Superheroes unite
Niles group works to fight cancer, one Relay for Life at a time. Page 4

Team GEEK, a squad of local superheroes who fight what their Relay for Life page on American Cancer Society calls, "The Disease That Shall Not Be Named."

Esprit de core
Apple-picking season is drawing near. Find out where to go to pick your own. Page 20

Lofty aspirations
The area's top golf teams want to challenge for a state title. Page 48

LIVING
Savor the day
Celebrate Filet Mignon Day with a seared steak and blue cheese butter. Inside
Dear Reader,

Since acquiring this and other Pioneer Press weekly newspapers late last year, we've been working hard to improve our content offerings with a renewed commitment to covering the local news that matters to you most. We've aimed to enhance your overall experience with an improved website, a new living section and more games and puzzles.

Recently, we conducted an in-paper and online reader survey asking for your feedback. Your response was overwhelming. And as we look to improve the way we bring you news and information to our readers across all platforms, your comments will help drive our decisions.

With that in mind, we're pleased to announce that effective Aug. 20, your weekly paper will be delivered earlier on Thursday, on your porch or driveway.

By taking the newspapers out of the mail and entrusting them to our carriers, we have better control over the time and condition of their delivery. For many of you who also receive the Chicago Tribune, these publications will now come together in one convenient bundle.

These changes to our print edition will have no impact on our online report. You will still find your community's and the region's most comprehensive lineup of breaking news, investigative, sports and features stories across all platforms.

As always, we welcome your comments via suburbs@tribpub.com. We've heard a lot of positive feedback about our expanded coverage of your most compelling local issues. But we know we can do better. And we'll continue to work tirelessly to earn your community-based readership.

The Editors
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Some real-life superheroes are helping fight a disease that affects millions across the world.

They go by the name Team GEEK, a squad that grew from five individuals who found a common purpose: fighting what their Relay for Life page on American Cancer Society calls, "The Disease That Shall Not Be Named" – cancer.

On Aug. 20, customers can bring in a flier found on Team GEEK's Facebook page (search "TeamGEEKRFL") to Blaze Pizza, 5712 W. Touhy Ave., in Niles where a portion of proceeds will benefit Relay For Life. The event starts at 4 p.m. and goes until 9 p.m.

Carole Brown, who is a relay participant and member of Team GEEK, said the group formed after many of the members participated together in Relay for Life event. Browne enlisted a friend who lived in Norridge and said they grew their ranks with many others who share a passion for superheroes, comics and Relay For Life events.

Since August 2010 Brown says the team has participated in a number of events, relays and activities that has brought in thousands of dollars. Wanting to find a team name that "unified" them, Brown said they decided since "all of us had this geeky nerdiness about something," and Team GEEK was born.

"We started bringing in friends that would wear costumes," she said of Team GEEK. "It cheered people up — even some of the survivors."

Aside from common interest in cartoon and comic book characters, famous wrestlers and dark villains, Brown says everyone in Team GEEK knows someone affected by cancer. Brown's father, whose cancer has been in remission for several years, survived both skin and prostate cancer which Brown said were both diagnosed within a week of each other.

"My maternal grandparents passed away from cancer," Brown added, noting there are others on the team who, like her, participate in honor of their memory and the survivors.

At many events, guests will see Team GEEK members in tights and heavy armor while interacting with children and walking next to other participants.

Character rivalries aside, the group to date, Brown said, has raised around $30,000 and is continuing that momentum with other events this year.

A week after the Blaze Pizza event, guests may see the likes of Batman, the Avengers and others participating in the Relay for Life of Norridge Harwood Heights, taking place Aug. 28-29 at Ridgewood High School.

The relay starts at 6 p.m. and goes until 6 a.m., and will include a number of raffles, recognition of cancer survivors and many other activities. The goal of the event is to raise awareness of what it feels like for a cancer patient who is going through treatment after participants have been up all night, Brown said.

Brown added their work is only a small fraction of what can be done to help find a cure.

"It's kind of surreal at times when [people] come up to thank us for what we're doing," she said. "There's so much more to raise, so much more to do, and so much more to fight."

Lindsey Compton is a freelance reporter for Pioneer Press.
Filing reports online with Niles police 'a win for the public'

BY LINDSEY COMPTON
Pioneer Press

The Niles Police Department has made it easier for people to file certain types of reports. The department rolled out a service this year that allows residents to conveniently file online reports related to theft and other minor crimes. The service went live around nine months ago following development that took more than a year and a half, according to Public Information Officer Sgt. Robert Tornabene.

Working with its IT department and web host, the final product not only includes services for vacation watch requests but it also frees up "a police officer from having to come in to take a police report" and allows the officer to focus on more pressing issues in the community, Tornabene explained.

"We've had people from outside the state that have filed saying they were the victim of a crime that occurred in town," he added. "It's a simple way to do it."

After clicking the "select incident" button on the page, guests will be prompted with a list of categories to choose from, including property damage, identity theft, trespassing, bicycle registration and more. Tornabene stated the form is to be used for "unknown offender or no known offender types of crimes."

"Most of the reports are like lost property, theft; no evidence whatsoever," he said. Things like criminal damage to property where the victim was unaware of who did it would also fall under that category, he explained. Crimes that involve homicide, sexual or aggravated assault and other major incidents should always follow standard procedures by calling the Police Department or 911.

Almost a year since the launch of the service, Tornabene said he has noticed a decrease of people coming into the station to file misdemeanor reports.

"I haven't seen a decrease in calls," he added, explaining that when people call they are given options to file online or in person. "We're not going to turn anybody away."

The form works across all platforms including desktop computers and smartphones, and is compatible with Apple, Windows and Android operating systems.

When filing, any supporting documents can be uploaded as evidence, and a permanent copy of the report will be delivered via email.

Users will receive a case number shortly thereafter for their records.

Online filing is free and is available 24 hours, every day of the year regardless if there is a holiday. Tornabene added that the turn-around time depends on the case, but is standard to in-person filing, taking three to five business days.

"It's a win for the public," he said. "It allows them the simplicity of filing without having to come to the Police Station."

For more information or to file a police report, go to www.nilesilpd.com.

Lindsey Compton is a freelance reporter for Pioneer Press.
**Townsnub affordable housing law**

**BY KAREN BERKOWITZ**

State housing officials say dozens of affluent suburbs have missed a recent deadline to create plans for increasing the supply of affordable housing within their borders.

Under a 2004 Illinois law, 68 municipalities identified as having too little affordable housing were required to file plans with the Illinois Housing Development Authority by June 2, according to spokeswoman Man Yee Lee. She said the state granted 60-day extensions to a small number of municipal bodies that asked for additional time.

40 of 68 municipalities did not submit a housing plan by June 2

A list from the Illinois Housing Development Authority shows that 40 of the 68 municipalities required to submit plans by June 2 under the state's Affordable Housing Planning and Appeal Act have not done so. Some municipalities contend their home rule authority exempts them from the state mandate because the law did not include specific language to the contrary.

**Towns that have not yet submitted plans:**

- Barrington
- Barrington Hills
- Bartlett
- Campton Hills
- Deerfield
- Elmhurst
- Flossmoor
- Green Oaks
- Hawthorn Woods
- Hinsdale
- Inverness
- Kildeer
- La Grange
- Lake Bluff
- Lake Forest
- Lincolnwood
- Long Grove
- Morton Grove
- Naperville
- North Barrington
- Northbrook
- Oak Brook
- Oak Park
- Palos Heights
- Park Ridge
- Pingree Grove
- Plainfield
- Prairie Grove
- River Forest
- Riverwoods
- Sleepy Hollow
- South Barrington
- Third Lake
- Timberlane
- Tower Lakes
- Wayne Village
- Western Springs
- Wilmette
- Winnetka

**Towns that have submitted 2015 plans:**

- Algonquin
- Barrington
- Bull Valley
- Burr Ridge
- Cary
- Deer Park
- Elburn
- Fox River Grove
- Frankfort
- Geneva
- Gilberts
- Glenco
- Glenview
- Highland Park
- Homer Glen
- Johnsburg
- Kenilworth
- Lake Barrington
- Lakewood
- New Lenox
- Oakwood Hills
- Olympia Fields
- Oswego
- Palos Park
- Port Barrington
- Spring Grove
- Sugar Grove
- Wadsworth
- Wadsworth
- Western Springs
- Wilmette
- Winnetka

Frenzer said that "as a courtesy," Wilmette resubmitted the plan it originally filed with the state in 2005, along with a new letter from the village's attorney, on June 4.

"If you believe the village is covered by the state act, the law says you should file a plan when you are first identified" as having less than 10 percent affordable housing, Frenzer said. "It doesn't say you have to go through the work of submitting plan after plan after plan, if your status has not changed."

Like Wilmette, Deerfield maintains that it is exempt because of its home rule status.

Elected officials say they are basing their position on a legal opinion obtained by the Metropolitan Mayors Caucus at the time the law was enacted.

"We do monitor workforce housing on our own and value all types of housing," said Deerfield Mayor Harriet Rosenthal. The state says 4 percent of Deerfield's housing qualifies as affordable.

Hinsdale Village President Thomas Cauley Jr. said his suburb is updating its 2005 affordable housing plan, but high turnover in the village manager's office prevented Hinsdale from meeting the deadline.

The number of suburbs choosing to ignore the mandate is up dramatically from a decade ago, when all but 10 of the 49 towns required to file plans complied with the law, according to state figures. Some suburbs that filed plans that year stressed that they were doing so voluntarily and cited a legal opinion from the law firm of Holland and Knight.

"I think the main reason towns responded the first time around 10 years ago is that they did not realize the law did not really have too many teeth," said Gail Schechter, executive director of Open Communities, which advocates for affordable and fair housing in 16 northern suburbs.

"If you didn't file a plan, there really were not any consequences," she said. "They figured that out."

Frankfort Mayor Jim Holland said there was no question his village would comply with the law.

"We submitted a plan because that is what the state law calls for," said Holland, whose town of 18,000 in Will County does not have home rule authority. The state puts Frankfort's affordable housing at 2 percent.

The village of Barrington also was among the 28 municipalities to file an affordable housing plan with the state.

After meeting the state's threshold a decade ago, the village's total of affordable housing dipped to 8 percent. Village Manager Jeff Lawler attributes the change in part to a drop in income levels, which meant housing needed to be cheaper to qualify as "affordable."

In the case of rental housing, the state considers an apartment affordable if a household earning 60 percent or less of the area's median income, $61,045, can live there without spending more than 30 percent of income on housing.

The income figure is based on census data for the Chicago metropolitan area. The agency found that a monthly rent of $916 or less would be affordable to a family earning 60 percent or less of the median income.

Owner-occupied homes and condominiums are considered affordable if monthly mortgage payments, including property taxes, consume no more than 30 percent of income for a family earning 80 percent or less of the median income. That came out to be $1,221 a month in the most recent analysis, state data showed.

Ricca Slone, a former Peoria legislator who co-sponsored the Affordable Housing Planning and Appeal Act, recalled the circumstances that spawned it.

"This was before the housing bubble and the housing crash," Slone said in April. "In the early 2000s, there really were affordability issues for public service people ... who were working in many of these communities and couldn't afford to live there."

Schechter said the law was weakened to the point of becoming a planning statuto allow the lines of "It would be nice if you considered having housing that met the needs of your workforce and people with disabilities and people with fixed incomes and seniors."
District 64 seeks community input from new council

BY BOB CHIARITO
Pioneer Press

In an effort to increase communication between the school board and community members, Park Ridge-Niles School District 64 Superintendent Laurie Heinz is seeking community members to join a new Community Relations Council.

Heinz said the idea was something she talked about when she was hired and thinks it's a great way to inform and learn about the community.

"I understand that I'm accountable to the community and I want them to be well-informed. I want to know what's on their minds," Heinz said.

Ideally, the council will have 20 to 30 members, most of whom do not have children in school, Heinz said. The council will be advisory and have no voting power, she added.

"I really want the group to reflect a cross section of the community. I'm hoping most are not parents of current students. I'm looking for more community-at-large members," Heinz said.

Interested District 64 residents can apply on the district website www.d64.org.

The deadline to apply to be a council member is Aug. 24. Heinz expects to have the group narrowed down by Aug. 28. Members will serve up to two years, and those who apply will be notified if they made the cut at the Sept. 15 school board meeting, Heinz said. She added that the group is expected to meet three times a year.

Bob Chiarito is a freelance reporter for Pioneer Press.

Joint October reunion set for Niles North, East and West classes of '65

BY LINDSEY COMPTON
Pioneer Press

Ladies, put on your best dress and gentlemen your finest suit for the 1965 graduating class reunion. The three classes have combined, according to Ronnie Other, who also sits on the reunion committee, and moved them to North.

Denise Notarius Schrager, who sits on the reunion committee, said, "Our class from 1965 was the first class (at North)."

"The history between the three classes goes back to 1964 when Niles North High School opened," Other added.

Before that, North's students were split between East and West.

This isn't the first year the three schools have combined, according to Ronnie Other, who also sits on the reunion committee. East and North used to only have their reunions together; West was recently added a couple years ago in an attempt to grow the celebration.

This year's reunion starts at 7 p.m. and will feature a buffet dinner, cash bar, a DJ, and dance floor.

Lindsey Compton is a freelance reporter for Pioneer Press.
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The following items were taken from the Niles and Park Ridge police department reports. An arrest does not constitute a finding of guilt.

Niles

DRUGS
- Andres Acosta, 23, of the 8300 block of Odell Avenue was charged with possession of cannabis Aug. 31. According to police, Acosta was witnessed by an officer making a "hand to hand transaction" in a vehicle with an unidentified individual. When officer approached the vehicle, the unidentified individual "sped off" and Acosta ran toward a different vehicle and dropped a "bag with a green leafy substance," police said. Acosta has a court date on Sept. 8.

- A female was allegedly caught on camera stealing an e-cigarette from a store on the 8500 block of Dempster Street on Aug. 30, police said.

DUI
- Paul Gerlach, 56, of the 700 block of Sylviwood Avenue, Park Ridge, was charged with driving under the influence Aug. 31, police said. Gerlach has a court date on Sept. 8.

IDENTITY THEFT
- A female reported that her purse was stolen in Skokie and filed a police report on April 28, police said. She later learned that her credit cards were used at several stores in Niles totaling over $1,000, police said.

- A male victim told police he received a letter from the Illinois Department of Employment Security on July 20 stating that his application for unemployment has been received and is being processed, police said. The victim told police that he never applied for unemployment and he called the unemployment agency to inform them that it was a "fraudulent application," police said. The agency is investigating the fraudulent activity, police said.

BURGLARY
- Police said they are investigating a residential burglary that a resident reported on the 7900 block of North Oconto Avenue. The burglary occurred sometime between 6 a.m. on July 26 and 9:08 p.m. on July 29, police said.

CRIMINAL DAMAGE
- The back screen door of a business on the 8600 block of N. Milwaukee was reported damaged, police said. The incident occurred sometime between 11 p.m. July 28 and 6 a.m. July 29.

LOST PROPERTY
- A man reported that while shopping with his mother in a business on the 8500 block of Golf Road he lost his wallet, police said.

Park Ridge

DUI
- John Donofrio, 57, of the 900 block of 61st Street in Downers Grove, was arrested with driving under the influence July 27 near the intersection of Interstate 294 and Dempster Avenue at 11:18 p.m. He has an Aug. 31 court date.

MULTIPLE DRIVING OFFENSES
- Juan Torres, 45, of the 4100 block of West Nelson in Chicago was arrested for failing to reduce speed to avoid an accident, driving without valid insurance and a valid driver's license July 28 near the comer of Brophy Avenue and Higgins Road. He has an Aug. 31 court date.

BURGLARY TO MOTOR VEHICLE
- Pawel Platek, 38, of the 9000 block of West Golf Road in Des Plaines, was arrested for driving while under the influence with a blood alcohol content of over .08 on July 30. Platek was apprehended on the 300 block of South Redfield Court at 12:52 a.m. He was also charged with driving in the wrong lane, making an improper turn and improper lane usage. He has an Aug. 16 court date.

THEFT
- On July 25, an unknown man approximately 30-40 years of age entered a store on the 1900 block of South Cumberland Avenue and proceeded to fill a basket with razors, then left without paying.

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Covering ground

Completed Skokie bike path allows travel from north to south

BY MIKE ISAACS | Pioneer Press

Two cyclists ride along the southern leg of Skokie's Rails to Trails multi-use path, which travels past the Illinois Science and Technology Park.

The temporary unavailability of Yellow Line train service notwithstanding, it may be easier than ever before to get around Skokie without four wheels and an engine.

Village leaders have espoused a mission to make Skokie more pedestrian- and cyclist-friendly. In recent years, they have added bike lanes, reconfigured sidewalks and streets, created new bike paths traveling from one part of town to another and approved a housing project with a pedestrian-friendly way of life in mind.

The latest chapter this summer is completion of Skokie's portion of the "Rails to Trails" bike path, which travels from the Skokie Swift Dempster Street station on the north to Lincoln Avenue near the Lincolnwood border on the south.

On a recent sunny morning, the multi-use path had a quieter and more tranquil feel than any of its planners likely imagined.

The path follows the Yellow Line tracks where train service is not scheduled to resume until October. There were no rumbling trains or downed gates for crossings, with only a few people on the trail at the time.

That peace and quiet seemed to be embraced by those on the trail.

"I just started using this a couple weeks ago, and I took a week off of work, so I walked every day," said Jen Kenny.

"I like it a lot. You don't have to deal with traffic, and I love that nature center there," she said.

The nature center is the Skokie Park District's Emily Oaks Nature Center, which sits smack-dab in the middle of the new extended portion of the trail.

The extended path also includes easy exits and entrances into neighborhoods. One of them led to a nearby park where Affun Rashid, 4, was playing with his mother.

Stephen Parlaktian said he rides his bicycle in the area often, and the new trail has been a major convenience for him in getting from the city to his job in Wilmette.

"The streets around here were not that easy to ride down," he said. "It's nice now to be able to duck onto the trail and not face the traffic anymore."

The older north leg of the trail begins with a red water fountain donated by the Rotary Club of Skokie Valley. It sits near an enclosed rest shelter, benches and a bike rack.

The path travels north through the heart of the Illinois Science and Technology Park until it reaches the end, the Dempster Street Skokie Swift station.

The northern portion of the path has been up and running a few years and the vegetation seems to have grown more fully. The landscape looks a bit more finished. From the beginning, landscape architect Phil Hutchinson said, the plan for the path called for using native grasses, small shrubs and flowering trees.

Village officials say that Lincolnwood has plans to extend the path farther and eventually link it up with Chicago bike paths, for a much longer, uninterrupted ride.

But for now, this summer's opening of the southern portion of the path—from downtown Skokie almost into Lincolnwood—means that bikers and walkers can cover all kinds of territory in Skokie with key stops along the way.

Equally important to many this summer is the completion of designated bike lanes along east-west Main Street. For years, cyclists have complained about riding conditions on Main, which is a key route to the east and west ends of the village.

The Main Street bike lanes run almost the entire length of the village and the Rails to Trails bike path was completed in two phases.

The northern portion, which runs from downtown through the Illinois Science and Technology Park and ends at the Skokie Swift station on Dempster, covers about three-quarters of a mile and opened a few years ago.

The newly arrived southern portion, which runs from downtown across Skokie Boulevard and past the Emily Oaks Nature Center, covers another mile or so, making the entire path about 1.7 miles.

Those enjoying the semiannual days of the Rails to Trails path seemed to be appreciative of the new way of being able to get around town without a car.

Teddy Kubiec and Melanie Naumik were taking a leisurely Sunday stroll on the trail as they headed south toward Dempster.

"I've been using the trail often," Kubiec said. "I usually ride my bike to the local gym, and this takes me away from the street, the one I like."

This was only Naumik's second time using the trail because she often gets around in her car, she said.

"I would like to use it more, and I would if I walked more," she said. "In fact, I'd like to start using the path more now and not drive as much whenever it's possible."

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Twitter: @SKReview_Mike
Israeli university honors Lincolnwood resident

BY ALICIA RAMIREZ
Pioneer Press

A Lincolnwood resident was recently recognized by the Technion-Israel Institute of Technology in Haifa, Israel, for her dedication to arts education.

Sonia Marschak received an honorary fellowship June 14 after what she and the university described as a lifetime of devotion to the promotion of arts education, both in the Chicago area and abroad.

"I have great admiration for this institute, which has created many incredible things in technology and science. I told (a director of the humanities program) that no education is complete without the arts and I knew they did not have the funding for that," Marschak said of her 2007 contribution to the university.

That contribution allowed the university to build a theater, art studio and a music studio to serve 30 students. There were 100 applicants. Marschak decided to donate again to build another studio so more students could participate in the arts.

During her childhood, Marschak took piano lessons and took part in dance and theater, though she said that her house wasn’t particularly emphatic about the arts.

"I guess it was just something in me that I have always been drawn to the theater and things like that," she said. "I think an awful lot of people are and when you think about the different cultures that have existed through time, you can find the arts in each of them. It’s part of us."

That interest in the arts led Marschak to take up the role of cultural arts chairwoman in Lincolnwood, where she began a program that brought artists and writers into the schools to talk to students.

Marschak said she has always been an appreciator of the arts and has enjoyed theater, music, dance and visual arts.

That appreciation has led to her lifelong endeavor of ensuring younger generations have access to that type of education and experience throughout their lives.

"I think everyone is an artist," she said. "And when you think about the different cultures that have existed through time, you can find the arts in each of them. It’s part of us."

Along with her devotion to art education in schools, Marschak has also made a mark on Lincolnwood in other ways, writing parody musicals for major events in the community such as when the library was being constructed in the ’70s, America’s bicentennial in 1976 and Lincolnwood’s 75th anniversary of the village’s founding.

But Marschak’s contributions to the Chicago area reach far beyond the village limits of Lincolnwood. She has sponsored programs at Highland Park’s Ravinia Festival, including Lady Gaga and Tony Bennett, and shows at the Writer’s Theater in Glencoe.

Alicia Ramirez is a freelance reporter for Pioneer Press.
Rocky Wirtz brings Stanley Cup home to Winnetka

BY STEVE SCHRINGER
Pioneer Press

Though technically it was Chicago Blackhawks owner Rocky Wirtz who had his day with the Stanley Cup on Aug. 9, he said that in his mind, the event also belonged to the thousands of friends, family and fans he invited to visit the iconic trophy.

“I’ve lived in Winnetka all my life,” Wirtz said. “I just wanted to say thanks and share the cup with them.”

At a party at Wirtz’s Winnetka home, an estimated 2,500 people stopped by to chat and take pictures, part of a day full of activities that also included a visit to the Winnetka Fire Department and a private reception at a North Shore country club.

A day earlier, the cup had been hosted by Blackhawks right winger Patrick Kane at his home in suburban Buffalo, NY. Shortly before the cup arrived at Chicago Executive Airport in Wheeling, Wirtz made his first public comments regarding the police investigation involving Kane.

“We’re disappointed, but hopeful,” Wirtz said. “Beyond that, it would not be appropriate to expound upon.”

Kane was discussed by some fans at the Cup appearances, though many said the incident did not affect the festive atmosphere of the day.

“Think we try people as guilty until they’re proven innocent,” Steve Dale said at Wirtz’s home. “We need to know more. I don’t know how anyone can comment on what they don’t know.”

After picking up the cup at 7 a.m., Wirtz immediately drove to the Winnetka Fire Department, where police and fire personnel and their families were waiting. He said he was trying to correct an oversight from the last championship season.

“I was in the Fourth of July parade in 2013 and they were disappointed the Cup wasn’t there,” Wirtz said. “The police and fire were very supportive. I thought it would be really nice to bring it to them before we brought it back to the house.”

Police officers, firefighters, village officials and their families greeted Wirtz inside the firehouse, where nearly 500 people viewed the Cup.

Detective Gerardo Sarabia’s family came dressed in Blackhawks apparel and took photos with the trophy. Sarabia, his wife Debrah, and daughters Lauren, 22, and Gabriella, 17, said they had watched every playoff game at their home with family and friends.

“The parade downtown was chaotic, but today I actually got to touch it,” Lauren said. “It’s surreal. My only regret is I didn’t kiss it.”

Perhaps the youngest person to see the cup Aug. 9 was 10-week-old Ewan Walton, who was born the day of the Blackhawks Game Seven victory over the Anaheim Ducks in the Western Conference Final on May 30.

Ewan’s parents, Detective Jeremy Walton and Nicola Walton, placed him in the Cup’s shepherd’s hook.

“Two years ago, we brought Ewan to the United Center, but it’s a first time for my family to see the Cup,” said Nicola Walton. “It’s been an overwhelming two days.”

Kane was discussed by some fans at the Cup appearances, though many said the incident did not affect the festive atmosphere of the day.

“My kids were up watching the parade downtown,” George Hinley said. “(Rocky Wirtz’s wife) Marilyn has two dogs that she loves and she walks them by our house every day,” George Hinley said. “My kids were up watching the parade downtown.”

In thanks, police Chief Patrick Kreis and fire Chief Alan Berkowsky surprised Wirtz with a custom-made Blackhawks sign that featured the logos of both departments and the Chicago skyline.

“This is really special,” Kreis said. “Our families do so much to support us during our long shifts and hours. It really gives the families something to celebrate. I was honored they allowed us to host it. It’s a real treat.”

At Wirtz’s home were Jeff Donenberg and his daughter, Jamie, who said she left a friend’s bridal shower early to catch a glimpse of the championship Cup.

“(The bride) gave me permission and said she would have the trophy,” Jamie Donenberg said.

In addition to getting Wirtz’s autograph, the teens also got to try on his 2013 Stanley Cup championship ring.

“He is a really nice guy,” Dieterich said. “The ring had the most diamonds I will ever see.”

Alison and George Hinley live up the street from the Wirtzes in Kenilworth and were happy to share in their neighbor’s special day.

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Maot Chitim gears up for Rosh Hashanah

BY LINDSEY COMPTON
Pioneer Press

Maot Chitim of Greater Chicago, a nonprofit organization housed in Lincolnwood, will provide around 12,000 Jewish families the food and supplies needed to celebrate Rosh Hashanah on Aug. 30, the organization says.

More than 150,000 pounds of food will be packed and delivered by nearly 1,500 volunteers over a two-day period. Packing of non-perishable foods will take place on Aug. 23 at a warehouse located in Northbrook, according to Executive Director Joellyn Oliff. Perishable foods will be boxed on Aug. 30 to ensure items are delivered as fresh as possible.

Maot Chitim, refers to the old custom of providing the poor with matzo and other items for the observation of Pesach,” the organization’s website states. Since its inception in 1908, the nonprofit has evolved by hand-delivering packed boxes filled with kosher items, fruits, vegetables and other necessities to a number of Jewish families.

On the day of delivery, volunteers are encouraged to refrain from referring to the box as charity or a donation; instead, they are instructed to refer to it as “your Yom Tov order.” Receipt of payment is traditionally met with a cup of tea, cookies or other small tokens of thanks.

While most of the food is purchased through the organization, private donations from over 5,000 donors helps with ensuring no home is left empty of the holiday spirit.

“We deliver to anybody who is in need of food that wants to celebrate the Jewish holiday,” Oliff noted in reference to the history of Maot Chitim.

Oliff said a grant back in 1997 allotted them to extend the holiday giving to Rosh Hashanah, after what mainly began as a Passover tradition.

There are restrictions, however. The mission statement alludes to only assisting those in the Jewish community by providing the tools necessary for these celebrations. Those who practice other religions looking for food assistance will be referred to other organizations, Oliff said.

She added that those looking to help “don’t have to be Jewish to volunteer.” “That’s what makes it so unique,” she said. “The beauty of this organization is that we’re transmitting cultural values and people get to see the work we do.”

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Wilmette and Kenilworth joined the list of North Shore communities where mosquito traps set by the North Shore Mosquito Abatement District yielded specimens that tested positive for West Nile virus.

Wilmette, Kenilworth mosquitoes found to carry West Nile Virus

BY KATHY ROUTLiffe
Pioneer Press

Wilmette and Kenilworth have joined the ranks of North Shore towns where West Nile virus-carrying mosquitoes have shown up in traps, according to officials at the North Shore Mosquito Abatement district. District communications manager Dave Zazra said on Aug. 6 that workers who checked traps in the village on Aug. 5 collected a batch of culex mosquitoes that tested positive for the virus that causes the disease. They found virus-carrying mosquitoes in Kenilworth traps on Aug. 3, he said.

The district first reported virus-positive mosquitoes on June 25 this year, officials said. More positive results were reported as the summer progressed, in Evanston, Morton Grove, Niles, Skokie and other district communities.

According to abatement district information, Evanston, Skokie and the combined communities of Glenview and Golf have yielded the highest number of positive mosquito results, four each.

According to Zazra, only one town within the district's purview, Northfield, has yet to see its traps yield virus-positive culex specimens, at least as of Aug. 6.

The 2015 pattern of mosquito development largely mirrors last year's pattern, Zazra said: There was more rain, and so more floodwater mosquitoes developing than the mosquitoes that carry the virus.

"Last year, the virus started to amplify late in the season and it looks like it's going to be similar this year," he said.

Zazra said area residents can help cut down on the proliferation of both culex mosquitoes and the more ubiquitous non-virus-carrying floodwater mosquitoes by eliminating standing water on their properties.

That means more than draining children's inflatable swimming pools or bird baths, he said, adding, "anything that can possibly hold water is somewhere that mosquitoes can breed - flowerpots, Frisbees, your children's toys. Basically, if it can hold water, it can breed mosquitoes."

Zazra also reminded people that, although the risk of contracting West Nile virus is currently low, people should protect themselves from mosquito bites by avoiding going outside during dawn and dusk hours, when mosquitoes are most active. They should also wear loose, light-colored clothing with long sleeves, and use insect repellent, he added.

According to the district's site, mild cases of West Nile infections can cause a slight fever or a headache. More severe infections can result in a high fever with head and body aches, disorientation, tremors and convulsions. In the most severe cases, the disease can cause paralysis or death.

For more information on the virus, visit the Centers for Disease Control's website.
Suburbs named to Top 10 list for stinging insects

BY ANNEMARIE MANNION
Tribune Newspapers

Bees and wasps are pollinators that benefit the environment - a fact that might take out some of the sting of being named to a list of communities in the Chicago area with the most bees, wasps, yellow jackets, according to a pest control company.

The list of the top 10 communities with the most stinging insects was put together by Anderson Pest Solutions. It is based on the towns that had the most calls to the company requesting treatment for stinging insects.

Libertyville topped the list, with 18 percent of calls. Arlington Heights was at 17 percent, Lake Forest had 12 percent, Glenview came in at 10 percent, Vernon Hills was 9 percent, Downers Grove was 8 percent, Evanston was 7 percent, Gurnee was 7 percent, and Naperville and Palatine tied for last of the top ten, both at 6 percent.

Tom Dobrinska, technical director for Anderson, said a community's geographic size, and whether it has large houses or expansive yards, accounts for why it may have made the list.

"If you have a large house with a large surface area it provides a lot of resources where stinging insects can nest and hide," he said.

A community's location near open areas with vegetation also plays a role.

"Arlington Heights is right up against Busse Woods. It has numerous resources (for insects)," Dobrinska said.

To keep stinging insects from making your home theirs too, he suggests checking your house annually to make sure it doesn't have any deteriorating tuck pointing or cracks or holes that attract insects.

Acknowledging that insects aren't just pests, he also said when applying a chemical to eliminate a hive or nest it's important to target it and use as little as possible to keep it from spreading to flowers or gardens where other insects feed.

"You don't want to cause collateral damage," he said.

As well as kiss the earth goodbye," Prusa-VanVleet said. "What else would pollinate?"

Chris Prusa-VanVleet, assistant manager of perennials at The Growing Place in Naperville, said bees and wasps are pollinators that are crucial to a healthy garden — and the environment overall.

"Without them we might..."
Cancer survivors band together

BY JACKIE PILLOSSO
Pioneer Press

Lesley Foreman and Jami Weiman prefer to call the scars on their bodies "warrior marks."

Foreman said she's undergone chemotherapy and several surgeries since her 2013 ovarian cancer diagnosis and Weiman said her Crohn's disease, which she was diagnosed with at the age of 15, resulted in dozens of surgeries and scars.

"When you see someone with a scar or a port, it's a tell-tale sign of cancer, and it makes the person very self-conscious," said Foreman, a Northbrook based psychotherapist and Highland Park mom of two.

Their desire to help other women in their shoes has led the two Wilmette natives, who said they've been best friends since sixth grade, to launch BWel11, a swimwear company with a mission to help women cover and conceal scars, ports and pouches caused by surgeries or other medical procedures.

"Between the two of us, we have massive amounts of scars," said Weiman, a former mortgage broker who lives in Northbrook with her husband and their two children. "We get it. A lot of women won't put themselves in a situation to wear a bathing suit because they're just feeling too awkward and insecure."

BWel11 - with the "11" signifying the age when the two women met - offers two products: the Bandiva, a head wrap, and the Bandtastik, a swim accessory that can be worn over the shoulder or on the chest to hide a port scar, over the bust line for additional support, around the neck as a scarf or over the hips to hide stretch marks.

Both products are manufactured in Chicago and are made of a spandex/nylon material, or "high-end bathing suit material," according to Foreman, who started BWel11 with her best friend and business partner, Jami Weiman.

"I was already feeling unattractive enough, so to spend a lot of energy trying to find something that would cover my scars was exhausting," said Foreman. "I was constantly trying on things and thinking, 'That shows it too much.' It's a lot of mental effort."

The Bandtastik and the Bandiva, each of which come in six patterns, are available for purchase on the company's website, as well as at North Shore stores that include Londo Mondo in Winnetka and Jerome Krause Fashion Hair in Skokie.

"Cancer is a horrible illness," said Sandi Krause Rapaport, the owner of Jerome Krause, a 58-year-old wig and hairpiece store. "When a person has to show outward signs - like being bald or having a port or scar, it's another element that is upsetting to them. These are products that look pretty and help them get through a tough time much easier."

The Bandiva retails for $55, and the Bandtastik, which is available in three sizes, is $40.

"This is so much more than just a great business idea," Weiman said. "We've walked the walk. This is our life. We know women will appreciate what we're offering - a way that allows them to maintain their style and their own sense of dignity to feel confident and beautiful in their own skin."

"When they walked in the door and showed me what they had, I said, 'This is going to work,'" said Rapaport. "People with cancer want to fade into the crowd. They want a normal life. They're dealing with enough as it is. These products will do really well."

To learn more, visit www.bwel11.com.

Jackie Pillossoph is a freelance reporter for Pioneer Press.

Twitter @lovessentially.

Lesley Foreman (left), shown here with her best friend and business partner, Jami Weiman.
Hunting not a fair fight

The only killer dentist I'd ever heard of was Doc Holliday. Until now.
Walter Palmer, a Minnesota dentist, has been all over the news recently in connection with the perhaps-legal, perhaps-not killing of Cecil, a much-loved and protected lion in Zimbabwe. Reportedly, Palmer's hobby is hunting big-game animals for trophies, and the Internet is full of photos purportedly of the corpses of creatures he killed. Authorities are looking at Palmer as part of a poaching investigation, according to reports.

Whatever eventually happens in the case of Cecil the lion, it may do some good if it sparks a revolution toward the sport of hunting.

Did I say sports? Well, "sport" in the sense that baseball would be a "sport" if one team had nine players and six outs while the other team got three players and two outs.

Implicit in the concept of sport is that it is a competition of equals. In hunting, the animal hasn't a chance. Hunters have high-powered weapons, electronic tracking equipment, vehicles and guides.

Some hunters claim they are true conservators and lovers of nature. It's an interesting argument - that you show love by killing the object of your affection.

Others argue that people who eat meat are hypocrites and have no right to criticize hunters. After all, that BLT you had for lunch once was an animal, and that animal was killed.

While it is true that hunting and meat-eating both result in the death of animals, there is a mega-difference.

Killing your own food once was and in some places still is necessary. But in most arenas of modern society, hunting and killing animals is not a necessity. It is a choice.

Hunters choose to inflict pain, suffering and sometimes, unfortunately, extinction on animals. They derive pleasure from this, pleasure from inflicting pain, suffering and death. They enjoy killing.

It took Cecil the lion 40 hours to die, according to news reports.

The dentist's arrow - that's right, arrow - bored into his chest. It took 40 hours to track the lion and kill him with a gun, according to published reports.

But let's not get carried away. These are only animals, right? It's not like hunters kill people.

But how often have you seen a nature documentary or a segment on the news that shows researchers are finding that animals know more, think more, feel more and communicate more than we hitherto had thought?

How can we say what Cecil the lion felt, thought and endured during those 40 agonizing hours before he finally was harvested? And, sadly, whatever is the outcome of the Palmer case, killing for pleasure will go on.

Here in Illinois, more opportunities to kill for pleasure were created last month, when Gov. Bruce Rauner signed into law a bill to legalize the hunting and trapping of bobcats - bows and arrows allowed. I guess, unfortunately, there's only one thing left to say:

Tally ho!

Paul Sassone is a freelance columnist for Pioneer Press.

Baseball's security measures foul up the game

I encountered this new development last weekend at Milwaukee's Miller Park, where I went to see the Cubs take on the Brewers.

I arrived in what I considered to be plenty of time - about 25 minutes before game time - to get through the turnstile and find my way to my seat. But I was wrong.

When I arrived at the park, fans were bunched up at all the gates as if they weren't just waiting to get in, they were in line to buy tickets.

It looked like a cattle call lined up merely to get into the park. It did not appear to be safe, to say the least.

I thought big-league baseball was pretty much unwatchable before, but MLB has managed to add humiliation to the nine-inning endurance test of watching a grown man pace off the mound, rub a baseball, adjust his pants, shake off a sign or two and then throw to first.

Two innings into the game, I managed to get into my seat. I wasn't at all happy about it.

I had bought a cheap seat that put me in the upper, upper, upper deck.

I was so far away from the action and so high above the field that I found myself wishing the players had numbers on top of their hats.

Needless to say, I think the new policy of metal detectors is more for show than anything else. Workers seemed more stressed at trying to get fans through the gates than at the prospect of stopping any would-be attackers.

The scariest part of the whole trip was not the time spent in the park.

The real fear lived in the parking lot before the game - with all the slashed tailgaters, or waiting in line on a hot summer day with pre-lubricated ticket holders and then leaving the park with drunken, celebrating Cubs fans.

Besides, the truest danger at baseball games doesn't come from a fan entering the stadium. It comes from the field. My great-grandfather lost an eye at a baseball game when a foul ball hit him in the face.

At last week's game, a player's bat shattered and the top half went flying into the stands. It hit a woman, who had turned away from the field to talk to a friend, in the back. It looked bad from my angle in the stratosphere, but after some assistance, the lady seemed OK.

Unsuspecting fans get hit with foul balls all the time and that problem hasn't been solved.

There has never been a terror attack at a baseball game, but apparently MLB has to do something.

Too bad that something is to the 45,000 suspects a night who paid to enter.

Randy Blaser is a freelance columnist for Pioneer Press.

I think the new policy of metal detectors is more for show than anything else.
Summer home sale brings back years of memories

“Write down what you want. Your brother and sister already started their lists.”

I read these words on a sheet of paper - mind you, a piece of circa-1989 stationery with geese on it - and I can’t really comprehend them.

According to this note that my dad left on the kitchen table, I’m supposed to be making a list of things I want from our summer home, now that he has put it on the market 44 summers after he and my mom first found the perfect parcel of land on which to build their dream cottage.

I was 2 years old that first summer, and one of my first life memories is running down the hill to the water, amid tall grass and Queen Anne’s Lace wildflowers.

“Do you want the sailboat wind chimes,” my daughter straight asks innocently.

At this moment, I don’t care about the wind chimes, even though, yes, I probably do want them once this place sells.

Right now, I don’t want the wind chimes, the antique fishing basket hung over the stairs, the beautiful hand-carved dresser that was in my bedroom.

This is what I want the dozen or more trees on our property, towering three or four stories high, that I look up at when I’m swinging on a hammock or out on the deck sipping my first cup of coffee.

I want the way the sunlight reflects on the undersides of leaves and sparkles on the water like diamonds around dinner time.

I want the feeling of the soft grass under my feet as I walk out the dock at night, trying to find shooting stars in an inky sky dotted with thousands of stars.

I want all of the things that don’t fit in a cardboard box that can be hauled back to my “regular” home. I want to stay, for the rest of my summers, at the cottage that is the last tangible part of my life that I can trace all memory to.

I posted a picture of the For Sale sign earlier this summer on Facebook, and at least three friends replied that they, too, are going through something similar, as their now-elderly parents are selling their out-of-state family summer home. Like us, they can’t afford to take over these homes but would in a heartbeat if they could.

“You’ll always have the memories,” one of those kindred friends told me.

It was meant to be soothing and I know in my head that there is truth to it. But now, as I look out at the waves rolling in from a north wind that is familiar to me as breathing itself, it’s just not enough.
What's the right verdict for Beanie Babies billionaire?

Today, I am going to ask you to pass judgment.

What would you do to a Chicago businessman worth somewhere about $2 billion, who illegally hid assets from the IRS in a Swiss bank account for years, earned more than $24 million that he did not declare, and avoided paying more than $5 million in taxes? The government referred to sentencing guidelines during his trial that suggested prison time of up to 57 months was appropriate punishment.

To the surprise of many, the judge sentenced the businessman to 2 years probation and 500 hours of community service. No prison time. The government was so infuriated that it appealed the judge's sentence, but even the U.S. Court of Appeals in Chicago affirmed the judge's decision on July 10, in the case of United States of America v. H. Ty Warner.

Was this another case of the double standard in the law - that billionaires don't have to go to jail, but petty thieves do?

The lower court found that Warner's "private acts of kindness, generosity and benevolence" were "overwhelming". Warner was born in Chicago and grew up in a troubled family, according to the brief his lawyers filed in July 2014, defending his original sentencing. He worked "several menial jobs" to earn money for college, but ultimately dropped out of Kalamazoo College because he could not afford tuition, the brief said. To make ends meet, he worked as a busboy, bellman, and door-to-door salesman before finding a job with a toy company, according to his attorneys. Ultimately, he founded his own company, launched the Beanie Baby line and made a fortune.

His attorneys cited several examples of his acts of generosity, including one instance when he stopped to ask for directions from a woman who was raising money for a life-saving kidney procedure she needed. After getting directions from her, he returned an hour later and committed to give her $20,000 for her treatment, the brief said. Over the years, Warner donated more than $70 million in toys to the Children's Hunger Fund, a nonprofit that serves kids in orphanages and disaster-stricken areas, according to the judge's July 10 ruling upholding his sentencing. He also donated $20 million to the Princess Diana memorial fund, funded a park in Westmont with $13 million, and gave $2 million for disaster relief in Japan, among many other acts of generosity, the judge's ruling said.

In Warner's initial sentencing, the lower court judge remarked that he had never seen a defendant "demonstrate the level of humanity and concern for the welfare of others as has Mr. Warner." He noted that Warner had voluntarily pled guilty and paid an extraordinary $53 million penalty. He tried to avail himself of the government's voluntary tax disclosure program before he knew he was under investigation, but the government refused because they had secretly started to investigate him already, court documents show.

The lower court judge saw no purpose in incarcerating Warner, when the penalty he already paid should serve as adequate deterrence, and his contribution to society would be greater doing community service than sitting in a jail cell. The court of appeals agreed.

Did the court make the right decision?

Richard A. Sugar, a practicing attorney, is a contributor to Pioneer Press.
This year’s apple crop is looking good after a couple of bad seasons

BY ANNIE ALLEMAN
News Sun

After few seasons of less-than-ideal production, Northern Illinois apple growers finally have a reason to smile. The apple crops are looking good this year, and farmers couldn’t be more pleased.

Many apple orchards will open up for you-pick in mid-to-late August or Labor Day weekend. Most orchards offer several varieties of apples, and many will offer fall-themed activities like corn mazes, petting zoos and fall treats like apple cider and apple donuts.

Before visiting any of the apple orchards listed below, it’s a good idea to call ahead or check the website or Facebook page for updates on crop supply, ripening dates, rules on pets, strollers and wagons and other amenities.

All Seasons Orchard: 14510 Illinois Route 176, Woodstock. 815-338-5637; Allseasonorchard.com. Hours are 10 a.m. to 5 p.m. Sunday through Friday; 10 a.m. to 6 p.m. Saturday, Labor Day and Columbus Day, Aug. 29 through Nov. 1. In the beginning of the season, varieties like Gala and McIntosh will be ready for picking. There are more than 10,000 trees and 11 of the most popular varieties of apples. The corn maze and barnyard activities begin with apple picking season; activities include pig races, a petting zoo, apple cannon and pumpkin picking. Admission will likely range from $10-$25, depending on activities.

Apples on Oak: 16146 W. Oak Ave., Sturtevant, Wis. 262-884-7100; AppleHol-ler.com. Hours are 10 a.m. to 4 p.m. daily, August to October. More than 70 varieties of apples are available as well as peaches (through late summer). Apple and peach picking bag (1/2 peck) is $15 a person or $7 for 1/4 peck for ages 5 and younger. It includes free fruit tasting in the orchard and free Farm Park admission.

Apples on Oak: 16146 W. Oak Ave., Joliet. 815-726-0386; ApplesOnOak.com. Hours are 10 a.m. to 6 p.m. Wednesday and Saturday and 10 a.m. to 5 p.m. Sunday from Aug. 1 through mid-October. Admission is free; Visa, MasterCard and Discover cards accepted.

Countylne Orchard: 200 S. County Line Road, Hobart, Ind. 219-947-4477; Countylineorchard.com. Hours for you-pick are 9 a.m. to 5 p.m. daily Sept. 3 to Nov. 1. The Blackhaws-themed corn maze opens Sept. 3. There is also a Kids-Farm, observational bee hives, a bakery, antique tractor rides and a country kitchen. Admission prices vary from $1-$10, depending on the activities.

Garden Patch Farms and Orchard: 14154 W. 159th St., Homer Glen. 708-301-7720; PicktheFarm.com. Hours are 9 a.m. to 6 p.m. daily Sept. 1 to Oct. 31. They grow 46 varieties of apples in the orchard, which ripen at varying intervals throughout the season. There is a $5 field charge for any person that enters the field and apples cost $2 per pound (free for kids 2 and younger). There are other fruit and vegetables for you-pick or purchase. All major credit cards accepted.

Harvest Time Orchards, 3618 128th St., Twin Lakes, Wis. 262-877-4831; My-Harvesttime.com. Hours are 9:30 a.m. to 5 p.m. Saturdays and Sundays only. Open September and October for apple picking (check the online schedule for exact dates). The orchard includes a doughnut shop, barn and country smokehouse, brat shop, overlook deck and cider barn.

Heinz Orchard: 1050 Crest Road, Green Oaks. 847-770-3449; HeinzOrchard.net. This small, Lake County orchard is reporting a light crop this year due to a chilly, rainy spring bloom. The website states that the 2015 picking season will start in mid-September, with days and hours posted by the end of August. No admission fee, but at least one person in your group must buy a bag of apples. Cash only.

Homestead Orchard: 11802 Charles Road, Woodstock. 815-338-7443; HomesteadOrchard.net. Apple picking has already started with Lodi and Jersey Mac apples at this orchard, which is open from 10 a.m. to 5 p.m. Monday through Saturday and 12 to 5 p.m. Sunday through October. They offer 23 varieties of apples available for you-pick, plus sell honey made from beehives on the property, Amish jams and jellies. The cost of all apples, except for Lodi, will be $17 per peck. Lodi cost $3.50 per pound. Cash or check only. No dogs.

Honey Hill Orchard: 11747 Waterman Road, Waterman. (815) 264-3337; HoneyHillOrchard.com. This orchard has 2100 apple trees, with an additional 500 trees at a second farm location. Picking will be available from 9 a.m. to 1 p.m. Tuesday, Thursday and Saturday in late August with some early apples and red raspberry picking. The hours are 9 a.m. to 5:30 p.m. daily. There is also a country store, bakery, petting zoo and straw pyramid. No dogs, smoking or food allowed. Free admission.

Jonamac Orchard: 19412 Shabbona Road, Malta. 815-875-2158; JonamacOrchard.com. Open Aug. 19 to Nov. 25, with most of the activities beginning Labor Day weekend. Hours are 9 a.m. to 5:30 p.m. daily through October and 9 a.m. to 5 p.m. Wednesday through Sunday during November. Activities include a corn maze, petting zoo, pedal trikes, apple train and apple launcher. There is no admission charge, but there is a charge for activities. Apple picking is charged by the bag. Cash,
Enjoy the bounty of fall

County Line Orchard in Indiana is a popular apple-picking location.

**Check**, Visa and MasterCard accepted.

**Knutson's Country Harvest**: 13550 Townhouse Road, Newark; 815-695-5905; KnutsonsHarvest.com. Apple picking runs from late July through late October. They also sell homemade pies, jams, pickles, relishes and honey. Hours are 9 a.m. to 2 p.m. Wednesday through Friday; 9 a.m. to 4 p.m. Saturday; and 1 to 4 p.m. Sunday. Cash, check, debit cards, Visa and MasterCard accepted.

**Knutson's Harvest**: 13550 Townhouse Road, Newark; 815-695-5905; Knutson'sHarvest.com. Apple picking runs from late July through late October. They also sell homemade pies, jams, pickles, relishes and honey. Hours are 9 a.m. to 2 p.m. Wednesday through Friday; 9 a.m. to 4 p.m. Saturday; and 1 to 4 p.m. Sunday.

**Kuipers Family Farm**: 1N318 Watson Road, Maple Park; 815-827-5200; KuipersFamilyFarm.com. "This year's crop is possibly the best crop we've had in years," said Kim Kuipers of Kuipers Family Farm. "This is due to several factors; including a good spring with no late freezes, good weather during pollination so the bees could fly, no high winds or hail damage in our area and plenty of rain to size up the apples. All those apples on the trees are a welcome sight after the past two years of small crops!" Pick-your-own apples are available from 9 a.m. to 6 p.m. Saturday and 10 a.m. to 6 p.m. Sunday through October or while supplies last. No picking on Columbus Day or Labor Day. Admission costs $9 per person for you-pick and includes a hayride and 1/4 peck bag of apples. Purchase an additional peck bag of apples for $15. Cash and credit cards accepted.

**Lang's Orchard**: 17411 Secor Road, Woodstock; 815-568-7547; LangsOrchard.com. The you-pick season opens Sept. 12. Hours are 11 a.m. to 4 p.m. Saturday through Wednesday. This orchard has several popular varieties of apples, plus fruit spreads, salsas and apple and pumpkin butter.

**Meadowmoor Orchard**: 1517 N. Route 47, Woodstock; 815-687-8208; Meadowmoororchard.com. This (non-certified) organic orchard will open in September for you-pick. Hours are 10 a.m. to 5 p.m. Saturday and 11 a.m. to 4 p.m. Sunday. Admission and parking is free; you only pay for what you pick. No pets allowed.

**Prairie Sky Orchard**: 4914 N. Union Road, Union; 815-923-4834; Prairieskyorchard.com. This orchard is aiming for a Sept. 4 opening. The hours are 10 a.m. to 5 p.m. daily. If one to four people are picking, there is a one-peck minimum. Five to eight people requires a two-peck. They also have Asian pears, pumpkin and squash available in late September, and a country store. Cash, check, Discover, Visa and MasterCard accepted.

**Royal Oak Farm Orchard**: 15908 Heather Road, Harvard; 815-648-4141; RoyalOakFarmOrchard.com. The orchard will be open Aug. 14 to Nov. 21. Hours are 9:30 a.m. to 5 p.m. Monday through Saturday, closed Sunday Aug. 14-31; 9:30 a.m. to 5 p.m. Monday through Thursday, 9:30 a.m. to 7 p.m. Friday and Saturday and 11 a.m. to 6 p.m. Sunday Sept. 1-Oct. 31; and 10 a.m. to 4 p.m. Monday through Saturday Nov. 1-21. New this year is an apple maze, more than 3,000 trees and nine varieties of apples. There is a refreshment stand, train rides, a carousel and a petting zoo. There is no admission charge, but a token system for activities. Cash, check, Visa, MasterCard and Discover accepted.

**Woodstock Country Orchard**: 17015 Garden Valley Road, Woodstock; 815-923-4359; WoodstockCountryOrchard.com. Opens in September, hours are 10 a.m. to 2 p.m. Wednesday, Thursday and Friday and 9 a.m. to 4 p.m. weekends. Cash or check only, no credit cards.
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Shape up for school at the Niles Library

BY MYRA PETLICKI
Pioneer Press

Your kids, in first grade through fourth grade, can start getting in shape for the school year at CrossFit Illumine for Kids, 10-10:45 a.m. Saturday, Aug. 22 at Morton Grove Public Library, 6440 Lincoln Ave.

“Kids will participate in a variety of fun fitness activities, including an agility course, relay races and fitness games,” said Amy DiBasilio, team member of Niles-based CrossFit Illumine. “Our program is a strength and conditioning program specifically designed for kids. It incorporates activities from all the areas of fitness, so workouts and classes are constantly varied. It is appropriate for all fitness levels.”

The program is designed to build kids’ confidence, while working on physical skills. “It’s such an amazing life lesson when kids accomplish something they never thought they could,” DiBasilio said. “They really learn the value of hard work and perseverance.”

Participants should wear comfortable clothing and footwear that will allow them to safely run, jump and roll.

For details, call 847-965-4220 or go to www.mortongroveparks.com.

Clever canine

He started as a shelter mutt but look at Noodles the Wonder-Dog now! Your family can enjoy his amazing feats, 10:30-11:15 a.m. Saturday, Aug. 22 at The Book Market at Hangar One, 2651 Navy Blvd., Glen Town Center, Glenview. Register at website.

For details, call 847-729-7500 or go to www.theGlentowncenter.com.

Japanese journey

Your family will be immersed in another culture at the Malott Japanese Garden Summer Festival, 10 a.m.-2 p.m. Saturday, Aug. 15 and Sunday, Aug. 16 at the Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe. There will be a tea ceremony, storytelling, and taiko drumming and koto harp performances, plus projects for kids. The event is free; nonmembers pay for parking.

For details, call 847-835-5440 or go to www.chicagobotanic.org/calend.

Lost and found

You won’t want to miss this fish tale. A little fish who ignores a safety warning sets off on a dangerous adventure in “Finding Nemo,” Niles Park District’s Movies in the Park selection at dusk on Friday, Aug. 21 at Grennan Heights, 8255 Oketo Ave. Bring lawn chairs or a blanket.

For details, call 847-967-6633 or go to www.niles-parks.org.

Curses, foiled again!

A fairy discovers that the infant princess she cursed may be the only person who can restore peace to her land in “Maleficent.” The family film will be shown at 7:30 p.m. Friday, Aug. 21 at Harter Park, 6250 W. Dempster St, Morton Grove.

For details, call 847-965-4220.

Like these kids at CrossFit Illumine in Niles, youngsters will have fun exercising a variety of physical skills when the gym visits the Niles Library on Aug. 22.

1200 or go to www.mortongroveparks.com.

CROSSFIT ILLUMINE OF NILES PHOTO

The Fabulous Thunderbirds

Decoy Prayer Meeting 6:45 PM

SAT 8:30 PM

The Psychedelic Furs

The Luck of Eden Hall 6:45 PM

Nu Bambu 4 PM Eric Unger 5:15 PM

Infamous Banjolele Bandit 3 PM

Matt Hendricks 1:45 PM

Gillespie Jazz Trio 12:45 PM

Angela James 11:30 AM

SUN 6:15 PM

TRIBUTOSAURUS becomes The Cars

Dann Morr & The Smashing Bastard Sideshow 4:30 PM

Chris Corsale 3:30 PM Jess McIntosh 2:15 PM

Infamous Banjolele Bandit 1:15 PM Steve Rosen 12 PM

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Thanks to our sponsors:
Park Ridge party kicks off NAMI-CCNS 5K

BY KARIE ANGELL LUC
Pioneer Press

An estimated 80 people attended the June 23 NAMI Walk/Run Kick-Off Party at Dick Pond Athletics in Park Ridge. The Cook County North Suburban office of NAMI, the National Alliance on Mental Illness, is located in Skokie.

The annual walk, set this year for Sunday, Sept. 20, is one of the major fundraisers for NAMI-CCNS. The 5K Walk/Run begins at George Washington Elementary School, 1500 Stewart Ave., Park Ridge. Check-in is at 7 a.m.; events start at 8 a.m. Strollers and pets on leashes are welcome.

Park Ridge welcomes organized runs/walks and has routes already mapped out in several locations to accommodate events such as these, said Park Ridge Chief of Police Frank Kaminski, who attended the celebration.

"I just think they (NAMI CCNS) are a great organization," Kaminski said.

The USATF certified 5K event is designed to raise awareness that will help change perceptions about mental illness and reduce the stigma in the quest for mental wellness.

"The World Health Organization reports that mental illness is the fourth leading cause of disability worldwide," said Susan Ockerlund of Glenview and NAMI CCNS development director. "Most people will struggle with mental illness at some point in their lifetime, either personally or through a close family member or friend."

Ockerlund added that, "Unfortunately, despite the amount of people struggling with mental health related issues, the concept of mental illness is constantly stigmatized, avoided and disregarded."

NAMI CCNS is dedicated to improving the lives of individuals with mental illness. Education, advocacy, support and research are among the organization's goals.

Learn more at www.namiccns.org.
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HIGHLAND PARK

This single family, three-bedroom, 2.5-bathroom home is nestled on a quiet street in East Highland Park. The home is within walking distance to everything. 2,700 square feet of living space, and a first floor master. The kitchen is updated with a butcher block and stainless steel counters with high-end appliances. There is hardwood flooring throughout, except the kitchen and baths, which feature marble tile. The second floor has a open concept suite with a third bedroom area and a full bath.

Address: 420 Orchard Lane
Price: $575,000
Schools: Highland Park High School
Taxes: $10,473
Agent: Leslie Stollenwerk-Gleason/Coldwell Banker Residential Brokerage

GRAYSLAKE

Four-bedroom, 2.5-bathroom home is located near a pond with a two-tiered deck and pier. Beyond the front entrance is a foyer, which leads to the den/living room with bay windows. There is a separate dining room looking out to the pond. The kitchen features granite counter tops, stainless steel appliances and an island. The kitchen opens to the family room with a fireplace, and French doors lead to the deck. There is first floor laundry, and the basement is finished.

Address: 484 Mitchell Drive
Price: $350,000
Schools: Grayslake North High School
Taxes: $12,938
Agent: Cheryl Duhig/Baird & Warner
Libertyville

ARLINGTON HEIGHTS

This Cape Cod was built in 1952 with an in-law addition that has a full basement, built in 2001. There are two kitchens, four bedrooms and a beautiful private yard. The home is in a quiet location. The addition has one bedroom, a bath, a living area, kitchen, deck, new concrete, newer roof and new siding as well. The main house has three bedrooms, 1.5 baths, a detached garage with furnace and air. Beautiful acreage in Arlington Heights.

Address: 707 N. Chicago Ave.
Price: $399,000
Schools: High School District 214
Taxes: $7,174
Agent: Patricia Hanson/Re/Max Central Inc.

NORTHBROOK

This single family home offers a new, high-tech kitchen with the finest finishes and high-end stainless appliances. A new mudroom is loaded with storage space. There are two fire places, a separate dining room and a new powder room. The home features 3.5 baths, four bedrooms and a finished basement. Ther':s a rec room with an entertainment center and custom built-in cabinets for all.

Address: 3850 Normandy Lane
Price: $674,000
Schools: Keith Day School
Taxes: $8,650
Agent: Barbara Gould/@Properties

Listings from Homefinder.com
Herding natural talent

A farm-based school for canines promotes training to build better relationships between dogs and their owners. Page 6
Put that sweet corn to good use with salad

By Judy Buchenot
Beacon-News

As summer begins to wind down, it is time to enjoy all of the bountiful garden produce, including juicy ripe tomatoes and freshly picked sweet corn.

Tierra Hope is from a long line of relatives who love American classics from the garden.

“My family always finds reasons to get together so everyone can cook,” she says.

“Everyone has their own dish that they make to bring. They know what they need to bring because it is what they always bring,” she explains. “My mom and I go in together to make mac and cheese — two great big pans of it with lots of sharp cheddar all layered with macaroni.” Most of the Hope family lives in Aurora. Her mother, Tanessia Hope-Thomas, is a great cook who instilled a love of cooking in her daughter.

Although she grew up in Aurora, Hope’s family moved to Oswego when she was in high school. When Hope found out that she could enter cooking competitions through her school, she decided to give the Skills USA competition a try as a sophomore.

She won at the state level her first year and again the next two years. She placed 3rd at nationals as a junior and 6th at nationals as a senior. “I had never thought about a culinary career but when I started winning, my teacher said that I should think about cooking.”

After high school, Hope attended Kendall College and completed an associate degree in culinary arts in 2012. After completing an internship, she landed a position as a line cook at White Chocolate Grill in Naperville. With a few years of hard work, she moved up to kitchen manager and has hopes of another promotion soon.

Her long-term goal is to someday have “a restaurant with several locations,” says the optimistic 23-year-old. “I want to serve classic American food — good burgers, good steaks, everything made fresh in house. I would call it Honey J, after my great grandma, Ledova Jordan. Honey J was her nickname. She was a great cook, and we still make recipes that have been handed down from her.”

Although she loves to cook, Hope’s biggest interest is restaurant management. She advises anyone considering a culinary career to first get a job doing something in a restaurant. “Even if it is washing dishes or being a food runner, you can see what the industry is like. It is not like Food Network on television. It is hard work and long hours on your feet. It is not for everyone.”

Hope enjoys the challenge of the restaurant business where “no two days are the same.” Although she would like to be involved in management, her passion is still cooking for others. She enjoys Asian dishes but also simple, clean American food. One of her favorite dishes when sweet corn is in season is a corn salad.

“It is more like a side dish than a salad,” she notes.

One of the best parts about the salad is that is a great way to use up those extra ears of corn. She says it is easy to overestimate the amount of corn needed for a meal, especially when the farm stand offers a better price for a dozen ears of corn than for just a few ears. Instead of tossing out the extra corn, Hope says the cooked corn

---

**Summer Sweet Corn Salad**

- 5 teaspoons olive oil, divided
- 1 tablespoon lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon hot pepper sauce
- 1 1/2 cups fresh corn kernels
- 1 1/2 cups halved cherry tomatoes
- 1/2 cup finely chopped cucumber
- 1/2 cup finely chopped red onion
- 2 tablespoons minced fresh basil
- 1/4 cup crumbled feta cheese

1. To make dressing, whisk 4 teaspoons of oil, lime juice, salt and pepper sauce in a small bowl. Set aside.
2. Place remaining oil in a large skillet. Add corn kernels and cook over medium high heat until tender, about 10 minutes. Place cooked kernels in a bowl and allow to cool.
3. Add tomatoes, cucumber, onion and basil to the cooled kernels. Pour dressing over mixture and lightly toss. Allow to stand at least 10 minutes. Can also be refrigerated until chilled. When ready to serve, sprinkle cheese over top.

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**Tierra’s Culinary Cue**

Refrigerate an onion about 30 minutes before slicing it and you are less likely to tear up during the chopping process.

The dish can also be made with fresh corn instead of leftover corn, notes Hope. Each ear of corn will yield about 3/4 cup of kernels so the dish needs about two ears of corn.

Although the recipe can also be made with frozen corn kernels, Hope prefers the flavor of just-picked summer corn. If making the recipe with raw corn, the kernels have to be cut off and sauteed. “If you are grilling, another option is to cook the corn on the grill. Just grill the corn on the cob until grill marks appear on the kernels. Then cut it off for the recipe. Grilling really adds to the flavor of the dish,” she says.

Whether made with leftover corn or fresh corn, this is a side dish that is sure to please, says Hope. She shares the recipe.

Judy Buchenot is a freelance writer.

Find more suburban cooks on page 4.
Pull out all the stops for Filet Mignon Day

Celebrate with seared steak, blue cheese butter

My culinary school experience was filled with a smorgasbord of pass/fail final exams. Acing my classes hinged on everything from splitting a live lobster without waving to producing 75 identically plated composite desserts in under an hour. We were forced to flip an overeasy egg in a single try without breaking the yolk, cleanly fillet a halibut in minutes and whip up a perfectly emulsified hollandaise sauce by hand. It was hard not to feel the pressure!

Theory and Production of Meats class challenged aspiring chefs to grill or saute a fillet mignon to a perfect medium-rare without use of a thermometer. What sounds simple proved to be quite a challenge. Especially since I could afford to practice egg cookery at home, but as a struggling student, I could barely afford to eat buttery steak once a year let alone more than once a week. I had no choice but to make the most of my one chance to ace my exam.

I cooked that steak with laser focus allowing it to cook for exactly 4 1/2 minutes per side. I let it rest and hoped for the best. I nervously presented the piece of meat to my knife-wielding instructor and waited for her to make that all-important first cut — and there it was, a perfectly cooked filet mignon. It was a triumphant way to pass a class.

While many of my favorite cuts of beef are prized for their complex flavor, filet mignon is celebrated for its inherent tenderness. The meat contains very little connective tissue making it difficult to determine when it's perfectly cooked. The touch test doesn't apply to succulent tenderloin cuts; filets feel the same whether they are brutally rare or woefully over-cooked. Precise timing and uniform thickness are your best weapons to find a robustly red and warm center when you finally slice into your filet mignon.

Thursday is National Filet Mignon Day so of course it's a perfect time to cook up a dish that pulls out all the steakhouse stops. A perfectly cooked filet mignon doused with decadent blue cheese butter and topped by crispy onion rings makes an average day feel like a special occasion.

Happy Filet Day!

### Seared Filet Mignon with Sauteed Mushrooms, Blue Cheese Butter and Onion Rings

**Serves 2**

1. **Make the blue cheese butter:** Combine three tablespoons of room temperature butter, blue cheese, chives, 1/4 teaspoon of salt and pepper in a small mixing bowl until thoroughly combined. Set aside until ready to use (refrigerate leftovers).

2. **To prepare the filet mignon:** Allow the meat to come to room temperature and season the steaks liberally with salt and pepper. Heat three tablespoons of butter and olive oil in a medium skillet over medium-high heat. When the butter stops foaming add the steaks (presentation side down) and allow to sear for 4-5 minutes without disturbing. Flip the steaks and allow to cook for 4-5 additional minutes for medium-rare. Remove the steaks from the pan and allow to rest for 5-10 minutes before serving.

3. **To prepare the mushrooms:** While the steak cooks heat one tablespoon of butter and olive oil in a medium skillet over high heat. Add the mushrooms (do not overcrowd the pan) and cook without disturbing until one side is deeply golden brown. Stir the mushrooms, season with salt and pepper. Add the garlic and allow the mixture to cook for 30 seconds before adding the balsamic vinegar. Transfer to a bowl until ready to serve.

4. **To prepare the onion rings:** Begin heating the oil while the steak cooks and cook the onions while the steak rests. Combine the sliced onion rings, buttermilk and hot sauce in a sealed container and refrigerate for one hour. Meanwhile, mix the flour, paprika, one teaspoon salt and half a teaspoon of pepper in a large mixing bowl. Heat 2 inches of oil in a medium high-sided skillet until it reaches 375 degrees or a bread cube sizzles on contact. Remove the onion rings from the buttermilk mixture and allow the excess liquid to drip off. Toss the onions in the flour mixture to coat. Fry the onion rings in the hot oil in batches until crisp and golden brown (less than 2 minutes). Drain on paper towels and set aside until ready to serve.
Baker reveals her pie secrets

By Judy Buchenot
Naperville Sun

If you have never been to a Naperville Municipal Band Concert, you are missing a great night of music and a chance to enjoy a thick slice of homemade pie.

Each year the band allows Naperville nonprofits to host ice cream socials during the concerts. Rebecca Mansoor has been playing clarinet in the band since 1977 and took over the ice cream social arrangements 24 years ago.

"For several years, we couldn't sell homemade goodies—everything had to be commercially made—but when the cupcake law was signed last year, we were able to sell homemade goods again," Mansoor says. The organization also has to be aware of the ingredients for each item in case a sign must be posted stating that the items were not made in a professional kitchen.

Mansoor holds a lottery drawing to choose the lucky groups who get to host the ice cream social to raise funds for their organization.

This year the Congregation Beth Shalom of Naperville is one of the lucky groups chosen and is hosting the ice cream social Thursday. They have been chosen in years past and synagogue member Rita Kramen, 69, is a veteran baker.

"Pies are very big sellers," she reports. "All kinds sell well—peach, apple, blueberry. The older folks love strawberry rhubarb. We also sell coffee even if the temperature is 105 degrees. People love to have coffee with their pie."

Even though the cupcake law has been passed, Kramen notes there are some rules:

"No cream pies or anything that needs refrigeration and nothing with nuts," she says. The organization also has to be aware of the ingredients for each item in case they are asked. A sign must be posted stating that the items were not made in a professional kitchen.

Kramen lived in Naperville for 24 years and retired after teaching at Hill Middle School for 11 years. She now lives in Grand Haven, an active adult community in Romeoville. She has replaced writing lesson plans with writing a monthly recipe column for her community newsletter.

"I never put in a recipe that I haven't tried," says Kramen. "I am known for my cooking and I really enjoy cooking. Both my father and my father's father were bakers so I grew up being surrounded by wonderful baked goods. Of course, I didn't appreciate it as a child but now I look back and realize how fortunate I was to have bakery breads and goods all of the time."

Baking for fundraisers is a labor of love for Kramen. In 2007, she was honored with a Woman of Valor award from Hadassah, the Jewish women's organization for her charity work. She is always looking for new recipes to try. She likes to try things that are unusual, like her blueberry pie.

"I like blueberry pie but some recipes came out too runny and others came out too dry. Then I found this recipe that uses both cooked and uncooked blueberries." Part of the pie's berries are cooked on the stove to create a thickened mixture. Then fresh berries are folded into the cooked berries. The mixture is then spread in a baked pie shell.

"There is still the texture of the fresh berries and the slices are nice and firm," she says.

Another one of her favorite pies is a frosted apple pie that includes a tangy surprise. She got the original recipe from Naperville resident Paulette Goodman, but has made a few changes. Orange juice is added to the apple pie filling before baking.

Then when the pie is taken out of the oven, a glaze containing both orange juice is poured over the hot crust.

"Some of the glaze soaks through the vents in the pie crust and combines with the apples. It is very tasty," claims Kramen. Typically the municipal band concert ice cream social has pies, cookies and cupcakes. Mansoor recalls one group that also brought in fruit kebabs which provided a refreshing treat. She says that some groups set up at early as 4 p.m. to catch customers coming home from work while others wait until 6:30 to start cutting up the pies.

Groups serve until 9 p.m. or until they run out of goodies. Kramen shares her recipes for blueberry pie and orange frosted pie for others to try at home or at Thursday evening's band concert. She is bringing both pies to sell at the ice cream social.

Judy Buchenot is a freelancer for the Naperville Sun.

**Blueberry Pie**

- 3/4 cup sugar
- 2 1/2 tablespoons cornstarch
- 1/4 teaspoon salt
- 1/4 cup water
- 4 cups fresh blueberries, divided
- 1 1/2 tablespoons lemon juice
- 2 tablespoons butter

9-inch baked pie crust

Combine sugar, cornstarch and salt in a saucepan. Add water and 2 cups blueberries. Bring to a boil, mashing the berries as they cook. Cook and stir until the mixture is thickened and translucent. Stir in lemon juice and butter. Remove from heat and cool. When cool, stir in remaining 2 cups of blueberries. Spread into a cooled, baked pie crust.

**Frosted Apple Pie**

- 3/4 cup sugar
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 6 cups peeled, sliced Granny Smith apples
- pastry for 2 9-inch crusts
- 5 tablespoons orange juice, divided
- 3 tablespoons butter
- 1 cup powdered sugar
- 1 teaspoon grated orange peel

Combine sugar, flour, salt and cinnamon. Toss apples in this mixture to coat. Line a 9-inch pie pan with pastry.

1. Place apples into pan. Sprinkle apples with 2 tablespoons orange juice and dot with butter. Place second crust on top and flute edges. Cut vents in pie. Bake at 400 degrees for about 40 minutes or until apples are tender. If edges of crust are browning too quickly, cover with foil.

2. While pie is baking, combine remaining three tablespoons of orange juice, powdered sugar and grated orange peel. Mix until smooth. Place pie on a wire rack. When pie is cool, pour glaze over pie. Allow to cool before cutting.

**Rita's Culinary Cue**

When rolling out a pie crust on floured waxed paper, first sprinkle a little water on the bottom of the waxed paper sheet. The waxed paper will be less likely to slide around the counter during the rolling process.
Dear Help Squad,

I ordered two facial products online from Novus Serum with my debit card on June 5. The ad said it was a free trial; I would just pay shipping charges totaling $8.90. About two and a half weeks after receiving the product, I noticed that Novus had debited my bank account for $98.41 on June 19 and $97.41, totaling $195.82, on June 19. I immediately called Novus. They said I should have clicked the terms and conditions link and read it. The representative said it supposedly explains the trial is free for 14 days then, if you don't like it, you can call in and send the product back and not be charged. They will not refund anything now. She also mentioned there is an automatic monthly order. I said to definitely cancel that.

I called again today to ask for a supervisor. Previously, I was told he was on another call. Today, I was told he was in a meeting. The company address is not even written on my packing list. I see now there are warnings about this company online. I wonder if there is anything you can do to get some of my money back or at least put Novus on a list of some kind to warn customers. Any help would be appreciated. Janice, Arvada, Colo.

When Help Squad spoke to Janice, our first question was whether she had contacted her debit card provider for assistance. She said she had and “They weren't too hopeful but had me fill out the papers anyway.” Then she reported they said they couldn't help her.

Help Squad checked out what appeared to be Novus' website to see how their terms and conditions were presented. The product, which claims to be “better than botox,” has on its home page an order form for a “trial.” A terms and conditions link appears in small lettering at the bottom of the site, but required a complicated series of clicks to get to the actual text. On what looked like another Novus order website, though, the “terms and conditions” link did work properly. If customers make it to the checkout page, fine print explains that, at the end of a 14-day trial, customers “will be enrolled in the auto-ship program” resulting in charges of $98.41 14 days later and $98.41 including shipping each 30 days starting from the initial sign-up date.

When we called the Novus number provided by Janice, we waited 13 minutes for an agent. Upon making contact, we were informed that “Novus does not offer a free trial. It is a 14-day trial. Customers get 14 days to try out the product.” Then they are billed slightly less than $100 for each 1-ounce bottle.

When we told the agent that Janice was not aware of the cancellation policy and that locating the policy on Novus' website was difficult, the agent stated it appears on the packing slip. Janice could not locate her slip and Novus would not send a copy to Help Squad.

In the end, Novus agreed to take back Janice's two samples and refund her entire $195.82. Help Squad will keep tabs to see if Novus comes through.

Though there is no guarantee Janice would have been better protected had she used a credit card, the Help Squad advises that consumers never make online purchases using a debit card. About.com's banking/loans expert, Justin Pritchard, whom we contacted regarding Janice's situation, explains why: “A debit card is directly linked to your checking account. When you use a debit card (or somebody else uses your card number), the money leaves your account almost immediately. As such, your risk of losing money is greater with debit cards. Consumer liability on a credit card is limited to $50 for unauthorized charges reported within 60 days.”

Need help?
Send your questions to HelpSquad@pioneerlocal.com.

Cathy Cunningham is a freelance columnist for Pioneer Press.
Dogs can practice herding on Wis. farm

By William Hageman
Chicago Tribune

GENOA CITY, Wis. — Herding? Shannon Wolfe's definition is short and sweet.

“Herding is allowing livestock to escape in the direction you want them to go as a group,” she says. “One animal at a time is chasing.”

Wolfe is standing next to a pen on a small farm where she runs Magic's Legacy, a dog training and handling facility. People bring their herding dogs there to work with them on herding livestock for sport, working farms or simply fun. Other visitors just want to watch Wolfe work with her dogs — 10 border collies and an Australian shepherd.

“It forms the most unique relationship you can have with your dog,” Wolfe says of herding. “Every other dog sport is repetition. Do this. Do it again. Sit. Stay. This, the dog brings his talent to the table.”

And the dogs do have talent, a herding instinct bred into them over centuries.

It evolved, Wolfe says, from the way wolves hunt. They space themselves out, encircling the prey. Then the victim is chased — allowed to escape — to where the designated killer lurks.

“(People) saw that and said that works pretty well.”

So humans adopted the technique.

“Think of the dog as a pool cue,” Wolfe says. “The sheep are a line of balls, and where I want them to go is the pocket.”

Watching the dogs work is mesmerizing. Cisco, a 10-year-old border collie, was the lucky dog who got to go out first (his work mates stared intently and with obvious envy). Wolfe opened the gate, and she and Cisco walked into the field. He paid no attention to the 15 sheep in the enclosure. Instead, he stuck right with her, focusing on her and running small circles at her feet as she walked.

On her signal, he ran a wide circle around the closely packed herd. (The sheep are St. Croix and Dorper mixes that Wolfe has bred solely for herding, not for market or sale to other farms.)

Just as herding is part of the dog's genetic makeup, sheen have evolved with a fear of wolves; they know they're a potential meal, so their reaction is to avoid the dog.

Cisco keeps the sheep in a tight circle, orbiting the sheep, to make sure its prey drive is within bounds. If the dog passes, lessons can start.

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Cisco keeps the sheep in a tight group. Wolfe controls him with a combination of commands, such as “come bye,” an old Scottish expression that tells him to move in a clockwise direction. “Away to me” sends him in a counterclockwise motion. When the dog and sheep are too far away for Cisco to hear the commands, Wolfe employs a whistle, with different sounds and pitches serving as different commands. She's in complete control, the dog responding flawlessly.

“Oh, it's great to see the dogs do what they were bred for,” says Joyce Brennan of Sleepy Hollow, Ill., who has brought Doc, her 1½-year-old Bouvier des Flan- ders, for his weekly lesson. “They follow their instincts, and there were times I felt the dogs knew more than I did when we entered the ring. But we learn to work as a team. They feed off you.”

Wolfe's facility is a working farm, populated by a variety of livestock used in the lessons — 50 ducks, 100-plus sheep, 15 goats. Not any dog can participate; she limits her students to herding breeds. Corgis, collies, Australian shepherds, Shelties, English, German and Belgian shepherds, vallhunds and elk hounds are among those that have come through. “I can list 50 breeds,” she says.

Before dogs get a chance to herd, Wolfe gives them an assessment. In a small ring, the leashed dog is introduced to three sheep. She works the dog in a circle, orbiting the sheep, to make sure its prey drive is within bounds. If the dog passes, lessons can start.

Marge Ernst of Hoffman Estates had three of her Shelties out in the field. She has been bringing dogs to the farm for more than 15 years. Shetland sheepdogs, she says, were bred to do small jobs on farms, from chasing birds from gardens to herding sheep.

“Ducks are probably his least favorite (animal to herd),” she says of River. “When he started, he'd go to the duck pen and look over it, like, 'Where are the sheep?'”

About 70 people a month bring their dogs to Magic's Legacy. “It started out as a hobby and turned into a business,” she says. “One of those dream-comes-true things.”

shageman@tribune.com

PET OF THE WEEK

Meet Jade! She is a 1½ year old petite spayed female who came from a shelter in southern Illinois. She is sweet, talkative and likes to give hugs. She would likely do best as the only cat in a home. Please help Jade find a loving forever home.

NAWS Illinois Humane Society cats are spayed/neutered, microchipped, and up-to-date on vaccines. Contact NAWS at 708-478-5102, email wendy@nawsus.org, or stop in at 9981 W. 190th Street, Mokena to meet our wonderful cats.

For additional information, go to www.nawsusa.org.

chicagotribune.com/pets

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- Our adoptable animals blog featuring photos and descriptions of Chicagoland pets in need of homes.
- Our suburban and city pet events calendar
- Photo galleries, videos, more
What to do after the cheating

Though it was 27 years ago, I still vividly remember when my boyfriend of two years told me he had cheated on me. I was sitting on my bed, utterly shocked. You know the feeling, the one where your jaw is on the ground and your body feels frozen while your brain tries to process what you just heard. Finding out someone cheated on you is like getting punched in the stomach. Hard. It's a devastating experience I wouldn't wish on anyone.

The relationship you thought you had is gone, instantly replaced with something that feels ruined, stained and, honestly, kind of gross.

The emotions of finding out your spouse or partner cheated on you range from sorrow to confusion. You find yourself feeling naive, and, most unproductively, bad about yourself.

With that in mind, here's a bit of advice from someone who got cheated on to others who find themselves in that unenviable position:

Assess the cheater's response in deciding how to move forward. This is big. Let's say the cheater is extremely remorseful and begs for forgiveness. That's hopeful, right? I think a lot of couples can get past cheating when there is regret (as long as it's for the right reasons and not because the cheater got caught) and a desire to work things out.

Some cheaters who get caught have an initial reaction of anger toward the other partner. They blame their significant other for their cheating and say spiteful things. They express built-up resentment to their partner, when they should have had that conversation instead of cheating. Big difference in the two reactions from the cheater. One reaction offers a chance to work things out. The other: forget it.

Honesty can be brutal, but aren't you glad you know? You're not living a lie anymore. It's liberating. You feel like you just woke up from a coma. As bad as you feel, at least you know things can't get worse. Probably.

Remember, it's not you. I'm not saying that the person who was cheated on is perfect, but the fact remains: At least they didn't cheat. The cheater has to live the rest of his or her life dealing with their wrong action. Deep down, he or she will always carry it with them. Try living with

If he or she cheated, there is an 86 percent chance it will happen again in his or her next relationship. Those are Jackie Pilossoff's estimated statistics.

Don't feel stupid. People who get cheated on often feel like they should have picked up on it, like they were naive or living in a bubble. Not the case. Most people don't want to believe that the man or woman they love would lie to them and betray them, so it's often hard to see it. There's nothing stupid about that.

Don't go off the deep end. When I found out about my cheater, I went a little crazy, calling people and airing my dirty laundry. Trust me, don't do that, because people remember how the person who was cheated on reacted. Think classy and carry yourself with grace.

You'll thank me down the road.

Feel happy for yourself and sorry for your ex's future partner. If he or she cheated, there is an 86 percent chance it will happen again in his or her next relationship. Those are Jackie Pilossoff's estimated statistics. Though they are based upon no scientific proof or research whatsoever, I have to believe they are somewhat accurate.

Focus on gaining a true understanding of why the cheating happened. Try to discover what went wrong and why the communication broke down so seriously. It's possible the lessons you learn can help you the next time you're in a serious relationship. You may even find you're a better partner than you were before. Also, try to be more aware of how to spot a potential cheater. Pay attention to the signs.

Remember that not everyone cheats. Have faith. There are many people out there who want to be in a healthy, monogamous relationship and who won't cheat.

It may feel like it's hard to bounce back from an episode of cheating in your relationship, but you will. It just takes time, faith and belief, not only in others, but in yourself.

Jackie Pilossoff is a freelance columnist for Pioneer Press.
**ROUNDUP | AUDIOBOOKS**

**Do No Harm**
By Henry Marsh, narrated by Jim Barclay, HighBridge, 9.33, $17.49 digital, $34.99 CD.

Jim Barclay voices an explanation convincingly, exasperation perfectly and humility simply and without pathos. It’s a good combination for this remarkably candid and moving memoir by British neurosurgeon Henry Marsh. "Do No Harm: Stories of Life, Death, and Brain Surgery." Marsh, who writes near the end of a long career, talks frankly about things surgeons rarely discuss publicly: hubris, compassion, temper, the challenge of training new surgeons, the frustrations of bureaucracy and most surprising of all, mistakes. “As a neurosurgeon you have to come to terms with ruining people's lives,” Marsh says. He wryly admits to bouts of self-importance. Standing in the checkout line of a grocery he thinks about asking the people in front of him, “'And what did you do today?'” He feels “annoyed that an important neurosurgeon like myself should be kept waiting after such a triumphant day's work.” Barclay's pacing lends suspense to Marsh’s description of surgeries. But Barclay is at his best when Marsh declares the absurdity of modern medicine and the dictates of the National Health Service. To preserve patient privacy, a CD of a brain scan is sent to the hospital in one taxi; a second taxi carries the password to view the CD. And this is for an emergency case.

**Among the Ten Thousand Things**
By Julia Pierpont, narrated by Hillary Huber, Random House Audio, 9:05, $20 digital, $40 CD.

An 11-year-old girl opens a box addressed to her mother. It is filled with printouts of raunchy correspondence between the girl's father and her lover. Stricken and confused, Kay hides the box for a day before unburdening on her 15-year-old brother, Simon, who shows their mother, Deb. In the riveting story that follows, the children and their parents reel from this emotional depth charge. Hillary Huber’s subtle characterizations prove ideal for Julia Pierpont's debut novel, “Among the Ten Thousand Things.” With minor shifts in tone, Huber, the narrator of more than 200 audiobooks, moves easily from child to adult, from anger to bewilderment. Her mastery of the children's voices — Kay's soft tone, Simon's voice lower, edged with sarcasm or anger — limns Pierpont's insightful tracing of the children's responses. When her mother tries to lessen the blow for Kay, she instead gives Kay the message that such infidelities are normal. “You know what was a lie, then?” Kay thinks. “'Everybody Loves Raymond' where many dads didn’t have sex with other women. Maybe they did and just never talked about it. Too obvious for its own episode.” Kay uses the characters of "Seinfeld" to try to explain it all to herself, penning a tragicomic bit of fan fiction. "Mal. "You know what was a lie, then?" Kay thinks. "'Everybody Loves Raymond' where many dads didn't have sex with other women. Maybe they did and just never talked about it. Too obvious for its own episode." Kay uses the characters of "Seinfeld" to try to explain it all to herself, penning a tragicomic bit of fan fiction.

**CHICAGOLAND BEST-SELLERS**

3. “All the Light We Cannot See” by Anthony Doerr (Scribner, $27).

**NEW IN PAPERBACK**

**Big Little Lies**
By Liane Moriarty, Berkley, 512 pages, $16.

Questions of murder arise when someone dies at Pirriwee Primary School's trivia night. Six months prior, Jane had moved to town with her 5-year-old son and struck up a friendship with Madeline, who is coping with her ex-husband's new wife, and Celeste, whose outwardly wealthy lifestyle covers up domestic abuse. When Jane's son is accused of bullying, parental rivalries develop, leading to a string of events resulting in death.

**West of the Revolution**
By Claudio Santi, WW Norton, 283 pages, $16.95.

Santi examines the events of 1776 that took place west of the American Revolution, such as Spain's establishment of the first European colony in San Francisco, Russia's exploration of the territory that's now Alaska, and the British expansion of trade into the rest of the territory. Santi also looks at Native American tribes, including the Creeks' trade with Cuba and Sioux expansion into the Dakotas.

**This Changes Everything**

Klein argues that imbalanced economics has played a large role in creating global climate change. Klein proposes massively reducing greenhouse emissions as the best way to fix broken local economies, close the inequality gap and cause us to re-imagine our thinking on markets and government. She argues it's wrong to expect solutions from the same institutions that created the problem.

**Shadows In the Vineyard**
By Maximilian Potter, Twelve, 291 pages, $16.

Potter expands on a story that he covered for Vanity Fair that looked at the 2010 poisoning of the famed Domaine de la Romanée-Conti vineyard after Aubert de Villaine, the vineyard's proprietor, refused to pay a ransom of a million euros. The crime led to France's top detectives becoming involved in a dramatic investigation and the prime suspect's suicide.

**Sweetness #9: A Novel**
By Stephan Eirik Clark, Back Bay, 352 pages, $15.

David Leveraux has landed a dream job developing flavors for food companies. The new artificial sweetener he's working on — Sweetness #9 — comes with unusual side effects that he fails to blow the whistle on. Years later, Sweetness #9 is wildly popular, but when David's family begins experiencing its side effects, he is left with the responsibility of failing to stop it.

— Jeremy Mikula
Take Your Medicine: With most options accounted for

BY MARK MCCLAIN | EDITED BY STANLEY NEWMAN

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16 Fishing spot  78 World banking org.
17 Toteboard numbers  79 Traffic jam sounds
18 Author Anita  80 Test software version
19 Germ-free  81 Mentor of Thoreau
20 Maestro Seiji  82 Envelope attachment
21 Out-and-out  83 Angry outburst
22 Parched  84 Racing drivers
23 Brawny athlete  85 NASCAR drivers
24 Sitter's tormenter  86 Frollicked
25 Made like some hammerheads  87 Gunky stuff
26 Top of wave  88 Boxing matches
27 Disses  89 World banking org.
28 Circle stat  90 Cheer for a diva
29 Sector  91 Antioxidant berry
30 Scents  92 Gunky stuff
31 Campus military org.  93 Honeycomb part
32 Tried to rip  94 12 bottles, often
33 Parisian pal  95 Hat feature
34 Golf gimmes  96 Legal claim
49 Final authority  97 Regarding
50 Greenish blue  98 The whole shebang
51 Blue  99 Dressage
52 Sport-shirt feature  100 Dolt
54 Missouri River  101 Body shop inventory
55 Planetary layer  102 Oslo Accords

For interactive puzzles and games go to chicagotribune.com/games
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. One’s mate?                | 148 156 160 164 170 |
| B. Chinese-American dish?    | 20 74 113 94 48 136 110 115 |
| C. Middle East porter        | 164 114 |
| D. Dressing or roulette      | 147 132 156 106 26 79 52 |
| E. Wage                      | 146 82 32 40 15 71 97 129 117 |
| F. Now, I know why?          | 49 64 98 131 84 30 153 76 |
| G. Rebellion                  | 44 105 95 126 68 28 |
| H. Easy                      | 43 75 31 93 142 157 5 81 62 11 |
| I. Without delay             | 47 59 162 139 25 83 144 124 66 |

Words

| A. One’s mate?                | 148 156 160 164 170 |
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| F. Now, I know why?          | 49 64 98 131 84 30 153 76 |
| G. Rebellion                  | 44 105 95 126 68 28 |
| H. Easy                      | 43 75 31 93 142 157 5 81 62 11 |
| I. Without delay             | 47 59 162 139 25 83 144 124 66 |

J. Pamper                      | 150 35 21 86 115 6 |
K. brown cow?: 2 wds.           | 100 119 60 9 151 125 |
L. Lets out                    | 133 77 3 38 116 |
M. Juli of the LPGA            | 85 120 160 135 99 24 70 |
N. Kevin or Francis           | 42 101 27 54 138 |
O. Basic                      | 29 30 111 53 91 12 72 61 143 |
P. Irritated                   | 33 95 109 149 134 |
Q. Positive declaration        | 67 55 2 41 23 127 10 92 156 |
R. Deceive: hyph.              | 137 102 |
S. Give authority: obs. var.   | 90 76 22 141 34 163 65 |
T. Busily moving about: 3 wds. | 18 50 103 7 37 154 112 63 88 |
U. Based on laws               | 73 51 36 89 145 104 128 56 118 17 |

For Vets

BY CHARLES PRESTON

Across
1. Tin
4. Vise device
9. Egyptian martyr
14. Baseball star
15. Rhinoceros relative
16. Cease-fire
17. Long time
18. Engraved stone pillar
19. Bounds
20. Declare openly
22. Assam silk worm
23. Seersucker, e.g.
24. Units
26. Follows
28. Draw back
30. Man-shaped mug
34. A small Tom
37. Killer whale
38. Obi pendant
39. Rent again
40. Nautical chain
41. Happen
42. Saroyan hero
43. Depletes
44. Golfer Calvin
45. California lake
46. Secreted
48. Assessor
50. Nail polish
54. Hiking paths
57. Every one of
59. Hindu ascetic
60. Competitor
61. Vote to accept
63. Anglo-Saxon coin
64. French school
65. Bar used as a pry
66. Japanese coin
67. Taut
68. Grenoble's river
69. Greek vowel

Down
1. Coffee additive
2. From the beginning: L.
3. Curtain fabric
4. Partner of dols.
5. Most recent
6. Mimic
7. Veterans Day features
8. Evangeline's home, Grand -
9. Stable part
10. November 11, 1918
11. Confers a title upon
12. Beloved of Galatea
13. French head
21. Goals of some of
7 Down
23. Pocket bread
25. Obligation
27. Admittance
29. Take turns
31. Fairy tale start
32. Dry wine
33. Ancient times
34. Mine vehicle
35. Leander's love
36. Bator
41. Candid
43. JFK sights
47. Assistant
49. Walk through the trees
51. Elk
52. Plumed heron
53. Tropical vine
54. Weight allowance
55. Chinese staple
56. English river
58. World-turner
61. Clay now
62. Uno plus due
Last week’s crosswords

“Adverbially Speaking”

E. Elizabeth) BERNSTEIN: MISERY
POKER: Miserly once loved company.
Venting was therapeutic. Today
complaining is a blood sport rather than a
coping mechanism. Points are scored
bragging about our workloads. Think
your day was bad? Mine was worse.

Last week’s Sudoku

This week’s Jumble

Fickle COPPER MYSELF
UPROAR CELERY INTACT

It wasn't going to be easy to take
a family photo that was —

PICTURE

PERFECT

This week’s Jumble

Poe a AME factor AGE
SALE ANNOY PRADA FACE
STICKY NOTE BOXING NING
BELLE SIGGS JODI
PANAMA CROSSWORDPUZZLE
SCRAPED LITTLE朝鲜
SHOP AID EME WE
CARE DOW BUM FISH
PROFESSOR W allows.
SALTING BEACH STAR
ALBUM OVER CHEESEBOAT
VAIN PLACE NAMY

Interactive
puzzles and
games
Making a friend requires thought

By Lauren Loftus
The Washington Post

What do I wear? Where should we go? What if I get a piece of cilantro stuck in my teeth? When can I call again?

Typical first-date jitters. Except the date's platonic.

Perhaps you're just in the market for some new friends. The solution? Girl dates. (Sorry guys, we'll have to tackle man dates another time.)

Friend dates are a lot like regular dates, even if we don't have to worry about whether or not to end the evening with a kiss. In fact, there might be even more pressure when we go out with a lady we'd like to be friends with. When we eliminate all of the physical stuff that can cloud our judgment on romantic dates, all we're left with is our personalities. Yikes.

Not to fret, though. We rounded up some advice from ladies-in-the-know on the best way to turn that date into a girlfriend.

It's OK to do a bit of stalking first. In her coming book "All I Know Now," London-based actress and YouTube star Carrie Hope Fletcher suggests doing "a little bit of light and harmless social media stalking."

Though the book is targeted to teens, Fletcher's advice on making friends can apply to grown-up women as well. Say you've been crushing on a particular lady from afar (or you've been set up on a date by mutual friends), "from their profiles on Facebook, Twitter and Tumblr, you'll get a general idea of what they're into, their likes and dislikes and whether you think you would get along," Fletcher writes.

"Of course, everyone projects the best of themselves online," she explained in an email. So Facebook stalking is more about finding common ground.

Make goals, make plans. When Lameka Lucas, 31, moved to Washington, D.C., from New York in 2013, she knew barely a soul. Determined to make a life for herself, the publicist for TV One joined MeetUp.com. At each mixer, she gave herself a goal to meet three new people. "They might be cool, they might not, but I'm just going to put myself out there," she says.

One of the best ways to get out there is through online groups like MeetUp.com, says Lucas, who now coordinates Beautiful Brown Girls Brunch Club in D.C., which has about 1,600 members. Lameka helps plan brunches, running groups and community service events for other women looking for new pals.

Brunch is always a good idea. Say you worked up the nerve to ask out the girl from HR who always seemed so nice. Now what?

"Brunch," Shannon Edwards says definitively. The 32-year-old government worker is a co-coordinator of a MeetUp group for women in their 20s and 30s in the Washington area. "Especially if it's endless brunch, because alcohol can definitely loosen people up and calm nerves," she says.

A bad first date isn't always a deal breaker. Maybe the chemistry wasn't there, or the banter fell flat. With a romantic interest, you'd probably write them off before dessert. Not so fast with a girl date.

"It takes most women six to eight interactions before they feel familiar and comfortable and call each other friends," says Shasta Nelson, founder of friendship-matching site GirlFriendCircles.com.

"It's very rarely that you're going to meet somebody where you both think you're going to be best friends," Nelson says. Soul mates, it seems, are just as rare in friendships, so follow-up is crucial.

"Most of us are meeting enough people," Nelson says. "The problem is most of us aren't repeating, getting to know those people the second and third time."

Lock down the second date, ASAP.

"The most important thing to your success is how quickly you schedule that second date and then third," Nelson says. "The sooner you score that second date, the sooner you're on your way to scoring a new BFF."
Disability, early retirement demand a budget strategy

A 56-year-old reader in Florida recently shared a few details about his journey to retirement.

After a dozen years in a county government job, he was put on disability at the end of 2015 because of his multiple sclerosis, which he said was diagnosed in his 20s.

"I was hoping to work for an additional 10 or 15 years before retiring," he said, which would have allowed him time for his pension, IRA and SEP plan from a former employer to grow substantially.

Now, he's living on private disability insurance, Social Security disability, a state retirement plan and the county disability plan. Combined, the payments are less than his former $56,600-per-year salary, and his expenses have increased since he left work because he has to pay for health insurance.

"I've saved for retirement, but I'm afraid it may not be enough," he wrote.

By having a private disability policy and some retirement savings, the reader is already well ahead of many adults with disability, said Martin Shenkman, an estate planning and tax attorney whose wife was diagnosed with multiple sclerosis in 2006. He is the author of "Estate Planning for People with a Chronic Condition or Disability."

"He could live another 30 years. MS doesn't have a big impact on life expectancy, so he needs to plan accordingly," Shenkman said. "It sounds like he's already done a lot of things right, which is admirable."

While your disability would likely qualify you to take a hardship withdrawal from your 401(k) plan and from your IRAs, try cutting living expenses before resorting to early withdrawals, he said. Put all expenses on a program such as Quicken to hunt for costs that can be trimmed.

For example, review your insurance policies for potential savings, though be aware that you might consider increasing your auto liability coverage because of the MS if you're still driving, he said.

Your wife might consider jobs with more comprehensive benefits. Even if that means spending some time and money on retraining, it could pay off if she gets health insurance for both of you and several more years of earned income, he said.

And now that you are not working, you can help pick up the slack at home to help make that happen, as long as you are physically able, he said.

Finally, though it may seem counterintuitive, take a look at how your retirement savings are invested to see if you need to add more stocks to your portfolio. Some people think that because they are disabled, they inherently should invest very conservatively, he said, but if you have a normal life expectancy you need your money to keep up with inflation at the very least.

Q: My wife and I are over 80 years old, and we live on limited income from two Social Security pension and Social Security. I worked but never finished our wills, power of attorney, revocable trust and health care directives from a kit purchased online. Now I'm not sure if I'll be able to complete the task, and I think we'll need to contact a lawyer to do it. The question is if we can afford one. We would appreciate if you could recommend any attorney in your area that could provide those services at a rate we could afford.

A: If you're a veteran, check with your local veterans office to see if they offer free estate planning services in your area.

A quick check of a few attorneys in your state (Florida) found that a full-service package of basic estate planning documents might cost you about $1,500. If you have no assets, you might look into lower-cost options, such as calling your state's bar association to see if it has lawyers who do pro bono work for the elderly. Depending on your situation, you may not need a revocable trust, so be sure to ask questions about any recommendations.

Retirement savings solutions for self-employed workers

Working for yourself means giving up certain benefits, like a workplace retirement plan. But when it comes to saving for old age, you still have plenty of choices.

"Actually, a self-employed person has more options for retirement savings than just putting money away," said Gilbert Armour, a financial planner in San Diego.

Which retirement account you choose depends on how much you earn and the amount you want to contribute in any given year, financial planners say. Here are your best options (assuming you work solo and don't have employees).

Traditional or Roth IRAs
True, you don't have to be self-employed to save in a traditional or Roth individual retirement account. But they are easy solutions, though if you're just starting out and earning a modest salary.

The fine print: For 2015, you can put away up to $5,500 in a traditional or Roth IRA if you're under age 50. Contributions to a traditional IRA are made pretax, and earnings grow tax-deferred. With a Roth, money is put in after-tax, but withdrawals are tax-free in retirement.

Anyone can contribute to a traditional IRA, but the tax deduction begins to phase out for solo workers if you have a spouse who is covered by a company retirement plan and your household income exceeds $183,000 in 2015.

Your eligibility for a Roth starts to go away if you're single and earn $116,000 or more in 2015 ($183,000 and up if you're married).

SEP-IRA
What if you can afford to stash away more than $5,500 this year? Consider opening a simplified employee pension plan, or SEP-IRA.

SEPs are available through brokerages, such as Fidelity Investments and the Vanguard Group. And you can put away a significant amount, as much as 20 percent of your net self-employment income, up to a maximum of $53,000 in 2015.

"SEP-IRAs are easy and inexpensive to set up, and you can put in a good chunk," said Kristi Sullivan, a financial planner in Denver.

The fine print: Procrastinators are in luck. Just as with traditional IRAs and Roros, you have until tax day to open and fund a SEP-IRA. So for 2015, you can set up and put money in a SEP as late as April 15, 2016.

Contributions are tax-deductible and earnings grow tax-deferred.

Solo 401(k)
If you can afford to save even more, most financial planners would suggest opening an individual 401(k), also known as a self-employed or solo 401(k).

Starting a 401(k) for yourself is easier than you might think. The accounts are offered through major brokerages, and over the years "the paperwork has become more streamlined, and the fees have basically been eliminated," said Jim McGowan, a financial planner in Doylestown, Pa.

With a solo 401(k), the maximum contribution allowed for 2015 is $53,000, the same as the SEP. But unlike the SEP, an employee (you) can contribute 100 percent of pay, up to $18,000 in 2015. The employer (your business) also can kick in in an additional 25 percent of compensation.

As a result, it's easier to maximize savings in a solo 401(k) than in other self-employed plans, said Drew Weckbach, a financial planner in St. Louis.

You also get flexibility. That's because although employer contributions must be traditional (tax-deductible), you can elect to make either traditional or Roth contributions from your salary.

"It's a good diversifier," Weckbach said.

The fine print: A solo 401(k) account must be opened by Dec. 31 to count for 2015. Contributions, however, can be made until April 15 next year.

yourmoney@tribune.com
It’s never too early to book a trip to save big money

Planning the perfect trip could take days, weeks or even months, but a recent AAA study shows 64 percent of travelers are booking seven months to two years in advance to save money.

“The fact travelers are booking so far in advance tells us travelers are taking more expensive trips, and they want enough time to adequately plan them,” said Vicky Evans, director of field travel support, AAA-The Auto Club Group.

“Despite improvements in the economy and low gas prices, saving money remains a top priority for many families. Travelers can get much more for their money by booking in advance. Anyone who books their travel plans with AAA by June 20 can receive up to $500 in savings or onboard credit for a cruise or tour.”

Travel tips

Cruises: Booking early for a cruise allows travelers the best cabin selection and the best price. In some cases, if you have not paid your final payment and the price goes down, your price could be recalculated.

Tour: Many early bird discounts along with a paid-in-full discount that saves travelers 10 percent, which is much more than a savings account.

Airfare: Shop between midnight and 5 a.m. on a Monday or Tuesday. Any flights not paid in full are released at midnight, a time when most people are sleeping. This means more seat availability, reduced demand and cheaper airfares. Delete your computer’s cookies before returning to a website to find reduced airfare. This way the computer/website will not remember you visited the site earlier and will reflect lower prices. Otherwise, the website remembers you visited before and may not show the lowest price available.

Rental cars: Rent from location outside of the airport. Yes, getting a rental car from the airport is convenient, but can cost upward of 30 percent more than renting a vehicle off-site. It may be more inconvenient to take a shuttle to a nearby rental location than to pick a car up at the airport, but the cost will likely be substantially less. Prepay for the vehicle. Many times, rental car companies will charge up to 20 percent less for the rental if the car is prepaid at the time of reservation.

Hotel rates: Book as a package with a travel agent. Many times, hotel rates will decrease upward of 20 percent by booking as a package in conjunction with airline tickets and/or car rentals. Travel agents have the inside connections and know the ins and outs of the industry to find and hold the best rates possible. Engage with hotels on social networks. Before booking a hotel, like them on Facebook and follow them on Twitter. Many times, deals will be announced on social sites that travelers can take advantage of prior to booking. Also, comment on their social sites about your interest to stay at the property and you may receive an individual discount offer or free upgrades as an incentive to get you to book.

Attractions: Book a resort package. If you plan to take a theme park vacation, it’s better to stay at an affiliated, on-site resort to get extra perks such as extended hours at the park, free transportation, skip-the-line passes, as well as additional savings on everything from dining, tickets, waived parking fees, free Wi-Fi and more. Initially, it may seem more expensive to book at a resort, but the little freebies and perks can add up to substantial savings.
Celebrities reinvent themselves, so did we

Reintroducing Chicago's original entertainment guide

Experience the new Metromix.com, now on all of your devices. With entertainment listings that cover the city and the suburbs, we're your go-to source so you can spend less time planning, and more time doing.
Older women with mild memory impairment worsened about twice as fast as men, researchers reported Tuesday, part of an effort to unravel why women are especially hard-hit by Alzheimer's.

Nearly two-thirds of Americans with Alzheimer's are women.

At age 65, seemingly healthy women have about a 1 in 6 chance of developing Alzheimer's during the rest of their lives, compared with a 1 in 11 chance for men. Scientists once thought the disparity was just because women tend to live longer — but there's increasing agreement that something else makes women more vulnerable.

"Women are really at the epicenter of the Alzheimer's disease crisis," said Dr. Kristine Yaffe of the University of California, San Francisco. "We don't really understand what this is all about."

A series of studies presented Tuesday at the Alzheimer's Association International Conference uncovered signs of that vulnerability well before Alzheimer's symptoms hit.

First, Duke University researchers compared nearly 400 men and women with mild cognitive impairment, early memory changes that don't interfere with everyday activities but that mark an increased risk for developing Alzheimer's. They measured these people's cognitive abilities over an average of four years and as long as eight years for some participants.

The men's scores on an in-depth test of memory and thinking skills declined a point a year while the women's scores dropped by two points a year.

Age, education levels and even whether people carried the ApoE-4 gene that increases the risk of late-in-life Alzheimer's couldn't account for the difference, said Duke medical student Katherine Lin, who co-authored the study with Duke psychiatry professor Dr. P. Murali Doraiswamy.

The study wasn't large or long enough to tell if women were more at risk for progressing to full dementia.

Nor could it explain why the women declined faster, but the researchers said larger Alzheimer's prevention studies should start analyzing gender differences for more clues. And two other studies presented Tuesday offered additional hints of differences in women's brains:

— A sample of 1,000 participants in the large Alzheimer's Disease Neuroimaging Initiative compared PET scans to see how much of a sticky protein called beta-amyloid was building up in the brains of a variety of men and women, some healthy, some at risk and others with full-blown Alzheimer's. Amyloid plaques are a hallmark of Alzheimer's, and growing levels can help indicate who's at risk before symptoms ever appear.

"Overall, women have more amyloid than men," even among the cognitively normal group, said Dr. Michael Weiner of the University of California, San Francisco. The study couldn't explain why, although it didn't appear due to the risky ApoE-4 gene, which seemed to make a difference for men with Alzheimer's but not women.

— Some seniors who underwent surgery while knocked out by general anesthesia suffered lasting cognitive problems afterward, often expressed to doctors as, "Grandma was never the same after that operation." Tuesday, researchers reported that here again, women are at higher risk of getting worse.

Dr. Katie Schenning of the Oregon Health & Science University tracked records of more than 500 procedures that are considered to be elective, she said.

Schenning didn't have amyloid measurements for these people; other studies have suggested that the people most at risk may have brewing cognitive problems already.

Over seven years, people who had undergone surgery with general anesthesia declined faster on measures of cognition, their ability to function and even brain shrinkage than people who hadn't had surgery. But women declined at a significantly faster rate than men, Schenning said.

"It is worth letting our older patients know that they should perhaps talk about this with their practitioner, to this is a possibility and consider whether or not they need to undergo procedures that are considered to be elective," she said.

Schenning didn't have amyloid measurements for these people; other studies have suggested that the people most at risk may have brewing cognitive problems already.

The anesthesia alone isn't the culprit, she cautioned. Indeed, animal research presented Tuesday showed that surgery in general can spur inflammation-causing molecules to cross into the brain and impair how nerve cells communicate.

Together, the studies show how much more research is needed into the Alzheimer's gender question, said UCSF's Yaffe, who wasn't involved in Tuesday's studies but was part of a recent Alzheimer's Association meeting to start determining those next steps.

"It's not just that women are living to be older. There's something else going on in terms of the biology, the environment, for women compared to men that may make them at greater risk, or if they have some symptoms, change the progression," Yaffe said.

Amy Shives, who was diagnosed with Alzheimer's disease in 2011 and subsequently epilepsy, holds her Medicalert bracelet in Spokane, Wash.
Extraordinary lakefront home in Winnetka for $6.295M

ADDRESS: 657 Sheridan Road in Winnetka
ASKING PRICE: $6,295,000
Listed on June 16

This 11,000-square-foot, six-bedroom stone home is situated on one of Winnetka's most lake-accessible properties with 100 feet of lake frontage. The luxurious home with six full and one half bath harmoniously blends formal and casual spaces designed with a lake view in mind. The open concept of the main floor and lower level creates the perfect entertainment atmosphere for friends and family. The heated attached three-car garage provides ample space for vehicles and bicycles, and the circular driveway has room for multiple cars.

Agent: Joanne Hudson of The Hudson Company, 847-971-5024

At press time this home was still for sale.

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Tour de force. Aside from a seated ovation for this room domain, deserves a master of Japan's bath- it this washlet? Toto, the toilet-technology hole. An American flush. The Japanese have turned bodily functions into a technologically enhanced art, with more than 74 percent of households owning an advanced toilet. Toto, Japan's leading toilet manufacturer, introduced the washlet - a seat with bidet features - in 1982, but it still gets lost in the vortex of the standard American flush.

Toto's S350E is recommended by a government panel, is using its toilet technology to promote tourism as the 2020 Tokyo Summer Olympics approach. Where does that leave the United States? In a big toilet-technology hole.

Toto Washlet S350E
What: Instant-bidet toilet seat.
Tech rating: High.
Price: $130.
Comment: By Kevin Hunt
Tribune Newspapers

I have spent 155 days of my life sitting on a toilet, span through almost 2,400 rolls of toilet paper and wiped myself almost 140,000 times. (Thanks for counting, Poop Calculator.) Enough, I'm tired of dumbbell American toilets. I don't want a lightbulb that blinks blue when I get a text message. I want a toilet with a heated seat, auto-flush, auto-clean, remote control and heated-water, bidet-style jet cleansing. Make mine paperless, please, with a cleaning. Make mine ed-water, bidet-style jet remote control and heat-
ing (adjustable temperature for both), a ride on the S350E includes an eWater+ system that cleans the bowl with electrolyzed water after each flush, warm-air dryer, a self-cleaning water wand and two-user memory settings. A night light should prevent nocturnal user error.

Information: www.totousa.com

Bio Bidet Premier Class Bidet Seat
Tech rating: High.
Price: $309.
Comment: Bio Bidet's top-of-the-line seat, at $699, looks like a bargain next to the better-known Toto S350E. It matches most of Toto's features, except the remote-control open-close lid and eWater+ cleaning system. The BB-2000's water pressure is considered better than Toto's - it also has a dedicated enema feature - and Bio Bidet's three-year warranty is three times longer than Toto's.

Information: www.biobidet.com

Kohler Purefresh
What: Toilet seat with deodorizing system.
Tech rating: Low-mid.
Price: $119.95

Comment: How do I know your household produces an inordinate amount of gases - carbon dioxide, oxygen, nitrogen, hydrogen (sometimes methane) - and sulfur compounds that produce a distinctive, and lasting, odor? A soy candle or Renuzit Cone is always a sign of a bathroom cover-up.

Kohler says its new deodorizing toilet seat eliminates embarrassing odors, discreetly, with a battery-operated fan and carbon filter built into the seat. The fan, activated when someone sits on the seat, blows filtered air over a scented (Garden Waterfall, Soft and Fresh, Lavender or Avocado Spa) pack.

Information: www.us.kohler.com

Toto Neorest 700H Toilet
What: An integrated, dual-flush toilet with washlet.
Tech rating: High.
Price: $6,500 ($4,500 at Amazon.com).
Comment: The American butt has not seen luxury quite like the Neorest 700H, Toto's supreme washlet atop the company's premium toilet base. It's expensive, but imagine the money you'll save on water: The Neorest uses 0.8 gallons for a light flush and 1 gallon for a full flush. (Older toilets use up to 3.5 gallons. Today's more efficient toilets use 1.28 gallons per flush or less.)

The Neorest opens, closes and flushes automatically, deodorizes the bowl and air-dries the seat. The fan, activated when someone sits on the seat, blows filtered air over a scented (Garden Waterfall, Soft and Fresh, Lavender or Avocado Spa) pack.

Information: www.totousa.com

Houzz to help articulate their aesthetic preferences. She has thousands of followers on Pinterest (www.pinterest.com/RBHomeDesign), which she calls her "online library." She said she is happy about the company's new "Buy It" feature for in-app purchases.

The Houzz app focuses more narrowly on home design than Pinterest, Billingsley says, and provides open forums for community engagement and discussions with design professionals.

Billingsley also recommends the apps from retailers such as Lowe's and Home Depot, which sell home goods at various price points and separate items by style genre.

Wing Wong, American Institute of Architects project manager for Takoma Park, Md.-based Dep Designs, says many homeowners want to be closely involved in their design projects even if they hire a professional. Like many designers, he relies on apps like Dropbox to save and share files with other architects and clients.

Wong also recommends RoomScan (99 cents for iPhone), an app that can draw floor plans. "Simply go around your house and touch each wall with your phone," he says. "It will automatically draw up the floor plan with dimensions." This near-accurate feature comes in handy for quick estimates and rough sketches for remodeling.

Theresa Baron Gurney, principal of Baron Gurney Interiors in Washington, said she relies on Sherwin-Williams' ColorSnap and Benjamin Moore's Color Capture, which provide instant paint color matches based on a photo taken by the user.

"If I'm going around somewhere and I see a color on a flower or a piece of furniture - anything - I can zoom in on any part of the object like a laser and find a color reference," Gurney says. Even if the outcome is a bit off, Gurney will play around with the color tone to get her perfect shade.

"Using this kind of attention to detail totally changes your lifestyle," says Gurney, who employed the app to find a "happy, fun and sunny" apple green accent color for a "funky" modular home designed for clients by her husband, architect Robert Gurney. "It's not only a modern home, it's a modern way of living."
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Celebrities reinvent themselves, so did we

Reintroducing Chicago’s original entertainment guide

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**Hawaiian Luau:** The Barefoot Hawaiians perform all the various forms of Polynesian, Tahitian dance as well as the specialty dances of neighboring islands. 5:30 p.m. Thursday, Bensenville Water Park, 1100 W. Wood St., Bensenville, $24-18, 630-766-7015

**Save A Star's Drug Disposal Program:** Save A Star Drug Awareness Foundation's Drug Disposal Program boxes can be found in many local police stations. Accepted are prescription medications (including controlled substances), all over-the-counter and pet medications, vitamins, liquids and creams. Call 847-879-1300 ext. 146. 9 a.m. daily, participating police departments include: Des Plaines; Evanston; Glencoe; Niles; Northbrook; Park Ridge; and Wilmette

**Weinberg's one-of-a-kind prints:** The art of Penny Weinberg is on display on the third floor at the library through Aug. 31. Des Plaines Public Library hours are: Monday through Friday from 9 a.m. to 9 p.m.; Saturday from 9 a.m. to 5 p.m.; Sunday, 1-5 p.m. Daily, Des Plaines Public Library, 1501 E. Hillwood St., Des Plaines, free, 847-827-0515

**Los Lobos:** 8 p.m. Thursday, SPACE, 1245 Chicago Ave., Evanston, $75, 847-492-8860

**Diabetes month by month:** Learn how to prevent, manage, and take care of your diabetes in order to prevent complications. 5 p.m. Thursday, Erie Family Health Center Evanston/Skokie, 1285 Hartrey Ave., Evanston, free, 847-666-2346

**Josh Rzepka Jazz Trio:** 6:30 p.m. Thursdays, Found Kitchen & Social House, 1631 Chicago Ave., Evanston, free, 847-886-8945

**All My Relations:** 1-2 p.m. Third Wednesdays, Foster Dance Studios, 915 Foster St., Evanston, $15; $10 for students, 847-869-6477

**Butterflies & Blooms:** Featuring hundreds of butterflies and the flowers they reside on. 10 a.m. Daily, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe. Adults $6; seniors $5; children (3-12) $4; children (2 and under) free, 847-835-5440

**Fruit and Vegetable Garden Family Drop-in Activities:** Discover where food comes from and how plants grow. Pollinate flowers, dissect seeds, see roots growing, compost with worms, create a rainbow for healthy eating, and more. 10 a.m. Daily, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

**Hot Summer Nights:** Local bands are joined by professional dance instructors to provide visitors with easy-to-understand mini-dance-lessons. 6 p.m. Thursdays, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

**Model Railroad Garden:** 10 a.m. Daily, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe. Children $6; adults $6; seniors $5; $4 children ages 3-12; under 3, free, 847-835-5440

**6 Wicket American Croquet:** North Shore Croquet Club offers free coaching sessions and practice games. For more information and to schedule a game contact Tanya Yovik at 847-409-5526 or Tanya@TanyaYovik.com. 11 a.m. 1 p.m. & 3 p.m., Thursdays, Saturdays and Wednesdays. Glencoe Golf Club, 621 Westley Road, Glencoe, free, 847-409-5526

**"Bleacher Bums":** The play follows this eccentric group as they do everything but watch the game. Oil Lamp Theater is a BYOB establishment. 8 p.m. Thursdays-Fridays, 3 p.m. & 8 p.m. Saturday, 3 p.m. Sunday. Oil Lamp Theater, 1723 Westley Road, Glencoe, free, 847-409-5526

**Model Railroad Garden:** 10 a.m. Daily, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

**Rise of the Machines:** Myths and Realities of Technology: Arthur Cyr, Ph.D. provides historical perspective to technological development and how it has impacted the lives of people. 10 a.m. Thursday, North Shore Senior Center, 151 Northfield Road, Northfield, $19 NSSC members; $25 non-members, 847-794-6030

**Walking the Talk Series:** Nutritional IV Therapy: A monthly guest speaker covers topics that integrate health and wellness into your lifestyle. 7 p.m. Thursday, Chicago Sports Institute, 1847 Oak St., Northfield, free

**Rockin' in the Park 2015:** Cover bands, food and beverage tents on the park's great lawn and a musical fireworks display after every show. 7 p.m. Thursdays, MB Financial Park at Rosemont, 5501 Park Place, Rosemont, free, 847-394-5008

**Food Drive in Skokie:** Requesting donations of canned goods and dry food products to fill the shelves of the Niles Township Food Pantry. All foods can be dropped off at Walgreens. For further information, call Erra Haborin, the Niles Township Jewish Congregation office at 847-675-4341. Daily, Walgreens, 3945 West Dempster St., Skokie, free, 847-675-4141

**Corepower Yoga - Happy Hour:** Happy Hour yoga classes in Cafe Park on level 1 (the grassy area south of Macy's). Just bring mat and water. 6 p.m. Thursdays, Westfield Old Orchard, 4999 Old Orchard Center, Skokie, free, 847-873-6800

**"Ladies Sing The Blues: The Billie Holiday Celebration"** Continues: Sung by Chicago jazz, blues and cabaret artists. 8 p.m. Thursday, Skokie Theatre, 7924 N. Lincoln Ave., Skokie, $32, 847-677-7761

**Free museum admission for military:** Free admission is extended to all military personnel and their families through Labor Day in participation with Blue Star Museums. 10 a.m. Daily, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4835

**Friday, Aug. 14**

**The David Mayfield Parade and Sarah Potenza:** 10 p.m. Friday, SPACE, 1245 Chicago Ave., Evanston, $12-$22, 847-492-8860

**Emi Sunshine:** 7 p.m. Friday, SPACE, 1245 Chicago Ave., Evanston, $15-$25, 847-492-8860

**Nia: Holistic dance fitness:** 11 a.m. Friday, Monday and Wednesday, Raymond Community Center, 1400 Greenleaf St., Evanston, $11 drop-in, $80 unlimited class pass, 847-869-6477

**Movies In The Parks:** "Grease": 8:30 p.m. Friday, Independence Park, 2000 Central St., Evanston, free, 312-742-1134

**The Rhythms Dance:** A movement meditation to music. 7:30 p.m. Friday and Tuesday, Foster Dance Studios, 915 Foster St., Evanston, $10 for students and seniors, 847-869-0250

**Know a bar or club that's having a great time this weekend? Send us an e-mail at events@sun-times.com**
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FUSC: Studio: Drop in with friends to wire LEDs, compose a ringtone, build an amp, mix chemicals to make gel beads, navigate a robot obstacle course and more. For grades six to 12. Noon Saturday, Evanston Public Library, 1703 Orrington Ave., Evanston, free, 847-448-8600

Back to School Jam: Community Health Fair provides free school supplies, immunizations, physicals, dental exams, games, face painting, and the McDonalds Mobile Van. Also, senior services and free glucose checks are available. 10 a.m. Saturday, Bethel AME Church, 1744 Darrow Ave, Evanston, free, 847-664-4264

Muse of Fire Theatre Company's "Hamlet": 9 p.m. Saturday-Sunday, Ingraham Park, 2100 Ridge Ave., Evanston, free

Signature Entertainment Presents: LOL Saturday: Adult Comedy every Saturday night. 9 p.m. Saturday, Chicago’s House of Chicken & Waffles, 2424 W. Dempster St., Evanston, $15 adult advance, $20 at the door, 847-521-6434

"South Pacific": 8 p.m. Sunday, 2 p.m. Sunday and Wednesday, Cahn Auditorium, 600 Emerson St., Evanston, $34+, 847-920-5360

Malott Japanese Garden Summer Festival: Families welcome to explore and experience Japanese culture. Tea ceremony, traditional storytelling, drumming and harp demonstrations, calligraphy and hands-on activities. 11 a.m. Saturday-Sunday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

Native Plant Garden Family Drop-In Activities: Explore the plants and animals in aquatic habitats and learn what kinds of animals depend on ponds and lakes. Splash in the water table, use scientific tools to examine macroinvertebrates, or find out how a tadpole turns into a frog. 10 a.m. Saturday-Sunday and Wednesday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

Family Movie: "Home": 7:30 p.m. Saturday, Wagner Farm, 1510 Wagner Road, Glenview, Free, 847-657-1506

Family Movie: "Home": 2 p.m. Saturday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-577-5277

Get Hooked! Adult Crafts: For those age 12 years and up to learn how to make a 3D quilted hexagon from a circle of fabric. Bring fabric scissors. Registration is required. 10 a.m. Saturday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-6420

Morton Grove Farmers Market: 8 a.m. Saturday, Dempster Street and Georgiana Avenue, 6210 Dempster St., Morton Grove, free, 847-750-6436.

The Rope Warrior (for Families): See The Rope Warrior's incredible jump rope tricks, record-breaking jumps and amazing agility. 10 a.m. Saturday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Ice Cream Social: The community is invited to an Ice Cream Social hosted by the Northfield United Methodist Church. Besides ice cream, sundaes and floats, there will be games and music by the Joyful Noise band. 11:15 a.m. Saturday, Northfield United Methodist Church, 797 Sanders Road, Northbrook, free, 847-272-2250

Northfield Farmers Market: 7:30 a.m. Saturday, Happ Road and New Trier Court, 6 Happ Road, Northfield, free, 847-446-4451

Park Ridge Farmers Market: 7 a.m. Saturday, Park Ridge Farmers Market, 15 S. Prairie Ave., Park Ridge, free, 847-318-5217

Juanes: 7:30 p.m. Saturday, Akoo Theatre at Rosemont, 5400 N. River Road, Rosemont, $58-$128, 847-671-5180

Preserving Survivor Stories: Ask Holocaust Survivor Pinchas Gutter any question, and "natural language" technology software retrieves Pinchas' response, creating an interactive dialogue, as if Pinchas were in the room. Free with Museum admission. 10:30 a.m. Saturday, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4835

Wilmette Farmers Market: 8 a.m. Saturday, Wilmette Village Center, 537 N. Ridge Ave., Wilmette, Free
We know your favorite spot better than your spouse

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Monday, Aug. 17

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

Live Bluegrass, Roots and Folk: Every Modiflappers perform. 8 p.m. Monday, The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

Carillon Concert Series: Enjoy a 45-minute musical performance of carillon bells, 7 p.m. Monday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

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

Converting Your VHS Home Movies: The new Digital Media Lab is the place to learn how to convert old home movies on VHS to a DVD or digital format. Registration is limited to four, with Morton Grove residents having priority. 6 p.m. Monday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Knitting Roundtable: 2 p.m. Monday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

MGPL Kids: Monday Morning Playgroup: Drop-in play time for preschoolers with a parent or caregiver. Call 847-929-5102 or visit mgpl.org/kids for more information. 4:45 p.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Music on the Esplanade: 1:30 p.m. Tuesday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

Tuesday, Aug. 18

Eric Harland & Rude Unkl: 7:30 p.m. Sunday, SPACE, 1245 Chicago Ave., Evanston, $15-$27, 847-492-8860

Rotary Club of Evanston Light- house: 7:15 p.m. Tuesday, Hilton Garden Inn Chicago North Shore/Evanston, 1818 Maple Ave., Evanston, free

Irish music session: 7 p.m. Tuesday, The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

Open Hockey Rink Time: 10 a.m. to 10 p.m. Tuesday, Park Ridge Park District- Centennial Activity Center, 100 South Western Ave., Park Ridge, $10, 847-692-3597

Taste of Nashville: Johnny Gray plays country music, and a lunch of a half slab of ribs, baked potato and a garden salad is served, with pecan pie for dessert. To attend without lunch, come at 1:15 p.m. (7 member, $8 guest). 12:30 p.m. Monday, Park Ridge Park District- Centennial Activity Center, 100 South Western Ave., Park Ridge, $17 member, $19 guest with lunch, 847-692-3597

Exploring Grief: 3 p.m. Monday, Kenilworth Union Church, 211 Kenilworth Ave., Wilmette, free, 847-281-4272

Book signing and sale. 7 p.m. Tuesday, Evanston Public Library- North Branch, 2026 Central St., Evanston, $12-$22, 847-448-8600

Free Walking Clinic: Instruction from certified personal trainer. Call to register, 6 p.m. Monday, Gillson Park, Sheridan Road & Michigan Avenue, Wilmette, free, 847-281-6834

Financial Planning Appointments: Schedule a free one-hour consultation with a Certified Financial Planner. Register at Ext. 7700 or the Reference Services Desk. 9 a.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Veteran Center Services: Information includes counseling, benefits information, job referral and employment assistance. Hosted by the Evanston Vet Center. Noon Tuesday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277

MGPL Kids: Listen Up!: Drop-in story and play time for preschoolers with a parent or caregiver. Call 847-929-5102 or visit mgpl.org/kids for more information. 4:45 p.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Introduction to Excel 2010: Learn simple formatting and entering/editing data. Registration limited to six. Morton Grove residents have priority. Prerequisite: Must be experienced and comfortable with computer, keyboard and mouse. 7 p.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Can We Delay or End Aging?: Join us as we screen three insightful TED Talks and a discussion afterwards. 7 p.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Lunch & Learn: Elder Law & Estate Planning- The ABC’s of Resources: Join Matt Margolis for a seminar on using Medicare/Medicaid; structuring portfolios; how to take advantage of the tax law to transfer wealth tax free; and the top 10 documents for estate planning. 12:30 p.m. Tuesday, Park Ridge Park District- Centennial Activity Center, 100 South Western Ave., Park Ridge, $5 member, $7 guest, 847-692-3597

Country in the Park: Free concert series. 7 p.m. Tuesday, MB Financial Park at Rosemont, 5501 Park Place, Rosemont, free, 847-349-5008

Jewish Short Stories: A three-part class filled with discussion and learning led by Rabbi Jeffrey Weil and teacher, Claire Shulman. Stories by familiar authors as well as works by lesser-known writers to be read. Materials provided in advance of each class. For reservations or further information, contact the synagogue office. 2 p.m. Tuesday, Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, free, 847-675-4141

Turn to Calendar, Next Page
Wednesday, Aug. 19

Bensenville French Market: 4:30 p.m. Wednesday, Bensenville Village Hall, 12 South Center St., Bensenville, free

Preschool Story Time: 10:30 a.m. Wednesday, Evanston Public Library, 1703 Orrington Ave., Evanston, free, 847-448-8610

Dancin' Sprouts: Enjoy free musical entertainment for the Garden's youngest visitors. 1:30 p.m. Wednesday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-226-6224

Baby Signs - Family Sign, Say and Play: Learn sign language with one's baby (ages birth-23 months). 9:30 a.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Content Marketing 101: Getting Found on the Internet and Google: Learn ways of developing and presenting information. 7 p.m. Wednesday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277

Do More with Microsoft Excel 2010: 6:30 p.m. Wednesday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277

Scrabble for Adults: 2 p.m. Wednesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Chess Club: Chess sets and clocks provided. All skill levels welcome. No registration is required. 7 p.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Northbrook Farmers Market: 7 a.m. Wednesday, Cherry Lane and Meadow Road, Northbrook, free

Knitting Studio: Bring supplies or project in progress. 1:30 p.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-784-6030

Beginning Bridge Lessons: Register in advance by contacting the Centennial Activity Center at 847-692-3597. 1 p.m. Wednesday, Park Ridge Park District-Centennial Activity Center, 100 South Western Ave., Park Ridge, $75 member; $83 guest, 847-692-3597

Thursday, Aug. 20

Little Italy Fest-West: Enjoy live music, food for sale, fireworks, meatball wrestling and more. 5 p.m. Aug. 20, Centennial Park, 1776 W. Centennial Place, Addison, free admission Aug. 20; $8; free for children 12 and younger, 888-695-0888

Beginner's Series 1: Computer Basics: 3 p.m. Aug. 20, Lincolnwood Public Library; 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277

Pat Tomasulo: 8 p.m. Aug. 20, Zanies Rosemont, 5437 Park Place, Rosemont, $22 plus a two-item food/drink minimum, 847-613-0484

2015 Wizard World Comic Con Chicago: 3 p.m. Aug. 20, Donald E. Stephens Convention Center, 5555 N. River Road, Rosemont, $40 (plus $6.07) and up, 646-512-5022

I Gotta Guy Sausage Festival: Benefits the Cystic Fibrosis Foundation and features live music, prizes and an auction. 6 p.m. Aug. 20, Gene & Georgetti's, 9421 West Higgins Road, Rosemont, $125, 312-236-4491

Skokie Photographic Society: 7:30 p.m. Aug. 20, Skokie Village Hall, 5127 Oakton St., Skokie, free, 847-677-8324

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

“Ant-Man” ★★★
PG-13, 1:57, action. “Ant-Man” has been skittering around the development corridors of Hollywood so long, the earliest unproduced screenplays about the tiny superhero actually preceded the Disney film “Honey, I Shrunk the Kids.” That was another age (1989), decades before our present Age of Ultron, an epoch of expensive cheap thrills dictated by the steady, crushing rollout of so many Marvel movies that even the good ones start to seem like ants at an endless picnic. But wait. The “Ant-Man” we have before us, half-an-inch tall and played by genial, skillful Paul Rudd, turns out to be better company than you’d think possible in a multistrand franchise lousy with corporate directives. — Michael Phillips

“Minions” ★★½
PG, 1:31, animation. It’s the role of a minion to be a servile follower of a person in charge. That means they are resigned to playing the supporting role. That’s the problem with the new animated comedy “Minions.” The pill-shaped yellow characters introduced in “Despicable Me” as the subordinates to the villainous Gru have now taken center stage. The charm and humor they brought in tiny doses in the previous films now come in a massive blast that wears thin quickly. — Rick Bentley, Fresno Bee

“Mission: Impossible — Rogue Nation” ★★★½
PG-13, 2:11, action. With the new “Mission: Impossible” movie, even if it’s the most assured and satisfying of the five so far, it sounds foolish to even mention the things the characters say in between screeching tires, gunfights, knife fights, motorcycle derring-do and the opening act featuring Tom Cruise dangling for real (real enough to make it look cool and frightening) on the outside of a plane high over a Belarus airstrip. But it isn’t foolish. One of the pleasures of “Mission: Impossible — Rogue Nation” is the snap and tension of writer-director Christopher McQuarrie’s dialogue. At one point a character describes Cruise’s Ethan Hunt as an unstoppable force of destiny in such wittily florid terms, it’s like a love letter crossed with a term paper, dropped into a spy movie. — MP

“Pixels” ★★½
PG-13, 1:06, comedy. In “Pixels,” directed by Chris Columbus, the 40-something self-described losers who spent too much time at the arcade are the ones who will inherit the earth — led by their benevolent leader, Adam Sandler, of course. When a mysterious alien invasion that looks eerily similar to “Galaga” hits a military base, President Cooper (played by Kevin James) has no choice but to call in his big guns. The only ones who can combat this invasion are the Arcaders: Sam (Sandler), Ludlow (Josh Gad) and former nemesis Firecracker (Peter Dinklage), sprung from the clink for the occasion. “Pixels” is a blast of energetic fun, though it doesn’t attempt to stray outside the lines or reflect on its “Godzilla”-style formula; the novelty of nostalgic video game characters as space invaders sustains the film. — Katie Walsh, Tribune Newspaper Service

“Vacation” zero stars
R, 1:39, comedy. There must be some sort of Dr. Seuss contraption shared among Hollywood studios called the Unfunny-izer, hauled out and set to sputtering when it comes time for the latest depressing remake of a comedy. The new “Vacation” must’ve been run through it twice. This is a grim reboot of the franchise begun in 1983 with director Harold Ramis’ hit, which was adapted and expanded by John Hughes from his own National Lampoon short story “Vacation ’58.” “Vacation” ups the gross-out ante without actually bothering to bring the Griswolds into the 21st century. It’s a comedy afraid of death; it dies a thousand of ’em. — M.P.

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McCabe, Edward J.
Edward J. McCabe, age 89, of Park Ridge, died August 8, 2015. Beloved husband for 63 years of the late Jean McCabe nee Schapanski; loving father of Kathleen McCabe (Beverly Kunze) of Boston, MA, Marcia (Robert) Kozelka, Janice McCabe, and the late Timothy McCabe; cherished grandfather of Theodore (Marianne) Kozelka, Peter (Michelle) Kozelka, and Susan Kozelka; dear brother of the late Leland J. McCabe, Jr. of Cincinnati, OH, and the late Helen Lester of St. Mary's, KS; fond brother-in-law of Edith McCabe, Sally Rodriguez, Ruth Rails and Thomas (Nadine) Schapanski; caring uncle of many nieces and nephews. A memorial visitation will be held Friday, August 14th, from 4 until 8 pm, at Olson Burke/Sullivan Funeral and Cremation Center, 6471 N. Northwest Hwy., Chicago. A memorial visitation will be held Saturday, August 15th, from 9:15am until the time of the funeral Mass at 10 am at Mary Seat of Wisdom, 920 Granville, Park Ridge. Interment private. In lieu of flowers, memorial contributions may be made to Kalo Foundation, 255 N. Northwest Highway, Park Ridge, IL 60068 or Rainbow Hospice, 1550 Bishop Court, Mt. Prospect, IL 60056 or Women in Need Growing Stronger (WINGS), PO Box 95615, Palatine, IL 60095. Arrangements entrusted to Cremation Society of Illinois. Info 800-622-8358.
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BMO HARRIS BANK N.A Plaintiff,
IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS

Deed to the real estate after confirmation of the sale. The property will transfer as to quality or quantity of title and without recourse to Plaintiff against said real estate and is offered for sale without any representation or by any mortgagee, judgment creditor, or other lienor acquiring the residential real estate. The property is located at 7261 N. LAST PRAIRIE ROAD, LINCOLNWOOD, IL 60630. It is offered for sale without any representation as to quality or quantity of title. Any attempt to collect a debt and any information obtained will be used in enforcement of the debt. Plaintiff's attorney is deemed to be a debt collector and is not required to be licensed. The property is located at 7261 N. LAST PRAIRIE ROAD, LINCOLNWOOD, IL 60630. The property is offered for sale without any representation as to quality or quantity of title. Any attempt to collect a debt and any information obtained will be used in enforcement of the debt. Plaintiff's attorney is deemed to be a debt collector and is not required to be licensed. The property is located at 7261 N. LAST PRAIRIE ROAD, LINCOLNWOOD, IL 60630. The property is offered for sale without any representation as to quality or quantity of title. Any attempt to collect a debt and any information obtained will be used in enforcement of the debt. Plaintiff's attorney is deemed to be a debt collector and is not required to be licensed. The property is located at 7261 N. LAST PRAIRIE ROAD, LINCOLNWOOD, IL 60630. The property is offered for sale without any representation as to quality or quantity of title. Any attempt to collect a debt and any information obtained will be used in enforcement of the debt. Plaintiff's attorney is deemed to be a debt collector and is not required to be licensed. The property is located at 7261 N. LAST PRAIRIE ROAD, LINCOLNWOOD, IL 60630. The property is offered for sale without any representation as to quality or quantity of title. Any attempt to collect a debt and any information obtained will be used in enforcement of the debt. Plaintiff's attorney is deemed to be a debt collector and is not required to be licensed. The property is located at 7261 N. LAST PRAIRIE ROAD, LINCOLNWOOD, IL 60630. The property is offered for sale without any representation as to quality or quantity of title. Any attempt to collect a debt and any information obtained will be used in enforcement of the debt. Plaintiff's attorney is deemed to be a debt collector and is not required to be licensed. The property is located at 7261 N. LAST PRAIRIE ROAD, LINCOLNWOOD, IL 60630. The property is offered for sale without any representation as to quality or quantity of title. Any attempt to collect a debt and any information obtained will be used in enforcement of the debt. Plaintiff's attorney is deemed to be a debt collector and is not required to be licensed.
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BY CASEY WILLIAMS
Tribune Newspapers

It's not a pretty sight when the young stud expands into middle age. When the Pathfinder, an early product of Nissan's La Jolla, Calif., studio, debuted in 1986, it was a specimen of sculpted masculinity. The latest version? A three-row crossover better suited to the Brady Bunch's driveway.

The comparison is representative of Nissan as a whole, a once-hot company that currently sports the impression of being second-tier, trying to find its place behind better defined competitors. But designers in California have been working hard to redefine Nissan through dynamic styling that speaks to drivers. "Design is communicating emotion from designer to customer," said Shiro Nakamura, senior vice president and chief creative officer for Nissan Motor Co. "Important are practicality, performance and functionality. You have to set a clear goal. What is your brand going to be?"

Datsun was Driven

Datsun, precursor to Nissan, famously sold vehicles with the tag line "We Are Driven!" Its cars had a reputation for being durable and efficient but also fun to drive. The stylish and affordable 240Z sports car that debuted for 1970 set the tone for an automaker on the move. Datsun transitioned to Nissan in 1986.

Nissan had bursts of styling mojo over the years, mostly out of the California studios. Think about the buff 1986 Hardbody pickup, muscular Pathfinder and subcompact Pulsar NX with a reconfigurable roof. In 1990, an all-new Maxima, dubbed the "4-Door Sports Car," was born. Three years later, Altima cribbed Infiniti's elegant J30. All were hits.

While most of the lineup became poster children for Japanese blandness during the '90s, creativity seeped out. Concepts for a modern interpretation of the classic Z sports car and four-door pickup debuted at the 1998 Detroit auto show. In 1999, Xterra returned to Pathfinder roots with tough style and tougher underpinnings.

Finally, designers gave attention to mainstream models. The 2002 Altima combined smooth forms with performance car acceleration. A year later, the all-new Maxima and Murano crossover looked like concept cars for the street. The hideous Murano CrossCabriolet, a convertible crossover, should have stayed home.

Balance

In the past decade, the Nissan brand has taken hold in the U.S. Market share has increased from 5.3 percent in 2005 to 7.1 percent in 2010 to 8.6 percent as of June, just behind Honda (8.8 percent) and more than double any other Asian make except Toyota (14.5 percent), according to data from The Wall Street Journal. Altima is the second best-selling midsize car in America, behind Toyota's Camry, according to Automotive News. The spacious subcompact Versa starts at just $11,990, while the Leaf plug-in outsells Chevy's Volt by almost 2-1. A wide offering of vehicles allows Nissan to fill virtually every need.

"Right now what's interesting is they have five SUVs," said Jessica Caldwell, director of industry analysis for Edmunds.com. "There's the new Rogue, one of their best-selling vehicles. They're well-positioned in timing the crossover trend."

A broad lineup gives Nissan options but also affects what buyers think of the brand. "They have everything from small cars to performance models to midsize sedans and trucks. It gets confusing. As gas prices fluctuate, the large-model lineup allows them to swing easily," Caldwell said. "But having a big lineup is good and negative. You can't tell what they're about."

Caldwell says Nissan derives significant sales from rental fleets, while Honda has zero fleet sales, making Nissan seem second-tier. "It is basically the top of lineup of the Nissan brand," Nakamura said. "It's a halo product, cascading to the whole Nissan design. It has a very emotional front, flowing sides and floating roof that you will see in others ... more dramatic, communicating what we want to deliver."

Maxima and Murano mark a return to 2003, when the duo set the tone for Nissan with curvy styling, floating dash pods and the attitude of a Z. The vehicles were exciting and drew waves of drivers. Is this new focus on design working?

"Yeah, the new cars look good," Caldwell said. "Murano looks great. Maxima is a huge car for them. It's not a large segment, but it looks good. In terms of design, Nissan's cars look pretty attractive."

These cars join an odd mix of designs. The new Rogue crossover is chiseled but doesn't fully adopt V-Motion. Juke looks like a ninja beetle, the Versa subcompact embraces European style, the Quest minivan cribbs Infiniti and the $101,000 GT-R supercar just looks angry. The 370Z bridges past and future. None is ugly, but neither are they defining. They could have come from entirely different automakers.

Then there's the '16 Titan pickup. It's built to haul and packed with an optional Cummins diesel engine but has been criticized for its uncanny resemblance to Ford's F-150. A truck this well-engineered deserves distinct styling.

Outlook

Is Nissan going to be a trendsetter or perhaps return to the Datsun days and play the sporty card? Maxima and Murano are proof Nissan can do both. But it must quit discounting cars to rental fleets, and Nakamura must be brutal about consistency in global design.

"Nissan is trying to be a top-tier Japanese brand," Caldwell said. "They need to find out what their niche is. Are they going down the sporty road? Can Americans see parallels to themselves? Why buy a Nissan over an Accord or Camry?"

Nissan opened its La Jolla studio in 1979 to give its cars and trucks a cool California vibe unmatched by rivals. It worked, setting Nissan ahead for a generation. V-Motion may just do it again, but let's hope the sexy styling ages more gracefully than the Pathfinder.

Casey Williams is a freelance writer.
Fiat 500X defies easy labeling

BY JIM MATEJA
Tribune Newspapers

The new 2016 Fiat 500X has a perfectly reasonable name for a vehicle that, sadly, has to bear the curse of a variety of silly model names — Pop, Easy, Lounge and Trekking.

When someone asks, “What’s that in your driveway?” and you answer “my Pop,” it’s like having to explain to someone why you named your boy Sue or your daughter Hank.

In keeping with the “if it looks like a duck” theory, the new-for-2016 Fiat 500X appears to be a four-door hatchback sedan, yet Fiat has chosen to call it a crossover sport utility rather than a car.

The 500X shares the same platform with the new subcompact Renegade SUV from Chrysler’s Jeep division. Renegade, however, has a long, tall roof associated with crossovers and SUVs; 500X offers a shorter, rounded roof that denotes car heritage.

The 500X is offered with a choice of front-wheel drive or all-wheel drive, the same choices available in small crossovers and sport utes.

We drove the 500X with AWD in the Easy version, which offers a peeper 24-liter, 180 horsepower four-cylinder engine with nine-speed automatic as standard, a step up from the 1.8-liter, 160 horsepower turbo four with six-speed manual transmission in the base Pop model.

The Easy has a quick reaction to pedal input, moves away from the stoplight, and has the power to pass on the highway. No growl, no groan.

The 500X comes with a dial-up choice of programmable driving modes — Auto, Sport and Traction Plus — depending on the condition of the road and the mood of the driver.

We left it in Auto for the most part. Sport with AWD active was more nimble in and around twisting roads in the countryside, though the ride was firmer as well.

Transmission: nine-speed automatic in AWD

Traction Plus would be the Snow Belt setting along about late November. Wide profile 17-inch all-season radials are standard and contribute to sure-footed behavior while at the same time absorbing pavement lumps and bumps.

The AWD version offers 7.9 inches of road clearance versus 7 inches for the FWD version, so it can handle snow-covered roads and hilly, caked driveways. But when you run out of paved road, it’s best not to expect the 500X to climb mountains, ford streams or maneuver over pathways covered with fallen trees.

While the 500X is a crossover, offers AWD and is a cousin of the Jeep Renegade, Nicole Longhini, 500X brand manager, warns, “It is made for the pavement. In the first turns after a while, the problem usually reappears. We have had to replace two windshields, both from stones fulling the steering column. Since it is not a safety issue but rather an annoyance issue, the manufacturer will not issue a recall. Lubricating the splines in the shaft provides some relief, but the problem usually returns after a while.

Jim Mateja is a freelance writer.

New oil can extend need for a change to 10,000 miles

Q: I own a 2011 Chevy Equinox, and the owners manual says to use oil with the dexos certification mark. I read that all GM engines 2011 and newer should use this. The manual boldly states, “Failure to use the recommended oil or equivalent can result in engine damage not covered by the vehicle warranty.” Is this something I should ask for when getting an oil change?

— B.B., Addison, Ill.

A: The General Motors powertrain engineers developed the dexos (it’s trademarked but lowercase “d”) engine oil specification specifically for GM engines to increase fuel efficiency, extend the life of the emissions system, require fewer oil changes and reduce emissions.

The dexos oil also has some unique properties that GM required. One is better resistance to aeration (the whipping of air bubbles into the oil). Some engines with variable camshaft timing use the engine oil as a hydraulic fluid. If the oil gets aerated, they won’t operate properly.

Like dexos, the new GF-5 specification developed by the International Lubricants Standardization and Approval Committee is expected to offer better performance. The new GF-5 and GM dexos are backward-compatible; they will work in engines that have used older previous formulations.

Both dexos and GF-5 oils allow more miles between oil changes without a loss of lubrication quality, sludge buildup or damage to the catalytic converter. Depending on your driving habits, oil changes could extend beyond 10,000 miles. Ask for the proper oil when having it changed.

Q: In regards to C.C.’s comment on trucks and broken windshields, I drive a dump truck and can attest that the police watch that we tarp our loads. The ticket can be pretty pricey, depending on who tickets you. In 20-plus years of driving, I’ve had five cracked windshields and have actually seen rocks come off the tires of cars with not a single truck in site.

— S.M., Chicago

A: Yes, the fines for spillage can be hefty, but tarps are not the only answer. We have had to replace two windshields, both from stones falling from dump trucks near a limestone quarry. They did not fly from the load, but dropped from the lip below the gate and bounced off the pavement. In the first case, we were unable to catch up to the driver. In the second case, the driver denied any responsibility. In both cases, our insurance covered the replacement glass.

Q: Just wondering what it takes for a company as big as GM to have a recall. My ‘06 Chevy Silverado is loud enough to hear (the steering) with the windows open. There seem to be a lot of cars and trucks doing the same thing, as I checked the Internet. Clearly a defect and possible safety issue. I’d like to hear from you.

— R.C., East Hartford, Conn.

A: The problem is with the intermediate shaft of the steering column. Since it is not a safety issue but rather an annoyance issue, the manufacturer will not issue a recall. Lubricating the splines in the shaft provides some relief, but the problem usually returns after a while.

Send questions along with name and town to Motormouth, Tribune, 435 N. Michigan Ave, Fifth Floor, Chicago IL 60611 or motormouth.trib@verizon.net.
Ditka, IHSA advocate safer practices in HS football

BY GEORGE M. WILCOX
Pioneer Press

With only about a dozen freshmen expected to come out for the first day of preseason practice Aug. 10, St. Joseph football head coach Anthony Griffin knows the value of preventing injuries and concussions in his small program.

Griffin was among nearly 50 high school football coaches from around the Chicago area on Aug. 5, who attended a presentation at McDonald's headquarters in Oak Brook on how they can limit contact during practices for the upcoming season starting Aug. 28.

Hall of Famer and legendary Bears coach and tight end Mike Ditka was the featured speaker in the Practice Like Pros presentation and shared his own experience with concussions. He recalled celebrating one evening after a game, but could not remember any details after taking a hit from Packers Hall of Fame linebacker Ray Nitschke.

"It's not a contact sport; it's a collision sport," Ditka said to the coaches.

Griffin, who is entering his fifth season at St. Joseph, has never had enough participants to field a freshman-only team. He expects to have his freshmen play on a combined team with sophomores this season.

"I agree with a lot they talked about," Griffin said. "I'm not a proponent about having a lot of contact in practice anyway. It's more about teaching technique for both the offense and defense."

Griffin said his program could not afford the risk of losing players due to injuries in practice.

Niles North head coach Mark Egofske admitted that dwindling participation in tackle football due to fears about concussions is a major issue. Egofske said that for the first time, Niles North will be unable to field a freshman-level football team and will have a single combined freshman-sophomore squad this season.

"I think, is about doing the right thing. It was enlightening," Ditka said.

Ditka said he would likely introduce today's generation of athletes to golf instead of football, but stressed that the merits of the game include learning teamwork and discipline.

"You should never discourage him from playing a sport he wants to play," Ditka said of a young athlete.

Illinois High School Association football teams are entering their second year of preseason practices under rules that have all but eliminated double-sessions. The IHSA has instituted a new mandate for this season that limits contact to three days a week after the third game of the regular season.

"This is the worst, most shameful statistic in the game of football," O'Neil said. "We control the rules of engagement in practice. This is something we (must) do to get it to a much more manageable number."

O'Neil, who said his son is a Division III quarterback with a history of concussions in high school, cited a survey by the Sports Legacy Institute that claims 60 to 75 percent of the concussions suffered by high school players occur during practice.

"We control the rules of engagement in practice. This is something we (must) do to get it to a much more manageable number."
SEASON PREVIEW | GIRLS GOLF

Top 4 area teams

BY MATT HARNESS
Pioneer Press

Loyola

The Ramblers should welcome back five of the six players from last season's team that was the runner-up at the Class AA state tournament. The only player who wasn't there at the start of the season is junior Colleen Huffman, who suffered an injury playing lacrosse.

Loyola also will be without longtime coach Jim Jackimiec, who retired after 42 years coaching golf at the school, including the last 20 with the girls. He guided the Ramblers to second-place finishes in 2013 and 2014. Heather Penn, Jackimiec's assistant for 13 years, replaces him.

“I have a good idea of what’s been done, and I look forward to continuing the traditions as well as doing a few things of my own,” Penn said.

Senior Blake Yaccino (tied for eighth), sophomore Nina Rutkowski (tied for 13th) and junior Margaret Hickey (tied for 38th) all finished in the top 38 at the state tournament last year and are expected to headline the team again this fall. Seniors Nicole Vetoska and Madison Banas also are back.

“We absolutely want to win a state title,” Penn said. “That’s our goal every year.”

Hinsdale Central is again expected to stand in Loyola’s way. The Red Devils won the state title by 15 strokes last season and only graduated one player from that team.

Glenbrook North

The Spartans were a few sand saves away from qualifying for the sectional tournament last season. After missing out by a mere four strokes, they figure to be hungry to take the next step in the Class AA state series this season. With All-Central Suburban players Amy Hong, a senior, and Emma Vickery, a junior, back, the Spartans have two veteran players who can lead the way.

According to Glenbrook North coach Michael Schroeder, both played a lot of competitive golf this summer. Junior Ana Sabic, another varsity veteran, gives the Spartans some depth behind Hong and Vickery.

“The team has a lot of potential this year,” Schroeder said.

Maine South

The Hawks won’t be the same team that placed ninth at the Class AA state tournament last year after graduating five players from the top six. What’s more, Jeff Hamann decided to resign his post as coach.

Although Maine South might be rebuilding, first-year coach and former longtime assistant Matt Ellefson said the Hawks aren’t lowering their expectations. For the first time in program history, they won a regional and sectional championship in the same season last year.

“I am excited,” said Ellefson, who has been with the girls program since 2005. “We did lose a lot of good players, but a positive is that we continue to have more and more girls who are interested in coming out for golf.”

He said he expects to have as many as 15 underclassmen in the program.

“We feel this bodes well for the future,” Ellefson said.

Loyola’s Blake Yaccino watches her shot during the final round of the Class AA state tournament at the Hickory Point Golf Course in Decatur on Oct. 18, 2014.

Kelly Maigler is the lone leftover from last year’s postseason lineup, and Ellefson said the junior’s capable of being the team’s new No. 1 player. But she will be one of the few with varsity experience.

New Trier

With six finishes in the top three at the Class AA state tournament in the last seven seasons, the Trevians always seem to be in the hunt for a state championship, which they won in 2010 and 2012. They took third last season.

Led by senior Louise McCulloch, New Trier once again is expected to be one of the state’s best. McCulloch, a Northwestern recruit, tied for 18th at state last season and then traveled the country this summer playing against the best junior competition.

Rachel Rhue played in all three postseason tournaments as a freshman, and also is set to contribute. However, the Trevians will have to find at least four players to fill out their top six after the graduation of four seniors.

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Local players to watch

Kelly Maigler
Maine South junior

Maigler is the only starter back from last fall when the Hawks finished ninth at the Class AA state tournament. Maigler was in the lineup for the regional and sectional tournaments, too. Maigler’s nine-hole scoring average was 48 in 2014, but Maine South coach Matt Ellefson said he’s looking for her to be several shots better this year because of her improved short game.

Payton Arger
Maine South senior

About to start her second season in the golf program, Arger will be asked to act as one of the team’s leaders, according to Maine South coach Matt Ellefson. Her presence will be important because the Hawks graduated five seniors from last year’s postseason lineup. Despite the Hawks’ depth in 2014, Arger got a chance to play in a few varsity matches as a junior.

Claire DeRosa
Maine South senior

Like teammate Payton Arger, DeRosa is another Hawks golfer who has patiently waited her turn to play. Maine South coach Matt Ellefson said he expects DeRosa, who is entering her third season, to join Arger as a leader on and off the course. DeRosa played limited events last year, but she should be more of a contributor in her final season.

Amanda Lee
Niles West junior

After playing volleyball as a freshman in the fall, Lee decided to give golf a try last season. She had golf experience, having played on the Illinois Junior Golf Association circuit before high school.

Lee, the daughter of Niles West coach Richard Lee, returns to golf and once again will be one of the best players to tee it up for the Wolves.

Sara Dym
Niles West senior

This will be Dym’s fourth season as a varsity player, but it’s her third as a member of the girls program, which began in 2013. Niles West coach Richard Lee will be counting on Dym, one of the team’s top players, for her talent and her leadership this year.

—By Matt Harness, Pioneer Press
SEASON PREVIEW

Top 4 area teams

BY MATT HARNESS
Pioneer Press

New Trier

Matt Murlick made it clear that the Trevians are out to unseat Hinsdale Central, the three-time defending Class 3A state champions.

"Everybody better watch out," the senior said. "I am really excited about our team. We have at least five guys who can post scores better than 75 and we are all very consistent."

The arrival of sophomore Bennett Cotten should help the Ramblers challenge the Red Devils. Cotten, who finished fifth at state and was a sectional champion a year ago, has transferred from Loyola to New Trier.

"I've known him for a while," Murlick said. "We play all the time. He's great to have in. We are going to have four strong players."

But Murlick, who was in the state lineup for New Trier's runner-up finish a year ago, said it's too soon to say the team will win its first state title since 2003. Last season was the fifth time the Trevians have been second in the state since last winning the top tournament in 2014, a year after Nick Hardy (who made the cut at the 2015 U.S. Open) and Brian Oh (the 2013 Class 3A state champion) graduated.

Cole and Van Cleave shouldn't be the only ones posting low scores this fall. Gerbich, who's taken the Spartans to three consecutive Class 3A state tournaments and four in the last five seasons, said he might have some depth down his roster.

Glenbrook North

The Spartans graduated three players from last year's state lineup, including their top two finishers (Matt Kull and Tyler Muller). But like any good program, Glenbrook North has demonstrated that it doesn't rebuild as much as reload.

Varsity veterans Daniel Cole, a senior, and Charlie Van Cleave, a junior, are expected to pace the Spartans in 2015.

"Both have had good summers and should be our top two," Glenbrook North coach Justin Gerbich said.

Cole (85-77 - 162) and Van Cleave (78-85 - 163) played integral roles in the Spartans tying for ninth at the Class 3A state tournament last season.

Loyola

The Ramblers will have a new No. 1 player this year after Bennett Cotten transferred to New Trier before his sophomore season.

Loyola coach Tim Kane said junior Connor Prassas can be that player, even though he was not in the top six at the end of last year when the Ramblers tied for ninth at the Class 3A state tournament.

Other contributors could include seniors Michael Banas and Matt Jacobson and sophomores John Kryscio and Chip Savarie, another player who was out of the top six by last season's end.

Jacobson is the wild card, according to Kane, who said Jacobson plays his best at the biggest tournaments. He tied Cotten's 71 at New Trier's Matt Murlick tied for 29th at the Class 3A boys golf state tournament last season.

North Shore Country Day

Big changes abound in the Raiders golf program.

Joe Bosco, the architect of two state titles and two runner-up finishes in the last four seasons, stepped down as coach. Cy Oelerich, an assistant under Bosco last year, takes over for him.

Another change is that the IHSA moved North Shore Country Day up to Class 2A based on its past success at the Class 1A state tournament. The Raiders won state titles in 2011 and 2012.

But with three returning all-Independent School League selections in seniors Drew Miles and Charlie MacVicar and junior Will Madigan, Oelerich said he doesn't anticipate a letdown this year.

Local players to watch

Paul DiFranco
Northridge senior

One of the team's best players a year ago, DiFranco returns to the varsity lineup. Now a senior, he will be expected to lead the Knights, according to coach Alan Jankowski. DiFranco tied for 20th at the Class 3A state tournament as a junior and carried a nine-hole average of 37 — a number Jankowski said "undoubtedly" will be better this year.

Michael George
Maine South sophomore

In his first year of high school, George was the second-best player on the Hawks. He averaged 43 for nine holes and played at a Class 3A sectional tournament. Along with senior Tim Zelek, George gives Maine South two formidable golfers at the top of the lineup this season.

Skyler LeVine
Niles West senior

Wolves coach Mitch Stern said LeVine is one of the most underrated players in the state and should be getting some looks to play in college. LeVine, who has no offers, tied for second at the Class 3A Glenbrook North Regional as a junior. As a sophomore, he played at the Class 3A state tournament.

Tim Zelek
Maine South senior

At last year's Class 3A New Trier Sectional — which is one of the toughest sectionals in the state — Zelek shot a 77 and advanced to his first state tournament. He was the first Maine South player to do so since 2010. Zelek tied for 76th at state. Hawks coach Steve Scholl said he hopes Zelek, who averaged 40 strokes over nine holes last fall, will be the team's anchor this year.

Eric Pritt
Notre Dame senior

The team's best player at the Class 3A Notre Dame Regional a year ago when he shot a 78 and tied for fifth, Pritt has one more chance to qualify for his first state tournament. His presence in the lineup also should help the Dons contend for their first appearance in the state tournament as a team.

— Matt Harness, Pioneer Press
Atop the leaderboard

Pioneer Press looks at the top returning boys and girls golfers in the area. Inside

Niles West’s Skylar LeVine competes at the Wheeling Wildcat Invite at the Traditions at Chevy Chase Golf Course on September 20, 2014.

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