Young poets recognized
Niles Public Library hosts poetry lounge for contest winners. Page 6

Niles Poetry contest first place winner Nick Carsello, left, second place winner Jessica Uy, second from left, and Sara Starecheski, who earned honorable mention, right, pose with Weston Clark, third from left.

Niles Herald-Spectator
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Julianne Mendez, camp counselor

Summer camp is almost here — that’s where you’ll find Julianne Mendez, of Chicago, counselor for the Salvation Army Norridge Citadel. Mendez is also on staff for the ROCK After-School Program. She’s a River Forest Dominican University 2015 graduate in elementary education and Spanish. Meet Mendez, who wants to be a teacher and has a taste for salsa dance.

Q: So what’s your history here?
A: I started volunteering when I was 12. By 16, I was on staff.

Q: What have you learned working at the Salvation Army Norridge Citadel?
A: I’ve learned patience. I’ve always known that I wanted to work with kids. Many of the kids I’ve known since their moms were pregnant, building relationships with families. Sometimes they invite me to barbecues. Pretty much it’s a second home to me.

Q: What’s your best quality?
A: I think I’m a very approachable person. I’ve been told I’m a people person, whether it’s little kids, older adults, working with parents, grandparents...
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Library honors 3 teen poets

BY IGOR STUDENKOV
Pioneer Press

The Niles Public Library held a Poetry Lounge event for teen winners of its annual poetry contest.

While the contest has been around for 17 years, this was the first time the library had an event to recognize any of its winners. During the Poetry Lounge, teens who won the contest read their poems to the public. The library also invited Weston Clark, of Indianapolis, one of the 2014 National Student Poets, to host a poetry workshop and answer questions from the winners and the public.

The library's contest is open to teens living in Niles and surrounding areas. Winners are chosen from different age groups. For teens, three locals and three librarians act as judges. This year, the judges also chose three teen contestants' poems as honorable mentions.

First-place winners received $75 gift cards, while second-place winners received $50 gift cards.

As in the past, the library put together booklets containing all the winning poems and honorable mentions. Larger copies of poems were displayed on the third floor near the staircase and on the lower level in the Teen Underground section.

Teen Services librarian Donna Block said as this year's contest approached, she thought about changing up a formula a bit. She wanted to hold a public event where teen winners would read their poems aloud.

Around the same time, Block heard about the National Students Poets program. A collaboration between the President's Committee on the Arts and the Humanities, the Institute of Museum and Library Services and the Alliance for Young Artists & Writers, the program works to promote writing and arts in schools by spotlighting the best teen poets in the country.

Once chosen, the National Student Poets take part in a number of events, but they also have certain responsibilities. Among other things, they spend a year holding readings and workshops across the country.

This gave Block the idea to put together a workshop and poetry reading, she said.

The Poetry Lounge was held on May 16. It opened with the winners of the local poetry contest reading their poems.

First-place winner Nick Carsello's poem "Can You Listen to My Heart" deals with the feelings of being underestimated and bullied. Second-place winner Jessica Uy's "Shatter the Silence" is more of a call to action, forcefully speaking out against sexual molestation and urging survivors of abuse to speak out.

Then it was Clark's turn to address the audience. He gave the background on the National Student Poets program and his own experiences with it. He recalled a "painfully awkward" attempt to make conversation with first lady Michelle Obama during a visit to the White House.

Clark explained that every National Student Poet has to do a project.

"My goal is to publish a book of poetry from students representing the whole spectrum and send them to all classrooms [in United States]," he said.

Clark invited contest winners and all audience members 18 and under to submit their poems to his project, adding that, if they didn't have any poems with them, they were welcome to get in touch with him later.

He said that he wants to encourage all kids and teenagers to create poetry and to try to get their work published.

"You're young," he said. "You have a novel perspective on the world. Show us. You'd be surprised how many people it can affect."

Clark then held a workshop for the winners and all the audience.

"The goal of this workshop is to create an understanding between yourself and whoever reads your poem," he said.

To that end, he had the workshop participants brainstorm concepts based on six categories - places that were important to them, songs that were meaningful to them, stories from their family and objects that have some personal significance to them. After jotting down their ideas on paper, Clark had participants work on their own poems. Meanwhile, he worked on a poem based on their suggestions.

After the workshop ended, Clark answered some questions from the audience.

Overall, Block said that she was happy with how the event turned out.

"I think everyone who came enjoyed it," she said. "It's great to see different age groups - kids, teens and adults attending. It was great to see people perform."

Igor Studenkov is a freelance reporter.
Morton Grove woman struck, killed by train

BY NATALIE HAYES
Pioneer Press

A 61-year-old woman was struck and killed by a train May 18 in Morton Grove at Lehigh and Lincoln avenues, police said.

A Metra spokesperson initially said it appeared to be an accident, but the Cook County medical examiner's office ruled the death a suicide Tuesday afternoon.

The conductor of the Amtrak train that fatally struck Adriana Zic Groeling, 61, of Morton Grove, told authorities he saw Zic Groeling approach the tracks after the gates went down, according to Metra spokeswoman Meg Reile.

The conductor told investigators he saw Zic Groeling look in both directions and proceed to walk westbound around the gates when she was struck by the train, according to Reile.

The conductor put the train's brakes into emergency mode but was unable to stop in time, Reile said.

The tracks were reopened in about 40 minutes, Reile said.

The Amtrak train that struck Zic Groeling remained on the tracks until early Tuesday morning, she added.
Niles Township to help endangered butterflies

BY IGOR STUDENKOV
Pioneer Press

The Niles Township is encouraging residents to plant milkweed seeds to help preserve monarch butterflies.

Monarch butterflies have historically been among the most common butterfly species in North America. During the winter, they migrate south to Mexico and return north in spring to spawn.

Monarch butterflies can only lay eggs in milkweed plants. It's also the only plant that the butterflies can eat while they are in the caterpillar stage. But due to increasing use of pesticides, the number of milkweed plants has been decreasing, and with it, so has the number of monarch butterflies.

Attempts to bring back milkweed are underway throughout the Midwest, a key breeding area on the butterflies' trip, according to University of Minnesota entomologists.

The Garden Clubs of Illinois has been one of the major forces in these efforts.

It teamed up with Ward Johnson, head of Minnesota-based Save Our Monarchs, on a habitat renewal project. In 2014, Johnson's nonprofit group distributed 80,000 milkweed seed packets. The goal for 2015, he said, is 500,000 packets.

The organization also lobbied the Illinois Department of Natural Resources and the Illinois Department of Transportation (IDOT) to help with the cause. The DNR has agreed to help scatter seeds during roadside restoration projects, he said, and IDOT workers will scatter milkweed seeds along Illinois highways and in other planting projects.

"Milkweed is a native plant of the state, and the seeds are readily available," IDOT spokesman Carson Quinn told the Southtown Star in January 2014. "We are specifying milkweed seed in all of our contracts that call for 'native' seeding, where applicable."

Dale Duda, a member of Northbrook Garden Club, previously told Pioneer Press that it would take years before those efforts will bear fruit.

Recently, the Township Officials of Cook County organization decided to do its part. According to Niles Township spokesman Jack Macholl, the organization reached out to townships, encouraging them to promote milkweed seed planting. He said that the township officials saw the endangered status of monarch butterflies as a significant environmental issue, and decided to do their part to help.

"The Niles Township is an active participant," said Macholl. "[Niles Township] Supervisor Marilyn Glazer connected with Susan Cooney of the Garden Clubs of Illinois to increase awareness of the project."

Glazer encouraged all residents and businesses to participate.

"Each of us can make a difference toward helping save the these butterflies one plant at a time," she said.

Consultant recommends Evanston water supply option for Niles

BY IGOR STUDENKOV
Pioneer Press

Bill Balling, the Managing Director of the WRB LLC consulting firm, recommended that Niles switch its water supply from Chicago to Evanston.

For the past few years, the village has been looking for an alternative water supplier that would be cheaper than Chicago. In May 2014, Gewalt Hamilton Associates engineering firm presented two possible alternative sources - Glenview and Evanston.

On Feb. 24, Niles trustees hired WRB LLC to make sure that the alternative necessary to deliver water from Evanston to the three municipalities.

During the May 12 informal consideration session, Balling presented the company's report to the board. It recommended that Niles pursue Evanston as a water supplier. While teaming up with Morton Grove and Park Ridge would be the least expensive option, Balling explained that welcoming up with Morton Grove alone was still less expensive in the long run than staying with Chicago.

Gewalt Hamilton Associates' report recommended that Niles, Morton Grove and Park Ridge join together to build the infrastructure in the presentation, the pipes would largely follow Oakton Street. One branch would split off at Harlem Avenue toward Niles' water treatment plant near the intersection of Touhy and Milwaukee avenues. The second branch would continue along Oakton, turning south on Greenwood Avenue to connect to Park Ridge's water treatment plant.

If only Niles and Morton Grove are involved in the project, Niles would have to spend about $56 million. If Park Ridge is involved as well, Niles' share of the cost drops to $43 million. It would take 30 years to pay off the debt created by issuing bonds, but once it does, the village will be able to take full advantage of the savings. Ultimately, the report estimates that, over the course of 40 years, Niles would save $139 million if Park Ridge isn't involved and $164 million if it is.

The report explains that the calculations are based on the assumption that Chicago and Evanston water rates will rise based on the level of demand, as well as operating and maintenance costs. The report recommends that the municipalities sort out which communities will participate and which will not by July.

Balling said that his company recommends that two to three firms should handle the design and three to five firms should handle construction. The design phase would take about 18 months, while the construction would take about 24 months.

The goal, Balling said, was to finish construction by the end of 2016 - the year before Niles' and Park Ridge's water supply contracts with Chicago end.

Studenkov is a freelance reporter.
Religious nonprofit submits petition to tear down steakhouse, build mosque

Building would serve as Islamic educational center in Lincolnwood

BY NATALIE HAYES
Pioneer Press

Leaders of a Chicago-based mosque have purchased the former Myron & Phil's site on the 3900 block of West Devon Avenue in Lincolnwood with the intention of building a two-story Islamic spiritual center for the Muslim community.

Sacred Learning NFP, a nonprofit Islamic religious organization, has submitted a petition to the village to demolish the former building that housed Myron & Phil's steakhouse, a Lincolnwood institution for more than four decades that closed down two years ago following a fire.

The owner of Myron & Phil's, Mark Freedman - whose late father and late uncle founded the restaurant - has since purchased a new property at Caldwell and Touhy avenues with plans to open a new restaurant.

Islamic leaders representing Sacred Learning NFP explained their plans for the property to trustees during the May 19 Village Board meeting.

Sayeed Shariff, executive vice president of Sacred Learning NFP, said the facility would include a mosque, but it would primarily be used as a site for Islamic education that would offer classes on evenings and weekends.

"This is a boutique mosque and not a big mega-center that we're trying to create. Our primary purpose is learning, and the mosque is a secondary use."

According to the site plans submitted to the village, the Islamic center would host five daily prayer sessions per day beginning at dawn and ending 90 minutes after sunset. The building would have a worship space with room for 113 prayer mats that would double as a classroom, and would also include office space and a lecture area.

"This is a boutique mosque and not a big mega-center that we're trying to create. Our primary purpose is learning, and the mosque is a secondary use."

- Sayeed Shariff, executive vice president of Sacred Learning NFP

The property is already properly zoned for religious uses, but the developers will need approval from the Village Board for six zoning variations relating mostly to parking and landscaping.

Shariff, who was joined at the May 19 Village Board meeting by Husain Sattar, president of Sacred Learning NFP, along with about 50 supporters of the mosque, addressed concerns raised by Trustee Ron Cope about the possibility of the center bringing heavy traffic to the area.

"It's not our intent to fill the mosque up with a lot of people," Shariff said. "At our busiest time, we'll have no more than 50 to 60 congregants [at the center]."

Cope said he was primarily concerned about traffic safety issues that could potentially arise due to an influx of vehicles coming in and out of the facility during the frequent prayer times. He requested a formal confirmation about the traffic safety of the area before he would agree to approve the variations, and village staff said they would consult with the engineers and report back to the board at a later meeting.

"It's important that before we approve this plan, that we make sure it's safe," Cope said. "I want to hear the village engineer say that there won't be any safety issues."

Cope also inquired about what subjects would be taught in the classes that would be held at the Islamic education center.

Sattar, who said he designed the organization's academic programs, said the classes would focus on Islamic spiritual development for people seeking to learn more about their faith.

"We focus on the basic pillars of our faith, as well as the legal and spiritual aspects of our faith," Sattar said. "We don't run a big show, but we run a quality show."

Sacred Learning NFP currently houses its operations in a building on the North Side of Chicago on the 5900 block of North Lincoln Avenue.

The Village Board will decide at a future board meeting whether or not to approve the requested variations that would allow the organization to construct the new building.

Hayes is a freelance reporter.
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.

**RETAIL THEFT**

- Joseph Janowitz, 56, of the 2300 block of Greenwood Avenue, Glenview, was charged with felony retail theft on May 16 after he allegedly stole cologne, valued at $86, from a store at Golf Mill Shopping Center. He has a June 1 court date.

**DUI**

- Jose Lopez-Ortega, 27, of the 700 block of Piper Lane, Prospect Heights, was charged with driving under the influence on May 17 following a traffic stop at Milwaukee and Greenwood avenues. He has a June 3 court date.

- Bel Easho, 25, of the 7300 block of Davis, Morton Grove, was charged with driving under the influence on May 17 in the 8200 block of Wisner Street at 4 a.m. He has a June 26 court date.

- Feliciano Perez-Colin, 41, of the 1600 block of Farwell, Chicago, was charged with felony aggravated driving under the influence, driving without a valid license and transportation of open alcohol on May 19. He has a June 1 court date.

**THEFT**

- Police said a woman was the victim of a phone scam on May 19 when she allegedly sent $1,200 to a caller claiming to be with the IRS. The woman only realized she had been scammed when she received a follow-up call seeking additional money to avoid "penalties," according to police.

- A woman's purse was stolen from a shopping cart around midnight, May 20, after she left it behind in a shopping cart outside a store in the 5600 block of Touhy Avenue, police said.

- A woman told police that $1,500 in charges were made to her credit card after her wallet was stolen May 21 from a restaurant in the 8800 block of Dempster Street.

**BURGLARY**

- A residence in the 8100 block of Greenwood Avenue was reported burglarized just before 1 a.m., May 17. No further details were provided by police.

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**Lincolnwood native named a Ricci Scholar**

**By Natalie Hayes**

Pioneer Press

A year from now, 20-year-old Hiba Sheikh will be thousands of miles away from the comfort of her family’s Lincolnwood home and Loyola University’s campus, where she studies political science and economics.

Sheikh, who has a nearly perfect academic record at Loyola, according to information from the university, was one of eight students selected for the prestigious and competitive Ricci Scholars program.

Every year since 2007 when a private donor began providing annual funding for the program, students selected for the scholarship have had the rare chance to spend their junior year of college abroad, in both Rome and Beijing.

Sheikh, a graduate of Young Magnet High School in Chicago, will spend nine months learning Italian and Mandarin and conducting field research.

Beyond being near the top of her class, Sheikh was selected for the scholarship based on the pitch she made for a research project that would study two very different cultures and how each views the role of women in the workforce.

Her proposal, to study the shifting roles of mothers both in the home and in the workplace in Rome and Beijing, won the approval of the scholarship selection board, which announced the 2015-16 Ricci Scholar recipients earlier this year.

Sheikh and her classmates will study at Loyola’s John Felice Rome Center and at the Beijing Center for Chinese Studies next year while carrying out their scholarship projects.

The program will conclude the next year when Sheikh and her classmates present the conclusions of their research to a panel of Loyola professors.

Sheikh talks about her plans to study abroad, and admits to what she thinks about missing out on a year of her life at Loyola in Chicago.

**Q:** Why did you decide to apply for the Ricci Scholars program?

A: I’d known about the scholarship, but I never thought I could do (the Ricci (program) because it’s so competitive. Someone pushed me to do it, and I was able to get in.

**Q:** Why did you decide to focus on the roles of women for your project?

A: I took a class on feminist theory, and I started thinking about the ways that women’s studies intersect with my studies in economics and political science.

**Q:** What are some of the major differences in the roles of women in each country that you will study?

A: In Italy, only about 50 percent of women go into the workforce. In Beijing, that number is actually much higher. In the East Asian culture, a push to get more women into the workforce would be seen as a way to help their economy. Italy, on the other hand, has more traditional values, and puts more of an emphasis on women staying at home and raising children. I was actually shocked when I learned that more women work in China than in Rome.

**Q:** How do you plan to address the language barriers you’ll face while living abroad?

A: I’m going to be studying both Italian and Mandarin, and I’m hoping I’ll meet people on campus who have a good understanding of English.

**Q:** In what ways does being chosen for the Ricci Scholars program change the plans you had made for your last two years of college?

A: My plans have changed a lot. The scariest part is losing an entire year where I could be here looking for internships and exploring careers. It’s scary to think I’m not going to be in the country this whole period of time, but it helps to have some of my classmates there.

According to a press release from Loyola, the other sophomore selected for the Ricci Scholars program alternates: Angelo Canta, Mary Frank, Annik Lupieri, Emily Maro gi, Frieda Rule, Roohi Singh, and Luis Vargas.

Natalie Hayes is a freelance reporter for Pioneer Press.

**High schoolers take on missiles in STEM Challenge**

**By Bridget O'Shea**

Pioneer Press

Hundreds of high school students offered solutions to local and international problems at the 2015 STEM Challenge at Merchandise Mart in Chicago May 20.

The Illinois Science & Technology Institute and the Research and Development STEM Learning Exchange created the STEM Challenge in response to research that suggests a rapidly growing demand for careers in science, technology, engineering and math in Illinois.

Ideas students presented at the challenge covered numerous industries, including health care, water management, national security and behavioral economics.

Oak Park and River Forest High School students Carolyn Santos and Jonah Harlan were part of an ambitious team that sought an answer to a large and complex question.

“We were asked to come up with a way to protect our country from missiles,” said Carolyn, a freshman at OPRF.

After brainstorming and some inspiration from the recent film “The Imitation Game,” the team came up with an idea for a satellite-oriented counter missile system.

“We thought, ‘What if we had a cryptography system that let us have control of the missile through a satellite system?’” Carolyn said.

Carolyn said that the computer system would be programmed to break codes and thus gain access to the missile, which would then be routed to a neutral area that would be chosen by the United Nations.

Despite the high cost and lengthy time it would take to construct and program the system, Jonah, a junior, said he thinks the team’s innovative idea can become a reality.

“This is definitely an attainable goal,” he said.

On a more local level, students from Niles North High School created Auxilium, a unique app that would connect volunteers with nonprofit organizations.

“The goal was to create something that would help our community,” said sophomore Mirnes Neziri, who worked with sophomores Melissa Dooyakos and junior Olivia Van Horn to design the app.

Using a PowerPoint presentation that was designed to look like the app, the Niles North team demonstrated how volunteers create a profile and gain access to a map showing the closest organizations. Once volunteering has begun, users can log their hours using Auxilium. Organizations can also use Auxilium to find volunteers.

“It was a really good experience. We got really good feedback,” Melissa said.

Auxilium, named after the Latin word for help, was designed specifically for high school students, many of whom complete community service hours but have no way of logging those hours, she said.

“We thought that was a problem, so we wanted to solve it,” Mirnes said.

Glenbrook South High School students Erik Tomasic, Cindy Yang and Isabella Kang used their environmental science curriculum to incorporate going green into the STEM Challenge.

Proposing to build a house that runs entirely on solar power, the team created a prototype and ran trials with a heat lamp.

“The lamp can test its ability to keep warm during the winter and cool during the summer,” explained Tomasic, a senior. “The challenge was how to address energy concerns when there is a power outage.”

The Glenbrook South team studied different designs and determined that the best way to build a solar-powered house is to use a combination of active designs — using elements like solar panels — and passive designs, which rely more on the orientation of a structure.

“Active and passive are used together,” said Isabella, a sophomore.

“Effective solar houses use both,” she said.

The Glenbrook South team said the project changed their perspective on environmental science, while the OPRF team said they all became friends through crafting their idea and proposal.

“I would encourage people who are introverted to do this because it brought us all together,” said Carolyn from OPRF.

More than 600 students, including students from Maine South High School in Park Ridge, participated in the 2015 STEM Challenge, presenting their ideas to Illinois businesses.

Experts and mentors from Baxter International, ComEd, Motorola Mobility, Motorola Solutions, Takeda Pharmaceuticals, Northrop Grumman and the Illinois State University’s Center for Renewable Energy partnered with the 17 participating high schools for this year’s challenge.
Board approves Lincoln Hall reconstruction

BY NATALIE HAYES
Pioneer Press

The District 74 school board approved a master reconstruction project for Lincoln Hall Middle School, centered on the addition of modern safety features and new areas for science labs and student services.

Highlights of the project, which District 74 says would start next spring and could cost more than $20 million, are an outdoor learning space connecting the cafeteria to classrooms and the library, the addition of STEM lab space and a multipurpose student learning center.

District 74 Superintendent Joseph Bailey said the most crucial need of the aging school, which is nearly 70 years old, is to improve its security system so the school is outfitted to prevent modern-day security threats.

School district officials have admitted that security flaws exist in the outdated design of the school's main entrance, and Bailey said it would be one of the first areas of the building to be reconstructed.

"Right now we have no security envelope in the building, so once you get to the first-floor entry, you're already inside," Bailey said. "It's like a split-level home, and if you're not supposed to be there, you can take off up or down, and that's a huge concern of our community."

Earlier this year, neighboring Skokie School District 69 spent about $4.6 million to upgrade the main entrances at Edison and Madison elementary schools and at Lincoln Junior High.

Guests visiting those schools now have to pass through multiple layers of security before being allowed into the hallways, including locked steel-enforced doors, background checks and a secure video-monitored holding room.

The new $2 million entrance will be updated with modern security features and the doors will be relocated from the east side of the building to the west side, according to a site plan from Arcon Architects, the firm contracted by the school district.

Design renderings presented at a special school board meeting on May 7 also show the administration offices, including the principal's and nurse's offices, lumped together near the main entrance.

Major changes in the layout of all three floors of the school are also planned as part of the master reconstruction plan, which was approved by the school board during the May 7 special board meeting.

Most spaces in the school are being reconfigured to create more room for the school's increasingly technology-driven curriculum, which is dependent on having STEM (science, technology, engineering and math) labs for each grade level.

By the time all three phases of construction are completed by 2019, each grade level will be designated to a separate floor, with eighth-graders occupying the majority space on the first floor, seventh-graders on the second floor and sixth-graders on the third floor.

Plans also show the addition of larger rooms suitable for group-based or combined-class instruction, and Bailey said the new spaces would provide more opportunities for teachers to collaborate with other classes on lessons.

"We'll have lots of opportunities for integration," Bailey said. "The plan has been approved as a concept, and there are still a lot of details that need to be filled in. As we get closer to breaking ground, we'll continue to refine the plans."

The school board's approval of the renovation plans follows on the heels of a failed $25 million bond referendum the school board tried to push three years ago in an attempt to get community support behind previous plans to tear down and rebuild the school.

Renovating versus rebuilding could yield better results for the school, said former school board Vice President Georjean Hlepas Nickell, who retired from the board last month.

Hlepas Nickell said in February during a planning meeting for the reconstruction project that the school district wouldn't have been able to accomplish the same things they plan to get out of the renovations if they had torn down and rebuilt the school.

"We couldn't have built these amenities into that plan for this dollar amount," Hlepas Nickell said. "The integrity would have been less than we expected," she added.

The school district has not announced a specific funding proposal for the project, but school officials have said long-term financing was a likely option.

Natalie Hayes is a freelance reporter for Pioneer Press.

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Bargain hunting
Dozens line up for Glenview garage sale benefiting the senior center

BY KARIE ANGELL LUC
Pioneer Press

Martha Demko of Glenview checked her watch on her left wrist. In a few minutes, she'd unlatch a door on opening day, May 21, at The East Wing Garage Sale at the Glenview Park Center in The Glen.

Was Demko a wee leery to open that door at 9 a.m. to a room where one could fill up a paper grocery bag with items all for five bucks?

"Are you kidding?" Demko said. "They're going to kill each other when they get in here!"

Nearby were tables groaning with to-die-for items like light lampshades and heavy glassware.

"They're going to kill me!" Demko joked.

No one perished. In fact, many smiled, springing to life. Ten minutes into Demko's bargain room, there was one casualty, though. oops, the sound of broken glass.

Overheard: "Sorry!"

Clean up in banquet table aisle one.

A line of about 40 shoppers had queued at The East Wing Glenview Senior Center about a half hour before the $5 bargain room and general sale opened. There were other tables to check out with items not eligible to be stuffed in the all-you-can-cram bags.

But for $3, you could snag something new, still with price tags attached from a retail store near you.

"It's all donated and (money raised) is going to the senior center," said June Heller, a Glenview volunteer.

The garage sale is a fundraiser for the senior center, said Denise Blinick of Northbrook, senior center director.

"The seniors do fundraising to support their activities and programs," Blinick said. "And this is a way for them to bring money into the center to do some of the activities that they want to do."

The two-day sale drew buyers of all ages. On opening morning, Maryella Mekhitarian, 3, of Morton Grove, filled her shopping bag with the assistance of grandparents Hrant and Araxi Mekhitarian.

Maryella tried on a few adult sunglasses. One oversized pair was rejected because it was "too short," she said.

Rochelle Foreman of Prospect Heights, a retired Niles East Maine School District 63 math teacher and part-time math tutor for Glenbrook High School District 225, came to find phones to repair and keep.

"I fix things, I'm very creative," Foreman said. "I sew, I do upholstery."

Dr. Barry Janov, a dentist from Northbrook, sought electronics like radios and microphones.

"I just retired so it's therapy," Janov said. "I love it. I come here all of the time. It's always fun."

Maryanne Newton of Glenview volunteered at the book table near Jean Nelson, a 60-year Glenview resident and Mary Ann Neuson of Morton Grove.

"What we really need is an angel to underwrite it," said Newton, who likes reading mysteries and hopes to identify a mystery revenue source for the senior center.

"I like the senior center so much," said Neuson, who visits from Morton Grove, in part because she has children who live in The Glen. "It keeps me out of mischief. As some would say, it keeps me out of the stores.

"I like the senior center so much. It keeps me out of mischief. As some would say, it keeps me out of the stores."

-Karin Angell Luc, a freelance reporter for Pioneer Press

Barry Janov of Northbrook, who recently retired as a dentist, looks at electronics. "It's therapy," he said of attending garage sales. "I love it. It's fun."

Maryanne Newton of Glenview is a mystery literature lover and volunteer. Left, Mary Ann Neuson of Morton Grove is also a volunteer.
St. John Brebeuf Parish deacon ordained by Bishop Francis J. Kane

BY IGOR STUDENIKOV
Pioneer Press

Pavel Jurkulak was among fifteen men who were ordained as permanent deacons of various parishes throughout Chicagoland May 17 by Bishop Francis J. Kane at Holy Name Cathedral in Chicago.

Jurkulak will serve at the Niles' St. John Brebeuf Parish, joining three deacons that already serve there. A native of what was then known as Czechoslovakia, he spent his formative years under a Communist government that discouraged any sort of religious faith.

Like all the other deacons, Jurkulak spent four years studying and interning to prepare for the responsibilities of the position. Jurkulak's duties will include performing ceremonies and rites, caring for the poor, teaching Catholic doctrine and assisting Rev. Michael Meany, the parish's head priest. Meany said that he has eagerly followed Jurkulak's progress and was happy to see him become a deacon.

Jurkulak became involved with his local church, acting as an altar server. The church's priest, Rev. Jan Krizek, was a formative influence in Jurkulak's life.

By the time he was a teenager, the Soviet Union collapsed. Jurkulak told Niles Herald-Spectator that he dreamed about moving to the United States since he was 15, but it wasn't until 1993, when he was 19, that he was able to make that dream come true. He originally settled in Chicago area, where he met the woman who would eventually become his wife. They moved to Canada for five years, but they returned to Chicago before the birth of their son, Patrick.

In 2002, the couple joined St. John Brebeuf.

Jurkulak said he was always drawn to religious service. In summer of 2010, Rev. Tom May, Meany's predecessor, told him that he would make a good deacon. He spent three months thinking it over, meditating and praying, before finally deciding to proceed.

Jurkulak said that he was happy to see Jurkulak ordained.

"Congratulations, Deacon Pavel!" he wrote. "You made it after more than four years of prayer, academic study and formation. You made it!"

Igor Studenkov is a freelance reporter for Pioneer Press.
Noted Oak Park documentary film maker takes a local focus

BY TERRY DEAN
Pioneer Press

Oak Park and River Forest High School's decades-old racial academic achievement gap will be the subject of a new documentary project that will begin filming this upcoming school year.

Filmmaker and Oak Park resident Steve James, who produced 1994's "Hoop Dreams" and 2012's "The Interrupters," is co-producing the OPRF project with John Condne, the school's film and television teacher. Condne, who taught two of James' children, pitched the project to the filmmaker late last year.

The plan is to produce a documentary mini-series rather than a standalone film, said James, who along with Condne discussed the project during a meeting in OPRF's Little Theater on May 18.

James said the OPRF's achievement gap had been an interest of his for some time.

"Even before John reached out to me, I said that for years it would be interesting to do a film about the high school, to look at issues around race and achievement," said James, who's lived in Oak Park for 30 years. "I always felt that this would be a really interesting and important place to do that."

Filming will occur during the 2015-2016 school year, with a finished product scheduled to be released some time in 2016.

OPRF has struggled to close the racial achievement gap between its black and white students for more than 30 years. James' project will follow students from different racial and economic backgrounds, as well as how the issue impacts the entire school community.

"We're looking at shooting a year in the high school, starting in the fall, dealing with race and achievement and personally how it affects teachers, administration, staff, and systemically how the whole system is affected by it," Condne said.

The District 200 Board of Education, which governs OPRF, approved the film project last month. The filmmakers have been talking with parents and faculty, staff and parent groups about the project. They plan to spend this summer identifying and interviewing subjects for the film. James said they'll potentially find additional subjects when filming begins this fall.

He and Condne said they're currently looking into fundraising opportunities and potential broadcast partners.

The OPRF project will be produced by James' KARTEMQUIN Films, a nonprofit production company based in Chicago. Along with "Hoop Dreams" and "The Interrupters," the company has produced other critically acclaimed long and short films, as well as documentary mini-series. James said he'd like to produce four to six hours for the OPRF miniseries.

Two to three film crews will shoot at various times at OPRF, as well as at subjects' homes and around the community. The crews will be diverse, James said.

James and Condne also took questions from the audience, most of which focused on the film's shooting process in classrooms and around the building.

The privacy of students potentially filmed but not among the main subjects was raised as a concern. Parents asked if they'd be notified if their students were captured on tape.

Karin Sullivan, the school's communications director, told the audience that the school would typically be given three days of notice before a film crew arrives to the building. But she said the school will work with James and his crews concerning access in and around the school, and that teachers will have advance notice.

Parents can also sign releases to not have their children appear in the film, James said, adding that he sees this project, as well as others he's done, as a collaboration with his subjects.

For more information about the project, visit www.oprfhs.org/about/Documentary-Film-Project.cfm.

Terry Dean is a freelance reporter for Pioneer Press.
Teens play Soldier Field for autism

**By Dayna Fields**
Pioneer Press

A local teenage rock band got a chance to play for thousands of people at Chicago's Soldier Field, thanks to Northbrook's Zach Pick, a 14-year-old with good connections.

Pick has participated in Chicago's annual Walk Now for Autism Speaks for the past three years. He is also a big fan of his friends' band, Skydeck.

On May 16, he helped secure a half-hour time slot for the local teen band, which woke up the waterfront at 8 a.m. with the best rock 'n' roll classics of the '60s, '70s and '80s.

"I am very involved in Autism Speaks. I myself have ADHD, so I know from experience, and I really support Autism Speaks," Pick said. "So I thought Skydeck should come here because I noticed they had bands here. So I was able, with help from my mom and connections, to get them here."

Pick is friends with Colin Hanus and Alex Williams, who both attend Wood Oaks Junior High School in Northbrook. Stephen Thompson of Skokie plays guitar, and Cole McLaughlin is on drums.

Just inside the main gate of Soldier Field, Skydeck rocked out to songs like "Rock And Roll All Nite" by Kiss; "My Generation" by The Who; and "Fortunate Son" by Creedence Clearwater Revival.

As families, friends and kids walked into the main gate of the large stadium to register for the 3-mile walk along the lakefront that morning, they were greeted with live rock music before making their way onto the field. Many stopped to rock out with the teen musicians.

One of those people was Liz Feld, president of Autism Speaks, who said Skydeck's much-needed energy was welcomed at the early morning hour. Like many others, she clapped along with the music before proceeding on to registration.

But first she took a video of Skydeck's performance and posted it to the Autism Speaks Facebook page. She also personally thanked them for their time and talents.

"They were great, and I can't tell you how inspired I am and we are as an organization to have this generation of kids focused on raising awareness about autism and helping the larger community," she said. "It sends a great message to their own peers to get involved."

Thousands attended the walk on May 16 to help raise funds for research and programs that "are changing the future for those who struggle with autism." This year's event raised $906,401. The goal was $1,350,000.

Williams has been playing drums for five years, and has been with the band since it formed in January 2014. He said he was happy with his band's performance that morning, but he was especially glad to be able to support autism research.

"It means a lot to me, I've got a lot of friends affected by autism," he said. "I feel really proud to support it."

Lead singer Hanus echoed that sentiment, saying he appreciates the publicity boost from his friend, Zach Pick, as well as the opportunity to show the band's support for the cause.

"We really like to help people in need, and we thought this was a great way to show that we care about people, and we're very excited that we got this chance," he said.

Skydeck has also played at venues and events like Northbrook Days, Six Flags Great America, The Alley in Highwood and the Winnetka Sidewalk Sale. They cover classic music from The Beatles to Styx and others.

Dayna Fields is a freelance reporter for Pioneer Press.
A message for the class of 2015

To the college graduates of the class of 2015:

Today, you are officially coming out of your cocoon. That's what the place where you have spent the last four years has been for you.

Your college campus has been a protective shell, where the school administrators, your college professors and fellow classmates have tried to make sure you didn't hear anything that disturbed your sensibilities or rocked your worldview, did not encounter any point of view that strayed from the party line or the groupthink of the campus, and didn't encounter any work of art or literature or bit of history that triggered a remembrance of some awful past experience.

I'm here to tell you that the real world isn't really like that.

In the real world, you are really going to need that tolerance you boasted about having so much of. For you are going to encounter a lot of people who don't think like you, who have opinions and practices very different from yours and whose points of view are very different from your politics.

And most of those people are in charge.

Of course, this is the part where your commencement speaker says it is up to you to change the world and to make it a better place. Of course, that's true. Each graduating class, each generation of college graduates, has a duty to take all they've learned and contribute what they can to making our society a better place.

The generations before you have done so, and the result is a better world than what their predecessors had left for them.

But the work of making the world a better place has yet to be completed. It is up to you to carry on.

I want to caution you that the world beyond the ivy-covered walls you are leaving is a much more diverse place than your college campus.

You will need to listen, not turn off.

You will need to engage in dialogue, not shout down.

You will need to open your mind to ideas you might disagree with.

And you will even need to learn to protect speech you find repugnant.

For listening leads to wisdom, dialogue leads to education, an open mind leads to true tolerance and free speech is the only path to guarantee freedom for all.

You have the education, the knowledge and the skills to do great things. Use those gifts wisely.

Randy Blaser is a freelance columnist for the Pioneer Press.

We humans have an attention span problem

Attention span is the amount of time...

Um, sorry, where was I? My mind wandered.

Oh, yes. Attention span is the amount of time one can spend on a task without being distracted.

New research finds the attention span for humans is about eight seconds. This is down from 12 seconds in the year 2000. Not good news.

What makes it even worse news is that the attention span of a goldfish is nine seconds. They beat us by a whole second.

The research on humans was done by Microsoft and also by the National Center for Biotechnology Information at the National Library of Medicine.

There apparently are three kinds of attention span:

- Sustained attention: the ability to focus on one task continuously
- Selective attention: the ability to respond when distractions arise
- Alternating attention: what we now call multitasking

Researchers had 2,000 people take online surveys and play electronic games and then measured their brain electricity. The results showed that our ever-increasing use of digital devices lessens our sustained attention but improves alternating attention.

In the real world, you are really going to need that tolerance you boasted about having so much of.

We are less able to focus on one task, the kind of concentration that produced the Sistine Chapel and Beethoven's Ninth Symphony, for example.

But, oh boy, can we multitask: 75 percent of respondents to one survey use other portable electronic devices while watching TV; the average office worker checks his or her email 30 times every hour; a British survey found that the average person switches between electronic devices 21 times an hour.

Wow! Not only can we no longer concentrate long enough to compose Beethoven's Ninth Symphony, we don't have the attention span to even listen to it. And to add insult to injury, there are those goldfish. Even goldfish can concentrate longer than you and I can?

Scientists can test you and me. But just how do they measure a goldfish's attention span? I uncovered one way scientists measured goldfish memory. Scientists placed food around a Lego block in a fish tank for several weeks and then took away the block. The fish still swam to where the block had been, suggesting they could remember where the block had been.

Pretty smart, huh? The goldfish and - thank heavens - the scientists.

I worry, though, about the rest of us.

SCOTT STANTIS

LETTERS TO THE EDITOR

We want to hear from you! Send your letters to the editor to suburbanletters@tribpub.com. Letters should not exceed 250 words and should include your name, phone number and address (only your name and town will be published).
When is a Tuesday really a Friday?

Riddle me this: When is a Tuesday really a Friday? Who is the “newspaper bard of boxes,” using ten letters? No need to scratch your head. The answer to the first is May 12, 2015, and the answer to the second is Will Shortz, New York Times crossword editor and my personal nemesis. Want to know how long I plan to harbor my grudge against him? Try 18 letters naming “1953 Montgomery Clift and Deborah Kerr iconic film.” That would be “From Here to Eternity.”

In case your life is full, you may be unaware that daily crosswords even exist. Bully for you. For the rest of us, doing the crossword is an exercise in mind play, hubris, and humility. We indulge our hobby to help pass the time between birth and death, though we tell ourselves that it helps keep our brains nimble. We congratulate ourselves for knowing that one woman’s “pitcher” is another’s “ewer,” although we acknowledge that no bride has ever written a thank-you note for receiving a crystal ewer. We can’t write “swan” fast enough after reading “word before dive or song,” and we assume everyone knows that Urdu is the language of Pakistan. The accumulation of arcane information feeds our hubris. Who wouldn’t feel superior answering “Pisan” given the clue “Galileo, for one”? Membership into Mensa seems inevitable for those who solve these puzzles with ease. Yes, please. I’d love to join.*

*Minor caveat: I only qualify for a Monday Mensa Membership. That’s because the New York Times crosswords are easiest on Mondays, and get progressively more challenging throughout the week. On Monday, I’m a genius. On Tuesday, I’m smart-ish. On Wednesday, I need my sister. Thursday through Saturday are my days off because I’m just too dumb. Does anyone really know who the “noted Guanguzhou-born architect” is? And how to spell it? That’s my point.

Here’s where cheating and the Internet comes into play. An unsportsmanship-like Google search revealed that the architect I.M. Pei does, indeed, hail from Guangzhou. Having walked through the East Wing of the National Gallery a thousand times, I should have known that. Damn those Friday clues.

In lieu of cheating, I figured I’d improve the old fashioned way, through practice. Determined to buy a collection of Monday crosswords, I headed to my local Barnes & Noble. It’s humbling to confess that while there, crouching down wasn’t enough. I had to lie flat on my belly to peruse the selection of collected Monday crosswords. Apparently so few people admit to this level of stupidity that the store shelves the collection at the same height as the pile rug, right next to “Word Search for Dummies.” Is it wrong to think that title is redundant? Yes, especially given what I was seeking while prone in the aisle.

In a nod of acknowledgement to The Chicago Tribune, I do like a good Jumble, especially because it comes accompanied by a comic. It soothes my ego at week’s end, when crosswords place me out of my “Mark Twain measure.” Depth.
Recently, while speaking with two fellow writers about a non-writing issue, I used a term that offended one of them enough to speak up. Hardly my proudest moment.

We were talking about a developer who allegedly stole money from several of my neighbors, plead guilty and ultimately went to jail - someone I referred to in shorthand as a "shyster."

Sure that I must not be aware, my friend told me the word was actually anti-Semitic.

"It is?" I asked, embarrassed and confused. Replaying our conversation in my mind, I stuttered an apology: "I am so sorry. I had no idea."

How many times had I used that term? How many others had I offended? As passionate as I am about words, how had I never known of the term's offensive connotation?

Exploring the etymology of the word, I found a range of contradictory opinions online. A wordsmith provided a brief history lesson about the term's anti-Semitic overtones (linked to a Shakespearean character, Shylock) - a lesson which another source actually declared incorrect.

What is clear is that the evolution of our language is impacted by numerous factors - including context, history, knowledge, audience and delivery - and that it's our responsibility as its stewards to guide its evolution toward greater cultural sensitivity.

Christine Wolf

The whole exchange with the writer got me thinking about how many loaded terms I've seen evolve in my lifetime. When bias, discrimination and/or superiority in relation to others comes through, a term can be offensive no matter who the audience or the intended message.

As John M. Robinson of the U.S. Office of Civil Rights wrote in a 2012 issue of State Magazine, "Language is a living, changing and evolving medium, but over time, words create inuendo. Unconventional usage becomes slang or takes on a completely opposite meaning from the original. In interacting with individuals different from ourselves, we attempt to use language in ways that are not offensive, hoping that our intended audience understands the meaning we're trying to convey."

Keeping in mind that language use is, in fact, a deeply personal choice, it's up to each one of us to contribute to life's story or else watch its narration from a place of apathy.

And to the writer who took the time to share her perspective about an offensive word, it will never matter to me from where the anti-Semitic connection originated. What matters is that you shared that connection so that I might share it with others. Mission accomplished.

Christine Wolf is a freelance columnist for Pioneer Press.

Lauren Chval is the community coordinator for The Mash, a Pioneer Press sister publication for suburban Chicago high schools.

The Mash looking for student journalists

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Condo market rebounds in near west suburbs

**FELICIA DECHTER**

My mother always said that a house is a thief. There's always something to repair, do or maintain that costs you money. That's why as I've gotten older I've occasionally dreamt of being a condo owner. Although there's still plenty inside to do, outside there's no lawn to mow, no maintenance to handle, and exterior needs are taken care of by assessment fees. Yep, I could definitely see livin' easy in a condo.

But wait a minute, because with a condo you also have to think about a condo board - including possible rogue board members who vote for things you have no say over, like no dogs allowed or what type of flowers have to be planted.

Do I want someone making simple decisions for me? Because that happens in condo living. Add sometimes hefty assessments to property taxes, and you can be looking at a pricey monthly expense.

But the condo market is starting to make a big comeback, I'm told. It had stagnated for awhile, but low interest rates and increased consumer confidence are boosting local sales.

Condo buying has increased - and in some cases almost doubled - in Oak Park and surrounding areas.

Century 21 McMullen on Chicago's Northwest Side, gave me some good insight on the condo market in Harwood Heights, where values have come back about 15 percent in the last year-and-a-half.

"They went down almost 30 percent, so we're about halfway back," said Paoli. When I mentioned that wasn't too bad, Paoli called it "fairly decent," adding, "Anything is better than down."

There's a good stock of condos and "lots of units for sale" in Harwood Heights, said Paoli. Those listed between $150,000 and $300,000 are selling best, he said.

"In Elmwood Park, anything priced under $150,000 is going pretty quick," said Carin Powell, an agent with Hometown Realty, which is on the 7700 block of West Belmont Avenue, across the street from Elmwood Park, where condo sales are also up.

In the past year, low-priced inventory has gone up "dramatically," said Powell. "It's hard to find anything under $100,000."

Inventory in Elmwood Park is "pretty low" and as of May 19 there were only 16 condos on the market, said Powell.

"We're getting more and more multiple offers," which is unusual for Elmwood Park, Powell said. "There are a lot more buyers out there this spring."

Meanwhile, if you're looking to buy or sell a condo, Saxena offers this advice: Sellers should stage the condo and have it as close to turnkey condition as possible. Saxena called it a "suitcase home" where you just come in and unpack.

"That's what really appeals," said Saxena. "Everyone is busy and they like to see that.

Buyers should make sure to do their research on the building. Remember, with condos, your future and investment is tied in with your neighbors. Make sure you understand the building's financials as well as its rental ratios," she said.

"A home is a home but it's also one of the biggest financial investments," said Saxena. "We have to guard our investments."

Felicia Dechter is a freelance columnist for Pioneer Press. Got a real estate-related story idea? Email her at write12@comcast.net.

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### REAL ESTATE TRANSACTIONS

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This list is not intended to be a complete record of all real estate transactions. Data compiled by Record Information Services. 630-557-1000 www.public-record.com
### EVANSTON


- **Address:** 9218 Springfield Ave.
- **Price:** $585,000
- **Taxes:** $10,928
- **Schools:** Deerfield High School
- **Agent:** Geoff Brown/Weichert, Realtors Lakeshore Partners

### DEERFIELD

Updated 4-bedroom home in east Deerfield has abundance of storage. Drive up to the professionally landscaped front yard & enter the home through an open floorpan. Hardwood floors, expansive family room with kitchen, large basement, 4 beds on 2nd floor & master suite. Kitchen has granite countertops, eating area & pantry. 2.5-car attached garage.

- **Address:** 1251 Kenton Road
- **Price:** $498,500
- **Schools:** Mundelein Cons High School
- **Taxes:** $9,406
- **Agent:** Robert Wallen/Century 21 Marketplace

### MUNDELEIN

Home offers lake views. Lots of inowows. Recent updates include: kitchen, baths, doors, hardwood floors throughout, zoned heat & a/c, fireplace. Master suite features sunroom/sitting room opens to private deck. Huge family room & walkout theater/rec room. Huge yard, multiple decks & patios facing private lake with 2 private beaches. Four beds, 3 baths.

- **Address:** 1043 Lomond Drive
- **Price:** $549,000
- **Schools:** Mundelein Cons High School
- **Taxes:** $9,406
- **Agent:** Daniel Cartalucca/Coldwell Banker

### DES PLAINES

Expanded Cape Cod on a tree-lined parkway. Open living and dining rooms and spacious family room addition with wood-burning stove. Three bedrooms upstairs plus one 1st-floor bedroom with full bath. Lots of natural light, overhead sewers, newer windows and furnace. Huge, fenced yard. 2.5-car garage. Walk to Metra.

- **Address:** 348 S. Cumberland Parkway
- **Price:** $299,000
- **Schools:** Maine West High School
- **Taxes:** $3,824
- **Agent:** Daniel Cartalucca/Coldwell Banker

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**Share your suburban events on Metromix.com**

1. **Start at chicagotribune.com/calendar.**
   You will be directed to Metromix's online calendar.

2. **Create an account or sign in and share your event.**
   Signing up with Metromix is free and you can share unlimited events.

3. **Confirmation:** Metromix will notify you via email when your event is posted.

**Questions?**

Email metromix@metromix.com

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**Pioneer Press Mortgage Guide**

[Check rates daily at http://pioneerlocalinterest.com](http://pioneerlocalinterest.com)

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**Calculate Your Mortgage Payment**

- **30 yr fixed**
- **15 yr fixed**
- **5 yr ARM**

- **This week:** 4.03 3.23 3.19
- **Last week:** 4.01 3.22 3.17
- **Last year:** 4.29 3.38 3.21

Source: Bankrate.com, for more information visit [www.bankrate.com](http://www.bankrate.com). Bankrate national averages are based on 100 largest institutions in the top 10 markets in the United States.

**Mortgage Prediction**

- **Weekly Rate:** 3.16%
- **Daily Rate:** 3.16%
- **Lowest Rate:** 3.15%
- **Average Rate:** 3.20%
- **Highest Rate:** 3.25%
- **30 yr ARM:** 3.15%
- **15 yr ARM:** 3.08%
- **5 yr ARM:** 3.12%

Source: Bankrate.com, 2015

**LENDERS, TO HAVE YOUR RATES APPEAR IN THIS FEATURE CALL BANKRATE.COM @ 800-509-4636**

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**Real Estate Home in Your Area**

- **Address:** 9218 Springfield Ave.
- **Price:** $585,000
- **Taxes:** $10,928
- **Schools:** Deerfield High School
- **Agent:** Geoff Brown/Weichert, Realtors Lakeshore Partners
BUSINESS

Poko Loko celebrates golden anniversary
Company marks occasion with new location open in Morton Grove

BY JACKIE PILOSSOPH
Pioneer Press

“Working with kids is just such a nice way to spend your day.”

Those are the words of Bonnie Clatch, whose love of children lead her to start Poko Loko, the Glenview-based early learning center, with her late husband, Richard, 50 years ago.

Not only is Poko Loko celebrating its golden anniversary, but Clatch, along with her son, David and daughter-in-law, Karen, who are the directors of the center, just launched their new Morton Grove location.

“We were looking to expand to accommodate more kids, and Morton Grove is a neighboring community of Glenview that seemed to be a natural fit for what we offer,” said David Clatch, who lives in Glenview with Karen and their four children.

Poko Loko, which is located on Dempster Street, just west of the Edens Expressway, is a bright, clean and colorful 9,000-square-foot space that sits under a boat truss ceiling. It includes eight classrooms, as well as an indoor and outdoor playground, and has the capacity for 100 children, as opposed to 159 in Glenview.

The center, which accepts children from ages 6 weeks through kindergarten, offers full-day and half-day programs that are taught and supervised by a staff of 20.

“You have to love your job to work here,” said Karen Clatch. “The average length our staff has worked here is 18 years, and they truly love the children. It’s like a family here.”

Poko Loko, which also has schools in Wheeling and Libertyville offers a themed curriculum that changes every month, and includes both a Spanish and a music teacher. Children are given catered meals and snacks, that are well-balanced, and include a variety of ethnic foods as well.

Bonnie Clatch (right), who founded Poko Loko in 1965, (shown here with her daughter-in-law, Karen and son, David, both who are directors of the company.)

Meggen Davis is a full-time dental hygienist whose two children, ages 3 and 6, have been at Poko Loko for several years.

“From the second we walked in, it felt right,” said Davis. “It was inviting and warm, and you can see how the caretakers care about the children. All the children give them hugs when they walk into a classroom, and that speaks a lot.

“They are very involved with your kids, and really take the time to know each student’s personality,” said Melinda Wainscott, whose two children attend Poko Loko. “My daughter is more shy than my son, and they take that into account when it comes to my kids’ needs.”

Bonnie Clatch holds a degree in education from Northeastern Illinois University, and spent four years as a first grade teacher in Chicago Public Schools before opening Poko Loko in Glenview in 1965.

She said the idea to open the center stemmed from seeing the need for more educational child care facilities, as well as her passion for working with children.

“I enjoy them so much, which is why I’m still working,” said 75-year-old Clatch, who lives in Lincolnshire. “They’re so easy to make happy.”

David Clatch came to work at Poko Loko in 1991 when his father died unexpectedly.

“I came here to help my mom out and never left,” he said. “I have always loved this place. There’s nowhere else you can go to work and get a hug and a big smile when you walk in the door. This is a nice life.”

Poko Loko is located at 5645 Dempster St., in Morton Grove. To learn more, visit www.pokolokochildcare.com or call 847-966-8131.

Jackie Pilossoph is a freelance reporter for Pioneer Press.

Twitter @lovessentially

Pokoloko offers a themed curriculum that changes every month, and includes both a Spanish and a music teacher.
Thursday, May 28

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. Thursday-Friday, 4 & 8 p.m. Saturday, 2 & 6 p.m. Sunday, Writers Theatre, 664 Vernon Ave., Glenview, $35-$75, 847-220-6400

A Jewish Look at Spiritual Support During Times of Illness: Have you ever wondered what Judaism has to say to those who struggle with chronic illness such as cancer? Join Rabbi Joseph Ozarowski, Rabbi of the Jewish Child and Family Services and look at classic Jewish texts, explore Jewish spirituality at times of illness, as well as discuss experiences. Free presentation by Cancer Wellness Center and Jewish Healing Network of Chicago at JCFS. Call to register, 6 p.m. Thursday, Cancer Wellness Center, 215 Revere Drive, Northbrook, free, 847-509-9595

The Doolittle Raid: After the stunning defeat at Pearl Harbor, FDR ordered the military to find a way to strike back at seemingly invulnerable Japan. The Doolittle Raid is a humbling, heroic, and heart-stopping story of courage against all odds and the tale of the men who carried it out. Come learn more about this intriguing story with historian Barry Bradford. 1 p.m. Thursday, North Shore Senior Center, 161 Northfield Road, Northfield, $10 member, $13 non-member, 847-798-6030

Friday, May 29

"Great American Tall Tales": When several young kids stumble into a dusty exhibit during a museum field trip, their adventure comes to life. Together they meet the beloved characters of American folk lore — Annie Oakley, Davy Crockett, Pecos Bill, Annie Christmas, John Henry and more. Through story, dance, and song, they learn more than history is alive and vibrant while discovering that sometimes fact and fiction work together to create unforgettable legends. 7 p.m. Friday, 2 & 6 p.m. Saturday, 3 p.m. Sunday, Prairie Lakes Theatre, 515 E. Thacker St., Des Plaines, $9-$12, 847-516-2298

MGPL Grand Re-opening: Explore the newly remodeled library and see all the possibilities the new space offers! Start with a couple hours of crafts for kids and teens - Music, drawings, raffles, refreshments. Dedication and ribbon cutting 6:30 p.m. Concert by Suenos Latin Jazz in the Baxter Room. 4 p.m. Friday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Preserving Survivor Stories Interact with "New Dimensions in Testimony" Technology: Illinois Holocaust Museum is the first world-wide testing site for New Dimensions in Testimony, an interactive educational tool that permits students far into the future to view, hear, and interact with Holocaust survivors. Kid-friendly 7:30 p.m. Friday, 5 p.m. Saturday. Free, $3-$5 per plant
SUMMER TRAVEL

Everything you need to know to navigate Chicago's airports like a pro, just in time for vacation season.

SPECIAL REPORT: Is the CPD still undercounting murders?

2015 Oral Cancer Foundation 5K Walk/Run for Awareness: A family FUNdraising event to spread awareness about current trends and risk factors for oral and head and neck cancers. Free screenings for all participants. Certified 5K course with awards for top finishers and fundraisers. Raffle and Silent Auction. Live entertainment and KIDZone with face painting and games. 8:30 a.m. Sunday, Redmond Park, 735 E. Jefferson St., Bensenville, up to $35 depending on registration category, 847-414-4919

Critic's Choice Cinema: "The Dark Valley": 'The Dark Valley' from 2014, not rated, runs 1 hr. 54 min., German with English subtitles. A strange man arrives at a desolate Alpine village and mysterious, tragic accidents occur. 2 p.m. Sunday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Gillson Park Bird Walks In May: Observe migrant birds as they prepare for their long journey north. See warblers and other colorful visitors with fellow bird enthusiasts at 8 a.m. Sundays, in May. Bring binoculars and meet at the top of the Wallace Bowl, Gillson Park, 700 Michigan Ave., Wilmette, free, 847-256-9656

CALENDAR

Monday, June 1

"Pedals and Pipes, Stars and Stripes": North Shore Chapter of the American Guild of Organists. A concert of patriotic favorites for organ by some of the North Shore's finest organists. 7:15 p.m. Monday, Glenview Community Church, 1000 Elm St., Glenview, free, 847-724-2210

Tech Talk: Join this Internet user discussion group-a monthly Q&A for exploring websites, social media, online searching, and the library's electronic resources. Topics vary monthly. New members always welcome. Just drop in. 7 p.m. Monday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

hoopla, MyMediaMail & Zinio Individual Appointments: Meet with trained Library staff for a 45-minute one-on-one session and learn how to download books, audiobooks, magazines, movies, TV shows, or music to your portable device. Visit or call the Reader Services Desk at ext. 7600 for questions, to register, and for appointment locations. Glenview Library card required to register. 10 a.m. Monday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Page Turners: Meets monthly. Discuss "Where'd You Go Bernadette," by Maria Semple. Selected books are available at the Reader Services Desk one month prior to meetings. 1 p.m. Monday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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 www.mgpl.org for more information. 2 p.m. Monday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

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

MGPL Kids: Monday Morning Playgroups: Drop-in playtime for preschoolers with a parent or caregiver to introduce young children to the library in a low-key, unstructured session. Call 847-929-5102 or visit www.mgpl.org for more information. 10:30 a.m. Monday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220
CALENDAR

Calendar, from Previous Page
Lincoln Ave., Morton Grove, free, 847-965-4220

American Politics and Current Events: Join facilitator Ron Mantegna for a lively discussion on topical issues of the day: politics, the economy, international happenings, science, our diverse society, local issues, and more. Call to register. 9 a.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, $19 member; $25 non-member, 847-784-6030

Two Spiritual Worlds in Fiction:
Lecturer Patricia Kassie explores two works that provide a glimpse into their own unique spirituality. The first, the "Dame Frevisse" series by Gail Frazier. The second, "The Navaho Tribal Police" series by Tony Hillerman. 10:45 a.m. Monday-Tuesday, North Shore Senior Center, 161 Northfield Road, Northfield. Registration fee $19. members; $25 non-members, 847-784-6030

Money Matters Discussion: The group meets on the first and third Monday of each month. 10 a.m. Monday, Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-3597

Exploring Grief: 7 p.m. Monday, Kenilworth Union Church, 211 Kenilworth Ave., Wilmette, free, 847-251-4272

Tuesday, June 2

Open Hockey Rat Time: Players 18 years and older wearing full equipment can partake in a pickup hockey game. 12:15 p.m. Tuesday, Glenview Ice Center, 1851 Landwehr Road, Glenview, $10, 847-724-2800

French Battlefields: The Airborne on D-Day: Historian Robert Mueller shares period photos and portrayals of the critical role played by individual paratroopers on D-Day. 7 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

MGPL Kids: Listen Up! Drop-in story and play time for preschoolers with a parent or caregiver. Call 847-929-5102 or visit www.mgpl.org/kids for more information. 4:45 p.m. Tuesday, Morton Grove Public Library, 6440 Lincoln Ave., Morton Grove, free, 847-965-4220

Movies, Munchies, & More: “Indian Summer,” PG-13. A longtime director of a summer camp brings back a group of former campers for a reunion. Cast: Alan Arkin, Diane Lane, Elizabeth Perkins, Matt Craven. S’mores (and more) served as a special promotion for the summer reading program. Camp

MGPL 11:30 a.m. Tuesday, Morton Grove Public Library, 6440 Lincoln Ave., Morton Grove, free, 847-965-4220

Scotland: From Robert the Bruce to Independence?: Jim Kenney leads a discussion that begins with his ancestor, Robert the Bruce, and stretches to the modern struggle for independence. Class meets from June 2 to 23. 1 p.m. Tuesday, North Shore Senior Center, 161 Northfield Road, Northfield, $40 members; $53 non-member, 847-784-6030

Apple iPhone For Beginners: Contacts, Calendars and Maps: Discover all the ways you can take advantage of contacts, calendars and map applications now standard in an iPhone with instructor Marty Small. In addition to making and receiving calls, learn how to get from Point A to Point B, by car, public transportation or on foot with an iPhone as a guide. Create doctor appointments or other important reminders to be used in addition to a personal calendar. This class is geared to newer users who may have recently changed over from "traditional" cell phones. 1 p.m. Tuesday, North Shore Senior Center, 161 Northfield Road, Northfield, $25 member; $30 non-member, 847-784-6030

Wednesday, June 3

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

Charles Troy presents: The Creation of A Little Night Music: Theatre historian Charles Troy takes attendees on a behind-the-curtain peek at the making of a favorite Broadway show in this multi-media presentation. Stephen Sondheim's most delightful and approachable show of his mature period has its basis in "Smiles of a Summer Night", a 1955 comic film by Ingmar Bergman. Call or visit the website. 1:30 p.m. Wednesday, 7:30 p.m. Wednesday, Skokie Theatre, 7924 N. Lincoln Ave., Skokie, $15, 847-677-7761

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, 224-392-2275

Have an event to submit? Go to chicagotribune.com/calendar
‘Taste Takes Flight V’ raises $107,000+ for WINGS

‘Taste Takes Flight V’
Benefiting: WINGS’ continued efforts to provide refuge and support services to women and children trying to escape and move on from a violent domestic situation.
Date: April 30
Location: Donald E. Stephens Convention Center, Rosemont
Attended: 300+
Raised: $107,000+
Website: wingsprogram.com

Jennie Nass, owner of Barrington-based Jennie and Vera’s Cookies, sent “Taste Takes Flight V” guests home with samples of her sweet treats.

Wynstone Golf Club Executive Chef Lucas Wagner created one of the eight courses featured at “Taste Takes Flight V.”

Chef Gaetano Nardulli of Barrington’s NEAR Restaurant presented one of the eight dinner courses.

Marc and Doreen Muhs of Barrington (left), and Rey Mena of Tower Lakes

Nikki Smith of Barrington (left) and Ruta Shabez of Inverness

Susan and Jim Duff of Western Springs (from left), and Executives’ Club of Chicago’s Gabriele Saylor of Park Ridge

Molly and Miguel Gonzalo of Park Ridge

Don and Julie Barry of Park Ridge
TREND

PARTY

Tea celebrates history of Norwood Park

‘From the Debutante’s Ball to the Red Carpet’

Event: Norwood Park Historical Society Spring Tea
Benefiting: The Norwood Park Historical Society’s mission to work with the community to preserve its rich history and architectural integrity.
Dates: April 18 and 19
Location: Norwood Park Historical Society, 5624 N. Newark Ave., Chicago
Attended: About 100
Web: norwoodparkhistoricalsociety.org

LAURA PAVIN/PIONEER PRESS PHOTOS
Helen Oshona of Niles, left, Kathy Rutill of Edison Park and Sue Abraham of Chicago

Zenaida A. Sidan of Skokie, left, Zenaida B. Sidan of Deerfield, and Grace Tamraz of Park Ridge

Caroline Kapteyn of Skokie, left, Diane Petersen of Glenview and Heather Lartz of Lincolnwood

Helen Palesh of Jefferson Park, left, Louise Palesh of Norwood Park, JoAnne Palesh of Jefferson Park, Lisa Kawczinski of Park Ridge and Rosa Aleman of Berwyn

Want to see your event in Trend? Debbie Hoppe, Trend editorial assistant, will send you guidelines. Email her at dhoppe@pioneerlocal.com.
Conflicted feelings on the ‘dad bod’

Have you heard of the “dad bod” craze? It’s the phenomenon that resulted from an article written several weeks ago by Clemson University student Mackenzie Pearson.

“In case you haven’t noticed lately, girls are all about the dad bod,” Pearson wrote in her piece for The Odyssey. “The dad bod is a nice balance between a beer gut and working out. The dad bod says, ‘I go to the gym occasionally, but I also drink heavily on the weekends and enjoy eating eight slices of pizza at a time.’ It’s not an overweight guy, but it isn’t one with washboard abs, either.”

When I think of the dad bod, I think of Seth Rogen, Jason Segel, Adam Sandler or Paul Rudd: guys who are adorable, who like to have fun and who seem cuddly, sweet and non-intimidating, which are all great qualities.

That said, I’m a bit conflicted about the dad bod because with more muscles and less fat comes healthy most of the time. It shows he isn’t lazy and that he cares somewhat about his appearance.

Now, the million-dollar question: Do women want to sleep with dad bod guys? Here’s what I think: Relationships for those over 40 are very, very emotionally based. In other words, older men and women accept, and actually embrace physical flaws, with a lot more focus on inner beauty.

Men and women over 40 love on a deeper level, in my opinion. It’s really quite beautiful. Don’t get me wrong — physical attraction (which includes bodies) still matters. But ask any man or woman over 40 if he or she prefers being with someone who has a killer body or with a person who is loving, sweet and warm. I guarantee most will choose the latter.

I do feel the need to mention that I find myself a tiny bit bitter in regards to the celebration of the dad bod, when in fact, the female version of this is not something Lee people jumping for joy over. I can’t count the number of times I know who work out and healthy obsessively almost every day of their lives to look as thin and physically fit as they possibly can.

In other words, having a mom bod isn’t as “cute” as having a dad bod.

Here’s the bottom line: The guy with the six-pack abs and hard biceps? I’d be lying if I said he wasn’t physically attractive. But what he and the dad bod guy have in common is, when it comes to relationships, each one’s physique is only as good as what’s going on inside the heart. Love runs so much deeper than size or shape.

Jackie Pilossoph is a freelance columnist for Pioneer Press.

Tips on avoiding problems with online vendors

Dear Help Squad,

If you’re a regular reader of Help Squad, you will recall a recent column featuring Kay, who ordered photo albums and photo pages from an online catalog company that never delivered.

The company — which still has a functioning website, and even now appears to be taking online orders — is currently known as Archival Albums & Photo Pages.

At the time of Help Squad’s publication, Kay had received a temporary credit from Discover Card for her undelivered goods (ordered Jan. 6) and was awaiting confirmation or denial of a permanent credit.

Kay learned recently that her credit card $164.16 is permanent.

Said Kay: “I just got off the phone with Discover. They have credited my account — no longer temporarily — with the $164.16 for the charge from Archival Albums & Photo Pages ordered January 6, 2014. Yippee! I am thankful for that ... but it is sad to see so many trusting people get duped ... I am grateful for all the time and effort you have put into this for me. Thank you. The people from Discover I worked with have been very pleasant and helpful also.”

How could Kay — or anyone else for that matter — have avoided this situation in the first place? For some answers to that question, Help Squad turned to the FBI, the FTC and the credit card companies themselves. Here’s what we found out.

When Kay was actually able to reach Archival representative via phone (this was early on as the phone number listed on the website is currently non-functional), she was continually reassured that the company was simply having difficulty obtaining product and it would be shipped the next month. In light of what Help Squad

Cathy Cunningham

Help Squad

learned with regard to the window for filing a dispute (within 60 days of receiving the relevant Visa or MasterCard statement; ideally no more than 120 days after a transaction posts to Discover), unethical companies may simply try to stall until the defined credit card dispute period has expired.

According to the FBI’s website, the following tips can help you avoid common Internet fraud schemes:

• Do your homework on the company to ensure that it is legitimate.
• Research the company with the Better Business Bureau in the seller’s area.
• Check out other online review sites.
• Obtain a physical address and a telephone number, and call the seller to see if the telephone number is correct and working.
• Send an email to the seller to make sure the email address is active, and be wary of those that utilize free email services (such as Hotmail or Gmail) where a credit card wasn’t required to open the account.
• Don’t judge a company by its website. Flashy websites can be set up quickly.
• Be cautious when dealing with companies from outside your own country.
• Inquire about returns and warranties.
• If possible, purchase items online using your credit card, because you can often dispute the charges if something goes wrong. This is not always the case with debit cards; more on that below.
• Make sure the transaction is secure when you electronically send your credit card numbers (e.g., look for “https” in the browser address bar).
• Consider using an escrow or alternate payment service (such as PayPal, Google Wallet or WePay).

The FTC further cautions:
• Many credit card issuers have policies against merchants charging a credit card account before shipment. Both Visa and MasterCard have such policies. If you think a merchant charged your account prematurely, report it to the credit card issuer. Otherwise, the credit card issuer has no way to know that the merchant is not complying with its policies. This was most definitely the case for the 2010 charge Kay received on her Visa card.
• The consumer protections for a debit card fall under the Electronic Fund Transfer Act and may differ from protections for a credit card under the Fair Credit Billing Act. So you may not be able to dispute a debit and get a refund for non-delivery or late delivery. Still, some debit card issuers voluntarily offer protections and solutions to problems like the failure to receive merchandise bought with a debit card. Contact your debit card issuer for more information about particular policies and protections.

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 do our best to help.

Cathy Cunningham is a freelance columnist for Pioneer Press.
Treadmills are no walk in the park

Study shows the machines account for 66 percent of gym injuries. Follow these tips to stay safe during your next workout.

No phones! Or as Bracko put it: “Don’t look at your friggin’ phone, man. You’ve got to (set) your priorities. If it’s exercise, it’s exercise.” Many people don’t realize at first that the running or walking gait you use on a treadmill is different from the one you use in real life. Until you’re accustomed to that, and even once you are, looking at your phone is a danger these hard way when they suffered injuries related to exercise equipment, according to data for 2012. About 32,000 people were hospitalized or dead on arrival after those accidents, and, according to one study, 66 percent of gym injuries involve treadmills. The recent tragic death of Dave Goldberg, CEO of SurveyMonkey and husband of Facebook executive Sheryl Sandberg, is the exclamation point at the end of this warning.

So if you’re on vacation, as Goldberg was, and get a hankering to jump on the treadmill, or you’re a novice starting an exercise program, here are some tips on how to use the treadmill safely. They come from exercise physiologist Mike Bracko of Calgary, Alberta, who wrote the American College of Sports Medicine’s guide on treadmills. (The guide covers home treadmills, but the lessons apply in the gym as well.)

No phones! Or as Bracko put it: “Don’t look at your friggin’ phone, man. You’ve got to (set) your priorities. If it’s exercise, it’s exercise.” Many people don’t realize at first that the running or walking gait you use on a treadmill is different from the one you use in real life. Until you’re accustomed to that, and even once you are, looking at your phone is a major distraction that can cause you to trip.

“If you trip, you’re going to go down, and it’s not going to be pretty,” Bracko said.

But what if your music is in your phone (for those of you comfortable enough to listen on the treadmill)? Set it to airplane mode, Bracko said, so you won’t be tempted to respond to each ping or vibration as emails and texts arrive. And set your playlist so you won’t have to fiddle with a phone or iPod while you’re running.

Clip the emergency stop mechanism to your shirt or shorts. Don’t skip this step (!), and don’t hold it in your hand.

Straddle the treadmill with your feet on the rubber strips that are on either side of the belt. Hit “Quick-start” to get the treadmill rolling at a very slow pace,.5 or 1 mph. Don’t worry about any other buttons (your weight, your pace, workout length) yet. Start walking on the treadmill. Keep the pace slow until you’re comfortable, then very gradually increase it until you’re walking at a moderate pace. Get the feel of how each increase in speed affects the treadmill below your feet.

What’s a moderate pace? Take the talk test: If you can’t easily hold a conversation without huffing and puffing, you’re going too fast.

No running the first time. Bracko believes your first session on a treadmill should be a 20- to 30-minute walk, even if you’re an experienced outdoor runner. “A treadmill is so much different than running on a trail or a sidewalk,” he said.

But what if you need a tougher workout? Use the incline button to raise the treadmill so you’re going uphill. But keep walking.

Try to ignore the TVs and everyone around you. It’s difficult, but at first you need to keep your eyes on the console as you develop the balance and awareness of your body as you move. It’s a good idea to have your feet in your peripheral vision as you start out.

Kids must be closely supervised around treadmills. Boxer Mike Tyson’s 4-year-old daughter was killed when she became tangled in a cord connected to a treadmill in 2009, and many children have suffered burns and extremity injuries after getting their hands caught in the moving belt.

If the treadmill is in your home and you have young children, disable it after each use. And make sure it’s positioned away from walls, cabinets and other hard objects that can cause injuries if an accident occurs, as Sen. Harry Reid, D-Nev., learned painfully when his exercise band snapped and propelled him into some furniture at his Las Vegas home. The minority leader suffered a serious eye injury.

Bracko said there is no good way to know the safe age for a child to use a treadmill. You’ll have to gauge your child’s training age, that is, when, he or she has the maturity and coordination to use a treadmill. And again, closely supervise youngsters using such machines.

Get off the treadmill by slowing it down gradually, almost to a stop. Don’t stop abruptly, which can cause you to lose your balance, or try to get off a rapidly moving treadmill. When the device is moving at its slowest pace, hold the handrails and place one foot at a time on the rubber strips, so that you are straddling the belt. Hit stop and unclip the emergency device. Turn around and walk off on the rubber strips, not the belt.

I asked Bracko what else people tend to do wrong in the gym, and his answer surprised me. It’s the way they lift and put back weights, kettlebells and medicine balls at the rack. Although many people are careful about the way they lift these heavy objects while exercising, they become lax about grabbing them or putting them back, especially after a set has tired them. Instead of using their legs, they bend and lift from the lower back, endangering the discs in their spines.

Similarly, he said, too many people are still doing sit-ups, crunches and straight leg lifts that endanger these discs. Replace them with front and side planks and medicine ball chops, he said.
Stop blaming bad behavior on disease, psychiatrist says

BY LESLIE MANN
Tribune Newspapers

Modern psychology can do more harm than good, asserts retired psychiatrist Anthony Daniels (pen name: Theodore Dalrymple) in his book, "Admirable Evasions: How Psychology Undermines Morality."

Instead of taking responsibility for ourselves, "checklist psychiatry" allows us to blame any pattern of behavior on a "disease," said Daniels. 66

When he is not writing books (this is his 23rd), Daniels serves as an expert witness at murder trials, chases wild boars from his wife's garden and dreams of having a tidy office. He and his wife, Agnes, a retired psychoguriatrician, split their time between homes in France and England.

We caught up with Daniels during a recent trip to the U.S. This is an edited transcript:

Q: Why the pen name?
A: When I started writing books, I was a prison psychiatrist, so I wanted to keep my name separate. I thought "Theodore Dalrymple" sounded old-fashioned and ill-tempered.

Q: You lead with Shakespeare's King Lear saying mental illness is "the excellent foppery of the world, that when we are sick in fortune... we blame the sun, the moon and the stars."
A: Four hundred years later, it's still true, but we blame psychology instead of astrology. We call it progress.

Literature is far more illuminating into the human condition than psychology could ever hope to be.

Q: By giving us excuses for our behavior, you say, attributed by the living to the dead, now attributed by adults to children and by children to adults.

Q: How is profit a factor?
A: For a doctor to be reimbursed by the insurance company, he must fit the patient into a category, and the DSM ("Diagnostic and Statistical Manual of Mental Disorders," the industry bible) keeps adding more. The new edition (DSM-5) includes hoarding disorder, penetration disorder, impulse-control disorder and gambling disorder.

You could say I have a "book-buying disorder" because I cannot walk by a bookstore without buying a book.

Then, you must stay in therapy so the doctor keeps getting paid. I cite one woman in the book who has had 4,000 appointments. It's expensive, so we justify it.

Q: So we undergo psychoanalysis, as you explain, "ad infinitum"?
A: It's a journey from which we don't return. The most minor potential is the profoundest significance. Thus criteria of importance are lost.

Instead of spending years and years in therapy talking about yourself so you can find yourself, you should lose yourself in a cause, interest or activity. I'm working on three books; they're my purpose.

The paradox is over-treatment of people who don't need treatment and undertreatment of people who are genuinely disturbed.

Bad behavior can be the result of genuine mental or physical illness, but that's the small percentage of cases.

Mann is a freelance writer.

Study explores how color can affect what you buy

BY LESLIE MANN
Tribune Newspapers

Artists know intuitively that consumers perceive black-and-white imagery differently than they perceive color, according to psychologists who conducted an Ohio State University study. Now we know how this affects our purchasing behavior.

When we see a black-and-white image, we see the "big picture" by using "high-level" thinking, the authors said. In a new-car ad, for example, we see fuel efficiency and aerodynamic design. When we see it in color, we use "low-level" thinking and focus on superficial features such as seat color and cup holders.


In one phase of the study, "participants who saw color images of a radio were actually willing to pay more for it even though it didn't get the only station they would need at the remote campsite" they were asked to imagine, explained co-author Kentaro Fujita, OSU associate professor of psychology. "When they saw black-and-white images, though, they chose a less-expensive radio they could use. Color distracted them from essential features and attracted them to superficial ones."

In another phase, participants who watched black-and-white movies could better describe the actions in general terms than could people who saw them in color. Black-and-white viewers saw "getting nutrition" while color viewers saw “chewing and swallowing.”

Evolution matters, said the authors. Early humans relied on the eye's rods to tell them shape and motion, while cones told them color. Those with black-and-white, night vision lived to tell about predators in the night.

"We think of color as really, really important, but shape is primary," Fujita explained. "They had to recognize a lion in the night without seeing its color."

Even though color has become the norm in ads and packaging, "marketers should think about black-and-white vs. color before choosing willfully," Fujita said.

Mann is a freelance reporter.
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MANUFACTURER COUPON | EXPIRES 06/30/15
0073010-109993

$1.00 OFF
ONE Always® Radiant® OR Infinity® pads
(excludes trial/travel size)

MANUFACTURER COUPON | EXPIRES 06/30/15
0037000-109992

50¢ OFF
ONE Tampax® Product
16 ct. or higher

MANUFACTURER COUPON | EXPIRES 06/30/15
0073010-109994

50¢ OFF
ONE Always® Pantiliner
30 ct. or higher
(excludes Always Discreet)

MANUFACTURER COUPON | EXPIRES 06/30/15
0037000-109990

*Vs. Playtex Sport among regular absorbency. Playtex Sport is a trademark of Energizer Holdings, Inc.

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HEALTHY YOU

Say "I Do" to a Whiter Smile

OUR
WHITEST
WHITE

Like a $500 Professional Treatment

3D WHITE
Whitestripes LUXE

Supreme FLEXFIT

OUR WHITEST WHITE - LIKE A 500 PROFESSIONAL TREATMENT!

HEALTHY YOU

$5.00 OFF

ONE Crest® 3D White™ 1 Hour Express 4 ct., Professional Effects 20 ct., Professional Effects+1 Hour Express 22 ct. OR Supreme FLEXFIT 14 ct. OR 17 ct. Whitestrips® (excludes trial/travel size)

CASHIER: Please verify purchase.
Use of this coupon without proper purchase constitutes fraud.

MANUFACTURER COUPON EXPRESSES 06/14/15
CONSUMER: LIMIT ONE COUPON PER PURCHASE of products and quantities stated. LIMIT OF 4 IDENTICAL COUPONS PER HOUSEHOLD PER DAY. Any other use constitutes fraud. Coupons not authorized if purchasing products for resale. VOID if transferred, sold, auctioned, reproduced or altered from original. You may pay sales tax. Do not send to Procter & Gamble.

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0076660-109948

$2.00 OFF

TWO Fixodent® Adhesives 1.4 oz or larger (excludes trial/travel size)

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MANUFACTURER COUPON EXPRESSES 06/30/15
CONSUMER: LIMIT ONE COUPON PER PURCHASE of products and quantities stated. LIMIT OF 4 IDENTICAL COUPONS PER HOUSEHOLD PER DAY. Any other use constitutes fraud. Coupons not authorized if purchasing products for resale. VOID if transferred, sold, auctioned, reproduced or altered from original. You may pay sales tax. Do not send to Procter & Gamble.

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0076660-109946

75¢ OFF

ONE Fixodent® Adhesive 1.4 oz or larger (excludes trial/travel size)

CASHIER: Please verify purchase.
Use of this coupon without proper purchase constitutes fraud.

MANUFACTURER COUPON EXPRESSES 06/30/15
CONSUMER: LIMIT ONE COUPON PER PURCHASE of products and quantities stated. LIMIT OF 4 IDENTICAL COUPONS PER HOUSEHOLD PER DAY. Any other use constitutes fraud. Coupons not authorized if purchasing products for resale. VOID if transferred, sold, auctioned, reproduced or altered from original. You may pay sales tax. Do not send to Procter & Gamble.

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HEALTHY YOU

SAVE $5 up to

P&G brandSAVER

$2.00 OFF

ONE Oral-B®
Adult
Battery
Toothbrush
(excludes trial/travel size)

POLISH STAINS AWAY
WITH
14,000
STROKES
PER MINUTE

ALSO TRY OUR OTHER BATTERY BRUSHES

life opens up when you do

Oral-B®

©2015 P&G
ORAL-B®

06/30/15
Always Discreet Underwear

Absorbs Faster Than Depend®

Just for bladder leaks

Learn more at AlwaysDiscreet.com

Find Always Discreet products in the Adult Incontinence aisle

Also available in Liners and Pads

P&G brandSAVER

$2.00 OFF

ONE Always® DISCREET Underwear Product (excludes other Always Products and trial/travel size)

CONSUMER: LIMIT ONE COUPON PER PURCHASE OF PRODUCTS AND QUANTITIES STATED. LIMIT OF 4 IDENTICAL COUPONS PER HOUSEHOLD PER DAY. NO REPRODUCTION OR ALTERATION OF COUPON PERMITTED. VOID IF TRANSFERRED, SALES, REPRODUCED OR ALTERED FROM ORIGINAL.郵寄或電子版的郵件不可使用此鈔劵。

MANUFACTURER COUPON | EXPIRES 06/30/15

0037000-110256

P&G brandSAVER

$2.00 OFF

ONE Always® DISCREET Liner OR Pad Product (excludes other Always Products and trial/travel size)

CONSUMER: LIMIT ONE COUPON PER PURCHASE OF PRODUCTS AND QUANTITIES STATED. LIMIT OF 4 IDENTICAL COUPONS PER HOUSEHOLD PER DAY. NO REPRODUCTION OR ALTERATION OF COUPON PERMITTED. VOID IF TRANSFERRED, SALES, REPRODUCED OR ALTERED FROM ORIGINAL.郵寄或電子版的郵件不可使用此鈔劵。

MANUFACTURER COUPON | EXPIRES 06/30/15

0037000-110257

P&G brandSAVER

50¢ OFF

ONE Duracell® CopperTop, Quantum, Ultra Photo Lithium, Specialty Batteries, Rechargeable Batteries, Duracell Charger OR 6-pack OR larger Duracell Hearing Aid Batteries (excludes trial/travel size)

CONSUMER: LIMIT ONE COUPON PER PURCHASE OF PRODUCTS AND QUANTITIES STATED. LIMIT OF 4 IDENTICAL COUPONS PER HOUSEHOLD PER DAY. NO REPRODUCTION OR ALTERATION OF COUPON PERMITTED. VOID IF TRANSFERRED, SALES, REPRODUCED OR ALTERED FROM ORIGINAL.郵寄或電子版的郵件不可使用此鈔劵。

MANUFACTURER COUPON | EXPIRES 06/30/15

DURACELL

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Happy Father's Day!

BABY CARE

Pampers

easy ups.

Diapers • Pants • Wipes

BABY CARE

Potty Train with FEWER LEAKS than Huggies' Pull-Ups™

$3 OFF + $2 OFF

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PROVIDED COPY AVAILABLE AT ABOVE ADDRESS. NO CASH OR CREDIT CARD AT STORE PRICE MAY BE RETURNED TO CONSUMER OR APPLIED TO TRANSACTION. CASH VALUE 1/20 OF 1¢.

One Pampers Splashers® Swim Pants
(excludes trial/travel size)

MANUFACTURER COUPON | EXPIRES 06/30/15
0037000-110731

CONSUMER: LIMIT ONE COUPON PER PURCHASE of products and quantities stated. LIMIT OF 4 COUPONS PER HOUSEHOLD PER DAY. Any other use constitutes fraud. Coupons not authorized if purchasing products for resale. VOID if transferred, sold, auctioned, reprinted or altered from original. You may pay sales tax. Do not use in conjunction with any other offer. Procter & Gamble, 2150 Sunnybrook Drive, Cincinnati, OH 45207, compliance with policy includes testing for counterfeit. Does not apply to trial/travel size. Cash Value 1/20 of 1¢.

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TWO Bags OR ONE Box Pampers’ Easy Ups® Training Pants OR UnderJams® Absorbent Night Wear
(excludes trial/travel size)

MANUFACTURER COUPON | EXPIRES 06/30/15
0037000-110732

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DEALER: Sending to Procter & Gamble, 2150 Sunnybrook Drive, Cincinnati, OH 45207, compliance with policy includes handling for copy available at above address. No cash or credit card at store price may be returned to consumer or applied to transaction. Cash Value 1/20 of 1¢.

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2.00 OFF

CONSUMER: LIMIT ONE COUPON PER PURCHASE of products and quantities stated. LIMIT OF 4 COUPONS PER HOUSEHOLD PER DAY. Any other use constitutes fraud. Coupons not authorized if purchasing products for resale. VOID if transferred, sold, auctioned, reprinted or altered from original. You may pay sales tax. Do not use in conjunction with any other offer. Procter & Gamble, 2150 Sunnybrook Drive, Cincinnati, OH 45207, compliance with policy includes testing for counterfeit. Does not apply to trial/travel size. Cash Value 1/20 of 1¢.

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3.00 OFF

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1.00 OFF

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PROVIDED COPY AVAILABLE AT ABOVE ADDRESS. NO CASH OR CREDIT CARD AT STORE PRICE MAY BE RETURNED TO CONSUMER OR APPLIED TO TRANSACTION. CASH VALUE 1/20 OF 1¢.

2.00 OFF

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1.50 OFF

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THE STRENGTH
YOU NEED, WHEN YOU NEED IT

Don't forget to try
BOUNTY NAPKINS.
ONE NAPKIN. ALL CLEAN!

50% STRONGER.*
AFFORDABLY PRICED.
*when wet vs. leading ordinary brand

2X MORE ABSORBENT*
"vs. the leading ordinary brand, 11" x 8.8"

$1.00 OFF
TWO Bounty® Towels 2 Rolls or larger
(excludes trial/travel size)

25¢ OFF
ONE Bounty® Product
(excludes trial/travel size)

25¢ OFF
ONE Charmin® Product
(excludes trial/travel size)
Clean Starts With Your Machine

Dishwasher Cleaner
Helps eliminate limescale, grease & malodors in your dishwasher

Washing Machine Cleaner
Helps remove odor-causing residues in any washer

Your shirts will look newer 50% longer — and we can prove it!
We use the GreenEarth® dry cleaning process, which has no harsh chemical smell and is gentler on your clothes.

Missing buttons replaced automatically, every time.

Anytime™ 24-hour drop-off and pick-up. Same day service Mon – Sat on most items dropped off by 9 a.m. Convenient weekend hours.

Visit www.tidedrycleaners.com to find a store near you!

ALL DRY CLEANERS are not created EQUAL

You deserve MORE!
<table>
<thead>
<tr>
<th>Coupon</th>
<th>Description</th>
<th>Expiry Date</th>
<th>Offers</th>
</tr>
</thead>
<tbody>
<tr>
<td>0037000-110287</td>
<td>$3.00 OFF TWO Tide Detergents, Downy OR Tide Washing Machine Cleaner (excludes Tide Detergent 10 oz, Downy Libre Enjuague, Tide Simply Clean &amp; Fresh*, Tide Simply Clean &amp; Sensitive*, Tide PODS*, and trial/travel size)</td>
<td>06/30/15</td>
<td>MANUFACTURER COUPON</td>
</tr>
<tr>
<td>0037000-110288</td>
<td>$1.00 OFF ONE Tide* Detergent (excludes Tide Detergent 10 oz, Tide PODS*, Tide Simply Clean &amp; Fresh*, Tide Simply Clean &amp; Sensitive*, Tide PODS*, and trial/travel size)</td>
<td>06/30/15</td>
<td>MANUFACTURER COUPON</td>
</tr>
<tr>
<td>0037000-110289</td>
<td>$1.00 OFF ONE Tide* boost 18-37 ct. OR Tide OXI (excludes trial/travel size)</td>
<td>06/30/15</td>
<td>MANUFACTURER COUPON</td>
</tr>
<tr>
<td>0037000-110290</td>
<td>75¢ OFF ONE Tide* boost*, Tide OXI, Tide Washing Machine Cleaner, Downy OR Bounce® (excludes Tide Detergent 10 oz, Downy Libre Enjuague, Tide Simply Clean &amp; Fresh*, Tide Simply Clean &amp; Sensitive*, Tide PODS*, Downy Unstopables® and trial/travel size)</td>
<td>06/30/15</td>
<td>MANUFACTURER COUPON</td>
</tr>
</tbody>
</table>
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IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS COUNTY DEPARTMENT - CHANCERY DIVISION
THE ESTATE OF MARY K. ALEXANDER, DECEASED,
Plaintiff,

V.

IN RE ESTATE OF MARY K. ALEXANDER,
Deceased,

Defendant.

Case No. 15CH11866

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS COUNTY DEPARTMENT - CHANCERY DIVISION
WASHINGTON TRUST, N.A., AS TRUSTEE FOR THE STRUCTURED ASSET MORTGAGE BACKED SECURITIES TRUST, MORTGAGE PASS-THROUGH CERTIFICATES SERIES 2007-AR1,

Plaintiff,

V.

ARTUR ABDUL KAREEM, ABDEL KAREEM, LATEEFA KHAN, HISTORY, CAREER, HEALTH MANAGEMENT ASSOCIATES, CHICAGO, ILLINOIS,

Defendants.

Case No. 15CH11709

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS COUNTY DEPARTMENT - CHANCERY DIVISION
NEWBURY SALES CORPORATION,

Plaintiff,

V.

RANDY W. BOYD, DAVIS W. BROWN, TRUSTEE FOR THE BAYVAN LOAN SERVICING, LIC, 1500 S. 6TH STREET, SUITE 400, STERLING, ILLINOIS,

Defendants.

Case No. 15CH11634

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS COUNTY DEPARTMENT - CHANCERY DIVISION
WILLIAMSON TRUST, N.A., AS TRUSTEE FOR THE STRUCTURED ASSET MORTGAGE BACKED SECURITIES TRUST, MORTGAGE PASS-THROUGH CERTIFICATES SERIES 2007-AR1,

Plaintiff,

V.

HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLAH ALI, MAMOUD ALI, ZAMIR ALI, HABIB M. ALI, TARIQULLA...
REVENUES

Property Tax

Interest Income

Miscellaneous Income

TOTAL REVENUES: 514,660.32

EXPENDITURES

Maintenance

Social Security & Medicare

Miscellaneous

TOTAL EXPENDITURES: 558,915

BEGINNING BALANCE, APRIL 1, 2014: 177,269.34

ENDING BALANCE, APRIL 1, 2015: 124,079.08
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

A. City in Iran
B. Supreme Court Justice Sam
C. Charge: 2 wds.
D. Passover menu item: 2 wds.
E. Precedes beth and gimel
F. What has four wheels and flies, e.g.
G. River in Iraq
H. Give up and get back: 2 wds.
I. Life, to Hamlet: 2 wds.
J. Czech river

Words

144 17 81 62
39 18 43 103 69
200 105 75 116 59 26 44 16 145
164
19 160 161 91 136 34 72 8 51
85 37 12 106 149 71 122
55 86 22 69 99 134 113 2 123
159 38 72.
142 64 32 84 115 24
76 158 1 137 166 125 57 104
117 9 165 95
70 143 46 92 41
61 10 162 29 121 150 129 96 48
63 128 65 54 157 141 42 14
30 49 82 165 5 124 112 139 110
20 50

Last week's results appear on the last page of Puzzle Island.

By Angela Hoyt.
Edited by Linda and Charles Preston.
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Plus

BY CHARLES PRESTON

ACROSS
1 Groove
4 Mail
8 Red-coated cheese
12 Will: ___-wisp
14 Veil material
15 Thatch
16 Other, abroad
17 Kind of soup
18 Military transport
19 Prophet
20 13
22 Locks
24 Bean variety
25 Luxurious
26 Scout, at times
29 Weep
32 Snub
35 Church area
36 Harry's successor
37 Landed
38 Mad
40 Corn lily
41 Crew
42 Stravinsky ballet
43 Baffled
45 Spelling contest
46 Elate
48 Salamander
49 Skill
50 Was charitable
54 10
58 Washington's Janet
59 Grotto
60 Merchant ship
61 Old king of England, Denmark, and Norway
62 Sharif
63 Water nymph
64 To be, in Belleau
65 Departed
66 List ender
67 Affirmative

DOWN
1 Perch
2 Complete
3 12
4 Chastise
5 Actress Lena
6 Blackthorn
7 17
8 Savor
9 Prie_
10 Mimic
11 Chart
13 Sound distance
14 Instrumentalist's concern
21 Links shout
23 Neighbor of Isr.
27 Foolish
28 Krazy___
29 26
30 Migrant worker
31 Rosary unit
32 Metrical foot
33 Kind of club
34 Nine
39 Caviar
40 Valid
42 Farm unit
44 English ref. bk.
47 Disclose
49 Prevent
51 Pill
52 Harden
53 Is overly fond of
54 Fortune's partner
55 Lendi
56 Decree
57 Hipbones
59 Daunt

Last week's answers appear on the last page of Puzzle Island. © 2015 Creators News Service.
A TALE OF MANY CITIES

By Kevin G. Der/Edited by Will Shortz

When this puzzle is completed, the circled letters will form a path (starting in the shaded circle) spelling out the puzzle's theme. Each long Down answer contains a hidden city, reading in order from top to bottom, not necessarily consecutively. The location of the city, and its number of letters, are indicated.

ACROSS
1 Easily, a wish
2 Lighter for a meal
3 Tavern menu heading
4 Traveler at the speed
5 A coalition
6 Small force
7 Warrior in the "Disc-
8 "War" at auction, say
9 Alternative to metal
10 Gun for a fight
11 Suffix with stink
12 Cousins
13 Ulan-_. (capital of a
14 Local theater, slangily
15 Laura who wrote and
16 "Not only that...
17 '0, never say that I was
18 "Don't know who wrote it..."
19 Alternative to metal
20 "Don't know who wrote it..."
21 "Don't know who wrote it..."
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99 "Don't know who wrote it..."
100 "Don't know who wrote it..."

DOWN
1 "Walk __" (1964 hit)
2 "Pretty Maids All In
3 "Poetry of the Planet
4 "Is this bad?
5 "Singer _ Rose
6 "Barber's supply
7 "Sh Networking response
8 "Ryugy province
9 "Title On the Road
10 "Was bankrupt, say
11 "Blue shade
12 "Stupefy
13 "Missed pitches
14 "Bartman in "The
15 "Dyspepsia reliever
16 "All at the start?
17 "Home of the Big 12
18 "Author's Reserve
19 "Spoooky sounds
20 "1988 Bon Jovi hit
21 "Worried woman
22 "Other's in
23 "Geena Davis thriller
24 "A neighbor
25 "A neighbor
26 "A neighbor
27 "A neighbor
28 "A neighbor
29 "A neighbor
30 "A neighbor
31 "A neighbor
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99 "A neighbor
100 "A neighbor

Last week's crosswords

"Body Language"

Last week's Quote-Acrostic

(Jason) ZWEIG: THE PORTFOLIO
REINS: Female investors make safety
first and regularly outperform men.
In the male investor's testosterone
poisoned sandbox the most important
objective is wallowing the other bozo;
second is bragging about it.

Last week's Sudoku

```
2 1 6 5 8 3 9 7 4
3 4 9 7 6 2 1 5 8
7 8 5 4 9 1 3 6 2
4 9 3 2 5 6 8 1 7
8 7 2 3 1 4 5 9 6
6 5 1 9 7 8 4 2 3
5 6 4 1 3 7 2 8 9
9 2 7 8 4 5 6 3 1
1 3 8 6 2 9 7 4 5
```

This week's Jumble

PARDON TURNIP ACCENT
USEFUL PLEDGE DOCTOR

The farmer raised fruits and vege-
tables because he wanted to —

PRODUCE

PRODUCE
VILLAGE OF MORTON GROVE
STATEMENT OF RECEIPTS AND DISBURSEMENTS
FOR CALENDAR YEAR ENDED 2014

SECTION I: REVENUE EXCLUSIVE OF TRANSFER FROM OTHER FUNDS
FOR CALENDAR YEAR 2014

<table>
<thead>
<tr>
<th>Service/Department</th>
<th>Revenue</th>
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<tbody>
<tr>
<td>General Corporate Fund</td>
<td>$26,138,244.56</td>
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<tr>
<td>Property Taxes</td>
<td>$2,398,000.00</td>
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<tr>
<td>Property Tax- Fee Per Acre</td>
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<td>Property Tax-People PNL</td>
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<tr>
<td>Property Tax-Chief</td>
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<tr>
<td>Property Tax-HABF</td>
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<td>Real Estate Transfer Tax</td>
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<td>Self Storage Tax</td>
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<td>Housing Trust Tax</td>
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<td>Electric Consumption Tax</td>
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<td>Natural gas tax</td>
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<td>Sales Tax</td>
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<td>Sales Tax Home Rule</td>
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<td>Local Use Tax</td>
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<td>Store Of State Income Tax</td>
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<td>Personal Property Replacement</td>
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<td>Utility Tax</td>
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<td>Audubon Tax</td>
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<td>Food &amp; Beverage Tax</td>
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<td>Foreign Fire Insurance Tax</td>
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<td>Building Permit Fees</td>
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<td>Other Permits</td>
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<td>Motor Vehicle Licenses</td>
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<td>Liquor Licences</td>
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<td>Business Licences</td>
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<td>Burial Right Licenses</td>
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<td>Animal Licences</td>
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<td>Planning Commission Fees</td>
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SECTION II: SALARIES FOR CALENDAR YEAR 2014

<table>
<thead>
<tr>
<th>Name</th>
<th>Total Payroll Disbursement</th>
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<tbody>
<tr>
<td>Maguire, Kathleen P</td>
<td>$22,000.00</td>
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<tr>
<td>Vaitos, Sean P</td>
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<td>Mancini, Deborah M</td>
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<tr>
<td>Muy, Sheldon</td>
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<td>Meyer, Jeremy J</td>
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<tr>
<td>Mayes, Staff P</td>
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<td>O'Shea, Joseph P</td>
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<td>Petito, John</td>
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<tr>
<td>Rait, Editha</td>
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<tr>
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<td>Sievert, Theodore</td>
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<tr>
<td>Szolcynisk, Randal</td>
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<td>Thl, John</td>
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<tr>
<td>Thoral, Mathew Schwaanz</td>
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<td>Whistler, Nichol D</td>
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<td>While, Krist</td>
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<td>Wilko, Janne</td>
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<tr>
<td>Young, Adam W</td>
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<tr>
<td>Ziefeld, Robert B</td>
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<td>Zimmerman, Jebb</td>
<td>$5,000.00</td>
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</tbody>
</table>

Total Payroll Disbursement: $14,853,152.83

Capital Projects Fund

| Property Taxes                                          | $12,217,259.00  |
| Sales Tax Home Rate                                     | $15,000.00       |
| Personal Property Replacement                          | $34,920.00       |
| Interest Income                                        | $1,236,359.34    |

Total: $14,136,538.33

Contrib-Prop Tax-Debt Fund

| Interest Income                                       | $33,147.11       |
| Employee Contributions                                | $4,317.38        |
| Contributions-License                                  | $14,086.34       |
| Employee Contributions (Water)                        | $9,864.00        |

Total Payroll Disbursement: $14,853,152.83
<table>
<thead>
<tr>
<th>Company Name</th>
<th>Amount ($)</th>
</tr>
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<tbody>
<tr>
<td>A Lamp Concrete Contractors Inc</td>
<td>56,193.53</td>
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<tr>
<td>Ace Truck &amp; Tractor Supply Co</td>
<td>551,045.60</td>
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<td>Adelphi Greening Inc</td>
<td>136,850.00</td>
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<td>Administrative Consulting Specialists LLC</td>
<td>17,000.00</td>
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<td>Advocare Occupational Health</td>
<td>17,825.00</td>
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<tr>
<td>Allied CompuServices</td>
<td>5,047.75</td>
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<tr>
<td>Allamalagated Bank of Chicago</td>
<td>582,975.00</td>
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<tr>
<td>Amazon</td>
<td>7,242.24</td>
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<td>American Express</td>
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<td>American Green</td>
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<td>American Traffic Solutions</td>
<td>81,950.00</td>
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<td>American Eagle com Inc</td>
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<tr>
<td>American Motors Corp</td>
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<td>Amber Electric Inc</td>
<td>4,905.00</td>
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<td>Amberline Electric Company Inc</td>
<td>92,000.00</td>
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<td>Ares Industries</td>
<td>111,864.05</td>
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<td>Arrowhead Scientific Inc</td>
<td>7,594.10</td>
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<tr>
<td>Artisan Web Inc</td>
<td>19,509.00</td>
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<td>AT&amp;T</td>
<td>507,755.00</td>
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<td>AT&amp;T Long Distance</td>
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<td>Atlas Bancorp</td>
<td>120,981.20</td>
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<td>Atlantic Companies</td>
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<td>Audiotron Grove Co</td>
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<td>Automation Engineering Ltd</td>
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<td>Automobile Mechanics, Local</td>
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<td>Bank of New York Mellon, The</td>
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<td>Bello Ca Inc</td>
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<td>Bello Lines</td>
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<td>Big John's Seal Co</td>
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<td>Billigman Computer Repair Echo Inc</td>
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<td>Blue Star Drum &amp; Brass Co</td>
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<td>Boston Contactors Inc</td>
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<td>BVA Systems Inc</td>
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<td>Call One</td>
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<td>Cavi Lot</td>
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<td>Cavalier Drum &amp; Bugle Corps</td>
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<td>Certified Fleet Services Inc</td>
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<td>CBMT, Inc (Closed &amp; Geotechnical Material Testing)</td>
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<td>City of Evanston</td>
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<td>Cute Motors</td>
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**TOTAL DISBURSEMENTS:** $726,728.28
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#connect
Large doses of ginger can cause side effects

By Joe Graedon and Teresa Graedon

Q: I weaned myself of Nexium very gradually. It took four months, but I was successful. I found taking ginger capsules morning and evening very helpful. Ginger tea is good, too, but the capsules are more convenient. I wish I had used them much sooner in the weaning process. Are there any health concerns about consuming so much ginger (1 gram) daily?

A: Ginger has traditionally been used to treat nausea, vomiting and other digestive distress. Despite this, some people report gastrointestinal symptoms such as heartburn or diarrhea, especially at high doses. Obviously that did not affect you, since you were using it to ease the heartburn that can be triggered when you stop taking a medicine like esomeprazole (Nexium) or omeprazole (Prilosec).

The dose that you used is within the usual dosing range, which runs from about 500 mg to about 2 grams per day. There are some potential interactions: Ginger should not be taken together with the blood-pressure pill nifedipine, as it might lead to bruising or bleeding. It might not be wise to take ginger with the anticoagulant warfarin for the same reason.

We provide other natural approaches to getting off acid-suppressing drugs in our Guide to Digestive Disorders. 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. G-3, P.O. Box 52027, Durham, NC 27717-2027. It also can be downloaded for $2 from our website: www.peoplespharmacy.com.

Q: I have been diagnosed with granuloma annulare by a dermatologist who said there is no cure. Is there anything that can arrest this condition?

A: Granuloma annulare (GA) is characterized by red bumps on the skin, especially the hands, legs or feet. They may form a circle on the skin.

This condition appears to be an immune-system reaction, but doctors do not know what causes it. Occasionally it appears after an immunization. Treatment with steroids is often unsatisfactory.

Some visitors to our website have reported success dousing the rash with vinegar on a daily basis.

In their column, Joe and Teresa Graedon answer letters from readers. Send questions to them via www.peoplespharmacy.com.

Fruits, veggies might keep brain chugging into old age

By Amy Norton

People who eat plenty of fruits and vegetables may preserve more of their memory and thinking skills as they grow old, a new large study suggests.

The findings, published online in the journal Neurology, add to a growing body of evidence linking healthy eating habits to a lower risk of dementia.

Researchers found that among nearly 28,000 older adults from 40 countries, those who scored in the top 20 percent on a "healthy eating" scale were less likely to show declines in memory, attention and other mental skills over the next five years.

Compared with older adults who favored foods like red meat and sweets, the risk of mental decline for the healthiest eating group was about one-quarter lower. Among the people with the healthiest diet, about 14 percent showed declines in thinking, compared with about 18 percent of those with the least healthy diets.

The study does not prove that diet, by itself, confers the benefit, said lead researcher Andrew Smyth, a fellow at McMaster University in Hamilton, Ontario, Canada.

But no one knows for certain what the optimal brain diet looks like, said Christy Tangney, a professor of clinical nutrition at Rush University in Chicago.

Tangney, who was not involved in the new research, studies diet and dementia risk. In a recent study, she and her colleagues found that older adults with an eating pattern they dubbed the "MIND diet" had a lower risk of developing Alzheimer's disease.

That diet, Tangney said, is essentially a hybrid of the famous Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet, both of which can help ward off heart disease and stroke.

The MIND diet emphasizes vegetables and fruits (leafy greens and berries, in particular), whole grains, nuts, olive oil, beans, poultry and fish. It discourages red meat, cheese, butter, sweets and fried foods.

But, Tangney said, the diet has not been proved to stave off dementia. That's because it hasn't been put to the scientific test in a clinical trial, in which people would be randomly assigned to follow the diet or not.

In general, Tangney said, research into diet and the aging brain needs to "move on to the next phase."

"That means the clinical trial stage," she said. Unfortunately, she added, such diet studies are complicated and expensive, and funding can be hard to come by.

Why would healthy food choices help preserve your memory as you age? One possibility, according to Smyth's team, is that the anti-inflammatory nutrients in foods like fruits, vegetables and fish help preserve brain health.

Plus, what's good for the heart is often good for the brain by lowering blood pressure, improving blood flow or possibly staving off subtle "covert" strokes, Smyth said.

Tangney said that because the DASH and Mediterranean diets are proved to benefit cardiovascular health, they are wise choices.

"There are foods common to both that can help protect you against heart disease and stroke — and potentially cognitive decline," she said.
Celery seed is a secret ingredient to add a little pizazz to classic American potato salad.

SERIOUSLY SIMPLE
Take potato salad up a notch in competition for best taste

By Diane Rossen
Worthington
Tribune Content Agency

At a national potato salad contest I judged last summer, every entrant claimed to have the best recipe. After sampling more varieties than I can remember, I came to the obvious conclusion that taste is truly a matter of personal opinion. I couldn't enter my potato salad into that contest, but I still think this one could be a contender. It has all the components of classic American potato salad, with a little pizazz. The secret ingredient is celery seed.

This salad is creamy, mustardy and even includes chopped hard-boiled eggs. Make sure to keep the salad chilled at all times to avoid any health problems. I prefer unpeeled potatoes for potato salad because they add color (not to mention it saves time in the kitchen).

Old-fashioned potato salad

Makes: 6 to 8 servings

3 pounds medium red rose or bliss, tan-skinned or yellow (Yukon Gold) potatoes
3/4 cup sour cream
3/4 cup mayonnaise
2 ribs celery, finely diced
2 tablespoons chopped green onions
2 teaspoons celery seed
1/2 cup chopped parsley
2 hard-cooked eggs, coarsely chopped
1 teaspoon Dijon grainy mustard
Salt and white pepper

Cook the potatoes in a large pot of salted boiling water until tender but slightly resistant when pierced with a fork, about 30 minutes. Drain and cool. Cut into 2-inch chunks; place in a medium bowl.

Combine sour cream, mayonnaise, celery, green onions, celery seed, parsley, chopped egg, mustard, and salt and pepper to taste in a small bowl. Mix well.

Pour mixture over potatoes; mix gently until coated. Taste for seasoning. Refrigerate at least 2 hours or up to one day. Serve cold.

Hit the refresh button
Summer cocktail

Prep: 5 minutes
Serves: All of summer

Sugar
Lemon zest
Lemon sorbet
Strawberries
Vodka
Champagne

1. Buzz: Drop 1 cup sugar and the zest of 1 lemon into the food processor. Buzz to fine, lemon-scented grit. Keep tightly sealed, ready for cocktail duty.
2. Dip: To craft one summer cocktail, dip the rim of a glass (any shape) in water, then dip in lemon sugar.
3. Swirl: Drop 1 scoop (about 1/4 cup) sorbet, 1 strawberry and 1 tablespoon vodka into the food processor. Swirl smooth.
CULINARY GIANT ELIZABETH DAVID

Achieved fame with well-crafted cookbooks

Brought vivid Mediterranean flavors to life for war-weary Britons

BY BILL DALEY

Tribune Newspapers

Elizabeth David was a 20th-century writer and cookbook author who first brought the vivid flavors, colors and imagery of the Mediterranean to war-weary Britons still living with food rationing. Her writings, her recipes and her scholarship continue to inspire cooks, writers and diners on both sides of the Atlantic even now, 23 years after her death.

Ruth Reichl, author and former editor of Gourmet magazine, sees David as a champion of quality ingredients who inspired the birth of California cuisine and the new American food movement.

"When I see simple, market-driven dishes, I think about her," Reichl said.

David never enjoyed the public recognition in the United States of someone like Julia Child or James Beard. But in the United Kingdom, her "influence is felt everywhere," wrote Marlena Spieler, an American-born food writer and cookbook author, in an email from her home outside London. "Every time someone squeezes a lemon or makes something with garlic, each time someone evokes the Mediterranean or provincial France, Elizabeth David's ghost rings through quite happily."

"I think one of the reasons she wasn't more popular in the USA was because her recipes weren't carefully measured," Spieler added. "They were written in prose, and often beautifully. But there were no absolutes, nor did she hold your hand."

"She says to gather good ingredients and let your imagination go," Reichl said, noting David wanted the cook to "use your mind, use your mouth, use your intelligence. Her intention was to be liberating. She's someone who trusts the cook."

Gareth Jones is a food consultant, cook and blogger who, in turn, has trusted David for decades.

She had, he said in an email, "the bravery in her writing to assume her readers were not beginners, and what they maybe didn't understand, they'd be savvy enough to go and find out."

David's first cookbook, "A Book of Mediterranean Food," was published in 1950. The book distilled this upper-class woman's food experiences in the Méditerranéen, where she spent the war working for the British government in Egypt.

"Elizabeth's food appeared like a ray of sunshine on a dim, grim British table. It was sexy food, even," Spieler added. "People were ... attracted like moths to a flame."


David's articles for the Sunday Times were "short, lively and eminently practical," wrote Artemis Cooper in her 1999 biography of David, titled "Writing at the Kitchen Table." She quoted from one of David's letters: "The first thing I want to know about a recipe, whatever its cost, is whether it's going to produce real food as opposed to a piece of frippery nonsense."

"Frippery nonsense, indeed! David could be just as forthright on the printed page and, as Cooper writes, in dealing with family, friends and partners in the pioneering kitchenware shop she opened in London during the 1960s. It's telling that Cooper chose to title a chapter "Friends, Editors and Other Enemies."

William Rice, the Chicago Tribune food writer, wrote in a 1992 memorial tribute, "Her crankiness was due in no small part, I discovered, to a series of illnesses and her failure to obtain the financial success that came to others in the food field. But in the company of friends and agreeable food and wine, she was charming."

Jones believes "it was Elizabeth David more than any other that created the genre of good food writing in the 20th century."

"Elizabeth David is essential reading to anyone who claims to genuinely care for authenticity over ersatz," Jones added. "She is masterful today as ever."
CHAIN REACTION SMOKE & MIRRORS EDITION

Brisket sandwich, loaded fries are put to the test

BY KEVIN PANG | Tribune Newspapers

This month we look at fast-food chains making some bold claims. Arby's claims barbecue authenticity by saying it's smoking brisket 13 hours in a Texas smokehouse. Wendy's says it's employing the spiciest chili pepper in the world in its loaded French fries. Is either of these claims worth its salt?

Arby's smokehouse brisket

Ad copy: "We set out to make a sandwich with layers of smoky flavor, and this is the result. We smoke our brisket for at least 13 hours in a pit smoker in Texas."

Our take: Off the bat, let's disregard the 13-hour-smoke marketing ploy. Brisket is a lean cut as is, especially when it's USDA select grade, meaning there's precious little marbling. But the beef is shaved into paper-thin shards, so the end texture is tender. The barbecue sauce is candy sweet and an abomination to the barbecue ideal. That said, the components all serve a flavor or textural purpose. Mayonnaise and melted smoked gouda add a creamy richness, and the fried onion rings give off crispiness. Tweak a few things, and it's halfway to a decent chain sandwich.

Nutritional facts: 610 calories, 35g fat, 1,230mg sodium

McGrade: B

Wendy's ghost pepper fries

Ad copy: "With fresh-diced jalapenos, our signature ghost pepper sauce and melty shredded cheddar, you'll want to hold on to these hot potatoes."

Our take: This is essentially a 2015 packaging of loaded baked potatoes, except the potatoes are French sliced and fried in oil, then voided of all crispiness when kept in a sealed container. The fries are held together by a neutral, Velveeta-like cheddar cheese sauce. The spicy component comes in the ghost pepper sauce, which, in fact it does come from the naga jolokia pepper, can lay claim to being the hottest chile on earth. The spice level in this mayo-like sauce has been tempered to a 4 out of 10, and the whole clump is topped with diced jalapeno.

Nutritional facts: 510 calories, 33g fat, 850mg sodium

McGrade: C

I.W. Harper bourbon is back after a hiatus

BY JOSH NOEL | Tribune Newspapers

The label affixed to the round, weighty bottles of I.W. Harper bourbon just hitting shelves of "Since 1872." Not quite. Though I.W. Harper was indeed one of the nation's popular whiskey brands for much of the 20th century, its parent company, the now-defunct United Distillers, killed it off in the United States in the late 1980s amid a surge in popularity for white spirits and sticky things like - gasp - wine coolers.

I.W. Harper seemed eternally destined to be a historical footnote in the United States, even as ownership of the brand was absorbed by London-based spirits company Diageo.

Fast forward to present day. Whiskey is hot once again. And I.W. Harper is back.

The return of I.W. Harper marks the second major push by Diageo to reassert itself in the realm of American whiskey. First came the Orphan Barrel series, bourbons aged between 15 and a whopping 26 years. Now comes I.W. Harper.

Both include whiskey distilled at Louisville's Bernheim Distillery. Diageo sold that distillery to Heaven Hill in the late 1990s. However, at the time of the sale, Diageo retained some Bernheim barrels and aged them at its Stitzel-Weller distillery outside Louisville.

While some Orphan Barrel releases fully comprise that Bernheim liquid, I.W. Harper features only traces of it, blended with a much younger whiskey that Diageo purchased from a distillery it will not reveal.

Diageo's American whiskey ambassador, Doug Kragel, said the new I.W. Harper Kentucky Straight Bourbon is a minimum of 4 years old, blended with "some original, 20-plus-year-old Bernheim distillery liquid that we have in our possession."

Kragel said Diageo is invested in ramping up its whiskey brands and production.

"Now we're able to connect people with the history we have available to us," Kragel said.

Diageo is releasing two versions: a Kentucky straight bourbon with no age statement (but at least 4 years old) and a limited amount of 15-year-old that retails for $74.99 (which I did not try).

As for the Kentucky straight bourbon: It's just OK. Relatively high corn content (and very low rye) lends I.W. Harper a fairly pronounced sweetness that makes for relatively simple drinking. Despite the expected notes of caramel and vanilla, Harper doesn't show much wood or age, and winds up with a one-dimensional finish.

The biggest problem is the price. At $34.99, it's not hard to find more complex and satisfying bourbons at about half the cost.

The Orphan Barrel series has been a bit hit-and-miss, but if your budget allows - bottles hover closer to $100 and beyond - it's worth exploring.

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The ultimate marriage How to get cheese and wine pairings right

In this Spanish pairing, a verdejo's measured acidity teams with the rich, salty flavor of aged manchego cheese for a dynamite taste experience.

BILL ST. JOHN
Uncorked
Second of four parts on the rules for pairing food and wine.

Perhaps the ultimate match of food with beverage is wine and cheese. They're nearly twins. Both date to ancient times. Both are fermented. Both are governed, all over the world, by appellation and quality standards. And, most important, each reflects the place where it is born, its terroir. One translates its place via a vine; the other, by an udder.

Matching cheese with wine is the same as matching any food with wine. Matches work (or don't) because of what's in the wine and in the cheese, elements such as acidity and fat.

Region

Many people follow the adage "If they grow together, they go together" - and, certainly, many dozens of regional matches score. For example, a small log of fresh Loire Valley goat's cheese tastes terrific with a crisp Sancerre from the same region.

But, in truth, that the Sancerre and the cheese come from the same region of France is secondary. What matters more is that both the wine and the cheese are high in acidity, one of the key components of many foods and all well-made wines. In a food and wine combination, when acid meets acid, it's electric. There really isn't a better explanation for the happy marriage. (Concerned what wine will marry that high-acid salad vinaigrette? Try an off-dry German riesling.)

Also, acidity is a good cleanser of fat from the palate, explaining why Brie and Chablis, and Muenster and Alsace gewurztraminer, work well as pairs.

Salt and sugar

Another pair of elements that have a natural affinity for each other is the duo of salt and sweetness, a two-for-one explanation why sweet port and salty Stilton cheese is such a famous match.

Tannin

Some of the best wines for firm cheeses are tannic red wines. That's because as a cheese ages (or, said another way, becomes firmer), it evaporates its water content and concentrates its fat. Fat and tannin are made for each other (think prime rib and cabernet sauvignon).

That explains why Parmigiano-Reggiano is delicious with Amarone della Valpolicella, Barolo and other hefty, tannic red wines.

Sweetness

Perhaps the best wine for most any kind of cheese is Champagne or Champagne-method sparkling wine. That may be because most cheeses are mildly sweet (they're made of milk, after all) and so are these wines, with their ever-so-slight touch of sugar. Two slightly sweet things - just like two slightly acidic things - make magic in the mouth.

Champagne and sparkling wine also sport bracing acidity, a good foil for fat and a very common element in cheese. And, anyway, bubbles are good scrubbers of the richness of many cheeses.

Red or white?

By and large, and despite common assumptions, white wines do a better job than red wines as regular partners for cheese.

More people around the world drink dry or off-dry white wine with their cheese than they do red. We Americans think that red wine is the best partner to cheese because we are, in much of our eating habits, British, and the British were wont to sip their reds with their cheeses. (That's an accident of history too. Red wine was that which was left over at the end of a meal when the cheese course came along.)

White wines pair better with most cheeses for a couple of solid reasons. First, the higher native acidity of white wines is a happier match for both the high salt and fat of most cheeses. Red wines just don't have a lot of acidity, and that works against them when paired with cheese.

Second, white wines tend to sport a tad of residual sweetness. A bit of sweetness in a wine is a perfect match for foods with an equal amount of sweet to them.

Also, red wines have so much more to lose than whites do when eaten with cheese. What we want in a red wine - the rich flavor, the tannic grip and the length of a finish - are all lost (or at least much compromised or diminished) in the presence of a fat-coating cheese. Simply put, most cheese blocks a red wine from being a red wine.

On the other hand, white wines don't have as much to lose. Plus, with their higher levels of acidity, they're much better cleansers than reds.

The best red wine and cheese pairings (apart from the easy pitch of sweet fortified reds with blue cheese) are those that match a red with very full-flavored cheeses, especially the stinkies, washed-rind cheeses, and firm, aged cheeses.

Bill St. John has been writing and teaching about wine for more than 40 years.
Skokie's Backlot Bash will return Aug. 28 to 30 with more than 15 hours of live music, a farmers market, a 5K run, a large carnival midway and more. Admission to the event is free.

Staff Report
Pioneer Press

It’s that time of year again — time to get a snow cone, let it drip, and wander the streets in search of fine art, music or maybe even a cool, antique car.

Whatever your interests are, you are sure to find something to enjoy this season given the many festivals that mark summertime.

Taste of Des Plaines — Food on the Move, June 12-13 at the downtown Des Plaines train station, 1501 Miner St. Hours are 5-11 p.m. Friday and noon-11 p.m. Saturday. Food and music festival features Des Plaines restaurants, two stages with live entertainment, beer and wine, artists, merchants and exhibitors, a car show and a family-friendly area featuring a petting zoo, games and a rock climbing wall. Visit desserts.org.

6 Corners BBQ Fest, June 19-21 at 4000-4080 N. Milwaukee Ave., Chicago. Hours are 5-11 p.m. Friday, noon-11 p.m. Saturday, and noon-8 p.m. Sunday. The festival features two stages with live music, barbecue-style food from a variety of restaurants, artists, merchants and other vendors, a kids area and inflatables. Free admission. See 6cornersbbqfest.com.

Custer’s Last Stand Festival of the Arts, 10 a.m.-9 p.m. June 20-21 at Chicago Avenue and Main Street, Evanston. More than 350 artists and craftpeople from across the country will exhibit paintings, photography, jewelry, ceramics, pottery, wearable art and more, plus antiques and collectibles. A sidewalk sale, 30 food vendors and two days of musical entertainment will also be featured, along with a North American powwow both days and performances by the Piccolo Theatre company. Visit custerfaire.com.

Fountain Square Art Festival, 10 a.m.-6 p.m. June 27-28 at Sherman and Church, Evanston. $5 suggested donation per family at the gate. More than 170 juried artists will exhibit paintings, sculptures, metalwork, glasswork, woodwork, photography and more. Visit evchamber.com.

Mt. Prospect Lions Club Festival, July 1-5 at Melas Park, Central and Busse roads. Live entertainment and raffle prizes daily. Bring the family for a pancake breakfast 7-11 a.m. July 4. There will also be celebrations July 5 for Polish Heritage Day. For more information, visit mtprospectfestival.com.

Morton Grove Days, July 2-4 at the American Legion Memorial Civic Center, 6140 Dempster St., Morton Grove. Event includes carnival rides and games, food, a beer garden, live entertainment, Fourth of July parade, and a Fourth of July fireworks show. See mortongrovedays.org.

Chicago Botanic Garden Art Festival, 10 a.m.-6 p.m. July 3-5 on the Esplanade at the Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe. Featuring works with a botanical theme by 95 juried artists. Free admission; regular parking fees apply. Visit ChicagoBotanic.org/artfestival.

Taste of Park Ridge, July 9-11 in downtown Park Ridge, along Summit Avenue between Prospect and Touhy avenues, along the north side of the Park Ridge Metra station. Hours are 11 a.m.-10:30 p.m. Thursday and 11 a.m.-11 p.m. Friday and Saturday. Event features food and beverages, entertainment and family activities.

Music lineup — Thursday: Ginger Road 6:15-7:45 p.m., Sonic 6:30-10 p.m.; Friday: Generation 6:45-8:15 p.m., 16 Candles 9-10:30 p.m., Saturday: The Fortunate Sons 6:45-8:15 p.m., 7th Heaven 9-10:30 p.m.

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Daily free family fun zone events include hands-on arts and crafts, Canopies on Courtland, Blood Drive on Butler Place, “Family Fun Zone” presented by Park Ridge Indian Scouts, Music in the Park by DJ Ronski, Brickton Art Center/Face Painting, and kiddie rides Train, Apple Spin, Moonwalk: Star walk, Junior Slide and Beat the Ball Crawl. Visit tasteofparkridge.com.

**Island in the City Festival**, July 9-12 at Norridge Community Park, 4631 N. Overhill. Free admission. The event features live entertainment, food vendors and carnival rides. Hours are 5-10 p.m. Thursday; 5-11 p.m. Friday; 11 p.m. Saturday, and 1-4 p.m. Sunday. Music lineup — Thursday: Serendipity 6-7 p.m., 7th Heaven 7:30-9:30 p.m.; Friday: Bitter Sweet 6-7:30 p.m., Infinity 8-10:30 p.m.; Saturday: “It’s So About You” 2:30-3:30 p.m., Todka & Vonics 4-5:30 p.m., Sonic 6:30-7:30 p.m., Hi Infidelity 8-10:30 p.m.; Sunday: Six Strings Crossing 2:45-3:45 p.m., Smokin Gunz 4-5:30 p.m., The Mantz Brothers 6-8 p.m., The Lost Trailers 8:15-9:30 p.m. Visit islandinthecity.com.

**Irish American Heritage Festival**, July 10-12 at the Irish Heritage Center, 4626 N. Knox Ave., Chicago. Featuring more than 100 performers for three days on five stages. Fest hours are 6 p.m. to 1 a.m. Friday; noon to 1 a.m. Saturday; and 11 a.m. to 11 p.m. Sunday. Tickets are $15 for adults Friday and Saturday; $20 for adults Sunday; $5 for children under 12 all days; free for children under 4 all days. There will be Irish and American food and drink shopping, step dancers, cultural exhibits and children’s activities. Dozens of vendors and artisans will be selling Irish clothing, music and jewelry. Cultural offerings include poetry readings, language lessons, one-act plays and art and museum exhibits. The Tea Room returns as a respite for people looking to cool off with live harp and piano music, a proper cup of tea and sandwiches in the air-conditioned Shamrock American Room. The Tea Room is open Saturday and Sunday from 2-5 p.m. Back for 2015: The Men in Kilts Contest, the Craft Beer Tent, the Irish Soda Bread Contest, the Freckle Contest, the Mashed Potato Eating Contest, the Sham Rock Stars singing contest and the Hooley Hook-Up for singles. Sunday Mass on the Main Stage at 10 a.m.; Carvery Brunch at 11 a.m., reservations strongly suggested; $20 for IAHC members; $22 for adults; $12 for members children 12 and under; $14 for children general admission; free for children 2 and under. Bingo on Saturday from 2-4 p.m. and Sunday, game is split-the-pot. Visit irish-american.org.

**St. Peter’s United Church of Christ 4th Annual Brat Fry/Music Festival**, noon-7 p.m. July 11 on the front lawn of St. Peter’s UCC, directly across Oakton from the Village Green, 8013 Laramie St., Skokie. Event features live music all day along with bratwurst grilled up Sheboygan-style and served on authentic Wisconsin hardrolls. Musical guests will include Skokie Idol semifinalist Andre Glockner and Skokie-local original rock band Eyes Closed and Through. Money raised by the event will benefit the Niles Township Food Pantry. Visit stpeteruccskokie.org.

**Big Greek Food Fest of Niles**, July 17-19 on the grounds of St. Haralambos Greek Orthodox Church, 7373 Caldwell Ave., Niles. Hours are 5 p.m.-midnight Friday and 3 p.m.-midnight Saturday and Sunday. Event features authentic Greek food and pastries, roasted lamb, loukoumathes, children’s activities, live music, a Greek taverna, festival dancers, cooking classes and more. Admission is $2 (free before 5 p.m.); $1 for seniors; free for children under 12. Visit stpeteruccskokie.org.

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Skokie music series looks at singers' signature songs

By Myrna Petylcki
Pioneer Press

Daryl Nitz never misses a chance to put on a show. So when the multitalented performer learned that the Skokie Theatre was going to have a real piano onstage in June, he decided to produce four shows that month through his Daryl Nitz Entertainment.

The series launches on June 6 with "Signature with a Song: Great American Singers and the Song that Made Them Famous." "I've always been fascinated with signature songs," Nitz said. "I included a cast of the people I feel are really at the top of their game as far as cabaret goes."

The list includes Laura Freeman, Jeff Hedberg, Frieda Lee, Becky Menzie, Nitz, Johnny Rodgers and Denise Tomasello singing selections associated with such performers as Louis Armstrong, Doris Day, Etta James, Carole King and Louisa."I'm very thrilled because Daryl picked out three songs for me by three artists that I adore," said Buffalo Grove resident Tomasello. "The first one is Judy Garland's 'Over the Rainbow.' I'll be singing Lisa Minnelli's 'Cabaret' and I'll also be doing 'The Rose' of Bette Midler. They're entertainers — and I consider myself an entertainer."

On June 12, Nitz will reprise "Ladies Sing the Blues: A Billie Holiday Centennial Birthday Celebration," which was a huge hit at Davenport's in Chicago on April 7, the singer's actual birthday. "The music is presented chronologically," Nitz said. "The preshow and the post-show music also complement your experience." The cast includes Amy Armstrong, Kimberly Gordon, Sophie Grimm, Lynne Jordan, Frieda Lee, Liz Mandeville, Tegora Rogers and Jeannie Tanner. Johnny Rodgers is music director with Jim Cox on bass and Eric Schneider on horns.

"It was a Very Good Year: A Centennial Birthday Concert for Frank Sinatra," will be presented on June 20, featuring Steve Biossat, Mark Madson, Bob Moreen, Paul Motondo and Nitz, with musical direction by Johnny Rodgers.

"Sinatra really embodies American music from the standards to the show tunes," Nitz said. Johnny Rodgers serves an integral role in the first three shows, working closely with Nitz on the programs. "I was very excited by the opportunity of doing these birthday tribute shows," he said. "It paints a portrait of the lives of these great American artists."

He is also pleased with the cast. "The wonderful thing about the shows is that they incorporate so much of Chicago's talent," Rodgers said.

The series concludes on June 26 with "The Nitz & Howe 'All-Star' Experience." "The Nitz & Howe Experience" has had more than 1,000 performances at Davenport's, making it Chicago's longest running cabaret bar show. Singers who have sung at the "Experience" through the years will be featured,

Daryl Nitz has organized a series of four concerts at the Skokie Theatre including tributes to Billie Holiday and Frank Sinatra.


Daryl Nitz Entertainment presents Everyone Loves a Piano

When: All shows begin at 8 p.m. There is an additional 10 p.m. performance of "Ladies Sing the Blues."

Where: Skokie Theatre, 7924 Lincoln Ave.

Cost: Tickets are $27 for "Signature with a Song" (June 6); $35 for "Ladies Sing the Blues" (June 12) and "It was a Very Good Year" (June 20); and $22 for "The Nitz & Howe 'All-Star' Experience" (June 26)

Info: 847-677-7761; skokietheatre.com

including Heather Currie, Matt Davis, Jenny Faneys, Pamela Sue Fox, Jennifer French, Ann McGregor, Dan Michel, Ty Perry and Cheryl Szcusits.
Dancers from the Morton Grove Park District dance, tap and hip-hop to a variety of "name" songs in the annual dance recital, "The Name Game."

**Morton Grove dancers hit their groove in 'The Name Game'**

By Myrna Petlicki  
Pioneer Press

What's in a name? Find out when Morton Grove Park District dance students perform in "The Name Game," the Annual Dance Recital, noon and 3 p.m. Sunday, May 31 at Maine East High School, 2601 W. Dempster St., Park Ridge.

"A lot of our songs have a person's name in them," said Recreation Supervisor Katie Halverson. "The opening number for the recital is to 'Say My Name.' Other numbers will include "Move Like Jaeger," "Hey Mickey" and "Mr. Bojangles."

About 150 dancers, ages 3-18, will be featured performing ballet, tap, jazz, lyrical and hip-hop dance styles.

"It's fun for families to see what their children have been working on the whole year. They put a lot of time and effort into it," Halverson said. The recital is fun for other families, too.

"It's one of our largest events," the recreation supervisor reported. "It's a nice community-building event."

Tickets are $8 in advance, $12 at the door.

For details, call (847) 965-1200 or go to www.mortongroveparks.com.

**An in-tents evening**

Bring tents and bedding to a Backyard Campout, 5 p.m. Friday, June 5-10 a.m. Saturday, June 6 at Wildwood Nature Center, 529 Forestview Ave., Park Ridge. You'll have a campfire dinner, s'mores and breakfast, as well as fish and watch a movie. Residents pay $10 per person for ages 2-10; $14 ages 11-adults; $16 and $20 for nonresidents. Reservations are required.

For details, call (847) 692-3570 or go to www.prparks.org.

**Sticky situation**

Will peanut butter find a friend? That question will be posed at the Peanut Butter & Cupcake Storytime, 11 a.m. Saturday, May 30 at Barnes and Noble, 55 Old Orchard Center, Skokie. There will be related activities at this event based on Terry Border's children's book.

For details, call (847) 676-2230 or go to www.barnesandnoble.com.

**Wheel fun**

Tune up for summer at the 3rd Annual Bike Niles Fest, 9 a.m.-noon Saturday, June 6, starting from Gemini Junior High School Parking Lot, 8985 Greenwood. You'll bike around Niles, view the unveiling of Niles' first marked bike path and see a Division Stunt Team BMX show.

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

**Bear up**

Teddy Bear Picnic is the theme for Friday Preschool Fun, 11:15 a.m.-noon June 5 at Lincolnwood Public Library, 4000 W. Pratt Ave. It's the opening day in Summer Session I of the program for ages 2-5 with a caregiver. Program runs through June 26. Registration is required.

For details, call (847) 677-5277, ext. 234 or go to lincolnwoodlibrary.org.

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Festivals fill summer with food, tunes, fun

Lincolnwood Fest, July 23-26 at Proesel Park, 6900 N. Lincoln Ave, Lincolnwood. Hours are 5-10 p.m. Thursday; 5-11 p.m. Friday; noon-11 p.m. Saturday; and 10 a.m.-10 p.m. Sunday. The festival includes food, live music, carnival, children’s activities, car show, beer and wine tent, bingo and business expo. Visit lincolnwood fest.com.

Park Ridge Summer Family Fun Fest, July 23-26 at Hinkle Park, 25 Busse Highway (Busse & Morris), Park Ridge. Hours are 4-10 p.m. Thursday; 4-10:30 p.m. Friday; noon-11 p.m. Saturday, and noon-10:30 p.m. Sunday. Event features carnival games, entertainment, food, face painting and carnival rides. Free admission, charge for rides; Single Day Wristband: $30 unlimited rides; Mega Pass: $55 unlimited rides all four days. Music by 7th Heaven on Sunday night. See parkridgeparkdistrict.com.

Jeff Fest Arts & Music Festival, July 24-26 at Jefferson Memorial Park, 4822 N. Long Ave., Chicago. Hours are 6-11 p.m. Friday; noon-11 p.m. Saturday and noon-8 p.m. Sunday. Event features live music, free rides for kids and food from local restaurants. Admission is free. Visit jeffest.org.

Mt Prospect Downtown Block Party, July 24-25 at Emerson Street and Busse Avenue. Hours are 4-11 p.m. Friday and 11 a.m.-11 p.m. Saturday. Event features live music, free rides for kids and food from local restaurants. Admission is free. Visit mprospectblockparty.com.

North Shore Festival of Art, 10 a.m.-5 p.m. July 25-26 at Westfield Old Orchard Mall, 4999 Old Orchard Center, Skokie. Event features works by more than 120 juried artists plus live music, food, an adult still life photography contest, festival photo booth and children's activities. Free admission and parking. Visit NorthShoreFestivalofArt.com.

Edison Park Fest, Aug. 14-16 in the downtown area around the Edison Park Metra Station, 6730 N. Olmsted, Chicago. Event includes food, beverages, live music, Family Stage activities and Kid's Play Area. Band schedule — Friday: 97Nine 5:30-7:30 p.m., Rod Yuffec and the Bench Press 8-10:15 p.m., Saturday: Treehouse noon-1:30 p.m., Smokin Gunes 2-3:30 p.m., noon-8 p.m. Sunday. Event features more than 15 hours of live music, a large carnival midway, a 5K run, classic movies at the historic Skokie Theatre, a children's stage and kid's activities, a classic auto show, bingo, a Sponsor and Community Resource Fair, a sidewalk sale, a beer tent, Sunday pancake breakfast, a farmers market and food. Main stage music lineup — Friday: Decoy Prayer Meeting 6:45 p.m., The Fabulous Thunderbirds 8:30 p.m.; Saturday: Angela James 11:30 a.m., Matt Hendricks 1:45 p.m., Nu Bambu 4 p.m., Luck of Eden Hall 6:45 p.m., The Psychedelic Furs 8:30 p.m.; Sunday: Steve Rosen noon, Jess McIntosh 2:15 p.m., Dann Morr & The Smashing Bastard Sideshow 4:30 p.m., Tributosaurus becomes The Cars 6:15 p.m. Admission is free. Visit backlotbash.com.

Taste of Polonia Festival, Sept. 4-7 at Copernicus Center, 5216 W. Lawrence, Chicago (Jefferson Park). Hours are 5-10 p.m. Friday; noon-10:30 p.m. Saturday and Sunday and noon-10 p.m. Monday (Labor Day). Admission is $7; kids 12 and under are free. Live music on four stages with over 35 bands; Polish food and beer; casino, bingo and full bar (inside the Copernicus Center); kids stage and fun zone.

Norridge's Island in the City festival, set for July 9-12, will include rides and music.

Sons of Mary 4-5:30 p.m., Northshore 6-7:30 p.m., Wedding Banned 8-10:15 p.m.; Sunday: Centered noon-1:30 p.m., Hot Rocks Band 2-3:30 p.m., 3AM 4-5:30 p.m., Tanqueray Mist 6-7:30 p.m., Sixteen Candles 8-10 p.m. Admission is free. Visit edisonpark.com/epfest.

Skokie's Backlot Bash, Aug. 28-30 in a portion of Oakton Street, between Lincoln and Laramie avenues adjacent to Village Hall (5127 Oakton St.). Hours are 6-10 p.m. Friday; 11 a.m.-10 p.m. Saturday; and noon-8 p.m. Sunday. Event features more than 170 juried artists displaying their works.

Festivals continue Sept. 27-28.

Evanston's Fountain Square Art Festival, set to be held June 27-28, will feature more than 170 juried artists displaying their works.

Son's of Mary 4-5:30 p.m., Northshore 6-7:30 p.m., Wedding Banned 8-10:15 p.m.; Sunday: Centered noon-1:30 p.m., Hot Rocks Band 2-3:30 p.m., 3AM 4-5:30 p.m., Tanqueray Mist 6-7:30 p.m., Sixteen Candles 8-10 p.m. Admission is free. Visit edisonpark.com/epfest.

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Visit topChicago.org.

Des Plaines Fall Fest, Sept. 18-20 at Lake Park, 2200 Lee St., Des Plaines. Hours are 6-11 p.m. Friday; noon-11 p.m. Saturday and noon-8 p.m. Sunday. Event features kid zone activities, carnival rides, open air market, bag tournament, country fair tent, food, beer, wine, car show and more. Music lineup — Friday: Spoken Four 6:30-8 p.m., ARRA 9-10:45 p.m. Saturday: Classical Blast 2-3 p.m., Semple 4-5:30 p.m., Generation..The Sixties Experience 6-8 p.m., Modern Day Romeos 9-10:45 p.m.; Sunday Mason Rivers 2:30-4 p.m., 7th Heaven 5 p.m. Free admission, free parking. See Fallfestdesplains.org.

Fall Arts & Crafts Adventure, presented by the American Society of Artists, 9 a.m.-5 p.m. Sept. 19 on the grounds of Hodges Park, 101 S. Courtland (Prospect & Vine by City Hall), Park Ridge. Free admission. Visit americansocietyofartists.org.

Bluesmobile Cruise Nights Car Show, 6-9 p.m. Saturdays through Sept. 26 at the Metra commuter lot along Northwest Highway, one block west of Route 83, Mount Prospect. Classic car shows will take place every Saturday with themed nights each week. Visit mpblockparty.com.
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Chicago Science Fest: An inspiring evening exploring science as artworks and as storytelling through film. 5 p.m. Friday, National Museum of Health and Medicine Chicago, 175 W. Washington St., Chicago, $10-$15

"The Drowning Girls": Three murdered women gather evidence against the man who killed them by reliving the events leading to their deaths. 8 p.m. Friday-Sunday, 5 p.m. Sunday, Christ Evangelical Lutheran Church, 3253 W. Wilson Ave., Chicago, $15-$20, 773-413-0454

"The Wild Duck": A father dreams of a new invention that can restore his fallen family's name to greatness. 8 p.m. Friday-Saturday, 5 p.m. Sunday, Christ Evangelical Lutheran Church, 3253 W. Wilson Ave., Chicago, $15-$20, 773-413-0454

"Thinking Caps": A new work set in an era in which keyboards and the internet are dead, and telepathy and headsets are the new reality. 8 p.m. Friday-Saturday, 5 p.m. Sunday, The Charmel House, 3421 W. Fullerton Ave., Chicago, $15-$18, 312-772-6275

"Ring of Fire: Music of Johnny Cash": Audiences journey through the icon's career, from the cotton fields of Arkansas to the Grand Ole Opry. 8 p.m. Friday-Saturday, 5 p.m. Sunday-Saturday, 7:30 p.m. Wednesday, Mercury Theater, 3745 N. Southport Ave., Chicago, TBA, 773-325-1700

30th Chicago Gospel Music Festival: This festival is a celebration of gospel music, featuring a variety of faith-filled performers. 9 a.m. Friday-Sunday, Millennium Park, 201 E. Randolph St., Chicago, TBA, 312-742-5222

Porches: With Oshwa. 10 p.m. Friday, Beat Kitchen, 2100 W. Belmont Ave., Chicago, $10-$12, 773-281-4444

Bloody Young and Backdated, A photo exhibit: This event celebrates the Who's 50th anniversary through the personal photo collections of eleven photographers. Noon everyday but Sunday, Chess Records Studio/Wilie Dixon's Blues Heaven Foundation, 2120 S. Michigan Ave., Chicago, $10, 312-808-1286

"Stick Fly": An affluent African-American family takes a 3-day vacation to Martha's Vineyard. 8 p.m. Friday-Saturday, 7:30 p.m. Wednesday, Windy City Playhouse, 3014 W. Irving Park Road, Chicago, $20-$45, 312-374-3196

Goya & Dalí, "Los Caprichos": Visit Goya through the work of Dalí on the former's series of prints, "Los Caprichos." Advance registration recommended. Midnight all week, Instituto Cervantes of Chicago, 31 W. Ohio St., Chicago, free, 312-335-1996

"Imposter/Contained": An immersive performance uniting movement, textural installation and projections, with live original score. 7 p.m. Friday-

Saturday, 6:30 p.m. Sunday, Links Hall Studio, 3111 N. Western Ave., Chicago, $20-$35, 773-728-0824

Blue Man Group Chicago: 2 p.m. all week, Briar Street Theatre, 3133 N. Halsted St., Chicago, $49-$99, 773-327-3830

"The Wild Duck": A father dreams of a new invention that can restore his fallen family's name to greatness. 8 p.m. Friday-Saturday, 5 p.m. Sunday, Christ Evangelical Lutheran Church, 3253 W. Wilson Ave., Chicago, $15-$20, 773-413-0454

"Thinking Caps": A new work set in an era in which keyboards and the internet are dead, and telepathy and headsets are the new reality. 8 p.m. Friday-Saturday, 5 p.m. Sunday, The Charmel House, 3421 W. Fullerton Ave., Chicago, $15-$18, 312-772-6275

"Ring of Fire: Music of Johnny Cash": Audiences journey through the icon's career, from the cotton fields of Arkansas to the Grand Ole Opry. 8 p.m. Friday-Saturday, 5 p.m. Sunday-Saturday, 7:30 p.m. Wednesday, Mercury Theater, 3745 N. Southport Ave., Chicago, TBA, 773-325-1700

Maker & Muse: Women and Early Twentieth Century Art Jewelry: The museum presents an exhibition comprised of works drawn from the collection of Richard H. Driehaus and prominent private and public collections throughout the United States. 10 a.m. all week, Richard H. Driehaus Museum, 40 E. Erie St., Chicago, $12.50-$20, 312-277-4829

"Ecos del Pacífico": 8:30 p.m. Friday, Myron R. Seldon Music and Dance Hall, Old Town School of Folk Music, 4545 N. Lincoln Ave., Chicago, $12, 773-728-6000

Noel Gallagher's High Flying Birds: 8:30 p.m. Friday, Riviera Theatre, 4746 N. Racine Ave., Chicago, $45, 773-275-6800

"Too Much Light Makes the Baby Go Blind": A one-hour blitz of 30 extreme brief plays. 11:30 a.m. Friday-Saturday, 8 p.m. Sunday, The Neo-Futurarium, 3153 N. Ashland Ave., Chicago, $9 plus the roll of one die ($10-$15) or $20 for advance reservation, 773-727-5255

"Goldlocks and the Bears": The classic story of the young girl who ventures into the woods and stumbles on a cute house with three bowls of porridge, three chairs and three beds. 10:30 a.m. Friday, Stahl Family Theatre, 5900 W. Belmont Ave., Chicago, $12, 773-205-9600

"Lunacy": A simulated 1969 moon landing is orchestrated by a physicist, the CIA and Stanley Kubrick. 7:30 p.m. Friday, 3 p.m. Sunday, Broadway Armory Park, 5917 N. Broadway, Chicago, $5-$20, 312-742-7502

"Can't Stand Losing You": Surviving The Police: Based on the memoir "One Train Later" by guitarist Andy Summers. "Can't Stand Losing You" tells of the rise of The Police. 7 p.m. all week. The Patio Theater, 6008 Irving Park Road, Chicago, $10-$15, 773-283-7244

Inana: 8 p.m. Friday-Saturday, 4 p.m. Saturday, 2 p.m. Sunday, 7:30 p.m. Wednesday, TimeLine Theatre, 615 W. Wellington Ave., Chicago, $22-$48, 773-281-8463

"Beast on the Moon": An Armenian immigrant escapes the massacre of 1.5 million Armenians in 1915 and lands in 1920s Milwaukie. 7:30 p.m. Friday, Saturday, Tuesday and Wednesday, 3 p.m. Sunday, Raven Theatre, 6157 N. Clark St., Chicago, TBA, 773-338-2177

"Chicago Is," A Hometown Musical Revue: A hometown musical revue featuring songs from some of Chicago's top composers. 7:30 p.m. Friday-Saturday, 4 p.m. Sunday, Berger Park Coach House, 6205 N. Sheridan Road, Chicago, $25, 312-970-9840

"Soon I Will Be Invincible": The devitous Doctor Impossible has escaped from prison and legendary superhero CoreFire has vanished without a trace. 7:30 p.m. Friday, 8 p.m. Saturday, 4 p.m. Sunday, Lifeline Theatre, 6912 N. Glennwood Ave., Chicago, $20-$40, 773-761-4477

"Scotland Road": A young woman is found floating in the Atlantic and an aristocrat becomes obsessed with uncovering whether or not she is a survivor of the Titanic. 8 p.m. Friday-Saturday, 2 p.m. Sunday, BoHo Theatre at Heartland Studio Theatre, 7016 N. Glennwood Ave., Chicago, $20, 866-811-4111

The Cadillac Three: 8:30 p.m. Friday, Joe's Bar, 940 W. Weed St., Chicago, $15-$18, 312-337-3486

All My Relations: A Seneca History: In collaboration with visual artist and dancer Rosy Simas (Seneca), this exhibit introduces the history of the Seneca culture through milestones in the lives of Simas and her relations. 11 a.m. all week, Mitchell Museum of the American Indian, 3001 Central St., Evanston, Free-$5; $10-$12 for talk, 847-475-1030

Native Haute Couture: The year-long exhibit celebrates the history of Native American high fashion from pre-contact to today. 10 a.m. all week, Mitchell Museum of the American Indian, 3001 Central St., Evanston, free, 847-475-1030

"The Last Supper": Contemporary artist Julie Green shows 600 white ceramic plates decorated that depict the last meal requests of U.S. death row inmates. 2 p.m. all week, Block Museum of Art, Fisk Hall, Room 217, Northwestern University, Northwestern University, Evanston, free, 847-491-4000

"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, 4 p.m. and 8 p.m. Saturday, 2 p.m. and 6 p.m. Sunday, Writers Theatre, 664 Vernon Ave., Glencoe, $35-$75, 847-242-6000

"Later Life": Two people meet at a party and rekindle a romance that began 30 years ago. 8 p.m. Friday-Saturday, 3 p.m. Sunday, Oil Lamp Theatre, 1723 Glenview Road, Glenview, $35, 847-834-0738

Fiber Art Exhibit: A fiber art presentation by Charlotte Kaplan. A reception from 1 p.m. to 4 p.m. on Sunday will celebrate the last day of the exhibit. 9 a.m. Friday-Sunday, Midwest Palliative & Hospice Care Center, 2850 Claire Court, Glenview, free, 847-612-1804

Suenos Latin Jazz Concert: Join Steven Hashimoto and the Latin Suenos Jazz Quartet for a concert in celebration of the library's grand re-opening. 7 p.m. Friday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

U2 Tribute Band: Echo and the Bono tribute to U2's hits and frontman Bono. 7:30 p.m. Friday, Pavilion Event Center, Brookside Shopping Plaza Shopping Center, Northbrook, $15, 847-715-9440

"The Sound of Music" 50th Anniversary Tribute: Film teacher Steve Frenzel presents behind-the-scenes stories, historical insights, and wonder-

Turn to Calendar, Next Page
“A TRiUMPH of music and storytelling”  
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Sunday, Downtown Deerfield, 850 Deerfield Road, Deerfield, free, 847-726-8669

**Chamber Music on the Fox season finale:** The program begins with area-composer Steven Ingle, followed by Michael Daugherty’s “Dead Elvis.” Stravinsky’s “L’Histoire du Soldat” fills the second half of the show. 2:30 p.m. and 7:30 p.m. Saturday, Elgin Art Showcase, 164 Division St., Elgin, $20, 847-742-1515

**Sunday, May 31**

**“Cities of Light”:** Rebecca Joy Fletcher celebrates the vital world of European-Jewish cabaret between the wars. 7:30 p.m. Saturday, 5 p.m. Sunday, Skokie Theatre, 7924 N. Lincoln Ave., Skokie, $26.50 adults; $22.50 seniors; $18 students, 847-677-7761

**Go Calendar, from Previous Page**

**Sunday, May 31**

**“The Wonderful Adventures of Nils”:** A little boy called Nils goes on a journey that teaches him humility and the value of friendship. Performed in Russian. 5 p.m. Sunday, Community Arts Center, 225 McHenry Road, Buffalo Grove, $20, 269-815-8183

**Heavenly Harps:** Chicago Philharmonic Chamber Players harpists play classical and popular music alike. Noon Sunday, City Winery Chicago, 1200 W. Randolph St., Chicago, $20-$30, Students $10, 847-949-8300

**Murder By Death:** 8:30 p.m. Sunday, Subterranean, 2110 N. Western Ave., Chicago, $20, 773-278-6600

**Deicide:** With Entombed A.D., Hate Eternal, Black Crown Initiate and Svart Crown. 7 p.m. Sunday, Metro, 3730 N. Clark St., Chicago, $25-$30, 773-549-0203

**“The Pied Piper”:** An ensemble cast performs to haunting music based on the Robert Browning poem. 8 p.m. Sunday-Tuesday, Strawdog Theatre, 3829 N. Broadway, Chicago, $15, 773-528-9696

**The Celebration:** The Orion Ensemble hosts a program showcasing Chicago composer Marc Mellits. 7:30 p.m. Sunday, Nichols Concert Hall, Music Institute of Chicago, 1490 Chicago Ave., Evanston, $26; $23 for seniors; $10 for students; Free for children 12 and under, 847-360-3145

**Souvenir of Florence:** Featuring all the instruments of Rembrandt from Roussel’s impressionistic Trio. 3 p.m. Sunday, Nichols Concert Hall, Music Institute of Chicago, 1490 Chicago Ave., Evanston, $35; $25 for young adults ages 18-30; $10 for students, 312-266-8729 or 847-433-0992

**Pilgrim Chamber Players’ Spring Celebration:** Featuring works by Seth Boustead, Jolivet, Piazzolla and Dohnanyi. A dessert reception follows. 3 p.m. Sunday, Highland Park Community House, 1919 Sheridan Road, Highland Park, $20 adults; $15 seniors; $8 students, 312-266-8729 or 847-433-0992

**From Bluegrass to Bach Concert Series:** Handbell Concert, 11:30 a.m. Sunday, First Presbyterian Church of Lake Forest, 700 N. Sheridan Road, Lake Forest, free, 224-544-1959

**Critic’s Choice Cinema:** “The Dark Valley”: A strange man arrives at a desolate Alpine village and mysterious, tragic accidents occur. 2 p.m. Sunday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-775-4400

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Modern Jewish Repertoire Concert: Featuring the works of modern Jewish composers. 4 p.m. Sunday, Temple Beth Israel, 3601 W. Dempster St., Skokie, free, 847-675-0951

Monday, June 1

Downtown Sound: Featuring San Fermin and So Percussion. 6:30 p.m. Monday, Millennium Park, 201 E. Randolph St., Chicago, free. 312-742-5222

Fever The Ghost: With Varsity. 9 p.m. Monday, Beat Kitchen, 2100 W. Belmont Ave., Chicago, $10, 773-281-4444

Steve Ditzeil & Blue Lightning: 8 p.m. Monday, House of Blues, 329 N. Dearborn St., Chicago, free. 312-923-2000

International Cultural Festival: See films, theater, music and dance performances from around the world at the inaugural fest. 7 p.m. Monday-Wednesday, Black Ensemble Theater, 4450 N. Clark St., Chicago, $10-$25, 773-769-4451

Tuesday, June 2

Ian Makins & Goran Ivanovic Trio: 7 p.m. Tuesday, City Winery Chicago, 1200 W. Randolph St., Chicago, $18-25, 312-733-9463

“Once”: An Irish musician and a Czech immigrant are drawn together by their shared love of music. 7:30 p.m. Tuesday-Wednesday, Cadillac Palace Theatre, 151 W. Randolph St., Chicago, $30-$95, 800-775-2000

Cruisr: 8 p.m. Tuesday, Beat Kitchen, 2100 W. Belmont Ave., Chicago, free. 773-281-4444

“On Your Feet!”: Gloria and Emilio Estefan’s relationship and careers are chronicled through their songs. 7:30 p.m. Tuesday-Wednesday, Oriental Theatre, 24 W. Randolph St., Chicago, $30-$97, 800-775-2000

Chagall for Children: An exhibit featuring hands-on activities and audio descriptions of each of Marc Chagall's works. Appropriate for children ages 2-12. 9:30 a.m. Wednesday, Kohl Children's Museum, 2100 Patriot Blvd., Glenview, $11-$10, 847-832-6600

Grayslake Farmers Market: Shop for a variety of fresh, homemade and locally grown goods. 3 p.m. Wednesday, Downtown Grayslake, 147 Center St., Grayslake, free. 847-289-7138

“Fireside Chat with Franklin D. Roosevelt”: Actor R. J. Lindsey portrays FDR as he speaks about his presidency, wife Eleanor, Winston Churchill and Orson Welles. Registration is required. 7 p.m. Wednesday, Ela Area Public Library, 275 Mohawk Trail, Lake Zurich, free. 847-438-3433

“The Creation of A Little Night Music”: Theatre historian Charles Troy takes attendees on a behind-the-curtain peek at the making of a favorite Broadway show in this multi-media presentation. 1:30 p.m. and 7:30 p.m. Wednesday, Skokie Theatre, 7924 N. Lincoln Ave., Skokie, $15, 847-677-7761

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

"Avengers: Age of Ultron" ★★ 1/2
PG-13, 2:22, fantasy. "Avengers: Age of Ultron" won't disappoint a majority of its pre-sold, culturally obligated fans. Action, relentless and assaultive. Wisecracks, numerous, pretty sharp and evenly parceled out among Robert Downey Jr. (Iron Man), Chris Hemsworth (Thor), Mark Ruffalo (Hulk), Chris Evans (Captain America), Scarlett Johansson (Black Widow), Jeremy Renner (Hawkeye) and so on. Three years ago, writer-director Joss Whedon's "The Avengers" turned out to be a sprightly wallop of an all-star superhero blockbuster. So why does the new one seem, I don't know ... a little ... small? Entertaining as much of "Avengers 2" is, Whedon's picture meets expectations without exceeding them. — Michael Phillips

"Hot Pursuit" ★ 1/2
PG-13, 1:27, comedy. Cheap, short and slow, "Hot Pursuit" is a comedy that never lets you forget that pairing up Sofia Vergara with Reese Witherspoon should have worked better than this. A mismatch—misfire badly misdirected by the director of "The Guilt Trip" and "27 Dresses," it wastes the Oscar-winning Reese and the spirited spitfire Vergara, cast as a comically disgraced cop who escorts the wife of a drug lord to court. It's "Midnight Run" without enough running, "The Heat" without any heat. — Roger Moore

"Mad Max: Fury Road" ★★★
R, 2:00, action. You remember "Happy Feet"? This is George Miller's "Happy Wheels." The creator of the original "Mad Max" trilogy has whipped up a gargantuan grunge symphony of vehicular mayhem that makes "Furious 7" look like "Curious George." The full title of Miller's remake of "Mad Max" is "Mad Max: Fury Road." It stars Tom Hardy, who says very little, in the old Mel Gibson role of the post-apocalyptic road warrior. Here the character's bacon is saved, over and over, by the revolutionary-in-training known as Imperator Furiosa. Charlize Theron plays her, and "badass" doesn't really capture it. Theron out-Hardys Hardy in the nonverbal seething department, and she's right at home in the scorched-earth landscapes shot in Australia and the South African Namib Desert. — M.P

"Paul Blart: Mall Cop 2" ★
PG, 1:34, comedy. "Paul Blart: Mall Cop 2" is even more of a kids movie than the 2009 original, slapstick and sight gags built around a clueless plump lump. It's harmless, and Kevin James tries to find a place among the pratfall kings. None of this ever rises above a slight grin. Sequels are cynical by nature, but this one, with its casino product-placement ad and director Andy Fickman apparently checking his text messages instead of trying to punch the limp gags into shape, is purely a paycheck. — R.M.

"Pitch Perfect 2" ★★
PG-13, 1:55, comedy. In the 2012 hit, which was equal parts PG-13 raunch and energetically paced underdog fantasy, screenwriter Kay Cannon, who wrote the sequel as well, let Anna Kendrick's wary, guarded Beca run the show and negotiate the narrative complications with a light, dry touch. None of this ever rises above a slight grin. Sequels are cynical by nature, but this one, with its casino product-placement ad and director Andy Fickman apparently checking his text messages instead of trying to punch the limp gags into

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Ely, Barbara Rogee
Barbara Rogene Ely, 72, of Park Ridge, IL passed away May 7, 2015 at Rush University Medical Center in Chicago. A memorial service will be held at 11 a.m., Saturday, May 30, at Spring Valley Presbyterian Church, 933 E. Nerge Road, Roselle, IL. Barbara was born Dec. 7, 1942 to Robert and Theo (Rich) Massie in Rice Lake, WI. She graduated from Barron High School and earned a UW-Madison bachelor’s degree in Business Administration in 1965. Barbara married Don Ely and for the last 40 years they worked together in their Park Ridge-based construction company, Nu-Con, general contractor for the Spring Valley church. Barbara loved to make afghans for people, enjoyed camping and fishing, and was pleased when Don was ordained as a deacon in the church. Barbara is survived by her husband Don Ely of Park Ridge, IL, brothers: Leonard Massie of Madison, WI and Cecil Massie of Bloomington, MN.

Sign Guestbook at chicagotribune.com/obituaries

Matturro, Ann Ruth ‘Ms Ann’
A memorial and interment of ashes has been set for May 29th, to honor and celebrate the life of Ann Matturro, (nee Emerson) formerly of Park Ridge. For 40 years, Ms. Ann performed psychic consultations for clients throughout the US and Europe. She was born and raised in Arkansas, and as a young girl the bright lights of Chicago beckoned. She received monogrammed luggage for graduation, and the next day, Ann left for Chicago.

She and her husband Angelo moved to Park Ridge in 1965, settling in to raise their three children. All the while, Ann’s reputation grew. Police departments, distraught relatives and even clergy members sought her advice. She did readings at corporate and private events all over Chicagoland, and was hired as entertainment on cruise ships and gatherings of all types.

She called herself a “poor man’s psychiatrist” and loved sharing her psychic gift. When her hearing was failing, she resisted using hearing aids, saying, “I’ve heard everything.” In 2005, she was stricken with Alzheimer’s disease, and had to leave her beloved Park Ridge home. She was a friend to many, and always knew how to light up a room. She was quick-witted and smiled easily. Her laugh made the world a bit brighter, and will be missed.

Ann, 84, died April 11, 2015, and was preceded in death by her husband (Angelo), a brother (Robert), and her parents (JD Emerson and Velva Lively). She is survived by her children Yetta (Steven Parker), James (Manan), and Greg (Tammy). Grandchildren James, Katherine, Matthew, Angela, Jonathan, Kyran, Payton, and great-granddaughter Madilyn, along with her brother Frank, sisters-in-law Louisa Boshardy and Patsy Matturro, and many nieces, nephews, and great nephews and nieces.

Memorial services will begin at 11 a.m., May 29th, at First United Methodist Church of Park Ridge, Interment to follow at Maryhill Cemetery in Niles. In lieu of flowers, the family has requested donations to the Alzheimer’s Foundation. www.alzfdn.org

Sign Guestbook at chicagotribune.com/obituaries

Pasternack, John V.
John V. Pasternack, age 74 of Seymour and formerly of Chicago, passed away on Wednesday, May 20, 2015 at his home. He was born on April 13, 1941 in Chicago, Illinois to John Anthony and Eva (Massoth) Pasternack. On October 5, 1963 in Chicago, John married Margaret Wilson.

John was a member of the St. Ambrose Catholic Church. From an early age, John collected model trains and over time, he amassed quite a collection of trains. He was a member of the Southern Indiana Model Railroad Club. He leaves behind his wife of 51 years, Margaret; son, John Pasternack and his wife Judith of Prospect Heights, IL; daughters, Gayle Albergo and her husband Scott of Elk Grove Village, IL and Gabrielle Galus and her husband Bill of Seymour. John was a proud grandfather to Brian, T.J., Jason, Jackie, Cody, Jackie, Kelly, Joshua, Bill, Jr., Danny, Kayla and Hunter; great granddaughter, Olivia.

Graveside services will be on Tuesday, May 26th at 1:00pm at Aif Saints Catholic Cemetery at 700 North River Road in Des Plaines, IL 60016. Friends can sign the guestbook or leave a message to the family at www.WoodlawnFamilyFuneral.com

Sign Guestbook at chicagotribune.com/obituaries

Ely, Barbara Rogee
Barbara Rogene Ely, 72, of Park Ridge, IL passed away May 7, 2015 at Rush University Medical Center in Chicago. A memorial service will be held at 11 a.m., Saturday, May 30, at Spring Valley Presbyterian Church, 933 E. Nerge Road, Roselle, IL. Barbara was born Dec. 7, 1942 to Robert and Theo (Rich) Massie in Rice Lake, WI. She graduated from Barron High School and earned a UW-Madison bachelor’s degree in Business Administration in 1965. Barbara married Don Ely and for the last 40 years they worked together in their Park Ridge-based construction company, Nu-Con, general contractor for the Spring Valley church. Barbara loved to make afghans for people, enjoyed camping and fishing, and was pleased when Don was ordained as a deacon in the church. Barbara is survived by her husband Don Ely of Park Ridge, IL, brothers: Leonard Massie of Madison, WI and Cecil Massie of Bloomington, MN.

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New trends pick up speed

To boost fuel economy, carmakers shift to lightweight materials, and mighty engines keep shrinking

BY ALISA PRIDDLE
Detroit Free Press

DETROIT — A high-end luxury sedan without a V-8 engine; a Jeep Wrangler made of aluminum, clambering over boulders; a Corvette that gets 30 mpg.

The unthinkable is becoming reality with the transition to smaller engines, better transmissions, electronic wizardry and lightweight materials. Based on a slew of new models at auto shows this year, it’s clear the industry is changing to help automakers meet more stringent fuel economy regulations in the future.

“We are now past a tipping point. They are making geometric strides in terms of the capability of vehicles,” said Joe Phillippi, analyst with Auto Trends Consulting in Andover, N.J. “It’s a great time to be an engineer.”

Auto engineers, as versed in software code as any in Silicon Valley, are squeezing power and performance from smaller engines. Automakers are investing billions retooling factories to use the cutting-edge materials, and workers are being trained in the latest processes. Aluminum suppliers are making big investments, expanding capacity to meet bigger contracts and hiring workers.

Consumers come out winners because it all adds up to better gas mileage for cars that are just as fast and powerful off the mark.

It’s a watershed moment for the industry because automakers aren’t relying on hybrids and electric vehicles to meet efficiency standards. On tap are eye-popping performance, luxury and iconic vehicles with absurdly small but powerful engines that have consumers salivating.

Buyers either don’t know or don’t care what’s under the hood because the power is plenty.

The vehicles at the shows reflect an industry that came to a crossroad and chose the gutsy path. Poster children include a full-size Cadillac CT6 with a four-cylinder engine and a Lincoln Continental with a V-8 when a V-6 would have been the norm a decade ago. The Ford GT supercar promises more than 600 horsepower from a twin-turbocharged V-6.

The return of the Acura NSX is with a V-6 and three electric motors for neck-snapping acceleration.

Consumer acceptance is key, given the billions of dollars automakers are spending on new engines, transmissions, materials and technology. Designers are working with aluminum and carbon fiber and changing proportions because they no longer need huge engine bays.

On the plant floor, more body shops may follow Ford, which is retooling truck plants to make the F-Series with aluminum bodies instead of steel. All automakers are looking at more use of aluminum and other lightweight materials. GM is pursuing a mixed-material strategy.

Fiat Chrysler has hinted at an aluminum Wrangler, which raised the specter of moving assembly from its Toledo, Ohio, plant. The year is expected to end with 51 percent of vehicles built with four-cylinder engines, 32 percent with six cylinders and 14 percent with V-8s, according to Haig Stoddard, analyst with WardsAuto. Low gas prices have caused a huge increase in big pickup and SUV sales, but today’s large vehicles such as the Ford Expedition and Lincoln Navigator have a V-6 under the hood.

Even when automakers offer the choice of a larger engine, consumers often pick the smaller and more fuel-efficient option. In the midsize car segment, models such as the Hyundai Sonata and Ford Fusion used the trend to justify dropping a V-6 altogether in favor of four cylinders. Others could follow suit: Nissan has few takers for the V-6 in its Altima.

Dave Sullivan, analyst with AutoPacific. “A V-8 is not a requirement to succeed anymore in any segment.”

Ford raised eyebrows when it reintroduced a pair of V-6s in the popular F-150 full-size pickup for the 2011 model year. Today, 54 percent of its trucks are sold with a V-6. That figure is expected to go up with the new-generation pickup.

Sullivan said the recent successes suggest automakers have just scraped the surface of getting more efficiency from gasoline engines, and more astonishing accomplishments are to come. The industry is benefiting from a host of achievements, including turbochargers and multi-speed transmissions.

The Cadillac CT6 has an aluminum-intensive chassis and body (64 percent aluminum) combined with 10 variations of high-strength, lighter-weight steel. The chassis weighs nearly 200 pounds less than if it were a steel structure.

Unlike Ford, which uses special rivets and glues to connect aluminum and steel parts on its F-150 trucks, GM developed a welding technique for the CT6 that saves weight and raises efficiency, said Mark Reuss, GM’s head of global product development.

“Ours is not an aluminum-only structure. I’m not sure other companies would have done aluminum, high-strength steel and aluminum castings in the way we have,” he said.

Ford’s Lincoln Continental also will have a V-6 next year. It will be from the same family as the 600-horsepower V-6 in the Ford GT on sale later this year.

“It used to be that fuel-efficient vehicles were tiny and slow and unsafe,” Phillippi said. “The whole thing has been reversed. They can be big, powerful, safe and still be fuel-efficient.”
When it hits the dirt, the 2015 Jeep Renegade Trailhawk shows impressive capabilities.

**Jeep Renegade Trailhawk looks comical but is serious fun off-road**

**BY CHARLES FLEMING**  
Tribune Newspapers

The 2015 Renegade Trailhawk enters a field dominated by the Kia Soul and the Buick Encore but will also compete for buyers with the Fiat 500L, Nissan Juke, Mini Cooper Countryman, Scion XB and the coming Honda HR-V and Mazda CX-3. By most accounts the original SUV, the Jeep has more off-road cred than most of its rivals, even though the Renegade is slightly smaller in appearance, as if it had been co-designed by Roger Rabbit. Though an entry-level Renegade is available in a front-wheel-drive format, most models in this line are 4-by-4, rigged and ready for off-highway action.

The Trailhawk is outfitted with off-road features such as skid plates, tow hooks, electronic roll mitigation, hill-descent control and hill-start assist. The vehicle’s 4-by-4s, rigged and ready for off-highway action.

The Trailhawk is outfitted with off-road features such as skid plates, tow hooks, electronic roll mitigation, hill-descent control and hill-start assist. The vehicle’s 4-by-4s, rigged and ready for off-highway action.

Around town, the Renegade is bumpy but fun to drive. The 2.4-liter, four-cylinder engine is peppy enough to dash through traffic. The wide, square stance, with tight steering and stiff suspension, gives the vehicle the feeling of an overgrown go-kart.

It’s a little noisy on the highway, in part because of its traditional boxy shape and its removable roof. But when it hits the dirt, the Trailhawk showed impressive capabilities. It’s no canyon climber, but the little SUV performed admirably on a few dozen unpaved miles that would be off-limits to regular cars. On dusty back roads, it smoothed out the washboard and stepped nimbly over rock and rut. It handled the steep, sandy sections without a hiccup.

On one sharp downhill, the Trailhawk, with the hill-descent control engaged, took over without any foot on the brake.

The Renegades — even the top-end Trailhawk aren’t the most muscular machines in the Jeep lineup, but they’re not meant to be. If you want to mount an assault on Moab, Utah, try a Wrangler Rubicon. But if you just want to trot over to the trattoria or motor past the trailhead, the Trailhawk will do.

Price may be an issue. Entry-level Renegades can go for $18,990, but Trailhawks start at $26,990. The Soul and Nissan Juke cost less. Trailhawk buyers won’t save on gas either. Two-wheel-drive Renegades get 22 mpg in the city and 31 on the highway; the 4-by-4 gets 21 city and 29 highway. The Soul and Juke do better.

I had first dismissed the Trailhawk as a poser, too dainty for the dirt and not rugged enough to haul any substantial thing. But the longer I drove it, the more I liked it. After a couple of hours off-road, I was ready to forgive its limitations and forget the Roger Rabbit-inspired design. Next stop, Toontown.

Turbos not hot enough for fires

**Robert Weber**

**Motormouth**

**Q:** My question is about turbocharged four-cylinder engines. My son-in-law is a mechanic and tells me that these types of engines create so much heat that there is real possibility of them catching on fire. He does not recommend them and is trying to discourage me from buying one. What do you think?

— P.J., Palatine, Ill.

**A:** We have not heard of turbochargers causing engine compartment fires. Surely, this would have made big-time news.

Turbos themselves do run hot, and our advice is to let them idle down for several seconds before shutting off the engine to prevent oil from coking (turning to a solid) inside the turbo bearing housing. However, this is much less of an issue than it used to be back in the 1980s.

**Q:** I have a 2013 Elantra GLS and when I am at the red light waiting for the green light to change, the car shakes. You can feel it inside. The rpm are below 1,000. If I hit the accelerator a bit, the shaking stops. Any suggestions?

— G.R., Orlando, Fla.

**A:** Numerous Hyundai owners have experienced this, but we know of no fix yet. However, we can offer one suggestion: you can smooth out the idle by turning off the air conditioner. This is probably not an attractive option in Florida, though.

**Q:** My wife and I spent January and February in Florida to beat the Illinois winter. While there, I purchased a new 2014 Jeep Patriot. Last week I received an envelope from the dealer with a NitroFill membership number. Does this mean my tires are filled with nitrogen? The salesman never said anything about nitrogen-filled tires. I thought nitrogen filled tires had a green cap on the valve stem. My tires do not.

— J.T., Spring Valley, Ill.

**A:** This is a program where you pay the dealer to swap the air in your tires with nitrogen. When you become a member, top-offs are gratis. Air is essentially free. (Yeah, it may cost you a buck at the gas station coin-op inflator.) We are not sold on nitrogen. The benefits are minor compared to using air that is nearly 80 percent nitrogen to begin with.

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.
Anderson in midst of rebuilding Maine East girls soccer team

New Trier's Jen Fishman, left, and Maine East's Elisa Polo chase after the ball during the Class 3A Niles West Regional semifinal in Skokie on May 19.

Maine East's girls soccer team still is a long way from matching New Trier's talent on the field.

But the Blue Demons have closed the gap with the state's top teams on the mental side of the game, according to first-year Maine East coach Guy Anderson.

"I thought I had a pretty good idea on the state of the program when I got here, but I realized I did not," he said. "There was a lack of discipline, a lack of mental toughness.

"But I've gotten confirmation throughout the season from coaches and refs that they've noticed the change in us from the beginning to the end. It's going to take a while to turn the tide, but we are off to a good start."

Maine East's season ended on May 19, with an 8-0 loss to the Class 3A defending state champion Trevians in the Niles West Regional semifinals in Skokie. The Blue Demons finished 1-20, winning their first game of the season in the regional quarterfinals.

"He's changed our mentality," junior midfielder and two-year varsity player Elisa Polo said of Anderson. "Before we expected to lose, and we didn't care. Last year, we would give up before the game even started."

"Guy is someone who has a knowledge and a passion for the game, and he demands the players commit to him. I could see that attitude out there."

"He's changed our mentality," junior midfielder and two-year varsity player Elisa Polo said of Anderson. "Before we expected to lose, and we didn't care. Last year, we would give up before the game even started."

A Park Ridge resident, Anderson came to Maine East, which has never won a regional title, after one season as a boys assistant at St. Patrick. Before that, he had coaching stints at Resurrection, Loyola, Maine South and Notre Dame. Anderson also coached youth and travel teams in Park Ridge and Wilmette.

"I told them when I got here that we have to tear it down before we can build it up," said Anderson, who brought along assistant coach Byron Deleon from St. Patrick.

"It's tough love. I was not hired to keep the status quo. We don't want to be every team's senior night."

Anderson said Maine East has the athletes, and he said he has to find a way to capture their attention. But he also wants them to buy into what he's teaching.

"We are trying harder now, and I think next year will be better," Polo said.

Nine of the 20 players on the varsity postseason roster were seniors. Five non-seniors started against New Trier, including Polo, and
Improved runs help Lopatin break her own scoring record

BY ERIC VAN DRIL
Pioneer Press

The Class 3A Niles West Regional semifinal between the Niles West and Young girls soccer teams was scoreless after the first 20 minutes, and then junior forward Nichole Lopatin showed why she's obliterated the Wolves' single-season scoring record this year.

Lopatin scored three times in the final 20 minutes of the first half to lead the seventh-seeded Wolves to a 3-0 victory on May 20. Niles West (14-7-2) was scheduled to play top-seeded New Trier in the regional final on May 23, in Skokie.

Lopatin's hat trick came via her 34th, 35th and 36th goals this season. It's been weeks since she broke her single-season school record of 19, which she set a year ago.

"She's improved that much on her runs," Niles West coach Brett Clish said of the scoring increase.

"She's just gotten a ton of breakaways, and she's been finishing them."

Ninth-seeded Young played a flat back four against the Wolves and Niles West's midfielders and forwards took advantage.

Junior center midfielder Emela Mehicevic provided the key pass on the first goal, as she hit a perfectly-weighted through ball between the Dolphins' defenders and into the path of Niles West left midfielder Jackie Bajric. Young's last defender closed in on Bajric as Lopatin ran free to the right of her sophomore teammate.

Bajric, knowing Lopatin was in the box and on the other side of the defender, slid a left-footed pass to Lopatin, who got around the goalie and then calmly slid the ball into an empty net.

Dribbling around the goalie "is my move I usually do," Lopatin said. "It's just easiest for me, because I use my speed to get around them and then I have the wide-open goal."

The buildups to Lopatin's second and third goals were different - she dribbled right by the defense on the second, and a pass by senior forward Vicki Tirovolas keyed the third - but they ended in a similar fashion. The Dolphins' defense chased Lopatin on both plays as she did her favorite move, dribbling around the goalie and slotting the ball into the open net.

"Usually I'm trying to put it in a corner," Lopatin said of being one-on-one with a goalkeeper. "If I know I can get around them, then I'll dribble around them. But if not, I'll just try to place it." Having a speedy forward like Lopatin, who Clish said is among the fastest players he's ever coached, is a great asset. What's made her especially dangerous this season is how she's improved her runs - not just going straight, but angling them and timing them well - and the way she's combined with Tirovolas and Mehicevic, among others.

Lopatin said she has played with Tirovolas since she was 9 years old, and she also has an extensive playing history with Mehicevic. Both are skilled players who have helped Niles West match the school record for wins in a season, which was set in 2014.

Their passes have also been a crucial part of the way Lopatin has terrified defenses all season.

"I love having her up top," Mehicevic said, "because I know if I send it to her, she'll get to it."

Van Dril is a freelance reporter for Pioneer Press.

Twitter: @VanDnlsports
Patience, persistence pay off for Niles North’s Brand

By JONAH L. ROSENBLUM
Pioneer Press

Soccer can be a frustrating game. Even the best teams and players are sometimes left wondering, “How are we going to score?”

That’s where Niles North assistant coach Filip Cejovic’s advice comes in handy: “You always have to try to do the right thing and good things will happen.”

In the first half of the Class 3A Loyola Regional semifinal against Maine West on May 19, Niles North senior Alyssa Brand sent a header and later a shot off the post.

“The second time I hit the post, I instantly got really frustrated,” Brand said. “I literally just composed myself, took a deep breath instantly, because I knew we were doing the right things.”

Before the half was done, senior Myah Aharoni sent Brand a corner that she put home for the goal. Thirty seconds into the second half, Brand found classmate Demetra Govis on a long ball for the team’s second goal.

“You’ve just got to really stay hopeful and you’ve got to really keep up the energy in order for it to actually happen that one next time,” Govis said.

The eighth-seeded Vikings ultimately won 5-0 to advance to the regional final against the host Ramblers, the second seed. The game was scheduled to be played Saturday, May 23.

Cejovic’s advice could apply to Brand’s whole high school career. When her parents first pulled her off a year-round Eclipse Select Soccer Club team to play high school, Brand said she wasn’t happy. Brand scored her first goal in her first game as a freshman — and never scored again.

“It was a completely humbling experience,” Brand said. “High school is a completely different game. You’re playing with older players, and sometimes it’s a little more physical, and I don’t think I was really used to all of that.”

Brand said she was determined to become a playmaker, and so she worked on becoming more creative and on the high school game as a whole.

Her work paid off. One goal her freshman year turned into 12 her sophomore year and 21 her junior year, when she also committed to play soccer at Drake.

“I can pass her the ball and there’s four people on her and I know that she will do whatever she can,” Govis said. “I have so much trust in her because she’s such a hard player. She works and she trains so hard.”

Brand tends to do her best work under the spotlight. In addition to her pair of goals in the regional semifinal, she also scored both Niles North goals in a 2-2 tie with Niles West on May 2, at Toyota Park, home of the Chicago Fire. She also notched two goals “kind of out of nowhere,” according to Niles North coach Paul Elkins, on May 12, against Glenbrook South, the sixth-seed in the Class 3A Glenbrook South Sectional. Against Trinity on Saturday, May 9, she scored both Niles North goals, including the game-winner with three minutes remaining.

“She wins games for us, games that we’re playing against opponents on our level,” Elkins said. “And in games we’re playing against better teams, she finds ways to make us competitive and give us a chance.”

Her leadership was perhaps never more apparent than against 10th-seeded Maine West, a team Niles North finished in a scoreless tie against just a month ago.

“She means everything to our team. She’s not a real big talker, but when she says something, the girls listen,” Elkins said. “All the other girls raised their level because Alyssa was playing at such a high level. They had to raise their level just to be a part of it.”

Rosenblum is a freelance reporter for Pioneer Press.
Maine South freshman Danilo Kovacevic qualified for the boys tennis state tournament when he didn't lose a game in his first two matches at the New Trier Sectional.

Kovacevic fell to eventual sectional champion Tom Bickel 6-3, 6-2 in the sectional semifinals on Saturday, May 23, and finished third with a win by default over North Shore Country Day junior Blake Oslan. At the state tournament, Kovacevic is likely to compete against players similar to Bickel, who's a junior at New Trier.

"It's been difficult," Kovacevic said of playing against older opponents. "They usually hit harder, but the one thing is just the age difference. They have more experience. They're faster. They're stronger. And [I'm a] typical 15-year-old."

Kovacevic, who won the Central Suburban South's No. 1 singles title, has dealt with that discrepancy all season, however. He's grown accustomed to it. He added that the key to having success at the state tournament will be his serve and his forehand.

"If [they] go well, I think I'm going to do really good at state," he said. "It really comes down to that."

The state tournament runs from Thursday, May 28, until Saturday, May 30, at courts throughout the northwest suburbs.

Notre Dame

Freshman Nick Hebda was down a set and on the brink of defeat - he trailed 4-1 in the second set - against No. 1 seed Blake Oslan at the New Trier Sectional on Friday, May 22. Hebda kept attacking the North Shore Country Day junior, showing his power without overhitting and making errors out of frustration. Hebda, a Chicago resident, even ran into the fence after he tracked down a ball and tried to hit it back over the net.

"Just don't give up," Hebda said of his mentality down 4-1. "That's pretty much it. Just try not to give up."

Hebda's effort didn't result in a comeback - his season ended with a 6-3, 6-1 defeat to Oslan - but it was a positive way to end his first season of high school tennis.

Niles West

In baseball, pitchers gaze toward their catchers before they pitch to get a signal for what to throw.

Doubles partners often do something similar before they serve. The player at the net holds up a signal behind his back to communicate where he thinks his teammate should place his serve.

That was the case when Niles West junior Dan Weiss was serving against Niles North's Grant Slovin and Dave Patel on Friday, May 22. Senior Jesse Sacks was near the net as Weiss stood behind the baseline. Sacks used hand signals to tell Weiss where he thought he should put his serve.

But there were instances when Weiss, like a pitcher shaking off his catcher's signs as he waits for the pitch he's most comfortable throwing, responded with "no" multiple times before Sacks put up the hand signal he liked.

"It's kind of technical, but generally in doubles you don't want to go out wide because they get a better angle on you," Weiss said. "And it was kind of what I was feeling, too."

Weiss and Sacks had their season end in the New Trier Sectional quarterfinals with a 6-2, 6-3 loss to Loyola's Patrick Browne and Jack Nichols.

Niles North

Niles North didn't qualify anybody for the state meet at the New Trier Sectional, but there were still plenty of positives in the eyes of junior doubles player Grant Slovin.

"For our program it's huge that both of our doubles teams got past the first round," Slovin said.

Slovin and sophomore Dave Patel won their first-round match 6-3, 6-2 over Maine East's Dan Iqbal and Tim Choi. The Vikings' Zayaan Haider and Paul Tran beat Maine West's Miguel Hernandez and Jackson Torkelson 6-4, 6-4.

Both doubles teams lost their second-round matches, but Slovin said getting there is a sign of progress within the program - that the team's offseason commitment to the sport is paying dividends.

The goal, this summer, is "just play all the time," Slovin said.

Maine East

The singles draw at the New Trier Sectional was loaded with talent. Top seed Blake Oslan (North Shore Country Day) entered the tournament undefeated. Second-seeded Danilo Kovacevic (Maine South) won the No. 1 singles title at the CSL South tournament. And the Bickel twins of New Trier were both 9-16 seeds at the state tournament a year ago.

With that being the case, Niles West and Evanston moved their best singles players to doubles in order to try to qualify for state. Maine East didn't, however. Senior Peter Kloda and sophomore Boon Carreon were both part of the sectional's singles draw, where they combined to finish 1-2.

Although Kloda and Carreon played singles at the sectional, putting them together was an idea that Maine East coach John Schwan entertained earlier in the year.

"We tried, but we're singles players," Carreon said with a slight smile. "We're more comfortable playing singles."

That will likely be true again next year for Carreon, who was hampered by a strained tendon in the rotator cuff in his right shoulder at times this season. Carreon's sophomore campaign ended with a 6-0, 6-0 loss to Tom Bickel, who won the sectional title as a No. 3/4 seed.

Van Dril is a freelance reporter for Pioneer Press.

Twitter: @VanDrilSports
Niles West’s Mujica breaks school record in 3,200

BY SPORTS DEPARTMENT
Pioneer Press

In the 3,200-meter run, Niles West senior Christine Mujica broke a 33-year-old school record by finishing in 10 minutes, 57.92 seconds on May 23 at the Class 3A girls track and field state tournament. She placed 10th at Eastern Illinois' O'Brien Stadium in Charleston.

“She was running an 11:27 three weeks ago,” Niles West coach Mark Medland said. "In three weeks time, she actually dropped 30 seconds off her time. It was remarkable and we're extremely proud."

Wolves teammate Jazmine Rafaelan, a junior, took seventh (47.02) in her heat of the 300 hurdles on May 22, and didn’t advance to the finals.

Niles North senior Fiona Kanam finished seventh in the shot put with a throw of 40 feet, 9 inches. It was an improvement for Kanam, who took eighth as a junior.

With her seventh-place finish, Kanam scored three team points for Niles North. The Vikings finished tied for 62nd in the team standings with Highland Park and York.

East St. Louis senior Aaliah Herron won the state title with a throw of 43-1.

Alyssa Moy, a Niles North junior, posted a mark of 33-11.25 in the triple jump preliminaries. She did not advance to the finals.

The Niles North 4x200 relay team of senior Jada Kirksey, sophomore Isla Herrera, senior Lilian Perrin and junior Kebrea Parker didn’t advance to the state finals either. The Vikings took seventh in their preliminary heat with a time of 1:45.97.

Kirksey took eighth (26.80) in her heat of the 200 and didn’t reach the final.

The Maine South 4x800 relay team of junior Kalina Gardiner, junior Julia Sirvinskas, sophomore Olivia Holmes and junior Casey Bomrad finished seventh in its heat with a time of 9:42.93 on May 22. The Hawks did not advance to the state finals.

Maine South’s Casey Bomrad runs in the 4x800-meter relay prelim during the Class 3A state meet on May 22.

Niles West’s Christine Mujica competes in the 3,200-meter run during the Class 3A state final on May 23 at Eastern Illinois' O'Brien Stadium.
Vikings teammates Patel, Barr both advance to state

BY ERIC VAN DRIL
Pioneer Press

Niles West

Jackson Denley became the first athlete in the history of the Niles West boys track and field program to qualify for the state meet all four years of high school.

Denley’s first chance to qualify as a senior was as the anchor leg of Niles West’s 4x200. Denley crossed the line in third, and the relay’s time (1:30.60) was .96 seconds slower than the Class 3A qualifying standard.

That left Denley with one last chance — the 4x400 relay, which was the final race of the meet.

“We had our worries [after the 4x200],” Denley said. “But our coaches always tell us, ‘Go out there, have fun.’ We just do that. We tried our best and it paid off.

Starting in the seventh lane, senior Brandon Costantino ran the first leg of Niles West’s 4x400 relay. Costantino flew around the curve and broke the stagger, which proved to be a key aspect of the race.

As Evanston (first place, 3:38.17) separated itself from the field, Niles West stayed in second place. Denley was the final runner to get the baton. He crossed the line in second (3:24.47) to ensure that this year, like his last three, would end at the state meet. Denley and Costantino were joined by senior Mike Malina and sophomore Frankie Santa on the 4x400.

Maine South

A year ago, Maine South’s Henry Mierzwa lined up for his heat of the 1,600 at the state preliminaries and got off to a poor start.

He was probably last after the first 200 meters, he said recently, which proved to be a critical error.

“I didn’t really know what was too fast or what was too slow, so when they all bolted out really fast, I was like, ‘All right, they’ll probably slow down a little bit and then I can catch up.’

Mierzwa will be joined at the state meet by senior Alex Jasper (long jump, 21 feet, 6 inches), junior Matt Diller (pole vault, 13-3), sophomore Kevin Jarvis (shot put, 51-4) and sophomore Reece Jordan (3,200, 9:27.36).

Maine East

After failing to qualify for the state meet as a sophomore and junior, Maine East thrower Nick Pavlovic broke through at the Class 3A Loyola Sectional on May 21. He took first in the shot put.

Pavlovic’s throw of 51-8 earned him a trip downtown, but he said the critical aspects of qualifying were staying loose while he competed — to make sure his muscles didn’t tense up and rob him of his power — and what he did before the meet.

The key “is the day before and then preparing in the morning,” said Pavlovic, who plans on throwing at Harper College next year. “I have to have a good breakfast, wake up nice and early.

Van Dril is a freelance reporter for Pioneer Press.

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