde is running as part of the Niles Forward Party slate, which also includes recently retired Niles Police Chief Dean Strzelecki and Niles Ethics Board member Denise McCreery. Palicki and Hanusiak are running as independents, as is Carrabotta.

Hanusiak served as a trustee for the past five years. Over the past two years, he and Mayor Andrew Przybylo clashed on a number of issues, including the fate of the Leaning Tower of Niles, the appointment of the Niles inspector general and the possibility of creating a TIF district to encourage redevelopment in the Touhy Corridor area.

Even though this is Carrabotta's first time running for office, he isn't a stranger to Village Hall. He was one of several residents to speak out against the original version of the Niles Tree Ordinance. He also spoke in favor of granting a special use permit to the controversial Sportman's Club gun shop and firing range during a July 2014 Plan Commission hearing.

The candidates said that, while they are running as independents, they wanted to put together a joint statement because they had similar positions on some issues.

In their statement, they denounced "Chicago style politics," with Carrabotta speaking out against hiring of "administration employees." When asked to elaborate, the candidates specified that they were referring to the village lobbyist, inspector general and a liquor commissioner.

Echoing the concerns he raised at the time those positions were created, Hanusiak said that the positions weren't properly vetted.

"The whole process was ramrodded through without timely consideration given to non-administration trustees to vet the candidates or even question them during the process," he said. "Things were left to the village attorney and administration trustees, freezing out the independent trustees like myself. It all smacks of cronyism."

What would the candidates do differently?

"First it should be determined if such a job needs to be created and why such salaries are given with-

Igor Studenkov is a freelance reporter for Pioneer Press.
Library board wrangles over pension procedures

IGOR STUDENKOV
Pioneer Press

“I think the trend in private sector and government is to move toward employee-owned 401(k)-style plans, as opposed to public pensions, which are killing Illinois. It’s a big change. Once it changes, it can never be undone.”

— Morgan Dubiel, Niles library board president

A library can join the IMRF by either a referendum or a board vote. Once it joins, it won't be able to leave the fund.

If the Niles Public Library joins the IMRF, its employees would be enrolled in the Tier 2 Regular Plan. The library would deduct 4.5 percent of the employee salaries, which would go into their retirement plan accounts. The library would also need to make contributions from its own budget. The amount the library would contribute would be set by IMRF based on employee earnings, actuarial estimates, the library's finances and how the library would handle pension costs.

Niles Library Marketing Supervisor Sasha Vasilic told the Niles Herald-Spectator that the discussions have been ongoing for several months. Most libraries throughout the state, he explained, were enrolled in IMRF, and some staff members were interested in joining the system.

Library Attorney James Ferlo said if the board already discussed everything they needed the first or second time, they wouldn't need to keep discussing it, but the public would still be able to comment.

Dubiel argued that a decision like this deserved full public scrutiny.

Ryan expressed reservations, noting that, when making significant changes, the board usually discusses them for several meetings before adopting them.

Dubiel and Trustee Chris Ball voiced concern that the decision to join the IMRF can't be undone.

Dimond also expressed concern that, if the library joins the IMRF, the board would lose control of how much it would contribute to retirement plans. "It's a big change. Once it changes, it can never be undone," she said.

Dubiel argued that changing voting procedures preceding a vote that could change library employee retirement benefits was discussed by Niles Public Library trustees during a Feb. 18 board meeting.

The library currently offers a 401(k)-style retirement plan for its employees. During the first half of 2014, some trustees proposed the possibility of switching over to the Illinois Municipal Retirement Fund, a public pension fund for municipal government employees.

During the Feb. 18 meeting, board President Morgan Dubiel proposed changing voting procedures for any vote that would make that change.

Under his proposal, the board would be required to hold three separate readings and vote on the issue at the conclusion of the third reading.

Dubiel argued that, given that the change would be permanent, the public should have as much input as possible. But trustees Karen Dimond and Linda Ryan argued that the change was unnecessary.

The IMRF was created to provide for employees of municipalities and school districts who were not covered by other pension funds. Since then, other municipal organizations, such as airport authorities, park districts and libraries joined the system.

According to the IMRF database, this includes the village of Niles government, Niles Park District, Golf-Maine Park District, governments of Maine and Niles townships and all area school districts.
Niles woman, 80, loses $7,500 to phone scam

BY JENNIFER JOHNSON
Pioneer Press

An elderly Niles woman lost $7,500 of her savings in a scam perpetrated by a man she believed was a family member, police say.

The 80-year-old woman told Niles police that a Polish-speaking man who identified himself as her nephew contacted her by phone on the morning of Feb. 12, seeking money to pay for business-related expenses.

The caller reportedly asked the woman for $10,000, promising her he would pay her back the next day, but the woman told him she had only $7,500 in her bank account.

Police say the man agreed to take the $7,500 and told the woman to withdraw the cash from the bank and give it to his friend, who would stop by her house to pick it up.

Though a teller at the woman's bank warned her that she may have been targeted for a scam, the woman insisted on withdrawing the money, police said.

Later that day, the woman handed the cash over to a female who claimed to be a friend of her nephew.

According to police, the woman learned her money had been stolen after she contacted her nephew in Poland and he told her he had never called and asked her for money.

Niles police attempt to educate older residents and their adult children of scams like this one through the Senior Citizen Reduction Awareness Measures program, which meets monthly at the Niles Senior Center, 999 Civic Center Drive.

Niles police Sgt. Robert Tornabene warned that phone calls involving requests for money — especially money that needs to be wired, provided through a prepaid debit card or handed to a stranger — are almost always an attempt to commit a crime.

"If anybody is ever called over the phone by someone asking for money, 99 percent of the time it's a scam, so just hang up on them," he said.

Citizens who do receive a phone call from someone claiming to be a family member requesting financial help and want to make sure the family member isn't in trouble should call that person back at his or her known phone number or contact the family member's parent, Tornabene recommends. Typically, these types of phone scams are perpetrated by individuals identifying themselves as the caller's grandchild, niece or nephew, he said.

The Senior Citizen Reduction Awareness Measures program is geared toward older residents, but is open to anyone in the community.

The next meeting is scheduled for March 23 at 2 p.m. and will focus on home repair scams.

Customer is accused of threats

BY JENNIFER JOHNSON
Pioneer Press

A man who expected a Niles store to pay his cab fare because he had a problem with merchandise he had purchased is now suspected of making threatening phone calls to the store.

A manager of the store on the 5600 block of Touhy Avenue told police that the man came to the store on the afternoon of Feb. 14, cutting in front of customers in line at the service desk and claiming he had a taxi waiting for him outside.

The man reportedly told the employee he had purchased an Xbox video game system, but had not been told that the game provided with the system was available only through a digital download and did not come in CD form. The employee offered to give the man a CD copy of the game, even though he had not purchased the video game system from that particular store.

The man then reportedly asked that the store reimburse him for the cost of his cab fare from Wilmette to Niles and allegedly became upset when he was told the store had no obligation to pay for his transportation.

The manager told police that about 45 minutes later he received a phone call from a man he recognized as the customer with the video game system. During two separate conversations — in which the caller stated he did not have a car and had to take a taxi to the store — he allegedly threatened to come back to the store to harm and then kill the manager, police said.

According to police, the man used a store membership card for another purchase he made that day and the manager determined it was registered to a man from Pennsylvania.

Police attempted to contact the owner of the card, but were unable to reach anyone. The manager told police he did not want to sign criminal complaints against the caller who had made the threatening statements.

Fire at nursing home sends four to hospital

BY JENNIFER JOHNSON
Pioneer Press

Four people were taken to area hospitals after a small fire broke out last week inside a nursing facility near Park Ridge.

The fire was reported around 8:15 a.m. inside a second-floor room at the three-story Ballard Rehabilitation Center, 9300 Ballard Road.

Four patients — including at least one who had been in the room where the fire originated — were transported to area hospitals, two requiring advanced life support, said North Maine Fire Department Chief Rick Dobrowski.

Dobrowski credited the fire sprinkler system installed in the building several years ago with containing and extinguishing the fire. It did not spread beyond the unit in which it started, he said.

"I would hate to think what would have happened if there wasn't a sprinkler there," Dobrowski added.

Smoke and water damage was reported in the unit where the fire began and in surrounding areas.

Reward offered for hit-run info

A $1,000 reward is being offered for information that leads to the arrest of the person who struck and killed an 86-year-old Morton Grove resident and left the scene on Jan. 12.

Richard Mikulec was crossing the street at Shermar Road and Harlem Avenue at about 7 p.m. when he was struck.

With few leads in the investigation more than a month after the crime, Cook County Crime Stoppers has posted the cash reward in hopes of finding information leading to an arrest.

The year of the vehicle was possibly newer than a 2009 model, according to Paul Yaras, police commander at the Morton Grove Police Department.

Anonymous tips are being accepted at www.cookcountycrimestoppers.org and at 800-535-7867.
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Chicago Tribune
Former NFL quarterback brings mental health awareness message to Maine South

By Jennifer Johnson
Pioneer Press

To his friends, Philip Kozak was the guy who loved to make others laugh.

But the varsity football player's outward sense of humor and wide grin masked an inner torment. When he took his own life just months after graduating from Maine South High School in 2008, it was a shock to those who had been close to him.

"Nobody saw it coming," said Justin Fahey, a Maine South senior whose older brother Chris was one of Phil's best friends.

It's the kind of tragedy Fahey and the friends and family members who established the Philip Kozak Memorial Fund hope to prevent by bringing local teens a greater understanding of depression and suicide prevention.

On Feb. 18, Kozak's friends organized a visit to Maine South by former Detroit Lions quarterback Eric Hippie, now a national speaker on depression awareness and the outreach coordinator of the Depression Center at the University of Michigan, Ann Arbor.

With the suicide of a 17-year-old Maine South student just last September, Kozak's friends - and particularly Fahey, a current student - felt an urgency to do something.

"We figured the timing was right and we wanted to bring in a speaker who would have an impact," said Mark Huber, one of a group of Kozak's high school friends who helped establish the memorial and organize fundraisers, including annual softball tournaments. "If it had an impact on one person, the money was worth it in itself. We did some research and thankfully Eric was the guy who perfectly met all the needs we had."

Hippie, addressing the senior class, spoke openly of his son's suicide at 15 and candidly about his own downward spiral into depression and alcohol abuse. It was only after landing in jail on a DUI charge that Hippie found the strength to address his own mental health, seek answers and begin reaching out to others.

As a professional football player, Hippie saw physical health and performance receive a far greater focus than mental health.

"Not once in 17 years of football did a coach tell me to come back from camp in great mental shape," Hippie said.

While a physical illness - like the broken ankle Hippie suffered during a game tackle - can be recognizable, an illness affecting the brain, like depression, is tougher to spot.

"What happens is, we have to pick up on other things," he explained.

Hippie encouraged the students to learn how to recognize signs of depression in themselves and others. Some tell-tale symptoms include extended periods of sadness, loss of interest in once enjoyable activities, social withdrawal, changes in eating habits and sleeping patterns, unexplainable pains, risk-taking behaviors and thoughts of death and suicide.

Awareness and empathy, Hippie said, are key.

As an exercise, students were encouraged to take five seconds every day for the next week looking straight in a eye of people they know.

"It might be the first opportunity we get to look beyond the veil and feel something they might be feeling," he explained. "And that gives us the opportunity to ask, 'What's going on? You don't seem like yourself. I can see it in your eyes - what's happening? It gives us the chance to ask.'"

Justin Fahey, who assists Maine South faculty in suicide awareness programs for freshmen, said he hopes his classmates learned at least one new thing from Hippie's presentation. He also wants to prevent other students who may be at risk for suicide from remaining unnoticed.

"You don't know what other people are going through, you don't know what might be bubbling up underneath," he said. "I think that's the main target here. People who show signs of needing help usually get it - we've got counselors, we've got social workers. This [presentation] is more for the ones who don't show [the signs]."

David Berendt, assistant principal for students, said school counselors, social workers and an online, anonymous online tip link are available to anyone at Maine South who needs help or knows someone in need.

"The number one lesson here is you've got to talk to people, take care of each other," he said.

Suicide awareness is a topic addressed with each grade level, though the transition from high school to college is a focal point for the senior class, said Maine South Principal Shawn Messmer.

"We try to do something every year related to depression and suicide to keep the kids thinking about it, constantly doing self-checks and letting us know if they or someone they know is suffering from something," Messmer said.
Heralded author brings keen insights to McCracken

BY MIKE ISAACS
Pioneer Press

Just as Nina draws strength and a deep connection to her great-great-grandmother, author Joan Steinau Lester wanted McCracken Middle School students to connect to her conflicted teenage character.

The protagonist of Lester's heralded young adult novel, "Black, White, Other: In Search of Nina Armstrong," biracial teen Nina finds her world unraveling when her parents divorce.

Her family fractured and the ambiguities of her racial background stoking her sense of disunity, Nina turns to the story of her great-great-grandmother's escape from slavery for inspiration.

"We all have to figure out who we are at various times in our lives," Lester told McCracken students Feb. 18 during a school-wide assembly.

"Black, White, Other" was one of a few books selected for this year's continuing Coming Together in Skokie and Niles Township series. Coming Together usually devotes several winter months to programs all centered around one culture, but this year it took a different track; aligning with a recently-closed exhibition at the Illinois Holocaust Museum, the series focuses on the thorny subject of race.

The author has been writing for youth and the hikes near her northern California home have kept her young.

"The simple contrapuntal narrative of Sarah Armstrong's escaping slavery distinguishes the book emotionally and psychologically, raising it above other issue-oriented [young adult] novels," stated Publishers Weekly in a starred review. "Lester writes with social sensitivity and an ear for teen language and concerns. This is engaging treatment of a challenging subject that comes with little precedent."

"Lester did not write her book for Publishers Weekly, of course, but specifically for the demographic inside the McCracken gym."

"I have been writing since I was 9, she said, and has been published for 25 years." Lester invited the middle school students into her life, shared with them her process for writing, her likes when she is away from her computer, her support for gay rights and other causes.

This book was especially important to her, having biracial children herself and wanting to keep them safe and loved.

But equally important to the author during her visit was to turn the tables and to hear from the students.

"Have you ever felt you didn't belong or fit?" she asked.

Many students raised their hands.

"Some people look down on me because I'm black," one student said, "but as long as what they say isn't true, I don't care.

Such discrimination still matters, Lester said, because of its potential impact on other people and the culture of the school.
Concerns over mental health support discussed

BY MIKE ISAACS
Pioneer Press

Gov. Bruce Rauner did not take part in Turning Point Behavioral Health Care Center's annual town hall meeting last week about mental health, but he certainly was on the mind of many in the room.

Elected leaders feared that Rauner would propose harmful or even devastating cuts to mental health services in order to address Illinois' serious fiscal crisis.

"The budget address is next week and I don't know what is going to happen," said State Rep. Laura Fine, D-17 at the gathering in Skokie. "It's very different coming from business than coming from government. We don't know what the outcome is going to be."

Fine ominously speculated about the proposed budget Rauner will deliver to the legislature.

"My guess is we're going to see pretty much a bloodbath," she said.

She also said no matter what proposed budget Rauner hands over, it is not the final word. Contacting legislators and protesting cuts in services can make a difference, she said.

Cuts in services have already made a negative difference to many who rely on access to mental health care resources. Attendees voiced concerns at the Feb. 13 meeting at the Skokie Public Library.

"Many of our PSR (psycho-social rehabilitation) clients are being denied authorization for continuation of these services," read a question on behalf of Turning Point clients. "What this means is that they will not be able to attend any of the PSR groups that they utilize on a regular basis to learn important skills, keep them stable and sometimes prevent hospitalization."

One woman in the audience said she has been "thriving" in PSR programs and now has been cut off, although Turning Point continues to carry her in hope the situation will be resolved.

"I'm fighting tears right now," she said, calling Turning Point her family and source of support. "It's affecting me physically. I don't want to go to a hospital. I don't want to go to an emergency room."

This marked Turning Point's 14th annual town hall meeting on mental health care in which experts discuss the impact of the current political and economic climate on mental health services.

In addition to a handful of panelists, the forum included about a dozen "local experts," those on the front lines in dealing with different aspects of mental health care services.

"Each year has been important, but today's meeting is especially important," said Turning Point CEO Ann Fisher Raney. "Our state government is in transition and the Department of Mental Health and related offices that oversee our work are undergoing changes."

Established in 1969, Turning Point is an outpatient mental health care center providing "expert, affordable mental health care to all."

In recent years, it created The Living Room, an alternative to hospital emergency rooms providing comfortable, non-clinical space for people undergoing a psychiatric crisis. Recently, Turning Point won the 2015 Excellence in Behavioral Health Care Management Award.

Social service agencies dealing with mental health, including Turning Point, have had to grapple with formidable challenges in maintaining or expanding services in a time of fiscal austerity for the state.

State Sen. Daniel Biss, D-9, recently named chair of the Senate's Human Services Committee, said he is extremely concerned about future funding for needed mental health care services.

"It's a new and different set of priorities that we're trying to understand," Biss said. "The governor has said a lot of things, and frankly a lot of enormously controversial things, about many, many issues."

Still, Biss said, he has not talked about the core financial questions facing the state.

"The real challenge before us is what to do about our tax code," Biss said. "The tax code dropped dramatically Jan. 1 placing us in an enormous situation of fiscal pressure."

But not all of the impact on mental health services comes from Springfield. The federal Affordable Care Act, for example, has resulted in more than 540,000 people being added to Medicaid coverage.

"I think the Affordable Care Act has been an amazing policy," said State Rep. Robin Gabel, D-18, adding that many in Illinois receive health care coverage now who did not before.

The result, though, also creates a demand on state employees, of which Illinois has among the fewest per capita in the country, Gabel said. Funding has been allocated to the state's human services department to hire more people.

"All that said, they are still further behind than they would like to be," Gabel said. "They're making progress."

U.S. Rep. Jan Schakowsky, D-9, has attended many of the annual town hall meetings. Although in Washington this year, she delivered a statement through spokesperson Ann Limjoco.

Like Gabel, Schakowsky said Obamacare has made a significant difference in many people's lives. But efforts to improve Obamacare have had little success, she said, because of Republican opposition.

Skokie Mayor George Van Dusen brought the discussion to a local level, noting that Skokie and Evanston provide more affordable housing than any town in the northern suburbs. The village places high priority on providing adequate mental health services, he said.

Dan Wasserman of the mental health division in the Illinois Department of Human Services said some of the most important mental health services are provided by community-based nonprofit agencies like Turning Point.

He acknowledged changes at the state level are taking place.

He also agreed that psycho-social rehabilitation services are among those that are important to recovery. But funding for such services has to be looked at as part of a whole, he said.

"PSR services are not funded in isolation," Wasserman said. "They're really part of an array that could be used together."
Plungers brave frigid lake for Special Olympics

By Karie Angell Luc
Pioneer Press

The Annual Law Enforcement Torch Run SUPER Plunge benefiting Special Olympics Illinois started its 24-hour cycle Feb. 20 after volunteers manually removed ice chunks from the shallow pool in Lake Michigan at Northwestern University North Beach.

"We're going to be a little bit behind," said Eric Smith, Torch Run director. "We ended up with a backhoe that got a flat tire.

"I'm not worried. We'll double plunge as many times as we can."

More than $150,000 was raised at this year's SUPER Plunge, maybe even close to a goal of $200,000, said hopeful officials. They were grateful for the 55 SUPER plungers who committed to take a dip in icy water each hour for 24 hours.

"The wind is horrible out there," said Dave Breen, president/CEO of Special Olympics Illinois. "We got a lot of people here who are courageous to do this.

"I look at all of the obstacles that our athletes face and this kind of pales in comparison."

Some plungers dunked themselves shirtless, many toting signs, even cell phones, for selfies. Michael Jahn, a downstate Pontiac firefighter, slathered his nose in sunscreen.

"You always wear sunscreen at the beach," Jahn joked.

"I'm happy to be here," said Ron Kus, an Orland Park dispatcher who was making his seventh appearance. "Even though the weather is discouraging, you remember you do it for the kids."

Jerry Krecisz, a Skokie police officer of four years who plunged in the same group as Jahn, was among those who set up folding chairs in the warming tent.

"I'm one of maybe five plungers that completely submerges each time I go in," said Krecisz, who plunged for the third year, over which, he raised nearly $4,000. This year's donation was $1,300.

Krecisz admits he gets nervous before the event.

"I just get anxious, butterflies in my stomach," Krecisz said. "Eventually, when we get out there, it seems like it brings out that inner power to do this, especially when the athletes come out to thank us. It's hard to explain."

His fiancée Daria Bogucka, of Mount Prospect, brought nine towels for her intended.

"I'm here to cheer him on and wrap him up in a towel," she said. "I'm very proud."

Krecisz took his first plunge shirtless.

"We try to do as much as we can," said Krecisz, crediting the Skokie Police Department.

Karie Angell Luc is a freelance reporter for Pioneer Press.

We remember when you partied like it was 1999

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Students donate, sort clothes for Niles Township charity

NATALIE HAYES
Pioneer Press

The subzero temperatures that blanketed Lincolnwood Feb. 19 didn't stop a group of about 20 students at Todd Hall School from following through with their pledge to help a local church collect clothing for needy kids in Niles Township.

A school-wide effort to collect hundreds of pieces of new and gently-used clothing for the Niles Township Community Clothing Closet in Skokie started two weeks when Todd Hall's fifth annual service learning project kicked-off.

At the end of the two weeks, kids gathered in the school's gymnasium with their parents to help sort and fold the donated items.

Although the frigid weather kept hundreds of families who had planned to attend the service night at home, it was a school-wide effort to gather the more than 70 bags of clothing Todd Hall had collected by the end of the two weeks, according to principal Ellen Shankar—surpassing the school's goal of 40 bags.

"We want to get them to feel what it's like to give back to people who don't have the same things they have," Shankar said. "We also want it to be about doing something meaningful with their families at the school."

St. Paul Lutheran Church on the 5200 block of Galitz Street in Skokie started the children's clothing closet back in September of last year, and has since provided clothing for about 300 children and teenagers, according to Rev. Matthew Conrad of St. Paul Lutheran Church.

Located in a space in the church that was designed to look more like a store than a charity, the Community Clothing Closet provides a non-judgmental place for kids to shop for the clothes their families might not be able to afford.

The Community Clothing Closet collected adult clothing too, but the charity's mission is to provide two or three used outfits and sets of new socks and underwear to children attending schools in Lincolnwood, Morton Grove, Niles, and Skokie.

Rev. Conrad said the charity at first struggled to get its name out among social workers in Niles Township schools because of its religious affiliation, but he said Community Clothing Closet is a non-religious service despite being located inside of a Lutheran church.

"People have started to see that we really just want to help, and that we don't have any sort of religious agenda," Rev. Conrad said.

Now that the word about Community Clothing Closet's mission has started penetrating the schools during the past few months, social workers have been referring more students to the charity, where they can shop for clothes they can feel good about wearing to school.

"We try to collect name-brand things a high school student would want to wear," Rev. Conrad said. "That way they can come shopping here, and go to school wearing the same brands as their friends."

By the end of the night, Todd Hall students had sorted through and folded thousands of pieces of clothing ready to be sent to the charity and worn by students in need.

"Some of the kids helped by the charity could even students here at Todd Hall," Rev. Conrad said.

The annual service project has grown into an annual tradition at Todd Hall School. Last year, kids donated books for Lake Forest-based Bernie's Book Bank. In 2013 the school supported "Project Night Out," a national initiative that donates more than 25,000 care packages to shelters each year.

Donations can be dropped off at the Niles Township Community Clothing Closet at the back door of the building by the parking lot off of George Street. Financial contributions are accepted through the church office at 847-673-5030 or at clos- et@stpaulskokie.org.

Natalie Hayes is a freelance reporter for Pioneer Press.
Teaching health care workers to ID domestic violence

BY DAYNA FIELDS
Pioneer Press

What does domestic violence look like on the North Shore? Same as it does everywhere else.

That message is at the forefront of a new comprehensive training initiative aimed at teaching every health care provider within NorthShore University HealthSystem's four hospitals how to identify and talk to potential victims of domestic violence.

"It doesn't matter what race, ethnicity, religion or economic status, or the neighborhood that people live in - [domestic violence] crosses all of those boundaries," said Diane Ativie, social worker and co-chair of the NorthShore University HealthSystem's Domestic Violence Committee.

The massive initiative is in response to an Affordable Health-care Act mandate that requires health care providers to screen every incoming patient for domestic violence, victims of which can easily fly under the radar, according to Ativie.

Self-blame is just one of the many reasons why a victim might try to keep their abuse secret, she said. Other reasons might include fear of being physically injured, fear of losing custody of one's children or lack of access to money or shelter.

At a recent presentation for Evanston residents, titled "Don't Mind Your Own Business," the committee invited representatives from Northbrook-based Allstate to share details about the company's Purple Purse program.

"[Sometimes], it's all about financial empowerment," Ativie said. "No matter how wealthy the family is - who controls the purse? Who controls the money?"

Other community partners of the committee include the YWCA Evanston/North Shore, Between Friends and Shalva, all of which provide follow-up services for victims as well as assist in training for NorthShore staff.

Social workers from both the Evanston and Glenview police departments are also on the committee. Ativie said.

NorthShore's Dr. Carol Prete, who also co-chairs the committee, said the goal is to train everyone inside the hospitals, including nurses, medical assistants, physicians, maternity ward staff, emergency room staff and even those enrolled in the NorthShore residency program.

The training, Prete said, begins with the universal questions: "Do you feel safe at home? Is there someone in your home who is making you feel unsafe?"

Emphasis is placed on recognizing the hidden signs of domestic violence, she said, like a repeat patient who complains of injuries that can't be logically explained.

But Prete said she hopes the training will help staff identify victims before their situation escalates to physical injuries, which she said is the last stage of domestic violence. The first stages focus on grooming, controlling and blaming the victim for the perpetrator's actions, she said.

"A lot of times people won't even realize that that's what's happening to them; that they're in a pattern of power and control in their personal life," Prete said.

For the victims, or survivors, who are ready to leave the situation or press charges, they are referred to the appropriate services that include crisis intervention, emergency shelter, community counseling and legal assistance.

But leaving the perpetrator is the most difficult decision, and it can be dangerous, Prete said. Although it can be frustrating, she said, sometimes the only thing a medical provider can do is offer help, be patient and keep a watchful eye. When the victim is ready to accept help, Prete said the training will go a long way in making sure medical staff responds appropriately.

"The most risky time in a domestic-violence relationship is leaving - that's when things really can escalate, and they can be dangerous, and that's when people get killed," she said. "So one of the main points that we try to get across is you have to do this in the patient's time frame. You have to help them see maybe what's happening in their lives, and then give them resources to become educated about it."

Prete said she has already heard positive feedback from nurses and other medical staff that may have hesitated to discuss domestic violence with their patients before the training simply because they didn't know what questions to ask or not to ask.

"That's why it's so important what we do as health care providers, because we have an opportunity to intervene," Ativie said. "And if we can make that difference, we can make a real impact."

Dayna Fields is a freelance reporter for Pioneer Press.
The chilling effect of cold versus snow

The No. 1 question of winter is this: What do you prefer, bitter cold or heavy snow? Last year we had snowfall on snowfall upon snowfall. It was paradise for those who love winter sports - the skiers, snowboarders, sledgers and snowmobilers.

This year has been a little different. We've had some snow, but not nearly as much as last year. This year has been marked by bitter cold, especially last week.

We had a cold snap earlier this winter that shut down schools, and again bitter cold that closed schools last week.

So if we are going to endure one or the other, which do you prefer? Both are likely to wreak havoc on our busy lives. Both are likely to shut down schools. So pick your poison.

I favor snow. There's something enchanting, beautiful and wondrous about a snowstorm.

It is a thing to be admired.

You can go out and play in the snow. You can break out the skis and cut a new trail through the forest preserve. You can wax your snowboard for some runs on fresh powder.

Children can ride their Flexible Flyers or toboggans down the highest hill in the park. They eventually become adults fire up the snowmobile and ride it through the woods. Why I've heard there is so much snow in Boston some people are jumping out of windows into snowbanks.

With snow, there is plenty to do.

But what can you do in the bitter cold?

Not much. The snow that fell a few weeks ago is like frozen tundra now. I suppose there is ice fishing, but I'm not one to sit on ice and freeze for hours at a time.

Once as a boy I played ice hockey all night on a bitter cold evening. All I got for it was frostbitten fingers that still give me problems when temperatures dip below freezing.

People are friendlier in snowstorms, too. I'm sure you've noticed it. Neighbors shovel the walks for the older folks on the block or help push a stuck car out of snowbank.

But what can you do to help in the bitter cold? No one even wants to be outside.

I know there are a few who prefer the cold to the snow. They argue that everything shuts down in snowstorms. It creates hazards on the roads. It takes forever to get somewhere. You can't even go to the grocery story.

But in the cold, you just go from your front door to the car, let the car warm up, and you can be on your merry way.

That is if your car starts. To me, there is no more depressing winter sound than that of a car engine trying and failing to turn over in zero degree weather.

So if we have to have winter, I'm for snow, not bitter cold.

I've heard there are those who want them both snow and bitter cold together. And that's why there is Antarctica.

Frozen ice grips a pier off the 31st beach in Chicago on a record-breaking cold day last week: Feb. 19.

Time to put the brakes on red light cameras

You hate them.
I hate them.
Why?
The avowed purpose of red light cameras is to save lives by forcing people to drive more carefully.

So, why do we hate them? Because we don't believe their avowed purpose is the real reason for their use.

Not counting suburbs, red light cameras have gorged the coffers of the city of Chicago by $500 million since 2002.

You and I see red light cameras as a revenue source for municipalities, not as a safety measure - particularly since the more studies that are done on red light cameras the more doubts are cast on their effectiveness in preventing accidents.

And - again in Chicago the Tribune reported that the city sets yellow traffic lights on a short timer, three seconds, so that traffic lights turn red faster and thus catch more, so-called red light runners.

There are many reasons to hate red light cameras. Here's another: They are profoundly undemocratic and discriminatory. Red light cameras are a way to tax the middle class and the poor while leaving the wealthy unscathed.

But everybody pays the same $100 fine, right? How is that discriminatory and undemocratic?

Recall. How many times on the news have you seen Chicago Mayor Rahm Emanuel's black SUV entourage running red lights?

Each time when confronted by reporters, the mayor curtly replies that he will pay the fine. No more questions.

This tells us two things:
1. Not even the mayor believes red light cameras are a safety measure. Otherwise he would promise to slow down, not just pay a fine. A fine does not help a run-over child.
2. Paying a $100 fine is no punishment at all for a wealthy person. A punishment is not a punishment if it does not punish. To most of us a $100 fine means we do without, or delay buying something. The wealthy may continue to speed and merely sign what is for them a small-potatoes check.

So, red light cameras are not effective.

Red light cameras are a sneaky way to place even more of the tax burden on the backs of the middle class and the poor.

The next step seems pretty logical: Get rid of red light cameras.
In community activism, you can’t win ’em all

These are my truths: I’m a Caucasian woman. I live in Evanston, a racially diverse suburb of Chicago. I tried — and failed — to save a building in my community, located in a neighborhood that I believe was ignored for too long by almost everyone in my city. I used to be one of them.

I noticed the building at 1823 Church St. when my son started guitar lessons. I’d drop him off, pick him up and forget about the space on the northeast corner of Church Street and at Dodge Avenue and Church. Aside from Evanston Township High School’s signage, the intersection felt more “dim and drive-by” than “destination.”

At the intersection’s northwest corner, the convenience store permitted only two high school students inside at once; too many incidents, too many fights. I wondered if that rule applied to neighbors, too. But I never bothered to find out.

But then, when I heard 1823 Church might close its doors, I listened. I had a personal stake in the place. My son had become a musician there. He learned the value of practice. Learned to budget his time, to collaborate with others. When he performed in this space, I witnessed the power of this corner. I hoped more people would notice too.

When my son’s classmate was shot and killed one block from, my hopes for 1823 Church turned into a mission.

Thirteen of us created a nonprofit to raise money and buy the building. During our initial weekly meetings, our micro-community had 13 members: 46 percent female, 54 percent male, 38 percent black, 48 percent white, 8 percent Filipino, 8 percent Canadian and 100 percent devoted to this corner.

When we renamed our 501(c)(3) The Corner, a backlash began. “How dare you call yourselves that,” they said.

Still, we held our course. We gathered support and created a Neighborhood Advisory Council to gather community input, hear better ideas and share our passions for 1823 Church St. When another party showed up at our meetings, expressing interest in the building and listening to our ideas, we were transparent. When they asked to see our plan, we held it close. Something didn’t feel right.

We created a sustainable strategic plan, which the city continuously asked to see. Finally, they offered us a low interest, $300,000 loan to help us purchase the space if we hurried up. We were surprised and encouraged, but insisted on gathering community support before making an offer on the property. My family grew weary of my time away from them. Finally, after working for a year, we felt ready to launch our fundraising campaign.

However, an alderman announced a new process, insisting all parties work together if city money would go toward this effort. We halted our fundraising and participated in a mediation process with three other interested parties. We handed over our plan. Simultaneously, we assisted in creating a business association to improve the intersection. We were committed. No other group submitted a plan.

As our board president re-opened the nearby convenience store where all are welcome, another group “took control” of 1823 Church St. and sold off contents. We never heard from its leader — or the city’s mediator again.

After interviewing the alderman, a reporter recently wrote, “The property had been on the open market from the time BooCoo vacated until the city purchased it. Apparently, no private purchaser could be found.”

I’m still amazed I did not cry.

These are my truths: My son is an accomplished musician. I am now a community activist. I wish all the best to the Gibbs-Morrison Cultural Center. My city needs a transparent vetting process to avoid wasting resources of citizens willing to contribute to progress.

And I’d do it all again.

Christine Wolf is a freelance columnist for Pioneer Press.

‘Obamacare’ — What you need to know

As it is now law that every U.S. citizen have health insurance under the Affordable Care Act, we here at Help Squad want to ensure that you have not missed your opportunity for coverage as a result of unusual or extraordinary circumstances.

You may be aware that the most recent deadlne for enrollment in Get Covered Illinois, the health insurance marketplace created as a result of the ACA, was Feb. 15 — with an extension to Feb. 22 for those who encountered technical issues or long wait times.

If you were unable to make either of those deadlines as a result of a “qualifying life event,” then you may still be eligible to obtain discounted or subsidized health care coverage through the Illinois Health Insurance Marketplace. Below is a partial list of occurrences from getcoveredillinois.gov that would constitute qualifying life events.

- Getting married
- Having a baby, adopting a child or placing a child for adoption or foster care
- Moving outside your insurer's coverage area
- Gaining citizenship
- Leaving incarceration
- Involuntarily losing health care coverage due to losing job-based coverage, divorce, the end of an insurance plan in the individual market, COBRA expiration, aging off a parent's plan, or losing eligibility for Medicaid or All Kids
- For people already enrolled in a Marketplace plan, having a change in status or income that affects eligibility for financial help

According to Laura Phelan, policy director, Get Covered Illinois, “If you have experienced a qualifying life event, you may be eligible for a special enrollment period that extends 60 days beyond the date of the event.”

This is the case and you require coverage, call the Get Covered Illinois Help Desk at 866-311-1119 or go to getcoveredillinois.com and enter your ZIP code to find a free, in-person professional who can help you.

With April 15 approaching, you will need to account for health care coverage on your federal income tax form per the ACA.

According to Phelan, “If you or someone in your family enrolled in health care coverage through the Marketplace, you will receive a new tax statement called a 1095-A, which includes the information you need to file your federal tax return. If you had coverage through Medicaid, Medicare, other public health benefits or job-based coverage, you will just attest to being covered on your federal taxes.”

Be aware that there are certain hardship exemptions to mandatory coverage.

These include being homeless, experiencing domestic violence or filing for bankruptcy. If any of these hardships apply, you will not be required to pay the federally-mandated penalty. However, to claim an exemption, you must file Form 8965, Health Coverage Exemptions, with your federal tax return.

Phelan reminds those who have enrolled that “Your enrollment is not complete until you make your first payment to your insurance company. In order to finish enrollment, you need to pay your premium by the end of the month prior to your coverage start date. You should contact your insurance company if you do not receive information about making a payment within a few days of selecting your plan on the Marketplace.”

Also, don’t forget to verify that your doctor is in your 2015 health plan provider network prior to scheduling a visit, and be sure to double-check your plan’s in-network pharmacies to ensure you receive the best prices on prescription medications.

Unless you qualify for a special enrollment period post-Feb. 15, you will not be able to sign up for or change your plan again until the next open enrollment period in November 2015.

Need help?

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

Cathy Cunningham is a freelance columnist for Pioneer Press.
I attended a business networking meeting this morning where, when I first walked in, a crowd stood around a woman who was showing everyone her left ring finger. On it a brand new diamond ring.

As all the women admired the ring and congratulated her on her recent marriage, I asked the million dollar question, “How did you two meet?”

With a glow and a sparkle in her eye, she replied, “Of all places, at a networking meeting.”

I was curious. “Like what? A speed dating event? A party hosted by a dating site?” I asked.

She replied, “No, a business networking event, just like this.”

It actually made perfect sense. What better place to meet the love of your life than during an event where you’re dressed nicely and aiming to be on your best, most polite and charming behavior? Additionally, you’re surrounded by people who all have your same goal: grow your business. So, you already have a huge commonality.

Let’s face it. Work can be sexy. It’s business suits, skirts, high heels, makeup and iPhones, versus ponytails, laundry, old jeans and diapers. A professional setting, whether in the office or even online, highlights the drive and ambition in others, which can prove to be a huge turn on.

A great example is LinkedIn, a professional networking site which has more than 330 million members, who likely joined either to find a new job or make connections to improve their current job or business. But do some members have other motives? I believe they do.

If you look at a person’s LinkedIn profile, it almost always includes their qualifications, achievements, skills, and even references. And, of course, there’s a photo. Posting all of this is great if you’re trying to get ahead in business, but aren’t these the same types of things you are selling a potential mate?

My point is, what are you getting from joining a dating website that you can’t find on LinkedIn? Some might say that on a dating site, you are guaranteed that all the people who post profiles are single, whereas on LinkedIn, you have no idea what their relationship status is. In this case, I would argue that I have heard countless stories of men and women who are married, who post their profile on Match.com and other dating sites. So, what’s the difference?

I’m not saying that dating sites aren’t useful or effective, but rather that connecting with someone romantically in a non-traditional way, (via a professional social media site) can be potentially beneficial. In other words, mixing business with your love life could turn out to be a savvy move.

Another example. I recently joined a new social networking app called Cyber Dust, which is partially owned by Mark Cuban. Cyber Dust is a platform for business networking and friendships through short messages and photos that disappear shortly after you send them. In other words, I don’t get the impression that Cyber Dust is geared toward meeting single people. Yet, there’s a certain vibe I get that men and women could end up dating (or maybe already have) by messaging each other on there. Again, you are posting a short bio, (highlighting your best qualities) and a photo. So, why does it have stop at business or friendships? Why not flirt with someone who just might be available?

Using business networking sites or events to improve your love life really makes sense to me. Some might view it as unprofessional, but I say it’s pretty darn smart.

If you really think about it, trying to land that perfect job or that perfect account that will change your life isn’t very different from trying to find that perfect person.
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This list is not intended to be a complete record of all real estate transactions. Data compiled by Record Information Services at 630-557-1000 or public-record.com
NORTHFIELD

Spacious & well-maintained home on oversized lot offers 3 levels of living. Sun-filled 1st-floor includes 2 bedrooms & full bath. 2nd-floor master suite has large sitting room. Full finished basement with private walkout, 4th bedroom, new bath, family room & bonus kitchen has many possibilities. Large, private, professionally landscaped, fenced backyard with 2-car garage. Easy access to 94 & bike trails.

Address: 1657 Mt Pleasant St.
Price: $389,000
Schools: New Trier Township High School Northfield
Taxes: N/A
Agent: Caponi And Karabas Team/Coldwell Banker

PALATINE

Fabulous ranch on 1/2 acre surrounded with feng shui patio/deck + water feature. Chefs kitchen, two-sided gas burn fireplace in living room, lots of cozy nooks. Family room has fireplace too. Family, living & dining rooms walls of windows wrap around patio with trex deck, water feature, and landscaping. Perfect home to entertain. House is on well water/filtration & new pump 2014.

Address: 157 Briarwood Lane
Price: $450,000
Schools: Rolling Meadows High School
Taxes: $8,573
Agent: Robin Wilson/@Properties

HIGHLAND PARK

Updated split level with finished sub basement. Upstairs baths have granite and stone, hardwood in kitchen and family room. Huge three-season room overlooks spacious yard with mature shrubbery. Generous bedrooms have closets galore including cedar in bed. Newer mechanicals. Stamped concrete entry stoop and stairs. Many contemporary touches.

Address: 663 Barberry Road
Price: $409,900
Schools: Highland Park or Deerfield High School
Taxes: $8,667
Agent: Mane Schuster-Epstein/Chicago Suburban Real Estate

LAKE FOREST

Charming farmhouse with arched doorways, hardwood floors and newer granite counters in kitchen. Updated full bathroom on 2nd floor. This in-town home has a full basement.

Address: 1060 Griffith Road
Price: $495,000
Schools: Lake Forest High School
Taxes: $6,987
Agent: Megan Jordan/@Properties

Listings from Homefinder.com.
Felony Franks breaks out new hot dog spot

BY ALEX V. HERNANDEZ
Pioneer Press

It's Sunday afternoon and Andrew McKinney is behind the counter at Felony Franks. He's preparing an order for a Chicago style hot dog with all the fixings, nicknamed the "Misdemeanor Wiener." Asked if anyone has asked for ketchup on a hot dog since the restaurant opened Thursday, he grins.

"Yeah a few, from time to time," McKinney says with a chuckle.

McKinney is one of the eight full-time and five part-time employees at the fast food joint at 6427 W North Ave. - and they're all ex-cons.

On the menu (tag line: "Food so good, it's criminal") are items like a Polish sausage called The Parolish, an Italian sausage sandwich called The Italian Job, fresh hand-cut french fries called Felony Fries and a milkshake called The Shake-down.

"Back in 1995, my father [Jim Andrews] and I started Andrews Paper Company. We were situated near a halfway house and some of our earliest employees in our wholesale business back then were ex-offenders who were coming out of jail," said Deno Andrews, Felony Franks' owner and an Oak Park native. "And we found them to be as loyal, hard-working and as reliable as anybody, so over time it sort of became a family mission to help people coming out of jail."

In 2010, Jim Andrews opened the original Felony Franks at the corner of Western Avenue and Jackson Boulevard in Chicago. While the mission was to help people who've served their time get back on their feet, 2nd Ward Ald. Bob Fioretti took issue with the message and said the business' name was "glorifying criminal conduct."

"It was actually my mother that came up with the name Felony Franks. It's very catchy," said Deno Andrews.

The alderman blocked the restaurant's sign permit, which led Jim Andrews into a lengthy legal battle with Fioretti and the city over First Amendment rights. While the elder Andrews eventually won the costly legal battle, he decided to close the Chicago business about two years ago.

Mary Andrews, Jim Andrews' wife, said she plans to never do business with Chicago again because of the experience.

"By that time, the business had already suffered a lot, and it looked bad to have an empty sign frame there for so long. And there were some other issues in the neighborhood that made it really tough to keep it open, like a liquor store around the corner attracting gangs," Jim Andrews said.

Deno Andrews has worked in the consulting industry for the past 12 years and wasn't really involved in the first version of the restaurant. However, about a year ago he contacted his father and said he was interested in a change in career and wanted to carry on the "family torch" and reopen Felony Franks.

"And now I'm running with it. This restaurant's a little more upscale. It's a little bit more Oak Park," he said. "We have a limited menu with very high-quality food because we wanted to go a couple steps above other fast food restaurants. Definitely the hot dogs are the biggest sellers so far."

"Family torch" and reopen Felony Franks.

"And now I'm running with it. This restaurant's a little more upscale. It's a little bit more Oak Park," he said. "We have a limited menu with very high-quality food because we wanted to go a couple steps above other fast food restaurants. Definitely the hot dogs are the biggest sellers so far."

"Down the line, Deno Andrews wants to expand the brand into two or three more locations and, if those are successful, eventually a national franchise.

To this end, he hopes to have his employees eventually be trained to the point where they can open Felony Franks locations of their own.

Right now, profits from the restaurant will cover the costs of running the business and paying staff a fair wage. Down the line he hopes to use donations to the Rescue Foundation to offer ongoing life training for Felony Franks staff.

"I've been given a second chance. I'm very blessed," McKinney said. "And I love working here, because my boss is my co-worker."

Alex V. Hernandez is a freelance reporter for Pioneer Press.
COMMUNITY CALENDAR

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

Thursday

Improv Nerd Lives! Jimmy Carrane hosts this live podcast recording with improv teacher Noah Gregoropoulos. 7:30 p.m. Thursday, Harris Hall, 1881 Sheridan Road, Evanston, free, 847-400-7592

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, 301 Central St., Evanston, Free-$5; $10-$12 for talk, 847-475-1030

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. every day. Mitchell Museum of the American Indian, 301 Central St., Evanston, free, 847-475-1030

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 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

Wine & Live Music: Snack on free appetizers while listening to live music. Beer, wine and cocktails are also available. 5:30 p.m. Thursday, Friday, The Crystal Ballroom & Lounge, 529 Davis St., Evanston, free, 847-570-4400

Anytime/Anywhere: The Piven Improvisation Ensemble performs long-form improv. 7:30 p.m. Thursday, Friday, Saturday, Piven Theatre Workshop, 927 Noyes St., Evanston, $10, 847-866-8049

Edge Power Employment Workshop: Meet with employment coaches from Illinois WorkNet to discuss resumes and cover letters, online job applications, and interviewing. Advance registration required. 9:30 a.m. Thurs.

day, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Linkedin: Learn how to set up an account, create a profile and connect with other professionals. 7 p.m. Thursday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Girls Night Out: Enjoy an evening of mini pampering services offered by 4 Seasons Nail & Day Spa, The Red Studio and Just Relax including music, cocktails, hors d’oeuvres and more. Limited to the first 100 people. (A photo ID must be provided to receive alcoholic beverages) 6 p.m. Thursday, Golf Mill Shopping Center, 239 Golf Mill Center, Niles, $20, 847-699-1070

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 IceSense. 5-8 p.m. Monday through Friday; 1-4 p.m. Saturday, 1-5 p.m. Sunday through March 15, Westfield Old Orchard, 4999 Old Orchard Center, Skokie, $2 to skate; $3 rentals; $12 for skating lessons, 847-673-6800

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

Winnetka Landmark Preservation Commission Preservation Awards: Nominate your house or your neighbor’s house in A categories that include restoration, rehabilitation, and new construction for projects that have been completed during the last five years. 11:15 a.m. Thursday, Winnetka Village Hall, 510 Green Bay Road, Winnetka, free, 847-716-3525

Friday, Feb. 2

Friday Night Fish Fry at White Pines: The fish fry events feature an all-you-can-eat lake fresh lake perch dinner. Specialty wines and beer are offered, and a full bar is available. Reservations are recommended. 5 p.m. Friday, White Pines Golf Club, 500 W. Jefferson St, Bensenville, $14.99, 630-766-0304

“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, 3 p.m. Sunday, Prairie Lakes Community Center, 515 E. Thacker Street, Des Plaines, $9-$12, 847-516-2298

Nia: Holistic dance fitness: With Nia develop flexibility, agility, mobility, strength, and stability in your body. 11 a.m. Monday, Tuesday, Wednesday, Thursday, Friday, Michigan Ave., Evanston, $11 drop-in, $80 unlimited class pass., 847-669-6477

Duplicate Bridge: The senior center offers a friendly bridge game every Friday morning. 9 a.m. Friday, Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-5127

Friday Night Live Friday Night Live Club is a fun and safe club designed for students in fourth- and fifth-grades. Each month is themed with live DJ. Pre-registered or pay at the door. Concessions are available (pizza/hot dogs, pop, water, candy, and chips). Register online. 7 p.m. Friday, Maine Park Leisure Center, 2701 W. Sibley Ave., Park Ridge, $5, 847-692-5127

April Macie: The finalist on “Last Comic Standing” and frequent guest on “The Howard Stern Show” performs stand-up. 8 p.m. Friday, 10:30 p.m. Saturday, 7-9 p.m. Saturday, Zanies Rosemont, 5437 Park Pl., Rosemont, $22 plus a two-item food/drink minimum, 847-813-0484

Chris Brown & Trey Songz: 7:30 p.m. Friday, Allstate Mena, 6920 Mannheim Road, Rosemont, $39.75-$123.75, 847-635-6601


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. 4:30 p.m. to 12 midnight Saturday, Evanston Public Library, 1703 Orrington Ave., Evanston, free, 847-463-8600

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

The Bluegrass Advocates: 9:30 p.m. Saturday, The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

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. and 7:30 p.m. Saturday, 3 p.m. Sunday. Actors Gymnasium, 927 Noyes St., Evanston, $15-$20, 847-328-2795

An Evening of Comedy and Spoken Word: With author and comedian Debbie Sue Goodman and friends. Debbie Sue is an author of the books, “My Husband the Stranger”, “Still Single” and “Still Dating.” 7-10 p.m. Saturday, Glenview Grind, 989 Waukegan Road, Glenview, No cover charge., 847-729-0111

Cinema Sleuths Series: “Charlie Chan at the Opera”: A film screening and discussion series moderated by author and film historian Doug Deuchler. “Charlie Chan at the Opera” (from 1936, is not rated and runs 1 hr. 6 min.) A dangerous amnesiac escapes from an asylum, hides in the opera house, and is suspected of getting revenge on those who tried to murder him 13 years ago. Warner Oland, Boris Karloff. 2 p.m. Saturday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

“The Two Hour Cup”: Try three different premium loose leaf teas and take home info cards with descriptions and tasting notes. 2 p.m. Saturday, 1 p.m. Sunday, Tea Lula, 11 S. Fairview Ave., Park Ridge, $4.50, 888-832-5852

Turn to Calendar, Next Page
CALENDAR

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Mega Movie Pajama Nights in Park Ridge: Hey kids, come dressed in your favorite pjs and enjoy an evening of fun! Play games, enjoy a fun snack, and watch a "G/PG" rated movie on the inflatable movie screen in the gym. This is a great opportunity for parents to enjoy a quiet evening to themselves. (Ages: 4-9) Register online at www.prparks.org 6 p.m. Saturday, Maine Park Leisure Center, 2701 W. Sibley Ave., Park Ridge, $15 Resident / $27 Non-Resident, 847-692-5127

"Li'I Orphan Esther Purim Shpiel": The synagogue presents its Jewish twist musical, Li'l Orphan Esther, a special program of Purim folk music, by Cantorial Soloist Shelley Orbach, is being added to the March 8 program. 8 p.m. Saturday, 1 p.m. Sunday, Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St, Skokie, $32 - $70, 847-673-6300.

FROZEMONT Ice Skating: The lawn of the park gets transformed into an NHL-sized, outdoor skating rink where visitors can skate under the lights during the holiday season. Skates can be rented for $8.2 p.m. Sunday, MB Financial Park at Rosemont, 5501 Park Place, Rosemont, free, 847-349-5008

Ars Viva Symphony Orchestra: Duelling violins: David Taylor and Ilya Kaler will duel their way through two delightful concerts. 3 p.m. Sunday, North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie, $32 - $70, 847-673-6300.

Purim Playstation Carnival: Video games present and past come to life as the congregation celebrates Purim with rides, blow ups, games and prizes. Come dressed as your favorite video hero. 11:30 a.m. Sunday, Beth Hillel Congregation Bnai Emunah, 3220 Big Tree Lane, Wilmette, 4 tickets for $1, 847-256-1213

Sunday, March 1

Evanston Bead Bazaar: Spend your Sunday shopping the collections of over a dozen bead vendors from across the Midwest. A wide selection of handmade glass, interesting findings, gemstones, vintage and antique components and even some finished jewelry too. 10 a.m. Sunday, Hilton Garden Inn Chicago North Shore/Evanston, 1818 Maple Ave., Evanston, $4, 847-328-4040

The Sunday Spark: DJBVAX spins dance, hip hop, reggae and house music. 10 p.m. Sunday, Chicago's Home of Chicken & Waffles, 2424 W. Dempster St, Evanston, free, 773-263-5193

Midwest Young Artists March Concerts: Midwest Young Artists presents Ignite Your Curiosity, an afternoon concert on March 1st showcasing its youngest talents. Join us for a family-friendly afternoon of music and ignite your child's curiosity about the power of music. The program features four talented youth orchestras, Reading, Cadet, Concertino and Philharmonia, alongside two choirs, Little Maestros and Mighty Maestros. 1:30 p.m. Sunday, Pick-Staiger Concert Hall, Northwestern University, 50 Arts Circle Drive, Evanston, $15-$30, 847-926-9898

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 847-929-5102 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

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 847-929-5102 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

Knitting Roundtable: Come work through knitting projects and socialize with fellow knitters. Expert knitters can show you how to solve knitting challenges. Don't forget your current knitting projects and needles! Call 847-929-5102 or visit www.mgpl.org for more information. 2 p.m. Monday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

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 847-929-5102 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. Turn to Calendar, Next Page
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Wednesday, March 4

To Prepare or Not to Prepare: Always Succession Plan: Mary Morten of Morten Group Consulting provides real-life case studies of organizations that have successfully developed succession plans which include talent development and aligning workforce strategies to meet the organizational challenges at hand. The morning workshop includes a continental breakfast and the evening workshops include a light supper. Room 1A. 5:30 p.m. Wednesday, Rotary International, 1560 Sherman Ave., Evanston, $40 for each workshop; $100 for three registrations, 847-492-0990

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

Open Mic Night in Evanston: Hosted by Daniel Fiddler. Sign-up begins at 8 p.m. 9 p.m. Wednesday, The Celtic Knot Public House, 626 Church St., Evanston, no cover, 847-864-1679

Computer Club: Join the group to understand the ins-and-outs of today's newest technology. 1:30 p.m. Wednesday, Park Ridge Park District - Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-3597

Comedy for a cause Benefit For Chris Ellis: Come out for an evening of comedy and help raise money to benefit 5-year-old Chris Ellis who was diagnosed with Stage 4 High-Risk Neuroblastoma and is currently undergoing treatment at Comer Children's Hospital. 8 p.m. Wednesday, Pickwick Theatre, 5 S. Prospect Ave., Park Ridge, $56, 630-234-2183

Damien Lemon: The comedian - a regular on MTV's "Guy Code" & Comedy Central - performs standup. 8 p.m. Wednesday, Zanies Rosemont, 5437 Park Place, Rosemont, $22 plus a two-item food/drink minimum, 847-813-0484.

Intergenerational Service Night: Adults, teens, and children are invited to join in working on a community service project and enjoying a meal together. 6 p.m. Wednesday, First Congregational Church of Wilmette, 1125 Wilmette Ave., Wilmette, free, 847-251-6660.

Have an event to submit? Go to chicagotribune.com/calendar
Avenues to Independence benefit raises $160,000

'Somewhere Over the Rainbow'

Benefiting:
Residential programs for adults with disabilities of Avenues to Independence, Park Ridge

Honoring:
Dale Kendrick received the Jane and Albert Wohler Visionary Award

Location:
Loews Chicago O'Hare Hotel, Rosemont

Date:
Feb. 14

Raised:
$160,000

Attended:
250

Website:
avenuestoindependence.org

Cynthia and Ron Kurowski of Park Ridge, volunteers

Sara McKitrick of Park Ridge, event co-chairman, and husband John

Peg O'Herron chairman of the board, Bob and Cheryl Border of Naperville, partnership board members, Bob Healy of Schaumburg, board secretary

Andy, Patti and Zach Bonk of Park Ridge
Kids with blood cancers enjoy a family party

Party for Kids with pediatric blood cancers (and their families)
Hosted by: Leukemia Research Foundation
Cause: To provide 60 pediatric blood cancer patients and their families with a free, fun day of respite
Date: Jan. 18
Location: Belvedere Events and Banquets, Elk Grove Village
Attended: About 200
Website: leukemia-research.org

Gabriela, Matthew, Jojo and Allynn Pattison of Barrington
Judy, Ivan, Kyra and Yasmeen Harrison of Willowbrook and Barrington and Mane In Heaven's Kayla Eckstrum
Keith, Emma and Morgan Bergeron of Northbrook

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Out of 37 women surveyed in a clinical study who used AMBI® 3-Step Regimen, as charted above Data sette. AMOfats a hademasts of Vateant Pfaannacenficats Intemahenal, Inc w Rs aft hales 52014 Valeanl Pharmaceuhcals Sordi stsaerlca LIC. SKAMBI4004Q

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$7.00 NOW!

AMBI SKINCARE

$3.00 Off

on your next purchase of NEW CeraVe® Hydrating Cleanser Bar*

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AMBI® Products*

*Includes CeraVe® Hydrating Cleanser Bar and trial size

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*Includes CeraVe® Hydrating Cleanser Bar and trial size

Save up to $6.00 on any CeraVe® Hydrating Cleanser Bar

Locks in moisture 3X longer than Dove Beauty Bar*

*Data derived from a bioinstrumental study conducted on 15 female subjects using cosmetic ingredients, voluntary participation to increase moisture content. Measured against Dove Beauty Bar. (Consumer trial, N=15)

CeraVe® does not test on any skin conditions. *Excludes Trial Sizes

Dove Beauty Bar

Hydrating Cleanser Bar

Locks in moisture 3X longer than Dove Beauty Bar*
Use the coupon below now to **SAVE UP TO 75%** on all your uninsured prescriptions!

Used by over 7.5 million people.

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Save on these prescription medications plus 50,000 more:

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Personalized Easter Bunnies

Only $14.95 each

Plus FREE Standard Shipping* Save $6.98

Most Orders Ship in 1-2 Days!

Your Personalized Easter Bunny is a Gift they'll cherish forever!

Bunny sits 10" Tall.

Each Bunny Comes With A Personalized T-shirt And Any Name Here!

GUARANTEED for Delivery by Easter on Orders received by 03/20/15!

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YES! Please send me Personalized Bunny(s) for only $14.95 each plus $6.98 FREE S&H*.

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Make check or money order to: Gifts For You
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Design  Pink/Purple  Green/Blue

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"I Will Praise You With My Soul"

Handcrafted and hand-painted with impeccable detail

Offered in a hand-numbered limited edition

Includes a numbered Certificate of Authenticity

Shown smaller than approximate size of 7½" high

"I Will Praise You With My Soul"

Inspiring symbols of faith, glorious angels of praise guide us through our lives with the reassurance of His grace.

Experience an angel's touch with "I Will Praise You With My Soul," a stunning limited-edition angel figurine, only from The Hamilton Collection.

Feel the Exquisite Statement of Grace

A vision of beauty, she is handcrafted with a fluid elegance and hand-painted with care to accentuate her lovely features. Her tiny waist is draped with a bold sash and a golden cross, then hand-finished in a luxurious satin glaze. An inspiring sentiment graces her dress and reminds us of the praise in her heart.

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MAIL TO:
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9204 Center For The Arts Drive, Niles, Illinois 60714-5300

YES! Please accept my order for "I Will Praise You With My Soul" for the issue price of $29.99. I need send no money now. I will be billed with shipment.

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City

State

Zip

Signature

MAIL TODAY! 09-03149-001-H28502

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Swirl™ with FLEXIBALL™ contours better* to tricky areas for a flawless shave
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always discreet
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Absorbs FASTER than Depend
*among maximum large. Depend is a registered trademark of Kimberly-Clark Worldwide.

Adapts & Responds
Customized Protection
GILLETTE® FUSION®
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2-in-1 Gel + Skin Care.
No Mess. No Rust. No Guessing.
BUY TWO GET ONE

SECRET® Clinical Deodorant (excludes 0.5oz and trial/travel size)
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CLINICAL STRENGTH
Adapts & Responds*
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GILLETTE® VENUS®
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Venus Swirl with
FLEXIBALL™ contours
better to tricky areas
for a flawless shave

*Venus Embrace
PANTENE® PRO-V
SHAMPOO + new CONDITIONER = 2X STRONGER HAIR'

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EXPIRES 03/31/15

$5.00 OFF
THREE Pantene® Products (excludes 6.7oz and trial/travel size)
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(exclude tamaños de prueba/viaje)

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TWO Pantene® Products (excludes trial/travel size)
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Strength against damage; Pantene shampoo and conditioner vs. the shampoo alone
OLAY® FRESH EFFECTS
CLEAR SKIN {1-2-3!}
ACNE SOLUTION SYSTEM

Just 15 minutes to reduce the look of blemishes, redness, and pores!

*Visual assessment on 29 women by expert graders at 15 minutes

BETTER AND FASTER THAN PROACTIV®
REDUCE THE LOOK OF ACNE

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JUST 5 MINUTES TO PRODUCE THE LOOK OF BLEMISHES, REDNESS, AND POSES

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A BREAKTHROUGH WAY TO HELP STOP SENSITIVITY

CREST SENSES STOP™ STRIPS
1 strip
Up to 10 minutes
of protection
10 minutes
of protection

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Strengthens enamel weakened by acids
Protects against the effect of plaque acids to help prevent cavities

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Strengthens enamel weakened by acids
Protects against the effect of plaque acids to help prevent cavities

SAME CLINICALLY PROVEN ACTIVE INGREDIENT AS SENSODYNE®

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- ONE Crest® Rinse 27 fl. oz. or larger (excludes trial/travel size)
- ONE Crest® Pro-Health Stages, For Me or Jr.

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- ONE Crest® Rinse 27 fl. oz. or larger (excludes trial/travel size)
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75¢ OFF
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de descuento en UN Oral-B® Pulsar, 3D White, Pro-Health, Complete, Sensi-Soft, O Oral-B® Pro-Health Stages, For Me, Jr, o Kid’s Oral-B® Manual Toothbrush (excluye tamaños de prueba/viaje)

$2.00 OFF
ONE Sensi-Stop + Brush Combo Pack OR ONE 3D Whitening Duo by Crest® and Oral-B® (excludes trial/travel size)
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GLIDE SENSI-SOFT FLOSS
Slides more easily in tight spaces
*Vs. regular floss

SENSI-STOP + BRUSH FROM CREST® + ORAL-B®
- 2 Crest Sensi-Stop Strips: use 1 STRIP ONCE A MONTH for IMMEDIATE and LONG LASTING* SENSITIVITY RELIEF
- 1 Oral-B Pro-Flex Toothbrush: for HEALTHIER TEETH & GUMS

SENSTI-CARE™ WITH FLUORIDE + ALCOHOL FREE FORMULA™
- STRENGTHENS ENAMEL WEAKENED BY ACIDS
- HELPS PREVENT CAVITIES
- CLEANS TEETH & GUMS
- GREATES BREATH
- NO BURN OF ALCOHOL

MILD MINT

*with the use of similar oxalate products, some patients reported sensitivity relief for periods of up to one month, while others reported relief for shorter periods
ALWAYS DISCREET PADS
More women already prefer Always Discreet pads over Poise*

ALWAYS DISCREET UNDERWEAR
Absorbs FASTER than Depend®
*among those with a preference. Poise is a registered trademark of Kimberly-Clark Worldwide. **among maximum large

$3.00 OFF
ONE Always® DISCREET Liner or Pad product (not valid on other Always products) (excludes trial/travel sizes.)
de descuento en UN paquete de liners O toallas Always® DISCREET (oferta no valida con otros productos Always) (excluye 24-26 u. y tamaños de prueba/viaje)

0037000-107816

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PAMPERS® SWADDLERS™
#1 choice of hospitals
*based on sales of the newborn hospital diaper
PUFFS® SOFTPACK™
The first flexible, full-size, fits anywhere Puffs pack

CHARMIN ULTRA STRONG®
Charmin Ultra Mega Roll lasts longer than the leading 1000 sheet brand* *based on average usage per task

MANUFACTURER COUPON  EXPIRES 03/3/15

25¢ OFF
ONE Puffs® 3-pack or larger (excludes trial/travel size) de descuento en UN paquetede 3 u o más de Puffs® (excluye tamaños de prueba/viaje)

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FEBREZE®
ALLERGEN REDUCER
Reduces up to 95% of inanimate allergens*
*Reduces up to 95% of inanimate allergens from pollen (e.g., birch, tree, timothy grass, and ragweed), pet dander, and dust mite matter that can become airborne from fabrics.
$1.00 OFF
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de descuento en UN Mr. Clean® Liquid Muscle O Magic Eraser (excluye tamaños de prueba/viaje)

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ONE Duracell® Rechargeable Batteries, OR Duracell® Charger OR 6-pack or larger of Duracell®
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de descuento en UN Mr. Clean® Liquid Muscle O Magic Eraser (excluye tamaños de prueba/viaje)

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Mr. Clean® Liquid Muscle
2.5X more power in every drop
*Based on cleaning ingredients vs. Mr. Clean 40 oz.

Duracell® Quantum
No alkaline battery lasts longer
*On average across devices
Now available in C, D and 9V
presenting
long-lasting freshness
that elevates the everyday

UN STOPABLES
air · home · fabric

Try all three luxurious scents

shimmer fresh lush

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(Unstopables brand products only, excludes trial/travel size)
de descuento en DOS productos Unstopables
(productos de la marca Unstopables solo, excepto tamaños de prueba/viaje)

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NO PRE-WASH NEEDED
Cleans stuck-on food in one wash

NEW FORMULAS
SUPERIOR CLEAN
2X MORE
everyday grease cleaning power per drop*

*$based on cleaning ingredients vs. non-ultra Joy.*
Towels that pass your toughest tests.
Try NEW
Bounty® with
Dawn® built in.
Blasts through messes
and picks up more.*

*vs. an ordinary sponge on a sticky
mess without a 2nd rinsing.

Don't forget to try
Bounty® Napkins
ALL CLEAN!

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SAY GOODBYE TO WEEK OLD STAINS & ODORS

NOT YOUR FAVORITE SHIRT

HELPs REMOVE 99% OF EVERYDAY STAINS

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The non-drowsy, coughing, itching, headache, fever, sore throat, nasal congestion, power through your day medicine.

The nighttime, sniffing, sneezing, coughing, itching, fever, sore throat, best sleep with a cold medicine.

SLEEP SOUNDLY. WAKE REFRESHED.

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Use as directed for occasional sleeplessness. Read each label. Keep out of reach of children.
Get our best overnight leak protection.

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ONE PILL EACH MORNING.
24 HOURS.
ZERO HEARTBURN.

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**Not reduces denture chewing that can lead to gum irritation.**

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$1.50 OFF
ONE Fixodent® Adhesive 1.4 oz or larger (exceptos trial/travel size) de descuento en UN adhesivo para dentura postiza Fixodent® de 1.4 oz o más (exceptos tamaño de prueba/viaje).

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FOR A CLOSER FEELING TO YOUR NATURAL TEETH*

This helps reduce denture chewing that can lead to gum irritation. *vs. no adhesive.
$1.00 OFF

ONE Gillette® Clinical Deodorant (excludes trial/travel size)
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SAVE UP TO $11

REVEAL BRIGHTER, PEARL SKIN THAT GLOWS

FADES THE LOOK OF DARK SPOTS IN JUST 8 WEEKS

WAKE UP TO BEAUTIFULLY HYDRATED SKIN

FRESHNESS THAT OUTLASTS YOUR DAY

$5.00 OFF
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de descuento en UN hidratante facial Olay Pro-X o Regenerist Y UN limpiador facial Olay (excluye tamaños de prueba/viaje)
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ONE Olay Total Effects OR Age Defying Facial Moisturizer (excludes trial/travel size)
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MANUFACTURER COUPON EXPRESS 03/11/15
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ONE Olay Body Wash OR Bar (4 ct. or larger)
de descuento en DOS geles de ducha Olay, Jabón en barra de 4 u. o más (excluye tamaños de prueba/viaje)
MANUFACTURER COUPON EXPRESS 03/11/15
$3.00 OFF
TWO Olay Body Washes OR Bars (4 ct. or larger) (excludes trial/travel size)
de descuento en DOS geles de ducha Olay, DOS jabones en barra de 4 u. o más (excluye tamaños de prueba/viaje)
MANUFACTURER COUPON EXPRESS 03/11/15
$3.00 OFF
ONE COVERGIRL®
UltraSmooth Foundation
(excludes accessories and trial/travel size)
de descuento en UN
fundación de COVERGIRL®
UltraSmooth
(exclude accesorios y tamaños de prueba/viaje)

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$3.00 OFF
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LashBlast Mascara
(excludes accessories and trial/travel size)
de descuento en UN
COVERGIRL®
LashBlast Mascara
(exclude accesorios y tamaños de prueba/viaje)

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ULTRA SMOOTH SAVINGS!
BREAKTHROUGH SMOOTHING MAKEUP + APPLICATOR

HIGH VOLUME SAVINGS!
THE FINEST INGREDIENTS FOR OUR MOST ENTICING SCENTS
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BUY ONE GET ONE

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BUY ONE Nice 'n Easy® Hair Color GET ONE Clairol® Root Touch Up FREE
(excludes trial/travel size)
Compre un tinte de pelo Nice 'n Easy® obtén Clairol® Root Touch Up GRATIS
(exclusa tamaños de prueba/viaje)
Up for/Hand: $5.99
$2.00 OFF

038151-107498

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One Box of Clairol® Natural Instincts Hair Color (excludes trial/travel size)
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$1.50 OFF
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$3.00 OFF
THREE Aussie® Shampoos, Conditioners OR Styler Products (excludes trial/travel size)
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IT'S MORE THAN COLOUR.

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FURNITURE GALLERIES OPEN
FRIDAY, FEBRUARY 27 9AM-10PM
& SATURDAY, FEBRUARY 28 9AM-8PM

BONUS
$297
WITH YOUR 10% OFF SAVINGS PASS!

BONUS
$297
WITH YOUR 10% OFF SAVINGS PASS!
Luna® 4-drawer dresser. In cream. Reg. $600, bonus $360, now $297. Web ID 420305.

BONUS
$347
WITH YOUR 10% OFF SAVINGS PASS!

BONUS
$597
WITH YOUR 10% OFF SAVINGS PASS!

BONUS
$647
WITH YOUR 10% OFF SAVINGS PASS!

BONUS
$797
WITH YOUR 10% OFF SAVINGS PASS!

BONUS
$97
BONUS
$917
WITH YOUR 10% OFF SAVINGS PASS!
ONLY $297
WITH YOUR 10% OFF SAVINGS PASS!
Sealy® BeautySleep mattress. Reg. $899, bonus $330, now $297. Twin and full sets also available at similar savings. Web ID 804074.

BONUS
$1497
WITH YOUR 10% OFF SAVINGS PASS!

BONUS
$1497
WITH YOUR 10% OFF SAVINGS PASS!
Simmons BeautySleep Firm, Serta® Memory Foam or Sealy® Firm. Reg. $1299 - $1339, bonus $517.50, now $497. Twin, full and king sets also available at similar savings. Web ID 773782.

BONUS
$197
WITH YOUR 10% OFF SAVINGS PASS!

BONUS
$297
WITH YOUR 10% OFF SAVINGS PASS!

BONUS
$297
WITH YOUR 10% OFF SAVINGS PASS!

BONUS
$397
WITH YOUR 10% OFF SAVINGS PASS!
Sealy® Plush mattress. Reg. $1196, bonus $441 55, now $397. Twin, full and king sets also available at similar savings. Web ID 824074.

BONUS
$497
WITH YOUR 10% OFF SAVINGS PASS!
Sealy® BeautySleep Firm, Serta® Memory Foam or Sealy® Firm. Reg. $1299 - $1339, bonus $517.50, now $497. Twin, full and king sets also available at similar savings. Web ID 773782.

FREE DELIVERY on your furniture purchase of $899 or more.
Within our normal delivery area only. A $75 value.
### Community Days Mattress Sale

**55% OFF**

**AFTER YOUR 10% OFF COMMUNITY DAYS SAVINGS PASS**

ON OUR MOST POPULAR MATTRESSES FROM BEAUTYREST®, SIMMONS® & SEALY®

<table>
<thead>
<tr>
<th>Model</th>
<th>Description</th>
<th>Size</th>
<th>Regular Price</th>
<th>Sale Price</th>
<th>Savings</th>
</tr>
</thead>
<tbody>
<tr>
<td>699.75</td>
<td>Sealy® Posturepedic® Firm</td>
<td>Queen, 2-PC. SET</td>
<td>$1595</td>
<td>$714.00</td>
<td>$881.00</td>
</tr>
<tr>
<td>616.28</td>
<td>Beautyrest® Luxury Firm</td>
<td>Queen, 2-PC. SET</td>
<td>$1595</td>
<td>$679.50</td>
<td>$915.50</td>
</tr>
<tr>
<td>850.50</td>
<td>Sealy® Posturepedic® Cushion Firm</td>
<td>Queen, 2-PC. SET</td>
<td>$1695</td>
<td>$749.25</td>
<td>$945.75</td>
</tr>
<tr>
<td>729.45</td>
<td>Beautyrest® Luxury Firm or Plush</td>
<td>Queen, 2-PC. SET</td>
<td>$1595</td>
<td>$709.25</td>
<td>$885.75</td>
</tr>
<tr>
<td>904.05</td>
<td>Sealy® Posturepedic® Firm or Plush</td>
<td>Queen, 2-PC. SET</td>
<td>$1695</td>
<td>$755.00</td>
<td>$940.00</td>
</tr>
<tr>
<td>913.50</td>
<td>Beautyrest® Plush Pillowtop</td>
<td>Queen, 2-PC. SET</td>
<td>$1595</td>
<td>$699.75</td>
<td>$895.25</td>
</tr>
</tbody>
</table>

**ASK ABOUT OUR 120-DAY COMFORT GUARANTEE**

YOUR 100% SATISFACTION IS OUR GOAL!

**FREE DELIVERY** • **FREE SETUP** • **FREE REMOVAL**

of your old mattress with a $599 or more mattress set purchase.

Within our normal delivery area only. $599 cost.

**MOST MATTRESSES AVAILABLE ONLINE!**

Visit our website for details

**ALL ON SALE!**

**SPECIALTY AND LUXURY MATTRESSES FROM BEAUTYREST®, STEARNS & FOSTER®, SERTA® AND SEALY®**

**50% OFF IN-STOCK FURNITURE PLUS 10% OFF**

ALL FURNITURE & MATTRESSES WITH YOUR SAVINGS PASS!

**ONLY $1575** WITH YOUR 10% OFF SAVINGS PASS!

<table>
<thead>
<tr>
<th>Furniture</th>
<th>Regular Price</th>
<th>Sale Price</th>
<th>Savings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bedroom set</td>
<td>$2150</td>
<td>$1075</td>
<td>$1075</td>
</tr>
<tr>
<td>Leather sofa</td>
<td>$1510</td>
<td>$755</td>
<td>$755</td>
</tr>
<tr>
<td>Recliner</td>
<td>$1975</td>
<td>$987.50</td>
<td>$987.50</td>
</tr>
</tbody>
</table>

**55% OFF**

**WITH YOUR 10% OFF SAVINGS PASS**

New! Hubbard queen-size bed. Lea dark oaks f/niah

Twin bed Ong $1620. sale $729. Dresses

Reg $1640. caJo 5820. anas $738. Chest Rex $1420, sale $710, now $639. Il,ghtsland

Reg $670, cale $335. now 301,50. Mirror Reg. $435. cale 217 50, now 95.75.

**FOR THE BEST SELECTION, VISIT ONE OF OUR FIVE FURNITURE GALLERIES:**

- Schaumburg: 530 East Golf Road (847) 957-2341
- Yorkville: Two Yorkville Mall (630) 256-4115
- Elgin: 3220 Lake Avenue (815) 205-4300
- Hawthorn: 6290 Skokie Blvd (847) 932-6262
- Orland Square: 5555 Skokie Blvd (847) 675-9000

*Furniture is also available at Elkhart, Evergreen, Ford City, Lincoln Mall and Horsham.*

*For the store nearest you, call 1-800-323-7355 or visit our website at [cobe.com](http://cobe.com).*

**Sign up to e-mail & get special offers! [Sign up here](http://cobe.com).**

**Review our store policies on prices or select items. Effective new February 23, 2013, unless otherwise noted.**

**No credit required.**

**All prices subject to change.**

**55% OFF**

**WITH YOUR 10% OFF SAVINGS PASS**

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Reg $670, cale $335. now 301,50. Mirror Reg. $435. cale 217 50, now 95.75.

Please recycle. For more information, visit [cobe.com](http://cobe.com).
2 DAYS ONLY!
Most stores open: Friday & Saturday,
February 27 & 28 7AM-11PM

YOUR DONATION OF $5 WILL GET YOU
OVER $500
AND MORE IN EXCLUSIVE COUPON SAVINGS
$10 off coupon • 30% off coupon
25% off savings pass
Exclusive coupon booklet offers • Great web-exclusive offers
• FREE standard shipping online!
Plus, see twice for a 20% off yellow-dot savings pass

USE YOUR COMMUNITY DAYS COUPONS ON
100s OF
BONUS BUYS

MAKE A DIFFERENCE IN YOUR COMMUNITY
PURCHASE YOUR BOOKLET AT ANY REGISTER
100% of booklet sales benefit local school groups and nonprofit organizations. Visit communitydayevent.com for more information.

BONUS

Men’s and Ladies’ Fall
Jackets & Coats: Men’s sizes 3X-6X, Ladies’ sizes 1X-4X. Reg $79, bonus $57 Web ID 780078.

BONUS

Stone Mountain® Dayton leather tote.
Reg. $130, bonus $65 Web ID 839818.

BONUS

10% Reg. $69.95, now $44. Web ID E829400.

BONUS

Easy Spirit® "Traveltime," now $44 with coupon.

BONUS

Your choice: Hamilton Beach® 4-qt. slow cooker, Mr. Coffee® 12-cup coffeemaker or Hamilton Beach® 2-slice toaster. Reg. $40, bonus $16.97 Web ID E839793.

BONUS

Your choice of Easy Spirit® or Nautica® shoes, skates, boots with $10 bonus. Web ID 839842.

BONUS

Black Dot purchases with the code .COMMDOT15FB (on-line promo only). Extra 30% off black dot. Extra 50% off yellow dot. While supplies last. Cannot be used in conjunction with any other coupon or "on sale" discount offer, including YOUR REWARDS Rewards Cards. Coupon will not be available in stores. Must be presented at time of purchase. Duplication or reproductions will not be accepted. Not valid in conjunction with any previously purchased merchandise. No price adjustments for previously purchased merchandise.

$25 OFF WITH BOOKLET COUPON


ONLY 29.97 EACH WITH $10 COUPON


ONLY 6.97 EACH WITH $10 COUPON


ENTIRE STOCK OF EASY SPIRIT & NAUTICA SHOES, SKATES, BOOTS.

YELLLOW DOT SAVINGS PASS

FREE extra 50% off yellow dot
FREE extra 75% off black dot

USE YOUR COMMUNITY DAYS COUPONS ON
100s OF
BONUS BUYS

MAKE A DIFFERENCE IN YOUR COMMUNITY
PURCHASE YOUR BOOKLET AT ANY REGISTER
100% of booklet sales benefit local school groups and nonprofit organizations. Visit communitydayevent.com for more information.

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$25 OFF WITH BOOKLET COUPON


ONLY 29.97 EACH WITH $10 COUPON


ONLY 6.97 EACH WITH $10 COUPON


ENTIRE STOCK OF EASY SPIRIT & NAUTICA SHOES, SKATES, BOOTS.

YELLLOW DOT SAVINGS PASS

FREE extra 50% off yellow dot
FREE extra 75% off black dot

USE THIS SAVINGS PASS OVER & OVER AGAIN!

WEB ID: COMMDOT15FB

YES: BOTH BLACK DOT AND YELLOW DOT SAVINGS PASSES CAN BE APPLIED TO A PURCHASE.

YELLOW DOT SAVINGS PASS

20% OFF

YELLOW DOT AND BLACK DOT PURCHASES

20% OFF

YELLOW DOT SAVINGS PASS

NO: YOU CAN ONLY USE ONE COUPON AT A TIME.

YELLOW DOT SAVINGS PASS

YES: BOTH BLACK DOT AND YELLOW DOT SAVINGS PASSES CAN BE APPLIED TO A PURCHASE.

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YELLOW DOT SAVINGS PASS

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YELLOW DOT SAVINGS PASS

20% OFF

YELLOW DOT AND BLACK DOT PURCHASES

20% OFF

YELLOW DOT SAVINGS PASS

NO: YOU CAN ONLY USE ONE COUPON AT A TIME.
EXCLUSIVE COUPON BOOKLET OFFERS

Receive a coupon booklet with a $5 donation at any register now through Saturday, February 28

$30 OFF WITH BOOKLET COUPON
Men's designer jeans from DKNY°, doni, Srluere, Buffalo by David Billon, 08ff Hewn and more. Was I bees 30-40 Reg. $48-81, now $18 - $89. Web ID 639961. Additional terms and excludes available online.

$30 OFF WITH BOOKLET COUPON
Mens pants from LAUREN Ralph Lauren°, Calvin Klein, boss, Samsonite & Haggard. Must be sold 30-40 Reg. $50 to $95, now $25 or $45. Additional terms and excludes available online. In St. 5PM.

$40 OFF WITH BOOKLET COUPON

$50 OFF YOUR $99 OR MORE LUGGAGE PURCHASE WITH BOOKLET COUPON

ONLY 249.97 WITH BOOKLET COUPON

ONLY 39.97 WITH BOOKLET COUPON
Del Gran® Express Flavor System® upright vacuum. Reg $120, bonus $58.97, now 39.97. Web ID 6153861.

ONLY 45% OFF WITH BOOKLET COUPON

ONLY 9.97 WITH BOOKLET COUPON

$20 OFF WITH BOOKLET COUPON
Plus, use your coupons for more savings

Offers shown reflect prices using your Community Days savings pass. Community Days $10 off coupon and Community Days 30% off item coupon also eligible on these items. (Community Days coupons cannot be combined.)

**ONLY 39.57** with your 10% OFF SAVINGS PASS

Presto® Pizzazz pizza oven. Reg. $75, bonus 43.97, now 39.57. Web ID 903371. Also save on all other Presto® kitchen electrics.

**ONLY 13.58** with your 10% OFF SAVINGS PASS

Bel* 10-ecofriendly ceramic disc, PTFE and PFOA free. Includes tokyo. Reg. $58, bonus 16.97, now 13.58. Web ID 692177. Also save on other Bel* eco-friendly wares and 11-00, 12-00, 14-00.

**55% OFF** with your 10% OFF SAVINGS PASS

Entire stock of nutribullet® kitchen electrics and accessories. Reg. $125, bonus 55, now 67.50. Also available in 3-qt. and 7-qt. sizes. Web ID 850001.

**ONLY 47.98** with your 20% OFF SAVINGS PASS


**50-60% OFF** with your 20% OFF SAVINGS PASS


**ONLY 19.98** with your 20% OFF SAVINGS PASS

Exclusively ours! LivingQuarters ultra thin 50-pc. place setting. We carry every color Fiesta makes! Reg. $56, bonus 32.97, now 23.98. Web ID 773818.

**50% OFF** with your 10% OFF SAVINGS PASS


**ONLY 39.98** with your 20% OFF SAVINGS PASS

Cambridge® 60-pc. flatware sets with caddy. Reg. $120, bonus 49.97, now 39.98. Web ID 653197.

**50-60% OFF** with your 20% OFF SAVINGS PASS


**ONLY 26.38** with your 20% OFF SAVINGS PASS

Fiestas 5-pc. place setting. We carry every color Fiesta makes! Reg. $56, bonus 32.97, now 23.98. Web ID 773818.

**ONLY 39.98** with your 20% OFF SAVINGS PASS

Cambridge® 60-pc. flatware sets with caddy. Reg. $120, bonus 49.97, now 39.98. Web ID 653197.

**ONLY 20% OFF** with your 10% OFF SAVINGS PASS


**ONLY 19.98** with your 20% OFF SAVINGS PASS

Exclusively ours! LivingQuarters ultra thin 50-pc. hanger set. We carry every color! Reg. $60, bonus 24.97, now 19.98. Web ID 803278.

**ONLY 31.98** with your 20% OFF SAVINGS PASS


**ONLY 47.98** with your 20% OFF SAVINGS PASS


**50% OFF** with your 10% OFF SAVINGS PASS


**ONLY 160.17** with your 10% OFF SAVINGS PASS


**ONLY 39.98** with your 20% OFF SAVINGS PASS

100s of BONUS BUYS
Plus, use your coupons for more savings

Offers shown reflect prices using your Community Days $10 off coupon. Community Days 30% off item coupon and Community Days savings pass also eligible on these items. (Community Days coupons cannot be combined)

BONUS
ONLY 4.97 WITH $10 COUPON


BONUS
ONLY 9.97 WITH $15 COUPON

Calvin Klein campus. Ladies’ Active SK. Reg. $35, bonus 19.97, now 9.97. Web ID 8433061

BONUS

BONUS
ONLY 19.97 WITHOUT CASH COUPON


BONUS
ONLY 19.97 WITHOUT CASH COUPON

Your choice! Tops from Celebrity Pink. Sizes XS - 13. Reg. $31 - $34, bonus 20.97, now 14.97. Web ID 820612

BONUS
ONLY 7.97 WITH $15 COUPON

Tops from Notations® and more. Ladies’ sizes S-XL. Reg. $13 - $20, bonus 10.97, now 7.97. Web ID 8433060

BONUS
ONLY 9.97 WITH $15 COUPON


BONUS
ONLY 16.97 WITHOUT CASH COUPON

Bra from Maidenform®, Warner’s, Bali®, Vanity Fair®, Olga® and more. Reg. $20 - $22, bonus 8.97, now 16.97. Web ID 8368114

BONUS
ONLY 4.97 WITH $10 COUPON

Inspirational boxed jewelry. Reg. $50, bonus 14.97, now 4.97. Web ID 8368110

BONUS
ONLY 17.97 WITHOUT CASH COUPON

Select shoes from Reels Hewn and Galaxy crossbody handbags. Reg $50. Ladies’ sizes 6-10, 11M Reg $49, bonus 24.97, now 14.97. Web ID 8398132

BONUS
ONLY 14.97 WITHOUT CASH COUPON

Select shoes from Noyes and Hardware. Reg $50. Ladies’ sizes 6-10, 11M Reg $49, bonus 24.97, now 14.97. Web ID 820612

BONUS
ONLY 9.97 WITH $10 COUPON

Select shoes from Noyes and Hardware. Reg $50. Ladies’ sizes 6-10, 11M Reg $49, bonus 24.97, now 14.97. Web ID 820612

BONUS
ONLY 4.97 WITH $10 COUPON

Select shoes from Noyes and Hardware. Reg $50. Ladies’ sizes 6-10, 11M Reg $49, bonus 24.97, now 14.97. Web ID 820612

BONUS
ONLY 19.97 WITHOUT CASH COUPON

Select shoes from Noyes and Hardware. Reg $50. Ladies’ sizes 6-10, 11M Reg $49, bonus 24.97, now 14.97. Web ID 820612

BONUS
ONLY 7.97 WITH $15 COUPON

Esperat® 12-pc. gloss storage. Reg $40, bonus 19.97, 3.97 with $10 coupon, 4.97 after $5 mill. mail-in rebate. Web ID 6469111

BONUS
ONLY 14.97 WITHOUT CASH COUPON

Silkstone® or Farberware new Traditions® 2-pc. skillets. Sizes vary by style. Reg $20 - $24, bonus 8.97, now 14.97. Web ID 8397913

BONUS
ONLY 4.97 WITH $10 COUPON


BONUS
ONLY 19.97 WITHOUT CASH COUPON


BONUS
ONLY 9.97 WITHOUT CASH COUPON

Farberware® 11-pc. color cutlery. Includes five knives, five protective sheath and a cutting board. Reg. $35, bonus 14.97, now 9.97. Web ID 8335914

BONUS
ONLY 4.97 WITH $10 COUPON

North Rhodesian Park Mall is now open. For the area near mall, call 715-632-7770 or visit us on canons.com. Sign up for a free e-gift card and receive special offers! (Not valid on e-gift cards)

BONUS
ONLY 7.97 WITH $15 COUPON

BONUS
ONLY 9.97 WITHOUT CASH COUPON

BONUS
ONLY 7.97 WITHOUT CASH COUPON

BONUS
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BONUS
ONLY 9.97 WITHOUT CASH COUPON

BONUS
ONLY 4.97 WITHOUT CASH COUPON

Become a member today for a world of rewards. Take advantage of the best offers to save and earn free merchandise or cash. Log in at canons.com/blue for details.

GET INVOLVED. Help support the American Heart Association!

Reg. only "HEART" in 200000 orders to help fund the American Heart Association! To learn how your purchase supports the American Heart Association, please visit canons.com/heart

GET DEALS. STAY CONNECTED

For more information, visit canons.com
PLUS YOUR CHOICE of Cosmetic Bag.

PLUS YOUR CHOICE of Cosmetic Bag. Before or Pastel Green.

Elizabeth Arden
I LOVE MY GIFT

Your FREE 7-pc. gift with any 32.50 or more Elizabeth Arden purchase*. A $95 value.

One gift per customer. While supplies last. See Community Days coupon for all on cosmetics and fragrance.

ADD TO YOUR FREE GIFT. Spend over $50 and also receive a FREE all-natural-enriched lip balm. Cream. From gifts to together worth over $10.

EXCLUSIVE COUPON BOOKLET OFFERS

Receive a coupon booklet with a $5 donation at any register now through Saturday, February 28

ONLY 4.97 EA.
WITH BOOKLET COUPON
Entire stock of Lucky® knit & match panties from Vanity Fair®, Warner's, Olga®, Maidenform® and Bali®. Reg. 9.50 - $12, now 4.97. Web ID 839911.

ONLY 39.99 EA.
WITH BOOKLET COUPON

ONLY 6.97
WITH BOOKLET COUPON

ONLY 47.97
WITH BOOKLET COUPON

ONLY 30% OFF
WITH BOOKLET COUPON
Select shapewear from Assets Red Hot Label by Spanx®, Maidenform, Bali® and more. Reg. $25 - $65, now 17.50 - 45.50. Web ID 839974.

ONLY 50% OFF
WITH BOOKLET COUPON

ONLY 50% OFF
WITH BOOKLET COUPON
Choose any 3 or more from Clarks® and b.o.c. Ladies' sizes 6-10, 11M. Select styles in wide widths. Reg. $85 - $115, now 42.50 - 57.50. Web ID 839883.

ONLY 4.97 BATH
WITH BOOKLET COUPON

30% OFF
WITH BOOKLET COUPON

50% OFF
WITH BOOKLET COUPON

$50 OFF
WITH BOOKLET COUPON

50% OFF
WITH BOOKLET COUPON
Select shoes from Clarks® and b.o.c. Ladies' sizes 6-10, 11M. Reg. $85 - $115, now 42.50 - 57.50. Web ID 839924.

$40 OFF
WITH BOOKLET COUPON
Entire stock of Lucky® knit & match panties from Vanity Fair®, Warner's, Olga®, Maidenform® and Bali®. Reg. 9.50 - $12, now 4.97. Web ID 839911.

$30 OFF
WITH BOOKLET COUPON

$40 OFF
WITH BOOKLET COUPON
Entire stock of Lucky® knit & match panties from Vanity Fair®, Warner's, Olga®, Maidenform® and Bali®. Reg. 9.50 - $12, now 4.97. Web ID 839911.

$300 OFF
WITH BOOKLET COUPON

$50 OFF
WITH BOOKLET COUPON
Offers shown reflect prices using your Community Days 30% off item coupon. Community Days $10 off coupon and Community Days savings pass also eligible on these items. (Community Days coupons cannot be combined)

Active separates from Everlane® and Calvin Klein

Apparel from Llurse®. Lingerie, sizes S-XL. Orig. $49. $84, bonus 24.50 - $42, now 17.15 - 29.46. Web ID 639851.

Apparel from llorse®. Lingerie, sizes S-XL. Orig. $49. $84, bonus 24.50 - $42, now 17.15 - 29.46. Web ID 639851.

Entire stock of Rare Earth® collection. Orig. $50-$100. $30-$60 now $21-$42. Web ID 839857.

BONUS

Fashion separates from Collection 18, Coop® and Basha. Pay $31.50 10% off, now 12.69 - 18.11. Web ID (044902.


Select Claiborne® separates. Lingerie, sizes 6-14. Orig. $65. bonus 37.50 now 38.48. Web ID 839820.

Entire stock of Handbags from The Sak®, orig. $219-413.90. now 28.90-107.95. Web ID 839823.


use your coupons for more savings

Offers shown reflect prices using your Community Days savings pass. Community Days $10 off coupon and Community Days 30% off item coupon also eligible on these items. (Community Days coupons cannot be combined.) Bonus Days available while supplies last.

**ONLY 99.73**
WITH YOUR 25% OFF SAVINGS PASS

**ONLY 55% OFF**
WITH YOUR 25% OFF SAVINGS PASS

**ONLY 37.48**
WITH YOUR 20% OFF SAVINGS PASS
Exclusively ours! Men's short sleeve silk shirts from Paradise Collection®. Sizes M-XXL. Reg. $178, bonus 49.97, now 37.48. Web ID 852306.

**ONLY 25.48**
WITH YOUR 25% OFF SAVINGS PASS
Men's short sleeve sport shirts from Van Heusen®. Sizes M-XXL. Reg. $50, bonus 25.48, now 29.98. Web ID 852301.

**ONLY 9.58**
WITH YOUR 25% OFF SAVINGS PASS

**ONLY 22.48**
WITH YOUR 25% OFF SAVINGS PASS

**ONLY 25.48**
WITH YOUR 25% OFF SAVINGS PASS

**ONLY 35.18**
WITH YOUR 25% OFF SAVINGS PASS

**ONLY 39.98**
WITH YOUR 25% OFF SAVINGS PASS
Men's and Ladies' athletic shoes from FILA and Reebok. Sizes 4-16. Reg. $68, bonus 35.97, now 29.98. Web ID 725621.

**50% OFF**
WITH YOUR 25% OFF SAVINGS PASS
Men's and Ladies' athletic shoes from FILA and Reebok. Sizes 4-16. Reg. 50%, bonus 35.97, now 25.98 - 47.98. Web ID 852716.

**ONLY 22.48**
WITH YOUR 25% OFF SAVINGS PASS

**ONLY 39.98**
WITH YOUR 25% OFF SAVINGS PASS

**ONLY 8.23**
WITH YOUR 25% OFF SAVINGS PASS
Men's woven sport shirts from Izod and Chaps. Sizes M-XXL. Reg. $55, bonus 33.97, now 25.48. Web ID 852300.

**ONLY 37.48**
WITH YOUR 20% OFF SAVINGS PASS
Exclusively ours! Men's short sleeve silk shirts from Paradise Collection®. Sizes M-XXL. Reg. $178, bonus 49.97, now 37.48. Web ID 852306.

**ONLY 22.48**
WITH YOUR 20% OFF SAVINGS PASS
Men's liquid cotton and performance polos from Kenneth Roberts. Sizes M-XXL. Reg. $59.50 bonus 29.97, now 22.48. Web ID 852306.

**ONLY 29.98**
WITH YOUR 20% OFF SAVINGS PASS
Men's woven sport shirts from Izod and Chaps. Sizes M-XXL. Reg. $55, bonus 33.97, now 25.48. Web ID 852300.

**ONLY 224.98**
WITH YOUR 20% OFF SAVINGS PASS
Shoes from Bare Traps and Aerosoles. Men's and Ladies' athletic shoes from FILA and Reebok. Sizes 4-16. Reg. $65, bonus 43.97, now 39.98. Web ID 852706.

**ONLY 39.98**
WITH YOUR 25% OFF SAVINGS PASS
Men's and Ladies' athletic shoes from FILA and Reebok. Sizes 4-16. Reg. $68, bonus 35.97, now 29.98. Web ID 852706.
60% OFF
WITH YOUR 20% OFF SAVINGS PASS
All table and kitchen linens from Ritz*.
Croscill® and LivingQuarters, exclusive, select sizes, placemats, napkins, kitchen towels and more.
Reg. $3-$35, bonus $1-$16, now 50¢-$5. Web ID 8853342.

ONLY 7.98
WITH YOUR 20% OFF SAVINGS PASS
Tommy Hilfiger® Signature and Calvin Klein
towels. Wash towels for a fresh bath update.
Reg. $10-$20, bonus $2-$8, now 99¢-$4. Web ID 9076802.

60% OFF
WITH YOUR 20% OFF SAVINGS PASS
Entire stock of bath and accent rugs. In stock prints, women and men.
Memory foam and more. One size, same day delivery. Reg. $20-$80, bonus $11-$45, now 89¢-$33. Web ID 7071694.

ONLY 99.98
WITH YOUR 20% OFF SAVINGS PASS
Exclusively ours! LivingQuarters 10-pc.
comforter sets. In queen or king.
Reg. $140-$190, bonus $55-$72, now 99.98.
Web ID 8852310.

OVER 50% OFF
WITH YOUR 20% OFF SAVINGS PASS
LED candles and decor. Reg. $10-$120,
now 50¢-$50. Web ID 6839132.

ONLY 49.98
WITH YOUR 20% OFF SAVINGS PASS
Bonnie & Joel® comforters and accessories.
Women.
Reg. $90-$110, bonus $37-$65, now 49.98.
Web ID 794204.

40% OFF
WITH YOUR 20% OFF SAVINGS PASS
God Jul! Candles and accessories. Choose from a variety of styles.
Reg. $2-$12, bonus 99¢-$6, now 25¢-$8. Web ID 4307069.

ONLY 29.58
WITH YOUR 20% OFF SAVINGS PASS
LivingQuarters New Haven or Los Chelsea
quills. In twin-futon.
Reg. $22-$24, bonus 99¢-$3, now 29.58.
Web ID 0852313.

ONLY 19.98
WITH YOUR 20% OFF SAVINGS PASS
The Perfect Pillow® by Stearns & Foster.
Molded with recycled memory foam. Fits a standard
Web ID 8869007.

ONLY 25.98
WITH YOUR 20% OFF SAVINGS PASS
The Porcelain Pillow by Stearns & Foster.
In twin-futon, including memory foam. Reg.
$30, bonus 99¢, now 7.98. Web ID 10533401.

ONLY 59.98
WITH YOUR 20% OFF SAVINGS PASS
Serta® gel memory foam mattress topper.
Reg. $100, bonus $49.97, now 59.98.
Web ID 10549453.

ONLY 39.98
WITH YOUR 20% OFF SAVINGS PASS
Exclusively ours! LivingQuarters 6-pc.
bedding set. In twin-full-queen and king sizes.
Reg. $180-$220, bonus 64.97, now 39.98.
Web ID 768887.

ONLY 29.58
WITH YOUR 20% OFF SAVINGS PASS
Micro cozy throw. In twin to king XL.
Reg. $24, bonus $9.97, now 7.98. Web ID 052312.

ONLY 39.98
WITH YOUR 20% OFF SAVINGS PASS
Casa by Croscill® Spa and
LivingQuarters Touch Select sheets.

ONLY 99.99
WITH YOUR 20% OFF SAVINGS PASS
Only available on our in store kiosk.
Web ID 839132.

ONLY 39.98
YOUR CHOICE, ANY SIZE
WITH YOUR 20% OFF SAVINGS PASS
LivingQuarters New Haven or Los Chelsea
comforter sets. In queen or king.
Reg. $130-$150, bonus 36.97, now 29.58.
Web ID 10569257.

ONLY 39.98
WITH YOUR 20% OFF SAVINGS PASS
Your choice of LivingQuarters' Metro City
bedding. Reg. $10, bonus 9.97, now 7.98.
Web ID 8852212.

ONLY 19.98
ANY SIZE
WITH YOUR 20% OFF SAVINGS PASS
Exclusively ours! LivingQuarters Select
ultra cozy blanket. In twin to king XL-king sizes.
Reg. $50-$100, bonus 99¢, now 19.98.
Web ID 078017/.

ONLY 19.98
WITH YOUR 20% OFF SAVINGS PASS
Eco-friendly. All woolens, flannel, and
bedding sets available at Carsons.com or at
our in store kiosk.
Reg. $100-$500, bonus 49.99, now 19.98.
Web ID 10511585.

ONLY 29.98
YOUR CHOICE, ANY SIZE
WITH YOUR 20% OFF SAVINGS PASS
LivingQuarters New Haven or Los Chelsea
99¢, now 7.98. Web ID 10569257.

ONLY 49.98
WITH YOUR 20% OFF SAVINGS PASS
Flameless candles and decorations.
Reg. $10-$100, bonus 36.97, now 49.98.
Web ID 0852313.

ONLY 39.98
ANY SIZE
WITH YOUR 20% OFF SAVINGS PASS
LivingQuarters New Haven or Los Chelsea
bedding. In queen and king sizes.
Reg. $300-$340, bonus 136.97, now 39.98.
Web ID 8852313.
100s of BONUS BUYS

Offers shown reflect prices using your Community Days savings pass. Community Days $10 off coupon and Community Days 30% off item coupon also eligible on these items. (Community Days coupons cannot be combined.)

OVER 50% OFF
WITH YOUR 25% OFF SAVINGS PASS

OVER 40% OFF
WITH YOUR 25% OFF SAVINGS PASS

OVER 50% OFF
WITH YOUR 25% OFF SAVINGS PASS

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OVER 55% OFF
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OVER 55% OFF
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OVER 40% OFF
WITH YOUR 50% OFF SAVINGS PASS

OVER 55% OFF
WITH YOUR 50% OFF SAVINGS PASS

OVER 50% OFF
WITH YOUR 20% OFF SAVINGS PASS
Plus, use your coupons for more savings

Offers shown reflect prices using your Community Days savings pass or Community Days $10 off coupon. Community Days 30% off item coupon also eligible on these items. (Community Days coupons cannot be combined.)

**BONUS**

ONLY 9.97

WITH YOUR $10 COUPON

Knife tips by James New York Sport* *Ladies sizes S-L, Reg. $29, bonus 4.97, now 4.97. Web ID 852162.

**BONUS**

ONLY 4.97

WITH YOUR $10 COUPON

Tasla from Wallflower® and Energie® * Sizes S-L. Only $29, bonus 4.97, now 4.97. Web ID 852163.

**BONUS**

ONLY 9.97

WITH YOUR $10 COUPON


**BONUS**

ONLY 4.97

WITH YOUR $10 COUPON


ONLY 23.98

WITH YOUR 20% OFF SAVINGS PASS


ONLY 17.58

WITH YOUR 20% OFF SAVINGS PASS

PETITE exclusively ours! Pajama sets and sleepshirts from Intimate Essentials®. Ladies' sizes S-L. Reg. $35 - $45, bonus 17.57, now 17.58. Web ID 852167.

**BONUS**

OVER 55% OFF

WITH YOUR 25% OFF SAVINGS PASS


**BONUS**

OVER 55% OFF

WITH YOUR 25% OFF SAVINGS PASS


**BONUS**

OVER 40% OFF

WITH YOUR 25% OFF SAVINGS PASS


**BONUS**

OVER 55% OFF

WITH YOUR 25% OFF SAVINGS PASS

Petite fashions from Notations®, Jones New York Sport®, Jones New York Signature® and Rafaelle®. Sizes PS-PXL, Reg. $29 - $59, bonus 13.05 - 26.05, now 13.05 - 26.05. Web ID 852170.

**BONUS**

OVER 55% OFF

WITH YOUR 25% OFF SAVINGS PASS

Petite separates by Notations®, Jones New York Sport®, and Jones New York Signature®. Ladies' sizes S-L, Reg. $44 - $74, bonus 24.75 - 49.75, now 24.75 - 49.75. Web ID 852171.

**BONUS**

OVER 70% OFF

WITH YOUR 25% OFF SAVINGS PASS


**BONUS**

OVER 40% OFF

WITH YOUR 25% OFF SAVINGS PASS


**BONUS**

OVER 55% OFF

WITH YOUR 25% OFF SAVINGS PASS


**BONUS**

OVER 55% OFF

WITH YOUR 25% OFF SAVINGS PASS

Casual separates by Chaps®, Ladies' sizes S-L, Reg. $44 - $74, bonus 24.75 - 49.75, now 24.75 - 49.75. Web ID 852171.

**BONUS**

OVER 55% OFF

WITH YOUR 25% OFF SAVINGS PASS

Petite separates by Notations®, Jones New York Sport®, and Jones New York Signature®. Ladies' sizes S-L, Reg. $44 - $74, bonus 24.75 - 49.75, now 24.75 - 49.75. Web ID 852171.

**BONUS**

OVER 55% OFF

WITH YOUR 25% OFF SAVINGS PASS


**BONUS**

OVER 55% OFF

WITH YOUR 25% OFF SAVINGS PASS


**BONUS**

OVER 40% OFF

WITH YOUR 25% OFF SAVINGS PASS


**BONUS**

OVER 55% OFF

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**BONUS**

OVER 40% OFF

WITH YOUR 25% OFF SAVINGS PASS


**BONUS**

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ADOPTION: Must be experienced Salaried Baby. Melanie is seeking an experienced individual to assist with her adoption process. Contact 321-294-1234 for more information.

EMPLOYMENT

Dental Assistant Needed: Seeking a skilled and experienced dental assistant to join our team. Must have excellent communication skills and previous experience in dental offices. Send resume to DentalHelper@DentalOfferings.com.

Healthcare

Stability and Benefits: A leading healthcare organization is looking for a full-time professional to join their team. This position offers great benefits and stability. Contact us today for more information.

ANNUAL CONVENTION:

Call the Convention Center for more information on this year's event. 555-555-5555.

General Announcements

WANTED: Lost item in the library - a rare book. Please return to Library Manager. 555-555-5555.

Help Wanted Full Time

Analysts, Decision Science

The analytics team at XYZ Corporation is seeking a skilled analyst for their team. This position offers great opportunities for growth and development. Contact us today for more information.

Dental Assistant

Salary: $50,000 annually. Benefits: Health insurance, dental, vision, and 401k. Send resume to DentallAssistant@XYZCorporation.com.

RENTAL

FOR RENT:

Spacious 3-bedroom apartment available immediately. Includes heat, hot water, and parking. Located at 555-555-5555.

FOR LEASE:

Commercial space available for lease. Ideal for retail or office use. Located at 555-555-5555.

For more listings, visit our website: RentalListings.com.

BURLINGTON:

A full-service real estate firm is seeking a motivated individual to join their team. This position offers great opportunities for growth and development. Contact us today for more information.

BUSINESS SERVICE DIRECTORY

A full-service business directory for the local community. Visit our website for more information.

Carriers

Our transportation carriers provide reliable and affordable shipping options. Contact us today for more information.

CAR OWNERS

We are looking for drivers to join our team. Excellent benefits and competitive compensation. Contact us today for more information.

Public Hearings

The Board of Trustees is hosting a public hearing on Tuesday, March 29th, at 7:00 PM. All interested parties are encouraged to attend.

FROM TRASH TO TREASURE

Find yours in the Classified Gorge Sale Listings!
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. Canoe-bark sources: 2 wds. | 5 42 111 122 80 146 26 26 20 97 51
B. Trope of Incongruity | 137 86 158 47 131
C. Jo, Amy, Meg and Beth: 2 wds. | 8 71 38 95 106 116 151 20 13 53 125
D. Strayhorn standard: | 64 144 84 96 22 22 9 135 40
E. GI Bill and school allowance, e.g.: | 92 77 127 156 66 150 138 104 145
F. Extreme fatigue | 91 41 115 5 112 116 147 140
G. Solar or wind | 152 34 4 99 76 141
H. Abilene in Wild West days: | 157 67 106 79 143 117 94
I. Betray a confidence: | 80 50 45 10 139 113 96 31 100 120 149
J. Repayment in kind: 3 wds. | 44 152 85 72 14 54 102 123 161
K. Brooklyn or Cleveland | 32 129 57 98 115 17 19 62 101
L. Game deciders: abbr. | 29 82 136 12
M. According to moral principles | 110 78 37 87 142 6 69 12 55
N. Mistakes | 103 162 81 74 63 3
O. Unexercised absence | 36 66 118 29
P. Fleet or armada | 124 11 52 73
Q. Simple song | 26 46 39 114 65
R. Far over there, poetically | 163 134 21 121 83 68
S. Tropical tree | 89 1 126 153 109
T. Prepared | 119 93 107 61 30
U. Cup | 132 148 154 27 101
V. Too great to measure | 75 100 130 24 9 70
W. Difficult problem | 105 59 159 35 49 23

Cerebral

BY CHARLES PRESTON

Across
1 Composition
5 Explorer John, or Sebastian
10 Strategem
14 Capital of Italy
15 Kind of ammonia molecule
16 Powell or Bede
17 Possession of high principles
20 Bitter
21 Portland's bay
22 Good-luck gift
24 Author Horatio
28 Affirmative
29 Spread apart
31 Draft org.
34 "...we forget...
37 Sheeplike
38 Puzzle-solver's need
42 Lily cousin
43 Australian lake
44 Valued person
45 Arranged under subjects
47 Factory-owners' grp.
50 Near the kidneys
51 Serving soup
55 Separate
57 Comedian Eric
59 Introspection
64 Ex-premier of Albania
65 Capri or Sardinia: It.
66 Thessaly mountain
67 Portent
68 Horse or common
69 Quality: suffix

Down
1 Trieste wine measure
2 Mutt
3 Shadow
4 Kansas city
5 Eccentric wheel
6 Priest's stole
7 Twofold
8 Bookie's concern
9 Shoe part
10 Pale
11 Small fish
12 Spanish article
13 North Sea feeder
14 Nelson or Mary Baker
15 Blob
11 Small fish
18 Spanish article
19 Blox
20 Portland's bay
21 Good-luck gift
23 Vend
25 Donated
26 Observing
27 Actress Adoree
29 Deneb or Rigel
30 Skin: suffix
31 Primer dog
32 Lima mister
33 Wading bird
35 Dresden donkey
36 Retiring
37 Trevis offering
40 If
41 Tear
46 Peter the Great's father
47 Spanish duke
49 John or Berle
51 Edsel, e.g.
52 Seed coats
53 Clamor
54 Bulky
56 Urn
58 Alfonso's queen, et al.
59 Paulo
60 Shade tree
61 Prevaricate
62 Devotee
63 Scottish negative
The '60s*

BY ALEX VRATSANOS

EDITED BY RICH NORMIS AND JOYCE NICHOLS LEWIS

ACROSS
1. Alice's cat
2. Dix follower
3. Site of the house that inspired "American Gothic"
4. Bikini specs
5. "Fear of Fifty" author Jong
6. Vacuum
7. Diagnostic tool
8. Kid
9. Criminals are often behind them
10. Tenn. athletes
11. Parrot
12. Show mastery of
13. "Skipped town, maybe"
14. IRS hiree
15. Purposeless
16. "Congressional authorization of" its creation was partly contingent on its forbidding polygamy
17. Skipped town, maybe
18. Newman Roger
19. Ship staff
20. From one tone to the next, in music
21. Vouchers
22. Han River capital
23. Hen's here
24. Fleur in heraldry
25. Ward with Emmys
26. New York's other harbor
27. Terminus
28. With 123-Across, personal annoyance
29. Judge
30. Pacific finger food
31. "You Gotta Be" singer Des
32. "Plum Island" author Nelson
33. Apple sites
34. Bone: Pref.
35. "Fear of Fifty" author Jong
36. Knocking sound, in Joyce's "Ulysses" (longest palindromic word in the OED)
37. "No lie!"
38. 103 Red team
39. 104 Little work for a gardener?
40. 105 Educational org.
41. 106 The Aragón feeds it
42. 107 As a companion
43. 109 1930s Rhine/Zener experiment
44. 110 Alabamian, e.g.
45. 111 Walked
46. 112 See 74-Across
47. 113 L.D.S. school
48. 114 When vacations often don't start?
49. 115 Experiment subjects
50. 116 Newsman Roger
51. 117 "Kid"
52. 118 "Fear of Fifty"
53. 119 "Plum Island"
54. 120 "Plum Island"

DOWN
1. "I've seen this before" feeling
2. Asimov classic
3. Inventor on Serbia's 100-dinar note
4. Opening day starter
5. 2011 FedEx Cup winner Bill
6. Egg-shaped component, in linguistics
7. "Catch-22" pal of Yossarian
8. Brothers hit
9. Terminus
10. With 123-Across, personal annoyance
11. "Is it okay, mom?"
12. "Mad Money" network
13. St. Francis' home
14. "It's okay, mom?"
15. "Mad Money" network
16. "Is it okay, mom?"
17. Rate word
18. Italian article
19. Many AARP members: Abbr.
20. Tallied orbiter
21. Butler created by Mitchell
22. Shrek creator
23. "Fear of Fifty" author Jong
24. "Fear of Fifty" author Jong
25. "Fear of Fifty" author Jong
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27. "Fear of Fifty" author Jong
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117. "Fear of Fifty" author Jong
118. "Fear of Fifty" author Jong
119. "Fear of Fifty" author Jong
120. "Fear of Fifty" author Jong

Jumble

Unscramble the six Jumbles, one letter per square, to form six words. Then arrange the circled letters to form the surprise answer, as suggested by this cartoon.

Sudoku

Complete the grid so each row, column and 3-by-3 box in bold borders contains every digit 1 to 9.

Level: 1234

Print your answer in the circles below.

Last week's answers appear on the next page.

By David L. Hoyt and Jeff Knurek. © 2015 Tribune Content Agency, LLC. All rights reserved.
Last week’s crosswords

“Pay Up”

AUDI AFTER ANTI HASH
IRON CHORE LOO ECHO
DEPTH CHARGE USE SPITFIRE
ONE LORE USE ROSE
RIDE TO TINES
SAFETY VANEX WASTE
OAF TOLL OF TRIBBLE LEI
DEE MERRY OR SANTA BARTER
ARF FINE FOUT COMB CAT
STIPEND PUPM COMBAT
EIK IM
OAF TOLL OF TRIBBLE LEI
DEE MERRY OR SANTA BARTER
ARF FINE FOUT COMB CAT
STIPEND PUPM COMBAT
EIK IM

Last week’s Quote-Acrostic

N(ancy) SMITH: THE DAY MUZAK DIED: Modern Muzak has sadly joined the new noise leaking from earbuds, blasting from store speakers and penetrating bodies with throbbing subwoofers. What was harmless wallpaper has become total bombardment.

Last week’s Sudoku

```
4 5 6 2 9 8 7 1 3
3 9 2 7 1 6 4 5 8
7 1 3 5 4 2 9 8 6
9 8 4 1 6 7 5 3 2
1 6 5 4 3 2 9 8 7
3 7 9 8 5 6 4 1 2
6 4 9 8 7 1 3 2 5
7 1 3 5 2 9 8 6 4
5 2 8 6 4 3 1 7 9
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This week’s Jumble

FUSION COOKIE ONWARD
RADISH RODENT PURSUE

When the restaurant decided to hire two head chefs, it was a

RECIPE FOR DISASTER
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 placeonad.tribune.com

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The Classifieds can showcase your business and services! Advertise your cleaning services, mortgage company or daycare with us today!

Call 866-399-0537 or visit placeonad.tribune.com

APARTMENT FOR RENT

LifeStorage of Little Village will hold a public sale to enforce a lien on self storage units as described below. The sale will be held on Saturday, April 11, 2015, at 7:00 a.m. at the Life Storage of Little Village, 3421 S. Loomis Blvd., Chicago, IL 60623. Phone number is 773-376-6703. Management reserves the right to withdraw any unit from sale. Registered or motor vehicles are sold as "As Is" only with no titles or registration.

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BIG CITY. BIG STORIES.

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 

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You’ll be on a roll with simple fitness device

Foam rollers can ease pain, aid joint health

BY ANNE STEIN
Special to Tribune Newspapers

It’s one of the most popular yet simplest fitness gadgets around, used everywhere from pro baseball locker rooms to local YMCAs and rehab centers. The foam roller, a foam cylinder with either a smooth or bumpy surface, is widely acknowledged by trainers and athletes as an easy-to-use tool that can relieve muscle pain and improve and maintain range of motion in joints.

“Tenderness, it’s with recreational runners and cyclists where I’ve seen the fastest improvements,” he said. “Guys who’ve abandoned training sessions because of knee pain are back on their feet and moving again after rolling out their IT band (iliobial band) and glutes.”

Foam rolling is fairly simple. Often described as a self-massage, it involves the user resting the body (muscle or tissue) on the foam cylinder, then gently rolling over the target area, pausing to concentrate rolling action on tender spots.

“It helps the user elongate connective tissue (fascia) around the muscles,” said Carolyn Peters, a San Diego-based collegiate athletic trainer and strength coach who considers the foam roll a critical tool in her athletes’ arsenals. “We spend a lot of time stretching and warming up, but if the connective tissue around our muscles is tight due to overuse or micro-traumas, it can prevent muscles from moving in their natural state,” she said. The result is pain and lack of flexibility.

Peters advises her athletes and clients to roll the tissue, find the tender or painful spot and stay on it, then extend the closest joint to elongate the muscle, which often will alleviate pain.

Besides softening and loosening fascia, foam rolling also targets trigger points. These so-called hot spots, Barrett says, are where several muscles or tendons attach to or cross joints. Barrett suggests targeting six hot-spot areas: chest, torso (psoas), buttocks, outer thigh (IT band), thighs (quadriceps) and lower leg (soleus). These are areas, he says, where muscles are especially overused and tired.

First-time foam-roll users most likely will grimace as they roll. “It will hurt,” Barrett writes in his step-by-step guide, “but actually, if you tell yourself that it is doing you good, it becomes a ‘nice pain.’” After five to six rolls on a hot spot, pain should diminish.

As with any exercise or stretching routine, consistency is key. The occasional rolling session is OK, but consistent rolling can be extremely beneficial.

“It’s a really important tool in my practice,” Peters said. “It’s a tool that enables us to teach the patient to self-treat when appropriate. It’s a tool to help patients take care of themselves.”

Foam-rolling tips

Want to make the most of your foam roll? Fitness industry expert and trainer Steve Barrett and certified athletic trainer Carolyn Peters offer these tips.

- Have a plan: Randomly rolling around on a foam roller may have some benefits, but it’s more constructive to focus on areas that need attention.

- Check yourself: Assess how your body is reacting to the foam roller to see if you’re improving. Look at your posture to see where it can be improved and your quality of movement to see where muscles feel tight.

- Multitask: The more you roll, the better, so roll while you watch TV (or during other activities) if that gets you to roll more often.

- Start soft: Rollers come in a variety of densities. Open-cell foam rollers are generally soft white foam that tends to wear out quickly, but they are a good introduction. Once rolling is a habit and pain levels have reduced, progress to a closed-cell foam roller (generally black foam and firmer than open cell). Move on to a ridge roller, which is often a solid pipe covered in textured, grooved foam. Rumble rollers are for the brave and experienced, Barrett said; it's a solid pipe roll covered with bumps that mimic thumb pressure and deeply target your body's hot spots.

- Go slow: Slow rolling over tissue is the best way to benefit from the foam roller. Once you find a sensitive spot, stay on it, then move the nearby joint (knee, elbow, shoulder, for example) in a natural range of motion to help alleviate discomfort.

- Don't overdo it: If your muscles are too tender, don't use the foam roll. Wait 24 to 48 hours for soreness to lessen, then try again, Peters said. You don't want to create more muscle damage after a tough workout.
No. 1 cancer killer of women in wealthy nations: Lung

BY STEVEN REINBERG
HealthDay

Lung cancer has overtaken breast cancer as the leading cancer killer of women in developed countries, reflecting changing smoking patterns among females worldwide, a new report shows.

Legions of women began smoking four decades ago, and the dire consequences are just being seen now in wealthy countries, the researchers explained. Lung cancer has been the leading cause of cancer deaths among men in developed countries for decades and the leading cause of cancer death for U.S. women for some years.

The disease is almost always caused by smoking, said lead researcher Lindsey Torre, an epidemiologist at the American Cancer Society. “But it takes many decades for the full consequences to be seen.”

“From the time we started seeing a drop in smoking rates among men, we expected to see a decline in lung cancer deaths among women,” Torre said. “But we are not seeing that yet.”

In the United States for a long time, breast cancer deaths have been stable or decreasing for the past couple of decades, which is due to early detection and improved treatments.

At the same time, lung cancer death rates worldwide have continued to increase. In the United States, however, the death rate from lung cancer has leveled off, she added.

Torre expects that as smoking rates among women decline, lung cancer rates in developed countries will also decline over the next 30 years.

In developing countries, however, lung cancer rates and deaths are expected to increase as more men and women take up smoking, Torre said. Lung cancer is the leading cause of cancer deaths for men in developing countries, while breast cancer remains the main cause of female cancer deaths in developing countries.

The report on worldwide cancer incidence was prepared with data from the International Agency for Research on Cancer and published online in CA: A Cancer Journal for Clinicians.

“Breast cancer among women in the United States for a long time, said Dr. Norman Edelman, senior consultant for scientific affairs at the American Lung Association.

This study shows this is true of all the wealthy countries, not just the United States, he said. “As people emerge from poverty, people start adopting bad Western habits like smoking, so cancer rates are going up,” Edelman said.

In 2012, an estimated 14.1 million new cancer cases and 8.2 million cancer deaths occurred worldwide, according to the report.

Developing countries have a high burden of cancers related to infection, including cancers of the liver, stomach and cervix, the researchers pointed out.

As developing countries take on a more Western lifestyle, cancers that were once rare are becoming more common, the researchers said. Breast, lung and colon cancers are also increasing.

In more developed countries, prostate and breast cancer are the most-often diagnosed cancers, and lung cancer is the leading cause of cancer deaths for men and women, the report said.

In both developing and developed countries, colon cancer has become a frequent cause of cancer deaths, the researchers found.

Cancer is an enormous burden in developed and developing countries, the researchers said. Cancer cases increase as the population ages because of the increasing prevalence of risk factors such as smoking, being overweight, physical inactivity and changing reproductive patterns, they explained.

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CULINARY GIANTS RICHARD OLNEY

Expat's work emphasized fresh, local

BY BILL DALEY
Tribune Newspapers

Richard Olney was an American living in France whose cookbooks, notably 1970's "The French Menu Cookbook" and 1974's "Simple French Food," would inspire the birth of what is now called California cuisine, and focus greater attention on the interplay of wine and food.

Olney's work as chief consultant for "The Good Cook," a Time-Life cookbook series, exposed countless cooks, both amateur and professional, to his cooking concepts in the late 1970s and early 1980s.

"First of all, he was an artist. That's an important thing to note," says Joyce Goldstein, a San Francisco restaurateur and author of "Inside the California Food Revolution" with Dore Brown. "People who work in the visual arts are also attuned to the beauty of ingredients. He put flavors together beautifully. His plates didn't have 25 ingredients, they had five, and they were all there for a reason. ... That doesn't mean he wasn't sophisticated."

"I thought he was an extraordinary cook," noted Jacques Pepin, the Madison, Conn.-based chef, cookbook author and television cooking show host. "He was certainly more French than I am in his research and the work he did."

"Richard was a true purist," recalled Alice Waters, chef/owner of Chez Panisse, the iconic restaurant in Berkeley, Calif., in an email. "He would go miles for a loaf of real bread! If he was in Provence, he would

Chicken breasts and zucchini with marjoram

Prep: 20 minutes
Cook: 8 minutes
Makes: 2 to 3 servings

1 pound zucchini, thinly sliced
Salt, pepper
2 tablespoons butter
1 teaspoon finely chopped fresh flowers and leaves of marjoram (substitute ½ teaspoon finely crumbled dry, if necessary, or switch to fresh tarragon)
2 large chicken breast halves, skin, bones and fat removed, cut into ½-by-2-inch strips
1/2 cup heavy cream

In a large heavy skillet, toss the zucchini, seasoned, in 1 tablespoon butter over a high flame for about 6 minutes — until barely tender and hardly colored. Toss in the marjoram and put aside. In the same pan, with the other tablespoon of butter, over a high flame, toss the seasoned breast strips for no more than 3 minutes. They may stick at first; gently displace with a wooden spoon. As soon as they become firm and rubbery, return the zucchini to the pan, toss the two well together, add the cream, swirl, and toss. It is ready when the cream reaches a boil. Accompany by a pilaf.

Nutrition Information per serving (for 3 servings): 328 calories, 25 g fat, 15 g saturated fat, 124 mg cholesterol, 5 g carbohydrates, 22 g protein, 450 mg sodium, 1 g fiber
Nutty nocino
Expat Italian distiller re-creates the walnut liqueur of home

BY LISA FUTTERMAN
Special to Tribune Newspapers

I first tasted nocino after a long lazy lunch in a countryside trattoria in Emilia Romagna, Italy. Served neat after dessert, it was made in-house, from unripe black walnuts, and was appealingly murky, earthy and not too sweet. Not to be confused with nocello, which is candy sweet, like a walnut-based version of Frangelico, nocino is subtle, spicy and undeniably nutty.

Francesco Amodeo runs Don Cicco & Figli, a small maker of artisanal Italian-style liqueurs — infused with everything from fennel to cactus pears — in Washington. When I learned he was producing a domestic nocino, I couldn't wait to try a glass.

Sweet and smooth, Amodeo's nocino is made in the style of his native Amalfi Coast from green (immature) English walnuts he imports from California each June. He describes their flavor as more "perfume-y and bright" than the black walnuts used in Northern Italy. Tradition states the infusion must be started June 24 — the feast day of San Giovanni — and Amodeo holds to it. He infuses the chopped green walnuts (which have not yet hardened into the familiar shells we crush with a nutcracker) skin and all — plus secret spices including cloves and cinnamon — with neutral grain spirits until Sept. 24, when he moves the whole lot into resting tanks to settle. He filters Oct. 24, sweetens the infusion and lets it mellow until a December bottling and release.

In 2013, Amodeo's first 32-case batch sold out in an hour. This past year he more than tripled his output, but the nocino is still quite hard to come by. (For information on availability, go to donciccofigli.com.) Once you procure it, sip lightly chilled nocino in grappa glasses after dinner as a digestivo. Amodeo also recommends it as an ingredient that provides a "bittersweet nutty note in craft cocktails." He provides the recipe here for the Alexis.

I have taken to drinking nocino-spiked whole milk (pour 1 ounce nocino into a pretty glass and add 1 ounce milk) and calling it latte di noce — a grown-up late night nip. Nocino is also tasty and elegant poured over vanilla gelato, with or without espresso, for a niftier and nuttier version of the popular dessert affogato.

Alexis cocktail

Makes: 1 drink

For the amaro, Francesco Amodeo suggests his own Amaro de la Sirena.

1 ounce bourbon
1 ounce nocino
1 ounce amaro
Dash orange bitters
Orange peel

Stir bourbon, nocino and amaro over ice. Add bitters and strain into a chilled up glass (stemmed cocktail glass). Garnish with orange peel.

THE VEGGIE COOK

Pasta and buckwheat play against each other

BY KAY STEPKIN
Special to Tribune Newspapers

Had I called this recipe by the name I grew up hearing — kasha varnishkes — would you have even read this far? What does that mean anyway? The traditional Eastern European dish, which combines buckwheat (kasha) and a short pasta (varnishkes), was brought to America by Jewish immigrants.

And groat? That's a kernel. A kernel could be a seed, a grain, a nut — but in the case of buckwheat, it's actually a fruit. Although the buckwheat groat looks tough and angular, it cooks up soft and fluffy. It's also delicious as a hot cereal or added to soups.

The groats in this recipe get toasted until they develop a nutty flavor with a somewhat crunchy texture. They provide a good contrast to the softness of the pasta and look pretty as they get caught in all the crevices of the bow tie shapes.

Buckwheat groats nestle into the crevices of bow tie pasta in this vegetarian version of kasha varnishkes.

Tips

If you use toasted buckwheat groats, the cooking time will be about 10 minutes less.

If you can't find whole-wheat bow tie pasta, you can substitute a different shape, or use regular bow tie pasta.

If you don't love cilantro as much as I do, try using the more traditional herb choices: dill or parsley.

Buckwheat groats with bow tie pasta

Prep: 30 minutes Cook: 40 minutes Makes: 4 servings

2 tablespoons peanut oil
1 large onion; chopped, 3 cups
2 cups buckwheat groats, rinsed
2 1/2 cups water
1/2 cup vegetable broth
1 1/4 teaspoons sea salt
8 ounces whole wheat or regular bow tie pasta
8 ounces mushrooms, thinly sliced
1/2 cup chopped cilantro
Freshly grated nutmeg, optional

1 Heat 1 tablespoon peanut oil in a Dutch oven over medium heat. Add onion; cook, stirring occasionally, until onion begins to turn translucent, about 6 minutes. Add buckwheat groats; cook to toast, stirring occasionally, until buckwheat releases a nutty aroma, about 10 minutes.

2 Meanwhile, heat the water, broth and salt to a boil in a saucepan. Add hot liquid to toasted buckwheat. Cover, turn heat to low and cook until all liquid is absorbed, about 20 minutes.

3 While buckwheat is cooking, cook the pasta in a large pot of salted boiling water until al dente. Drain; stir into cooked buckwheat.

4 Heat remaining 1 tablespoon oil in a skillet over medium-low heat. Add mushrooms; cook until soft, about 5 minutes. Stir into the buckwheat-pasta mixture along with the cilantro. Serve, sprinkled with nutmeg.

Nutrition Information per serving: 582 calories, 10 g fat, 1 g saturated fat, 0 mg cholesterol, 109 g carbohydrates, 20 g protein, 912 mg sodium, 12 g fiber
Gratin goes green

MARIO BATALI

Potatoes are not the only ingredient that can be made into a tasty gratin dish. Creamy kale gratin, highlighted in my newest cookbook, "America Farm to Table: Simple, Delicious Recipes Celebrating Local Farmers," makes for a healthier version of the potluck party classic.

The kale used in my cookbook was specifically sourced from one of the most beloved farmers in the country, David Cleverson of Kinnikinnick Farm in Caledonia, Ill. Opened in 1994, Kinnikinnick Farm is now an established, certified organic farm.

When creating dishes like this, I first think about what can be eaten raw from farmers like Dave. Then I think about what can be cooked briefly and cooked really well. Kale is one of those versatile vegetables, which is why the Batali family incorporates it into recipes at home so often.

This kale gratin is the best of steakhouse-style creamed spinach with a rich mineral backbone that makes it work even better with big steak and red wine. If you want to jump it up a bit, add some bacon to the onion when you are cooking it. If you want to take it from simple to spectacular, add a top layer of sourdough bread sliced into half-inch pieces for a dipper you can eat with your hands.

This kale gratin is the chef behind 24 restaurants including Eataly, DelPosto, and his flagship Greenwich Village enoteca, Babbo.

Creamy kale gratin

Prep: 30 minutes  Cook: 1 hour, 7 minutes
Makes: 6 to 8 servings

6 tablespoons unsalted butter
1/2 cup chopped Spanish or white onion
2 whole cloves
1/4 cup flour
2 cups whole milk
3 bunches kale (about 1 1/2 pounds), roughly chopped
1/2 cup plus 2 tablespoons freshly grated Parmesan
Kosher salt
1/2 teaspoon freshly grated nutmeg
Freshly ground black pepper

1. Heat a large pot of well-salted water to a boil. Set up an ice bath to cool.

2. Meanwhile, melt butter in a heavy, medium saucepan over medium heat. Add the onion and cloves; cook until golden brown, about 10 minutes. Add the flour; cook, stirring until light golden brown, about 7 minutes. Gradually whisk in the milk; cook until the mixture boils and thickens, about 10 minutes. Reduce the heat to low; simmer, whisking frequently, 5 minutes. Remove the cloves.

3. Add the kale to the boiling water; cook until just wilted and tender, about 2 minutes. Drain the kale; transfer to the ice bath to cool, 5 minutes. Drain well. Roll up the cooked kale in a kitchen towel or cheesecloth; squeeze out as much liquid as possible.

4. Finely chop the kale; add it to the warm sauce. Add 1/2 cup Parmesan and the nutmeg; season with salt and pepper to taste. Mix well.

5. Pour the mixture into the gratin dish; top with the remaining 2 tablespoons Parmesan. Bake until bubbly, about 30 minutes.

Nutrition Information per serving: 184 calories, 13 g fat, 8 g saturated fat, 34 mg cholesterol, 12 g carbohydrates, 7 g protein, 144 mg sodium, 2 g fiber

Shelf life

BY JUDY HEVRDEJS
Tribune Newspapers

Stop loafing; bake bread

Forget the baguette. Dig into the forgotten "artistry of American bread" with Adrienne Kane's "United States of Bread" (Running Press, $20). Subtitled "Our Nation's Homebaking Heritage: from Sandwich Loaves to Sourdough," the book embraces the creativity of bakers "before mass-produced breads." They range from anadama bread and bagels to sourdough and sticky buns. Plus, you'll find nuggets of history kneaded in, along with charming drawings and bread-baking basics for beginners. At bookstores nationwide.

Here's the rub

Thank a granny from Italy's Emilia region (Noni Borsari) for the seasonings she taught her grandson to make. They became a line of seasoned sea salt blends from Borsari Foods. Among items in the line are four meat rubs sold in foil packets, one per protein: chicken, fish, pork and steak. We enjoyed the chicken blend's touch of rosemary and nutmeg, and the fish blend's ginger and orange peel, both built on a garlic-basil-pepper base. A 1-ounce packet is $1.69. For a store locator or to buy: borsarifoods.com.

Snacks from the sea

Seaweed snackers might enjoy an extra-crunchy take on this ocean plant: organic baked Seaweed Chips, from Ocean's Halo. They come in Sea Salt, Chili Lime, Korean BBQ, Hot & Spicy and Texas BBQ flavors. Those who enjoy nibbling seaweed liked the Hot & Spicy version, with Korean BBQ a close second. A 3-ounce bag is $3.99. For a store locator or to buy: oceanshalo.com.

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Duo pianists Claire Aebersold and Ralph Neiweem first met Japanese-born sisters Yuki and Tomoko Mack while performing at the Detroit Institute of Art. "They live in Detroit, and when we heard them play, we asked them to take part in our Duo Piano Fest," Aebersold said. That program was a success and the siblings return to Nichols Concert Hall the weekend of March 6 to headline the Music Institute of Chicago's Duo Piano Winter Mini-Fest.

Their program will include "Silhouettes" Suite for Two Pianos No. 2, Op. 23, by Russian composer Anton Arensky published in 1892. Movements include "Le Savant, La Coquette;" "Polichinelle," "Le Reveur;" and "La Danseuse" as well as Three Slavonic Dances by Czech composer Antonin Dvořák, Op. 46, No. 3 and Op. 72, Nos. 5 and 1. The Slavonic Dances were originally composed as a series of 16 orchestral pieces in 1878 and 1886 and published in two sets as Opus 46 and Opus 72 respectively.

Also being performed is Sergei Rachmaninoff's "Russian Rhapsody," a nine-minute set of variations, which he composed for two pianos in 1892 at age 18. After intermission the sisters will play Francis Poulenc's four-movement Sonata for two pianos, Astor Piazolla's Two Tangos for Two pianos, Oblivion and Libertango, and Liszt's Hungarian Rhapsody No.2 for Piano, Four Hands.

After the performance there will be a reception with the musicians in the lobby. The following night, Music Institute of Chicago faculty members will pair up for a potpourri of two piano works. The evening opens with Mozart's Overture to his 1786 opera "The Marriage of Figaro, arranged for two pianos, eight hands. Performers are Inah Chiu, Ralph Neiweem, Milana Pavchinskaya, and Mark George, president and CEO of the Music Institute of Chicago. "I don't usually have time to practice every day," George said, "but for this I started practicing every day about a month ago. "Ralph and Claire (Aebersold) are such wonderful faculty members," he continued. "Everyone loves them and it's a joy to play with them. I'll say yes any time they ask me."

The pair, who founded the duo-piano festival in 1998, will follow the Mozart with the third movement of Schubert's Divertissement a la Hongroise, D. 818. Also to be performed are: Debussy's Petite Suite by Kylee Lee and Akiko Konishi; Three Selections from Tchaikovsky's "Swan Lake," arranged for Two Pianos by Claude Debussy; played by Xiaomin Liang and Jue He; Arensky's Suite No. 4 for Two Pianos, played by Mio Isoda and Matthew Hagle; Rachmaninoff's Symphonic Dance No. 2, played by Irene Faliks and Maya Brodsky.
Show runs through June in Glencoe

By Catey Sullivan
Pioneer Press

"In spite of everything, I still believe people are really good at heart." Those are the final words in Anne Frank's diary, written shortly before Nazis burst into her "secret annex" and marched her family toward the death camps. Of the eight people living in the annex tucked behind a false wall on a building in Amsterdam, only Anne's father, Otto Frank, survived.

In Wendy Kesselman's adaptation of Frances Goodrich and Albert Hackett's dramatization of Anne's diary, Otto Frank provides a coda at the close of the show opening Feb. 24 at Writers Theatre. He explains where and how everyone died and how he managed to survive. Like everything else in the show, there's a sense of claustrophobia about the speech. Otto Frank is close enough to the audience so that they can feel his breath.

"This space," says director Kimberly Senior of the tiny square at the back of the Books of Vernon story, "is the only reason I'm directing this. The world doesn't need another big proscenium staging of this play. I feel like what happens when we watch this play here, is that our empathy increases 10 fold because we have such immediate access."

Immediate in that you could reach out and touch the actors. (Don't.)

"It's the story of psychological terror of these eight people who are trapped in this space for two years," Senior says. "There is no privacy. You can't even go to the bathroom. You get angry at someone and you can't get away from them. They're right in front of you. You can't avoid touching them or bumping into them. What does that do to you? It's a form of torture. If someone has a cough, everyone is up all night. Our access to their terror is so much more real."

For 14-year-old Sophie Thatcher, an eighth-grader at Nichols Middle School in Evanston, the show is a break from her usual fare of musical theater. Sophie was recently seen in Drury Lane's "Oliver," Light Opera Works' "The Secret Garden" and the Actors Training School's "Seussical."

Like Anne, Sophie keeps a diary, although she says she's not nearly as "consistent" as Anne was.

"Anne was incredibly intelligent, and so open with her feelings and the way she was able to express them," Sophie says. "She was also so optimistic. It's amazing how optimistic she stayed. And it's that optimism, that's what I want people to take from the play."

Despite that optimism, all of the residents of the secret annex are hit hard, by survivor's guilt. Anne has nightmares of her best friend starving behind a barbed wire fence. Margot (Anne's older sister) is well aware that she's the reason they're all there - the family took refuge when Margot got the "call up."

"I think it brings up a lot of great questions about American isolationism and why it took us so long to get into the war," says Senior. "Tell me again why we weren't bombing train tracks in Europe? Today, there are still entire populations being wiped out in the name of 'cleansing.' Maybe they don't touch our lives so much in Chicago. Maybe they should."
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Monday Estate and storage auction includes multiple estates and storage lockers: Dressers; Tastes; China cabinets; Wing back chairs; Patio furniture; Leather chairs; End tables; Servers; Pinball machines; Clocks; Oriental furniture; Trunks; book shelves; Old bottles; Silver plate serving pcs.; Lenox; Cloisonne; Crystal; Hand painted dishes; Stemware; Sets of dishes; Leaded lamps; Costume jewelry; Street lights; Porch posts; Hubley toys; Toy trucks, tractors, farm implements; Crocks; Churns; Tools; Hardware; Paintings and frames; rugs plus too much more to list.

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including Barbie, Polly Pocket, Gene, Madame
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accessories and play sets.

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MUSIC

Dueling violinists

up next for Ars Viva Symphony Orchestra

BY DOROTHY ANDRIES
Pioneer Press

"Please tell the audience there will be no blood or violence," said Ilya Kaler, one of the two musicians who are taking part Ars Viva Symphony Orchestra's "Dueling Violins" program on March 1.

"But I did send him an email, warning him to wear his helmet and bring his shield," joked David Taylor, the other half of the dueling duet.

In fact the program is not a contest, just a chance for Ars Viva audience members to enjoy the talents of two outstanding musicians who sit in the first two chairs of the orchestra. They will play the well-known Bach Double Concerto and the lesser-known Double Concerto by Arnold.

Kaler, a professor of violin at DePaul University in Chicago, is the only violinist to win first place in the Tchaikovsky, Sibelius and Paginini competitions. Born in Moscow, he has

self and his pupil Alberto Lysy. "Both parts are equal," Kaler explained. "It is a 20th century piece, melodic in the modern vernacular, but there are many technical challenges." He holds the two men in high esteem. "For the past several seasons we have been alternating the two as soloists with Ars Viva," Heatherton said, adding that those appearances were always audience favorites.

"This led me to believe that having them 'square off' in two double concerti would be incredibly entertaining as well as incompa-

rably rewarding artistically."

The pair's second "square off" is far from obscure. "We've all known the Bach Double since we were kids," Taylor said. "But you come to a place when you realize those old war horses are magnificent, and you want to give it your best."

A well known piece, however, brings its own challenges. "I have my own idea about how the Bach should go," Kaler said. "I'm sure that David does and Alan too. That means there will be three points of view—one more than a duel."
FAMILY FRIENDLY

Family Science Expo combines fun and learning

BY MYRNA PETLICKI
Pioneer Press

Your kids will get excited about science at the Family Science Expo, 1-4 p.m. Sunday, March 8 at Skokie Public Library, 5215 Oakton St.

"It's going to be an open house-style event. Families are welcome to come and go," said Amy Koester, youth and family program coordinator. "Five exhibitors will put together table stations that have demonstrations of science, and hands-on activities that focus on science, so that families see the great interactive activities that they can do together."

The presenters will include Northern Illinois University Outreach; Civil Air Patrol, who will show families how to make home rockets; the Illinois Section of the American Society of Civil Engineers; and the Structural Engineering Association of Illinois.

Author Patrick T. McBriary, who has written several science and engineering books for children will also be there. "He's going to have video animations of how drawbridges operate and also tabletop models you can play with and see how they work," Koester said.

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

Kicking up their heels

Start celebrating St. Patrick's Day early with the Tully Academy Irish Dancers. The company will perform for families, 2-2:45 p.m. Sunday, March 1 at the Book Market at Hangar One, Glen Town Center, 2651 Navy Blvd., Glenview. Reservations are required.

For details, call 847-729-7500 or go to www.glenview.org.

You think you've got trouble?

Wait until you learn about "Alexander and the Terrible, Horrible, No Good, Very Bad Day." The 81-minute, PG-rated film will be shown at 2 p.m. Saturday, Feb. 28 at Niles Public Library, 6960 Oakton St.

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

A Perfect fit

Obstacle courses, balance beams, bars and balls are some of the fun pieces of equipment your child can experience at Parent & Me Gymnastics, Saturdays, March 14-May 30 at Prairie View Community Center, 6834 Dempster St., Morton Grove. There are sessions of the class for ages 18 months-4 years from 9-9:45 a.m. and 9:45-10:30 a.m.

The cost is $80 for residents, $108 for nonresidents.

For details, call 847-965-1200 or go to www.morton-groveparks.com.
Trip to Chinatown inspires new take on lo mein

Living in close proximity to Chicago gives Oak Parkers like me an avalanche of opportunities to head into the big city for a memorable meal. Little India beckons diners to open restaurant doors with fluffy idli and crispy dosa, while Randolph Street's restaurant row tempts folks with pork belly, burgers and charcuterie. Every near west-side resident has their favorite Chinatown dumpling house, vibrant Pilsen taqueria, or friendly spot for saganaki in Greek Town.

Easy exposure to global cuisines forces city-centric suburbanites to bring more than a little flair to their home-cooked fare. A sloppy joe sandwich only tastes delicious if you aren't craving a Cernita sandwich from Humbolt Park. Right? I am consistently amazed by the resolve of some area home cooks. Sure we all have nights where we bust out the grocery store rotisserie chicken and serve it alongside a baked potato and a bunch of broccoli, but more often than not random weeknight dinners here are a quick cooking homage to an array of ethnic cuisines.

Just last week I chatted with someone about the virtues of making the perfect Greek salad, observed someone on Facebook sharing their homemade version of a Cuban sandwich with yucca fries and had a friend ask for advice before attempting to make her first French mother sauce on a Monday night. Words like etouffee, sous vide and albondigas are as common place as macaroni, condensed soup and ground beef. We live in a culinary bubble and I have no interest in popping it.

Inspired by my most recent trip to Chinatown, I used a random weeknight meal as an excuse to whip up a fresh take on lo mein noodles. I used ingredients like Italian fettuccini, that are readily available in my local grocery stores to create the dish, but the meal had an undeniable global flair. This easy Chinese-inspired meal will make the perfect addition to your international recipe arsenal.

**Shrimp Lo Mein Noodles**

*(Eight servings)*

Since American stove tops are not designed to accommodate a wok, cooking this noodle dish in a large skillet ensures stir fry will cook evenly.

For the Sauce:
- 2 cups chicken broth
- 1/2 cup oyster sauce
- 1/4 cup high quality soy sauce
- 3 Tablespoons honey

**FOR THE NOODLES:**
- 1 pound fettuccini noodles
- 11/2 pounds 26-30 count shrimp, peeled and deveined
- 2 Tablespoons minced fresh garlic
- 11/2 cups pea pods, tips trimmed and cut in half on the bias
- 2 Tablespoons Chinese rice wine or water
- 1 Tablespoon cornstarch

**GARNISHES:**
- Scallions
- Mung bean sprouts
- Radish slices
- Chili garlic sauce

Combine the sauce ingredients in a small bowl, mix well and set aside until ready to use.

Cook the fettuccini noodles according to package directions in a large pot of boiling salted water. Drain the cooked noodles, toss with the sesame oil to prevent sticking and set aside.

Heat the canola oil in a large high-sided skillet over high heat until nearly smoking. Add the shrimp to the pan, cook stirring constantly until the shrimp is just starting to turn pink. Add the ginger, garlic, and sliced scallion whites to the pan and cook, tossing frequently until very fragrant (about 1 minute).

Add the pea pods and carrots to the pan and toss well. Just as the carrots begin to wilt add the sauce to the pan. Bring the mixture to a boil. Mix the rice wine or water with the cornstarch to make a slurry and pour into the skillet. Allow the sauce to return to a boil and thicken before adding the cooked noodles to the pan. Remove from heat and toss to coat the noodles.

Transfer the lo mein to a serving platter and garnish with snipped scallions, bean sprouts, radish slices and chili garlic sauce.
GO CALENDAR

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

Friday, Feb. 27

Reely Dan: A tribute show to Steely Dan. 8 p.m. Friday, Metropolis Performing Arts Centre, 111 W. Campbell St., Arlington Heights, $30, 847-577-2121

Yukiko Fujimara piano recital: 7 p.m. Friday, Salem United Methodist Church, 115 West Lincoln Avenue, Barrington, free, 847-302-4720

“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. 7:30 p.m. Friday, 7:30 p.m. Saturday and 2 p.m. Sunday, UIC Theatre, 1044 W. Harrison St., Chicago, $12-$17, 312-996-2939

Sondheim on Sondheim: Porchlight Music Theatre presents an intimate portrait of the famed songwriter in his own words and music featuring new arrangements of more than two-dozen Sondheim tunes. 8 p.m. Friday, 4 p.m. and 8 p.m. Saturday and 2 p.m. Sunday, Stage 773, 1225 W. Belmont Ave., Chicago, $35-$45, 773-727-5252

“Macbeth”: See Shakespeare's epic tale of ambition gone wrong. 8 p.m. Friday, 8 p.m. Saturday, 7 p.m. Sunday and 8 p.m. Wednesday, The Artistic Home, 1376 W. Grand Ave., Chicago, $28-$32, 312-243-3963

Vikinga: Get an intimate view of Viking culture at this new museum exhibit. 9 a.m. Friday, Field Museum, 1400 S. Lake Shore Drive, Chicago, Free with museum admission, 312-922-9410

Into the Bat Caves of Kenya: Scientists Bruce Patterson and Paul Webala, accompanied by vlogger Emily Graslie, venture deep into a cave in Kenya's Mount Suswa to study the varied bats of East Africa. 9 a.m. all week, Field Museum, 1400 S. Lake Shore Drive, Chicago, free, 312-922-9410

Meet a Scientist: Real scientists stand at the ready every Friday morning in Stanley Field Hall at the Field Museum to greet the public and answer questions about creatures big and small. “Scientists will be out in the museum sharing the wonders of our collections and highlights of their research,” according to promotional materials. “Hear about their work, see real artifacts and specimens from the over 26 million objects not on display at the Field, and experience the museum like never before. Topics will range from birds to insects, from mammals to plants, from pottery to spears and points, and more.” 10 a.m. Friday, Field Museum, 1400 S. Lake Shore Drive, Chicago, $13-$30, 312-922-9410

Vedou: Sacred Powers of Haiti: This exhibition explores Vedou as a religion and an expression of the Haitian national experience. 10 a.m. all week, Field Museum, 1400 S. Lake Shore Drive, Chicago, free, 312-922-9410

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

The Hammer Trinity: The Excelsior King: Sixteen actors bring 54 characters to life in a tale spanning three full-length plays. 7:30 p.m. Friday, Chopin Theatre, 1543 W. Division St., Chicago, $15-$30, 773-769-3832

Chicago Styled: Fashioning the Magnificent Mile: This exhibition uses 20 outfits from the museum's costume collection to tell the story of a street, in a fashion. The exhibit runs Nov. 15 to Aug. 16 and is free with admission. 9:30 a.m. Friday, 9:30 a.m. Saturday, noon Sunday and 9:30 a.m. Monday-March 5, Chicago History Museum, 1601 N. Clark St., Chicago, free, 312-642-4600

“Tomato Queen”: In this musical with book and lyrics by Christine Hodak and music by Scott Lamps, an impatient farmer rapidly comes to the surface as old wacky prizes. Along the way, you'll be drawn into conversation about everyone. “That's where you come in: We're just trying to make a living,” according to promotional materials. “The fly in the ointment this year is the 18-year-old girlfriend of one of the group's 40-something members. Frustration, weirdness and old baggage suddenly becomes very personal.” This performance promises to hold “a mirror up to our contemporary society that might just be entertaining itself to death.” 8 p.m. all week, Steppenwolf Theatre Company, 1650 N. Halsted St., Chicago, $54, 312-335-1650

“The Book of Mormon”: This Tony Award-winning musical satire by Trey Parker and Matt Stone (“South Park”) and Robert Lopez (“Avenue Q”) follows the misadventures of two missionaries who naively attempt to convert the inhabitants of a Ugandan village. 7:30 p.m. Friday, 2 p.m. and 8 p.m. Saturday, 2 p.m. and 7:30 p.m. Sunday, 7:30 p.m. Tuesday and 7:30 p.m. Wednesday, Bank of America Theatre, 18 W. Monroe St., Chicago, $45-$115, 800-775-2000

“Red Bud”: Written by Brett Neveu and directed by Brant Russell, this play follows three middle-aged friends tapping into their youth on a regular trip to the Red Bud motocross race. “The group has nearly wrung their mutual friendship dry and uses the overnight camping party to relive past glories, playasin games and beat the holy hell out of each other,” according to promotional materials. “The fly in the ointment this year is the 18-year-old girlfriend of one of the group's 40-something members. Frustration, weirdness and old baggage rapidly comes to the surface as old friendships die hard.” 8 p.m. Friday and 8 p.m. Saturday, Signal Ensemble Theatre, 1802 W. Berenice Ave., Chicago, $12-$23, 773-698-7389

“The Royale”: This play is set in America in 1905. Jay is a legend. He has everything he needs to be the heavyweight champion of the world — except he's not white. 8 p.m. Friday, 2 p.m. and 8 p.m. Saturday, 2 p.m. Sunday, American Theater Company, 1909 W. Byron St., Chicago, 773-409-4125

“Orquesta Sinfónica del Estado de México”: 7:30 p.m. Friday, Harris Theater for Music and Dance in Millennium Park, 205 E. Randolph Drive, Chicago, $10-$75, 312-334-7777

Aaron Kamm and the One Drops: 9 p.m. Friday, Reggie's Music Joint, 2105 S. State St., Chicago, $8, 312-949-0120

Chicago Flamenco Festival: Maya Ttiana, Mehran Jalili and Yolanda Osuna perform. 7:30 p.m. Friday, Instituto Cervantes of Chicago, 31 W. Ohio St., Chicago, $20-$25, 312-335-1996

Big Head Todd and the Monsters: 7 p.m. Friday, House of Blues, 329 N. Dearborn St., Chicago, $32-$50, 312-923-2000

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

Merit School of Music Performance 2015: This two-day musical and fundraising extravaganza features the Alice S. Pfielzer Tuition-free Conservatory. The concerts are free, but supporters may help by making donations or purchasing raffle tickets. 7 p.m. Friday and 9 a.m. Saturday, Merit School of Music, 38 S. Peoria St., Chicago, free, 312-786-9428

Maker & Muse: Women and Early Twentieth Century Art Jewelry: The museum presents the major exhibition comprised of works drawn from the Collection of Richard H. Driehaus and promotes private and public collections throughout the United States. 10 a.m. all week, Richard H. Driehaus Museum, 40 E. Erie St., Chicago, $12.50-$20, 312-482-8933

Chinese New Year Lightscape: Enjoy a multisensory experience on State St., with light displays and music to celebrate the Year of the Sheep. 8 a.m. all week, State and Van Buren Sts., 400 S. State St., Chicago, free

“The Trial of Moses Fleetwood Walker”: Moses Fleetwood Walker was the first black baseball player and he played for the Toledo Blue Stockings in 1884 in the major leagues. Moses is accused of murdering a white man in a time when blacks were traditionally lynched. This is based on a true story. 8 p.m. Friday, 3 p.m. and 8 p.m. Saturday and 3 p.m. Sunday, Black Ensemble Theatre, 4450 N. Clark St., Chicago, $55-$65, 773-769-4451

“Royal Society of Antarctica”: This play follows Dee (Alee Pea) as she returns to her birthplace at the blindingly bright McMurdo Station in Antarctica to work as a janitor and seek answers to her mother's disappearance in this weird and touching new work. 7:30 p.m. Friday, 7:30 p.m. Saturday and 2:30 p.m. Sunday, The Gift Theatre, 4802 N. Milwaukee Ave., Chicago, $25-$35, 773-283-7071

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**The Three Little Pigs**: The Chicago Kids Company Theatre for Children presents a one-hour musical adaptation of the classic children's tale 10:30 a.m. Friday, 10:30 a.m. Monday and 10:30 a.m. Tuesday, Stahl Family Theatre, 5900 W. Belmont Ave., Chicago, $12, 773-205-9600.

**Blue Planet**: In this play, best friends Hulda and Brimir live on a planet much like Earth, populated only by children. They live a simple but ideal life. When they meet an adult, the mysterious Jolly- Goodday they are promised a life of greater joy, even more spectacular fun, but at what cost? 7:30 p.m. Friday, 2 p.m. and 6 p.m. Sunday, Prairie Lakes Community Center, 515 E. Thacker St., Des Plaines, $9-$12, 847-516-2298.

**My All 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, 847-475-1030.

**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.

**Wine & Live Music**: Snack on free appetizers while listening to live music. Beer, wine and cocktails are also available. 5:30 p.m. Friday, The Crystal Ballroom & Lounge, 529 Davis St., Evanston, free, 847-570-4400.

**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, 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, gardens 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.

**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 and 2:30 p.m. Sunday, Northlight Theatre, 9501 Skokie Blvd, Skokie, $15-$49, 847-673-6300.

**Watson Adventures' Field of Screams Murder Mystery Scavenger Hunt**: Follow the clues to find out who's been bumping off Field Museum staffers involved in acquiring a sacred Egyptian relic. Ticket includes museum admission. 1:30 p.m. Saturday, Field Museum, 1400 S. Lake Shore Drive, Chicago, $33, 877-946-4868.

**Muffy Fishbasket 'n' Her Good Time Galz**: Muffy Fishbasket, Olive Ali Oxen

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free, Dixie Devereaux and Fancy Bandit Brown perform cabaret themes. 9 p.m. Saturday, The Call, 1547 W. Bryn Mawr Ave., Chicago, $5-$10

“Heat Wave”: This play is set in Chicago, in the summer of 1995, and an intense heat wave has gripped the city with temperatures soaring above 100 degrees. By the time it’s all over 739 people will have died, mostly the poor, elderly, or minorities with nowhere to seek shelter. As the morgues overflow, the city’s emergency response team is called into question. 8 p.m. Saturday, Steppenwolf Theatre Garage, 1624 N. Haisted St., Chicago, 312-335-1650

The Twilight Sad: With Port St. Willow and Magical Beautiful. 9:30 p.m. Saturday, Beat Kitchen, 2100 W. Belmont Ave., Chicago, $10-$12, 773-281-4444

Patrick Sweany: With Al Scorch. 9 p.m. Saturday, Reggie’s Music Joint, 2105 S. State St., Chicago, $10-$15, 312-949-0120

El Bandolero & Souphonetics: 10 p.m. Saturday, Masada, 2206 N. California Ave., Chicago, free, 773-697-8397

El Bandolero & Souphonetics: 10 p.m. Saturday, Masada, 2206 N. California Ave., Chicago, free, 773-697-8397

“Fancy Nancy: The Musical!”: Follow Nancy to her first dance recital, after which she’s picked to be a tree in an upcoming show. “Can she still bring fancy flair to her role when it isn’t the one she wanted?” asks promotional materials. “Adapted from the bestselling books, this is a funny, frilly ballet story with a lot of heart.” 1 p.m. Saturday and 1 p.m. Sunday, Apollo Theater, 2540 N. Lincoln Ave, Chicago, Price varies, 773-935-6100

John Dahlbäck: 10 p.m. Saturday, The Mid, 306 N. Halsted St., Chicago, Free before 11 p.m., 312-265-3990

Chicago Flamenco Festival: El Payo y la Tiranta, Yolanda Osuna, Miguel Pérez and Bernardo Miranda perform Flamenco music and dance. 7:30 p.m. Saturday, Instituto Cervantes of Chicago, 31 W. Ohio St., Chicago, $20-$52, 312-335-1996

Daniel Knox: 9:30 p.m. Saturday, Constellation, 3111 N. Western Ave, Chicago, $10, 773-296-6024

Natassja Noctis: 9 p.m. Saturday, Abbey Pub and Restaurant, 3420 W. Grace St., Chicago, $5, 773-478-4408

Midwest Young Artists March Concerts 2: “Ignite your Enjoyment… Turn to Go Calendar, Next Page

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Mega Movie Pajama Nights in Park Ridge: Hey kids, come dressed in your favorite pajis and enjoy an evening of fun! Play games, enjoy a fun snack, and watch a “G/PG” rated movie on the inflatable movie screen in the gym. This is a great opportunity for parents to enjoy a quiet evening to themselves. (Ages: 4-9) Register online at www.prparks.org. 6 p.m. Saturday, Maine Park Leisure Center, 2701 W. Sibley Ave., Park Ridge, $15 Resident / $27 Non-Resident, 847-692-5127

Sunday, March 1

The Dreamtree Shakers: 11 a.m. Sunday, Beat Kitchen, 2100 W. Belmont Ave., Chicago, $6

The Brokedowns: With Meat Wave, Canadian Rifle and Foul Tip. 8 p.m. Sunday, Beat Kitchen, 2100 W. Belmont Ave., Chicago, $8-$10, 773-281-4444

Okean Eivy: 8 p.m. Sunday, Riviera Theatre, 4746 N. Racine Ave., Chicago, $8-$12, 773-275-6800

Download now
Midwest Young Artists March Concerts 3: "Ignite your Passion Concert" featuring the Symphony Orchestra. Contact mya@mya.org for more information. See past performances on the free MYA podcast site, wmya.fm. Tickets available online for 1:30, 2:30 or this show, Pick-Staiger Concert Hall, Northwestern University, 50 Arts Circle Drive, Evanston, $15-$30, 847-926-9898.

Midwest Young Artists March Concerts: Midwest Young Artists presents Ignite Your Curiosity, an afternoon concert on March 1st showcasing its youngest talents. Join us for a family-friendly afternoon of music and ignite your child's curiosity about the power of music. The program features four talented youth orchestras, Reading, Cadet, Concertino and Philharmonia, alongside two choirs, Little Maestros and Mighty Maestros. 1:30 p.m. Sunday, Pick-Staiger Concert Hall, Northwestern University, 50 Arts Circle Drive, Evanston, free, 847-926-9898.

Monday, March 2

The Mixer at The Playground Theater: This workshop includes top performers and coaches followed by coaches teaching a simple form and everyone working in a long-form show. BYOB. 10 p.m. Monday, The Playground Theater, 3209 N. Halsted St, Chicago, $5, 773-877-9793.

Live Bluegrass, Roots and Folk: Every Monday in the pub, The Mudflaps perform. 8 p.m. Monday, The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679.

Tuesday, March 3

Traditional Irish Music Night: 8 p.m. Tuesday, Chief O'Neill's Pub, 3471 N. Elston Ave., Chicago, $8-$10, 773-473-5263.

Irish music session: Enjoy Irish music every Tuesday night. 7 p.m. Tuesday, The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679.

The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679.

The Lunchbox: "The Lunchbox" (Hindi with English subtitles, 2014, rated PG, 1 hr. 45 min.) A series of lunchbox notes, mistakenly delivered to the wrong person, leads to an unexpected friendship between two strangers. Cast: Irrfan Khan, Nimrat Kaur, Nawazuddin Siddiqui. 11:30 a.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220.

Wednesday, March 4

"No Turning Back": The University of Illinois Chicago Theatre hosts the University Band, conducted by Nicholas Carlson. 7:30 p.m. Wednesday, UTC Theatre, 1044 W. Harrison St, Chicago, $10, 312-996-2939.

Buckwheat Zydeco: 8 p.m. Wednesday, City Winery Chicago, 1200 W. Randolph St, Chicago, $36-$42, 312-733-9463.

City of Angels: Porchlight Music Theatre presents the 1990 Best Musical Tony Award-winning detective thriller. Come at 7:35 p.m. for a presentation about the show's history. 8 p.m. Wednesday, Stage 773, 1225 W. Belmont Ave., Chicago, $25, 773-777-9884.

Power Trip: With Build and Destroy, Extinction A.D., Thought Crusade and Pillage. 7:30 p.m. Wednesday, Beat Kitchen, 2100 W. Belmont Ave., Chicago, $12, 773-281-4444.

The God, Sex and Death Variety Hour: This variety hour with Danny Black is a show focused on dark comedy, featuring storytellers, comics, musicians and interesting interviews. This variety hour occurs every first Wednesday. 7:30 p.m. Wednesday, Schubas Tavern, 3159 N. Southport Ave., Chicago, free, 773-525-2508.

Auditions for Neil Simon's "Come Blow Your Horn": Auditions are being held for this play. For details, audition form and character descriptions, visit www.jamesdowningtheatre.com. 7 p.m. Wednesday, John Waldron Arts Center and James Downing Theatre, 6740 N. Oliphant Ave., Chicago, free.
Now playing

“Fifty Shades of Grey” ★½
R, 2:05, drama. Curious? That’s what the posters for “Fifty Shades of Grey” coyly ask. Whether or not you’re one of the many who bought, and presumably read, E L James' kinky books, the buzz surrounding this international phenomenon is enough to pique the interest of a rock. “Fifty Shades of Grey” is inherently a spectacle. With all that irresistible anticipation, how could a movie about BDSM be so run of the mill? The short answer: fear and money. It’s one thing to read about the bondage-enabled sexual awakening of a virgin. It’s quite another to see it depicted on screen. — Lindsey Bahr, AP film writer

“Kingsman: The Secret Service” ★½
R, 2:09, action. Colin Firth portrays one of the crack gentlemen-spies working for a supersecret agency out to save the world from a crackpot billionaire philanthropist (Samuel L. Jackson). As Firth’s colleagues, Michael Caine and Mark Strong offer unblinking gazes par excellence. And Welsh newcomer Taron Egerton is engaging as “Eggsy,” recruited by Firth’s Harry Hart to join the Kingsman cadre. Based on the 2012 graphic novel “The Secret Service” by Mark Millar and Dave Gibbons, director Matthew Vaughn’s picture will appeal to anyone who enjoyed Vaughn’s earlier “Kick-Ass.” I didn’t. I find the jocularity of Vaughn’s gamer-style violence a drag. — Michael Phillips

“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.

“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 movie 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. — M.P.

“Jupiter Ascending” ★★
P3-13, 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. — M.P.
BERGGREN, KRISTOFER E.
KRISTOFER E. BERGGREN, age 37, of Skokie, a creative and talented individual, died February 17, 2015. Loving son of Richard and the late Nancy R., nee Tinzmnn; dearest brother of Jennifer; dear nephew of The Rev. James (Susan) Tinzmnn; fond cousin of Melissa (Tim) Tinzmnn and Erica (John) Ly. A Memorial Service will be held on a future date. For funeral information: 847.673.6111 or www.habenfuneral.com.

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Subaru shifts to higher gear

Small crossovers, smart marketing, progressive image win sales

BY CASEY WILLIAMS
Special to Tribune Newspapers

Subaru of America sold a
car record 313,693 vehicles during
2014, an increase of 21 percent
compared with 6 percent industry
growth.

Subaru is a much smaller auto-
maker with a limited product line
and a reputation for building
quirky all-wheel-drive cars for
quirky people. Even during the
recession, plants ran flat-out, and
Subaru is getting nearly
600,000 vehicles during 2015.

What gives?

“We found more ‘Subaru peo-
ples’ said Dominick Infante,
Subaru’s product communica-
tions national manager. “People
appreciate our reputation for
all-wheel drive and safety. The
new Crosstrek hit a segment of
the market that wasn’t there.
Forester took off and is outselling
Outback. And, we are getting
pricing right.”

Subaru’s success is based on
smart marketing, gathering left-
ocenter customers and getting
the timing right for the wide
popularity of small crossovers.

All-road versatility

“Part of Subaru’s success is that
they’ve done well with the small
crossover category,” said Jessica
Caldwell, a senior analyst at
Edmunds. “The XV Crosstrek, For-
ester and Outback are all doing
very well. They have AWD, which
is great too.”

Showrooms are filled on a
continuum from the rally-ready
WRX to all-road Outback, spread
across four product lines buoyed
by all-wheel drive and horizon-
tally opposed “Boxer” engines.

The XV Crosstrek ($21,995)
is an “Outbacked” Impreza with
available 30/34 mpg city/highway
hybrid. The larger Forester
crossover starts at $22,398. Subaru’s
entry model is the Impreza
($18,195) that delivers 37 mpg but
is also the basis for the 268
horsepower turbocharged WRX
($26,295) and 305-horsepower
WRX STI ($34,495).

Topping the range are the
midsize Legacy sedan ($21,695)
and Outback wagon ($24,895).
Both are available with 175-
horsepower four-cylinder and 256-
horsepower six-cylinder engines
that achieve up to 36 mpg high-
way. An exception to Subaru’s
AWD rule is the BRZ rear-drive
sports car ($25,695), co-devel-
oped with Toyota. It has athletic
reflexes but needs more than 200
horsepower.

Subaru’s lineup resonates with
customers.

“It’s the first car I bought in 17
years,” said Frank Espich, of Indy-
napolis. “The Impreza fit my
price range with everything I
wanted in a car. I love all-wheel
drive, such a confident feeling. In
snow, it’s like a little dog outside.
It can’t wait to play.”

Optimizing safety is the Eye-
Sight system that uses stereo
cameras for forward collision
mitigation, lane-keeping assist
and adaptive cruise control.

Conversely, Subaru’s Starlink
infotainment system is abysmal.
It’s ugly, it’s difficult to navigate,
its icons are small, and it doesn’t
react quickly to inputs.

“You can’t keep the loyalty we
have if you don’t build great prod-
ucts,” Infante said. “We had feed-
back to offer slightly larger vehi-
cles, so our Outback, Legacy and
Forester meet those needs. We
also received feedback that our
infotainment systems were not
easy to use. An updated Starlink
will roll out this year.”

Connected marketing

“Only three automotive brands
are very powerful,” said branding
expert and author Al Ries. “BMW
equals driving. Mercedes-Benz
equals prestige. Subaru focuses
on affordable all-wheel drive.
Automakers should narrow the
focus.”

Twenty years ago, Subaru
battled Honda and Toyota —
battles it had neither the products
nor cost structure to win. So it
focused on all-wheel drive, which
kept it from following Saab, Su-
zuki and Isuzu into oblivion.

Subaru keeps its focus narrow with small, all-wheel-drive cars and crossovers such as the 2015 Crosstrek.
The carmaker’s 2014 sales growth rate was higher than the overall industry’s. An expert said: “In the ‘90s,
nobody would’ve been surprised if Subaru had gone out of business. Their success has been nothing short of
amazing, and they do it in a very healthy way.”

“If you want larger vehicles,
there are some others out there
but they haven’t really capitalized
on it,” Caldwell said. “They’ve
been focused on crossovers but as
time goes on should spend time
defining STI better.”

Though the WRX looks fit for
Darth Vader’s mother, and the
Outback is ruggedly handsome,
other Subarus are, um, unlovely.

Recent concepts prove Subaru
conjure heart-pounding
sedans, but they’re not in show-
rooms.

Subaru’s touchstones are the
WRX and Outback. Each vehicle
should echo them. That’s why
the XV Crosstrek resonates — and
Legacy doesn’t. Why not a Legacy
STI?

“Next, we will get more aware-
pness on the Legacy sedan,” Infan-
tee said. “In about two years, we’ll
offer a three-row SUV to replace
the Tribeca with increased third-
row room. We expect evolutionary
growth.”

But Subaru must be careful.
“Subaru is having a moment,
but it doesn’t last forever;” Cald-
well said. “There is something
about it that people identify with.
Going towards mainstream would
be bad for them. Subaru people
like something off-stream.”
By Robert Duffer
Tribune Newspapers

There is no shortage of sport-tuned crossovers, and the Infiniti QX70, formerly known as the FX, was at the vanguard of it a decade ago. The QX70 struts more to the sports side than similar crossovers, even more so with the 21-inch wheels in the sports package, which are a big reason for the stiff rocking ride. But it would be a challenge to find a better-looking crossover.

It has swimmer lines - sleek, broad-shouldered, smooth, flowing - all the adjectives you want for a luxury sport coupe. It looks good as a crossover too, refined yet nasty. The stretched wheelbase and low roofline make it seem more like a beefed-up luxury sport coupe, its looks good on first sit - I would expect the majority of its sales were made on these first impressions.

Behind the wheel, the sport crossover becomes more singular.

The 2015 model did away with the FX and the 5.0-liter V-8 in favor of the 3.7-liter V-6 with variable valve timing for better efficiency. The V-6 makes 325 horsepower and 267 pound-feet of torque instead of the V-8's 390 and 367. Acceleration is swift, with a nice rumble, but there's an awareness of the car's hefty weight, especially with the optional all-wheel drive, as in the test model. The handling is enjoyable only for the driver; it stays lower than other SUVs, enabling more aggressive turning, but the large tires and rigid ride turn passengers into a jar of marbles. The suspension responds to every contour of the road, without much cushion between the gravel and the seats. This is a bonus for performance seekers, and turning and braking are sharper than any other car this size.

Credit the platform shared with the 370Z sport coupe.

The wide center console creates a more trucklike feel, while the finest finishes reinforce the luxury coupe tag.

The 7-inch vehicle information display does the job, but it's limited compared with other luxury makes. Redundant steering wheel controls augment the touch screen in the center stack, and the console dials almost function like a keyboard for the touch screen. Of the three elements of user interface, the controls are the easiest to use. Voice commands were in the lower half of what we tested.

Packages abound for the QX70, and ours came with a reasonably priced tech package ($2,950) with a host of advanced safety features, from brake assist to lane departure and rearview camera.

We argue that restaurants also have hidden costs, but they are not included on diners' bills. Instead, it is a cost of doing business, and the menu prices are set to cover them. We think that any shop that puts N/C in the billing column for the shop supplies and disposal fees earns appreciation for good customer relations. By the way, some shops will delete the charge when requested.

Q: Knowing how to drive a stick shift is becoming a lost art. Most cars have an automatic transmission, and unless one purchases a car especially with a manual transmission, you will never be able to learn the art of a stick shift. I'd like to teach your teenager to drive it, then resell it or give it as a graduation gift.

Q: Regarding your advice to add fuel stabilizer to the last can of gas for the season used in snowblowers or other small engines, is it advisable to add fuel stabilizer to all cans of gas year-round? My brother believes this is a good idea, since the gas sits around for months in the garage waiting to be used. Is the only downside the cost of the fuel stabilizer?

Q: My wife recently got a front-end alignment on her 2008 Jeep Liberty, and we saw on the receipt when she returned home that she was charged a disposal fee. For a front-end alignment? What is there to dispose of? I called another shop in town, and they said they don't charge a disposal fee. Is this a legit charge?

Bob Weber
Motormouth

Q: Auto repair disposal fees are legit but not good business

A big challenge in teaching someone how to drive a stick shift: Finding such a car to borrow or rent is difficult.

Transmission: Manual

Use as tested:

$58,530

Base: $47,300

Mpg: 16 city/22 highway

Engine: 3.7-liter V-6

Transmission: 7-speed automatic

Parting shot:

Sharp-looking sport crossover

Leans more toward sport than crossover, compromising both.

A: Yes, it is a legit fee. There are cleaners, shop towels and various incidental items used when servicing cars. Yet, we have had issues with this practice since it began many years ago by auto dealership shops.

A: We got a similar question a couple of years ago. Back then, one rental company offered cars with manual transmissions. Since then, we have been unable to locate another one. You could borrow a car from a friend. Or, you could buy a cheap used car, teach your teenager to drive it, then resell it or give it as a graduation gift.

A: Yes, if you expect to store fuel over 30 days, it is a good idea to use a stabilizer such as Sta-Bil, which incidentally now has a product that fogs the vehicle's fuel system to help prevent corrosion during storage. Yes, you pay a little for the stabilizer, but you must decide the value.

A: Yes, it is a good idea to use a stabilizer such as Sta-Bil, which incidentally now has a product that fogs the vehicle's fuel system to help prevent corrosion during storage. Yes, you pay a little for the stabilizer, but you must decide the value.

A: Send questions along with name and town to Motormouth, Tribune, Chicago Tribune, 435 N. Michigan Ave., Fifth Floor, Chicago IL 60611 or motormouth@tribune.com.

Send questions along with name and town to Motormouth, Tribune, Chicago Tribune, 435 N. Michigan Ave., Fifth Floor, Chicago IL 60611 or motormouth@tribune.com.
Maine South's Ramoska qualifies for state in 100 free

BY MATT HARNESS
Pioneer Press

Maine South's Philip Wachowski swims in the 400-yard freestyle relay Saturday at the Glenbrook South Sectional.

GLENVIEW - Anthony Zagorov became the first Niles North freshman boys swimmer to earn a trip to the state meet as an individual since 2010. Zagorov qualified in the 200- and 500-yard freestyle on Saturday at the Glenbrook South Sectional, placing second in each event. His time of 1 minute, 44.27 seconds in the 200 free was under the state cut of 1:44.92, and his 4:41.07 in the 500 free bettered the state standard of 4:46.85. Both of Zagorov's times were the best of his career.

"This has been a good year for him," Niles North coach Seth Orlove said. "Hopefully, he has a little more left to prove at the state meet. I think he has more left in the tank, room for improvement. But the state meet will be a good experience, nonetheless."

The state meet is Friday and Saturday at New Trier. Karol Mlynarski swam at the state meet as an individual in 2010. As a junior, he finished fifth in the 200 free. The following season, Mlynarski took third in the 50 free and fifth in the 100 free. The 2013 graduate now is a sophomore swimmer at Cornell.

"We are very fortunate this year to have a bunch of freshmen come in with a club swimming back-}

Maine South

All the early mornings and long hours in the pool paid off for senior Jon Ramoska on Saturday, according to Maine South coach Don Kura.

At the Glenbrook South Sectional, Ramoska qualified for the state meet for the first time as an individual by swimming a career-best and state-qualifying 47.21 in the 100 free. He narrowly missed in the 200 free with his 1:45.19. The state cut was 1:44.92.

"This puts a cap on his career," Kura said. "In a lot of ways, what he did makes it all worthwhile in the end."

Even though Ramoska will be Maine South's lone entry at New Trier, Kura said he was happy with how every swimmer competed on Saturday. Senior Philip Wachowski came close in both the 50 free (22.01) and 100 free (48.38). The state standards are 21.90 and 47.94, respectively.

"He might remember it for the missed opportunities, but I thought he swam really well throughout the day," Kura said of Wachowski. "The entire team did well. We had some really good drops from the 200 medley through the 400 free relay."

Niles West

Senior diver Jeremy Sands qualified for the state meet by scoring 514.50 points. Although he was fourth at the Glenbrook South Sectional, his total was eighth best out of all of the sectionals.

Sophomore diver Brendan O'Shaughnessy also advanced to the state meet with his 450.65.

Notre Dame

The Dons were 10th of 11 teams at the sectional with 12 points. Notre Dame didn't advance an individual or relay to the state meet.
Kearney confident he can drop more time at state

Led by Schneider's fast start, Glenbrook North finishes second at sectional

BY ERIC VAN DRIL
Pioneer Press

NORTHBROOK - The state boys swimming and diving meet is exciting for many reasons, including the atmosphere and the sky-high level of competition. For Christopher Kearney, the meet carries an additional element of intrigue because he doesn't know how much faster he can swim.

The Loyola junior set Metro Catholic Aquatic Conference records in the 100-yard freestyle (46.81 seconds) and 200 free (1:42.92). He followed that with a lifetime-best swim of 1:42.50 in the 200 free at the Glenbrook North Sectional without being shaved or fully tapered. Kearney placed second in the race. He also wasn't wearing a fast suit or a swim cap at the sectional on Saturday.

"I don't know what I can do or how the training Mike [Hengelmann, Loyola's coach] put me through can impact me at the end of the season," said Kearney, who also qualified in the 100 free. "I think I have the ability to definitely drop time - substantial amounts of time."

Another reason for Kearney to be excited about the state meet is it could serve as a showcase for college coaches. Kearney has already been receiving letters from colleges, he said.

Glenbrook North

In one week, the Glenbrook North boys swimming and diving team went from a fourth-place finish at the Central Suburban North meet to a second-place finish at the Glenbrook North Sectional (181.50 points). The improvement was the result of several mammoth drops in time. Among the swimmers to drop time were junior Mark Schneider in the 200 free, junior Brendan Johnson in the 200 individual medley and senior John Roberts in the 50 free.

Schneider, Johnson and Roberts competed in the second, third and fourth able-bodied events of the swim meet, respectively. Johnson's confidence in the Spartans' taper was cemented when Schneider dropped more than four seconds off of his seeded time to qualify for the state meet in the 200 free (1:43.84).

"I saw him go crazy with [the taper], and I figured it would just carry on," Johnson said. "It was like a domino effect."

Johnson followed with more than a six-second drop in the 200 IM to finish second (1:55.88) and also qualify for the state meet. Roberts cut more than a full second to qualify for state in the 50 free (21.45), and the Spartans sustained their momentum as the sectional continued.

Maine East

Maine East's Joshua Espinoza competed in a rare combination of individual races at the Glenbrook North Sectional on Saturday. Schneider qualified for state by touching the wall in 1 minute, 43.84 seconds. He took second.

Glenbrook North's Mark Schneider celebrates his time in the 200-yard freestyle during the Glenbrook North Sectional on Saturday. Schneider qualified for state by touching the wall in 1 minute, 43.84 seconds. He took second.

Maine East's Joshua Espinoza competing in a rare combination of individual races at the Glenbrook North Sectional on Saturday. Schneider qualified for state by touching the wall in 1 minute, 43.84 seconds. He took second.
New Trier's McKenna takes 2nd at state tourney

Ridgewood’s Scaletta finishes fourth at 220 pounds in Class 2A

BY GARY LARSEN
Pioneer Press

CHAMPAIGN — New Trier senior Alec McKenna reached the title mat of this year's Class 3A individual state finals before finishing second at 132 pounds, losing to returning state champion Austin O'Connor of St. Rita. O'Connor won by a 14-6 major decision.

But McKenna found solace in an outstanding year that saw him finish with a 46-2 record.

"It didn’t end the way I wanted, but this is where I wanted to get to and I’m happy with my season," McKenna said.

McKenna won a major decision over Moline’s Edward Raya on Thursday and won 3-2 in his quarterfinal match Friday over Wheaton North’s Dylan Thurston.

Northwestern-bound McKenna earned his title shot with an 8-3 semifinal win against Marmion’s M Jaffe, and then he lost to O'Connor.

“He’s good. He’s good on his feet,” McKenna said of O'Connor. “I didn’t hand-fight as well as I have been, or move my feet, and I took some bad shots.”

New Trier coach Marc Tadelman wasn’t about to let the loss detract from the season his senior enjoyed.

“He had a great tournament except, obviously, for that last match,” Tadelman said. “Me, the entire school, and our entire coaching staff are proud of him.

“Every kid has the goal to make it here but the difference was that Alec put the time in during the offseason. In the weight room, wrestling year-round to try to get better.”

Ridgewood

In Class 2A, Ridgewood junior Vinny Scaletta lost his first match at 220 pounds. He then won three consecutive matches to reach the third-place mat against Geneseo’s Lane Akre.

Scaletta placed fourth after a 3-1 overtime loss, but he had a positive perspective on his first trip to the three-day tournament.

“It feels amazing. All the work I put in over the summer, it’s all worth it now," Scaletta said. "Last year I didn’t make it out of the regionals but I went to frosh-soph state and placed seventh. This year my goal was to get to state. It’s a dream. I feel honored because so many kids never get to come here, so I’m just happy to come here and get a medal.”

New Trier senior Alec McKenna (left) wrestles St. Rita sophomore Austin O’Connor during the Class 3A 132-pound final in Champaign on Saturday. McKenna placed second in state.

Notes

In other Class 3A action in Champaign, Maine South’s Ibrahim Nasir (285 pounds) lost by fall to Belleville West’s Ricky Nelson and was eliminated from the tournament via a 4-0 loss to Hersey’s Tyler Cooke.

Maine East’s Mario Pagonis (220) lost his first match 9-6 to Naperville North’s Chris Zhang, and Zhang lost his next match to eliminate Pagonis.

Notre Dame’s Jimmy Gallardo (113) won 9-4 over Hononegah’s Alex Rader before losing the next two matches he wrestled, first by injury default against Lockport’s Abdullah Assaf and then 7-4 to West Aurora’s Isaac Jacquez.

Teammate Jake Barzowski (138) lost 5-0 to Marmion’s Anthony Cheloni and was eliminated after losing 7-1 to DeKalb’s Brad Green.

Notre Dame’s Marco Orlandi (170) lost 9-3 to Barrington’s Julius Smith and Smith’s subsequent loss bounced Orlandi from the tournament.

New Trier’s Luke Iida (138) lost 4-0 to Plainfield Central’s Clayton Ledbetter and Ledbetter lost his next match to eliminate Iida.

Evanston’s David Rivera-Kohr (120) lost twice to exit the tournament, losing first by a 6-2 decision to St. Rita’s Jake Silzer and then losing 6-3 to Prospect’s Alex Preissing.

The Wildkits’ Zach Warhus (182) also was eliminated after losing twice, first by technical fall to Marmion’s Nathan Traxler and then by fall to McHenry’s Cameron Pult.

Gary Larsen is a freelance reporter for Pioneer Press.
New Trier gymnasts support Loyola's Sullivan at state

Niles West's Steegmueller, Glenbrook North's Betman cap prep careers at state

BY ERIC VAN DRIL
Pioneer Press

PALATINE — New Trier didn't have any gymnasts qualify for the two-day state meet, but the Trevians didn't sit home and sulk.

Nearly all of New Trier's gymnasts — about 25 girls — traveled to Palatine on Friday to support Loyola junior Claire Sullivan. Not only did they serve as Sullivan's cheering section, they wore maroon Loyola gymnastics shirts with "There's no I in team unless you're Claire Sullivan" on the back.

Sullivan has been the Ramblers' lone gymnast each of the last two years and she has competed in the same meets as New Trier during that time. The Trevians were very loud in the stands, cheering before, during and after Sullivan did her four routines on Friday.

"I knew a couple of them were going to come, but I didn't think there was going to be such a big turnout," Sullivan said. "That just made me so happy."

Sullivan added that having so many friends in the high-pressure state environment made her more confident.

She finished 22nd in the all-around (36.05 points) on Friday, and was 10th in the state on the balance beam (8.925 points) on Saturday.

Niles West

Catherine Steegmueller's first and only state experience ended with a score of 93 on vault. The Niles West senior didn't advance to the individual finals — she finished tied for 29th on vault — but she was satisfied to end her career among Illinois' best.

"I think every gymnast wants to compete at state, and the fact that I was lucky enough to qualify, I'm just really grateful," Steegmueller said.

After the meet, Steegmueller talked about her life after gymnastics. She plans on picking up a new sport, and her two preliminary ideas are very different.

"Maybe badminton and rock climbing," Steegmueller said. "Try to keep it interesting."

Glenbrook North

Alex Michalak's 2014-15 season ended with an 8.975 on balance beam on Friday, which was the 20th-best score in the state.

The Glenbrook North sophomore said she was proud to just get to the state meet this season after a stress fracture in her lower back ended her freshman campaign prematurely.

"I was really happy that I could be here today," Michalak said.

After Michalak competed on beam, she spent the rest of the meet with senior Carli Betman, who ended her career with a 24th-place finish on floor exercise (9.00) and a 22nd-place finish on vault (9.45). For Betman, having Michalak — her best friend on the team — in Palatine with her made the experience more enjoyable.

"The past two years, I've been by myself and there's a lot of downtime in this competition," Betman said. "We're together and it's amazing."

Eric Van Dril is a freelance reporter for Pioneer Press.

Twitter: @VanDrilsports
Practice, hard work paying off for Parker

Wolves sophomore guard fitting into new team's system

BY BRIAN DE LOS SANTOS
Pioneer Press

SKOKIE — Niles West sophomore guard Octavius Parker II doesn't know the exact number, but he knows he spends a great deal of time shooting.

He estimated his workload is anywhere between 500 to 600 jumpers. When he feels he's hit half a grand beyond where he attempted in practice, he'll finally leave the gym.

But solitary slooting in an empty gym is very different from the situation he found himself in on Friday. Parker was open with the ball at the top of the key in the final minute against Evanston, and he let loose a 3-point attempt as the buzzer sounded.

The ball clanked off the rim. Niles West's upset bid fell short, 46-44. Parker swung his shoulders away from the basket, dug his face into his jersey and stepped off the floor.

"They made me take tough shots and I wasn't able to hit tonight," Parker said. "That's pretty much it. I was getting open. I just couldn't knock the shots down."

It was an uncharacteristic night for a player, who in one season with the Wolves, has made a name for himself as a sharpshooter. A year after transferring to Niles West from Gordon Tech, he's fit right into the Wolves' system. The 6-foot-1 Parker creates space and knocks down long jumpers.

Parker's skill set stems from his work ethic, he said. He is almost always shooting, even if he's alone in the gym.

"I just get shots up during practice, after practice, on the weekends," Parker said. "Before games I shoot. I just make sure I'm always in a good rhythm."

It showed in a midseason matchup against Glenbrook South in January. Through just about two quarters of play, Parker had 14 of his the Wolves' 16 points. He used a mixture of step-backs and crossovers to shake free of defenders. And when he found himself open, he rarely missed. He finished with a team-high 19 points.

"He's got a lot of skill," Niles West coach Bob Williams said following the Wolves' 54-40 win over the Titans. "That kid has worked hard to learn the things that we do and it was nice to see him out there, because he was doing those things within our system."

Parker and the Wolves earned the 16th-seed in the Class 4A Waukegan Sectional. They play 17th-seeded Maine East in the Class 4A Stevenson Regional quarterfinals on Monday. The winner advances to play top-seeded Stevenson the following night.

"I'm trying to be the best thing they've had, honestly I'm trying to make the team, trying to make the program better," Parker said. "Just trying to give them something that the school can come out and watch."

Brian De Los Santos is a freelance writer for Pioneer Press.

Twitter: @B_DeLos

Niles West sophomore Octavius Parker II brings the ball up the court while defended by Waukegan Junior Malik Brown on Jan. 30 in Waukegan.

In this Jan. 30 photo, Niles West sophomore Octavius Parker II takes a shot while defended by Waukegan Junior Tremayne Gwinn.
Jones puts Niles North on her back in win over Leyden

BY ROB VALENTIN
Pioneer Press

SKOKIE — Niles North's Kienya Jones is a throwback when it comes to finishing. The 5-10 senior used her dominant post moves on Feb. 18 to rack up 20 points in the Class 4A Niles North Regional semifinals, but more importantly she finished off 11th-seeded Leyden as the Vikings earned a 52-38 victory.

The teams were tied 22-22 at halftime, but Niles North started to pull away midway through the third quarter. In one eight-minute stretch over the third and fourth quarters, Jones had 12 points and controlled the lane.

"We needed her," Vikings coach Dan Paxson said. "We were struggling and she really closed the deal. She has that ability to take over a game because she's such a physical player."

Jones felt it was up to her to put Niles North on the right path. "We were a little dead," Jones said. "At halftime we just said that wasn't our game, let's start anew and do something different. Our season would have been over if we didn't get it done."

Two days later, seventh-seeded Niles North lost 61-36 to second-seeded Glenbrook South in the regional final.

Jones began her high school career on the perimeter as a guard. But over the last three seasons she got stronger and began to focus on her post moves.

"She's also done a lot of work on her post moves and she does a great job reading what the defense is going to do," Jones said. "The coaches have really helped me with that, pushing me and knocking me down. I probably have five or six moves I like to do."

While setting up camp under the basket is routine for Jones, what makes her so valuable is she's more than just a post player.

"She can go coast-to-coast on a long rebound, she can finish with contact, she has energy in our press and goes baseline to baseline on defense," Paxson said. "She's also done a lot of work on her post moves and she does a great job reading what the defense is going to do."

Jones' teammates say that the intimidating Jones has a playful side.

"She gives herself compliments," junior Stephanie Donado said. "In practice, whenever she shoots and makes a shot she says, 'Good job, Kienya.' She's really fun to be around and is a good teammate."

Rob Valentin is a freelance reporter for Pioneer Press.

Consistent scoring's the goal as Alba Garner looks ahead

Maine East guard wants to develop repeatable shooting form

BY MATT HARNESS
Pioneer Press

CHICAGO — Maine East junior guard Janelle Alba Garner had three steals, three blocks and at least one highlight-worthy assist in last week's season-ending loss in the semifinals of the Class 4A Resurrection Regional.

Alba Garner also scored five points in the 60-22 loss to Maine South on Feb. 17, but three of them came on free throws.

Maine East coach Karol Hanusiak said she wants Alba Garner to become a more reliable scorer for the Blue Demons (30-16) in her fourth and final varsity season. Hanusiak said it was common for Alba Garner to score 20 or more points one game and four the next.

"We want her to strive for more consistency on offense, both with her outside shot and on drives to the basket," Hanusiak said. "She struggles to find the right shot sometimes."

A starter since her freshman year, the 5-7 Alba Garner will be a focal point for the Blue Demons next season. There were times in the loss to Maine South that Hanusiak said Alba Garner had four sophomores and one junior on the court. Alba Garner's sister, Lauryn Alba Garner, started at guard as a sophomore.

Janelle Alba Garner may have been the team's best defender. But she said her scoring was up and down all season, and she agreed she needs to be more reliable in that department as a senior.

"Points were definitely something we could have used (in the playoff loss)," Janelle Alba Garner said. "I definitely need to work on being more consistent."

Janelle Alba Garner already has proved she is willing to work at her game. The summer before her junior season she attended Point Guard College, a weeklong skills camp at Benedictine University in Lisle. Hanusiak said Janelle Alba Garner returned to the Blue Demons a more polished point guard in every way.

"She came back smarter, with a better understanding of the game and more confidence," Hanusiak said.

Garner said she learned at the camp how to run an offense and how to be a better leader on the floor.

"We would wake up, play watch film, play, eat lunch, watch film, play," she said. "It turned me into a whole different player."

The next step is making her a complete player by increasing her point production per game. Janelle Alba Garner said the first order is to find a repeatable shooting form. Too many times this season, her mechanics changed, sometimes during the same game, Janelle Alba Garner said.

"I just have to work on a shot that is comfortable to me and one I can remember from muscle memory," she said. "I need to be someone who can score from anywhere."

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AT THEIR BEST

Area boys swimmers, divers shine at sectional meet.

Notre Dame's David Yurik swims in the 200-yard freestyle relay at the Glenbrook South Sectional in Glenview on Saturday. Yurik and the Dons took 10th (1 minute, 49.55 seconds).

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