Food trucks roll in
Old Orchard hosts event with Chicago vendors on site. Page 12

Sara Dworianyn, of Hanover Park, made the trip to Wesfield Old Orchard in Skokie to support the food truck event on April 4.

Election 2015
Due to deadlines, April 7 election coverage can be found online at elections.chicagotribune.com. In our April 16 edition, we'll have follow-up coverage on the results and what they mean for you.

SPORTS
Strong start
Niles North's Gina Loy leading the way for Vikings. Page 52
HEALTH
Diet soda's link to belly fat

Study finds that daily and occasional diet soda drinkers gained nearly three times as much belly fat as nondrinkers. Page 29
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New Niles zoning code proposal unveiled

IGOR STUDENKOV
Pioneer Press

The village of Niles has unveiled the first draft of its new zoning code.

Early last year, the village contracted Chicago-based Camiros Ltd. to help create a new zoning code. As village officials told the Niles Herald-Spectator at the time, this was done in an effort to remove outdated provisions and bring the zoning code more in line with current development trends.

While the draft preserves many aspects of the current zoning code, it makes a number of significant changes. Most notably, it revamps the way commercial and industrial districts are zoned and gives the village power to create special-use permits for projects that don't quite fit any zoning districts. It also places greater emphasis on pedestrian accessibility and environmentally friendly amenities.

The current zoning code allows two types of commercial districts. The draft calls for five types. C-1 Corridor Commercial Districts would include smaller, storefront-style businesses, while C-2 General Commercial Districts would include larger retailers. Mixed-use development would be encouraged in both districts.

C-3 and C-4 commercial districts would be used to zone the Milwaukee Avenue corridor specifically. The section describing C-3 Milwaukee Avenue Form-Based District is currently blank, with a note indicating that the description would be available once the first draft Milwaukee Avenue development plan—a separate village project—is ready. C-4 Milwaukee Avenue Mixed-Use District is described as a mix of retail, office and residential developments. The businesses would be oriented toward sidewalks, and developers would be encouraged to put the parking spaces in the back of the buildings.

Perhaps the biggest change to the way commercial areas are zoned would be the new C-5 Urban Village District. The draft describes it as a new version of traditional shopping centers, stating that the districts' purpose is to "promote redevelopment of large regional centers as mixed-use urban villages." That would include offices, retail outlets, medical facilities and performance venues.

While other commercial districts encourage residential components, residential development in C-5 district requires a special-use permit.

The current zoning code defines only one type of manufacturing district. The proposed zoning code would split that category into three.

M Limited Industrial District would allow traditional manufacturers, wholesalers and warehousers, as well as research facilities and offices. M-MU Mixed-Use Industrial District would allow retailers and entertainment facilities in addition to the kind of uses found in M districts. OR Office/Research Districts would allow small office and research facilities similar to Shure Incorporated's current Niles facilities. As the draft document explains, M-MU districts would act as buffers between purely industrial and residential areas—a concept similar to Chicago's Planned Manufacturing Districts.

The new zoning code would also allow the village to create Planned Unit Developments, which the draft describes as a special zoning classification that is "intended to encourage and allow more creative and flexible development of land than is possible under district zoning regulations." Anything built within the district would be allowed to ignore certain aspects of the zoning code, with details of what is and isn't allowed determined on a case-by-case basis.

In order to qualify, applicants must show that their proposal would provide public benefits to the village, and that those benefits would outweigh any adverse impact it might cause. Each proposal would require approval from the Niles Plan Commission and the Niles Village Board.

Like the current zoning code, the proposed zoning code has an extensive list of the types of business, educational, residential and recreational developments that would require a special-use permit. It has two particularly notable additions. Any businesses that deal with adult content—whether they are adult stores or adult entertainment venues such as strip clubs—would be restricted to M districts and require a special-use permit. The proposed zoning code also creates regulations for groups of solar panels and wind turbines, restricting them to M districts.

The draft also addresses two types of businesses that caused controversy—medical marijuana cultivation centers and dispensing facilities, as well as gun shops and training centers. In 2014, the Village Board added regulations to the zoning code, restricting both business types to manufacturing districts and requiring them to obtain special-use permits. The new rules for gun shops were soon tested as Sportsman's Club gun shop and training center applied for a permit to open in Niles' industrial district. The application caused controversy, as concerns were raised that it would be too close to Niles West High School and New Hope Academy, a private school.

The current zoning code forbids marijuana cultivation and dispensing centers from being within any educational facilities, setting the limit at 2,500 and 1,000 feet, respectively.

The new zoning code would keep the restrictions for marijuana-related facilities and add a new restriction for the cultivation centers, prohibiting them from being within 500 feet of places of worship, parks, playgrounds and entertainment facilities. It also adds location-based restrictions to gun shops, prohibiting them from being within 1,000 feet of "any educational facility." The proposed zoning code would not be retroactive, so it wouldn't affect any developments that were already approved under this zoning code or whichever version of the zoning code was in force at the time.

The Niles Plan Commission will review the zoning code draft during special workshops that will be held April 13 and 27. After the workshops, the commission plans to hold a community open house in May.

Igor Studenkov is a freelance reporter for Pioneer Press.
New Niles medical clinic to be built on former site of America's Midwest Hotel

IGOR STUDENKOV
Pioneer Press

The Niles Village Board gave the NorthShore University Health System a go-ahead to build a clinic near the intersection of Touhy and Caldwell avenues.

The clinic will be built on a vacant lot formerly occupied by America's Midwest Hotel, which was abandoned by its owners in February 2013. During the summer of 2014, Oak Brook-based Intrepid Properties bought the lot, leveling the buildings to clear the way for future redevelopment.

According to the documents submitted to the Village Board, the new medical facility will house three practices that will use a total of 30 examination rooms and two rooms to perform minor medical procedures. The site will include two parking lots, one on each side of the building, and there are provisions to add a second floor that would expand the facility's capacity.

The site's future has been uncertain since the hotel was abandoned. At the time, the village was already investigating multiple code violations. After the owners stopped paying utility bills, the village moved in to seal the vacant buildings off.

In July 2014, Mike Stratis, the principal at Intrepid Properties, purchased the site. At the time, he told the Niles Herald-Spectator that he purchased the site purely for speculative purposes and that he intended to level the buildings within a year.

A month later, Niles unveiled a plan for redevelopment of what was dubbed the "Touhy Triangle" by Niles Economic Development Coordinator Ross Klicker for the area bound by Gross Point Road and Lehigh Avenue. The proposal called for a business-class hotel to replace the motel. At the time, Klicker said that nothing the vision outlined was set in stone and that any aspect of the proposal could change.

Since then, Lakhani Hospitality announced it will replace the Traveler's Inn with a Holiday Inn Express hotel, which would cater to business travelers. Traveler's Inn, which closed on Feb. 28, is farther west on Touhy Avenue, near the Touhy/Milwaukee intersection.

NorthShore's medical offices wouldn't be the first medical facility in the area. The Professional Eye Care Center is immediately to the west, and Advocate Medical Group's Niles Occupational Health and Immediate Care facility is across the street.

According to the plans submitted to the Village Board, the clinic would be in the middle of the lot, with parking lots located along Touhy and Gross Point.

There will be a total of 150 parking spaces, 15 of which would be handicap-accessible.

The document explained that, while the village requires 75 parking spaces for a medical facility with 30 exam rooms, NorthShore wanted to prepare for a possibility of adding a second floor.

If the second floor is added, it would feature the same design as the first floor, doubling the number of exam rooms.

In keeping with the requirements set by the Metropolitan Water Reclamation District of Greater Chicago, the northeastern tip of the lot will house a stormwater retention pond. This is expected to help reduce flooding in the area.

According to the plans, the facility is currently expected to be open between 7 a.m. and 8 p.m. The weekend hours of operation haven't been determined.

Like other medical facilities, NorthShore had to apply for a special-use permit in order to build and operate the medical offices.

The Niles Plan Commission recommended that the Village Board approve the application. The Village Board voted unanimously to follow that recommendation during a March 24 meeting.

NorthShore spokeswoman Amy Ferguson told the Niles Herald-Spectator that the offices should be open between 7 a.m. and 8 p.m. the weekend hours of operation haven't been determined.

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Brother of student with autism shines light on disorder

BY MIKE ISAACS
Pioneer Press

"Who likes pizza," 11-year-old Quintin Goltz said as hands inside the Middleton School classroom shoot high in the air. "Who plays video games?" upward.

Dylan likes those things, too, Goltz said of his older brother, "He likes what you guys like," Goltz said to his fifth grade classmates. "He's just a normal kid that has autism. That's what you need to know."

It's not just any day that Goltz, 11, is sharing information about his older brother, Dylan. April is National Autism Awareness Month. April 2 is World Autism Awareness Day.

Goltz confidently stands at the front of his classroom with only one goal in mind: making his classmates more aware.

"He's not special or extra good or whatever," he says about his 11-year-old brother, "He's just a normal kid like you. Don't treat him like he has autism. Treat him like your brother or your best friend. Treat him like a normal kid."

Goltz's speech is both personal and educational, a reflection of a devoted and loving brother trying to help people better understand his sibling, but also autism in general.

The brain disorder causes neurons in the brain to connect differently than they do for people without autism. One in 42 children get autism although it's more common in boys for reasons not entirely understood. One in 84 children have some form of autism, according to the Center for Disease Control.

Autism can be mild with agitation and anxiety to non-verbal forms of communication and not being able to fully understand people. In medical language, those with autism are considered "on the spectrum" to explain the severity of their disorder.

"They can be impulsive," Quintin Goltz explains. "They pinch. They yell. They script. It can be nerve-wracking for them, their family and everybody else."

Scripting in general refers to those with autism repeating words or phrases over and over again.

As Quintin explains, physical therapy, occupational therapy and speech therapy can help people with autism. In fact, Jay Goltz believes that the benefits of exercise for those with autism have not been fully appreciated.

Partly inspired by Quintin and his family, Jay Goltz has been in the middle of it, and I know he has a valuable perspective he has been sharing.

At times, family life with an autistic brother has been stressful for Quintin, Jay Goltz acknowledged, but Quintin loves his brother and has embraced the challenges of telling others about his autism.

And he seems to be good at it - a natural-born speaker who engages his audience and has a special knack at being able to directly relate to them.

Jay Goltz said that Quintin may bring his presentation to other schools and into other classrooms in the future.

For now, though, he is satisfied with providing information for classmates at Skokie School District 73.5. Dylan has attended school there so Quintin knows that students have or will have contact with his brother.

Treat Dylan like a friend, he implored, and never make fun of someone with autism.

"Imagine if you had autism," Quintin tells his captivated classmates and teachers. "Never give up because they don't."

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Man with gun held prostitute in hotel

BY NATALIE HAYES
Pioneer Press

An armed Indiana man held a prostitute against her will at a Skokie hotel last month, police said.

Derrick James Swanson, 18, of the 4900 block of South Beach in Hammond, Ind., was charged with promoting prostitution and aggravated use of a weapon stemming from a March 20 incident at the Rodeway Inn at 9333 Skokie Blvd.

Police said Swanson was in possession of a handgun.

This is the second incident in recent months when police have been called to the Rodeway Inn and made arrests for offenses involving prostitution and handguns.

Police said last February Kenneth J. Smith, 19, of the 4000 block of Bayside Drive in Palatine, entered a room at the same hotel around 9:15 p.m. on Feb. 20 and allegedly pulled out a gun. Smith is accused of robbing a prostitute inside the hotel room before taking off in a vehicle occupied by Chicago residents Johny Moren, 18, of the 400 block of West 62nd St., and Traion J. Williams, 19, of the 8000 block of South Carpenter St.

Morton Grove Police later arrested the three men, and they were charged with armed robbery.

When asked about both incidents, Skokie police spokesman Eric Swaback said the department is aware of a possible ongoing problem with prostitution at the Rodeway Inn.

Police are working with hotel staff to help identify suspicious behavior that might be related to prostitution, he said.

According to Swaback, the hotel could be a popular spot for prostitution because of its proximity to Interstate 90, the Edens Expressway. It's also cheap, with a single room starting at $71 on a weeknight.

According to Skokie police, officers responded to the hotel after they received a tip from the FBI related to prostitution.

"[Swanson] tried to flee out of the back door of the room when officers knocked on the front door, but officers were there waiting for him, and he was placed into custody," Swaback said.

Police said a 24-year-old woman was in the hotel room but not arrested.

The Cook County State's Attorney approved the felony charges against Swanson, according to Steve Campbell, spokesman for the State's Attorney's office. Swanson appeared in bond court on March 21 and is scheduled to return to court on April 8, Campbell said.

Natalie Hayes is a freelance reporter.

Ex-Niles cop given probation

BY STEVE SCHMADEKE
Chicago Tribune

A former suburban police officer was sentenced to two years of probation Monday for stealing more than $1,500 in cash from a man discovered dead in his room at a YMCA facility in Niles.

William Christie, who was a veteran Niles cop at the time, offered no apologies before Cook County Circuit Judge Angela Petrone spared him of potentially up to five years in prison.

Christie had been taken into custody three weeks ago after the judge convicted him of a single felony count of theft.

Petrone told Christie she found it "particularly egregious" that the theft played out over several days and included reassurances that he had turned over all the money to the dead man's family.

Petrone also said she was displeased that Christie declined to speak or apologize for what he had done.

Several members of Christie's family cried as Petrone handed down the sentence. They declined to comment later.

Christie was convicted of stealing the money — including more than $500 in coins in a cardboard box — after he responded to a call to the Leaning Tower YMCA in Niles after the man was found dead in November 2009 in a room where he had been residing.

Records from the Cook County medical examiner's office identified the victim as Larry Pollak, 57. An autopsy determined he died of cardiovascular disease.

Christie had been with the department for 27 years at the time of the theft. He resigned in the face of an internal department investigation a few months before he was criminally charged in February 2010.
POLICE BLOTTER

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

DRUG POSSESSION

- Ryan Kuta, 18, of the 1600 block of South Cumberland Avenue, Park Ridge, was charged with possession of marijuana, possession of drug paraphernalia, and possession of alcohol by a minor on the morning of March 28 following a traffic stop at Dempster and Grand Streets. Kuta was charged with possessing more than 10 grams of suspected marijuana, but no additional information was provided by police. He has an April 16 court date.

THEFT

- A man told police that someone stole binders filled with CDs on March 26 while they were left unattended on a hallway near bus, train, stops.
- A $600 smartphone was reported stolen March 27 from a restaurant on the 9100 block of Golf Road.
- A rental store on the 8800 block of Dempster Street rented a Samsung Note 4 to a customer who allegedly failed to make payments on the device between Dec. 31 and March 27 and never returned it.
- A woman told police she left her purse inside a store on the 6100 block of Touhy Avenue on March 29 and when she returned to get it, she learned someone had used a credit card from the purse to buy alcohol, police said. An investigation was pending.
- Weights were reportedly stolen March 29 when they were left outside a former fitness center on the 8200 block of Golf Road after movers had taken equipment out of the building.
- On March 31 two men were reportedly seen stealing a chain link fence from the west side of a residential property on the 7300 block of Oakton Street. A witness reported that the men are neighbors of the victim, police said.
- A woman's medication was stolen March 31 after she left it inside a shopping cart briefly inside a store on the 8500 block of Golf Road.

DUI

- Jerzy Brzozowski, 52, of the 5400 block of Central Avenue, Chicago, was charged with driving under the influence on March 26 following a traffic stop at Milwaukee Avenue and Mulford Street. Court information was not available.

BURGLARY

- Two unlocked vehicles parked in a lot on the 8800 block of Golf Road were reported burglarized March 28 and 29. Nothing was stolen, police said.
- A store on the 9000 block of Golf Road was burglarized around 4:30 a.m., March 29. Officers responded to an activated burglary alarm. No further information was provided by police.

COUNTERFEIT CURRENCY

- The U.S. Secret Service was contacted on March 28 after someone allegedly used a counterfeit $100 bill in an attempt to purchase $25 worth of merchandise from a store on the 5700 block of Touhy Avenue. When a store employee went to check the legitimacy of the bill, the customer reportedly grabbed it back, causing it to rip in half, and left the store.

COGNITIVE DETERMINATION

- An arrest does not constitute a finding of guilt. Only a court of law can make that determination.

Fire leaves Skokie home uninhabitable

Natalie Hayes
Pioneer Press

A fire in a two-story home on the 8100 block of Lincoln Avenue in Skokie on April 1 displaced five residents, Skokie fire officials said.

The fire started after 11 a.m. on the front porch before spreading to the attic. All occupants, including a cat and dog, safely escaped without injuries, Skokie Fire Chief Ralph Czerwinski said.

"The fire was likely of an accidental nature, and we're looking into the possibility that it was caused by a battery-operated wheelchair," he said, adding that several disabled adults live in the home.

Fire officials asked for the evacuation of nearby Shore Homes West, a community living facility for people with mild to moderate disabilities.

Neighboring fire departments from Evanston, Morton Grove, Glenview, and Wilmette assisted Skokie fire fighters.

Natalie Hayes is a freelance reporter for Pioneer Press.
Robotics team to compete in world championship

By Natalie Hayes
Pioneer Press

Despite only being in its second year as an official after-school club, the Niles North Vikings Robotics team has made a name for itself after qualifying for a coveted spot in the competitive VEX Robotics World Championship this spring.

Niles North Robotics team members will compete in the world championship competition in Louisville April 15-17 after the school's eight robotics teams helped secure the state title of Illinois State Robotics Champions during the Illinois VEX Robotics State Championship in Batavia on March 7.

This is the second year in a row Niles North has won the state title, and the second year the school has earned a spot competing in the world championship.

Last year Niles North came in 28th place out of more than 400 teams that competed in the worldwide championship, according to Robotics team co-sponsor Robb Barton.

Barton, an engineering teacher at Niles North, said he decided to start the robotics team last year after a growing number of students expressed interest in working with VEX robots outside of regular class time.

About 20 students joined during the club's first year, and that number more than doubled this year.

"We didn't do a whole lot of recruiting because VEX parts cost a lot of money," Barton said. "But when students hear that a team wins a state championship (the club's popularity) spread like wildfire."

Every student on last year's team (with the exception of three seniors who graduated) came back this year, along with about 20 new members, he said.

Being successful on the robotics team requires students to know a thing or two about mechanical and software engineering, but Barton said communication skills and good time management are key to winning the competitions.

"Along with all the electronic and engineering knowledge, you learn to have a professional demeanor when going to other schools to compete, and you learn a whole lot about good sportsmanship," Barton said.

Each April, the teams are given a new challenge that requires them to build a new robot from scratch that will compete in a series of tournaments over the course of the school year.

This year's theme, called "sky rise," challenges students to build up VEX cubes into a five-foot-tall configuration that eventually becomes a large metal robotic device that can move by itself for several seconds and can also be manipulated for longer periods with a joystick.

Students on the robotics team divide into smaller groups of four to six students and put their minds together to design, build and program robots that can accomplish a series of tasks that are later tested during the tournaments.

"The robots all look different, but they start with a base with a lift, and then they have parts that extend up to five feet high," Barton said.

"Most of them have motors, wheels and sensors — think of the workings of a car but without the outer covering."

Three robotics teams from Niles North are competing in the national competition in Council Bluffs, Iowa, this week and one Niles North team will go to the world championship in Louisville the following week.

Most students on the Niles North teams put in 10-12 hours of after-school time into perfecting their robots, Barton said.

"The focus now is to make the 15 seconds where the robot moves by itself even better, and to make their robots more robust," he said.

Natalie Hayes is a freelance reporter for Pioneer Press.

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Guidance suites planned for Maine South HS

By Jennifer Johnson
Pioneer Press

There's a lot of new space inside Maine South High School these days.

Administrative offices used by Maine Township High School District 207 moved out of the Park Ridge school on March 31, making room in Maine South's C-Wing for school offices and new instructional opportunities for students, according to Principal Shawn Messmer.

Among projects approved by the District 207 Board of Education is a plan to relocate Maine South's main office to the former administrative front office location and create "guidance suites" where current school offices exist adjacent to the V-Wing. These suites will include offices for the deans, counselors, social workers, school psychologists and other student support personnel in a centralized location, Messmer said.

That leaves about 4,800 square feet of space within the rear of the former District 207 administrative space that will be developed for student use, though no concrete plans have been hammered out as of yet, Messmer said.

"In our 10-year plan that was approved in 2012, one of the identified needs for Maine South was room for large group instructional space," he said. "This new configuration is going to give us 4,800 additional square feet of instructional space in the future."

Work on this reconfiguration could take place during the summer of 2016, Messmer said.

While Maine South's main office will be relocated by the end of the school year, work on the guidance suites will begin in June.

The reason behind the creation of the suites is to "better deliver guidance services to our students," according to the principal.

Currently, guidance counselors have offices scattered around the school building. Under the suite arrangement, all student support personnel will be located in one centralized place, and there will be counselors available to all students at any point in the day, Messmer said.

"It's a more customer-friendly approach for both students and parents in that the student will now go to their assigned suite for just about every need they have at school, from selecting their courses to getting their caps and gowns," he explained. "And if they have discipline issues or need counseling services, these will all be handled out of the specific guidance suite they are assigned to. It will help our bigger school feel smaller to students."

The project is budgeted at $195,560.

District 207 administrative offices and the board of education meeting room were housed inside former lecture hall space at Maine South since the early 1980s. On March 31, during spring break week, they moved to the former Tool and Manufacturing Association building at 1177 S. Dee Road — adjacent to the Maine South Campus. The building was purchased by the district last year and also houses Ralph J. Frost Academy, an alternative high school operated by District 207. Frost Academy opened in January after it was relocated from Morton Grove.

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Lincoln Hall students qualify for state science fair

A group of 11 students from Lincoln Hall Middle School have qualified for the state science fair after scoring highly enough at the regional science fair to advance to the next competition level.

The students, who were recognized for their achievement by the school board on April 2, will travel to Southern Illinois University in Carbondale in May to participate in the state science fair after scoring highly enough at the regional science fair.

Student Sarah Bebla's science project was recognized for a special award from the U.S. Coast Guard.

Winner chosen for Lincolnwood vehicle sticker design contest

Lincoln Hall seventh grader Eliza Zarebski was selected as the winner of the 2015 sticker design contest through the village of Lincolnwood.

Her design, which highlights the 25th anniversary of the Lincolnwood Fire Department, will appear on all village vehicle stickers this year.

Each year, Lincolnwood Mayor Jerry Turry selects a theme for the village sticker art, and seventh graders at Lincoln Hall create the designs as part of a commercial art unit in their art classes. During the study unit, students learn about the idea of commercial art and how artists work in the business world.

Calendar changes approved

The District 74 school board approved changes to the school calendar that will affect school days during the next three school years.

School will be in session on Veterans Day on Nov. 11 and on Lincoln's birthday on Feb. 12 during school years 2015-16 through 2017-18.

Music program receives donation

A $2,512 donation from Lincolnwood Residents for Referendum Inc. has helped pay for a new set of chimes in District 74's music department.

The donation was received on Feb. 26, according to information from the school board.

Student recognized by Illinois Principals Association

Lincoln Hall eighth grader Sarah Bebla was recognized recently at the annual student recognition breakfast of the Illinois Principals Association. Each year a student in their last year of junior high or high school is recognized for demonstrating pride and dignity acting responsible, being dedicated to their school and being a good student.

Bebla was selected by Lincoln Hall Principal Jean Weiss. The girl was recognized by the school board for her achievement on April 2.

District 74 launched MyON digital library

School officials hope a personalized literacy platform called MyON will help students have better access to reading materials.

The software, purchased by the school district this spring, will provide access to a widespread library of enhanced digital books, according to information from the school board.

An audio function will help students with their reading outside of class time.

More details on the MyON program will be discussed at Parent Education Night on April 22.

Students place in chess tournament

A popular chess program at District 74 yielded a fifth place trophy at a March 14 chess tournament at Niles West High School.

More than 120 District 74 students participated in the winter session of Chess Wizards at Todd Hall and Rutledge Hall.

Students on the chess team were invited to the Niles West tournament, and three students brought home the trophy for fifth place.

They are fifth graders Kareem Dibs and Christian Ranon, and third grader Jad Dibs.

May school board meeting changed

The May 7 school board meeting has been changed to April 29 at 7 p.m. During the meeting, the board will be reorganized to accommodate new school board members elected during the April 7 election.

Longtime school board members Michael Davis, Darlene Fournas, and Georjean Hlepas-Nickell did not seek re-election.

Candidates Nathan Cachila and Elaina Geraghty are seeking two of those open seats and the third open seat will be appointed by the board.

A reception welcoming the new board members and honoring the retired school board members will start at 7 p.m.

Natalie Hayes is a freelance reporter for Pioneer Press.
Big wheels: Food trucks fill appetites in Skokie

BY RONNIE WACHTER
Pioneer Press

Sunny weather brought people to the food truck event at Old Orchard Mall in Skokie, Saturday Apr. 4.

Some were blown in by the forceful winds, some said they knew exactly where they were going, but all of the visitors to Skokie's first food-truck parade seemed pleased with what they found.

Westfield Old Orchard amplified its annual Spring Garden Party on April 4 with its first North Shore Food Truck Festival, which lured six rigs out of the downtown canyons. Many of the visitors said they had seen the vehicles roaming around their Chicago workplaces; Jeremy Baras, president of Pop Up Republic, the group that organized the event, said much of the appeal of food trucks is the limited-time opportunity they offer.

"For customers, it's the fear of missing out," Baras said. "They don't really know where it's going to be, so when they find it, that's value."

One of the unknowing was Chris Mayer, a Park Ridge resident who ventured over to Old Orchard for some day-before-Easter shopping for his daughters. He happened to notice the semicircle of trucks in a flat lot on the far side of the mall's western parking garages, dropped by and enjoyed a bowl of kimchee rice balls from Yum Dum. "They're delicious," he said of his discovery.

He quickly bought into the food-truck theory, "Instead of us coming to them, they're coming to us, and that's nice," Mayer said. "These are unknown, secret surprises."

The rally was no surprise to Sal Ramirez and his wife, Kristine Jacobs, who drove from Chicago to follow the meal-mobiles. "We're fans of them," Jacobs said. "We came down strictly for these."

The couple said they were already familiar with Da Lobsta Truck and Chicago Cupcakes, and had even found some of their bases of operations. Sitting at a folding table under a bright, cloudless sky, they tried new creations from Ms. Tittle's Cupcakes, which they had never spotted before.

Dozens of consumers made the trip through the parking garages and across a side road to the festival. Inside the Pierogi Street Polish Dumplings and Sausage truck, Eric Lipe and A.J. Hitmar said the crowd was what they hoped for at a first-time program.

Hitmar said the mobile operation was meeting a demand that its fixed location, at 1043 N. California Ave., in Chicago, could not. "There's all kinds of different slots that can't be filled by the restaurant," he said.

Hitmar said he was looking forward to taking the wheels to more summer festivals as the weather warms up. Baras said Pop Up Republic has some in the plans, including more food-truck parades in the suburbs.

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Niles North dancers perform at Disney World

BY NATALIE HAYES
Pioneer Press

A group of dancers from Niles North High School's Varsity Vikette competitive dance squad had a taste of Disney stardom when they traveled to Disney World recently to train for and perform Disney-themed routines in front of a live audience.

The 12-member Vikette dance team traveled to Orlando, Fla., for a Feb. 13-17 trip, undergoing a rigorous training schedule led by top Disney choreographers before performing a 25-minute showcase of their own competitive dance moves from Niles North in front of an audience of 10,000 people.

The Vikettes' performance showcased nine different competitive dance routines in categories like pom, lyrical jazz, hip hop and kick.

The trip was an opportunity for the Vikette coaching staff and dance team, which learned the routine to Disney Channel's A.N.T. Farm: "Calling All The Monsters."

"The most influential part was learning from the Disney program director, who is a former Radio City Rockette and parade director for 'High School Musical," said Diana Beckman, head coach of the Niles North Vikettes.

"The students learned the proper execution of hip-hop fundamentals and technical skills, such as group work, floor work and choreography," she said.

For Niles North dancers, being accepted into the Disney performing arts program was a tremendous achievement, Beckman said.

Beckman, who coaches the team along with Rachel Norman and Dana Starbeck, secretly submitted an application to the selective program last fall.

To apply for the program, Disney requires schools to send in two videos of competitive dance routines and a photograph of the team, and judges teams on showmanship, stage presence, and overall show value.

Beckman said the team was elated when she surprised them with the news they had been accepted to the program.

"It was unreal because I had always heard of dance teams having this opportunity, but I never imagined that the Vikettes would be blessed and accepted to perform," said Erica Biagini, a junior at Niles North.

The trip also marked the first visit to Florida for eight of the 12 dancers on the team, Beckman said.

"Not only were we experiencing the magic, but we were able to create it for thousands of people," said Silvia Burian, a senior.

Burian's classmate, Corrie Lev-Ruth, said the experience led her to start thinking about a career as an entertainer at Disney World.

"It felt like a dream being on stage, and it was one of the most memorable moments of my life," Lev-Ruth said.

"When I graduate from Niles North in 2016, I'm planning on moving South," she said. "And I have a great interest in applying and auditioning as a Disney World performer."

Natalie Hayes is a freelance reporter for Pioneer Press.
Lincolnwood's annual hunt gets kids hoppin'

Natalie Hayes
Pioneer Press

When the fire truck blares its horn during the annual Easter egg hunt in Lincolnwood's Proesel Park, the seasoned egg hunters know what to do. Run as fast as you can and scoop up as many colored plastic eggs as possible before they're all gone.

Hundreds of kids between the ages of 2 and 11 gathered at the park behind the Lincolnwood Fire Station Saturday morning for the annual egg hunt.

The event, sponsored by the Lincolnwood Police Department's Fraternal Order of Police for more than 20 years, has become a tradition for local families.

While the egg hunt packs a real adrenaline rush, experienced egg gatherers know the real prize isn't the egg, but what's inside.

"The best part is the prize inside the egg," said Matthew Eischen, 10. "The big eggs aren't always better because the small eggs usually have the coupons."

For Eischen and his sister, Molly, 8, and family friend Declan Varnavas, 10, high anticipation surrounds the week leading up to the egg hunt, as they build their hopes on getting their hands on eggs that contain coupons for their favorite summertime hangout, the Chocolate Shoppe Ice Cream Shoppe on Devon Avenue in Chicago.

"One year, my friend won an American Girl doll in one of her eggs," Molly said, adding that it was a gift certificate.

Beyond the excitement of the egg hunt, the real treat of the morning was a visit by the Easter Bunny - aka police Officer Emily Fields - who arrived on top of a fire engine to greet an excited crowd waiting for the egg hunt to begin.

The fire engine sounded its horn as it arrived at Proesel Park, and the Easter Bunny hopped off to meet the crowd of kids waiting nearby.

For Skokie parent Ravina Bilog, the annual Easter egg hunt has been a family tradition for several years. The family makes a day out of it by going out to brunch and spending the day together afterward.

"I only have two little ones [young enough to be in the egg hunt] left, so it won't last forever," Bilog said. "They really enjoy it and they love the thrill - they were up early today like it was Christmas."

More than 2,000 eggs were laid out by a committee of the Fraternal Order of Police, according to Daisy Rivera of the Lincolnwood Police Department.

"I've had the honor of stuffing them for many years," Rivera said.

Natalie Hayes is a freelance reporter for Pioneer Press.
Marty Scharaga's two great loves—family and wine—come together in Lincolnwood, where he's lived with his family since 1991. The manager of Lincolnwood Wines & Spirits shares a few facts about wine and his personal life with the Pioneer Press.

Q. Where did you grow up?
A. Chicago, but I moved to Skokie at an early age and attended high school at District 219.

Q. Do you have any kids?
A. Three kids—a 25-year-old son, and two daughters, 28 and 30 (one works for Career Builder's downtown office).

Q. What's the best thing that's ever happened to you?
A. Being a dad and getting married. I'm lucky to have a great family.

Q. How long have you been in the liquor business?
A. I retired two years ago from a lifelong career in the retail liquor business running several stores in Chicago neighborhoods. I started managing the [Lincolnwood] store during retirement for something to do.

Q. How would you compare the liquor store business in Chicago to running the store in Lincolnwood?
A. The clientele is different—it's a little bit more upscale than some of the areas in the city.

Q. What are the hot wines right now?
A. I'm liking Spanish wines like Tempranillo, and Garnacha and Pinot Noirs are big. Merlot is dead in the water.

Q. Do you have any spring favorites?
A. Whites are always big when the weather gets warm. Try Chardonnays, Sauvignon Blancs and Rieslings. Moscato is usually the most popular sparkling wine in the spring and summer.

Q. How do you decide which wines to sell in the store?
A. I look for two things—that the bottle sells for $8-$20 and attractive packaging. If it's a dull-looking label, I usually won't buy it. People typically look for wine in that price range and they always go for a nice-looking bottle.

Q. What's the most expensive bottle of liquor you sell?
A. A $400 bottle of scotch, aged 25 years.

Q. What do you do for fun when you're not working?
A. I play the drums in a band called the Vince Miciri Trio. We jam out in my living room where I have my grand piano and we sometimes play at private parties.

---Natalie Hayes, for Pioneer Press

Shout Out is a weekly feature where we get to know and introduce our readers to their fellow community members and local visitors throughout suburban Chicago.
Where's the love in the Indiana law?

Randy Blaser

One of the great things about America is that people are free to live their faith. I'm not talking about the freedom to worship, or go to a church or synagogue or mosque.

I'm talking about living a certain way in an effort to conform to the tenets of your faith.

In France, for instance, they burned Joan of Arc at the stake. Here in America, we would have just left Joan to her voices.

Another great thing about America is that we all recognize discriminating against others is wrong.

But what do you do when those two great ideas supposedly come in conflict?

To answer that question, the federal government passed a law during the Clinton Administration clarifying that individuals have a right to live their faith without the government interference.

Several other states followed with similar laws.

The latest one to do so is Indiana, which, as we saw last week, caused a huge uproar. Indiana is now being brushed as backward and anti-gay and giving people of faith license to discriminate against gay people.

Even though other states have similar laws, Indiana's move is causing the outcry because the state does not have a state-wide non-discrimination law.

So while Indiana has moved to protect people from government infringement on their right to practice their religious beliefs (a good idea), there is no countervailing act that protects people from being discriminated against as they go about our daily lives interacting with each other (also a good idea).

And that's the problem.

Like most people of faith, I struggle with trying to live the way my faith says I should. Alas, I'm frail and weak-willed and I know I am a sinner. But as a Christian, and this whole debate is about Christians living their faith, I've come to believe over time that all people are weak and fall short and sin.

So if you're going to use the sinner argument to deny someone services you provide to others, then you better quit because you can't serve anybody.

What are Christians called to do then?

It is quite clear in reading the New Testament that this was a big question even in Jesus' time. He was often asked to give us regular folks some advice on how we are to live, or asked what's the greatest commandment, or queried on why he was hanging out with sinners.

All those questions essentially come down to this: What's the one thing we're supposed to do?

So one day, to help us understand what's the one thing, Jesus boiled down the Ten Commandments to just one. Love one another, he said.

That's as simple as it gets. If you want to live your faith, then before you do anything else, you have to love everybody.

And we all know that love is patient, kind, never jealous or boastful, and does not act unbecomingly.

So the next time someone comes into your shop and you suspect they are a sinner, remember the one thing Jesus said you're supposed to do: Love one another.

Then behave that way, because that's the standard upon which you are going to be judged.

Activists hold up signs on Wednesday as they gather in front of Valparaiso's city hall to protest Indiana's "religious freedom" law.
Kenosha looks to draw spring breakers

Those of us who came of age during the Big '80s and/or the whatever we're calling the '90s can recall with sentiment the days when MTV Spring Break visited such glamorous locales as Daytona Beach, Cancun and, of course, Kenosha, Wis.

Maybe you don't recall the Beastie Boys or Carmen Electra cutting loose at Simmons Island Beach, because they didn't, at least not under the MTV banner. But they should have, if the promotional literature from our northerly neighbor is any indication:

"As you know, spring recess is rapidly approaching. While some families may be headed to the beach, those who opt to stay put will certainly be looking for opportunities to have their own vacation right at home," reads an invitation from Monkey Joe's of Kenosha, a children's play center that is offering discounted admission "for all of those families looking to enjoy their 'Staycation.'"

In other words, the battle for the Staycation dollar has begun.

As consumers, we should all try to stay out of this looming conflict and just let the discounts fall where they will. But in the interest of fairness, I'll go ahead and give any region competing for tourist dollars a heads-up in the competition: Kenosha is coming at you with Orson Welles.

"Born in 1915 in Kenosha, actor, writer, director, and producer Orson Welles dramatically altered the mediums of theatre, radio, and film," reads a missive from Visit Kenosha. "One hundred years later, his influence is still felt around the world and many consider him to be the best director who ever lived."

Fans of Alfred Hitchcock, John Ford and Steven Spielberg, among others, might beg to differ with that last statement, but let's not spoil a party in which greater Kenosha will celebrate Welles' centennial year "with a month-long series of events in May, designed to engage, entertain, and inspire, much like the larger-than-life man himself did throughout his career."

Planned activities that kick off on Welles' May 6 birthday include a live reading of the "War of the Worlds" radio broadcast, an Orson Welles 100th Anniversary Memorial Walk at Green Ridge Cemetery, and screenings of not only "Citizen Kane" but also "The Magnificent Ambersons." For a complete list, including locations for each event, go to citizenwelles.org.

How can the rest of the tourism industry compete with all this?

Well, for starters, they can check out any biography of Orson Welles, which will note that after age 5 he also lived everywhere from Chicago to Madison, Wis., to Grand Detour, Ill. He also went to boarding school in Woodstock, and history and/or his Wikipedia entry records that he was once asked by the CBC interviewer to name his hometown.

"I suppose it's Woodstock, Ill., if it's anywhere," he said.

Yes, there is an Orson Welles Centennial Festival planned out in McHenry County as well. Check it out at welleswoodstock.com — if you dare to get in the middle of this Staycation tug-of-war.

Celebrate spring with Orson Welles.

Another option: Stay bundled and hang out by Lake Michigan, like this man in Kenosha.
Football is my favorite sport. Football is the perfect blend of strategy and strength, and it teaches one thing better than any other game: teamwork.

Football teaches kids that everyone has a job, all 11 players on the field every play, and if everyone does their job well it leads to success. It teaches them practice is a series of strategic learning and effort. It teaches them perseverance is the way to get better.

Park Ridge Youth Football is doing it right. In a time when some leagues are focusing on travel sports and parents are shelling out big bucks to play in far-flung tourneys, PRYF is sticking to its old school roots. Most kids are playing games in town, having fun with their neighbors.

As a parent and coach, I like my kids playing PRYF. I'm making sure they are OK and smiling at what I see — them learning life lessons.

— Mel P. Thillens, Park Ridge

Be smart, replace old water pipes

Park Ridge is planning on raising water prices versus incurring a portion of a $115 million dollar pipeline that would need to be built to supply water to Morton Grove, Niles and Park Ridge. Such a decision for Morton Grove needs to be put to a referendum for the people here, since this debt will go on for many years, well beyond current office holders' tenure. Let's be smart and see if we can't replace our old water pipes in Morton Grove, if that is needed. Building a new $115 million dollar pipeline from Evanston is not a smart decision. What guarantees are there that water prices from Evanston will not go up in the years to come?

— Elinore Davis, Morton Grove
Elmwood Park hardware store celebrates 60 years

Felicia Dechter

When Anthony "Mr. Tony" Colandrea opened Colandrea Ace Hardware in Elmwood Park in Feb. 1955, the then-47-year-old probably couldn't have ever dreamed that 60 years later, his business would still be going strong.

Colandrea, who worked until retiring at age 90, operated the store with his sister and his young sons, Gregory and Larry, who each started working at around age 10.

Gregory retired in December, but Larry, 61, and his son, Chris, 32, now mainly run the shop, along with help from a few other family members. That means three generations of Colandreas have kept their Ace Hardware going for the last six decades.

The Colandreas are proudly celebrating their 60th anniversary in business, and they've stayed on the same block the whole time. Mr. Tony originally opened his Ace at 2625 N. Harlem Ave. But in 1978, increasing the store's size four-fold, he packed his bags and moved to 2728 N. Harlem Ave., which is where Colandrea Ace operates today.

"Being a graduate of Northwestern in accounting, he was very learned and aware of what was happening in the world," said Larry Colandrea, who returned to work at the store full time in 1976, after completing his master's degree. "The fact that he was of a generation gone by, the Depression, the war, and all of that made his views very traditional."

Mr. Tony was a very religious man, and every Sunday, he and Larry would get up early and go to Mass together before heading to the store, which is pretty much where Larry spent many childhood days.

"When I started working it was fun, new, different," Colandrea said. "But as the time went by, we were expected to do our share... wait on customers, put stock away, unload the truck twice a week. There was always some play involved when I was young... just make sure you didn't get caught."

Though decades have gone by, Colandrea still considers the place an "old-time hardware store," selling paint, hardware, plumbing, electrical, lawn and garden, and other sundries.

That is, besides a few of the other things they do.

"For a long time, we carried all the fixings for our Italian customers to make wine," he said. "We fix, make and repair screens, windows and thermal unit windows. We repair just about anything our customers can bring through the door.

"We provide personal service to each of our customers, and have done this for many decades," he said. "Long before 'personal service' became an industry watchword."

Some day Colandrea will pass the torch to his son. But for now, he said, he just wants to sell more hardware, get the bills paid, and not work seven days per week — six would do just fine.

"The years in business and on this block are coming to some kind of new perspective," he said. "You're so busy living day to day, some times you don't notice what you've done.

"I'm proud of the way people talk about us, say how we help them and tell them how to do their repairs," said Colandrea, who has represented Ace Hardware Corp. nearly a dozen times in telethons and fundraisers through the Children's Miracle Network for Children's Memorial Hospital.

"That doesn't mean we can settle back for one minute. We have to improve and innovate every day while taking care of each customer one on one. There are a lot of great American companies who did great and now are gone."

Felicia Dechter is a freelance columnist for Pioneer Press. Got a real estate story idea? Email her at write12@comcast.net.
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<td>686 Raintree Rd, Buffalo Grove</td>
<td>Matthew S Greinberg &amp; Elizabeth Greinberg</td>
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<td>Anyl Zujin Ho &amp; Dongbin Zhu</td>
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<td>999 Linda Ln, # 2W, Des Plaines</td>
<td>Marta Polak</td>
<td>Yilinc Inc</td>
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<td>Michael Funvold</td>
<td>Chelsea Kassnerek</td>
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<td>Daniel Mallock</td>
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<td>70 Gracefield Ave, # 404, Des Plaines</td>
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<td>Patricia J Schargl</td>
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<td>9725 Cedar Ln, # 1, Des Plaines</td>
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<td>Ed J Mooney</td>
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<td>9449 Harrison St, Des Plaines</td>
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<td>Nada Stojanovic</td>
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<td>Jay Tran</td>
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<td>Jacques Charles</td>
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<td>1342 N Forest Ave, Des Plaines</td>
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<td>Us Bank Na Trustee</td>
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<td>1570 Elmwood Ave, # 906, Evanston</td>
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<td>Chris Kolsiks</td>
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<td>1090 Ridge Ave, # 202, Evanston</td>
<td>Frederic W Darlow</td>
<td>Sandy Michelle Hoel</td>
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<td>1640 Maple Ave, # 601, Evanston</td>
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<td>1572 Maple Ave, # 603, Evanston</td>
<td>Yves Erickson &amp; Wendy Harneman</td>
<td>Adam Sloane</td>
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Share your suburban events on Metromix.com

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Gym teacher hangs business idea on bridal keepsake

BY DAYNA FIELDS
Pioneer Press

As all brides know, it's wedding season, a time when even the smallest of event details are meticulously planned out and coordinated to match the grandest extravaganza of one's lifetime.

Each finishing touch is accounted for and customized to match a bride's taste and style, right down to the wooden hanger from which the piece de resistance - the wedding dress - will hang.

Samantha Cook Szydlo, a physical education teacher at Daniel Wright Junior High School in Lincolnshire, found this out by chance when she cleverly customized a simple wooden hanger for a friend's wedding gown. Instantly, she said, everyone who saw it wanted it.

"Actually, I was just looking at Pinterest for a gift because I was going to a shower. I've always tried to create a (gift) as opposed to purchasing something," said Szydlo, 29, a Northbrook native who now lives in Woodstock with her husband. "There was a picture of these, and I just thought, 'Oh, I can make that,' and I just put it all together."

After she presented her first hanger at the shower, she quickly had a request to make 10 more for a bridal party.

Since that day in May 2014, Szydlo has handcrafted more than 300 customized wedding hangers. And now that April has hit, she reports receiving more orders than ever before. She has taken over her house's dining room, she said, and some times gets work done between classes.

It's a good problem to have, she said, especially for a small side business on Etsy.com called Hangin' By A Moment.

"It's all done at the dining room table...I'm keeping the hanger guy in business," she said with a bright laugh.

"I think once you get that first sale on Etsy, you just kind of build it from there, and friends talk to friends. The next thing that I would want to do is maybe take it to a crafts show."

In the beginning, it would take Szydlo an extremely long time to produce just one hanger, she said. But coming up on her one-year anniversary, she estimates that she has whipped down her production time to nearly one hour per hanger.

She starts with a roll of wire - customers can choose from silver or copper - and wraps the clamps of needle-nose pliers in tape to prevent dents.

"I'm a perfectionist," she said as she prepared a ruler for her project. "And I like it to be straight."

Like a daily habit that has become second nature, Szydlo began to bend and manipulate the thick wire with ease, spinning the roll around her hand and pulling out an inch of slack at a time. Within minutes, she spelled out a cursive "Mrs." that she was already measuring for straightness.

"(Brides) are just looking for the name and the date, which is really popular, just as a keepsake," she said as she moved on to spelling the bride's new last name. "I just did one, their last name had 16 letters, plus the 'Mrs.,' and they wanted it all on one line... But there are a few alternatives if the name is really long. They can put the 'Mrs.' on top."

With fluidity she manipulated the thick silver wire while periodically leveling it with the ruler, and the creation became clear: "Mrs. Smith." Then she started on the date: 4.25.15.

With ease, she wrapped the thick wire around her hand and pulled it all into a tight bow to every hanger's neck, again, customer's choice.

"I have a lot of ribbon, and (one) of the most popular ones now is lace. Everyone is really into lace - and burlap," she said. "I also get a lot of pink, and then probably just the white and ivory to match the bride's dress."

Szydlo sells each hanger for $20 to 25 exclusively on Etsy.com under the name Hangin' By A Moment, where customers can also view her past work samples.

"I got married in September 2012. I would have made one for myself if I had come up with this earlier," she said. "But I'm in two weddings this summer, so I will be busy making hangers."

"I think once you get that first sale on Etsy, you just kind of build it from there, and friends talk to friends."

—— Samantha Cook Szydlo, small business owner

Customized hangers by Samantha Cook Szydlo sell for $20 to $25 on Etsy.com under the name Hangin' By A Moment.
COMMUNITY CALENDAR

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

Thursday, April 9

Michael Palascak: The local comedian as seen on “Letterman” and “Leno” headlines a stand-up showcase. 8 p.m. Thursday, 8 p.m. and 10:30 p.m. Friday, Zanies Rosemont, 5437 Park Place, Rosemont, $22 plus a two-item food-drink minimum, 847-813-0484

“Build It!” at Kohl Children’s Museum: The museum announces its newly constructed, temporary exhibit “Build It!” which puts a spin on classic building blocks by letting children explore and interact with ten different varieties of blocks in a single space through May 3, 2015. Children can discover, stack, bridge, enclose, make patterns, name and symbolize using blocks and more. 9:30 a.m. Thursday-Friday, 9:30 a.m. Saturday, noon Sunday, 9:30 a.m. Monday-Wednesday, Kohl Children’s Museum, 2100 Patriot Blvd., Glenview, $10-$11, 847-832-6600

“Outside Mullingar”: Anthony and Rosemary are two introverted misfits. Anthony has spent his entire life on a cattle farm in rural Ireland, oblivious to the longings of his neighbor Rosemary, who hopelessly pines for him as the years slip away. 7:30 p.m. Thursday-Friday, 5:30 p.m. and 8 p.m. Saturday, 7:30 p.m. Tuesday, Northlight Theatre, 9801 Skokie Blvd, Skokie, $15-$60, 847-675-6300

Karaoke Thursdays: Enjoy some great pizza and sing a tune or two. 7 p.m. Thursday, Perry’s Pizza and Ribs, 711 Devon Ave., Park Ridge, free, 847-823-4422

“Lone Star” and “Laundry and Bourbon”: Presenting two plays depicting life in a sleepy Texas town. “Lone Star” and “Laundry and Bourbon,” by James McLure, both seem to show us a simpler life and a unique perspective on the world. 7:30 p.m. Thursday-Saturday, 5:30 p.m. and 7:30 p.m. Sunday, Oil Lamp Theater, 1723 Glenview Road, Glenview, $17.50-35, 847-934-0738

Save A Star’s Drug Disposal Program: Save A Star Drug Awareness Foundation’s Drug Disposal Program box is still in the lobby of the Niles Police Department, 7000 W. Touhy Ave, Niles, IL. Accepted are prescription medications, (including controlled substances), all over-the-counter and pet medications, samples, vitamins, liquids and creams. Call 847-579-1300

The Starlite Singers: Glenview Senior Center Chorus: The Starlite Singers will fill the Community Room with an hour of joyful singing. Their repertoire includes favorite show tunes, uplifting music from the Broadway stage, and a taste of the finest composition by classical composers as well as familiar tunes we grew up with and continue to sing today. The songs are infectious, happy and are meant to inspire and entertain. 1 p.m. Thursday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7900

St. Catherine Laboure Annual Rummage Sale: Clothing for children, teens and adults. “French Room” is filled with jewelry, china, vintage and designer clothing and other treasures. Find outwear, shoes, fashion accessories, housewares, furniture, toys, sporting goods, linens and books. Bag sale on Saturday. Stop by the food area for hot dogs and baked treats. Thursday is Preview Night. 7 p.m. Thursday, 10 a.m. Friday, 9 a.m. Saturday, St. Catherine Laboure, 3535 Thornwood Ave., Glenview, Preview night is $5

Mah Jongg In Review: Brush up on your Mah Jongg skills in this six-week class. Instructor Pamela Max guides you through games and focuses on technique. Bring a current Mah Jongg card or purchase one for $8. Contact the Park Ridge Senior Center, 9:30 a.m. Thursday, Park Ridge Park District - Senior Center, 100 S. Western Ave., Park Ridge, $52 member or $57 guest, 847-692-3977

Park Ridge Garden Club Meeting: Hosts speaker Tom Michielli who shares his knowledge of hostas and their use in the shade garden. An overview of the variety of species sizes, colors and leaf shapes, textures and variegation patterns discussed. 7:30 p.m. Thursday, Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-3597

Auditions: “The Music Man”: Glenview Theatre Guild holds auditions for “The Music Man” on Thursday until 9 p.m. and Saturday until 6 p.m. Be prepared to sing 32 bars of a song of one’s choice, bring sheet music. Accompanist is provided. Also bring clothes and shoes to dance. A cold reading may be requested. Adults of all ages, teens and children (fourth grade at the time of auditions and older) are welcome. Leave any questions at the hotline at

847-604-3411. 6 p.m. Thursday, 2 p.m. Saturday, Glenview Park Center, 2400 Chestnut Ave., Glenview, free, 847-604-3411

Grow an organic vegetable garden: Collaborate with other teens to plan a garden, sow seeds, care for plants and harvest produce to share with friends and family. 4:45 p.m. Thursday, West Park, 3555 Lake Ave., Wilmette, $153-$191, 224-392-2275

Friday, April 10

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, 847-692-5227

Advanced Word 2010: This hands-on workshop will cover tables, charts, and clip art and more. Advance registration required. 2 p.m. Friday, Morton Grove Public Library, 6140 Lincoln Ave, Morton Grove, free, 847-965-4220

Children’s Consignment Sale & Vendor Fair: Shop for gently used and reasonably priced baby-teen clothes, shoes, toys, equipment, books, games, maternity clothes and more. In addition, vendors, such as Pampered Chef, Tastefully Simple, Usborne Books, and Shaklee will be on-site. Refreshments will be available. 8 a.m. Saturday, St. John Lutheran Church, 110 16th St., Wilmette, free, 847-647-9867

HUGE Spring Rummage Sale: Park Ridge Presbyterian Church: Huge Spring Rummage Sale! Lots of clothes, household items and decor, small appliances, fabric, toys and sporting goods, books, DVDs and CDs, jewelry, collectibles and baby items, as well as a Better Stuff department of upscale merchandise, new and gently used. Also, $5 bag sale and half off sale from 2-3 p.m. 9 a.m. Saturday, Park Ridge Presbyterian Church, 1300 W. Crescent Ave., Park Ridge, free, 847-823-4135

Dunkin’ Donuts Special Events: A three-month celebration kicked off grand re-opening that features special events and daily specials including 99-cent Coffee Mondays and 99-cent Ice Cream Tuesdays. Free balloon animals every Saturday from 11 a.m. to 1:30 p.m. The Easter Bunny at the restaurant from 8 a.m.-2 p.m., March 29 and April 5. April 8. A Kid’s Decorate Your Own Donut Day from 8 a.m.-2 p.m. on April 11. 8 a.m. Saturday, Dunkin’ Donuts, 7039 Dunkin’ Donuts, 7039

Yu-Gi-Oh Championship Series: Compete against players of the trading card game from around the Midwest during this two-day tournament. 8 a.m. Saturday-Sunday, Donald E. Stephens Convention Center, 5555 N. River Road, Rosemont, $20, 847-692-2280

Twenty-first Star Chapter NSDAR Meeting: A luncheon is served at noon, with a meeting and program to follow. Past Regent, Barrie Sinn, presents the

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CALENDAR

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program, Why Does the DAR Have Pins? 11:30 a.m. Saturday, Park Ridge Country Club, 636 North Prospect Ave., Park Ridge, $21, 50, 847-328-6946

Sunday, April 12

Concert by Woodstreet Bloodhounds: The Woodstreet Bloodhounds perform swing, blues, and bluegrass songs on dobro, bass, banjo, mandolin and guitar. 2 p.m. Sunday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Vocal Interpretations of the Great American Songbook, 1920s - 1950s: Hear Chicago's premier male vocalist Paul Marinario performs an intimate program of selections from the Great American Songbook, including material celebrating the centennials of Billie Holiday and Frank Sinatra. This event is part of the Wilmette Public Library's 2015 One Book, Everybody Reads program, which is featuring author Jane Smiley's latest novel, "Some Luck," this spring. 2 p.m. Sunday, Wilmette Public Library, 1242 Wilmette Ave., Wilmette, free

"Life Itself": Award-winning filmmaker Steve James chronicles the inspiring life of film critic Roger Ebert a life unlimited by daunting challenges. Based on his best-selling memoir, "Life Itself" explores Ebert's legacy, from his Pulitzer Prize-winning film criticism to becoming one of the most influential cultural voices in America. The film's Editor and Post-Production Supervisor will join us for insiders' insights during the discussion. 1:30 p.m. Sunday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Heroes With Hope 5K: MB Financial Park at Rosemont hosts this run/walk race for Bear Necessities Pediatric Cancer Foundation. The race starts in the stadium and winds through the village of Rosemont. Dress up like your favorite superhero. Proceeds go to benefit the foundation's programs. 9 a.m. Sunday, MB Financial Park at Rosemont, 5501 Park Place, Rosemont, $30, 847-349-5008

Step Into Spring: An Encore Fashion Event: Join us at our upscale resale shop, for an evening of socializing, treasure troving and fashion advice from Encore manager and local stylist, Judy Goodman. Donate items from your closet to Encore and go home with new spring fashions. Refreshments served. RSVP at the website. 7 p.m. Sunday, Encore & More, 1107 Central Ave., Wilmette, free, 847-853-8889

Backyard Ice rink liner recycling: Wondering what to do with your plastic rink liner now that the snow is gone? Bring your rink liner to Centennial Rink where Go Green Wilmette and Adams Plastics recycle it. 11 a.m. Sunday, Centennial Ice Rink, 2300 Old Glenview Road, Wilmette, free, 847-256-9666

Spring Fashion Finesse at Encore & More in Wilmette: Bring a daughter or friend and join (NCJW) National Council of Jewish Women Chicago North Shore Section at their fabulous upscale resale shop, Encore & More, in downtown Wilmette, for an evening of socializing, treasure troving and fashion ideas. After updating your wardrobe, spruce up your home with art from around the world. The Spring Fashion Show will include an exclusive art showing, featuring original numbered works from Europe and Asia. Proceeds benefit NCJW Chicago North Shore's anti-trafficking initiatives. Julie Newman, National Council of Jewish Women (NCJW) Chicago North Shore Section, Membership and Programming Director julie@ncjwcn.org, 7 p.m. Sunday, Encore & More, 1107 Central Ave., Wilmette, see description, 847-559-1642

Monday, April 13

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 mgPlace.org for more information. 10:30 a.m. Monday, 10:45 p.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

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

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 847-929-5101 or visit mgPlace.org for more information. 2 p.m. Monday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Pages Book Discussion: Join in a book discussion of "Out of the Easy" by Ruta Sepetys. Josie, the seventeen-year-
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old daughter of a French Quarter prostitute, is striving to escape 1950 New Orleans and enroll at prestigious Smith College when she becomes entangled in a murder investigation. Meet monthly to chat about these fresh, popular reads. 7 p.m. Monday, Barnes and Noble, 5405 West Touhy Ave., Skokie, free, 847-329-8460

Intro to the iPhone: Standard application use: Learn the general use of the camera, camera roll and maps. Bring your iPhone and charger to class. Advance registration recommended. 1 p.m. Monday, Park Ridge Park District - Senior Center, 100 S. Western Ave., Park Ridge, $40 member/$45 guest, 847-692-3597

Tuesday, April 14

Movies, Munchies, & More: Film: "The Color of Paradise": "The Color of Paradise" (Farsi with English subtitles, 2000, rated PG, running 1 hr. 30 min.) Mohammed joyfully returns to his tiny rural village on summer vacation from the Institute for the Blind, unaware of his father's intentions to disown him. Cast: Hosein Mahjoob, Salameh Feyzi, Mohsen Ramezani. 11:30 a.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Tech Help Drop-in: Android Devices: Have questions about an Android device such as a Nexus or Samsung Galaxy? Drop in any time during this session with one's device or questions for assistance from a librarian. Bring device account information. No registration necessary. 2 p.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Beginning Bridge Lessons: Come and learn the most stimulating partnership card game around! Learn the basic bidding and playing in a stress-free environment. Sign up with a friend or partner, or come to meet new ones, to be playing bridge at the end of the session. Phyllis Bartlett, ACBL Accredited teacher, guides the class. Contact the Park Ridge Senior Center. This is an eight-week class. 6:30 p.m. Tuesday, Park Ridge Park District - Senior Center, 100 S. Western Ave., Park Ridge, $86, 847-692-3597

Book Discussion: "Some Luck" by Jane Smiley: Join the conversation about Jane Smiley's "Some Luck" as part of the Wilmette Public Library's 2015 One Book, Everybody Reads program. 10:30 a.m. Tuesday, Wilmette Public Library, 1242 Wilmette Ave., Wilmette, free, 847-256-6930

Bram Stoker's "Dracula": The Vampire Story that Shook the World: Written in 1897, Bram Stoker's "Dracula" is the most popular and widely read vampire novel. Although Bram Stoker did not invent the vampire, his treatment gave the folklore archetype its most recognizable and literary form. Experience the gothic thrill of this masterpiece as performed by actress and award-winning storyteller Megan Wells in this powerful one-woman show. Registration required. 7 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Wednesday, April 15

World War II Veterans’ Roundtable: Vets gather for lively conversation and coffee. Newcomers are welcome. 10 a.m. Wednesday, Wilmette Public Library, 1242 Wilmette Ave., Wilmette, free

Remembering Holocaust - Spotlight: Europe: A two-part program, Remembering the Holocaust - Spotlight: Europe, takes place Wednesday, April 15 and Thursday, April 16. At 7:30 p.m., Wednesday, The Men’s Club presents Exit Berlin with speaker and author Charlotte Bonelli. On Thursday morning, at 11 a.m., The Resurgence of European Anti-Semitism is presented by guest speaker, Eric Fussfeld. For information or reservations, call 7:30 p.m. Wednesday, Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, free, 847-675-4141

Nature exploration class: Discover the joys of exploring the environment. Each week, students learn about a different aspect of our natural surroundings birds, mammals, native plants, trees, weather and ecosystems. 4 p.m. Wednesday, 5:15 p.m. Wednesday, Lakeview Center, 800 Gillson Park Drive, Wilmette, $99-$124, 224-372-2275

"Stories Aboard the Titanic": RJ Lindsey presents "Stories Aboard the Titanic" as told by Managing Editor, Carr Van Anda of the New York Times. His presentation includes the luxurious accommodations and modern safety aboard the Titanic, the hour by hour events of the maiden voyage, and stories of passengers from First, Second and Third class. Event includes catered lunch. Register in advance. 12:30 p.m. Wednesday, Park Ridge Park District - Senior Center, 100 S. Western Ave., Park Ridge, $17 member/$19 guest, 847-692-3597

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[Ad for Icelandic Glacial water]
PAWS-ing to help save homeless animals

The Event: Animal lovers were out in force for the sold-out 9th annual PAWS (Pets Are Worth Saving) Chicago's Animal Magnetism benefit held at Venue One in Chicago on March 20.

Nearly 500 dog lovers and their canine companions celebrated life by raising critical funds for animals that might otherwise be euthanized.

PAWS volunteers introduced puppies and kittens available for adoption, canine guests were offered treats like “pupcakes” and doggie ice cream, or enjoyed brush outs and new bandanas at the on-site doggie spa.

As the city's largest no-kill shelter, PAWS Chicago is considered a national model in animal sheltering. Its commitment to bringing an end to the killing of homeless cats and dogs has helped to reduce the number of homeless pets killed in the city by 71 percent since its founding in 1997.

Cause célèbre: “PAWS is an amazing organization,” said Pam Carey of Lake Forest, board president. Carey came to Animal Magnetism accompanied by her pets Mocha, a chocolate lab mix, and Auburn, a yellow lab mix, both of whom she adopted from PAWS.

“We are working towards making Chicago a no-kill city where all healthy and treatable animals are saved,” said Carey.

A member of the development board, Lauren Hamlin of Winnetka, also came with her chocolate Labrador retriever, Hamlin. “I have a PAWS dog, as well, and they make the best pets,” said Hamlin, speaking about the need for an organization like PAWS. “It is so important. Too many people don’t know about the organization and that they could rescue a needy animal.”

Bottom line: The event raised $130,000. Proceeds go towards PAWS work of saving Chicago's homeless animals.
Holocaust Museum honors Renée and Lester Crown

2015 Humanitarian Awards

Presented by: Illinois Holocaust Museum & Education Center, Skokie
Honorees: Renée and Lester Crown and family, Wilmette
Keynote Speaker: Writer and Aspen Institute CEO Walter Isaacson
Location: Hyatt Regency, Chicago
Date: March 12
Attended: 2,000
Raised: $2.5 million
Website: ilholocaustmuseum.org

Ken Cooper of Skokie, Museum VP of Development (from left), Renee Crown of Wilmette, Humanitarian Awards Dinner honoree and Jessica Lindholm of Park Ridge, Museum Assistant Director of Development

Survivors Adele Zaveduk of Northbrook (from left), Estelle Glazer Laughlin of Lincolnshire, Max Epstein of Highland Park, Magda Brown of Skokie and George Brent of Wilmette

Walter Isaacson, keynote speaker and Aspen CEO and Susan Abrams of Highland Park, Museum CEO

Fritzie Fritzshall of Buffalo Grove, Museum President and Holocaust survivor and J.B. Pritzker of Chicago, Museum Board of Trustees member and past Humanitarian Awards Dinner Survivor’s Legacy recipient

Want to see your event in Trend? Debbie Hoppe, Trend editorial assistant, will send you guidelines. Email her at dhoppe@pioneerlocal.com.

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Dear Help Squad,

I have spent the last 40 years repairing clocks as a hobby. On Oct. 6, 2014, I shipped a 1928 clock worth $2,500 using the UPS Store in Deerfield. I'd previously shipped this clock back and forth four times without issue. The guy who was working at the store wouldn't pack it right away. He said he knew what he was doing so I left the clock with him and requested that it be shipped after Oct. 15, when I would be in Fort Meyers to receive it. I insured it for $500.

When the clock arrived, there was no packing in the box and the clock was all broken up. I called UPS in Fort Meyers and talked to a woman who refused to look at it or verify the damage. I took photos and have all my shipping documents. The clock was too damaged for me to repair so I had to ship it to a service in Harrisburg, Penn., to have it fixed. The cost for repairs was $568.

My son, who is a lawyer, called and left messages for Armando at the UPS Store. He called four times before Armando finally called back. I submitted the paperwork requested by Armando to file a claim. It is now almost March and I have received no reimbursement. UPS headquarters says the Deerfield UPS store is responsible. Armando in Deerfield is stalling. I'm a UPS stockholder and I'm going to sell that [expletive] stock as soon as it goes up a little!

Thanks for your help,

—Clarence, Northbrook

After talking to Clarence, Help Squad called The UPS Store in Northbrook and spoke with Armando, an associate. Armando explained that he had submitted all the necessary paperwork for Clarence’s claim but was later told by UPS that he hadn’t included the invoice for repairs. The UPS Store is a wholly owned subsidiary of UPS. Though Armando said the invoice was included in the original submission, he said he photocopied it again and resent it. At this point in the conversation Armando suggested Help Squad call 1-800-PICK-UPS with Clarence’s Oct. 6 tracking number to request an update on the claim. This we did, but as is often the case upon introduction, we were advised we should contact UPS’s public relations liaison. In the end we were put in touch with The UPS Store’s public relations manager Chelsea Lee. Chelsea worked with The UPS Store’s customer service team to identify the steps taken by UPS from delivery of Clarence’s clock to claim submission. She determined that, “In this case, the issue appears to have been getting correct paperwork to process the claim with UPS.” According to the timeline she obtained from UPS, the damaged package received an “inspection” (via phone call) on Oct. 21, the day Clarence received the broken clock and contacted UPS. Six weeks later, on Dec. 11, UPS received a claim submission from the Northbrook UPS Store, but the repair estimate was not included. UPS informed The UPS Store of this, but for whatever reason the corrected paperwork, containing the repair estimate, was not submitted by the Northbrook store until Feb. 18 — more than two months later. Chelsea assured us that payment for the claim was now being processed and as a result, Clarence would receive reimbursement of $526.67 — $500 for declared value and $26.67 for shipping — within the next week.

Help Squad shared this information with Clarence. Though unhappy that the clock had been so badly damaged and it had taken such effort to get his claim resolved, he was relieved to hear that he would finally receive his reimbursement. Clarence thanked Help Squad for assisting him, saying, “I really appreciate there is someone who takes an interest and tries to help.”

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.

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Don’t settle. What exactly does that mean?

I'll never forget a gift I received on my 26th birthday from a college friend. It was a copy of the best-selling novel, “The Bridges of Madison County” by Robert James Waller. My friend wrote a sentiment on the first page that read, “Jackie, don’t ever settle.”

That phrase always stuck with me. But, what exactly does “Don’t settle” mean?

I asked this question to Barbie Adler, relationship expert and founder and president of Selective Search, her Chicago-based matchmaking firm.

“Settling is the quickest way to having a divorce attorney on speed dial,” said Adler, who started Selective search over 15 years ago. “If you’re not sure about something, go over it a few times. If you want to make a decision, it’s better to do so. If you’re looking for a perfect person, it doesn’t exist. I’ll even go so far as to say, the perfect couple doesn’t exist.”

While I agree with Adler, I think that to tell someone not to settle is a form of bullying. While I think settling is a good thing, it is the result of the person taking a leap. Settling is a form of acceptance. See, when someone is dating, even from the beginning, they take note in their head of things they can’t or don’t want to live with. Maybe the person you are dating has an obsession with Tic-Tacs and little plastic containers can be found all around the house at any time. That’s probably something easy to take. Or, maybe he or she is a complete slob, with piles of dirty laundry on the floor and a sink full of dishes being the norm. That might be on the list of more concerning issues.

Jackie Pilossoph is a freelance columnist for Pioneer Press.

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APRIL SHOWERS: With RAIN all over

BY GAIL GRABOWSKI | EDITED BY STANLEY NEWMAN
(stanxwords.com)

Across
1 Stinging remarks
6 “Dear sir or ....”
11 Wash the floor again
16 Family nickname
19 “Where there’s ...
...”
20 Is of — (helps)
21 Whirlpool alternative
22 Eur. speedometer reading
23 Southwestern RAIN dancers
25 Hoffman’s brother in RAIN Man
27 Jousting weapon
28 “Welcome to Maui!”
30 Lentil holder
31 Thought-provoking
33 Choir voice
36 Life story, for short
37 Resorts with hot springs
40 AMA members
42 Sign of RAIN
46 French cocktail
47 Close to the ground
48 Broke the news to
49 Summer cottage, perhaps
50 RAIN or shine
55 Name on peanut butter cups
57 World Cup cheer
58 Coddled
59 Train track
61 Grassy clump
62 Was aware of
63 City on the Erie Canal
64 Bona fide
66 Quick message
68 Jousting weapons
69 Lead actor in Singin’ in the RAIN
72 Llama habitat
75 Headliner
78 Zellweger of Chicago
79 1983 Indy 500 winner
80 Most recent
83 On the ___ (fleeting)
85 Temperamental performer
86 Wedding worker
87 Exist
88 Race by
89 “The RAIN in Spain” musical
90 Trampe
91 Tran
92 Trampe
93 Trampe
94 Frat letters
95 Paradoxability
96 Flying formation
97 What acid RAIN has elevated levels of
98 Relax your peacoat
99 “My Parade” show
100 CCLI doubled
101 Bath bubbles
102 Hot under the collar
103 Facsimile
104 Tank cover
105 Part of EU
106 Broke the news to
107 Break (off)
108 Tool for prying
109 Tool for prying
110 Tool for prying
111 Wool fabric
112 Wool fabric
113 Wool fabric
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115 “Don’t RAIN on My Parade” show
116 RAIN gauge
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Down
1 Ebenezer epithet
2 USMC truant
3 TV host Kelly
4 Window coverings
5 Piece of roast beef
6 Wet dirt
7 Singapore’s continent
8 Does business
9 When many go to lunch
10 Slam-dancing arena
11 Chinese zodiac animal
12 Whiny music genre
13 Latin ballroom dances
14 A single time
15 Morality tales
16 Desert abruptly
17 Facto
18 Storage spot
19 Teased
20 Part of EU
21 Tank cover
22 Tool for prying
23 Tool for prying
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Last week’s answers appear on the last page of Puzzle Island.
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. Bottom
- 101 68 133 14 7 120 164 59 156 84

B. Suburbs
- 25 154 63 40 89 9 132 75

C. Southern
- 70 78 168 143 16 159 122

D. Merry tunes
- 107 94 36 181 79

E. Melancholy tunes: 2 wds.
- 31 100 24 157 80 117 10 57 45 135

F. Of this world
- 119 153 77 69 47 126 37

G. Blow a chance: 3 wds.
- 11 151 22 113 102 85 163 72 91 38

H. Dandy
- 39 32 60 146 141 90 23 104

J. Scripts
- 159 43 26 140 15 138 66 81

K. Practical: hyph.
- 5 142 41 19 66 62 129 109 98 86

L. Silly and bumbling
- 76 110 123 13 29 106 1 144

M. Native
- 148 27 67 139 110 8 124 46 82

N. Producer of "Laugh-In" and "Little House"
- 64 35 138 3 98 105 147 30 50 166

O. Limits:
- 55 115 150 127 2

P. Vision
- 93 162 73 97 111 131 51 33

Q. Outmaneuver
- 121 44 103 88 128 62 54

R. Very influential figure
- 125 56 42 6 87 149 21 134 61

S. Current appraiser
- 116 167 92 145 58 17 74

T. NASCAR race site
- 152 112 71 20 4 130 49 165 54

U. Consume
- 48 137 83 90 106 18

Across

1. Pear variety
5. Franklin, for one
10. "... lender be"
14. Sacramento arena
15. Harmonic
16. Augustan Age poet
17. Bring in the sheaves
18. Hee Haw host
19. Off-white
20. Minskoff Theater tribute
22. Sandy shade
23. Ludwig's lang.
26. New Mexican building material
30. Lump
32. D.C. hub
34. "...-mo
35. First name in country music
39. Isaac's son
40. Praline ingredient
42. Golden calf, e.g.
43. Eyelid inflammation
44. King starter
45. Pavilion
47. Tape
50. Thickset
51. Stimulate
54. Auto-club letters
56. Peach
57. Athletic laurel
63. Gossip
64. Danny's daughter
65. Manny, of the Dodgers
66. Sailor's saint
67. Rose oil
68. Disposition
69. Meg, of Sleepless in Seattle
70. Carly Simon song
71. Part of M*A*S*H

Down

1. Starr, of the gridiron
2. Chocolate cookie
3. Read bar codes
4. Kind of cat
5. Vermont resort
6. Facing
7. Lulu
8. Motown backup singer
9. MTA trains
10. Award established 1901
11. Egg-shaped
12. Richard Starkey, Jr.
13. Revolve
21. Out of line
22. Sibling, for short
25. "... came a spider..."
26. Fruit drinks
27. Clean
28. Oil of
29. Top honor
31. Actor's quest
33. The Final Frontier
36. Paradise
37. Short haircuts
38. Medicinal herb
41. Stretch
46. Palindrome end
48. A Gabor
49. NFL city
51. Live coal
52. "Let not poor ... starve": Charles II
53. Vicuna's kin
55. Idolize
58. Table scraps
59. Flaubert heroine
60. Hatchway
61. Power source
62. Jane Grey, e.g.
64. Capt.'s superior
Seeing Stars

BY KURT KRAUSS
EDITED BY RICH NORRIS AND JOYCE NICHOLS LEWIS

ACROSS
1 Ranted (at)
7 Texter: "Oh, I should also mention ...
8 Houston ballplayer, for short
14 Building blocks
19 Picador's target
20 "Bingo!"
21 One might get caught off base
22 "Waterworld" or "orphan girl"
23 Five-star auctioneer
25 Five-star bridal accessory?
27 About to explode
28 Like NASA and FEMA
30 Clear up
31 — death: repeat too often
32 Longest river in France
33 Sonata, e.g.
35 They're hung by drivers
36 Five-star Ponzi scheme?
40 Explosive experiment
41 Author Follett
44 E.U. member
45 "Big four" record company
51 Leather ending
53 0.0000001 joules
56 1953 Pulitzer-winning dramatist
57 "SNL" alum alongside Hartman and Carvey
59 Thinks better of it
61 Once called
62 Go-to guy
64 Cigar size
65 Five-star secluded getaway?
69 CNN news anchor - Paul
72 Baronial headpiece
73 Hardly around the corner
76 Put under
78 Knocks on
79 Purina product
80 Qing Dynasty general of culinary fame
81 Deutschland donkey
82 Slip—shoes
83 Five-star flugelhorns?
86 Backstaber

87 Acquisition transaction, briefly
89 Tuxedo accessory
90 Carried on
93 Five-star spiel?
99 "Times to get ready"
100 Five-O booking agent
101 Golden
102 Magi origin
106 Mythological hybrid
108 Break for mom
110 Trumpeter Louis
111 Five-star competition?
113 Five-star headgear?
115 Dodger manager before Mattingly
116 Bad end
117 Like some phone nos.
118 Designer McCartney
119 Related maternally
120 Massachusetts motto opener
121 The Carolinas' Dee River
122 Strengths

DOWN
1 Bridge action
2 Last Olds made
3 Where ...
4 Pick 6, for one
5 Language that gave us "galore"
6 Eyed
7 Cast selection?
8 Nickname for baseball's Durocher
9 Shout during a charge
10 Native corn porridge
11 Couple
12 Hot ...
13 1993 A.L. batting champ John
14 "Why don't we?"
15 Coming or going
16 Deke victim
17 Tapenade ingredients
18 Least likely to blow
19 "Asiago" sonata
20 Bubbly beginning?
21 Yearned
22 Manhattan part
23 Bailout key
24 Like, with "to"
25 Slightly
26 Remedy from a doctor?
27 "Alfred" composer
28 Like NASA and FEMA drivers
29 "The Purloined Letter" monogram
30 Odd-looker
31 Manga underwear
32 Longest river in France
33 Sonata, e.g.
35 They're hung by drivers
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Last week's answers appear on the next page

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Sudoku

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

Level: 1 2 3 4

PRINT YOUR ANSWER IN THE CIRCLES BELOW:

This week's answers appear on the next page

By David L. Hoyt and Jeff Knurek, © 2015 Tribune Content Agency, LLC. All rights reserved.
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metromix.com
Diet soda may lead to more belly fat as people get older

BY LENNY BERNSTEIN
The Washington Post

I admit it: I drink a Diet Pepsi just about every day. I love the stuff — with a meal, after a long run or when I’m just really thirsty. I’ve always justified the habit with the idea that at least I’m not consuming the huge amounts of sugar in a regular Pepsi. There are 69 grams of sugar and 250 calories in a 20-ounce Pepsi, according to the PepsiCo website.

Now comes a study that threatens to shatter my carefully crafted self-delusion. Researchers examined data taken periodically for nearly 10 years from 749 Mexican-American and European-Americans ages 65 and older in the San Antonio Longitudinal Study of Aging (known by the acronym SALSA).

They determined that daily and occasional diet soda drinkers gained nearly three times as much belly fat as nondrinkers, after they ruled out other factors such as age, exercise and smoking. The diet-soda drinkers added an average of 1.83 inches to their waist circumferences, while the nondrinkers added 0.8 inches. Daily consumers like me gained a striking 3.16 inches.

Men, European-Americans, people with a body-mass index greater than 30 and people who did not have diabetes fared the worst.

You don’t want belly fat (visceral fat in technical terms), especially as you reach your later years, when it is associated with greater incidence of mortality, cardiovascular disease, Type 2 diabetes and insulin resistance.

High waist circumference is also one component of metabolic syndrome, a cluster of risk factors that includes high triglycerides, blood pressure and blood glucose.

“This is a more vulnerable population,” Sharon Fowler, an adjunct assistant professor in the Department of Medicine at the University of Texas Health Science Center in San Antonio and lead author of the study, said in an interview.

According to one study, about a fifth of the U.S. population consumed some form of diet drink on any given day in 2009-2010, and 11 percent of those people drank 16 ounces or more.

A couple of caveats here that are worth mentioning: There is considerable debate over the impact of diet soda and artificial sweeteners, with various studies showing conflicting results. (Another Fowler study in 2008 showed significant increases in body mass index among diet soda drinkers.) This study, based on the way it was designed, could not prove cause and effect; it showed an association between drinking diet soda and increases in waist circumference.

Most strangely, the data revealed no relationship between consumption of regular, sugary soda and waist circumference growth, which Fowler acknowledged would have been expected.

The research appeared online in the Journal of the American Geriatrics Society.

In a statement, the American Beverage Association, said that “previous research, including human clinical trials, supports that diet beverages are an effective tool as part of an overall weight management plan. Numerous studies have repeatedly demonstrated the benefits of diet beverages — as low as low-calorie sweeteners, which are in thousands of foods and beverages in helping to reduce calorie intake.

Although the Calorie Control Council, which represents producers of no- and low-calorie foods and beverages, also urged that the study “be treated with caution,” noting that older people tend to lose muscle mass and gain waist circumference as a result of aging and continued that some important information on Mexican-American lifestyles, diet records and family histories were not available to the researchers.

Nevertheless, she said, there are a number of possible explanations for the findings. A psychological one may be that regular diet soda drinkers conclude (as I have) that they are saving calories by not consuming sugary drinks and let themselves go overboard on other foods.

“There can be underestimated the impact of other foods,” she said. “People can give themselves extra permission (to eat). They also can just do bad (calorie) math.”

Based on other research, she said, the sweeteners and/or the acid in diet soda may have an impact on gut bacteria, the ability to handle sugar from other food and drink or the part of the brain that signals us to stop eating.

Study showed a link between drinking diet soda and increasing waist size.

Warning signs could show a young child has autism

BY TERRI COLBY
Special to Tribune Newspapers

Research shows that early intervention is beneficial for children with autism spectrum disorder, but on average, children aren’t diagnosed until age 4 or 5. That’s about two years later than is possible, according to the U.S. Centers for Disease Control and Prevention.

Part of that delay undoubtedly is because autism spectrum disorder has widely ranging symptoms from mild to severe. Too, symptoms a child is experiencing may not be immediately evident in toddlers learning new things every day.

What is clear is that at some point children with autism show deficits in social interaction, language and imaginative play.

“Too often, doctors take a ‘wait-and-see’ approach,” said Dr. Joe Smieke of the CDC’s National Center on Birth Defects and Developmental Disabilities. “If a child shows some of the signs of autism, it may be in some few instances that can be appropriate, far more often it results in children not getting the services they need at an early age, when those services can make the biggest difference in a child’s development.”

And, experts say, early intervention is key to helping children with autism spectrum disorder.

“Children with ASD can be reliably diagnosed around 2 years of age, although many children are not diagnosed until 4 years of age or older,” said Lisa Wiggins, developmental psychologist and epidemiologist at the CDC.

Michael Rosanoff, director of public health research for advocacy group Autism Speaks, said multiple factors likely contribute to the later diagnoses.

“The first is that even though the American Academy of Pediatrics recommends that children be screened for general development at 9, 18 and 24 months and for autism at 18 and 24 months, or whenever a parent has concerns.

Autism Speaks, on its website, lists “red flags” that might be reason for concern and should prompt a call to a pediatrician. The website, autism Speaks.org, lists “red flags” that might be reason for concern and should prompt a call to a pediatrician. The website, autismSpeaks.org, lists “red flags” that might be reason for concern and should prompt a call to a pediatrician.

No later than 12 months, in some instances the signs may be subtle, and in others, especially for less severely affected children, they may not become apparent until school age.

Rosanoff also notes that screening services may not be readily available to people who have less access to health care. Additionally, others might face long waiting periods between parents’ first concerns and screening and diagnosis.

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One of the screening tools used by pediatricians is the M-CHAT-R (Modified Checklist for Autism in Toddlers, Revised), devised by Drexel University’s Diana Robins and others. It’s a list of 20 questions that can be answered with a simple yes or no and can be completed by parents in less than 10 minutes. If that screening raises any concerns, doctors have a follow-up set of questions that have been shown to be effective in screening for ASD.

Here is a sampling of M-CHAT-R questions:

1. If you point at something, does your child look at it? (For example, if you point to a toy or an animal, does your child look at the toy or animal?)

2. Does your child play pretend or make-believe? (For example, pretend to drink from an empty cup or to talk on a phone?)

3. Is your child interested in other children? (For example, does your child watch other kids, smile at them or go to them?)

A “no” answer would be cause for concern.

Robins said that parents should trust their instincts about their children and seek out help if something seems amiss.

“Parents are experts on their children,” she said. “If they are worried, and the pediatrician doesn’t support them and make referrals, they may want a second opinion.”
Noshing through ‘natural’ products expo

Chia, turmeric, Sriracha popular in many items

BY MARY MACVEAN
Tribune Newspapers

ANAHEIM, CALIF. — After tasting our way, along with 70,000 other people, through aisles and aisles — more than 2,700 companies had booths — at the massive Natural Products Expo West in Anaheim recently, we were stuffed and enlightened.

If you wanted the “perfect” product, you might mix turmeric, chocolate, chia and more chia and some ancient grains, add in some jerky, flavor the whole mess with Sriracha and put it in a clever to-go pouch. And don’t forget to make sure it’s gluten-free, Paleo-friendly and made from non-GMO ingredients that are all high in antioxidants and improve the planet — or at least save a rainforest or two.

But you might not want to call your perfect product “natural.”

Kim Richman, a lawyer who spoke at a seminar during the expo, called “all natural” labels “a lightning rod” that can lead to costly and time-consuming lawsuits no matter what’s in the package. That’s in part because there’s no federal definition for that tantalizing word “natural.” (Companies could include more than a dozen other claims on their products, some of which are clearly defined, including “organic” and “good source of fiber.”)

Here are some of the items that caught our attention (some of which were included in the show but are not yet in stores).

Roasted broad beans in four flavors, including the ubiquitous Sriracha, from a company called Enlightened, were among many alternatives to conventional chips. The beans, sold in 100-calorie packs, are deliciously crunchy and contain 7 grams of protein. Biets Foods introduced a similar product, roasted chickpeas; Simply 7 had chips made from garbanzo beans, lentils and quinoa, and we could eat our way through a lot of Ziggy Marley Organics’ roasted hemp seeds.

Several companies extolled the virtues of grass-fed beef. Among them was Mighty Bar, made from organic Australian grass-fed beef in two flavors (apple and bacon or cranberry and sunflower seed). The bars are a bit less difficult on the teeth than jerky and more wholesome than lots of beef sticks.

Other companies — Krave, Country Archer and Golden Island — displayed Sriracha-flavored jerky. “Anything we bring in that is flavored with Sriracha flies off the shelf,” said Rachel Shemirani, the marketing manager of Barona Market, a natural grocer with several Southern California stores.

The young people behind the San Francisco-based company Kooee, including one who climbed Mount Kilimanjaro for his honeymoon, looked at what they wanted to eat during their outdoor adventures and came up with a product that’s distinguished by its packaging. In one section of the flat, two-chambered bag is jerky; in the other, trail mix. You can eat them separately or together.

Shaina Zaidi played basketball at UCLA and later abroad, and she wasn’t bound by the San Francisco business. So her dad came up with an alternative. That drink, Tu Me, has become a family business. It was among many products at the show containing turmeric, an orange root often used in curries and praised for many healthful properties. Kor Shots contain turmeric, coconut water and lemon juice in a 17-ounce bottle; Navitas Naturals showed almonds flavored with turmeric and tamarind, and Temple Turmeric has 11 turmeric beverages.

We also spotted powdered drinks made with mushrooms, which make Four Sigma Foods calls “the ultimate superfood,” and enough coconut water to float Disneyland.

More than a third of the products at the show claimed to be gluten-free, according to organizers. Many are more healthful and taste better than those on the market just a few years ago. Among them were Premium Gold gluten-free flours and mixes, which are based on flax that is harvested from Debbie Miller’s family farm in North Dakota.

“Snackification,” a term insiders use in reference to our growing habit of consuming more of our calories between meals, has led to more healthful snacks. Among the products that hope to make the “healthier indulgences” list were two of Mediterrae’s bars, one with black olives and walnuts and one with tomato and basil. They also contain pea protein, rice and a few other ingredients.

Protein content, in yogurts or derived from crickets or plants, was another hot topic. Beyond Meat, a plant-based “meat” line, offers delicious vegan burgers and more. TaDah Falafel Poppers and Nate’s Mediterranean Bites riffed on chickpea fritters. Delicious offers pouches of various vegetable purées (the balsamic beet and spinach flavor was terrific).

The new Paleo Passion Pops, from New York, come in eight flavors, including pineapple-ginger and orange-carrot. Each pop includes a so-called superfood, such as chia or kale, and there is no added sugar. Brewla frozen pops were delicious and low in calories. (We got to taste one not quite yet; it’s made with cold-brewed Intelligentsia coffee, and it’s addictive.)

mary.macvean@tribpub.com
Weight loss linked to healthier heartbeat

HealthDay

There's good news for people who are obese and have atrial fibrillation, a common form of irregular heartbeat. Losing weight may help restore healthy heart rhythm.

That's the finding from a new Australian study involving 355 obese people with atrial fibrillation. Researchers led by cardiologist Dr. Rajeev Pathak, of the University of Adelaide, tracked outcomes for the patients for four years while they tried to lose weight.

The researchers found that those who lost at least 10 percent of their body weight were six times more likely to be free of atrial fibrillation symptoms — without the use of surgery or medication — compared with those who did not lose weight.

Over four years, 45 percent of patients who lost at least 10 percent of body weight were free of atrial fibrillation symptoms without treatment. Only 13 percent of participants who lost less than 3 percent of their body weight stopped having symptoms, Pathak's team reported.

The findings were to be presented in San Diego at the annual meeting of the American College of Cardiology. They also are being published simultaneously in the Journal of the American College of Cardiology.

According to the ACC, about 5.6 million American adults have atrial fibrillation, which causes symptoms such as palpitations and shortness of breath. It also increases the risk of stroke.

The new study found that just losing excess weight wasn't enough; keeping it from coming back was key. People who had major fluctuations in weight (gains and losses of more than 5 percent) between yearly checkups were twice as likely to have recurrent heart rhythm problems as those who did not have such weight fluctuations, the researchers said.

"Previous studies have shown that weight management can reduce atrial fibrillation symptoms," Pathak said in an ACC news release. He said that prior studies also showed that weight loss boosted the benefits of ablation, a procedure used to treat atrial fibrillation.

Vitamin D touted as cure for problems with vertigo

BY JOE GRAEDON AND TERESA GRAEDON

King Features Syndicate

Q: I have been diagnosed with vertigo (BPPV), and it's the worst. Any time I move my head, the world spins. I recently found a study linking vitamin D deficiency to BPPV. My level was really low, so I started taking a supplement.

I haven't had a vertigo attack since, but I still have some residual dizziness that is slowly fading. I hope I don't get any more vertigo attacks.

A: Benign paroxysmal positional vertigo (BPPV) happens when calcium crystals in the inner ear stray out of position. This throws a person off balance and causes the spinning sensation you describe.

There is no medication that works for BPPV. We do encourage people to ask about the Epley maneuver, a manipulation technique that can help get the crystals back where they belong. It does not work for other causes of dizziness but can be quite helpful for BPPV.

We were interested in your reference to low vitamin D contributing to this condition and found that there has been some research on this topic (Journal of Neurology, March 2013).

Another reader also had success with this approach. "After months of dealing with vertigo attacks several times a week, I finally tried supplementing with vitamin D. It has worked wonders over the last month and a half, as I've had only one attack a few weeks after starting vitamin D, and none afterward. Vertigo is terrible; I have no balance or sense of equilibrium, everything spins, and I suffer nausea, vomiting and exhaustion."

Q: You recently wrote about the cost of treating toenail fungus with the prescription medicine Jublia. I found a better approach after trying several over-the-counter products without success.

A few months ago I started using a liniment with a high concentration of capsaicin. It is normally used for sore muscles, but I thought I'd try it on my toenails.

I applied it twice a day, after my morning shower and before bed. (I wore disposable latex gloves, so as not to burn myself accidentally with capsaicin residue on my fingers.) After two weeks and less than $25, the fungus was undetectable.

At Capsaicin is the compound that makes chili peppers hot. Although we have heard of dozens of remedies for nail fungus, this is the first time anyone has mentioned capsaicin.

For those who would like a less-spicy solution to nail fungus, we offer our Guide to Hair and Nail Care. Anyone who would like a copy, please send $3 in check or money order with a long (No. 10), stamped (70 cents), self-addressed envelope to: Graedons' People's Pharmacy, No. H-31, P.O. Box 52027, Durham, NC 27717-52027. It also can be downloaded for $2 from our website: peoplespharmacy.com.

Q: My friend sent me information about the positive effect of black raspberry powder on mice with Barrett's esophagus. I'm wondering how much black raspberry powder I should consume per day to help my own Barrett's condition.

A: The study your friend sent you (Cancer Prevention Research, January 2009) was conducted in rats. The anti-cancer effect was intriguing, but other animal research has not confirmed the original findings.

A small human study suggested that there might be benefit from 32 grams of powder daily, but only preliminary results have been published (Nutrition and Cancer, 2006).

In their column, Joe and Teresa Graedon answer letters from readers. Send questions to them via peoplespharmacy.com.
Granola limits sugar, fat; flavor comes from whole ingredients

**THE VEGGIE COOK**

**Granola limits sugar, fat; flavor comes from whole ingredients**

**BY KAY STEPKIN**
Special to Tribune Newspapers

In the 19th century, American breakfasts were described by the French philosopher Constantin-Francois de Volney as "most calculated to injure the stomach, the teeth, and the health in general," including "cheese of the fattest kind, slices of salt or hung beef." Perhaps it was those breakfasts that inspired John Harvey Kellogg to develop what he eventually called granola as an alternative breakfast food at his sanitarium in Battle Creek, Mich.

Kellogg might be surprised to see some of the changes in today's granola. I recently browsed through the bulk cereals at a large natural food store where I counted 20 kinds. Sugar was the first ingredient in one, the second ingredient in 10, and all of them had lots of oil.

My granola relies on whole ingredients for flavor, keeping sugar and fat amounts within reason. And it's totally customizable: You can use any chopped nuts or seeds, substitute a different liquid sweetener, such as agave or honey, or switch one of the spices to cinnamon.

After baking, you can add dried fruit, such as raisins, cranberries, figs, dates or apricots. You could also use it as a base for granola bars, as a topping for fruit crisps, or as an instant pop-in-your-mouth snack.

**Tips**
- I chose flaked coconut for the visual and textural contrasts. You could also use shredded.
- Use the thickest oats you can find. The thicker the oats, the less it has been processed.

**Almond maple granola**

**Prep:** 10 minutes  **Cook:** 50-60 minutes

**Makes:** 5 cups, about 10 servings

3 cups thick rolled oats
1 cup unsweetened, flaked coconut
3/4 cup sliced almonds
1/2 teaspoon sea salt
1/4 teaspoon ground allspice
1/8 teaspoon each: fennel seed, ground nutmeg
1/2 cup maple syrup
1/4 cup extra-virgin olive oil

1 Heat oven to 350 degrees. Stir oats, coconut, almonds, salt, allspice, fennel seed and nutmeg together in a large bowl. Whisk maple syrup and oil together in a glass measuring cup. Dump into oat mixture; mix with a rubber spatula and a few fingers until evenly distributed. Spray a rimmed baking sheet with nonstick spray. Pour the granola onto the baking sheet. Use the spatula to spread the granola more or less evenly.

2 Bake, turning with a spatula once or twice, 50-60 minutes. Remove from oven; let granola set in baking sheet until cool and dry.

**Nutrition Information per 1/2 cup serving:** 276 calories, 16 g fat, 6 g saturated fat, 0 mg cholesterol, 30 g carbohydrates, 6 g protein; 145 mg sodium, 5 g fiber

**SERIOUSLY SIMPLE**

**Artichokes a perfect first course for spring menus**

**BY DIANE ROSEN**
**WORTHINGTON**
Tribune Content Agency

My grown daughter recently asked me how to prepare an artichoke. She loves eating them at restaurants but is intimidated to cook them at home because she doesn't know how to properly clean and trim them.

I reassured her that it couldn't be easier, offering the recipe below, which makes anybody a pro in no time. Best of all, this is the season for fresh artichokes, so consider cooking up a few whole ones; serve them chilled, warm or even grilled.

Select globe artichokes that have tight, compact heads and tiny thorns. Don't worry if they are a little brown, which sometimes comes from a light frost before harvesting. You will usually find that these are the tastiest and have large hearts. While thornless artichokes are available, I find them to be less flavorful, with little meat on the leaves and a small heart (my favorite part).

Cooked whole artichokes, with their delicate, mild flavor, are the perfect vehicle for a variety of sauces, including the aioli here — a garlic mayonnaise flavored with roasted red pepper.

To eat a cooked artichoke, here are tips from a native Californian: Pull the leaves off by one, and dip the base into the sauce. Remove the inner choke thistle, cut the heart into pieces, dip and enjoy.

**Chilled artichokes with red pepper aioli**

**Prep:** 30 minutes  **Cook:** 50 minutes  **Chill:** 4 hours  **Makes:** 4 servings

4 large artichokes
Juice of 1 lemon
2 tablespoons white vinegar
1 teaspoon olive oil
Pinch of cayenne pepper

1 With a serrated knife, cut about 1/2 inch off the top of an artichoke to remove the main cluster of thorns. Pull the small leaves off the bottom near the stem and discard. Trim the stem flush with the bottom. Using scissors, trim 1/2 inch off the top of each of the outer leaves, thus removing the thorny tips. Drop into a large bowl of cold water to which you have added the lemon juice to prevent discoloration while you trim the remaining artichokes.

2 Fill a large saucepan half full of water, add the white vinegar and olive oil; bring to a boil over high heat. Add the artichokes, cover and simmer until the bottoms are easily pierced with the tip of a knife, 40 to 50 minutes.

3 Transfer the artichokes, stem sides up, to a rack to drain and cool. Invert onto a platter, cover and refrigerate until chilled, at least 4 hours.

4 For the aioli, chop the garlic finely in a food processor. Add the roasted pepper; process until well blended. Add the mayonnaise; process. Add the salt, pepper and cayenne to taste. Makes 1 1/4 cups.

5 Serve the artichokes with the aioli for dipping.

**Nutrition Information per serving:** 264 calories, 20 g fat, 3 g saturated fat, 8 mg cholesterol, 19 g carbohydrates, 6 g protein, 439 mg sodium, 9 g fiber
Lambrusco, that's nice

Take another taste of the wine your parents (or you) sneered at

Bill St. John
Uncorked

The nicest thing about recommending wine to Gen Xers and Gen Yers is that they don't have ear lids. Tell them that riesling is the world's greatest white wine grape, and they say, "OK, cool; so show me."

You hand them a glass of well-made Mosel; they go, "Wow."

That doesn't happen with baby boomers or those called "the silent generation." People 50 years old and up. By and large, these folk are convinced that all riesling is mawkishly sweet, and so they avoid it. I never see so much face scrunching on a boomer as when I say "riesling."

The happy aspect about this generational divide is that the Y's and X's are now beginning to run the wine show. More and more of them are becoming today's wine merchants, wine writers, restaurant sommeliers and wine importers. They bring so much fresh air into the cellar. They love dry sherries, the wines of heretofore unsung Greece and Portugal and, of course, riesling wearing its many coats.

Another wine marks off these same cadres among the generations; that wine is Lambrusco.

Those who grew into wine in the 1970s and 1980s will remember the jingle on the No.1 Lambrusco then sold (and still selling at the top spot in the U.S., "Riunite on ice... that's nice." They will also remember to "riesling" it.

More face scrunching, for sure. "How can someone take seriously a fizzy, slightly sweet red wine?" the wrinkles seem to say.

Well, many someones do. Riunite, to cite that brand alone, has remained for more than 40 years the No.1 selling Italian red wine in the U.S. Think of that: Many millions of people actually do enjoy a fizzy, slightly sweet red wine. They don't take it seriously, which I suggest is salutary and the proper perspective anyway.

And the people who excel at making Lambrusco, those living in Emilia-Romagna, are said to live in "the stomach of Italy" because of the region's feudarray of famous foods such as Parmigiano-Reggiano cheese, cured meats and balsamic vinegars.

I submit that Emilians know something about food and, because this is Italy, the wines to accompany it. What wine do they drink with their foods? Much Lambrusco, of course, more than half of it fizzy and slightly sweet.

Drier styles of Lambrusco exist, perhaps as attempts to appeal to a more sophisticated market. On tasting them, however, I almost always get the impression that they're trying too hard to be something that they shouldn't.

I am here to extol Lambrusco that is, in fact, fizzy and slightly sweet. When I state "slightly sweet" emphasis is on "slightly" because of moderate tannin and, often, snappy acidity, there is a quintessential Italian finish to these reds that's just this side of bitter, in the way that a peanut to which some skin still adheres tastes.

I am here also to admit that a slightly sweet wine, red or white, tastes delicious. And to assert that a whisper of sweetness in a wine makes it much more enjoyable with an array of foods that are high in salt, fat, acidity or in sweetness themselves — many of the foods that we and nearly all other humans eat all the time.

There are reasons beyond the stand-alone nature of the wine that make Lambrusco appeal to an Emilian with his rub of Parmigiano-Reggiano or slice of cured sausage. The high salt and fat content of these eats is felicitously both complemented by and set off against the slight tannin and bit of sugar in the wine.

Recommended

Here are some recommended Lambruscos, listed by price; all are appellation Emilia-Romagna, Italy.

**Riunite Lambrusco:** What's not to like? Fruity, fresh, off-dry, best chilled, less expensive than many a brew. $5-$7

**Barboli Lambrusco di Grasparossa di Castelvetro:** Drier (and frothier) than most, with solid cherry and grape-y flavors; better with food than by itself. $15

**2012 Cleto Chiarli Lambrusco di Sorbara, Secco Vecchia Modena:** Chilling this well brings out its cherrylike aromas and flavors, and heightens its utility with food. $17

**Albinea Canali Lambrusco Otocentennero:** Ebulliently perfumed, almost red flower petal-like; finishes classically bitterish and drier than many Lambruscos; would be delicious with heartier fare; half made of delightfully named salamino grape, so called because the berries resemble little salami. $17-$20

**Albinea Canali Lambrusco FB Metodo Ancestrale:** The second fermentation finishes in the bottle, much like a bottle-conditioned microbrew; very light red, like strawberry soda; light and fresh and just off-dry. $16-$20

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

You'll find two general styles of Lambrusco about, taking their names and appellations from their grape varieties: Lambrusco di Sorbara, fruiter, less weighty and alcoholic than Lambrusco Grasparossa di Castelvetro. (There are several more Lambrusco grape varieties, and they pop up once in a while.)

Bill St. John has been writing and teaching about wine for more than 30 years.

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**FOOD**
Cheers! Here's to better cocktail skills

Bartenders tell us how to make drinks right

BY LISA FUTTERMAN
Special to Tribune Newspapers

Back in the day, any home bartender (and most professional ones) could create the most popular cocktails with "Mr. Boston Official Bartender's Guide" and a martini pitcher. In the current bar climate of speak-easies, tinctures and giant ice cubes, a budding home mixologist needs a few pro tricks up his or her sleeve to create the craft cocktails their guests have come to expect.

We checked in with a few bar experts to discover their secrets for making excellent cocktails at home.

"Technique"

Stir vs. shake: How do you know if you should stir or shake? Says Jan Henrichsen of Drink Well Consulting, "Only shake if there is citrus or egg white involved. Shaking dilutes a cocktail by breaking up the ice more."
Jeff Donahue, a managing partner at Sportsman's Club in Chicago, agrees. "Stirring is called for when spirits make up the bulk of the cocktail. Drinks that require aeration call for a more vigorous method of shaking. It is faster, colder and results in a more homogenous cocktail."
So how exactly do you stir that Old-Fashioned or Manhattan? Says Donahue, "Let the spoon do the work, and always keep the back of the spoon toward the inside of the glass."
And remember, adds Henrichsen, "It is not the number of stirs, it is the amount of time spent stirring" that chills the drink properly. When a recipe tells you how many spoon revolutions to make, the writer is just making sure you chill thoroughly.

Batching: Batching cocktails is a great way to make drinks for a (small) crowd. Choose one house special and scale up the recipe, then mix up a jug and refrigerate. At party time, just add bitters, ice, garnish and serve.

Tools

Just like chefs, bartenders have their tools to use for their job. Donahue recommends the following:

- Straight-sided mixing glass, center: a bar spoon with a tight twist; two strainers - Hawthorne, foreground, and julep, right; and twin shaker tins, in two sizes that fit snugly together. Throw in a good two-sided jigger for measuring.

- Bar spoon: "Find one with a tighter twist and a smooth spiral handle."

- Shakers: Choose a tin-on-tin version of a Boston shaker with two weighted metal tins like the Koriko. They are balanced, lightweight, won't leak and are easy to separate with one firm rap.

- Strainer: "Use a julep strainer for stirred cocktails; it fits perfectly in the mixing glass."

For shaken drinks, use what's known as a Hawthorne strainer, the familiar spring-loaded type that catches all shards of ice and solids.

Professionals sometimes double strain by finishing with a fine mesh strainer over the glass to remove any citrus pulp or tiny bits of ice that can dilute the drink.

All of the above can be found at cocktailkingdom.com.

Measuring

"Jiggers are thought of by customers as restricting their alcohol," says Henrichsen, but in fact the use of jiggers to measure spirits precisely ensures consistently delicious cocktails. In his excellently detailed guide "The Bar Book," Portland barkeep Jeffrey Morgenthaler recommends tall Japanese style jiggers (also found on cocktailkingdom.com) for their elegance and accuracy. Find a balanced version that measures 1 ounce on one side and 2 ounces on the other, but is graduated and marked on the inside for smaller amounts as well.

Donahue also recommends the use of speed pourers to prevent spilling and over-pouring, "but be sure to keep the caps" or you'll be corking liquor bottles with plastic wrap at the end of the night. He uses a "finger on the choke" to control his pours by covering the air hole in the spout, but even without this more advanced technique, Donahue uses speed pourers at home "unless I am just making a drink for myself."

Syrups and garnish

Do as the pros do, and make your own simple syrup in a 1-to-1 ratio of sugar to water, stirring over low heat to dissolve. For a richer, deeper flavor, try using turbinado or "sugar in the raw" in a 2-to-1 ratio. Keep both of these in hand in the refrigerator for sweetening cocktails efficiently.

"Garnish is king," says Henrichsen, and nothing but the best quality fruits, herbs and vegetables will do. Cut garnish as close as possible to serving time, but be sure to prep it ahead, so you are not scrambling to slice oranges on a tiny bar cutting board while your guests clamor for a refill. The exception - citrus peel, which should be zipped off with a y-peeler after the cocktail is finished, so that the essential oils add zing.

"You can never have enough ice," says Henrichsen. Start bagging ice cubes in your freezer a week ahead of time. Use your freezer's ice-maker or regular ice cube trays, or check out the varieties of ice at your local grocer or liquor store.

Fancy shapes are fun, but perhaps the best use of novelty ice is that single large cube that rolls around in the glass with your choice of whiskey. Source silicone ice molds (try cooking supply stores or online sources), and remember to make them ahead. You can even fill balloons with water (a trick from New York chef Daniel Boulud) for spherical ice - but don't make them too big to fit in your chosen glassware!
Poppin’ with artichokes

How and why you can go with canned

BY REGINA SCHRAMBLING

The Washington Post

Way back in the last century, I spent a shift in the kitchen of a snooty French restaurant for a magazine story and learned that even the haughtiest chefs wield a can opener like a Wusthof. When an escargot order would land, a tin lid would hit the trash. (This was before recycling, of course.)

But when I went out recently to buy my first can of artichoke hearts, I found myself carefully tucking it under paper products in my handbasket. The thought of having someone I know pass by and spot the evidence was unsettling. Everyone knows artichokes are a convenience food, but they are socially acceptable only if you invest in the frozen or marinated/jarred kind. Cans are like processed cheese food in the Taleggio aisle.

Two hours after bringing that can home, however, I was boasting to our dinner guests about the magic ingredient in the tapenade they were happily slathering onto toasts. And, as happens whenever I say this, their eyes bugged out as I revealed that “you can use canned.”

It figures that it was the antithesis of a snooty French chef who enlightened me. I was flipping through David Lebovitz’s “My Paris Kitchen” and nearly dropped the drool-inducing cookbook when I saw that the first of his three tapenade recipes called for canned artichokes. If they were good enough for a Chez Panisse pioneer now living in Fresh Artichoke Central, they were worth a try here in the land of out-of-season, expensive fresh artichokes. In combination with a mere half-cup of green olives and a few flavorings, they produce a whole new sensation.

Once my resistance was down, I started noticing artichoke cans popping open everywhere. One night I dragged out an oldish cookbook to plan another dinner party, for vegetarians, and came across hummus whipped up with two cans of good stuff: chickpeas and artichoke hearts. That recipe was transformative as well. And when I was handed straight-from-the-oven, bubbling artichoke-Serrano ham-Roncal cheese pintxos will make a convert of cooks who hesitate to use canned artichokes. Any lingering impulse to use the frozen or jarred kind will fade away.

Artichoke tapenade

Prep: 20 minutes
Makes: about 1 1/2 cups, 6 to 8 servings
Adapted from “My Paris Kitchen” by David Lebovitz.

1 can (14 ounces) artichoke hearts, drained
1/2 cup pitted green olives, preferably Castelvetrano
1/3 cup extra-virgin olive oil
1 tablespoon capers, rinsed, squeezed dry, chopped
1 tablespoon fresh lemon juice
2 cloves garlic, very finely grated or minced
1/2 teaspoon ground Aleppo pepper (or 1/8 teaspoon ground cayenne pepper)
Sea salt

Remove and discard any tough outer leaves from the artichoke hearts. Place the hearts in a food processor along with

the garlic and all of the Aleppo pepper. But the latter

is saltier; so omit the additional salt if you use it. Recipe by Regina Schrambling.

Nutrition information per serving (based on 8): 100 calories, 11 g fat, 2 g saturated fat, 0 mg cholesterol, 2 g carbohydrates, 0 g protein, 190 mg sodium, 0 g fiber

Artichoke, ham and cheese pintxos

Prep: 20 minutes
Cook: 13 minutes
Makes: 24 pieces, 8 to 12 servings

Roncal is a sheep’s-milk cheese made in the Navarre region of Spain; you may sub with pecorino Romano. But the latter cheese is saltier; so omit the additional salt if you use it. Recipe by Regina Schrambling.

1 can (14 ounces) artichoke bottoms, drained
3 tablespoons extra-virgin olive oil
2 ounces Serrano ham, coarsely chopped
6 ounces Roncal cheese, grated (or young pecorino Romano)
Coarse sea salt
Freshly ground black pepper
1 baguette (16 inches long), cut into 24 thin slices

Heat the oven to 425 degrees. Combine the artichoke bottoms and oil in a food processor; puree until smooth and light, about 1 1/2 minutes. Transfer to a bowl; stir in the ham and cheese. Season lightly with salt and pepper.

Arrange baguette slices on a baking sheet in a single layer; toast in oven, turning once, about 5 minutes. Spread artichoke mixture thickly on each slice. Bake until cheese has melted and is lightly browned in spots, 8-10 minutes.

Note: Ingredients are too variable for a meaningful nutrition analysis.
Young violinist the 'Rising Star' in Ars Viva concert

BY DOROTHY ANDRIES
Pioneer Press

Fifteen-year-old violinist Joshua Brown of Gurnee went with the unexpected when he played Franz Waxman’s “Carmen Fantasie” in the Music Institute of Chicago Concerto Competition on Feb. 11 in Evanston.

“It’s an unusual selection. Contestants usually play a movement from a concerto,” said Alan Heatherington, founder and music director of the Ars Viva Symphony Orchestra. With violinist David Taylor and cellist Julie Bevan, Heatherington judged the 2015 competition, a joint enterprise between the Music Institute and Arts Viva.

“But Waxman’s piece is fiercely difficult,” he continued, “and while the level of contestant was extremely high this year, Joshua was our unanimous choice.”

The young winner will play that colorful, virtuosic work with Ars Viva on April 12. “Everyone loves the melodies from ‘Carmen,’” Heatherington explained, adding that the performance is the winner’s award.

The German-born Waxman, who was Jewish, fled the approaching Holocaust in the 1930s. He is known primarily as a prolific film composer from Hollywood’s Golden Age of Movie Music. A dozen of his scores were nominated for Academy Awards, and he took home Oscars for “Sunset Blvd.” and “A Place in the Sun.”

Brown is the Rachel Barton Pine Merit Scholarship Fellow at the Music Institute of Chicago’s Academy, where he studies violin with Almita and Roland Vamos. He has played in Carnegie Hall and the Kennedy Center as well in Ravinia’s Bennett-Gordon Hall, and has won an impressive list of competitions. “But up until now, a lot of them were closed to me because of my age,” he said. “Now that I am in high school, I have many more opportunities. He is plunging into them with singular purpose. “The main reason I compete is to be able to play as a soloist with orchestras,” Brown said. “It is always a great experience for me, especially since I hope to become a professional musician someday.”

Brown finds that being home-schooled gives him more time and flexibility for practice. “On average I practice about five hours a day,” he explained, “a little less on vacation, but if I have a big competition or performance coming up, I try to practice more.”

He also plays in chamber music groups and is a member of the Music Institute of Chicago’s Fortis Piano Quartet and as well as its Chamber Orchestra. “Most people can’t understand why someone my age would want to spend hours every day practicing,” he said, “but the other Academy kids understand because they have the same drive and passion.”

Opening the April 12 concert will be Carl Nielsen’s Overture and Cockerel’s Dance from the Danish composer’s 1906 comic opera “Maskerade.” “This year is the sesquicentennial of Nielsen’s birth, so his work is getting some attention,” Heatherington said.

Rachmaninoff’s Symphony No. 2 will fill the second half of the program. The symphony is often pared down from 60 to 30 minutes, but Heatherington said they’re going to play it the way the composer wrote it.

“In my personal opinion, it is the most beautiful symphony that has ever been written,” he stated. “The textures, the exquisite melodies, the orchestration are relentlessly beautiful. It’s certainly not the greatest symphony, but its unrelenting beauty is just incredible.”

As in the past, this concert features Ars Viva’s ground-breaking Music for Life program. Parents, grandparents and other family members can bring children to the concert without charge. After listening to a portion of the concert, children ages 4-11 will meet with Music Institute of Chicago educators. Instructors will use visual arts, drama, storytelling and movement to stimulate imagination and creativity, while teaching about the music, the composer and the historical and cultural context in which the music was composed.

Don’t be surprised if some kids come out speaking about sesquicentennials!
The music and story of the Carpenters comes to Skokie

BY LILLI KUZMA
Pioneer Press

It can be yesterday once more for fans of the Carpenters and especially the late Karen Carpenter.

“She is considered one of the greatest vocalists of all time,” said Lisa Rock, who performs the songs of the Carpenters in the touring show, “Close To You: The Music of The Carpenters.”

In its full form, the show involves Rock and a six-piece backing band, but a special three-piece unplugged performance will be staged April 10 at the Skokie Theatre, with Rock, Ken McMullen (piano) and Amy Malouf (backing vocals).

“This will be an unplugged show as it is a smaller venue,” said Rock. “We do all of their top 15 hits, plus more.”

The “Close to You” show began in 2010, but had its roots much earlier.

“I had done a show about Karen, that was specific (to her), a multimedia show, where there were two actors and a piano player, two of us playing Karen, very different from this show. This was back in the ‘90s in Minneapolis. But I really wanted the music out there, and having a whole Carpenters concert makes it more accessible,” said Rock.

The show also incorporates anecdotes about Richard and Karen Carpenter.

“(Karen) was a great drummer, but her singing was completely by accident,” Rock said. “Richard called it the chill factor, because nobody had done anything in that range, so when she sang and they heard it, it was, ‘Oh my gosh, are you kidding?’

One of my fans sent me Karen’s voice isolated from the instrumental, and it shows how pure her voice was.”

Rock was exposed to the music of the Carpenters as a child.

“My parents had their music, so I heard them from Day 1, but it was Karen’s death that triggered the interest, it was the pinnacle. I was also a big Olivia Newton-John fan, and it was seeing Olivia in her mourning dress. It was unbelievable to me to lose a friend like that. And this feeling never left me. We couldn’t understand why something tragic like that would happen. We’d never heard of anorexia, and just all of that.”

Rock and company don’t dress or act like the Carpenters in the show, but “do everything in the original key, their arrangements. It’s an homage. We are honoring their music,” Rock said.

Rock actually does more than honor the music of the Carpenters. “What we do because of how Karen died, what I do specifically, is donate to food pantries, in every town we go to because I want her to be remembered for how she lived, not how she died.”

Rock, who has been performing professionally since age 15, considers the touring show, which is coming up on its 100th performance, the highlight of her career.

“I want people to go away with the music, what was left behind 32 years after Karen’s death — that people still know every word to the songs,” she said.
Chicago a cappella tunes up Beatlemania

BY BRUCE INGRAM
Pioneer Press

Eleven years ago, when Chicago a cappella presented its first program featuring vocals-only arrangements of Beatles music, the Fab Four had to share billing with the Baroque period.

There was a simple reason for that, according to Chicago a cappella Artistic Director Jonathan Miller. Namely, that there weren't enough first-rate a cappella arrangements of Beatles music to fill out a concert. That's no longer a problem, however, as evidenced by the nine-voice group's upcoming "Beatlemania" shows, including an April 18 performance at Nichols Concert Hall in Evanston.

"When we did our 'Baroque and Beatles' concert in 2004, the a cappella Beatles canon was very small," said Miller, who founded Chicago a cappella 21 years ago. "But the a cappella world has really exploded in the last 10 or 15 years, with a lot of arrangements doing really, really good work."

"Beatlemania" will include 24 songs by Lennon & McCartney and George Harrison such as "Ob-La-De Ob-La-Da," "Blackbird," "Here Comes the Sun," "Drive My Car," "Ticket to Ride" and "Come Together." The program will also feature two world premieres: Mark Grizzard's "Eleanor Rigby" (a mixed-voice version originally arranged for the all-male sextet Chapter 6) and guest musical director Paul Langford's adaptation of "The Long and Winding Road."

Officially, the concert is meant to tie in to the 75th anniversary of John Lennon's birth. Though Miller said the real reason has more to do with the fact that Chicago a cappella's last two concerts have been quite serious -- one devoted to Spanish-language works, sharing the stage with classical Spanish dancers, and another featuring music from the world's great sacred traditions.

"We like to mix it up," said Miller, who pointed out that pop music has been a part of Chicago a cappella's repertoire from the beginning, and that the group's arrangement of Queen's "Bohemian Rhapsody" was a signature piece for years. "We've always had a sense of humor and we sometimes do programs that are quite a bit on the lighter side."

Of course, it also helps, as Miller says, that everybody loves the Beatles.

"I can't think of another pop group that has almost achieved the status of classical music the way the Beatles have," he said. "People arrange the Beatles for all kinds of different performance choices the way they do with Bach -- and they don't do that with the Rolling Stones or Elton John or Jethro Tull."

"There's enough meat on the bones of the Beatles' songs that you always have something to work with."
'Charlotte's Web' on stage at Skokie Public Library

BY MYRNA PETLICKI
Pioneer Press

A spider is the star of Skokie Public Library's celebration of the end of National Library Week. Families are invited to see American Eagle Productions' musical adaptation of E. B. White's classic children's book, "Charlotte's Web," 3-4 p.m. Saturday, April 18 at 5215 Oakton St.

The book on which the musical is based was declared, "The best American children's book of the past two hundred years" by the Children's literature Association. That may explain why families still want to experience the story about the spider named Charlotte who is determined to save the life of her friend, Wilbur the pig. Its message of the power of friendship has resonated with children since the book was published 60 years ago. American Eagle Productions' version of the tale is intended for kids in kindergarten through fourth grade but all ages are welcome.

Tickets will be available starting at 2:30 p.m. on performance day. For details, call 847-673-7774 or go to skokie.libraryinfo.

Double trouble

Kids can meet the author of "The Tapper Twins Go to War (With Each Other)!", 4-5 p.m. Tuesday, April 14 at Niles Public Library, 6960 Oakton St. Geoff Rodkey will talk about his career as a Hollywood screenwriter and about writing books for children. Copies of his book will be for sale. For details, call 847-663-1234 or go to nileslibrary.org.

Pet Project

Hiccup and Toothless discover an ice cave that is home to hundreds of wild dragons in "How to Train Your Dragon 2." The 1 hour and 45 minute Family Movie will be shown at 2 p.m. Saturday, April 11 at Lincolnwood Public Library, 4000 W. Pratt Ave. For details, call 847-677-5277, ext. 232 or go to lincolnwoodlibrary.org.

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Get your 'Mad Men' fix supper-club style

By Veronica Hinke
Pioneer Press

AMC just kicked off the second half of the final season of "Mad Men" and whether you're mad about the end of the long-running show, or just plain mad over "Mad Men" (who isn't?) everyone seems to be celebrating the television series that sparked a mid-century modern renaissance. Since the show debuted in 2007, it has fueled trends in '50s and '60s styles, dominating everything from home decor to fashion to food.

In honor of the last months of "Mad Men," Steve Platcow, owner of PM Prime in Highwood, will extend the restaurant's themed Supper Club menu to five nights a week - Tuesday through Saturday evenings through the end of May.

Similar to "Mad Men" star Don Draper, Platcow, a Lake Forest resident, made his mark as an ad man. In line with the mid-century era, the walls of Platcow's restaurant are filled with photos of the history of aviation, including the Apollo missions of the 1960s, Sputnik-inspired lighting fixtures, white linen tablecloths and black leather upholstered seating. It's the kind of place Don and Betty Draper would go out to dinner with clients.

"I've been a loyal fan of the 'Mad Men' series since it debuted," Platcow said. "I thought it would be fun to recreate a fine dining experience from that bygone era, right down to the classic cocktails. It was a glamorous time."

It was. No social scene was complete without the tinkling sound of ice in glass. Manhattan, Harvey Wallbangers and Draper's favorite, the Old Fashioned, are all part of the regular scene at PM Prime. Betty Draper's favorite, the Vodka Gimlet, is popular, too. The drink is made by shaking two and a half ounces of vodka, one ounce of fresh lime juice and a half-ounce of simple syrup over ice.

"It's smooth and understated, just like Betty," PM Prime Chef Dominic Zumpano said.

But it's not all just about liquid lunches. From prime ribs to French dips, there are plenty of "Mad Men"-esque items on PM Prime's special menu. Even salads recall the 1950s. Zumpano has put his own modern twist on the classic wedge salad. Instead of the usual iceberg lettuce, he uses butter lettuce. In another new approach, Zumpano adds homemade pesto to the salad. "It adds natural sweetness," he said. But one element of the salad remains true to the Mad Men era: Blue cheese dressing. "It's the classic dressing that people recognize," Zumpano said. He makes his with Champagne vinegar for a little extra zip.

PM Prime owner Steve Platcow is a big "Mad Men" fan and has expanded the Supper Club dinners at his restaurant to five nights a week.

Wedge Salad (single serving)

2 ounces butter lettuce leaves
1 ounce cherry tomatoes
1/2 Tablespoon pine nuts, toasted
- toast in 375 degree oven for 4-5 minutes
3 Tablespoons blue cheese, crumbled
3 Tablespoons blue cheese dressing
- recipe below
2 strips of bacon
1/2 Tablespoon pesto
- recipe below

BLUE CHEESE DRESSING:
20 ounces Maytag blue cheese
1 ounce Champagne vinegar
2 ounces buttermilk
4 ounces mayonnaise
Salt and pepper, to taste
Blend all ingredients until smooth.

PESTO:
3 ounces fresh basil
1 Tablespoon fresh garlic, chopped
2 ounces pine nuts, toasted
5 ounces extra virgin olive oil
3 ounces Parmesan cheese, grated
Salt and pepper, to taste
Blend all ingredients until smooth.

SALAD ASSEMBLY:
Place blue cheese dressing on the plate first. Add blue cheese crumbles, toasted pine nuts, tomatoes.
Place lettuce leaves on top and garnish with sliced bacon strips and pesto.

Dominic Zumpano, PM Prime, Highwood

The Wedge Salad featuring butter lettuce atop sliced orange and yellow cherry tomatoes, bacon strips, blue cheese crumbles and lightly toasted pine nuts at PM Prime Steakhouse in Highwood.
GO CALENDAR

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

Friday, April 10

Cinderella: Cinderella would love more than anything to attend the royal ball. With an evil stepmother and two wicked stepisters, she is instead ordered around getting them ready for the big event. She is not allowed to go, but a surprise visit from her fairy godmother may mean all Cinderella’s dreams can come true. See this favorite story with fun music-filled twists. Recommended for grades pre-kindergarten through third. Call x228 to book your group and save up to 20%.* For Tickets to Weekday Performances Call or Stop By The Box Office 847-577-2121 www.metropolisarts.com. 9:45 a.m. and 11:30 a.m. Friday, Metropolis Performing Arts Centre, 111W. Campbell St., Arlington Heights, Adults $14, Children 12 and under $12, 847-577-5982

Spring Awakening: In this drama, 10 students struggle to become adults, ill-equipped by their parents and teachers in this adaptation of Frank Wedekind’s controversial 1891 play about teenage sexuality and society’s efforts to control it. 7:30 p.m. Friday, Saturday and Sunday, Newhart Family Theatre, Loyola University, 1020 W. Sheridan Road, Chicago, $5-$20, 773-508-7510

Badflic Lova: Watch this production about Kyle, a lowly sales associate at Staples by day who is part of an elite organization that scours the Internet to discover the world’s favorite celebrity. “Can she still bring fancy flair to her role when it isn’t the upcoming show? 10:30 a.m. Friday and Saturday, Intuit: The Center for Intuitive and Outsider Art, 756 N. Milwaukee Ave., Chicago, $10-$15, 773-743-3355

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 that epitomized the decade. 8 p.m. Friday and Saturday, The Annoyance Theatre, 1543 W Division St., Chicago, $25-$115, 800-775-2000

Fancy Nancy: The Musical: Award-winning musical satire by Trey Parker and Matt Stone (“South Park”) and Robert Lopez (“Avenue Q”) follows the misadventures of two missionaries that epitomized the decade. 8 p.m. Friday and Saturday, The Annoyance Theatre, 1543 W Division St., Chicago, $25-$115, 800-775-2000

Everything Is Awful: This sketch show combines satire, slapstick comedy, period pieces and gross out gags to explore those “awful” moments in life. 10 p.m. Friday, Public House Theatre, 3914 N Clark St., Chicago, $15, 800-650-6449

An Evening with the Roosevelts: For part of Roosevelt University’s 70th Anniversary Gala, Ed Asner and Loretta Swit perform two shows that shed light on the events and decisions that shaped a nation, through the eyes of two of history’s most beloved figures. 7:30 p.m. Friday, Auditorium Theatre of Roosevelt University, 50 E. Congress Parkway, Chicago, $25-$75, 800-982-2787

Too Much Light Makes the Baby Go Blind: The longest-running show in Chicago, it’s a one-hour blitz of 30 extremely brief plays. 11:30 a.m. Friday and Saturday, 7 p.m. Sunday, The Neo-Futurarium, 1515 N. Ashland Ave., Chicago, $9 plus the roll of one die ($10-$15) or $20 for advance reservation, 773-725-5255

Look, we are breathing: This production explores the drunk driving death of high school hockey player Mike and how his mother, Alice, his AP English teacher, Leticia, and his one-time hook-up, Caylee, try to understand who Mike was. 8 p.m. Friday and Wednesday, 7 p.m. Saturday and Tuesday, Rivendell Theater, 5775 N. Ridge Ave., Chicago, $25-$35, 773-334-7728

Jesus Christ Superstar: This timeless production re-imagines of the classic rock opera, performed acoustic and unplugged. 8 p.m. Friday and Saturday, 7 p.m. Sunday, No Exit Cafe, 6970 N. Glenwood Ave., Chicago, $20-$68, 773-743-3355

Master Works: The Intuit Plays: Commedia Beauregard presents six short plays inspired by pieces from the art museum’s permanent collection. Audience members can see the artwork and vote for their favorite play. 7:30 p.m. Friday and Saturday, Intuit: The Center for Intuitive and Outsider Art, 756 N. Milwaukee Ave., Chicago, $10-$15, 312-243-9088

The Power of Prom: This ’80s tribute production explores how his mother, Alice, his AP English teacher, Leticia, and his one-time hook-up, Caylee, try to understand who Mike was. 8 p.m. Friday and Wednesday, 7 p.m. Saturday and Tuesday, Rivendell Theater, 5775 N. Ridge Ave., Chicago, $25-$35, 773-334-7728

Celebration of Cultures: The 9th Annual Celebration of Cultures will spotlight individuals and groups representing their traditional backgrounds, as well as ethnic foods. 6:30 p.m. Friday, Jack A. Claes Pavilion, 1000 Wellington Ave., Elk Grove Village, free, 847-437-9494

Bach Week Festival: Candlelight Concert: This concert features Mirja Lorenz, recorder, and Joel Spears, theorbo. 10 p.m. Friday, Nichols Concert Hall, 1490 Chicago Ave., Evanston, $20, 800-838-3006

Bach Week Festival: Brandenburg Concertos: This program includes J. S. Bach’s Concerto in D Minor for Two Violins, BWV 1043; the Cantata “Ich habe genug,” BWV 82; and Brandenburg Concertos No. 2 in F Major, BWV 1047, and No. 5 in D Major, BWV 1050.

Spring break family activities: Families can enjoy daily story time book readings and Native American inspired crafts that students can make and take home. 10 a.m. Friday, 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

The Diary of Anne Frank: The classic production explores the life of a young Jewish girl in hiding for two years during World War II. 8 p.m. Friday, 2 p.m. and 6 p.m. Sunday, 7:30 p.m. Tuesday and Wednesday, Writers Theatre, 664 Vernon Ave., Glencoe, $35-$75, 847-242-6000

“Lone Star” and “Laundry and Bourbon”: Presenting two plays depicting life in a sleepy Texas town. “Lone Star” and “Laundry and Bourbon,” by James McLure, both seem to show us a simpler life and a unique perspective on the world. 7:30 p.m. Friday, Saturday and Sunday, 2:30 p.m. Sunday, Oil Lamp Theater, 1723 Glenview Rd., Glenview, $35-$75, 847-475-1030

The Power of Prom: This ’80s tribute production explores how his mother, Alice, his AP English teacher, Leticia, and his one-time hook-up, Caylee, try to understand who Mike was. 8 p.m. Friday and Wednesday, 7 p.m. Saturday and Tuesday, Rivendell Theater, 5775 N. Ridge Ave., Chicago, $25-$35, 773-334-7728

Seize the Day: 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

The Diary of Anne Frank: The classic production explores the life of a young Jewish girl in hiding for two years during World War II. 8 p.m. Friday, 2 p.m. and 6 p.m. Sunday, 7:30 p.m. Tuesday and Wednesday, Writers Theatre, 664 Vernon Ave., Glencoe, $35-$75, 847-242-6000

“Lone Star” and “Laundry and Bourbon”: Presenting two plays depicting life in a sleepy Texas town. “Lone Star” and “Laundry and Bourbon,” by James McLure, both seem to show us a simpler life and a unique perspective on the world. 7:30 p.m. Friday, Saturday and Sunday, 2:30 p.m. Sunday, Oil Lamp Theater, 1723 Glenview Rd., Glenview, $35-$75, 847-242-6000

Last of the Red Hot Lovers: 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

Spring break family activities: Families can enjoy daily story time book readings and Native American inspired crafts that students can make and take home. 10 a.m. Friday, Mitchell Museum of the American Indian, 3001 Central St., Evanston, $3 for children, $5 for adults, 847-475-1030

The Diary of Anne Frank: The classic production explores the life of a young Jewish girl in hiding for two years during World War II. 8 p.m. Friday, 2 p.m. and 6 p.m. Sunday, 7:30 p.m. Tuesday and Wednesday, Writers Theatre, 664 Vernon Ave., Glencoe, $35-$75, 847-242-6000

“Lone Star” and “Laundry and Bourbon”: Presenting two plays depicting life in a sleepy Texas town. “Lone Star” and “Laundry and Bourbon,” by James McLure, both seem to show us a simpler life and a unique perspective on the world. 7:30 p.m. Friday, Saturday and Sunday, 2:30 p.m. Sunday, Oil Lamp Theater, 1723 Glenview Rd., Glenview, $35-$75, 847-242-6000

Turn to Calendar, Next Page
The Greatest Story Never Told: This event brings families and strangers together to collaborate and create improvised stories on stage. Professional improvisers help coax audience suggestions and invite volunteers to take to the stage. 1:30 p.m. Saturday, IO, 3541 N. Clark St., Chicago, $15, 773-880-0199

Outside Mullingar: Anthony has spent his entire life on a cattle farm in rural Ireland, oblivious to the longing of his neighbor Rosemary, who hopelessly pines for him as the years slip away. 7:30 p.m. Friday and Tuesday, 2:30 p.m. Saturday and Sunday, 8 p.m. Saturday, Northlight Theatre, 9501 Skokie Blvd., Skokie, $15-$60, 847-673-6300

Two Trains Running: Set in a Pittsburgh diner, this is the 1960s chapter of playwright August Wilson's century cycle. 2 p.m. Saturday and Sunday, Goodman Theatre, 170 N. Dearborn St., Chicago, $27-$80, 312-443-3800

Frankie Valli and the Four Seasons: 8 p.m. Saturday, The Chicago Theatre, 175 N. State St., Chicago, $71-$106, 312-462-6300

The Day John Henry Came to School: Technology-loving John Henry gets super excited when his teacher is replaced by a mega-computer. But when his great great grandfather comes for show and tell, John Henry must prepare for the challenge of his life. 2 p.m. Saturday and 10 a.m. Tuesday, Merle Reskin Theatre, 60 E. Balbo Drive, Chicago, $10, 312-922-1999

Auditions: "The Music Man": Glenview Theatre Guild holds auditions for "The Music Man" on Thursday until 9 p.m. and Saturday until 6 p.m. Be prepared to sing 32 bars of a song of one's choice; bring sheet music. Accompanist is provided. Also bring clothes and shoes to dance. A cold reading may be requested. Adults of all ages, teens and children, fourth grade at the time of auditions and older, are welcome. Leave any questions at the hotline at 847-604-3411. 2 p.m. Saturday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Teak Lomnicki: Hosted by Vicki Elberfeld, welcomes back solo performer, playwright, director, and educator Tekki Lomnicki to share two stories: "The Quartermaster's Daughter" and "The Departure." The show is preceded by an open mic (any genre, all acoustic) at 8:00 pm (7:30 p.m. sign-up). An $8 minimum donation includes refreshments. 8 p.m. Saturday, Ethical Humanist Society of Chicago, 7574 N. Lincoln Ave., Skokie, $8, 847-677-3334

Sunday, April 12

Life Itself: Award-winning filmmaker Steve James chronicles the inspiring life of film critic Roger Ebert, a life unlimited by daunting challenges. Based on his bestselling memoir, Life Itself explores Ebert's legacy, from his Pulitzer Prize-winning film criticism to becoming one of the most influential cultural voices in America. The film's editor and post-production supervisor will join us for insiders' insights during the discussion. 1:30 p.m. Sunday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Second Saturday Coffeehouse: Turn to Go Calendar, Next Page
The Diary of Anne Frank: The classic play explores the life of a young Jewish girl in hiding for two years during World War II. 9:30 a.m. and 11:30 a.m. Monday, Tuesday and Wednesday, Metropolis Performing Arts Centre, 111 W. Campbell St., Arlington Heights, $12-$14, 847-577-2121

Monday, April 13

The Diary of Anne Frank: The classic play introduces the film about attempts to save a Jewish girl in hiding for two years during World War II. 9:30 a.m. Monday, Tuesday and Wednesday, Metropolis Performing Arts Centre, 111 W. Campbell St., Arlington Heights, $12-$14, 847-577-2121

The Northbrook Symphony presents North American Premiere: The Northbrook Symphony Orchestra, presents the final event of, “In Mahler's Shadow,” with guest conductor Patricia Lee performing four of Richard Strauss' masterworks. 2:30 p.m. Sunday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Wednesday, April 15

Ars Viva Symphony Orchestra: The Ars Viva Symphony Orchestra presents the winner of the Music Institute of Chicago Concerto Competition, Joshua Brown, IS. He performs Franz Waxman’s “Carmen Fantasie,” a virtuoso showpiece for violin and orchestra. The program begins with the Carl Nielsen “Maskarade Overture and Cockrel’s Dance” and concludes with “Serge Rachmaninoff’s Symphony No. 2 in E minor, Op. 27.” 3 p.m. Sunday, North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie, Free for children 4-11, adults $32-$70, with senior discounts, 847-444-2302

Sunday, April 19

The Chicago Symphony Orchestra presents the final event of, “In Mahler’s Shadow,” with guest conductor Patricia Lee performing four of Richard Strauss' masterworks. 2:30 p.m. Sunday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Sunday, April 19

Concert by Woodstreet Bloodhounds: The Woodstreet Bloodhounds perform swing, blues, and bluegrass songs on dobro, bass, banjo, mandolin, and guitar. 2 p.m. Sunday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

THE NORTHSHORE CENTER ORCHESTRA PRESENTS
THE BERNSTEIN FESTIVAL:

Saturday, April 18

Mozart’s Requiem: The Northbrook Symphony Orchestra presents Mozart’s Requiem, with a world premiere of a设置 for organ by Bohuslav Foerster. 8:30 p.m. Saturday, North Shore Center for the Performing Arts, Evanston, $28-$42, 847-866-8049

Wednesday, April 15

Matthew Halsall: The London-based multi-instrumentalist presents a set of wide-ranging compositions, including new music. 8 p.m. Wednesday, The Mix at The Playground Theatre, 927 Noyes St., Evanston, free, 847-864-1679

Tuesday, April 14

Neil Diamond World Tour 2015: 8 p.m. Tuesday, United Center, 1901 W. Madison St., Chicago, $65-$150, 312-455-4500

Traditional Irish Music Night: 8 p.m. Tuesday, Chief O'Neill's Pub, 3471 N. Elston Ave., Chicago, Free, 773-473-5263

Kid Ink: 7:30 p.m. Tuesday, Metro, 3730 N. Clark St., Chicago, $26-$36, 773-549-0203

Damien Rice: 8 p.m. Tuesday, Auditorium Theatre of Roosevelt University, 50 E. Congress Parkway, Chicago, $38-$62.50, 800-982-2787

Damien Rice: 8 p.m. Tuesday, Auditorium Theatre of Roosevelt University, 50 E. Congress Parkway, Chicago, $38-$62.50, 800-982-2787

23: This is a multimedia sketch production composed of vignettes from a millennial coming-of-age point of view. 9:30 p.m. Tuesday, The Annoyance Theatre, 851 W. Belmont Ave., Chicago, $15, 773-697-9693

The Untouchables: Peter Sobczynski introduces the film about attempts to
Celebrities reinvent themselves, so did we

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Movies, Munchies and More: Film:
The Color of Paradise: The Color of Paradise (Farsi with English subtitles, 2000, rated PG, running 1 hr. 30 min.) Mohammed joyfully returns to his tiny rural village on summer vacation from the Institute for the Blind, unaware of his father’s intentions to disown him. Cast: Hosein Mahjoo, Salameh Feyzi, Mohsen Ramezani. 11:30 a.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Symphonic Wind Ensemble band concert: 7:30 p.m. Tuesday, Glenbrook North High School, 2300 Shermer Road, Northbrook, free, 847-272-6400

Ahead of Time: The Extraordinary Journey of Ruth Gruber: At the age of 103, Ruth Gruber continues to lead a remarkable life. When she received her degree at age 20 she became the world’s youngest PhD at the time. A renowned Jewish-American journalist, writer, photographer, government official, and humanitarian, Ruth Gruber continues to leave her mark on society. Ahead of Time: The Extraordinary Journey of Ruth Gruber is an award winning documentary that explores the life and work of this exceptional woman. 1 p.m. Tuesday, North Shore Senior Center, 161 Northfield Road, Northfield, $10 member, $13 non-member, 847-784-6030

I Saw You: This comedy performance is based on actual local missed-connection postings, personal ads and solicitations for sexual encounters. 8 p.m. Wednesday, Town Hall Pub, 3340 N. Halsted Ave., Chicago, $5, 773-336-2682

Thursday, April 11

Orchestra, wind and percussion ensembles concert: Loyola’s orchestra, wind and percussion ensembles perform various selections. The orchestra is directed by Dr. Colin Holman and is comprised of approximately 50 student musicians performing major orchestral literature from the seventeenth century to the present. The wind ensemble is directed by Dr. Frederick Lowe and is comprised of 50-60 students. The ensemble performs classic and contemporary works for band, featuring composers from Gabrieli and Shostakovich to Mackey and Whitacre. The percussion ensemble is a chamber music ensemble composed of Loyola students and led by percussion instructor John Corkill. 7:30 p.m. Wednesday, Mundelein Center for the Fine and Performing Arts, Loyola University 1020 W. Sheridan Road, Chicago, $5-$10, 773-508-8400

‘Starbuck’: This funny 2011 film by Ken Scott is part of a contemporary comedic retrospective series. Starring David Wozniak, “Starbuck” is in French with English subtitles and follows 42-year-old Wozniak living “the life of an irresponsible adolescent,” according to promotional materials. “He coasts through life with minimal effort and maintains a complicated relationship with Valerie, a young policewoman. Just as she tells him she’s pregnant, David’s past resurfaces. Twenty years earlier, he began providing sperm to a fertility clinic in exchange for money. He discovers he’s the father of 533 children, 142 of whom have filed a class action lawsuit to determine the identity of their biological father, known only by the pseudonym Starbuck.” 6:30 p.m. Wednesday, Alliance Francaise de Chicago Downtown Location, 54 W. Chicago Ave., Chicago, $8 admission (includes a glass of French wine), 312-337-1070

Studio Sessions: Solidisco: 10 p.m. Wednesday, Studio Paris Nightclub, 59 W. Hubbard St., Chicago, $5-$10, 312-377-9944

Have an event to submit? Go to chicagotribune/calendar.
Now playing

“Cinderella” 三星
PG, 1:45, family. Refreshingly free of all snark, the satisfying new live-action “Cinderella” from the princess manufacturing company known as Disney is a sincere, openhearted rendering of the familiar fairy tale. “Downton Abbey” star Lily James was a first-rate choice for this “Cinderella,” as was screenwriter Chris Weitz.
— Michael Phillips

“The Gunman” 两星
R, 1:55, action. Speedy brutality is the spoonful of sugar in most action movies, making the narrative medicine go down for as large an international audience as possible. I’m not blowing any surprises by pointing this out. Besides, with “The Gunman,” the surprises keep on not coming. You’ve seen a lot of it before, either in “Taken” (the same director, Pierre Morel, did this one) or out of “Taken.” — M.P.

“Insurgent” 两星半
PG-13, 1:59, action. Chicago has never looked less toddlerish than it does in “Insurgent,” the second of four planned movies to be pulled, taffylike, out of the hugely popular Veronica Roth “Divergent” trilogy. Director Robert Schwentke, who has made some entertaining hokum (“Flightplan”) and some duds (“R.I.P.D.”), proves sympatico with the increased levels of on-screen violence in this second installment of the “Divergent” series. The actors (Shailene Woodley, Miles Teller, Ansel Elgort and Kate Winslet) are more or less saving this franchise’s bacon. “Insurgent” is a tick or two livelier than the first one. — M.P.

“Kingsman: The Secret Service” 两星半
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 unliking 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 Vaughan’s earlier “Kick-Ass.” I didn’t. I find the jocularity of Vaughan’s gamer-style violence a drag. — M.P.

“Run All Night” 两星半
R, 1:54, action. In a convention-bound action movie such as “Run All Night,” some nicely rumpled actors (beginning with Liam Neeson, our supreme late-winter action star) can go a long way toward redeeming the cliches — the primary cliche being a flawed protagonist who seeks redemption for his sins. The film co-stars Ed Harris and also Vincent D’Onofrio as an New York police detective trying to get Neeson’s character, a guilt-striken, mobbed-up hit man to confess to his crimes before the Harris character eliminates him. “Run All Night” also makes room for a Nick Nolte cameo. Directed, frantically, by Jaume Collet-Serra, written by Brad Ingelsby, “Run All Night” promises a sprint punctuated by a lot of gunfire, bleeding and bodies. Mission accomplished. — M.P.
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No business like auto show business

Increased attendance has direct correlation with car sales, analysts say

BY JENNY KING
Special to Tribune Newspapers

The auto industry is humming along: sales are recovering in Europe, skyrocketing in China, and nearing pre-recession highs in the U.S. The future appears even brighter judging by increased attendance at the major auto shows.

"We are seeing consistent increases in attendance, correlated with increases in attendance among serious shoppers those planning to buy within the year," says Nancy Walter, a vice president of Foresight Research, which is hired by shows to track consumer numbers and intentions.

Starting with the Los Angeles Auto Show in mid-November and culminating with the New York International Auto Show in the first week of April, the auto show stage allows automakers to show off their latest models and get consumers excited about their products.

"Auto shows provide a very compelling place to shop and have significant influence on brand choices," Walter says.

But are they worth it? It's a difficult question to answer not just because of all the different automakers' expenses but due to the loose correlation between auto show attendance on consumer purchases within the year.

Spending on displays at the 2015 North American International Auto Show, which takes place every January in Detroit and is arguably the most acclaimed show in the world due to the large number of debuts ($6 billion in 2015), was estimated at $300 million, according to Crain's Detroit Business.

That may not seem like a lot of money, but Volvo disagrees.

The Swedish automaker is disregarding conventional wisdom by opting out of most auto shows in 2015, even as it prepares a major brand overhaul. Conceding that it is a relatively small player, Volvo pledged to do something "unexpected" with its marketing dollars, according to Bloomberg Business.

While automakers compete to stand out with more high-tech displays, there are few other venues that bring consumers to cars like auto shows.

More than 808,000 people attended the two-week 2015 Detroit show, a slight increase from last year despite more inclement weather. It's a 12-year high. Attendance at the Chicago Auto Show, which is the nation's largest and most well attended, was up 7 percent, though total numbers are not released.

Test drives continue to be popular at auto shows. Camp Jeep's indoor tracks always attract crowds.

Attendees at the 2015 Chicago Auto Show admire the new Acura NSX. The auto show stage allows automakers to show off the latest models and get consumers excited about them.

New York says exit interviews from the 2014 New York show reflect its impact on visitors.

More than half of respondents said they planned to visit a dealership; 39 percent would talk about what they saw with friends and relatives, and 24 percent would check out an automaker or dealer website.

Auto shows influence sales throughout the year following the event and beyond, says Foresight's Walter. There are surges in the few months after the show, and then again several months later.

"We believe the later surge aligns with new model releases," Walter says.

It takes time, studies report, for buyers to cement a relationship and actually make a new-car purchase.

The one-stop-shopping aspect of a show allows visitors to talk with specialists, climb behind the steering wheel, check out trunk capacity, inspect available engines and trim levels, and compare competing models.

The test drives available at some auto shows continue to be very popular.

Camp Jeep indoor tracks are both educational and entertaining, and draw a long line of potential shoppers.

The annual March show staged by the Greater Cleveland Automobile Dealers Association includes outdoor testing as well. Association executive Lou Vitantonio says a prospect really should find out how well the desired car or truck handles in Cleveland's unpredictable later-winter weather.

Vitantonio says it's all about engaging everyone at the show.

"See it, drive it, buy it," he says.

What auto shows don't do is create need, and that is what triggers sales, says Foresight's Chris Stommel.

"Some life event triggers need," he says.

But auto shows are effective sales tools. And they draw affluent visitors at a rate much higher than the local population, according to Foresight. Their statistics say of the many channels affecting buyers, auto shows alone generate 4.3 percent of sales. That may not sound like much, he says.

But in a 16 million-unit sales year, for example, that's well over a half-million units. And with an average transaction price of about $32,000, the numbers look pretty good.

transportations@tribpub.com
The 2016 Mazda CX-5's upgraded infotainment system is on a par with luxury marques.

Mazda CX-5 gets a refresh

**By Robert Duffer**

Tribune Newspapers

Mazda has a reputation for making sporty cars that are fun to drive and get good fuel economy. The all-wheel-drive CX-5 crossover with a 2.5-liter direct injection four-cylinder makes 184 horsepower and 185 pound-feet of torque, and gets 24 mpg in the city and 30 mpg on the highway. While there are more powerful or more efficient CUVs out there, the blend of low-end athleticism you'd only get with other AWD crossovers.

To get more available power, Mazda put a sport mode switch in the 2016 that delays shift points. There is a noticeable jump from the pedal and an athleticism you'd only get by flooring it in the standard drive mode. While the three-speed automatic flicks swiftly through the first two gears, it lingers too long in third, getting up to 4,000 rpm before shifting.

The sporty crossover conundrum is still in play - the benefit of sitting higher up comes at the cost of turning that is more detached from the road. The ride is quiet, the handling smooth, but the cabin is where the refresh shows its significance, especially in the top-of-the-line Grand Touring trim.

The most notable change is to the center console and infotainment system known as Mazda Connect. Mazda removed the clunky parking brake handle for an electronic brake. Just above the cupholders is a knob flanked by three buttons that control the 7-inch touch screen in the center stack. The knob layout is reminiscent of luxury German automakers but so much simpler to use. The knob and the steering wheel controls render the touch element of the screen obsolete, which is wonderful.

The voice commands work reasonably well, but voice to navigation wasn't consistent enough to justify the $1,500 upgrade in the Grand Touring tech package. The infotainment system means you really don't have to move from your natural seating position, which is in line with Mazda's Human Machine Interface.

The seats in the Grand Touring were parchment white in ventilated leather, and the seat backs were black, which made a pretty cool contrast to the "soul red" exterior.

There's plenty of cargo space in back with a 60/40 fold down split, and handles in the cargo area that flip down the seats. I wish they could've traded a few inches of cargo space for pushing the rear seats back, but that might be an impossibility with the location of the rear axle.

This is a minor complaint for a superlatively crossover that intersects sport and luxury in a fuel-efficient family-of-four hauler.

rduffer@tribpub.com

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Mechanics are magicians when it comes to shortcuts

**Bob Weber**

Motormouth

Q: What is your opinion of the cost of $414 (s52 for the bulb and $89 for labor) for replacement of the headlight bulb on my 2006 Nissan Maxima? The service writer told me it was necessary to remove the right front tire and fender liner to do this job. Upon returning home, I checked the fender liner and there was no indication that it had been removed. When I popped the hood, I discovered one broken fastener and one missing fastener on the plastic cover surrounding the window washer and antifreeze jug. All indications point to a quick fix.

—N.S., Old Saybrook, Conn.

A: The service writer quotes the job based on the factory parts and labor guide. The technician earns his living by splitting the labor charge with the dealership. If he can beat the book time, he can go on to another job and make more money. Mechanics are magicians when it comes to finding shortcuts.

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Q: Have a 2014 Chevy Malibu. Lately, I have noticed dripping water from the tailpipes. I spoke to the technicians at the dealership and was told that it is condensation, which is normal, and nothing to worry about.

Will this eventually dry up or will it create a problem?

—L.F., Palos Park, Ill.

A: Water is a byproduct of combustion and usually leaves the vehicle as water vapor. When the engine and exhaust system are cold, that water vapor condenses. Once everything gets hot, the dripping stops.

If you don't drive long enough, however, the system does not get hot enough to dry out. Liquid water sitting in the exhaust system will eventually cause corrosion.

Q: My mechanic told me not to change the transmission fluid in my 2007 Kia Rio that has 120,000 miles on it. I have never changed the fluid. I also called Capitol Transmission in Hartford, Conn., since the fluid is dark brown. They said to do nothing until I have a problem. I would like your professional opinion.

—V.D., Rocky Hill, Conn.

A: Take the advice you have been given. Kia uses a durable synthetic transmission fluid.

Q: We have a Toyota Venza all-wheel drive with 210,000 miles. A recent accident required replacement of the right rear rim and tire. Two mechanics told us at a minimum to replace both rear tires in order to protect the powertrain. Ideally, all four tires should be replaced. The old ones have only 6/32-inch of tread. Your professional opinion?

—L.R., Downers Grove, Ill.

A: The legal limit for minimum tread depth is 2/32-inch so you still have a little life left, but we agree that replacing all four is preferred. Any sustained difference in wheel rotational speeds may damage the all-wheel-drive system.

Send questions along with name and town to Motormouth, Rides, Chicago Tribune, 435 N. Michigan Ave, Fifth Floor, Chicago IL 60611 or motormouth.trib@verizon.net.
Seminar helps parents, athletes prepare for college recruiting process

BY MATT HARNESS
Pioneer Press

NORTHFIELD — As a single mother of a freshman student-athlete at Glenbrook South, Pam Theriault said she wants to get a headstart on her 10th and youngest child's possible recruitment to play college sports.

That's why Theriault and her son, Jordan Theriault, were at New Trier's Cornog Auditorium on March 19 for the CSL's recruiting seminar. Conferences officials estimated several hundred parents and students, grades 9-11, attended the free lecture.

Pam Theriault said the information offered by the three panelists was valuable to her and her son. Jordan Theriault runs cross country and track at Glenbrook South.

"He's got some talent, and the dream for most is to go to a Division I school, but going to a Division III school might be the better experience and opportunity for him," said Pam Theriault, who plans to put North Central College in Naperville high on her list of schools for her son.

That was the message from Maureen Harty, a former athletic administrator at Northwestern and now an associate director of academic and membership affairs for the NCAA. Harty, the first to speak, started the program by telling the student-athletes and parents that chasing after a Division I scholarship can be a fool's errand.

Even before the event, Denise Hamburger said she already was considering Division III as the best option for her son, Nick Hamburger, a junior tennis player at New Trier. Denise Hamburger came to the conference looking to make sense of the process of applying to schools.

"It's complicated and figuring it all out can be tough," she said. "It's good to hear the voices of experience."

One of the best insights Denise Hamburger gained from the program was to make sure the student-athlete selects a college he or she can be happy at if athletics doesn't work out. "A lot of things can happen with sports, and your life is long," she said. "You want to pick the right place for the long term."

Harty spoke about the NCAA's regulations and qualifications as they relate to athletic participation. She spent a lot of time talking about which classes a student-athlete needs to take in high school to be eligible for college sports. During her presentation, Harty said if a student-athlete graduates high school after 2015, he or she needs a cumulative GPA of at least 2.3 in 16 core classes (English, math, science and social science).

Jerry Pope, the evening's final speaker, was the program's most spirited. A longtime college admissions dean, Pope, now District 219's national college advisor, urged student-athletes to promote themselves in a positive light, especially on social media.

"First impressions matter," proclaimed Pope, who worked at both Illinois Wesleyan and St. Olaf (Minnesota) in admissions.

"Something we need to start doing is keeping track of his accolades and accomplishments," Pam Theriault said. "It will be too hard to try and remember all of it by the time he's applying to colleges."

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Jordan Theriault said he doesn't have a social media account. Unlike many teenagers these days, Jordan Theriault said he doesn't have a Facebook, Twitter or Instagram account. He also doesn't have a smartphone.

"Those aren't things he needs right now," said Pam Theriault, who operates the family's Facebook page.

"Academics are going to be more important to me than anything else," he said. "I also learned I probably need to get more involved. It was worthwhile for me to be there."

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LOY BLOSSOMS AS SOFTBALL LEADER, BUT KEEPS MULTI-SPORT FOCUS

NILES NORTH SHORTSTOP ALSO PLAYS VOLLEYBALL, BASKETBALL

By Rob Valentín
Pioneer Press

ROSEMONT — Gina Loy, a three-sport athlete at Niles North, has heard the pitch before.

It usually goes something like this: Give up playing volleyball and basketball so you can focus on softball year-round.

Just don’t expect the talented sophomore to follow that advice.

“I’ve had a couple people try to talk me into playing one sport but I’ve had great support from my parents, coaches and teammates,” Loy said. “My heart belongs to softball, but I still love playing basketball and volleyball. I want to keep playing three sports for my whole high school career and I want to play softball in college.”

During the fall, the 5-foot-4 Loy was an outside hitter for the junior varsity volleyball team before making the transition to shooting guard for the varsity basketball squad in the winter.

Playing three sports is nothing new for Loy, who started playing softball seven years ago. Two years later she picked up basketball and the next year she added volleyball.

At first, competing in volleyball and basketball was just a way to stay active until softball season rolled around, but she grew to love all three sports.

Playing three sports also helped her develop in a key area: leadership. Even though she’s just a sophomore, those around her have noticed how effective a leader she is.

“She’s our leader emotionally,” Vikings softball coach Karin Wick said. “She’s always up and is the most positive player I’ve ever coached. She’s an absolutely wonderful human being, the whole package.”

Loy attributes her strong start to being more comfortable on varsity. Last year she said she had some nerves early on, trying to adjust to varsity softball as a freshman.

She’s also improved in other areas, especially in strength training where she’s paid close attention to what her physical education teacher, Mark Feldner, had to say.

“My arm is a lot stronger and I can make throws from areas that I couldn’t make last year,” Loy said. “Plus my hitting has definitely improved. I’m looking to hit hard line drives up the middle when I’m at the plate.”

Loy is hoping the improvements in her game pay off in multiple ways this spring. She wants to help lead the Vikings to a regional title. Last year, Niles North came up just short of that achievement, falling to Oak Park-River Forest 2-0 in the OPRF Regional championship.

While team accomplishments are the most important objective for Loy, she wouldn’t mind getting a certain individual accolade along the way.

“Being named all-conference is a big individual goal for me,” Loy said. “I want to achieve that all-conference award and try to get that each year for the rest of my high school career.”

Valentin is a freelance reporter for Pioneer Press.

Twitter: @chicagolandprep
Committed seniors lead the way for Niles West baseball team

BY MATTHEW PARAS
Pioneer Press

BUFFALO GROVE — Niles West senior Tyler Stegich worked on his hitting during the offseason in an indoor baseball facility. After he finished those workouts, he lifted weights. Stegich focused on adding muscle to his legs.

Stegich's teammate Kevin Lochner followed a similar routine. The seniors understood that becoming better hitters required them to add strength.

"It's our last year so we're just trying to have a great year," Lochner said. "We have a lot of guys who can do great things for this team."

Stegich and Lochner are two of 12 seniors Niles West has on this year's roster. As the Wolves aim to have another successful season, the Wolves' senior class — and its ability at the plate — is expected to play a large role in the team's fortunes.

"They've come a long way," Niles West coach Garry Gustafson said. "And they've worked hard in the weight room and the offseason. They've worked hard in the offseason and that's what it's all about. You just can't expect to get it going without the work."

Lochner and Stegich are key contributors for the Wolves as they hit in the Nos. 2 and 3 spots, respectively. The two are expected to produce along with senior shortstop Tommy Galanopoulos, who is the cleanup hitter.

And it's a lineup that has come up big. Prior to the Wolves' 7-5 loss to Buffalo Grove on Saturday, Gustafson said his team was averaging 10 runs per game. He added that Niles West's best strength is hitting.

"If we're down in a game, we always have full confidence that anyone on this team can go out and hit one over the fence," Stegich said. "There's no one that we doubt."

The Wolves went 19-13 last season and are off to a 3-2 start. Besides hitting, Niles West also relies on four senior pitchers who comprise its rotation.

"Most of our seniors have come through big for us this year," Gustafson said. "They're off to a good start and will continue to do so. I think for the most part, it's about our guys getting some innings and getting them comfortable on the mound."

Stegich, who is perhaps Niles West's most versatile player, is one of the four starting pitchers. He said his flexibility with being able to play in the field or pitch is beneficial for his teammates.

"It opens up a lot of opportunities for the other guys to come into the spot I was in, and show coach what they can do," he said. "Maybe coach will find a better fit then, and then we can win."

Stegich is mulling five offers to play college baseball and is hoping to decide by late April.

While he tries to decide his future, Stegich wants to go out on a high note with a group of teammates he's known since they played travel ball together before high school.

"We've always been a close group," Stegich said. "We know how to work as a team. We grew up together, which I think makes us so dominant."

Paras is a freelance reporter for Pioneer Press.
Niles North's Gina Loy drops down a bunt during Saturday's double-header against Leyden in Rosemont.

JERRY DALIEGE/PIONEER PRESS

BIG HIT

Loy batting .480 through first seven games, serving as Niles North team leader.
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