Training for life
Athletic trainers teach students tricks of the trade in club. Page 6

Trainers Laura Gorski and Dave Smetana are busy handing out football equipment at Niles West High School in Skokie Wednesday, Aug. 12.

A place to call home
Niles aviation and aerospace company, Woodward, Inc., officially unveils newest facility on Howard Street. Page 8

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Shout Out

Shelley Nizynski Reese, teacher

Shelley Nizynski Reese worked as a second grade teacher at Skokie's Middleton School for about 10 years before moving on this year. The founder of A Better Life For Kids, a nonprofit that helps children in Ghana, Nizynski Reese galvanized her students and called attention to children in need half a world away. Pioneer Press recently asked her a series of questions.

Q. What do you or did you do for a living?
A. I had the privilege of being a second grade teacher at Middleton School for the past 10 years.

Q. What book are you currently reading and what book would you like to read next?
A. I'm in the middle of "Do What Jesus Did" by Robby Dawkins. A friend recommended I read the books featured on Good Morning America by Bill Johnson so those are on my list.

Q. What was your first job?
A. In high school I was on the swimming and diving team and played water polo. In between seasons I taught swimming lessons to children.

Q. As a kid, what did you want to be when you grew up?
A. From a young age, I was a passionate advocate for social justice. I wanted to either do or be a part of something meaningful and make a difference in the lives of others.

Q. Do you have a favorite charity?
A. A Better Life for Kids.

Q. Do you have any words of wisdom?
A. Love God, love people, work hard, always be a learner, go above and beyond, be generous, forgive and do something meaningful with your life.

Q. What's your favorite local restaurant?
A. Dengoos. Not only do they have great food, but the owner, Nick Theodosis and his family, are so generous, compassionate and kind.

Q. What is an interesting factoid about yourself?
A. My husband and I are in the process of getting a dog that we'll train as an emotional support animal. I'm excited to volunteer in at-risk schools with our dog as a reading intervention team to help struggling readers.

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Pioneer Press Staff

Shout Out is a weekly feature where we get to know and introduce our readers to their fellow community members and local visitors throughout suburban Chicago.
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Tricks of the trade

By Lee V. Gaines
Pioneer Press

Athletes at Niles West High School seek treatment for their injuries and tips on how to prevent them from two athletic trainers who, while fulfilling their day-to-day duties, are also educating and inspiring a cohort of high school students interested in following in their footsteps.

Laura Gorski said she was thrilled to land a job as an athletic trainer at Niles West so she could “focus primarily on the kids.” She said she was hired by the Skokie school in 2008 after serving as the head athletic trainer at Benedictine University in Lisle.

Dave Smetana, a former intern athletic trainer for the Chicago Cubs, began working at Niles West through a private company until he was offered a full-time position as a staff member of the school’s athletic department in 2012.

“I originally got started in this field just because of the fact that I was an athlete myself in high school and I got injured a lot and I was always in the training room,” he said.

Smetana said the athletic trainer at his high school was a mentor to him, someone he said he could look to for advice.

“He was the one who pushed me to pursue this,” he said. “He gave me guidance in college and recommendations on what I should do once I got out of grad school.”

Gorski said that while she didn’t have someone she could call a mentor, she was inspired to follow her chosen career path after receiving treatment in high school for a sports-related injury.

While assisting injured student-athletes with rehabilitation across a spectrum of 26 different sports, setting up and managing sports equipment and taking it down when the games are over, Gorski and Smetana have welcomed students in all high school grades to observe them at work and learn what it means to be an athletic trainer.

Gorski said a student trainer program existed when she was hired by Niles West, but as the lone full-time trainer at the school, it was too much for her to keep it going. When Smetana joined the team, he said it was important to him to restart what is now known as the high school’s Sports Medicine Career Club.

Between five and seven students participate in the club each sports season, said. As part of the club, students have had the opportunity to shadow visiting doctors, receive certification in both CPR and first aid and assist Smetana and Gorski in the training room and on the field.

Several Niles West graduates who participated in the club have gone on to pursue careers in athletic training, other areas of sports medicine and medicine in general, Smetana said.

A 17-year-old senior at Niles West and member of the club, Karolina Gacek, said that although she’s not an athlete, she’d like to someday become an athletic trainer and work with either college or high school-aged students.

Smetana and Gorski explain to club participants the processes involved in treating student athletes with injuries, in addition to how the injuries are caused, she said.

Students involved in the club are often asked to provide their own input based on what they’ve learned, Gacek said.

“We are different than teachers because we don’t give them grades,” Gorski said. “But we hold them accountable in different ways.”

Though she came to the club already equipped with an interest in sports medicine, Gacek said her experience working with and learning from Smetana and Gorski has cemented her future ambitions.

“After I learned more about it, and I got the hang of the different things they do here, I am positive it’s the career choice for me,” she said.

Both Gorski and Smetana said inspiring and educating students like Gacek is one of the most fulfilling aspects of their job.

“They want to do what we do, and I think that’s awesome,” Gorski said.

Lee V. Gaines is a freelance reporter for Pioneer Press.
Library budget includes funds for raises, digital media lab

BY LEE V. GAINES
Pioneer Press

The Niles Public Library Board of Trustees agreed to add a last-minute $75,000 increase to salary expenditures in its approved budget for fiscal year 2016 following a request by the district's director.

The board voted 6-1 on Aug. 19 to approve a budget including roughly $6.3 million in expected revenue and nearly $6.5 million in expenditures.

Niles Library Director Susan Lempke initially asked the board to approve an additional $150,000 to budgeted salary expenditures in anticipation of the opening next month of a new digital media lab and makers space equipped with computers loaded with Photoshop and Adobe Illustrator software, a 3-D printer, laser cutter, green screen and video recording equipment, among other features.

Lempke said she had no plans to hire any additional staff, but wanted the funds budgeted in case she thinks it is necessary down the line.

Greg Pritz, business manager for the district, said there probably will be strong demand for the space and all the equipment it has to offer when it officially opens to the public on Sept. 19.

"The problem is that a lot of these maker things involve high heat or cutting things," he said. "You just don't really want to turn it over to your patrons and say, 'OK, go at it,' because you have this risk of injury."

Trustee Carolyn Drblik asked for an assurance from Lempke that she'd first check to make sure that all current staff was utilizing their time and participating in job sharing in the most efficient manner, possible before any new employees were brought on board.

As part of a compromise suggested by President Linda Ryan, the trustees voted to approve only half of Lempke's requested $150,000 increase. Lempke promised to discuss staffing issues with trustees before any new hires are made.

The approved budget also includes a 3 percent annual raise for the district's employees. At the board's July meeting, trustees agreed to increase the budgeted amount for raises from 2.4 percent to 3 percent.

In an interview following the Aug. 19 meeting, Pritz said the change amounts to about a $50,000 increase between the tentative budget brought before the board for approval last month and the one approved this week. But, he said, not all library employees are guaranteed to receive a 3 percent raise. He said those who perform above average might receive more and those who perform below average might receive less.

Lempke, Pritz said, will have the final say when it comes to employee raises.

The total amount of revenue included in the approved budget represents about a 3 percent decrease over the previous year's projected actual revenue, while spending accounts for a roughly 15 percent jump over last year's actual estimated expenditures.

During a board meeting in July, Pritz said the district was running a surplus of about $900,000 because last year's revenues were much greater than actual expenditures.

The approved budget also includes nearly $500,000 in capital expenses related to updating the district's desktop computers, in addition to fire and security upgrades and the purchase of a new library van to make deliveries to homebound patrons and schools, Pritz said. Last year, he said, the district only spent about $100,000 on capital items.

Trustee Danette Matyas was the sole board member to vote against the budget.

Lee V. Gaines is a freelance reporter for Pioneer Press.
The ceremonial red ribbon is cut with the help of U.S. Rep. Jan Schakowsky, from left; state Rep. John D'Amico; Mayor Andrew Przybylo; Michelle Michal, from the governor's office; Alan Pesata, facilities manager; Brian Mikota, engineering manager; Dale Sylvan, vice president and general manager; and Marty Glass, president of airframe systems.

**Niles facility unveiled**

**Aviation and aerospace company hosts ceremony**

**By Alicia Ramirez**

Pioneer Press

Woodward, Inc., an aviation systems and aerospace technology company, unveiled its newest building in Niles Thursday with a ribbon cutting and tour.

At the Niles plant, Woodward focuses on electro-mechanical flight control and utility actuation systems, fly-by-wire cockpit control systems, high performance sensors, electric motors and electro-mechanical components, according to its website.

“Woodward really feels fortunate that you selected us to acquire it in 2008 and we’re very glad to see you here today,” Marty Glass, president of airframe systems, said.

Woodward, headquartered in Fort Collins, Colo., purchased the locally owned company MPC Products Corp. in 2009 from the Roberti family, and continued to build up the base of the company.

“Woodward, please know that this village of Niles stands beside you in your mighty endeavor,” Przybylo said. “So, Woodward, the facility is home to roughly 950 employees — 52 percent manufacturing, 30 percent support and 18 percent engineering.

Alicia Ramirez is a freelance reporter for Pioneer Press.
Northbrook Farmers Market celebrates zucchini, nonprofits

BY KARIE ANGELL LUC
Pioneer Press

How many ways can you serve or slice up zucchini?
"They are usable in so many things," said Sarah Kurysz of Niles, culinary coordinator/chef for Northbrook's Whole Foods Market. "Zucchini is one of my favorite ingredients, and I like to imagine new ways to get it on the table."

Kurysz talked about her love for zucchini at the Northbrook Farmers Market's third annual Zucchini Day Aug. 19. The event is sponsored by Advanced Disposal, Northbrook's refuse collector.

Whole Foods Market served up three variations of zucchini and offered free samples. Patrons tried sweet zucchini bread with walnuts, raw marinated zucchini salad. Six local nonprofit organizations had the opportunity to get creative with zucchini. As contestants for a $500 prize, each presented artistic uses of zucchini in dioramas set up on a banquet table.

"I think everyone did a great job and got very creative with their zucchini," said Caroline Margolis of Northbrook, the market's director of special events. "Hopefully, people will be more aware of what [non-profits] do to build awareness for what they do."

Contestants decorated and dressed up zucchini. Visitors voted for their favorite display by dropping tickets in labeled collection cans next to each entry. Each organization received $1 for each vote it received.

Glenview Women's Club, which received the most votes, won the grand prize of $500, donated by Advanced Disposal.

The six participating organizations are:
- The Grove Heritage Association
- Northbrook Garden Club
- Go Green Northbrook
- Anixter Center's ACT Program
- Glenview Women's Club
- The Alzheimer's Association's Greater Illinois Chapter

"I saw [Zucchini Day was happening] and thought it would be a great way to get out into the community and talk about what we do," said Terranne Reynolds of Northbrook, of the Greater Illinois Chapter of the Alzheimer's Association.

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

**Niles**

**RETAIL THEFT**
- William Krieman, 25, of the 5500 block of Linder, Chicago, was charged with felony retail theft Aug. 12 after he allegedly stole six DVDs from a store on the 5500 block of Touhy Avenue. He has a Sept. 2 court date.
- Alfred Bailey, 51, of the 9900 block of Holly Lane, unincorporated Maine Township, was charged with felony retail theft Aug. 14 after he allegedly stole a computer from a store on the 8500 block of Golf Road. A store employee told police that Bailey unhooked a security lanyard from a laptop, placed the computer down his pants and exited the store. Cook County Sheriff's Police detained Bailey at his home, police said. He remained in custody in Cook County Jail with a Sept. 9 court date set.

**DOMESTIC BATTERY**
- Calvin Caryton, 57, of the 7900 block of Caldwell Avenue, Niles, was charged with domestic battery on the evening of Aug. 16. He has a Sept. 1 court date.

**DUI**
- Donna Ganza, 41, of the 9300 block of Bay Colony Drive, unincorporated Maine Township, was charged with driving under the influence Aug. 14 following an accident involving two vehicles at the corner of Milwaukee Avenue and Maryland Street. She has an Oct. 1 court date.

**THEFT**
- A man told police that his lawn mower was stolen from outside his house on the 7600 block of Oleander Avenue Aug. 13. The man reported that a scrap truck driver was picking up shells he left out with the trash. He noticed his lawn mower had been taken as well, police said.
- On Aug. 14, a woman told police that 10 years after co-signing a $50,000 student loan for her granddaughter to attend college, she received notice that she owed $136,000 in unpaid loans that she had never signed. Police said the woman believes her signature was forged.

**PROPERTY DAMAGE**
- A brick was thrown at a vehicle's windshield and a decorative house window was cracked in two separate incidents reported on the 8200 block of Park Avenue on the night of Aug. 14.
- Tires were slashed and scratches left on a parked vehicle between Aug. 17 and Aug. 18 on the 7900 block of Nordica Avenue.

**Park Ridge**

**THEFT**
- Adim Sivac, 26, of the 1300 block of North Western Avenue, Chicago, was charged with theft Aug. 13. According to police, Sivac was accused of stealing a necklace from a home on the 1100 block of South Harrison Street between April and June. Sivac is currently in Cook County Jail custody.

**RETAIL THEFT**
- Alisha Greer, 34, of the 16300 block of Pinetree Parkway, Darien, was charged with retail theft Aug. 10 after she allegedly stole a speaker valued at $200 from Mariano's, 1900 S. Cumberland Ave. She was released on his own recognizance and assigned a Sept. 1 court date.

**PROPERTY DAMAGE**
- The moon roof of an SUV was smashed between July 29 and Aug. 9 while it was parked on the 1600 block of South Crescent Avenue.

**THEFT**
- A purse was reported stolen on the night of Aug. 8 from the Uptown train station, 100 S. Summit Ave.
- A bicycle was stolen on the night of Aug. 7 after it was tied to a bike rack with a wire outside Field School, 707 Wisner St.
- A cell phone was stolen from an establishment on the 100 block of South Northwest Highway.

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More than 500 gather for the North Shore Triathlon

BY BRIDGET O’SHEA

More than 500 athletes braved the threat of a storm and gathered at Gilson Park in Wilmette Aug. 23 for the third annual North Shore Triathlon.

Wilmette police blocked off areas of Sheridan Road near the park for the swimming, biking and running event that brought together athletes of all ages from throughout the North Shore area.

“We had such a wide range of athletes. It’s just wonderful to see,” said Craig Strong, owner of Precision Multisport, an Evanston-based fitness and personal training company that sponsored the event.

Evanston resident Mike Rubin and Glenview resident Megan Levin said they have participated in several area triathlons.

“We met through swimming next to each other in the Evanston Masters swim team,” said Levin, adding that many tri-athletes are very supportive of each other.

“This is a great race,” said Rubin. “There’s a lot of camaraderie.”

Levin said while biking in last year’s North Shore Triathlon, she collided with another cyclist and had to be taken by ambulance to an area hospital. She said it was nice to come back this year and be able to finish the race.

“I like the finish line,” she said, laughing. “That’s my favorite part.”

Levin said she had been training for the North Shore Triathlon for about three months.

“It takes two things: discipline and consistency,” she said.

Wilmette resident Bill Bucklew gathered several other Wilmette residents together to add a charitable element to Sunday’s triathlon.

Team Fox SCW (South Central Wilmette) participated in the triathlon to raise money for the Michael J. Fox Foundation, which seeks to find a cure for Parkinson’s Disease. Bucklew said Team Fox is made up of athletes of all ages and abilities.

“We’ve got the whole spectrum here,” he said. “We had 32 people. We keep growing every year.”

Bucklew said while some members of Team Fox completed the entire race, they also had relay teams in which three participants would each take part in one leg of the race.

“That way, we can bring more people onto the team,” he explained.

Although Sunday’s midday rain held off until after the event was over, storms that rolled through the area Aug. 18 brought Lake Michigan water temperatures to a frigid 55 degrees, Strong said. If water temperatures were just a few degrees colder, they would not have been able to do the swimming portion.

“Fifty-one is the low-end cutoff,” he said.

Strong said the North Shore Triathlon consists of a 500-meter swim, a 12-mile bike ride that goes into Winnetka and a 3-mile run into downtown Wilmette, circling back to Gilson Park, which he described as a great location for such an event.

“This is what happens every day,” he said. “There’s swimming in Lake Michigan, there’s biking on Sheridan Road, and people run here in Wilmette. It’s a beautiful area.”

Thirteen age groups ranging from 10 to over 70 participated in the North Shore Triathlon. After the race, awards were given for each age group.

“We think that swimming, cycling and running are all sports that people can do until past 70,” said Strong.

“Most of these people train here and they know the area, so that makes it special.”

boshea@pioneerlocal.com Twitter @OSheaBridget
Annual tournament pulls North Shore neighbors to Lincolnwood

BY LINDSEY COMPTON
Pioneer Press

Electronics were set aside in place of family, friends and board games during the 4th annual Jewish Settlers of Catan Tournament at the Lincolnwood Jewish Congregation Aug. 23.

Settlers of Catan is a board game where, according to its website, players build settlements, develop and harvest resources and grow into thriving civilizations.

Nearly 30 people attended the event, which began at 11 a.m. and lasted into the evening. Children and adults alike competed to win one of many prizes, including two signed posters and two autographed hockey pucks from the Chicago Blackhawks. According to Max Gordon, one of the founders, the NHL team has been a long time supporter since the tournament began four years ago.

"They've been really supportive, along with so many other groups," he said.

After four rounds and a consolation bracket, Matthew Altman took home the trophy, winning his second tournament since it began.

Gordon and his friend Sammy Scheffer started the tournament when they were 19 after spending a year in Israel during gap year - a time when Jewish students are encouraged to spend a year in the Holy Land.

Following the Sabbath and other religious constructs, Settlers of Catan was one of the few board games they could play and enjoy, Gordon said. "We have been playing this game since high school," he said.

After returning home, Gordon inquired about competing in a local Settlers tournament, but found that most landed on the Sabbath - a day devoted to "worshipping God and being with family and community," Rabbi James Gordon, Max's father, said.

"Why don't we just make our own tournament," Gordon said he asked Scheffer. The two presented the idea to Gordon's father, which he then presented to the synagogue.

Since then the event has seen participation from residents in Lincolnwood, Skokie, Evanston and other communities surrounding the North Shore.

"In my humble opinion it has been a success these last four years," Gordon said. "But it wouldn't have been a success without the support of my dad, my friends and everyone else who participated. It's really something I'm passionate about."

During the tournament, although Rabbi Gordon's role is to make sure "it's a place for people to have a good time," he added he has no interest in participating in the event.

"I myself do not know how to play the game, nor have any ambition to learn," Rabbi Gordon said with a smile. "[However], for people of all ages and all backgrounds it's a very popular game."

The competition takes place once a year at the end of summer, and while Gordon hopes more people will attend in the years to come, "I just want people to have a great time.

All money raised is given to the synagogue, select Jewish charities and even Israel relief funds, Gordon said.

Lindsey Compton is a freelance reporter for Pioneer Press.
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House of Torment brings screams, jobs to Morton Grove

BY LINDSEY COMPTON  
Pioneer Press

Beginning late September, Morton Grove will hear the screams of a few hundred souls during the opening of House of Torment Haunted Houses.

Currently holding auditions for those at least 16 years of age, the new home of terror promises to bring in more than 150 additional jobs to the Chicago market.

Auditions for performers have taken place all month long, with Aug. 26 and 29 being the final days. However, General Manager Brian Kopp said the haunted house will accept applications up until shows begin on Sept. 25 and after for upcoming seasons.

According to Kopp, deciding to bring this particular haunted house to Illinois was ideal since Chicago is "home to artistic, talented people," he said.

"Each haunted house employs hundreds of people. We have 40,000 square feet of pure terror. That requires a lot of actors to make that happen, (along with) a lot of people behind the scene," Kopp explained. "It's not just bringing in jobs, it's also bringing in thousands of people to town."

A limited amount of tickets go on sale Aug. 28 for a discounted price starting at $13. Children 12 and up are recommended to attend, although younger kids may attend with a parent on a "case-by-case" basis, Kopp said. Two of the main attractions this year include "Contagium," a half human, half alien hybrid, and "The Abandoned."

Kopp added the entire team has "put a lot of time and energy into making sure our house is safe as possible," but for those who decide the scenes are too scary - "a friendly monster will escort you out of the haunted house."

According to the Thirteenth Floor Entertainment Group's website, the only other House of Torment is in Austin, Texas, and has been crowned one of America's scariest Halloween attractions by the Discovery and Travel channels. It is also where Kopp began his career working in the industry.

After moving to Austin in 2006, an ad on Craigslist landed him an acting role as one of the house's characters. "I wanted to try it, and it was absolutely amazing," he said.

"Working at the House of Torment helped me discover this passion I didn't know I had," he said. "It's taken over my life and I wouldn't have it any other way."

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Skokie’s Backlot Bash offers packed weekend schedule

Mike Isaacs | Pioneer Press

Next year will mark the 30th anniversary of the popular John Hughes movie “Pretty in Pink” — known, among other things, for the title song by the alternative rock band The Psychedelic Furs.

The teen film helped drive up the British band’s popularity in the 80s, and now that band returns to the Chicago area where “Pretty in Pink” was filmed. More specifically, the Psychedelic Furs will perform this weekend at the three-day Backlot Bash in Skokie.

More than any other Skokie event, music rests at the heart of the annual Backlot Bash and organizers say they try to bring new big talent to the area every year.

But The Psychedelic Furs represent only one of many entertainments and activities available in a packed schedule from start to finish. Here is a complete schedule of offerings at the Bash, scheduled from Aug. 28-30. For more information, visit www.backlotbash.com.

Friday
- 6-10 p.m. Carnival — $50 in advance for weekend Megapasses ($60 at the event).
- 6-10 p.m. Beer and food
- 6-10 p.m. Bingo Bash
- 5:30-8:30 p.m. Inflatable Wrecking Ball, for children ages 8 and older.
- 8:30 p.m. Decoy Prayer Meeting, honky tonk (Main Stage)
- 8:30 p.m. The Fabulous Thunderbirds, blues/rock (Main Stage)

Saturday
- 6 a.m. 5K registration begins
- 8:30 a.m. Kid’s half mile race
- 9 a.m. Backlot Dash 5K
- 11 a.m.-4 p.m. Sponsor & Community Resource Fair
- 11:30 a.m. Angela James, Classic country (Main Stage)
- 12-10 p.m. Carnival — $25 wristband discount from 12-4 p.m.
- 12 p.m.-6 p.m. Beer and food
- 12 p.m.-5 p.m. Skokie Heritage Museum open
- 12 p.m.-3 p.m. Kids’ obstacle course presented by the Kiwanis Club of Skokie Valley.
- 12-3 p.m. Arts and crafts at the Skokie Public Library
- 12 p.m. The historic log cabin opens.
- 12:30 p.m. Classic 1940 film: “The cars” (Main Stage)
- 1:45 p.m. Matt Hendricks, R&B (Main Stage)
- 1:45 p.m. Car Show
- 2:30 p.m. Bingo Bash
- 2-6 p.m. Dunk tank presented by Relay for Life.
- 2-3 p.m. The Rope Warrior (skokie Public Library)
- 3 p.m. Infamous Banjo Le Bandit (Beer Tent Stage)
- 3:15 p.m. Classic 1941 film: “Casablanca” (Skokie Public Library's Radmacher Room)
- 4-4:30 p.m. Princess & Heroes performances (Skokie Public Library Stage)
- 4 p.m. Nu Bambu (Skokie Public Library Stage)
- 4:30-5 p.m. Princess & Heroes Meet & Greet (Library Youth Division)
- 5:30 p.m. Eric Unger, folk/rock (Beer Tent Stage)
- 5:30-8:30 p.m. Inflatable Wrecking Ball
- 6:45 p.m. Luck of Eden Hall, rock (Main Stage)
- 7-9:30 p.m. Teen dance
- 8:30 p.m. The Psychedelic Furs, alt rock (Main Stage)

Sunday
- 7:30-12 a.m. Farmer’s market
- 8-11 a.m. Pancake breakfast with Bloody Marys and mimosas by the Rotary Club of Skokie Valley
- 12-8 p.m. Carnival with a $25 wristband discount from 12-4 p.m.
- 12-8 p.m. Beer and food
- 12-6 p.m. Skokie Heritage Museum
- 12-5 p.m. Sponsor and Community Resource Fair
- 12-3 p.m. Arts and crafts at the Skokie Public Library
- 12-3 p.m. Historic Log Cabin open
- 12 p.m.-6 p.m. Carnival — $25 wristband discount
- 12 p.m.-3 p.m. Community Resource Fair
- 1-2 p.m. Pancake breakfast with Bloody Marys and mimosas by the rotary Club of Skokie Valley
- 1-2 p.m.-6 p.m. Carnival — $25 wristband discount
- 1-3 p.m. Classic 1940 film: “The Philadelphia Story” (Skokie Public Library Radmacher Room)
- 1:30 p.m. Inflatable Wrecking Ball
- 2-6 p.m. Bingo Bash!
- 2-6 p.m. Classic Auto Show
- 2-6 p.m. Dunk tank presented by the District 219 Dance Marathon and Education Foundation and Bozo Buckets presented by Relay for Life.
- 2-3 p.m. The Rope Warrior (Skokie Public Library)
- 3 p.m. Infamous Banjo Le Bandit (Beer Tent Stage)
- 3-4 p.m. Game Show
- 3:45 p.m. Chris Corsale, solo pop (Beer Tent Stage)
- 4:30-5:30 p.m. Skydeck, Youth Rock Band (Skokie Public Library Stage)
- 4:30 p.m. Dann Morr & The Smashing Bastard Side Show, rock (Main Stage)
- 5 p.m. 50/50 raffle (Main Stage)
- 5:30 p.m. The Psychedelic Furs, alt rock (Main Stage)
- 5:45 p.m. Tributosaurus becomes “The Cars” (Main Stage)
A different world

BY BRITTI L. COX

Pioneer Press

At 9 years old, Joseph Karriem climbed into a flight simulator and discovered his passion in life. Now 17 and a junior at Evanston Township High School, Karriem recently took a few major steps, or flights as more like it, toward achieving his goal of becoming a professional pilot. That includes getting his pilot's license earlier this month, hanging out with members of the World War II Tuskegee Airmen squadron and flying with aerobatic pilot Sean Tucker during a Chicago Air and Water Show rehearsal on Aug. 13.

It was such an exciting month, Karriem said, he still feels like he's walking on air. "I thought 'Wow,' this is definitely one of the greatest achievements I've had," he said. "It was really amazing."

Now that he has his pilot's license, Karriem said he can fly single engine aircraft under 200 horsepower that land on hard surfaces. But he also said he has his sights set on eventually becoming a commercial airline pilot.

Karriem was introduced to aviation at age 9 when he went with his mother to a Boeing family outing in Chicago. Karriem's mother, Rosalind Cobbs, works for the aircraft manufacturer and she said that once her son got into a flight simulator at the event it was difficult keeping him out of it.

"That's when he started to get hooked," Cobbs said. "At home he got online and started studying aircraft. I saw he was fascinated with the topic and I encouraged it."

Shortly after that one of the Tuskegee Airmen Karriem met through his mother's Boeing connections took him under his wing and became a mentor. Joseph then got involved in the Tuskegee Airmen's Young Eagles youth aviation program, Cobbs said.

"I am thrilled that he is connected to his destiny," she said. "It was providential that I came to Boeing so that he could get connected. The spark was lit here. What I'm doing as a parent is supporting his love. I believe that he's going to be a great pilot."

Karriem said that one of the highlights of his fledgling aviation career was flying with aerobatic pilot Sean Tucker in Tucker's Team Oracle plane just before the Chicago Air and Water Show officially started. He said that while flying at more than 140 miles per hour Tucker flipped the aircraft upside down, dived and flew straight up.

"It was all fun," Karriem said. "We had a blast. He let me fly the plane for a little bit."

"Sean is probably one of the most friendly people you will ever meet," he added. "He's a great pilot. He thinks before he speaks. He's a very knowledgeable person. I really enjoyed flying with him."

He's so excited about flying. He enjoys his career and you can tell it when you talk to him. Like most teenagers, Karriem is getting ready to head back to school. But he said he plans to get in as many flying hours as he can over the next year as he moves up the aviation ladder. He also said he might start an aviation club at his school.

"I'd like to help other people who are interested in aviation learn how to fly," he said. "There are plenty of jobs in aviation, not just pilot jobs. Mechanics, doctors, technicians. You'll find basically anything you can imagine in aviation and that's the thing I want to get to other people. It's not just flying, it's other things you can find."

While Karriem wants others to know about the diversity of opportunities aviation offers, his sights are clearly set on the sky.

"People who have never been up in a plane are definitely missing out," he added. "Being up above the clouds is a completely different world."

Brian L. Cox is a freelance reporter for Pioneer Press.

Joseph Karriem, left, and Sean Tucker

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NILES HERALD-SPECTATOR
North Shore eyeing rentals cautiously

BY KATHY ROUTLIFE AND RONNIE WACHTER
Pioneer Press

Mark Matejka says he became an Airbnb
operator by accident.

The east Wilmette resident discovered
the online residential-space rental service
during a 2014 summer vacation to Seattle
when a hotel shortage convinced him to
take a friend's advice to use Airbnb.

During the registration process, he
decided to enroll as an Airbnb provider. Since
then, the top floor of his home has hosted
"really, really cool" guests from all over
the world, people he described as intellectually
curious travelers — a British retiree and two
MIT professors among them — who want to
stay somewhere more interesting than a
hotel room.

Matejka said he likes having the ability to
turn potential short-term boarders down
like the group of fraternity brothers he
called "an instant decline."

He said he has no problem with the idea
of Wilmette regulating or even taxing
Airbnb-type businesses in the village.

"Of course, you know, I'm a resident and
effective ban that lets
private owners and renters "essentially
operate a business in what are usually
residential areas," village staff and members
of the Village Board's Land Use Committee
reported in a July 14 memo to the board.

The memo came after the committee
decided to explore short-term rentals more
meaningfully.

The committee hasn't yet scheduled its
next session, but members know they have
a lot to consider, Committee Chairman Dan
Sullivan said.

"Obviously, the popularity of this type of
thing is picking up, which could be good
news if people decide they want to visit
Wilmette," Sullivan said, "but what's the
potential impact to neighbors and
neighbors?"

Committee member Ted McKenna
shared Sullivan's concerns.

"My personal view is that this is an
interesting and good concept that a lot of
people like worldwide. The pitfalls that we
really want to focus on are, what kind of
disruption does it cause?" McKenna said.

Short-term rentals are drawing the
attention of municipal governments around
the north and northwest suburbs.

Lincolnshire shut down its first known
Airbnb operator earlier this summer, de-
claring it not a permitted use. Its zoning
board is currently looking at an amendment
to the village's zoning ordinances that
might regulate where, and for how long
listings might be offered.

"We feel it's important to clarify the
language," said Stephen Robles, Lincoln-
shire's village planner.

Airbnb caught Wilmette's eye after
residents in a west Wilmette neighborhood
complained about what the committee
report described as a constant stream of
visitors to the Airbnb operator on their
quiet street. Lincolnshire cracked down
after hearing reports of "loud noise at night
and things like that," Robles said.

Paula Delehanty of Wilmette had already
decided to stop renting through Airbnb,
when she got a cease and desist order July
31 from the village, she said.

"I understand that there's an impact on
my neighbors, and I want to be a good
neighbor," she said.

But those initial complaints prompted
Wilmette to look at the zoning and legal
issues inherent in short-term rentals, Com-

dunity Development Director John Adler
said.

"Something like this wouldn't have been
possible on the Internet 15 years ago," he
said, "but it's moving fast now. We're
obviously not ahead of the curve, because
people are already doing it here in town."

Adler's staff and Village Attorney Mi-


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Pioneer Press

KATHY ROUTLIFE/PIONEER PRESS

Mark Matejka of Wilmette enjoys renting
out part of his Wilmette home to travelers
through the Airbnb online rental service,
but he said that he understands why village
officials might want to regulate the opera-
tion of short-term rentals.

Buffalo Grove officials said they are
aware of the growing trend in room renting,
but have yet to experience any problems.

Community Development Director Chris
Stillings said that if they start receiving
reports, officials will need to see if the
individual uses violate any zoning ordinar-
ces or Buffalo Grove's current rental
housing program.

"We would look at it on a case-by-case
basis," Stillings said.

In Buffalo Grove and Lincolnshire, Ro-
bles and Stillings said that families renting an
entire house for a duration of months is
common. Stillings said such Buffalo Grove
properties must be licensed and inspected,
which costs the owners $75 annually.

Back in Wilmette, committee members
expect to sift through other communities'
rules and guidelines as they decide what
regulatory route to recommend for Wil-
mette. But at least one member appeared
wary of adding too much red tape for
Wilmette's short-term rental providers.

"I would prefer not to legislate, although
we probably at least want to consider a set
of rules making it clear how to proceed," McKenna said. "But I have a favorable
impression of the business overall."
OPINION

Mark Kirk's is a scary story when it comes to health care costs

Sen. Mark Kirk is in a scary situation. Well, not necessarily Kirk himself. What's scary to me are some of the implications of news surrounding the U.S. senator from Illinois.

Kirk suffered a serious stroke in 2012. Illinois residents have watched — and rooted for — his gallant struggle to regain his health. During this recovery period, the senator has needed assistance with getting around and doing day-to-day chores. And this has made him a news item lately.

As the Tribune recently reported Kirk has used funds to pay a live-in caregiver. Federal law, the Tribune reported, forbids using campaign money for expenses that would occur, regardless of whether the person were running for or holding office. I am not competent or knowledgeable enough to judge the rightness or wrongness of the allegations, or of how Kirk spent campaign funds.

That's not what I find scary. What frightens me is how many other stroke victims are out there struggling with how to afford the care they need.

Each year, 795,000 Americans suffer a stroke, according to statistics from the Centers for Disease Control and Prevention on the Internet Stroke Center website. Strokes are the leading cause of long-term disability in this country.

As a senator, Kirk's salary, excluding benefits, is $174,000 per year. Yet, he apparently still had to dip into his campaign funds to pay for the caregiver he needs.

Where does this leave people not so affluent? The median net wage for an individual worker in the United States was $28,031 in 2013, according to the Social Security Administration. The median annual household income in 2013 was $52,250, that high largely because many households rely on two people working.

This is well below what a senator makes. How do victims of strokes and other illnesses manage?

Well, there's Social Security, Medicare, Medicaid and Obamacare, programs that help low- and middle-income Americans deal with economic catastrophes.

Since the inception of such federal programs, Republicans have consistently attempted to destroy, dilute or voucherize all such programs.

I wonder: Does Sen. Kirk, a Republican, view these programs the same way now that he needs help himself?

In this March 16 file photo, U.S. Sen. Mark Kirk speaks to Illinois Republican Senate leader Christine Radogno in Chicago. The Chicago Tribune reported Aug. 12 that Kirk's campaign paid Mervyn Frome-Abiko more than $43,000 between August 2013 and 2014 to be a personal caregiver hired to assist the senator following a 2012 stroke.

Might Kirk's predicament modify other GOP lawmakers' hostility to government help?

I hope so.

But, I doubt it.

And that is scary.

Paul Sassone is a freelance columnist for Pioneer Press.

Life is about love and its tremendous potential

Last week, while visiting St. Louis to take my son to a Cardinals-Pirates game, we made a side trip to visit an old college friend of mine who I hadn't seen in about 10 years.

The big news for him was preparing for his son's departure in a few days for college.

Of course, most of my old college friends now have children going off to college. But the coming life transition was more poignant than most for my friend. His son has Down syndrome.

When I last saw my friend, the idea of his boy going off to college... well, it wasn't even an idea.

But over the years, we've kept in touch via phone calls, letters and updates. Facebook has made it a lot easier to stay in touch, and through social media I had a front-row seat to many of the typical father-son exploits that my old college buddy and his son shared.

From the pinewood derby and camping trips to the first trip to the ballpark and high school graduation, I saw the life events flow by.

Always a kind and thoughtful friend, my college buddy, I have come to realize, is quite a devoted father. That became so clear when we talked last week over dinner and some beers and he let loose about how he never thought his son would have a chance to go to college. But with that joy and pride also came the worries and fears of letting his son go off to another city a few hours away from home and be on his own.

There's anxiety, worry and fear for every parent who is seeing their firstborn go off to college on their own, but those feelings must increase exponentially for a parent of a child with special needs.

Since leaving St. Louis, I've been thinking about my friend and his son an awful lot. I'm grateful to have such a good friend. I'm also grateful that we've made such advances for special needs children over the last few decades that there are programs at our colleges and universities for young people with Down syndrome.

But I was also happy to witness the love and devotion between father and son, which teaches a life lesson all would be well to receive. Love is the ultimate human experience. And our purpose here on this little tiny speck of dust floating along in the universe is love.

It's not about accumulating more things.

We all have crosses to bear, but love is the only power to transform us into the type of people we say we want to be.

It's not about getting all we want. It's not about doing what we want when we want and living as guilt-free a life as possible.

It's about me and it's not having it all. It's about the creative power of love that can overcome adversities, weather difficult storms and transform us into good, decent people.

We all have crosses to bear, but love is the only power to transform us into the type of people we say we want to be.

As a concept, let's start applying love and see what happens. The results might be different.

Randy Blaser is a freelance columnist for Pioneer Press.
Lessons from the closure of Lincoln-Way North

Even though I've called the northern suburbs home since becoming Mrs. Boss over 42 years ago, I'm still a South Side girl at heart (except for that marvelous stint in Rogers Park during my junior high years, when I became a certified city girl and loved it). But I was born and raised in the south suburban neighborhoods, and even though many towns have grown so much they are unrecognizable to me now, there's a warm fuzzy down there for me.

Now, the all-knowing Boss likes to refer to those days as my time in the cornfields. And I grudgingly admit that's true. My high school was situated along a major national highway, US Route 30, but also surrounded by agricultural fields. When we spar about our schools' programs, though, my school always comes out on top. The athletics, class offerings and extracurriculars were all the way around superior to his city school.

Unfortunately, you may have read some bad news about my alma mater lately, which has been getting a lot of press. Lincoln-Way Community High School District 210, which I attended so proudly, has hit a severe financial wall over the past few years and recently closed one of four high schools within the district to save money.

Closing two schools was actually the recommendation, but officials just couldn't pull the plug on half of the district's schools. Parents in the district fought for the survival of their particular school, but one, Lincoln-Way North, will cease to exist after next year.

After we moved north all those years ago, I lost touch with the evolution of my school from a single-building to a sprawling district, and I was always surprised to hear that another school was being added. So what happened?
Lobster Club - Taste on Chestnut, Winnetka

The Lobster Club at Taste on Chestnut in Winnetka is made with tail, claw and arm meat from fresh Maine lobsters. Applewood smoked bacon and arugula, basil aioli and oven-roasted tomatoes take this sandwich up a notch. It's all stuffed between a fluffy, toasted brioche roll. The Lobster Club comes with flavorful Parmesan-truffle potato chips and a side of fennel and apple slaw made with a touch of pineapple juice. www.TasteOnChestnut.com

Salmon Burger - Guildhall, Glencoe

Chef Bradford Phillips has a Faroe Island salmon burger on his lunch menu at Guildhall in Glencoe. The salmon burger is seasoned with grainy mustard aioli, chives, capers and shallots. It's served on a brioche bun with mustard aioli, cucumbers and a celery root slaw. The slaw is made from scratch with celery root, chives, parsley, lemon juice, olive oil, agave syrup. “We also wanted to do something a little more uncommon as we came across quite a few tuna burgers and fried fish sandwiches in our research,” Phillips said. www.GuildhallRestaurant.com

Iowa Pork Loin Sandwich - Millrose Restaurant and Brewing Company, South Barrington

The Iowa Pork Loin Sandwich is a staple at the Millrose Restaurant and Brewing Company in South Barrington. The breaded, sautéed pork loin overflows the fluffy bun. “It's kind of like a schnitzel in a bun,” Chef Paul Mosur said. “It’s as simple as it gets: just lettuce, tomato, mayonnaise.” It may be simple, but still worthy of glam-wich status. www.MillroseRestaurant.com

Maine Lobster Sandwich - Oceanique, Evanston

An ounce of seared foie gras, watermelon radishes and Hawaiian red sea salts are a few of the exotic ingredients that put the Maine lobster sandwich at Oceanique in Evanston into the glam-wich category. It’s a work of art. “It’s soft, creamy, crispy debauchery,” said Chef/Owner Mark Grosz. He uses a smaller lobster for more tender meat. He stacks the lobster meat on top of the foie gras and puts it all on a slab of brioche as an open-face, over-the-top sandwich. www.Oceanique.com

The Big Ziff - Ten Mile House, Evanston

At Ten Mile House in Evanston, the staff is celebrating Arnold Ziffel, the beloved pig from the classic TV series “Green Acres” with their sandwich, the Big Ziff. “The sandwich is a tribute to the Midwest pork loin sandwich,” Chef Greg Carter said. To make the glam-wich, he pounds out pork loin and breads it with panko bread crumbs. The Big Ziff is served on a toasted brioché bun with a roasted sweet corn remoulade, heirloom tomatoes, smoked and cider-braised pork belly with shredded romaine lettuce. Hurley said. www.Bat17Evanston.com

California Dreamin' - Bistro Bordeaux, Evanston

Gide Merriman, executive chef at Bistro Bordeaux in Evanston, has a new take on a classic French sandwich and it’s dripping with tasty sauce and melty cheese. Merriman’s Croque Madame is made on toasted brioche with braised pork belly, Black Forest ham and Nueske’s bacon from Wittenberg, Wis. The bacon is stacked with Gruyère and Emmentaler cheeses topped with house Mornay sauce with summer truffles and a farm fresh egg. “The pork belly and bacon are very crispy and are tuned by the shaved black forest ham. The Mornay is very creamy and the summer truffles give a richness and depth to this iconic sauce. The sunny side up egg mixes well with the Mornay and there is nothing better than sopping up the sauce with beef tallow French fries.” www.LeBistroBordeaux.com
MUSIC

**Husband/wife blues duo give afternoon concert**

**BY TOM WITOM**

Eisenhower Public Library in Harwood Heights will roll out the welcome mat Aug. 30 to Donna Herula and Tony Nardiello, local award-winning acoustic blues musicians who will present an afternoon concert.

"We will play a mix of Delta, country and modern blues — and maybe some original songs as well," said Herula, who is proficient on slide guitar and National Steel resonator guitar. Her husband of 19 years plays guitar and harmonica, and both are vocalists.

Prior to each number the husband and wife duo will share background information about the work itself and the legendary blues artists who made it popular. The free program will start at 2 p.m. in the library's 100-seat special events space.

Herula, who grew up on Chicago's Northwest Side and now calls Lake Forest home, first picked up a guitar as a child. "I started playing when I was 10 years old, first at church masses and later in an all-girl rock band during high school," Herula said, adding that she was a member of a jazz band and took two years of classical guitar while in college.

"While music is not my full-time job, it feels like it," said Herula, who holds a master's degree in marriage and family therapy.

Last October, Herula was the headliner at the Durban International Blues Festival in South Africa. More recently she has performed at the Chicago Blues Festival, where she did a tribute to celebrate American blues singer Johnny Shines and gospel singer, songwriter and guitarist Sister Rosetta Tharpe.

Earlier this month, Herula appeared with Chicago Women in the Blues in a performance in New Buffalo, Mich., and at the Cincy Blues Fest in Cincinnati. She also taught slide guitar lessons at a blues and swing camp this summer in West Virginia. On Oct. 3, Herula will play her music at Buddy Guy's Legends in Chicago.

Both Herula and Nardiello are regular performers at the Chicago House of Blues and in St. Louis at BB's Jazz, Blues and Soups.

**Donna Herula and Tony Nardiello blues concert**

**When:** 2 p.m. Aug. 30

**Where:** Eisenhower Public Library, 4613 N. Oketo, Harwood Heights

**Info:** Register at 708-867-2299 or www.eisenhowerlibrary.org.

**THEATER**

**Piccolo Theatre stages fairy tale noir ‘The Outfit’**

**BY CATYE SULLIVAN**

Earlier this year, comedian Amy Schumer released a video about the pressure on women to be pretty. The sketch shows a group of famous women celebrating a monumental milestone in every lady's life: The day she stops being attractive to men. At the end of the scathing satirical skit, actress Julia Louis-Dreyfus is set adrift in a canoe, her life as good as over now that she's too old and ugly to enlist wolf whistles.

Playwright Laura Schellhardt was mining similar themes over a decade ago, when she penned "The Outfit," a one-act play getting a revival at Evanston's Piccolo Theatre. Eleven years may have passed since "The Outfit" debuted in a taut, powerful production by Serendipity Theatre, but the piece is as timely as a straight-to-viral Amy Schumer video. The insidious absurdity of the beauty myth is at the root of the Shellhardt's "fairy-tale noir" which skewers the values of a world where the way women look is quite often more important than the they think or act.

"Our society puts so much importance on ideals of fashion and youth," says Schellhardt, who heads up Northwestern University's Undergraduate Playwriting Initiative. "It sets these impossible standards for women. We're bombarded offashion and youth," says Lawry, adding that she was a "fairy tales. Taking a cue from the 1939 MGM classic 'The Wizard of Oz,' the world of 'The Outfit' begins as a place that's entirely black, white and gray. It's not until the appearance of Nora's all-important dress that bursts of color begin popping through the story.

"The magical realism also really appealed to me," says Lawry. "For instance, vanity, the character trait, is an actual character embodied by an actor. And the space where everything takes place is this wonderful ambiguously ambiguous place that could be anywhere. It allows you to just run with your imagination, which I love."

Yet as surreal as "The Outfit" is, Lawry adds, it also reflects real life. Nobody in the story is 100 percent hero or villain. "I think every character in this piece has a villainous side and a heroic side," says Schellhardt. "Like all of us, they have to choose which one is going to dominate.

Laura Schellhardt

**Piccolo Theatre presents ‘The Outfit’**

**When:** Through Oct. 10

**Where:** 600 Main St, Evanston

**Tickets:** $27, $23 (students, industry), $11 children

**Contact:** 847-424-0089; www.piccolothetheatre.com

**Tony Lawry**

who society wants her to be.

Director Tony Lawry is shaping the piece to reflect a world that is at once universal and reminiscent of the fantastical land of fairy tales. Taking a cue from the 1939 MGM classic "The Wizard of Oz," the world of "The Outfit" begins as a place that's entirely black, white and gray. It's not until the appearance of Nora's all-important dress that bursts of color begin popping through the story.

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Here comes the cringe

Brides, guests and bridal experts share the wedding moments they dread. Page 14
Naperville baker specializes in bite-size treats

By Judy Buchenot
Naperville Sun

A thick slab of red velvet chocolate cake smothered in fluffy frosting sounds a lot better than it feels when it is crowded inside your stomach on top of too much dinner.

Naperville resident Tiffany Lewis has always enjoyed baking sweets but understands that there can be too much of a good thing. So when the recent culinary school graduate was thinking of starting her own baking business, she decided to focus on "sweet treats in small bites."

Her home-based business, BabyCakes by Tiffany, has been going strong for about one year. She specializes in cakes and pastries that are small enough to be savored without regret.

The mother of three of has always enjoyed baking but didn't consider pursuing a culinary degree until her son convinced her it was time.

"After my son graduated from high school and was looking at college, he asked me why I didn't go to college. He pointed out that I had put everything on hold to raise my children but now it was time for me to go back to school. When he said, 'When don't we both start college together?' I decided it was a good idea."

After visiting several culinary schools, Lewis, 44, was impressed with College of DuPage. She liked the top-notch instructors and facility. She also was pleased to be able to take her general education courses at a satellite location near her home.

Lewis earned her culinary arts degree in 2011 but was unsure how to use it.

"My mom finally told me that I should be using my degree. Since I loved baking, I decided on desserts and pastries. When I was trying to come up with a name, my husband suggested that I call it BabyCakes. I was his name calls me. So that is how I started BabyCakes by Tiffany."

Lewis makes a wide variety of cake from miniature red velvet to lemon pound cakes, as well as upscale pastries such as French macarons, cheesecake bites, mini eclairs and apple pie tarts.

"Little desserts are perfect for sweet tables at weddings, showers, graduation parties and dinner parties," she said. "My most popular items are the cheesecake bites and red velvet cakes."

She usually suggests planning for three mini desserts per guest. Making desserts in miniature is labor-intensive, Lewis noted.

"It is a lot more fuss because each item has its own shape and flavor. It really is labor of love. The biggest challenge is keeping each item consistent shape and size," she said.

Her dream for BabyCakes is to grow the company but also to be an inspiration to other women who are thinking about going back to school. She would also like to put together cookbooks of her many specialty desserts.

But for now, BabyCakes is an evening and weekend venture since Lewis still works full-time for a Naperville engineering consulting firm. She fills orders for parties of all sizes and offers a variety of gift boxes filled with her mini desserts. Because she is still working, she requires a one-week notice for orders. Visit babycakes-bytiffany.com.

Lewis shares the recipes for two of her favorite sweet treats for others to try. She said that one of the keys to the success of her cheesecake bites is that she uses crushed almond biscotti cookies instead of the typical graham cracker crumbs in the crust. If the recipes seem complicated, remember that Lewis is always willing to make them for you.

Judy Buchenot is a freelancer.

BabyCakes Cheesecake Bites

<table>
<thead>
<tr>
<th>BabyCakes Cheesecake Bites</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups finely ground almond biscotti cookies</td>
</tr>
<tr>
<td>4 tablespoons melted butter</td>
</tr>
<tr>
<td>16 ounces cream cheese, softened</td>
</tr>
<tr>
<td>3 eggs, room temperature</td>
</tr>
<tr>
<td>1 cup fine sugar</td>
</tr>
<tr>
<td>16 ounces sour cream, room temperature</td>
</tr>
<tr>
<td>1 lemon, zested</td>
</tr>
<tr>
<td>1/2 teaspoon vanilla extract</td>
</tr>
<tr>
<td>1. In a mixing bowl, combine ground biscotti cookies and melted butter until evenly moistened. Add one tablespoon of the crumbs to each cup in non-stick miniature cupcake pans with removable bottoms. Press the crumbs down into the base of 24 individual cups. Bake at 300 degrees for seven minutes until crust is golden brown. Remove from the oven and cool.</td>
</tr>
<tr>
<td>2. In a mixing bowl, beat cream cheese on low speed for two minutes until smooth without lumps. Add one egg at a time, and continue to beat on low speed after each addition until completely combined. Gradually add the sugar and beat until creamy, two to three minutes. Add sour cream, lemon zest and vanilla.</td>
</tr>
<tr>
<td>3. Scrape down the sides of the mixing bowl, and continue to mix until well combined, being careful not to overmix. Add 2 tablespoons of filling to each mini cupcake. Tap lightly on the countertop to release the air bubbles.</td>
</tr>
<tr>
<td>4. Set the pan on a large piece of aluminum foil and fold up the sides around it. Place the pan in a large roasting pan. Pour boiling water into the large roasting pan until the water is about halfway up the sides of the cheesecake pan. Bake at 300 degrees for 20 minutes. The cheesecake should still jiggle a little but be set. Be careful not to overbake. Let cool in pan for 15 minutes.</td>
</tr>
<tr>
<td>5. Chill in the refrigerator, loosely covered, for at least four hours. Lift individual cheesecakes from molds and transfer to a serving platter. Top individual cheesecake bites with seasonal fruit. Makes 24.</td>
</tr>
</tbody>
</table>

BabyCakes Chocolate Cake Bites

<table>
<thead>
<tr>
<th>BabyCakes Chocolate Cake Bites</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups cake flour</td>
</tr>
<tr>
<td>1 1/4 teaspoon baking soda</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>3/4 cup unsalted butter</td>
</tr>
<tr>
<td>2 cups + 2 tablespoons sugar</td>
</tr>
<tr>
<td>1/4 cup cocoa powder, sifted</td>
</tr>
<tr>
<td>2 teaspoons vanilla extract</td>
</tr>
<tr>
<td>3 eggs, room temperature</td>
</tr>
<tr>
<td>1 cup sour cream, room temperature</td>
</tr>
<tr>
<td>1 cup boiling water</td>
</tr>
<tr>
<td>2. In a mixing bowl, beat butter at medium speed for two minutes. Add sugar and beat until light and fluffy, about four minutes. Add sifted cocoa and vanilla and beat for one minute until combined.</td>
</tr>
<tr>
<td>3. Add one egg at a time and beat at low speed for one minute after each addition. With mixer at low speed, add 1/4 cup flour mixture. Turn off mixer and add 1/4 cup of sour cream and combine. Continue adding flour and sour cream 1/4 cup at a time until all is added. Add hot water and mix by hand. Fill each cupcake 3/4 full. Tap pan on the counter to settle the batter.</td>
</tr>
<tr>
<td>4. Bake at 300 degrees for 20 minutes or until center springs back. Top with your favorite icing.</td>
</tr>
</tbody>
</table>
One of the joys in Kathy Davidson's life is feeding her family and friends. The 63-year-old Montgomery resident enjoys hosting meals where she fixes everyone's favorite casseroles, salads and dessert. She is always ready to fill a request for a specific dish and watch for the smile as the person takes that first bite.

She not only enjoys feeding her family, Davidson also looks forward to an annual effort to feed the world through the Church World Service's CROP Hunger Walk. "There is so much hunger in the world," Davidson said. "If I can help others to have a meal, I can make a difference."

After being involved with the CROP Hunger Walk at Oswego Presbyterian Church for several years, Davidson took over as the Kendall County co-coordinator about 15 years ago.

"This year the Aurora Crop Hunger Walk is joining the Kendall County Crop Hunger Walk," she said. "We are pleased to have them join us. Anyone can participate in the CROP Hunger Walk but most often, people participate through a church group."

This year's CROP Walk will step off from Oswego Presbyterian Church on Sept. 20.

"We start with a lunch before the walk so that people can talk and relax a little before starting. Then at 1:30, we start a three-mile walk. The Waubonsie Trail is near the church so we use that trail. Three miles might seem like a long way but some of the people we help have to walk even farther than that just to get water or food. We walk rain or shine but in all the years I have done this, we have been blessed with wonderful weather except for one time when it was a little misty." The event is both child- and dog-friendly so bring the whole family, she said.

One-fourth of the funds raised go to local food pantry efforts and the rest goes toward feeding people around the world, Davidson said. According to Church World Services, about one in seven people in the world go to bed hungry. Hunger is the world's number one health risk, killing more people than AIDS, malaria and TB combined.

The Crop Hunger Walk is just one part of Davidson's busy life. She works full-time and helps with other church efforts. When her grown children come to visit, she tries to plan ahead so that she is not trapped in the kitchen while they visit.

"Things are so hectic when everyone is here so I try to do as many things as I can before they arrive," she said.

One of the most requested items for family dinners are Davidson's Cheesy Potatoes. "No matter if we are having ham, turkey or just Italian beef, everyone asks for these potatoes," she said. The potatoes can be mixed the night before, refrigerated and then baked the next day. She has also mixed all of the ingredients and frozen the potatoes days before a dinner.

"I just thaw them in the refrigerator the night before I want to bake them," she says. The recipe makes a full 9-by-12 inch pan of potatoes that will easily feed 12 or more.

Davidson sometimes mixes and freezes the potatoes in two 8-by-8 pans so she has smaller portions for fewer guests.

The recipe uses crushed corn flakes mixed with butter. Davidson saves on time and dishes by crushing the cornflakes in a plastic bag and then pouring the melted butter into the bag. She then kneads the bag to mix the butter and cornflake crumbs. Once mixed, they are ready to go into the pan.

The recipe uses:
- 1/2 cup finely chopped onion
- 2 10-ounce cans condensed cream of chicken soup
- 1/4 cup milk
- 24 ounces velveeta cheese
- 1/2 cup butter
- 6 cups corn flakes, crushed

1. Pour potatoes into a large bowl and stir in chopped onion. In a second bowl, mix together soup and milk. Pour mixture over potatoes and mix well. Grate cheese and stir into mixture.

2. Lightly grease a glass 9-by-13 inch pan. Spread potato mixture into the pan. Potatoes can be refrigerated overnight and baked the next day at this point. They can also be frozen and baked later.

3. To use right away, bake potatoes at 350 degrees for one hour and 15 minutes. Melt butter and toss with crushed corn flakes. Sprinkle evenly over potatoes. Return potatoes to the oven for 15 minutes. Potatoes are then ready to serve. To bake frozen potatoes, thaw in refrigerator overnight before baking.

**Cheesy potatoes**

- 32 ounces Southern style frozen hash brown potatoes
- 1/2 cup finely chopped onion
- 2 10-ounce cans condensed cream of chicken soup
- 1/4 cup milk
- 24 ounces velveeta cheese
- 1/2 cup butter
- 6 cups corn flakes, crushed

To make removing cakes from a pan easier, be sure to line the bottom of the pan with parchment paper. Cake will come free from pans easier. After removing cakes, peel off the parchment paper.

**Kathy's Culinary Cue**

To make removing cakes from a pan easier, be sure to line the bottom of the pan with parchment paper. Cake will come free from pans easier. After removing cakes, peel off the parchment paper.

**CROP Hunger Walk Box**

Anyone interested in ending hunger one step at a time can participate in the Kendall County and Aurora CROP Hunger Walk on Sept. 20. The event begins with lunch at 1 p.m. and walkers begin their three-mile trek at 1:30 p.m. Churches and individuals are invited to join the effort. Donation envelopes can be obtained by calling Kathy Davidson at 630-897-1108. Online donations to the effort can be made at www.cwsglobal.org.

Kathy Davidson's cheesy potato casserole is one of her family's favorite dishes.
Study: Fish oil helps minimize disorders for those at risk of schizophrenia

By Melissa Healy
Tribune Newspapers

As long as seven years after getting a 12-week course of omega-3 fatty acid supplements, new research has found that young people at very high risk of developing schizophrenia were much less likely than those who did not get the supplements to develop full-blown psychosis, or to manifest a range of psychiatric disorders that commonly afflict such young adults.

The new research is the first to document rigorously the impact of fish oil supplements as a means of preventing severe psychiatric disease. The apparent effects of a brief regimen of fish oil capsules were both lasting and far-ranging in a population of young adults whose mental health is fragile.

Published this week in Nature Communications, the latest study adds further luster to fish oil's reputation as potentially powerful psychiatric therapy. Omega-3 fatty acids found plentifully in fatty fish such as salmon and mackerel but also available in fish oil capsules - have long been shown to boost the effectiveness of antidepressants and to improve attention both in those with ADHD and those without attention deficit hyperactivity disorder.

In the young and cognitively healthy, fish oil supplementation has been found to improve working memory performance as well.

In the new study, researchers focused on a population of young people who are uniquely vulnerable to developing severe mental illness. The trial drew subjects between the ages of 13 and 25 who were reporting low-level or transient hallucinations or delusional thinking, or who had a family history of severe mental illness and whose functioning at school, work or home had begun to deteriorate.

On average, young people who fall into one or more of these categories are thought to have a 35 percent to 40 percent chance of developing schizophrenia - a lifelong condition marked by disabling disturbances of thinking and perception. And nearly 7 in 10 will develop other psychiatric disorders, including major depression, bipolar disorder and substance dependency.

Psychiatrists are keenly interested in measures that might head off such outcomes. Once a psychotic break happens in a person's late teens or early 20s, his or her ongoing symptoms generally require medication that has a range of difficult side effects. And those medications fail to treat schizophrenia's other debilitating symptoms - difficulty in planning, organization, motivation and executive function.

Some research suggests that early treatment with antipsychotic medications might help prevent a person's conversion to psychotic disorder. But the risks of weight gain, metabolic disturbances and movement disorders that come with such medications are difficult to justify in young people who, while troubled, are not yet floridly delusional.

Of 81 young people in Vienna who had sought psychiatric treatment and were drawn into the study, 41 got a daily dose of fish oil that contained 700 milligrams of Eicosapentaenoic acid, or EPA, and 480 milligrams of Docosahexaenoic acid, or DHA, for 12 weeks. Another 40 study subjects got a placebo capsule to take daily.

Roughly seven years later, researchers found clear differences in outcomes between the two groups. Among those who had gotten the placebo capsules, 40 percent had suffered a full-blown psychotic episode and were diagnosed as suffering psychotic disorder; among those who got the omega-3s, just under 10 percent had progressed to psychotic disorder; among those who got the placebo capsules, 40 percent had converted to full-blown illness more quickly than subjects who had taken fish oil.

While 54 percent in the placebo group were found on follow-up to have been prescribed antipsychotic medication, 29 percent of those in the fish-oil group had had such medications prescribed. Of the placebo group, 83 percent had been diagnosed with some other psychiatric condition seven years later. Among those who got fish oil supplements, 53 percent had received another psychiatric diagnosis.

The findings, wrote the authors, offer "hope there may be alternatives to psychopharmacological treatment as early interventions in young people at risk for psychosis."

The latest research also suggests that there may be a critical period of brain development, somewhere in mid- to late adolescence perhaps, in which a young person teetering on the brink of mental illness can be pushed back from the brink.

How omega-3 fatty acids might do that has not been pinned down, the authors acknowledge. Fish oil supplementation appears to boost brain cell regeneration and the availability of a number of key neurotransmitters linked to mental well-being, as well as to tame inflammation and improve cell function.
Dear Help Squad,
I had an Anthem Blue Cross
Blue Shield Advantage medical
plan until last year. I changed to a
Medicare supplement because
Advantage was slow paying and
costing me too much money. Back
in October 2013, I had an angio-
gram performed at Porter Re-
gional Hospital in Valparaiso,
Ind., by my cardiologist. When
your cardiologist thinks there is
something wrong with your
heart, you do his proposed tests.
Recently, in May 2015, almost 18
months later, Anthem says the
test was "not considered medi-
cally necessary" and has not pay-
ed for it. The hospital, despite my
having not received a bill, passed
the bill on to a collection agency,
which is sending me notices to
pay up! I live on Social Security
and this outrageous bill is for
$24,634.57 with additional
charges for the doctor of $820!
I don't know why the hospital
would refer this to collections
prior to contacting me, although I
believe that Anthem's delay of
almost 18 months could have
something to do with that. I have
no way to begin to pay this bill.
This seems crazy to me. Any
assistance you can provide would
be very helpful.
Jean, Chesterton, Ind.

Help Squad first contacted
Anthem Blue Cross Blue Shield.
Considering the angiogram was a
procedure recommended by her
cardiologist and Jean had insur-
ance at the time, our gut said this
expensive medical charge was
some sort of clerical error. An-
them's media contact, Tony Felts,
informed us an Anthem team was
already investigating Jean's situa-
tion, and though he could not
share specifics with Help Squad
due to HIPAA confidentiality
rules, things were most likely
trending positively for Jean. He
let us know Anthem had been in
contact with the hospital and
would be contacting Jean shortly.
He also suggested that answers to
our questions were better an-
swered by the hospital.
Next, Help Squad attempted to
make contact with someone
anyone -- at Porter Regional
Hospital. Initially we were trans-
ferred to an individual identified
as the assistant to the CFO. We
left a message. No reply. We
called again the next day. Still no
reply. We called the hospital's
billing department and we were
told the billing manager would
call us back. We received no call.
Finally, we asked the switchboard
to put us in touch with the hospi-
tal's media relations representa-
tive. This resulted in Help Squad
leaving a voice mail for marketing
and communications manager
Karen Kelner. Third try's a
charm! Kelner asked that we
email her our questions so she
could investigate. Again, we were
told that due to HIPAA, patient
privacy would take priority and
likely all Kelner would be able to
provide us would be "general
information about the hospital
and its practices."

By week's end, both Anthem
and Porter Regional Hospital
informed Jean that she was not
responsible for any of the
$25,000+ in charges.
Said Kelner: "(W)e have spoken
(to Jean) to let her know she
is not responsible for this amount.
This is an administrative matter
between the hospital and Anthem
and we have apologized to her for
any concern this has caused."
Likewise, Felts stated, "Once we
became aware of the problem, we
contacted the provider on behalf
of Jean to help resolve the issue.
Then we followed up with her
directly."

Jean ultimately received a
letter from the hospital's cus-
tomer service and insurance
billing department with the bi-
zarre explanation that Anthem
had recalled its $24,634.57 pay-
ment for her angiogram on June
22, 2015, after initially paying it,
then later deeming it not medi-
cally necessary.

Said Jean: "I still think it had
something to do with the fact that
I canceled my policy (with An-
them) at the end of 2014. Howev-
er, I don't owe anything and I
can't thank you enough for all
that you did."

Cathy Cunningham is a freelance
columnist for Pioneer Press.
HelpSquad@pioneerlocal.com
Twitter @HelpSquadCC
Rescue community comes to the aid of 3 of its own

By William Hageman
Chicago Tribune

For all the wonderful and unselfish things they do, the people who work in animal rescue can be, well, let's say, protective of their self-interests.
Frankly, they can get as territorial as an un-neutered junkyard dog.
But when tragedies or extraordinary circumstances arise, rivalries and disagreements are put aside, and the rescue community is just that, a community.

It's happening now as members of that community rally to help three of their own who have been through a series of life-changing events over the last 2 1/2 weeks.

Tasha Truong, Keilah Jones and Michael Walley rented a five-bedroom house in Joliet, out of which they trained, boarded and provided day care for dogs. They also took in rescued animals who were between homes. But their world crumbled on July 31.

Truong was home alone that Friday afternoon when a fire broke out among the day-care dogs.

"They went for the weakest dog, the three-legged dog," Truong says. "When it started, it was my job to protect her."

Princess, close to her, but the attack went on for some 10 minutes, she says, and left her bloodied with dozens of puncture marks. She called her roommates; Walley took her to the hospital, where Jones would soon arrive.

While Truong was being admitted to the hospital, Walley went home to attend to the dogs.

Then around 3 a.m. he called Truong with the news that their house was on fire.

Damage was extensive—the kitchen, where a grease fire had started, bore the brunt. But several other rooms were totaled as well. Almost all of their belongings were destroyed or damaged.

Worse, though, was the news that many of their pets—four dogs, two cats and a parakeet—had died in the fire.

Their pets, their home, their business, all gone.

"There's not much left," Truong posted. "Between three of us everything we still possess (fifs) in a 10x10 storage unit."

When word got out, people were quick to respond. A GoFundMe account was set up, an Amazon.com wish list was started, and people reached out.

"I didn't know I had so many friends," Truong says. "I'm surprised so many people supported me, or even cared."

She shouldn't have been surprised.

The first thing you think is: How can we help these people get back on their feet?" says Jill Paukstis, who is active in the rescue community and who set up the GoFundMe account.

"Within the first four, six hours we raised half of what we're at right now. People stepped up—food, housewares, things from the Amazon wish list. These were all rescue people."

Truong, Paukstis says, impressed the rescue community not only for her training skills, but because of the dogs she took on.

"When you're trying to rescue so many dogs, some get overlooked," she says. "They're not the prettiest, they may have some behavioral issues. These are the ones she gravitates to. The underdogs. She rebahs them, trains them."

The funds raised, currently around $10,700, will be used to re-establish the business.

"Basically, the money people are donating is going back into the rescue community," Jones says. "Once she's up and running, she'll be helping more dogs.

"In a perfect world, I want to see them realize their dream, to open their new place," says Paukstis. "When Tasha is back in business, people will flock to her."

For now, Truong, Jones and Walley and four dogs are living in an extended-stay hotel in Naperville. Insurance is covering the cost. But they're eager to find a new place to restart the business, and they've started their search.

"I'd really like a facility that's commercially zoned and that I can live in," Truong says. "Maybe an apartment (in the building), so I'm there 24/7."

Truong continues to train dogs via house calls, and Walley has his job as a vet tech. Jones says she is looking for full-time work that's outside the world of animal rescue.

"We're handling it one day at a time," Truong says.

Adds Paukstis: "She's the toughest little package you'll ever come across. I'm watching them heal. I know they'll come back strong. They're amazing."
How to talk to your children about sex

A close friend of mine recently told me something that shocked me. She viewed the search history on her computer and saw that her eighth-grade daughter had done an Internet search for “What sexual position is least likely to cause pregnancy?”

My heart sank, so I can only imagine how my friend felt. Her daughter, who happens to be a great kid, chose the Internet over her parents to talk about sex. Perhaps she was driven by shame, fear, anxiety or embarrassment.

It got me thinking about the difficulty some parents and children have talking about sex.

It’s awkward.

Parents might not feel confident they are going to say the right things.

Adolescents are as self-conscious as you can be.

Parents are unsure about how much our kids already know and might have their own issues that cause them to be uncomfortable discussing the subject.

Leah Seligman is a Northbrook-based licensed clinical professional counselor, who specializes in treating children, adolescents and teens.

Seligman said sexuality starts from the minute we are born, going all the way back to the first touches we get from our parents.

“When our parents hold us and comfort us physically, those are the first messages we receive,” said Seligman, who says she has worked with children and adolescents for more than a decade. “They’re not sexual, but they send us messages about human contact and intimacy.”

She said as kids grow up, what they see on TV or the Internet, overhear in adult conversation or experience through other external factors – including how open their parents have been in discussing healthy relationships and the human body, can play a role in how prepared kids are to have conversations about sex when they hit adolescence.

“The truth is, if you’ve never had an open, honest talk about anything with your child, starting with the sex talk is going to be much more challenging,” she said. “The key is to create an atmosphere of safety at an early age, so that the child will feel comfortable opening up about any topic, including sex.”

Here are Seligman’s tips for talking to your kids about sex:

- Do a self-check. Ask yourself, “How do I feel talking about sex?” If you are uncomfortable in any way, you need to get a handle on what your issues are and why you are having them, and then figure out an approach that works for you. You might want to practice what you are going to say to your child out loud.
- Know the terminology and use it. Use real words when having “the talk.” In other words, it’s better to say penis, vagina and intercourse than vague, indirect allusions to sexual attraction and intercourse. If you can’t use the correct terminology, it sends a message to your child that sex is shameful or embarrassing.
- Have a backup. It’s OK not to know the answers to some of the questions your kids ask. Have a trusted friend, a relative, a doctor or a therapist available to offer further support. It could also be helpful to have backup if your child feels more comfortable talking to someone of their same gender.
- Take advantage of the right Internet sites. There is lots of harmful and extremely inappropriate content and information on the Internet when it comes to sex, but there are also some very helpful sites where kids can go. Two of Seligman’s favorites: Kidshealth.org and Scarleteen.com.

Remember: What kids don’t learn from an informed adult, they will learn from friends, the Internet or experimentation. In other words, make sure they know you are there for them at all times.

Being the mom of kids who are about to start sixth and eighth grade, I can attest to the difficulty and awkwardness that comes with talking about sex. I can remember times in the not-so-distant past when my kids blurted out something or asked a question about sex that was so shocking and/or hilarious that it caused me to spit out food.

I believe the best way to minimize that uncomfortable, awkward feeling is to face it directly. With warmth, candor, openness and even a little humor, if appropriate, that thick wall can come down quickly, bringing you and your kids closer and giving the people you love most in the world a feeling of trust and safety that no one else but mom or dad can offer.

Jackie Pilossoph is a freelance columnist for Pioneer Press.
The Trouble in Me
By Jack Gantos, Farrar, Straus and Giroux, 208 pages, $17.99, ages 12+

Readers of Jack Gantos' young adult memoir "Hole in My Life" (2002) know that decades before he won the Newbery Medal, the most distinguished award in children's literature, he spent time in prison. "The Trouble in Me," an autobiographical novel, chronicles the brief yet vivid episode from the summer before he started eighth grade that, in his view, marks the beginning of his downside. As Gantos tells it, he was "preparing" for a different life to begin, by becoming everything he'd never been before.

The gas can on the book's front cover is the perfect symbol for how the "small weakness" inside him ignited and grew after he moved with his family to a new neighborhood in Ft. Lauderdale. Plus, he spends a lot of time literally playing with fire. In the first scene, he pours way too much lighter fluid on the grill and chars the burgers for his father's birthday dinner — and it's just one way he disappointing his dad. "To be fair, (Dad) found the whole world flawed, but as they say, the greatest flaws are in your own backyard, and that is where I could be found cutting a dandy path across the dead splinters of grass as I snipped this way and that toward an unknown disaster." Disaster soon appears in the form of Gary Pagoda, the juvenile delinquent next door. Jack not only wants to befriend Gary; he wants to shed his own sensitive, bookish, unmanly — according to his father's definition — personality and be just like him.

Eloquent, unflinching and darkly funny, "The Trouble in Me" chronicles a boy's initiation into manhood — one warped version of it, anyway. It's a club that, in hindsight, he realizes he joined mostly because it was easier than thinking for himself.

Honor Girl
Written and illustrated by Maggie Thrash, Candlewick, 272 pages, $19.99, ages 14+

Every summer Maggie Thrash attended a girls camp in Kentucky, the same one her mother and grandmother went to when they were young. Like Jack in "The Trouble in Me," summer gave Maggie, now a staff writer at Rookie, the acclaimed online magazine for teenage girls, an opportunity for reinvention. She lived in Atlanta, while most of the other campers were from Kentucky and knew each other year-round. "Which means" — as she says — "I could be a completely different person if I wanted to." Yet what if, when Maggie is 15, being "different" means falling for a female counselor?

Thrash's fresh, honest debut graphic memoir shows both the extra layer of complication she faces in pursuing a same-sex relationship — some people she confides in are accepting; others not so much — as well as the near-universal awkwardness, thrill and pain of first love. It's also a first-rate recreation of the microcosm of summer camp, where what group you join in the talent show or how you perform on the rifle range matters. A lot. An award ceremony at the end of camp each year recognizes campers for various achievements, with the highest award going to the "Honor Girl," who supposedly embodies all the virtues the camp stands for. Honor Girl can also, Maggie decides that summer, be a sham; a reward for "keeping quiet" about who you really are.

CHICAGOLAND BEST-SELLERS

3. "Between the World and Me" by Ta-Nehi Coates (Spiegel & Grau, $24).
5. "All the Light We Cannot See" by Anthony Doerr (Scribner, $27).

Participating bookstores: Barbara's Bookstores (Chicago), The Book Cellar (Chicago), The Book Stall at Chestnut Court (Winnetka), Women & Children First Bookstore (Chicago), The Book Table (Oak Park), The Bookstore (Glen Ellyn), The Book Bin (Northbrook).
**Shades of Meaning: Of one color in particular**

*By Fred Piscop | Edited by Stanley Newman*

**Across**
1. October birthstone
2. Royal topper
3. Went like the wind
4. Committee head
5. Super review
6. Throw with effort
7. Genesis brother
8. Hoffman biopic of '74
9. Decoration for valor
10. Breakfast treat
11. Blade serrations
12. Team
13. Dalloway for short
14. Morsel
15. Team
16. Royal topper
17. Shade of Meaning: Of one color in particular
18. Team
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64. Team

**Down**
1. Planets, to poets
2. Prefix for legal
3. State openly
4. Soup legumes
5. Rouge destinations
6. Catches one's breath
7. Inaugural event
8. Wheeling's loc.
9. Soft ball material
10. Nailed down, as carpets
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Last week's answers appear on the last page of Puzzle island.

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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. Weight Watchers founder | 117 153 17 103 44 3 130 182 83 |
| B. Belgian port | 119 54 |
| C. Keen-sighted: hyph.| 102 133 149 61 83 92 |
| D. Volatile solvent | 5 35 101 156 83 110 128 |
| E. Shell shock: abbr. | 25 122 1 161 138 47 82 66 |
| F. M's document format: 2 wds. | 26 136 81 152 10 88 82 109 |
| G. Three Lives': 2 wds. | 50 39 85 68 |
| H. Actor/dancer Buddy | 9 146 22 45 87 |
| I. Visually exhausted | 116 8 28 55 135 154 |
| J. Former | 157 13 100 120 |

Words

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| 9. Actor/dancer Buddy | 9 146 22 45 87 |
| 10. Visually exhausted | 116 8 28 55 135 154 |
| 11. Former | 157 13 100 120 |

Crimson Colored

By Charles Preston

Across
1. Big name in hotels
6. Savage and Holliday
10. In the course of
14. On the ball
15. Rapper nee Tracy Marrow
16. 1934 film seductress
17. REDCOAT
20. North American Indian
21. Albergo offering
22. Lawrence Tureaud, professionally
23. B followers
25. Does a second dry run
27. RED-FACED
32. -- pros
33. Expel
34. Potential perch
35. New Haven collegian
39. RED SOX
43. More likely
44. Stevedore's union, initially
45. Actor Peeples, et al.
46. Designer Claiborne
48. REDUCE

Down
1. He kids you not
2. Magdeburg's river
3. Uncool fellow
4. Car decor
5. Connect to
6. Pater: underworld god
7. Folksinger Phil
8. Composer Franck
9. Like some kisses
10. Plus
11. Impairs
12. Like neon
13. Old Dodies
The More You Know

Pioneer Press gets you ready for the 2015 football season with a preview of every area team and in-depth looks at some local stars. Inside

Visit chicagotribune.com/suburbs to read stories about:

- Evanston senior and Michigan State recruit Naquan Jones poses next to the Wildkits statue at the entrance to the home side of Memorial Stadium.
- New Trier coach Brian Door’s quest to win a state title
- Strong-armed Notre Dame quarterback Tyler Tsagalis, a Western Illinois recruit
- Niles West big-play threat Matt Galanopoulos

Evanston senior and Michigan State recruit Naquan Jones poses next to the Wildkits statue at the entrance to the home side of Memorial Stadium.

KEVIN TANAKA/PIONEER PRESS
Notre Dame recruit Shannon strives for perfection

BY MATT HARNESS
Pioneer Press

Even a snap that is inches off its target bothers John Shannon.

To the amateur observer, that distance is so small it wouldn't be noticed. But for the Loyola senior long snapper and self-proclaimed perfectionist, it's unacceptable.

"Long snapping is like a golf swing," Shannon said. "There are a lot of parts to it. If I have 25 good ones and one bad one, I will do my best to figure out what went wrong with that one."

Senior punter and placekicker Patrick Tata said he appreciates Shannon's attention to detail. It's what makes him the best in the country at his position in the Class of 2016, according to 247Sports.com, and has verbally committed to play at Notre Dame. Shannon verbally committed to the Fighting Irish on March 21.

"After every snap in practice, he will run back to me and ask if it was high, low, too far right, too far left," Tata said. "That's what makes him great. Almost every one is on point, and that's a huge help to me. All I have to do is focus on my job and ask if it was high, low, or far back there. He's learned to be fluid with his form. Now, he gets it back there as hard as any high school player I've ever had, and his accuracy is great."

"Long snapping is not hard, but you have to have the right form, like a golf swing," said Rubio, who was a three-year starting long snapper at UCLA during the 1990s.

"The first thing someone needs to show is the speed of his ball," Rubio said. "Then, it's accuracy, consistency, the size of the player and how that player can handle the pressure of certain situations."

Rubio said Shannon "fills in all the bubbles." At 6-foot-2 and 235 pounds, Shannon is built for Division I football. Rubio said Shannon's ball speed is .59 seconds. In other words, it's faster than the college benchmark of .75, Rubio said.

"When I got him, he was physically strong, but his form was not that great," Rubio said. "He had more of a caveman approach, which is just to muscle the ball back there. He's learned to be fluid with his form. Now, he gets it back there as hard as any high school player I've ever had, and his accuracy is great."

Most people at Loyola games probably will know Shannon, who still lives in Lake Forest, for his play at linebacker than his specialization of long snapping. But that's exactly the way it should be, according to Rubio.

"You shouldn't notice them until something goes wrong," Rubio said. "I tell the recruits, a college head coach should talk to you when you commit, when you get to school and when you graduate. Long snappers are like Honda Accords. They aren't flashy, but they start every time."

Shannon, who also was offered scholarships from Army, Colorado and West Virginia, "You just fly under the radar. But if you work at it and perfect it, it's a position that can open a lot of doors for you."

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Liam O'Sullivan has what college coaches call "measurables."

The Maine South senior left tackle, who has verbally committed to Cincinnati, is 6-foot-7 and 245 pounds. Hawks coach Dave Inserra said O'Sullivan's wing span is more than 80 inches, and he runs a 4.85 in the 40-yard dash.

Except for the weight, which Inserra said won't be an issue once he's on a college workout and nutrition plan, all of those figures are enviable for a lineman at any level.

But for most of his high school career, O'Sullivan didn't measure up in the classroom.

"When I realized I could go Division I, that's when I got my head out of my [butt]," said O'Sullivan, who also received offers from Illinois and Northern Illinois.

In the second semester of his junior year, O'Sullivan posted a 3.0 GPA — the first time he ever reached that milestone — and it helped bump his GPA in core courses from 2.25 after his sophomore year to 2.43 before his senior year, according to Inserra. His ACT score also has gone from a 19 on his first attempt to a best of 21. There are three more test dates before signing day in February.

Per NCAA rules, student-athletes must earn at least a 2.3 GPA in core courses to be eligible as a freshman. The better a student-athlete's core-course GPA is, the lower the required ACT score. And vice versa.

"He started slowly as a student, but he got help and become better," Inserra said. "He's shown a lot of positive progress, and that is what you want. The kids who are moving upwards academically are the ones colleges will take a chance on. They recognize that. He has to stay on this path, and he knows it. But he's become much more mature and much more focused."

O'Sullivan, a Park Ridge resident who transferred to Maine South from St. Patrick before his sophomore year, spoke with pride about his improved academics.

"I had to step up my game and focus myself," he said. "My GPA continues to get better and better."

A turning point was when O'Sullivan finally reached out for help. Maine South senior quarterback Brian Collis, who scored a 29 on the ACT, was one of many who offered assistance.

"He would come over to my house, and I would help him with his math classes," said Collis, who relies on O'Sullivan to protect his blind side. "He really wanted it, and he's not someone who would quit. He worked really hard at improving his grades."

O'Sullivan also asked his sister, Siobhan O'Sullivan, a college student at UC Santa Barbara, for help. Through FaceTime video calls, the two spent time working on English and the sciences, he said.

"I had never really asked for help before, but I am glad I did," Liam O'Sullivan said.

Liam O'Sullivan said he understands the journey toward a college scholarship isn't completed until he graduates from Maine South with a transcript that is accepted by Cincinnati. But he said Inserra is good about providing the players with the resources to succeed in the classroom, such as setting aside time during the week for study halls. Liam O'Sullivan said he's determined to qualify academically.

"He knows the kind of pressure we're all under, and he doesn't want us to fail at anything," Liam O'Sullivan said of Inserra. "But I am ready, too. All of my classes are NCAA approved, and I still have to get good grades. I have something to prove, and this is the year I really want to shine."

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Niles North's Wade embraces rigorous training

BY ERIC VAN DRIL
Pioneer Press

Ask those closest to Barrington Wade Jr. about what makes the Iowa recruit special, and the same answer is given again and again - his work ethic.

Take this summer, for example. While others might sleep in or enjoy a lazy morning before an afternoon or evening practice, Wade regularly woke up at 7 or 8 a.m. on weekdays - sometimes even 5 or 6 a.m. if the Vikings had practice earlier than usual. He'd get out of bed, drink water, change his clothes, stretch and then go running.

Wade, who's entering his third year as a starting running back at Niles North and will also start at outside linebacker this season, would cruise around Skokie wearing an Elevation Training Mask similar to the one used by Seattle Seahawks running back Marshawn Lynch. The mask covers most of the lower half of his face, and it mimics the effects of high altitude. Wade wears it to, among other things, increase his lung capacity so that he'll be able to breathe better during fourth quarters.

Wade's morning runs were the first of three daily training sessions he did for much of the summer, and one of several examples that show his approach to training.

Wade is looking for "an advantage," he said. One way to get that is to work out when others aren't. But Wade, who amassed 1,012 total yards and 14 touchdowns in his senior season - and Rashard Mendenhall played six years in the NFL, including five with the Pittsburgh Steelers.

Wade is more likely to play linebacker than running back in college, he said, but Egofske has seen a link between Wade and the Mendenhalls when they were in high school.

"The similarity is the work ethic of all three of those guys," Egofske said. "The real good ones at that level, they just love what they're doing. It's very, very important - and they're highly motivated. I would think that's the same [as] if I came across a great musician or a great actor. These people were given a gift, but they also have the gift to want it. And the three of those kids all have that gift. They want it. They worked hard for it."

Egofske added that Wade had athletic ability when he first came to Niles North, but it wasn't overwhelming. It's been his desire to get bigger, faster and stronger - as well as to improve little things, like his lateral quickness as a linebacker, or catching passes out of the backfield - that have set him apart.

For Thurmond, seeing her son's willingness to go above and beyond in his training isn't anything new.

"He's been playing since he was 5, and to see him from 5 to where he's at now, nothing's changed," Thurmond said. "He's always been a hard worker. It was never about the reward, for him. He loves sports, and he wants to always be the best, so he's always pushed himself."

The person Wade has most closely emulated is his father, Barrington Wade, who makes his living as a plumber. The younger Wade said his dad has been an inspiration.

"His father's a very hard worker," Thurmond said. "He instills that into Barrington, and lets Barrington know that where he comes from, his father is from Belize, so his work situation was different with how he was brought up. He always explained to Barrington, showed him his hands and showed him that you want better than what I'm doing. ...

He always tells Barrington, 'You don't want this type of job. You want to get your education and strive for better than what I'm doing.'"

On the morning of Monday, June 15, the elder Wade had to go to work and wasn't able to attend his son's commitment ceremony. It was held at Buffalo Wild Wings in Skokie before one of the Vikings' summer practices.

A little before noon, Wade Jr. announced his commitment to Iowa as Egofske sat on his left and Thurmond sat on his right. Members of the media attended, and so too did some of his teammates at Niles North.

Once the ceremony was over, Buffalo Wild Wings seemed like a perfect setting to have a little celebration - nothing over the top, just one meal to commemorate the momentous day in the lives of Wade Jr. and his family.

Wade Jr. wanted no part of a celebration, however. It was time to get back to work.

"We were trying to have a family [meal] somewhere," Thurmond said. "He was like, 'Mom, I have practice.' It was raining hard and he still went."

Eric Van Dril is a freelance reporter for Pioneer Press.

Twitter: @VanDriLSports

TRACY ALLEN/PIONEER PRESS

Janczak ready to take on more work

BY JONAH L. ROSENBLUM
Pioneer Press

This season is about unfinished business for Ryan Janczak and the Glenbrook South football team.

The Titans have had no problem at the outset — they started 4-0 in 2013 and 2014. Losses to Niles West and New Trier in the final two weeks of the Titans' 2014 season left a sour taste, however.

Janczak said the team could've done a lot better against the Trevians, who beat the Titans 49-24 in the regular season and 24-14 in the first round of the Class 8A playoff. He noted that freshman year and sophomore year, his Glenbrook South teams competed well with New Trier.

For Janczak, 2015 also offers a chance to prove that performances like last year's 227-yard, four-touchdown doozy against Evanston were no fluke. A strong finish ultimately propelled him to all-conference honors in the Central Suburban South.

Glenbrook South will likely need more big performances — particularly with quarterback Fitz Stadler having graduated. Ideally, the duo of senior quarterback Daniel Jenkins and senior Jack Healy, a “really explosive” wide receiver according to Janczak, will open the field up. However, it might take time to earn the defense's respect. In the meantime, Janczak is expected to face slimmer holes than usual.

“Football is a team sport, so Ryan obviously has to carry a bigger piece of the puzzle this year,” coach Mike Noll said. “There's a bigger load, there's no doubt, but it's a shared responsibility, because he's only as good as the offensive line.”

So Janczak has worked. Previously, Noll spoke of how Janczak was pretty good — but wasn't there yet. Janczak said he thinks he is there now. He said that his dip into prominence — starting with the Evanston game — has prepared him for this season.

Noll said Janczak has returned stronger, quicker and more flexible. He said that after last year's explosion, Janczak still had steps to take, as a blocker, a receiver and a runner, such as keeping his pad level down. He's taken those steps, Noll said.

“Last year, I was kind of able to just rely on my ability,” Janczak said. “This year, I'm stronger and faster, but I also want to work a lot on my pre-snap reads and knowing the defenses and where the hole is going to be.”

Knowing where the hole is going to be and hitting are his strengths, Noll said.

“We try and get our kids to make one cut, and he rarely makes the wrong cut, and that’s not easy,” Noll said.

“Just look for green space,” Janczak said. “I just look for an open space and cut there.”

He's helped in that goal by returning senior linemen Mario Ramirez and Daniel Moses, who both started every game last season. Junior Jack Carasotti and senior Owen Boyle also racked up valuable experience in 2014. Beyond that, this year's line is just healthier in general, providing added stability.

“It makes all the difference,” Janczak said. “Without my line, I'm really not anything. I can cut and make things happen, but a good line and a line that I trust makes all the difference.”

Each of the Titans' first three games — at home against Barrington, which made the Class 8A quarterfinals last year, and road games against St. Patrick and Central Suburban North champion Highland Park — presents enormous challenges.

It's also changed the way the Titans approach the summer, according to Janczak.

“It gives everybody some urgency,” Janczak said. “That can only help the summer program and two-a-days and all of that.”

Jonah L. Rosenblum is a freelance reporter for Pioneer Press.
No pain, no gain

After missing out on playoffs, Glenbrook North's Milutinovic' adds 30 pounds

BY MATTHEW PARAS
Pioneer Press

Dimitrije Milutinovic' burst off the line of scrimmage during a Friday afternoon practice at Glenbrook North and collided with offensive lineman Joey Jancaus. As he drove back his teammate with an overwhelming amount of force, Milutinovic' raised his right arm while junior quarterback Kevin Burnside released the ball.

Milutinovic' swatted the pass down - while still engaged with Jancaus, no less.

"It's impressive," said Jancaus, a junior. "It's exciting because he's on my team. It gets our team better during practice and we'll be better during games."

The play was the result of a new look Milutinovic'. At 6-foot-2 and 260 pounds, Milutinovic' is 30 pounds heavier than he was at the end of last season thanks to work in the weight room. The senior has also changed positions on the defensive side of the ball.

This season, the former defensive end will move to the middle and play defensive tackle. Milutinovic' will remain an offensive guard.

Entering his final season at Glenbrook North, Milutinovic' said he hopes his new and improved body will result in a better season for Glenbrook North and a Division I scholarship for himself.

"I thought in the beginning when I was putting on all this weight, I was going to get slower," Milutinovic' said. "But as I was working with [TCBOOST trainer] Steve Breitenstein, I got faster. You have a little more momentum blowing off the ball."

TCBOOST is a sports training facility located in Northbrook.

Milutinovic' knew he needed to improve after the Spartans' 34-33 loss to Highland Park in the final game of the 2014 regular season cost them a playoff spot. Glenbrook North finished 4-5. Milutinovic' said he saw "the pain" in the seniors' eyes and felt like he disappointed them.

He wanted to get stronger.

"I think the fact we went 4-5 as a team was a great motivator. It motivated them all," Glenbrook North coach Bob Pieper said. "It clicked with him right away. I told them they had two weeks off from lifting. That was Friday night when I told them and he was in there Monday. He didn't wait two weeks like he was supposed to. That showed me he was ready to get going for next year."

Pieper said Milutinovic' was smart about adding the weight, focusing on purely adding muscle. In practice, Pieper has noticed Milutinovic's improved physicality.

"He's put on bulk, which is what he needed to do," Pieper said. "If he wants to play at the next level, he needed to get bigger and stronger. And he did that."

Milutinovic' worked out in the weight room Monday through Friday and sometimes on Saturdays. He even quit playing on Glenbrook North's lacrosse team to focus solely on football.

When he was training, Milutinovic' worked closely with Breitenstein, who supervises the Glenbrook North weight room and oversaw the whole team.

Milutinovic' said that when adding weight, he wanted to keep it distributed evenly to try to avoid an injury. As for his routine, it depended on the day. On one day, he focused on his upper body while the next he would squat. He added that he worked on his chest press as well as his agility, going out to the field to run occasionally.

But Milutinovic' and his teammates made sure to focus on having fun when working out as well.

"I really like working on arm day," Milutinovic' said. "We had a theme day for arm day where we'd come in our Hawaiian shirts and pump iron for an hour. It's nice to get those show arms in there even when you're working on the body."

While he was enjoying himself, Milutinovic' also saw results. His one-rep bench press is now at 285 pounds, up from 260. His squat went from 365 to 435 and his deadlift went from 400 to 450.

He also has been conscious of his diet, thanks in part to some people close to him.

"My girlfriend's mom actually works for Abbott, so she's hooking me up with protein shakes all day," Milutinovic' said. "I've just been drinking my protein and working hard. I have a German grandma so there's going to be a fight if you don't eat. I've just been stuffing my face every day, lifting hard and running."

Milutinovic' said he hopes his play garners the attention of Division I coaches. He does not have any offers yet.

Milutinovic' said he is eager to get back on the field and prove himself.

"They've got something to fear," Milutinovic' said of opposing offensive linemen.

"They have a big guy up in the middle coming at them on every play."

Matthew Paras is a freelance reporter for Pioneer Press.
Never a doubt

BY ERIC VAN DRIL
Pioneer Press

Ridgewood senior inside linebacker Seth Krueger has two goals.

One is to play football in college. It was a dream that began when Krueger watched an Ohio State-Illinois game on TV when he was 6 or 7, the Rebels' captain said. Watching the Buckeyes play that day - with the stickers that look like buckeye leaves on their helmets, and their scarlet and gray uniforms - hooked him. He's been an avid Ohio State fan ever since.

Krueger's other dream is to go to medical school and become a doctor. It started around the time Krueger was in junior high.

"I was that one kid who always liked going [to the doctor's office]," Krueger said. "I thought, 'What could be better than being a doctor?' Whenever I went to the doctor's office when I was young, it was always a fun time. I was always like, 'He has the best job ever. I could see myself doing that.'"

Krueger's two dreams came to a cruel intersection, however, when he tore the ACL in his right knee during his freshman season. There were two injuries remaining against Elmwood Park; Krueger recalled, and he cut back to try to reverse the field. He didn't see anybody in front of him, but an Elmwood Park player tackled him by putting the crown of his helmet on Krueger's right knee.

Krueger went down, and his knee swelled up. After multiple doctors examined his knee and couldn't assess the extent of the damage, Krueger got an MRI a few weeks later. The test, his surgeon told him, revealed that he'd torn his ACL, MCL, LCL and meniscus.

Krueger had surgery soon thereafter.

"I just kind of accepted it and worked as hard as I possibly could to get back on the field," said Krueger, whose rehab lasted eight months.

The week before the beginning of his sophomore season, Krueger carried the ball in practice and made a big cut, only to have his ACL in his right knee pop. Krueger had torn his ACL and meniscus again. He likely would have started at linebacker on varsity that year.

Afterward, several people asked Krueger - who has the kind of GPA (4.7 on a 4.0 scale) needed to get into an excellent academic institution - the obvious question.

"Wherever I went, it was like, 'Oh, are you going to stop playing now? You going to take it easy? You need to think about your health, long term,'" Krueger said. "I could have taken the easy way out. I could have just [relied] on my grades and gone to a big university and called it that."

Krueger, however, was determined to get his mind right. "I thought he looked dynamite," Ridgewood coach Chris Zack said. "I thought he looked great."

"I just committed myself, and he was determined to get his time down," said Fanelli, adding, "He's determined to play Division I football, and he's determined to be better than anybody he plays against."

Krueger's 40-yard-dash is now consistently at 4.7 seconds. His lateral quickness also has improved, he said, which is vital for a linebacker. Those two things have helped the 6-foot-1, 208-pound Krueger draw interest from colleges.

Krueger has already received an offer from Valparaiso. He was in contact with several other schools during the offseason and attended multiple college camps. Zack said he expects Krueger to receive more offers once college coaches view the tape from the opening games of his senior season.

"Seeing Krueger get this type of interest from colleges is awesome," Zack added. "It just shows the work, the intensity and the kind of athlete that he is."

It's unlikely Krueger winds up donning the scarlet and gray of Ohio State, but playing football at a strong academic institution - he's drawing interest from schools in the Patriot League, Pioneer League and Ivy League - would allow him to accomplish one dream, while taking important steps in accomplishing another.

It also would be a satisfying destination after a tumultuous road.

"I've been through a roller coaster couple of years," Krueger said. "I've been through so much not only physically, but mentally. It's been hard on me.

But, Krueger added, "It just showed that I can get through anything, as a person. No matter how big the obstacle that life throws at me, I can get through it. I know I can."

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Two hours before the Evanston football team's intra-squad scrimmage on Aug. 21 at Lazier Field, Naquan Jones couldn't hide his excitement.

"This should be fun," he said as the smile on his face widened. "I know a lot of people will be here watching us play. This feels like the start of the season."

While nearly all of the people in the stadium were family members of other players, many of their conversations centered on Jones. Fans were eager to watch the 6-foot-4, 310-pound defensive tackle take the field for the first time since the Wildkits ended their 2014 season with a 44-30 loss to New Trier on Oct. 24.

At 7:30 p.m. on Aug. 28, Jones will start his senior season when the Wildkits host Proviso West.

For a little more than a year, things have been trending in a positive direction for Jones. As a junior, he had his best academic year of high school. Then, on June 8, he verbally committed to play football at Michigan State.

"I'm in a lot more positive position than I was," Jones said. "It's been tough on him. But he's maneuvering the right way after he could have steered the wrong way."

One particularly devastating event was the death of Dajae Coleman, Naquan Jones' childhood friend. Coleman was shot and killed Sept. 22, 2012, shortly after he and Naquan Jones started their freshman year at Evanston. The tragedy hit Naquan Jones hard, several people close to him said.

"He told me about losing his friend," said Kim Michelson, the executive director of the Beyond Sports Foundation, where Naquan Jones goes for academic assistance. "He didn't care about anything anymore, nothing mattered."

But with the encouragement and support of his family and the Evanston football community, Naquan Jones slowly recovered. He was accepted into the Beyond Sports Foundation's program in the spring of 2014. The organization, based in Highland Park, helped him earn academic eligibility for his junior football season.

"Right away, I could tell he was a very smart young man," Zweig said. "But like a lot of teenagers, other things got the best of him. He was not turning in homework. He got lazy. He was capable of doing the work, but he needed structure. I helped organize him and get him on the right track."
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I lost most of my hearing when I was about a year old. As a child, I hated wearing hearing aids, because they squealed all the time and were painful. My dad, an electrical engineer, spent countless hours working on technology to create a better hearing aid for me. He even installed a miniature lab set-up just for me, so we could spend time together as he worked. I loved those hours working with Dad in our lab, and it's no surprise that now I'm becoming an electrical engineer too.

It's always a special experience to meet other Zounds wearers, and they often describe my dad as "their hero." Unless you have lived with hearing loss and had it restored to you, you cannot fully understand what it means to those of us who have. It's life-changing.

These people often express gratitude towards the wife, daughter, brother or friend who persuaded them to try Zounds hearing aids. I think they are heroes too, because they helped make a difference in the life of someone they love.

Last August my mom and I were so proud to watch my Dad receive U.S. Congressional Recognition as a Healthcare Hero for Innovation. Sitting there, I thought about all those hours spent in the lab. I thought about the difference he had made in my life, and the lives of so many other hearing impaired people. No one deserves the title of "hero" more than my dad.

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Kate Thomasson

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"I felt like I was alone, but I also didn't want any help from anybody. But I realized I couldn't do it by myself. Being independent can backfire on you. It's OK to ask for help."

—Naquan Jones, Evanston senior defensive tackle

quarter after he did so well in the fall. He said it was due to football being finished. He said he picked up his schoolwork again in the spring, knowing he was nearing the football offseason and fearing another missed summer.

"I took too much advantage of having some free time," he said. "I have to be disciplined."

His mother, Germaine Thomas, said he thrives when he sticks to a schedule, such as spending more than half of the days of the week during the summer at the Beyond Sports Foundation office.

"He's not been great at keeping up with that stuff on his own," she said. "He feeds off having the structure in his life. I think it would annoy some kids, but he likes it."

Thomas said there have been no incentives for her son to try harder at school or get good grades. She said she's not rewarding him for something he is supposed to do.

"It's also because I'm always hoping for more from him," Thomas said.

Evanston coach Mike Burzawa gave his blessing to the Jones family to keep Naquan Jones out of football activities last summer, and he continues to support his football player's efforts to improve his academics by any means necessary. Michaelson said there was one instance this summer when Burzawa paid for Naquan Jones to take an Uber car to Highland Park for one of the foundation's ACT prep courses.

"It takes a village sometimes, and that's been true with Naquan," Michaelson said. "Coach Buzz gets it and has been great."

Naquan Jones said it wasn't until he fully embraced those around him that he started showing signs of progress.

"I felt like I was alone, but I also didn't want any help from anybody," he said. "But I realized I couldn't do it by myself. Being independent can backfire on you. It's OK to ask for help."

Burzawa said Naquan Jones has grown up a lot.

"He's made great strides mentally, physically, spiritually," Burzawa said. "We will keep pushing him to a higher level so he can accomplish his goals and turn him from a boy into a man."

Going into his senior year, Naquan Jones is a four-star recruit and ranked by Rivals.com as the nation's No. 21 defensive tackle in the Class of 2016. He chose Michigan State over Ohio State, Penn State, Michigan, Wisconsin and South Carolina, among others. He has 19 offers in all, according to Rivals.com.

Burzawa said Naquan Jones has everything college coaches want in a defensive lineman, including size, strength and speed. When Naquan Jones was younger he played basketball, and Burzawa said that has aided in his overall athleticism on the football field.

"He's a special player," Burzawa said. "He can rush the quarterback, stop the run and even drop back in the flat for pass coverage."

One play during the Friday, Aug. 21, scrimmage illustrated what Naquan Jones brings to the defense. After a ball got loose from a runner, Jones was able to spot it, pursue it and recover it. There was no one else within 5 yards.

"He has great natural instincts for the game," Burzawa said. "He has the ability to make plays others can't."

Even though he's one of the top-rated players in the country, Burzawa and the coaching staff don't treat Naquan Jones any differently.

During the game, Jones showed his playful side by sneaking onto the field for a kickoff. But, at his size, he was easy to spot, and Burzawa stopped the play to pull his star player to the sideline. After the scrimmage, Jones, like the rest of his teammates, had to help clear the field. Jones' job was to pick up one of the pylons from the south end zone.

"He's the same as everybody else," Burzawa said. "Our theme is 'One pack,' and Naquan is part of that pack. No one is separated from the pack."

National Signing Day for football is Feb. 3, 2016, and Naquan Jones said he understands he has more to do before signing his letter of intent to Michigan State.

"He was always his own worst enemy, but he's really matured," she said. "He knows the grades he needs to get this year. Even as big as he is, he's still my baby, and I want what is best for him. He wants to make everybody proud."

When asked about his senior year, that big smile returned to Naquan Jones' face. He's already overcome a lot in his life, and he's prepared to prove to himself that his future is bright.

"I am going to make this year my strongest year," he said. "There is so much on the line for me, and it's not going to be a breeze. But I am hanging around the people who have the same goals as me and who want to help me succeed. The crowd around me is very positive and wants what is best for me."
ON THE RISE

BY MATT HARNESS
Pioneer Press

One pass play in Evanston's fifth game last season let Ryan Healy know that quarterback Matt Little was ready to play college football.

Trailing Niles West with less than two minutes remaining in the fourth quarter, the Wildkits had the ball, but they lined up incorrectly. Healy signaled to Little to get out of the formation. From there, it was up to Little to make the play call and the right read, and he did both.

The offense switched from a run play to a three-receiver set and all three had instructions to go deep. Despite a strong rush, Little stayed in the pocket, avoided the sack and connected with speedster Brandon Hilliard, who was in single coverage, for a long touchdown pass. The play put the Wildkits in front, but they ultimately lost 47-42.

"I said, 'OK, he's got some big-time plays in him, some big-time game action,'" said Healy, Evanston's offensive coordinator and quarterbacks coach. "He could do it physically, but there it showed he could do it physically and mentally."

Now a 6-foot-4, 215-pound senior, Little said he recognized the significance of such a play.

"Everyone was going crazy after that, and [Healy] was the first one there on the sideline to jump at me and give me a high-five," Little said. "I couldn't exactly recall what he said to me, but I feel like that's when it all changed for me. I knew he had trust in me, and I showed I could make those kind of plays."

One day after playing the final game of his junior season, a 44-30 loss to rival New Trier, Little said Western Michigan offered him a scholarship. Less than a month later, on Nov. 17, 2014, he committed to the Broncos.

Before the 2014 season, no one paid much attention to Little or Western Michigan. As a sophomore, Little missed most of the year on the sophomore team with a punctured left lung after taking a helmet to the ribs in the first game. Meanwhile, the Broncos went 1-11 in P.J. Fleck's first season.

A year later, people took notice. Little threw for 1,437 yards and 13 touchdowns to go with three interceptions. Across Lake Michigan, in Kalamazoo, Fleck guided the Broncos to an 8-5 record and was selected coach of the year in the MAC.

And Little just keeps getting better.

"At this year's camps, college coaches told me, 'Wow, this kid has improved,'" said "Edgy" Tim O'Halloran, who covers Illinois high school football for Rivals.com. "They were blown away by him."

Healy said Little fits in with the Broncos.

"He's still in the baby stages of his career," Healy said. "He probably redshirts, which is fine, but he could still end up being a four-year starter there. Matt knows where he belongs and is comfortable with his situation. He's going to have a shot to play early, but it's still a big learning curve."

Since the start of his junior season, Little has had the physical tools, especially his right arm, to play quarterback at a high level. According to Healy, he already makes all the throws and moves around the pocket like a college player. Although he's not much of a runner, Healy said Little has good feet and is elusive enough to get himself out of trouble.

"He can complete the 18-yard comeback from the far hash to the sideline - which is like a 45-yard throw - with a tight spiral," Healy said. "He can roll to his left and throw back to the middle of the field. He can really drive the ball and make it look effortless. Matt really stays connected to his throws."

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The next step is for Little to become fluent in reading defenses, and he continues to progress every day, according to Healy. There are several things for Little to consider:

What coverages are the defense in?

Which players are in the box, from tackle to tackle?

Where are the linebackers?

"It's a numbers game," Healy said. "... In high school, you probably have to worry about three, maybe four coverages. In college, it's more like eight to 12. There is a big learning curve, so everything he does at Evanston will make him better at Western Michigan."

Another person who's been instrumental in Little's development has been his older brother, Chris Little, a former Evanston quarterback and redshirt freshman at South Dakota State.

"When he was home this summer, we would stay up late talking about football," Matt Little said. "He talked to me mostly about the mental aspect of the game and what to expect in college, how the game is faster and more challenging."

The two also spent hours, sometimes up to five a day, watching game film of last season's Evanston team on the family's computer in the kitchen. They were trying to identify things Matt Little could have done better.

"Studying film has been big for me," Matt Little said. "It's been a lot of work, but I think it's paying off. I am looking forward to a great senior season.

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Q&A WITH SOPHOMORE CB FRANCIS FAY

As a sophomore, Fay established himself as one of the best cornerbacks in the Central Suburban South. He'll return to New Trier's secondary this year, and also is expected to see a significant increase in his carries at running back.

Q: You, Max [Rosenthal] and Clay [Czyzynski] all started as sophomores last year. Growing up, did you guys play on the same team in youth football?
A: Me and Max did play almost every year in little league. We've been teammates ever since. My eighth-grade year, I played with Clay [with] the Winnetka Green Wave team.

Q: How were those Glencoe Trevians teams, with you and Max on them? Crazy good?
A: They were very competitive. Every year me and Max played together, we went to the championship.

Q: Who is one of your role models?
A: It is. It kind of started with [2015 graduate] Miles Rice. He had some knee trouble, first game. He passed the jersey along to me, and then... Unfortunately, I kind of fell in the same boat.

Q: What is it like to run somebody over? Is there a better feeling?
A: It's a good feeling. It's good to have the size for it, and confidence.

Q: When you run with that type of aggression... is there something you do to prepare yourself before the game?
A: I have to have [my] set position. I usually like to separate myself from the guys in the locker room, and kind of stay focused and kind of stay to myself.

Q&A WITH JUNIOR LB MAX ROSENTHAL

Q: You switched your number, right?
A: Yes. 46 to 44.

Q: I heard 46 was cursed. Is that true?
A: It is. It kind of started with [2015 graduate] Miles Rice. He had some knee trouble, first game. He passed the jersey along to me, and then... Unfortunately, I kind of fell in the same boat.

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Q&A WITH SENIOR LB JALAN JENKINS

Q: What is your favorite football memory?
A: In last year's [14-7] win against Crete-Monee that honored the defensive coach [Steve] King, I picked up a fumble and ran it back for a touchdown to win the game. That was extra special to me.

Q: Who is one of your role models?
A: God first, then my parents. But I would also say Adrian Clayborn. He is a defensive end for the Atlanta Falcons. I met him several months ago at a combine, and we really got to know each other. He was an inspiration to me, and we've remained in contact with each other.

Q: If you could play another position, what would it be?
A: Running back. Just because, as a linebacker, I don't like them. But I feel like it would be a good position for me because of my speed and physicality. There would be more trucking than juking. And who doesn't want to run in touchdowns?
At 5-foot-9 and 180 pounds, Laja is not a bruiser, but he gets the job done with his shiftiness and speed. The Mount Prospect resident is expected to be a focal point of the offense.

Q: What is your favorite football memory?
A: Back in the seventh grade when I played for the Mount Prospect Lions in the Mount Prospect Park District. I had a 99-yard TD run, returned an interception for a TD and passed for a TD in a game against Schaumburg. That was a pretty good day.

Q: Who is the most influential person in your life?
A: My father. He always has things to say that maybe I don't want to hear but will make me a better person. He's taught me how to study, how to practice, how to act around others. He's motivates me.

Q: What is your favorite photo of you?
A: It's of me in eighth grade. Me and some of the other guys on the track team dyed our hair for the state track meet. Mine was blonde. I then kept the hair for our eighth-grade dance. When people see it on Facebook, they ask me when I will do that again.

Q&A WITH SENIOR RB DARA LAJA

SNAPSHOT: NORTH SHORE COUNTRY DAY

| 2014 record: 11-3 overall, 2-2
| Catholic Blue
| 2014 playoffs: Received eighth seed in Class 8A, lost to top-seeded Stevenson 24-21 in second round
| Coach: John Holecek, entering 10th season
| Returning stat leaders:
  | QB: Sr. Emmett Clifford, 31 TD, 1 INT, 107.1 rating
  | RB: Sr. Dara Laja, 205 Att, 1,024 Yds, 4.9 Avg, 7 TD
  | TE: Sr. Eric Eshoo, 8 Rec, 151 Yds, 18.9 Avg
  | Defense: Sr. Ben LeRoy, DI, 6.5 tackles, 6 TFL, 3.0 Sck
| Team outlook: Holecek said this season's team could have one of the best offenses, if not the best, in his 10 seasons with the Ramblers. The star power is at the skill positions, especially receiver, but the offense also includes a veteran quarterback in Clifford and a talented running back in Laja.
| 2015 SCHEDULE
| Aug. 28 MARQUETTE (WIS.) 1:30 p.m.
| Sept. 4 Maine South 7 p.m.
| Sept. 12 BROTHER RICE 1:30 p.m.
| Sept. 19 Fenwick at Concordia Chicago 1:30 p.m.
| Sept. 26 ST. IGNATIUS 1:30 p.m.

SNAPSHOT: LOYOLA RAMBLERS

Q&A WITH JUNIOR CENTER SAM BADOVINAC

Badovinac is the most experienced player to return to the offensive line after starting at both guard positions and center as a sophomore. He is a 6-foot, 250-pound Wilmette resident.

Q: You've been described by Loyola coach John Holecek as having a mean streak. Can you explain?
A: On the line, you got to do what you got to do, especially since I'm a smaller guy. I am relentless, and I play till the whistle blows. It comes just naturally to me.

Q: If you could play another position, which one would it be?
A: Running back or fullback. I would say fullback.

Q: What is your favorite home-cooked meal?
A: Mom's mostaccioli. During the football season, we have it a lot because we have position dinners the nights before games. She always makes it well.

SNAPSHOT: LOYOLA RAMBLERS

K: What was the most important football moment in your life?
A: My very first game freshman year. We were in the city playing Hope Academy in Chicago. I was nervous and then there was a rain and thunder delay, which only made the jitters worse. Once we got started, I caught the ball on the kickoff, took a knee, got up and got ruled by a defender.

Q&A WITH JUNIOR WR/S BERNIE SANDER

Q: What's the best advice your parents have given you?
A: My dad always tells me to be friendly, to say hello, to always greet people. That's helped me become a better leader on the football team. It's allowed me to gain the respect of my teammates.
Q&A WITH SENIOR QUARTERBACK BRIAN COLLIS

Collis is about to begin his third season as Maine South's starting quarterback. With mostly new receivers and an entirely new backfield, the 6-foot-1, 195-pounder will be counted on more than ever.

Q: Who is the most influential person in your life?
A: My parents. They've always been there supporting me in whatever I do. I can talk to them about anything. I got really lucky to have them as my parents.

Q: What is your favorite football memory?
A: My first start. I was a sophomore, and we played Glenbrook North. I'm a little nervous because I was going from freshman football to the varsity. But all of the guys had my back, and that was cool to see. We also won the game 41-0.

Q: Which meal do you make most for yourself?
A: I'm a big grilled cheese guy. I'm not too picky, either. Any bread, any cheese. I like it all.

Q&A WITH JUNIOR LG KEVIN JARVIS

Q: Do you have a favorite photo of yourself saved somewhere?
A: Kevin Jarvis
There is one of me during my first start last year. It was Week 3 against Glenbrook North. I'm in front of [2015 Maine South graduate] Mike Erskine, and my hand is out ready to block someone. It's the wallpaper on my phone, and that picture reminds me that if you work hard, you can do anything.

Q: If you could play another position, what would it be?
A: Maybe receiver. I have a lot of friends who are receivers. I think I would like to have the ball thrown to me and score touchdowns. Seems pretty cool. But I am a line-man at heart.

Q&A WITH COACH SCOTT SMITH

Q: Was your experience as a head coach at Niles North much different from Maine East thus far?
A: Demographically, the thing that I really cherish and enjoy about this school is the diversity. You're getting an opportunity to introduce kids to the game of football who have never played. The difference, I think ... is at Niles North, Paul Swanson did a great job with the track team. We always had speed. We always had some really good, fast kids, so I think there was a little advantage there. But the kids are the same, as far as they're sponges. They want to learn...

Q&A WITH JUNIOR SARGON ODICHO

Q: In the offseason, do you dream about football? Do you dream about playing on Friday nights? Is it something you really look forward to all year?
A: Oh yeah, I've had plenty of them this offseason. Just this summer, I [wished] we could play a game. It's worth the wait, though. Definitely worth the wait.

Q: Do you guys get together and play backyard football or anything during the offseason?
A: We're always throwing the ball around, playing some games. We might play tackle or two-hand touch every now and then.

Q: You're a running back. How do you perform in those backyard football games? Really well?
A: Oh yeah. I'm one of the best on the team. We're a group of great players, I believe, and I think we can do good this season.
2015 FOOTBALL SEASON PREVIEW

NILES NORTH

Q&A WITH SENIOR QB MARKHUS TAYLOR

Q: During the offseason, do you dream about going out there on Friday night and being the quarterback - being the guy everybody's looking at?
A: Actually, I [did] have some dreams. It makes me happy when I wake up, when I just sit here [on the field] and call the plays, look in the stands and hear everybody cheering.

Q: Do you have a favorite football-related TV show or movie?
A: "Friday Night Lights," the TV show.

SNAPSHOT: NILES NORTH

2014 record: 5-5 overall, 3-2 Central Suburban North
2014 playoffs: Lost in first round to top-seeded Cary-Grove 52-14 in fourth round.
Coach: Mark Egofske, entering fourth season.
Returning stats leaders
QB: Sr. Markhus Taylor, 12-For-19 (63.2 percent), 94 Yds., 1 TD, 2 FF, 1 Rec. Fumble.
RB: Sr. Barrington Wade, 134 Att., 850 Yds., 6.3 Avg., 19 TD, 7 R, 1 TD, 1 FG.
RB: Jr. Jordan L'Allele, 31 Rec., 530 Yds., 17.1 Avg., 0 TD.
Defensive: Sr. Thomas Gaul, LB, 1 hit, 84 tackles, 17.1 Avg. O TD.
Att, 850 Yds., 6.3 Avg., 19 TD.
NCAA passer rating 12-for-19 (63.2 percent), 94 Yds., 1 TD, 2 FF, 1 Rec. Fumble.

Q&A WITH JUNIOR TACKLE DYLAN RAMIREZ

Q: What is it like this year, going both ways? You're a big guy. Do you really have to put a lot of time in, in terms of doing sprints and stuff like that?
A: After practice, I would take my rest and then go back to the gym at like 10 o'clock at night - go to the gym and work out, and do what I have to do to get in shape and prepared to play both sides. I've been doing that since the start of summer camp.

Q: What sorts of things do you do at XSport? Is it just cardio, or is it a combination of things?
A: I would do some light weights, because we would have lifted already, and [then] do some cardio. After that, I would do a 30-minute swim, then go to the steam room. And then go to bed.

Q: How long would you be there?
A: Ten to 12 hours.

SNAPSHOT: NILES WEST

2014 record: 6-4 overall, 3-2 Central Suburban South
2014 playoffs: Lost in Class 8A, lost to third-seeded Maine South 54-23 in first round.
Coach: Scott Baum, entering first year.
Team outlook: Niles West graduated the majority of its starters on last year's team. This year, the Wolves' defense is the key. Senior defensive end Eric Van Dril is back and so too are senior defensive tackles Jeremy and Adam Pignato (Northern Illinois) and twin brothers Mario Herrera and Josh Weichel (Western Illinois). Senior defensive end Matt Metz is a returning starter, and junior tackle Josh Weichel is as well. Senior defensive end Miles Moss is back and so too are seniors Mario Herrera and Yaniv Sheldor, who are part of the back seven. But the key to the Wolves' success may be how quickly and how well they can incorporate first-year starters on both sides of the ball. Did you know? Five members of Niles West's Class of 2015 are now playing in college. The list includes quarterback Tony Galanopoulos (Lake Forest), wide receiver Khurram Sharif (Dubuque), running back Brandon Costantino (Northern Illinois) and twin brothers Jeremy and Adam Pignato (Wisconsin-Stout).

Q&A WITH JUNIOR LEFT TACKLE JOSH WEICHEL

Q: You and Matt Galanopoulos are in the same class. Have you guys played together for quite a while? Was he the quarterback and you the receiver growing up?
A: Yeah.
Q: What was that like? Did you kind of just own it and feel really confident?
A: It was a lot of fun, because we would play together and all the way since then.

Q: When did you make the transition from fullback to receiver? And what was it like being a fullback?
A: Freshman year. ... It was fun, because you just get the ball all the time. That's why I liked it.

Q: After a game, I assume you would have a lot of adrenaline. Is there anything you do afterward to relax?
A: Yeah, I just go home and relax with my family, maybe watch a movie with my family.

2015 SCHEDULE

Aug. 28 Buffalo Grove 7 p.m.
Sept. 4 Lake Forest 7 p.m.
Sept. 12 Niles North 7 p.m.
Sept. 18 Maine South 7 p.m.
Sept. 25 Deerfield* 7:30 p.m.
Oct. 2 Maine West* 7 p.m.
Oct. 9 Maine East* 7 p.m.
Oct. 16 Glenbrook North* 7 p.m.
Oct. 31 Highland Park* 7 p.m.

HOME GAMES IN CAPS
* Indicates Central Suburban South conference game.

2015 FOOTBALL SEASON PREVIEW

NILES WEST

Q&A WITH JUNIOR TACKLE JOSH WEICHEL

Weichel, who's entering his second season as a varsity starter, moves from guard to his natural position of left tackle. At 6-foot-5 and 330 pounds, he is the biggest player on the Wolves' roster.

Q: Have you always been big for your age?
A: Yeah.
Q: What was that like? Did you kind of just own it and feel really confident?
A: It was a lot of fun, because we would play together and all the way since then.

Q: When did you make the transition from fullback to receiver? And what was it like being a fullback?
A: Freshman year. ... It was fun, because you just get the ball all the time. That's why I liked it.

Q: After a game, I assume you would have a lot of adrenaline. Is there anything you do afterward to relax?
A: Yeah, I just go home and relax with my family, maybe watch a movie with my family.

2015 SCHEDULE

Aug. 28 Buffalo Grove 7 p.m.
Sept. 4 Lake Forest 7 p.m.
Sept. 12 Niles North 7 p.m.
Sept. 18 Maine South 7 p.m.
Sept. 25 Deerfield* 7:30 p.m.
Oct. 2 Maine West* 7 p.m.
Oct. 9 Maine East* 7 p.m.
Oct. 16 Glenbrook North* 7 p.m.
Oct. 23 Highland Park* 7 p.m.

HOME GAMES IN CAPS
* Indicates Central Suburban South conference game.
GLENBROOK SOUTH

SNAPSHOT: GLENBROOK SOUTH

2014 record: 4-8 overall, 3-2 Central Suburban North
2014 playoffs: N/A
Coach: Bob Pieper, entering 12th consecutive season (10th overall)
Returning stat leaders:
QB: Sr. Nick Karis, 17-for-40 (42.5 percent), 132 Yds, 3.3 Yds/Att; 62 Rush Att, 436 Yds, 7.0 Avg, 4 TD
RB: Sr. John Clark, 123 Att, 1,046 Yds, 8.5 Avg, 15 TD
WR: Sr. Mitch Schmerhorn, 37 Rec, 373 Yds, 17.0 Avg, 3 TD
Defensive: Sr. Dimitrije Milutinovic, DL, 61 tackles, 2 TFL, 62 Rush Att, 436 Yds, 7.0 Avg, 4 TD
2015 SCHEDULE
Aug. 28 BARRINGTON 7:30 p.m.
Sept. 5 St. Patrick 11 a.m.
Sept. 11 Highland Park, 7 p.m.
Sept. 18 MAINE WEST 7:30 p.m.
Sept 25 NILES WEST 7:30 p.m.
Oct. 2 Maine South* 7 p.m.
Oct. 9 Evanston* 7:30 p.m.
Oct. 16 NEW TRIER* 7 p.m.
Oct. 24 Waukegan* 1 p.m.
HOME GAMES IN CAPS * indicates Central Suburban North conference game

Q&A WITH SENIOR OL DANIEL MOSES

Q: Do you have a favorite play to block?
A: Yeah. My favorite play is the power because it's just a really physical play. It's you versus the other guy. You've got to move them to win, and there's nothing complicated about it.
Q: Growing up, what was the fantasy for backs, receivers, quarterbacks? The offense, and a sophomore team experience, especially on the other side of the ball.
A: We like to go to breakfast at the end of the week every week. As an offensive line, we like to spend a lot of time together. We have a lot of sayings and stuff we keep going throughout practice.
Q: What are those sayings?
A: Just like, "Bring the juice." We call ourselves Juicemen, [to keep the energy up].
Q: When you go to breakfast, do you get anything in particular?
A: I always get the biggest meal I can get. Probably an omelet — a meat lover's omelet.

Q&A WITH SENIOR OL MARIO RAMIREZ

Q: You were a starter last year. What is it like this year? Are there steps you have to take for chemistry among the guys during the preseason? What sorts of things do you and Daniel [Moses] do during practice and outside of practice to make sure the line is cohesive?
A: We like to go to breakfast at the end of the week every week. As an offensive line, we like to spend a lot of time together. We have a lot of sayings and stuff we keep going throughout practice.
Q: What are those sayings?
A: Just like, "Bring the juice." We call ourselves Juicemen, [to keep the energy up].
Q: When you go to breakfast, do you get anything in particular?
A: I always get the biggest meal I can get. Probably an omelet — a meat lover's omelet.

Q&A WITH SENIOR QB NICK KARIS

Q: What is it like coming from a family with nine brothers and sisters?
A: You definitely have to get a lot trickier. It's survival of the fittest, especially at the dinner table, which can get out of control. We just had a family trip to Lake Geneva this summer and seconds after the pizza hit the table it was gone. You can't be the soft one in the family. But I love everything about being from a large family.
Q: Do you have a favorite photo?
A: It's of me and John Clark in the backfield. I also have one of me talking in the huddle that I love a lot. It's me doing something I love to do.
Q: What is your favorite home-cooked meal?
A: My mom, who is really Italian, makes a really, really good breaded steak and homemade pizza.
Q&A WITH SENIOR DE MATT SZYSKA

Q: Do you study a lot of tape during the week leading up to Friday night?
A: Yes. As much as I can in my free time at school, and as much as I can in my free time at home. I study my opponent and I know what I'm up against when I get there.

Q: As a defensive lineman, is there anything you're keying on, in terms of the offensive linemen you're going up against? Is there anything you're looking for [on film] to get an advantage?
A: I'm watching their feet, seeing if I can beat them speed-wise. And I'm watching if they have a strong enough push to stop me. I'm looking for things [where] I can beat them.

SNAPSHOT: NOTRE DAME

2014 record: 4-5 overall, 3-4 East Suburban Catholic
2014 playoffs: N/A
Coach: Mike Hennessy, entering 29th season
Returning stats leaders
• QB: Sr. Tyler Tsagalis, 96-for-195 (50.3 percent), 1,127 Yds, 5.8 Yds/Att, 12 TD
• WR: Sr. Tom Dolls, 15 Rec., 177 Yds, 11.8 Avg
• WR: Sr. Tim Simon, 15 Rec., 155 Yds, 10.3 Avg
• Defense: Sr. Matt Szyska, LB, 55 tackles
• Defense: Simon, DB, 20 tackles, 5 pass break-ups

Team outlook: An automatic playoff berth requires six wins. And that seems to be in reach for Notre Dame. The Dons return nine starters in the secondary, and they return a number of legally required steps. That group is headlined by senior Vinny Scaletta, who is entering his fourth year as a starter on the defensive line, as well as junior defensive end Anthony Giovannelli. Seniors Mike Ortiz and Erick Mangal are returning starters in the secondary. Rice, who has played running back, wide receiver and quarterback on varsity, should be a focal point of the offense.

Did you know? On defense, senior linemen Marko Pehtar and Szyska are both back. Junior linebackers Tim Hackett and Jake Sarnecki are promising prospects who will play in front of the experienced safety duo of seniors Jimmy Topping and Tim Simon.

2015 FOOTBALL SEASON PREVIEW

NOTRE DAME

2015 SCHEDULE
Aug. 21 McHenry at McCracken 7:15 p.m.
Aug. 28 Sobrio 7 p.m.
Sept. 11 Fenton 7:15 p.m.
Sept. 18 GLENBARD SOUTH 7:15 p.m.
Sept. 25 St. Viator 7:30 p.m.
Oct. 2 MARIAN CENTRAL Catholic Conference game
Oct. 9 ST. EDWARD 7:15 p.m.
Oct. 16 Marian Catholic 7:30 p.m.
Oct. 23 CARMEL* 7:30 p.m.
Oct. 23 WALTHER CHRISTIAN 7:15 p.m.

RIDGEWOOD

SNAPSHOT: RIDGEWOOD

2014 record: 5-4 overall, 4-1 Metro Suburban East
2014 playoffs: N/A
Coach: Chris Zack, entering 10th season
Returning stats leaders
• QB: Sr. Chris Jacobsen, 643 Yds, 9 TD
• RB: Jr. Alex Rice, 49 Att., 363 Yds, 6.2 Avg, 5 TD
• Defense: Sr. Seth Krueger, ILB. 77 Combined tackles

Team outlook: An automatic playoff berth requires six wins, and that seems to be in reach for Ridgewood. It will be difficult for the Rebels to beat Glenbard South and St. Edward — Ridgewood lost by a combined score of 79-0 to those two teams a year ago — but the other seven games on the schedule appear to be winnable. The Rebels figure to be led by their defense. Krueger is back and he'll be joined by senior Vinny Scaletta, who is entering his fourth year as a starter on the defensive line, as well as junior defensive end Anthony Giovannelli. Seniors Mike Ortiz and Erick Mangal are returning starters in the secondary. Rice, who has played running back, wide receiver and quarterback on varsity, should be a focal point of the offense.

Did you know? Ridgewood begins its season with games against two Chicago Public Schools. At least one of those games seemed like it could be in jeopardy this summer due to a potential strike by the Chicago Teachers Union. However, the Chicago Tribune has reported a strike can't happen until the late fall or early winter because of a number of legally required steps.

Q&A WITH SENIOR CB MIKE ORTIZ

Q: Last year, the Ridgewood fans would chant "Ortiz Island!" How did that start?
A: It was started by me, because I'm a big Darrelle Revis fan. I started putting it on all of my shoes. I customized my cleats and all that. My coaches even call me that now, because, the way I play.

Q: Does it help, hearing people chant "Ortiz Island"?
A: Oh, for sure. It's motivation.

Q&A WITH JUNIOR ALEX RICE

Q: I want to ask you about your shoes. Did you wear those last year — the Batman cleats with the Batman logo on the back?
A: Yeah, I wore the Batman cleats last year. This year, I'm trying to get some gold cleats or something nice.

Q: What is the process of picking your shoes?
A: I go online. I go to under armour.com. I just look at which ones I think are best, and I like the gold ones [this year]. They're Under Armour. They're low. They kind of shine, so that's kind of why I like them.

Q: You stand out with the Batman cleats and the gold cleats. Why do you want to stand out? Do you want your footwear to kind of mirror your play, in a sense?
A: I guess so. I guess it's something to distinguish myself. I don't know. I just like the cleats.

2015 SCHEDULE
Aug. 21 Sororio 7 p.m.
Sept. 4 URBAN PREP WEST 7 p.m.
Sept. 11 Fenton 7:15 p.m.
Sept. 15 LINDENWOOD SOUTH 7:15 p.m.
Sept. 18 GLENBARD SOUTH 7:15 p.m.
 sept. 25 Elimwood Park* 7:15 p.m.
Oct. 2 Chicago Christian* 7:15 p.m.
Oct. 9 ST. EDWARD* 7:15 p.m.
Oct. 17 Guerin* 1 p.m.
Oct. 23 WALTHER CHRISTIAN* 7:15 p.m.

**HOME GAMES IN CAPS
* Indicates Metro Suburban Catholic Conference game
Eight is Enough
BY GORDON JOHNSON
EDITED BY RICH NORRIS AND JOYCE NICHOLS LEWIS

Across
1 Unwilling to listen
5 "Please don't..."
10 Pot holder
14 Japanese comics
19 Lacking originality
21 Work on the road
22 Subject of a 1989
international trade
ban
23 "I won't tell a
soul"
25 Riyadh natives
26 "Yes _!
27 One scouring the
junkyard
32 104 of Haydn’s are
33 Macon university
37 Keep an _ the
ground
41 Like Brahms’
Third
43 Ending with cup
44 Snoopy-Red Baron
conflict, e.g.
46 Where some
precious metal
may be exchanged
49 It may contain
regrets
51 Get conned
52 Russian city east of
Kiev
53 Beethoven honoree
54 Unleaded?
56 Speaks for spirits
58 Russian city east of
Kiev
59 Sheltered at sea
66 Kubla Khan’s
palace
69 Pot holder
71 Cornmeal loaves
73 "Not seriously
77 “Found it”
81 Sigma follower
82 "Words from the
aptly punished
85 1966 #1 hit for The
Association
87 DNA structure
88 7-
89 Poe of Chiang
90 Sigma follower
91 Jersey casino, with
“The”
93 Gets it
94 “Adversarial
attitude
97 Apple and Google
started in them
101 "Dang!"
103 Tending to ooze
104 A typical one for
the 35-Across can
be found in the
first words of the
answers to starred
clues
106 Kind of agt.
108 Arrive, as clouds
112 Contribute
113 “Popular party dish
117 “The Three
Sisters” sister
118 More than think
119 Environmental
activist
120 Allowed
121 Alluring
122 Moving about
123 Shore thing
125 Keep an _ the

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

Last week’s answers appear on the next page

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

This week’s answers appear on the next page

PRINT YOUR ANSWER IN THE CIRCLES BELOW

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### Last week's crosswords

**“Choice Words”**

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<th>TEACH</th>
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**“Body Language”**

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**“R&D”**

| BLAIN | SITED | MACARONI | ILT | MAN | FN | AM | PAM | ST | ECL | R | CALS | E | ON | T | UPS | OR | L | ST | I | K | E | T | E |
|-------|-------|-----------|---|-----|---|----|----|--|----|---|-----|---|---|---|---|---|---|---|---|---|---|---|---|---|

### Last week's Quote-Acrostic

T. E. LAWRENCE: MOTORCYCLE MAN: A skittish bike with a touch of blood in it roaring, its utmost is better than all the riding animals on earth because of the hint, the provocation to excess conferred by its honeyed untiring smoothness.

### Last week's Sudoku

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

**SWAMPHY POLISH PUNDIT UNWISE SWIVEL NEEDLE**

After the city built a landfill next to their subdivision, the residents were...

**DOWN IN THE DUMPS**

### Last week's Jumble

**INTERACTIVE PUZZLES AND GAMES**

- Chicago Tribune games
- Interactive puzzles and games

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**Crossword**

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**Solutions**

- 26 Largest brass instrument
- 43 Throw
- 27 Small bills
- 45 Pieces of corn
- 28 Troubles
- 48 Reverbegrate
- 32 Ship poles
- 50 Aviator Earhart
- 34 Paul Hogan's home: abbr.
- 51 Scarlett of fiction
- 35 Accept
- 52 Marco & others
- 36 Went down a fire pole
- 53 Aches
- 38 Cover an area with new trees
- 54 R. Rogers & Clark
- 39 Honeymoon
- 55 Influence
- 40 E-mail provider for millions
- 56 Tiny skin opening
- 41 Twofold
- 57 Diminishes
- 42 Valuable thing
- 58 Rogers & Clark
- 43 Enjoy a snow activity
- 59 Influence
- 44 Move furtively
- 60 Tell __; fib
- 45 Honeymoon
- 46 Enjoy a snow activity
- 61 Fights against
- 47 One's strong point
- 62 Clergyman's title: abbr.
GAME REVIEW

Retro ‘Luckslinger’ has a great hook, but it can hurt

By Joe Fourhman
Tribune Newspapers

A retro game with a modern soundtrack, “Luckslinger” brings a cute twist to side-scrolling jump-and-shoot games: a randomized luck element that can change the way levels unfold. These unexpected elements are fun to watch play out, but the game’s brutal challenge might keep players from ever riding into the sunset.

Set in the Wild West, “Luckslinger” borrows heavily from Clint Eastwood’s “Man With No Name” spaghetti Western anti-hero. The Luckslinger himself is a bounty hunter (with a pet duck!) who ends up helping a nearly abandoned frontier town named Clovercreek. The sheriff is a drunk. The buildings are falling apart. Ever since a posse of bandits stole the town’s mysterious good-luck charms, poor old Clovercreek has lost its luster.

To locate those missing talismans, you must navigate a charmingly pixelated world that brings to mind 1980s classics like “King’s Quest” and “Super Mario Bros.” As you travel, your current amount of luck can trigger bad or good events. A low level might cause an additional enemy gunneman to step out from behind a rock, while a high amount might make a friendly mole appear to save you from missing a jump. One of the best lucky tricks also happens the most often: good luck can make enemy bullets veer wildly off course.

Retrieving the charms from the bandits will help resurrect Clovercreek, bringing back townspersons and cleaning up the old buildings. Unfortunately, the gotta-earn-it gameplay of “Luckslinger” does not offer much leeway to get you to that happy conclusion. Similar to old games like “Mega Man,” you will need to memorize how enemies attack and where they appear while managing a limited life bar. However, memorization is made more complicated thanks to the luck effects, plus the control scheme involves not only jumping and shooting but also reloading and dodge-rolling.

But “Luckslinger” has a second hook that keeps you playing through the frustration of frequent restarts and sore reflexes: a fantastic hip-hop motif. Cowboy musical riffs are turned into modern soundtrack beats, and vinyl turntables dot Clovercreek’s landscape. It’s an anachronism that is fully baked into “Luckslinger,” and it informs so many great details and visuals.

“Luckslinger” combines so many things to such great effect — the luck, the music, the art, the duck — that it is almost treasurable that the game sticks everything behind a crushingly difficult “old school” play style. It’s clear “Luckslinger” is aimed at gamers who wants a challenge, but also appreciates a unique and unforgettable setting.

Joe Fourhman is a freelance writer.

Fluance Bluetooth speaker goes in new direction: Big

By Kevin Hunt
Tribune Newspapers

Look what just waddled into the room and dropped itself onto the nearest bookshelf: The Fluance Fi50 Bluetooth speaker.

This speaker from CWD in Niagara Falls (Ontario) knows the street name for Bluetooth, in most parts of the world, is Portable? The Bose Soundlink Mini II, 7 inches wide and only about 2 inches wide and deep, weighs 1.5 pounds and carries a 10-hour battery charge. The Fi50, more than 20 inches wide, almost 6 deep and 7 tall, weighs 13.4 pounds and has never felt a battery-powered heartbeat. It needs an electrical outlet to breathe.

If Americans weren’t so wild about mobile music, every Bluetooth would look like the Fi50. For pure sound reproduction capabilities, the Fi50 towers over most under-$200 Bluetooth speakers, portable or immobile.

A portable Bluetooth speaker typically uses a pair of 1.5-inch or 2-inch full-frequency drivers. The Fi50 is built more like conjoined bookshelf speakers, with a pair of 5-inch woven-glass fiber cones on either side of the LED display. The naked drivers, no grille, reveal a fantastic hip-hop motif. You can count the watts that power a Bluetooth portable on one hand.

You can count the watts that power a Bluetooth portable on one hand. Class D amplification that distributes 20 watts to each driver assures the Fi50 plays louder and hits more low notes than a portable’s. The Fi50’s construction will strike most buyers as overkill.

The all-wood (audio-grade medium-density fiberboard) cabinet includes, as an example, a front baffle that is a half-inch thick covered by an additional 0.2 inches of MDF painted matte black — or white in the Lucky Bamboo version.

The Fi50 also comes with metal sound-isolation floor spikes that reduce distortion caused by vibration. The Fi50’s designers are so obsessed with sound quality that they sacrifice some modern technological amenities: There’s no dedicated app — instead, a paired smartphone or tablet assumes basic control of the speaker — no battery-powered option, no speakerphone. It also lacks an auto on-off feature. With the on-off switch on the back of Mount Fluance, it’s an unfortunate oversight.

A previous Fluance model, the Fi50, didn’t have on-board volume control. The Fi50 does have volume controls, bass and treble adjustments and on-off dim options for the display. At its most sophisticated, the Fi50 provides aptX, a technology that may or may not allow CD-quality audio through Bluetooth — only with compatible devices. (Apple devices are not among them.)

The Fi50 crackled, figuratively, with the first notes of Miles Davis’ trumpet on the title track of Cannibal Ball Ackerley’s circa-1958 “Somethin’ Else.” The Fi50 behaved much like a good bookshelf speaker, while lacking true stereo separation; excellent for vocals, acoustic music and instrumentals and limited only by extreme volume and bass-heavy music.

If I wanted to push the Fi50, I only had to pump the volume and shuffle Wilco’s new free-download album, “Star Wars,” then wait for the rough edges to show.

The Fi50’s low frequencies are so much better than a portable’s that I would be tempted to use this speaker as a soundbar — connect to a television via the speaker’s auxiliary input and save the Bluetooth for music. You’ll get better-sounding music than most soundbars.

The Fi50 isn’t quite portable and not quite stationary. It’s different and, for the right tastes, something special for the price. Of course, I’ve seen it all before — the last time I auditioned a Fluance speaker. But nowhere else.

What: Fluance Fi50 Bluetooth speaker.
Price: $199.99
The good: Excellent sound, over-the-top construction, a standout in under-$200 Bluetooth speaker division.
The not so good: Lack of mobility because of size; no battery option, speakerphone, remote control app or auto on-off feature.
Here comes the cringe

By Alison Bowen
Tribune Newspapers

Cue the urge to leave a wedding: bathroom break, anyone? These moments are ones brides, grooms, guests and wedding planners all tell us they encounter with a roll of their eyes. Among their most dreaded ceremony or reception moments:

Cake cutting: Jennifer Harrup of Jennifer Laura Design (www.jenniferlauradesign.com) in Houston says some of the brides she works with wish things like a big, showy cake cutting, not wanting another moment of all eyes on them. “Private cake cuttings have become pretty normal with my clients,” she said. “They do an intimate cake cutting with the photographer, but don’t announce it to the entire room.” We won’t even get into that part where the bride and groom smash cake into each other’s faces.

Reception speeches: “Too many speeches and toasts can be disruptive to the overall flow of the evening, as guests end up spending more time in their seats than on the dance floor,” said Jess Levin, founder of Carats & Cake (www.caratsandcake.com), an online source for hiring local wedding vendors.

Bad toasts: Omaha, Neb., photographer Phil Jarrett (www.phelixphoto.com) on toasts: “Hands down, the single greatest source of dread for me as a guest and as a regular hired hand at weddings is the toast. I can’t even tell you how many times I’ve heard best men bring up ex-girlfriends, fathers wax poetic about the importance of outdated gender roles and bridesmaids mention that they Googled how to give a toast.

Clinking glasses for a kiss: Of course, you’ll want to kiss your brand-new spouse, but “no one really enjoys being put on the spot,” said Kellee Khalil, founder of wedding planning site www.Lover.ly.

Why aren’t you married? Male and female guests alike, if they’re unmarried, can expect to hear this at least once, Khalil said: “So when will this be you?”

Bouquet toss: Many single women dread the moment they’re called to line up and attempt to catch flying flowers. Deborah Simmons, wedding planner at event organizer Signature Occasions (www.signatureoccasions.com) in Ridgeland, Miss., said brides often scratch the bouquet toss. Instead, she said, “some casually toss the bouquet as they are getting in the car.”

Garter toss: Harrup said the garter toss is awkward. “If you think about it, it really is strange that the groom is sticking his hands up the bride’s dress in front of her grandmother.”

Hours between ceremony and reception: Some weddings include lag time between the ceremony and the reception. Many might use this time to catch up with friends, but other guests say it’s a huge drag and stalls festivities.

Being asked if you’ve eaten anything: Khalil added that brides dread being asked, “Have you eaten anything today?” “Chances are she hasn’t had time, and having other people bring attention to that fact can make her full-on hangry.”

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Dollar dance: This tradition, in which guests give cash to dance with the bride or groom, strikes some as a little uncomfortable. Kayla Henson, planning her wedding in St. Louis, said she and her fiancé decided against it. It seemed like another excuse to ask for more money and gifts.

Deejay calling everyone to the dance floor: No one likes being forced to dance; that’s why it always looks awkward. So the DJ asking all the “single ladies” to come up might not work. “I’ve been at weddings that were so coupled up that when the song came on, only two girls went up to dance,” Khalil said.

Hours of photos: The bride, groom, family and wedding party often spend hours away from the fun, being snapped.

Presentation of the bride: Some brides don’t want the spotlight or the pressure of a huge, must-be-perfect moment at the beginning of the day. Washington, D.C., bride Hannah Romero opted to be present instead with her husband to mingle with guests as they arrived for their wedding. “There is so much pressure on the entire day already, and so much weight in what the wedding stands for, that I did not need the extra pressure of everyone gathering at me when I appear,” she said.

Receiving line: What if you’re the plus-one who doesn’t know anyone at the wedding? “Being that guest who’s obliged to congratulate total strangers can be super-nervewracking,” Khalil said.

Small talk: On the flip side of knowing no one, having to force conversation with someone you haven’t seen in years or — worse — didn’t get along with in high school is never fun, Khalil pointed out.

Line up and dance! Chicago bride Christina Collison Burns was determined to avoid songs like the group-dancing slides, whether the cha-cha or electric version. Her husband picked every song played at the reception. “We banned all line-type dances,” she said.

@byalisonbowen
How to wash a car's exterior

By William Hageman
Tribune Newspapers

A good washing will do wonders for your car. It removes dirt and grit that could potentially harm the finish. And a clean car just looks good. After a good washing, even that 1977 Vega will get smirks of approval instead of laughs of derision.

But there's more to it than just a bucket of suds and a hose. There is preparation. There is a strategy. It's worth the effort.

For advice, we started with Dan Katich, a service training specialist for Toyota who says he tries to wash his car once a week. But there's more to it than just a bucket of suds and a hose. There is preparation. There is a strategy. It's worth the effort.

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Here's a thought: start a blog

Calling all creative thinkers. We invite you to pick a topic you're passionate about and send us your pitch. If chosen, you'll join ChicagoNow, a network of hundreds of local bloggers. No worries if you're a newbie - we'll help you build and launch your platform. So hurry, Chicagoland's waiting to see what you've got.

chicagonow.com/pitch
French provincial home on private lane in Winnetka

ADDRESS: 102 Church Road, Winnetka
ASKING PRICE: $2,500,000
Listed on May 29
Built in 1999, this French provincial home was completely renovated in 2007. The five-bedroom, 4.1-bath home is on a private lane. The living room has a wall of arched French doors leading to the bluestone terrace. The gourmet kitchen features top-of-the-line finishes and appliances by Wood-Mode, Calacatta Gold, Sub-Zero, Wolf and Miele. The kitchen adjoins a breakfast room, mudroom and family room with French doors leading to a heated paver patio. The paneled library features cerused oak cabinetry. The second floor includes the master suite with fireplace, spa bath and large walk-in closet, three additional bedrooms, two full baths, laundry room and storage. The lower level includes a media room with fireplace, rec room, wet bar and wine cellar. A fifth bedroom, bathroom, office, storage room and second laundry room complete the level. The fenced, landscaped lot has a power gate, heated driveway and two-car heated garage.
Agent: Susan Meyers of The Hudson Co.: 847-778-1395

At press time this home was still for sale.

chicagotribune.com/homes | Visit us online for exclusive Home of the Day photo galleries, the plus views of other featured homes and real estate stories.
How older workers can navigate today's job market

JANET KIDD STEWART
The Journey

If you're past 50 and looking for a job, try to forget you're past 50.

Increasingly, some job experts say, older workers in the job market are so common that they no longer stick out.

"Job tenures today are shorter for everyone, so employers know workers aren't going to be there for 20 years" no matter how old they are, said John Challenger, chief executive of outplacement firm Challenger, Gray & Christmas.

To be sure, older workers do take longer to get back into the workforce after a job loss than their younger counterparts. And even anecdotally, older job seekers say it's tough out there.

Once a highly paid executive recruiter, Blake Nations says a series of mergers and industry changes led to him having to take an entry-level recruiting position around age 50 and eventually supplementing that income by stocking grocery store shelves part time.

"It was tough, I'll be honest, to be working in the grocery store and seeing neighbors come through. One guy came up to me and asked if business was really that bad," said Nations, 59, now chief executive of Over50JobBoard.com. "It takes a hit on the ego."

Sue Ellner, a 50-year-old sales executive, has been job hunting for about 10 months and uses Nations' board for leads, among other career sites. Finding any job isn't as much of a problem as finding the right job, she said.

Ellner says she could have taken several positions during that time but is holding out for one that accommodates her desire to base her operations out of her home and that inspires her professionally. She's given herself a midfall deadline for getting back to work.

"That old stereotype of the bad used-car salesman is not an environment I want to be in," she said. "As I've gotten older, the meaningfulness of the work has become more important. I don't need to learn sales. I need to respect where I am and be respected."

One way to find that, Challenger said, is to consider transferring your skills into a faster-growing industry.

"Older workers can offer real-world experiences that they can translate, rather than just hypotheticals," in an interview, something hiring managers are clamoring for today, he said. "You're defined more by your functional area of expertise than your industry."

Five of the hottest opportunities, according to Challenger's firm: craft industries like artisan cheeses and craft beer and liquor, legal marijuana sales, non-tech positions in tech industries, nontraditional education and services that connect consumers with independent contractors, like Airbnb.

Finally, while it's still critical to demonstrate you are up to date on tech skills and maintain a snappy online profile, don't neglect old-fashioned networking and human contact, job experts and seekers alike say.

"The highest-quality jobs I've looked at are really coming from people I know or someone they know," said Ellner. "The job boards supplement the search, but I feel like I can't just do that. It's too passive. At this level, it's about putting your name out there and calling old contacts."

Even Nations, the head of the job board, advocates a multipronged approach. If you see a position online, he said, send in your application materials but also start networking to find friends who work there.

"You can't just sit at your computer at home," said Nations, whose site offers free job postings to employers who have provided an age-friendly environment. At the grocery store, I walked in and introduced myself to the manager. He still had to apply online because of company policy, but the human contact helped, he said.

Know the terms. Study up on the rules. Often, lenders require that a borrower make on-time payments for 12 consecutive months or longer in order to be granted a release.

And that means making the payment on or before the due date," Kantrowitz said. "Not around the due date." To reduce the chance of slipping up, Kantrowitz suggests reviewing a lender's automatic payment program.

Just make sure the auto debit comes from your bank account, not mom and dad's.

"Lenders want to see that the borrower will be capable of making payments on his own," he said.

And not all lenders allow co-signer release. Discover Financial Services, for example, the credit card issuer and a student loan provider, does not offer release on loans that it originates. (Release, however, is available for Citibank borrowers whose loans were acquired by Discover in 2010 and 2011.)

Caroly in Bigda
Getting Started

Parents who co-sign for a child's private student loan can sometimes be released of their legal responsibility for the debt years later. But it's not always easy to do, according to a new report.

In fact, 90 percent of consumers who apply for a co-signer release are rejected, says the Consumer Financial Protection Bureau, which looked at more than 3,100 private student loan complaints from October to March, among other things.

The reasons for rejection vary. In some cases, borrowers are disqualified if their repayment term has been extended or if payments are postponed temporarily through forbearance.

"Lenders tend to be really, really strict with co-signer releases," said Mark Kantrowitz, a student loan expert and publisher of Edvisors.com, an online resource about financial aid.

"If you took out private student loans with a parent, and that parent wants to cut ties with the debt, consider these suggestions."

Know the terms. Study up on the rules. Often, lenders require that a borrower make on-time payments for 12 consecutive months or longer in order to be granted a release.

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Have a solid credit history. Most students need a co-signer because they have little or no credit history when they first apply for a private student loan. So to qualify for a co-signer release, you must show that your credit profile has improved.

A strong credit score is essential. As of the end of March, the average FICO credit rating for new loans issued by major lenders was 746 (out of a possible 850), according to a company report. Only 21 percent of loans had a score below 700.

You will also need to have a reasonable debt-to-income ratio, which tells the lender you can comfortably afford your monthly payment on your own.

"I've seen one example
7 products you should not buy online

By Cameron Huddleston
Kiplinger Consumer News Service

Sometimes it's smarter to make purchases in person rather than online. It can be easier to judge quality, for example, rather than relying solely on what you see on a screen. It's also easier to ensure a good fit.

And some items, especially large ones, can be expensive to ship. You'll pay even more if the seller doesn't cover return shipping for orders you decide not to keep.

Finally, you can more effectively haggle over the price of certain types of merchandise when you're negotiating face to face.

Here are seven things in particular that you should probably not buy online for any or all of these reasons.

Bicycles

The Internet is a great place to research bicycles. You can read all about bike geometry and the latest carbon fiber frames. But most cyclists should visit a local store to test-ride bicycles before buying.

"When you spend that much money, you need to make sure you get the right size and fit," says Kristin Cook, managing editor of deal and coupon site Ben's Bargains.

Even if you think you know the correct size based on their current shoes, keep in mind that sizing varies among brands. So if, say, your child wears a size 4 in one brand, she might need a size 3 in another or 3.5 or 4.5. It can take more time upfront to try on several pairs of shoes in a store, but it can save you the effort later of sending back shoes bought online that don't fit. It will also save you the added cost of return shipping if you buy from an online retailer that doesn't offer free returns.

Kids shoes

Children grow up so fast. No doubt you've heard the

expression before. Their feet are no exception. Considering that children grow so quickly, it's better to visit a store and have someone measure their feet to fit them for shoes, says Kristin Cook, managing editor of deal and coupon site Ben's Bargains.

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Furniture

Although some brick-and-mortar furniture stores charge a delivery fee, many online furniture retailers charge a standard shipping fee plus a delivery surcharge. Typically, the larger the item, the higher the surcharge. For example, the surcharge on a Pottery Barn armchair purchased online is $65; on a sofa, $100. These charges can add up, making buying furniture online an expensive proposition.

In person, a furniture salesman might be willing to knock down the price or throw in free delivery to close a sale.

But Andrea Woroch, who offers advice to consumers on saving money, says an even bigger reason to buy furniture in a store is the restocking fee that starts at 25 percent of the purchase price if a furniture return isn't arranged within seven days after delivery.

Home decor

It's next to impossible to judge decorative items such as accent pillows, bedding and curtains online, Woroch says. Colors won't be accurately portrayed in digital images on a computer screen, and material quality and craftsmanship are hard to gauge by picture alone. The same holds true for scented home goods such as candles and soaps; only the nose really knows.

It's better to evaluate home decor items in person to ensure you're getting something that you won't have to return, especially rugs, which can be expensive to buy and a hassle to ship back, says Schaffer of Offers.com. Both Macy's and Ballard Designs, for example, require that rugs

be returned in the original shipping bags. Macy's charges a rug return fee of $6.95; Ballard, $8.95.

Web sites such as RugsUSA.com and HomeDecorators.com do not cover return shipping if you decide you don't like a rug you ordered.

Mattresses

You spend a third of your life on your mattress; good reason to give this major purchase more than passing thought. Online research is a start, says FatWallet's Shelton, but we're all different. You may be a side sleeper, for example, but the reviewer may sleep on his back. You need to lie on several mattresses before you commit to one.

And, to be sure, buying a mattress is a commitment. According to the Better Sleep Council, a trade group, a mattress should last up to seven years. Consumer Reports, citing higher return rates among online mattress shoppers, advises buying in a store rather than online unless you've already tested an identical mattress.

But even then there are advantages to making the purchase in person. Shelton says that you should be able to bargain for a better deal on a mattress face to face, especially during sales over long holiday weekends, such as Memorial Day. In addition to a lower price, you can negotiate for free bedding accessories, free delivery and free disposal of your old mattress.

Swimwear

Fit can fluctuate even among swimsuits from the same brand, warns Trae Bodge, senior editor for RetailMeNot.com. Many online retailers don't allow swimsuit returns if the packaging has been opened or there's evidence the suit has been worn.

Flowers

Ordering flowers online can be convenient, especially if you're sending an arrangement to someone in another city. But a study by product-review site Cheapsim.com found that it's worth the time to locate a local florist near the recipient because you'll likely pay less and get a better bouquet for your money.

Consumer complaints about mishandled orders and poor service from major online floral delivery services are rampant, according to Cheapsim. A 2014 J.D. Power survey found that 1 in 5 customers of online flower retailers reported a problem with a delivery.

The Society of American Florists' directory of florists can help you find local shops to arrange and deliver flowers. You can check reviews of local florists on sites such as Yelp.
Here’s what we think: start a blog

Talk to Chicago from your soapbox. If you want to blog, simply pick a topic you’re passionate about and send us your pitch. If chosen, you’ll join ChicagoNow, a network of hundreds of local bloggers. No worries if you’re a newbie – we’ll help you build and launch your platform. So get going, the Windy City is listening.

chicagonow.com/pitch
Families can try out camping in Park Ridge

BY MYRNA PETLICKI
Pioneer Press

Introduce your kids to camping at Backyard Campout, 5 p.m. Sept. 11 until 10 a.m. Sept. 12 at Wildwood Nature Center, 529 Forestview Ave., Park Ridge.

“The families come around 5 p.m. and start setting up their tents,” said Wildwood Supervisor Jenny Clauson. “We’ve got a campfire going. Until dinnertime, they can hang around the park, go fishing, go for walks and go inside and say hello to the animals. We have a big family cookout for dinner at around 6. Then we put a movie on and we all relax. At 10 o’clock things wind down and everybody heads in their tents for the night.”

The next morning, breakfast is cooked on a bonfire. “Usually the kids wander off towards the pond and go fishing or scoop for bugs,” Clauson said.

After breakfast, families take down their tents and head home. Residents 11 and older pay $14; $10 for ages 2-10; nonresidents pay $19 and $15. Registration is required.

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

End-of-summer celebration

The season draws to a close with three days of fun at Skokie’s Backlot Bash, Aug. 28-30 in downtown Skokie. Festivities include live bands, food, a carnival, a silent film festival and a classic auto show. Headliners this year include The Psychedelic Furs and T-Rex as The Cars.

For details, call 847-674-1500, ext. 2715 or go to www.backlotbash.com.

Pause at Paws

Dog loving kids and parents are invited to bring their pets to Beaglefest, 11 a.m.-4 p.m. Aug. 29 at Paws Park, 2800 W. Oakton St., Park Ridge. There will be raffles, contests, food and the chance to adopt a beagle. A donation of $10 is suggested for each dog you bring to this event, which is sponsored by the Midwest Beagle Rescue.

For details, go to www.gotbeagles.org.

Handson holiday lesson

Children will learn about a Jewish holiday at the Rosh Hashanah Puppet Show and Craft for Preschoolers, 11 a.m. Sept. 6 at Barnes and Noble, 55 Old Orchard Center, Skokie. There will be stories and more.

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

Share your suburban events on Metromix.com

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

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

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

Questions?
Email metromix@metromix.com

1,000 attend Chicago in White's Ravinia night

Event: Chicago in White
Benefiting: Ravinia's REACH*TEACH*PLAY program that brings music to 75,000 annually
Location: Ravinia Festival, Highland Park
Date: Aug. 8
Attended: More than 1,000 guests clad in 50 shades of white
Raised: $1,000+
Event co-founders: Jen Luby of Highland Park and Kelly McCoy Williams of Chicago
Website: chicagoinwhite.com

Donating used clothes to a good cause is a time-honored way of liberating closet space. Here, Deerfield High School students Matthew Miller, from left, Lilly Kerchinski and Frankie Rascanti sort donated clothing for a fundraising rummage sale.

Out with the old

Dear Look Lady: At what point should I throw out or donate clothes, shoes and purses I haven't used in years? I loved them when I wore them and am hoping to do so again, but my closet is getting too full.
- Caroline Dillon

Dear Caroline: Excellent question! I decided to go straight to an expert for this question, Leslie Conneely, who is a closet organizer: “If you haven't worn them in years, there's a reason. They might not fit you or your lifestyle any more, or they're just not in line with current fashion. That's okay. They served you well when you wore them, and you got value out of them. It's time to let them go and donate them to a charity that will pass them on to someone who will get even more value out of wearing them. They aren't doing anyone any good just collecting dust in your closet. In fact, the space you'll create by letting them go will actually help you see more of the clothes you DO wear, and you'll feel better about the donation.”

Dear Look Lady: Cropped wide leg jeans can a short-legged, hippy girl like me wear those?
- Katherine Leibforth

Dear Katherine: You're in luck! Cropped wide leg jeans are one of the hottest denim trends right now, and they'll stay hot through the fall, too. The key to wearing them: Make sure the width of the jeans at the bottom lines up with the width of your hips. This will distract attention from your hips and make them look smaller. I would also recommend mid-rise over low rise, because they make your legs look longer. To balance out your look, wear the jeans with a fitted top—not one that is baggy or oversized. Looser tops paired with wide jeans will make you look bigger all over. You might also want to try culottes, which are full, knee length trousers that resemble a skirt. Yes, they are back in style!

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The Look Lady is here to help you find the styles and trends that suit you best. Send your fashion questions to asklooklady@gmail.com.

Want to see your event in Trend? Debbie Hoppe, Trend editorial assistant, will send you guidelines. Email her at dhoppe@pioneerlocal.com.
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<td>Nina K Kapadia</td>
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<td>Harpreet Singh</td>
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<td>Andres Alvarez</td>
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<td>Carol Pribel</td>
<td>Peter Chrapski</td>
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<td>147 Allender Rd, Buffalo Grove</td>
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<td>2125 Lockwood Dr, Buffalo Grove</td>
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<td>1269 Devonshire Rd, Buffalo Grove</td>
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<td>771 Heatherdown Way, Buffalo Grove</td>
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<td>334 Arbor Gate Ln, Buffalo Grove</td>
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<td>3 Willow Pkwy, Buffalo Grove</td>
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<td>1332 Burescu Cl, Buffalo Grove</td>
<td>John H Chu &amp; Yiyun A Chang</td>
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<td>1732 Brandysirn Ln, Buffalo Grove</td>
<td>Anil Danda &amp; Shitala Danda</td>
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<td>53 Chestnut Ter, Buffalo Grove</td>
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<td>10 Seabrook Rd, Buffalo Grove</td>
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<td>163 Monroe St # 25, Evanston</td>
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<td>Brata Redzic</td>
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<td>Marlene Grossman</td>
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<td>1390 Madison St # 202, Evanston</td>
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<td>Elizabeth Franken</td>
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<td>1419 Brown Ave, # A, Evanston</td>
<td>Jason Neme &amp; Tashita Nemo</td>
<td>Peggy J Gregory</td>
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<td>1429 Washington St, Evanston</td>
<td>Anuradha Dewan &amp; Rahul Shah</td>
<td>Larry Rosenbaum</td>
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<td>159 Sherman Ave, # 801, Evanston</td>
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<td>Herbert Mocholoffin III Estate</td>
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<td>Benjamin Huffman &amp; Michelle Huffman</td>
<td>Andrew Ljakes</td>
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<td>1255 Pfifer Ave, Evanston</td>
<td>Patrick Jelle &amp; Jenny Bouli</td>
<td>Robert P Martinis</td>
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<td>2729 Park Pl, Evanston</td>
<td>Tara Steneck &amp; Jay Steneck</td>
<td>Hieda S Ravbi</td>
<td>03-23-15</td>
<td>$381,000</td>
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</tbody>
</table>
TO ADVERTISE

PLEASE CALL

3-1-2-283-7023

312-283-7023
## LAKE ZURICH

This 4-bed, 2.5-bath home is a combination of classic and contemporary architecture. Floor plan allows for great amounts of open space along with volume ceilings and a sweeping staircase. Huge kitchen with eating area that opens to family room. There’s a focal point fireplace and formal living and dining rooms. The master suite has a walk-in closet, laundry on the second floor. The basement is finished.

**Address:** 290 Hidden Creek Road  
**Price:** $369,000  
**Taxes:** $9024  
**Schools:** Lake Zurich High School  
**Agent:** Stephanie Seplowin/CENTURY  
**21 American**

## LAKE FOREST

Updated Dutch Colonial has 4 bedrooms and 2.5 baths. It is freshly painted, has hardwood floors throughout and is loaded with improvements. The eat-in kitchen has granite counters, new cabinetry, stainless appliances, and a subway backsplash. Formal living room and dining room have crown and picture moldings. Family room is updated. Master bedroom has walk-in closet. Partially finished basement features new furnace and new electrical box.

**Address:** 681 Edgecote Lane  
**Price:** $769,000  
**Taxes:** $8,970  
**Schools:** Lake Forest High School  
**Agent:** Lisa Trace/Griffith, Grant &  
Lackie Realtors

## MOUNT PROSPECT

This rehabbed 4-bedroom, 4-bathroom corner home has a second floor and back addition. Hardwood floors throughout on both floors. One bedroom is on the 1st floor, while the other three beds are on the 2nd floor. First-floor bath offers a tub and two baths on the 2nd floor have jacuzzi tubs. The roof was replaced in 2012, the windows and sump pump are 10 years old, and the two hot water heaters are 5 years old.

**Address:** 52 N. Emerson St.  
**Price:** $449,000  
**Taxes:** $7,985  
**Schools:** Prospect High School  
**Agent:** Michael Lipshey/Realty World All Pro Inc.

## GLENCOE

This large 5-bedroom, 3-bath home is bit dated but offers open and airy space. There are 9-foot ceilings on the first floor, tons of natural light and an extra-wide fireplace. Attached 2-car garage with a circular driveway. Whole-house natural gas generator, large patio, master bedroom with an en suite and loads of cabinet and storage space.

**Address:** 751 Woodridge Lane  
**Price:** $549,000  
**Schools:** New Trier Township H.S.  
**Northfield**  
**Taxes:** $11,794  
**Agent:** Shaun Raugstad/Coldwell Banker

Listings from Homefinder.com

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### Bankrate.com Mortgage Guide

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<th>Institution</th>
<th>APR</th>
<th>Rate / Fees</th>
<th>Product</th>
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Legend: The rate and annual percentage rate (APR) are effective as of 8/28/15. © 2015 Bankrate, Inc. http://www.bankrate.com. The APR may increase after consummation and may vary. Payments do not include amounts for taxes and insurance. The fees set forth for each advertisement above may be changed to open the plan. (A) Mortgage Banker, (B) Mortgage Broker, (C) Bank, (D) S & L, (E) Credit Union, (F) Indicates Licensed Mortgage Banker, NYS Banking Dept., (G) Indicates Registered Mortgage Broker, NYS Banking Dept., (H) Indicates Approved Lender. In this table, the sample used. Fees reflect charges relative to the APR. If your down payment is less than 20% of the home’s value, you may be subject to private mortgage insurance, or PMI. Bankrate, Inc. does not guarantee the accuracy of the information appearing above or the availability of rates and fees in this table. All rates, fees and other information are subject to change without notice. Bankrate, Inc. does not own any financial institutions. Some or all of the companies appearing in this table pay a fee to appear in this table. If you are seeking a mortgage in excess of $417,000, recent legislation may enable lenders in certain locations to provide rates that are different from those shown in the table above. Sample Repayment Terms: - es. 360 monthly payments of $5,29 per $1,000 borrowed or 180 monthly payments at $7.56 per $1,000 borrowed. We recommend that you contact your lender directly to determine what rates may be available to you. To appear in this table, call 800-509-4636. To report any inaccuracies, call 888-509-4636. - http://pioneerlocal.interest.com
COMMUNITY CALENDAR

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

Thursday, Aug. 27

Model Railroad Garden: Landmarks of America: This exhibition which features 18 G-scale trains chugging along 1,600 feet of track past replicas of American landmarks including the Statue of Liberty. 10 a.m. Daily, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, $6 adults, $5 seniors, $4 children, ages 2-12, under 3 free. Garden Plus members free. Visit entry Wednesdays; 10-visit pass $45, 847-835-5440

Butterflies & Blooms: The garden’s summer-long exhibit featuring hundreds of butterflies and the flowers they reside on opens for the year. 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

Hot Summer Nights: Bring dancing shoes for an evening of high-energy music and dance in McGinley Pavilion. Local bands are joined by professional dance instructors to provide visitors with easy-to-understand mini-dance-lessons corresponding to the music genre of the evening. 6 p.m. Thursdays, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

Fruit and Vegetable Garden Family Drop-in Activities: Join at the Regenstein Fruit and Vegetable Garden for fun, hands-on activities for families and children. Discover where food comes from and how plants grow. Pollinate flowers, dissect seeds, see root growth, compost with worms, create a rain-garden for healthy eating, and more. 10 a.m. Thursday-Sunday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

6 Wicket American Croquet: North Shore Croquet Club. NSCC offers free coaching sessions and practice games to learn ‘6 Wicket American Croquet’ 11 a.m., 1 p.m. and 3 p.m. Thursdays, Saturdays and Wednesdays, Glencoe Golf Club, 621 Wesley Road, Glencoe, free, 847-409-5526

Bleacher Bums: “Bleacher Bums,” a nine-inning comedy, tells the story of a group of Chicago Cubs fans on the bleachers during a summer afternoon. 8 p.m. Thursday; 8 p.m. Friday; 3 p.m. and 8 p.m. Saturday; 3 p.m. and 8 p.m. Sept. 3; 8 p.m. Sept. 4; 3 p.m. and 8 p.m. Sept. 5, Oil Lamp Theater, 1723 Glenside Road, Glenview, $35, 847-834-0738

Chagall for children: This highly-interactive exhibit features hands-on activities and audio descriptions of each of Marc Chagall’s works specifically appropriate for children ages 2-12. 9:30 a.m. Daily, Kohl Children’s Museum, 2100 Patriot Blvd., Glenview, $11-30, 847-832-6600

ZZ Top: With Blackberry Smoke. 8 p.m. Thursday, Ravinia Festival, 418 Sheridan Road, Highland Park, $38-90, 847-266-5100

The Piano Guys: 6 p.m. Thursday, Ravinia Festival, 418 Sheridan Road, Highland Park, $27-60, 847-266-5100

Lyr Williams: 6 p.m. Thursday, Ravinia Festival, Bennett-Gordon Hall, 418 Sheridan Road, Highland Park, $10, 847-266-5100

Baked Goods Swap: Come celebrate the last days of the Adult Summer Reading Club by bringing two dozen cookies or other baked goods to the library for a swap. All participants are welcome to sample the treats at the library and take home the rest to share. 7 p.m. Thursday, Lake Bluff Public Library, 123 East Scranton Ave., Lake Bluff, free

Dickinson Hall Men’s Club: Gather with peers to learn the origins and early history of Fort Sheridan, from its origin in the 1880s through WWI. Men 55 years and better are welcome to attend. 12 p.m. Thursday, Dickinson Hall, 100 East Old Mill Road, Lake Forest, $15, 847-234-2209

Thursday Night Emotions Anonymous: Emotions Anonymous is a 12-Step organization similar to Alcoholics Anonymous. Our fellowship is comprised of people who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties. 7 p.m. Thursdays, Christ Church of Lake Forest, 100 North Waukegan Road, Lake Forest, free

Cancer with grace support group: Cancer with Grace offers spiritual and emotional support in a confidential setting to help us live each day to the fullest. 11:30 a.m. Thursday, First Presbyterian Church of Lake Forest, 700 S. Sheridan Road, Lake Forest, free, 847-234-0100

MainStreet Libertyville Farmers Market: 7 a.m. Thursday, Downtown Libertyville, 100 E. Church St., Libertyville, free, 847-680-0336

October Sky: 8 p.m. Daily, Marriott Theatre in Lincolnshire, 10 Marriott Drive, Lincolnshire, $50-55, 847-634-0100

Beginner’s Series 2: Beginning Internet: Second class in two-part series. Registration required. Learn basic concepts, discuss reasons to use the Internet, practice using web browsers and perform simple searches. 3 p.m. Thursday, Lincolnwood Public Library, 4000 West Prat Ave, Lincolnwood, free, 847-677-5277

The American Legion, Post 134: The American Legion, Post 134, is seeking volunteers to raise funds for Poppy Days to help veterans. Solicitor permits are available for Morton Grove and Niles on Dempster Street and Harlem Avenue. Work a few hours in a designated area or solicit donations. 6 a.m. Daily, The American Legion Post 134, 6144 West Dempster Street, Morton Grove, 847-665-6539

Registration for Adult Fall Softball League: Teams play 10 games, round robin play with a single elimination tournament. 6:15 p.m. Weekdays, Keith Mione Community Park, 1401 North Midlothian Road, Mundelein, $540/team, 847-566-0650

Save A Star’s Drug Disposal Program: Accepted are prescription medications, all over-the-counter and pet medications, vitamins, liquids and creams. 9 a.m. Daily, Park Ridge Police Department, 200 Vine Avenue, Park Ridge, free

Karaoke Thursdays: 7 p.m. Thursdays, Perry’s Pizza and Ribs, 711 Devon Ave., Park Ridge, free, 847-983-4422

Rockin’ in the Park 2015: Free weekly concerts feature the music of classic rock 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, 847-349-5050

Food Drive in Skokie: Requesting donations of canned goods and dry food products to fill the shelves of the Niles Township Food Pantry. The food will be given to the hungry in the community. All foods can be dropped off at Waukegan Road, free, 847-945-0470

Mundelein Farmers Market: Shop for fruits, vegetables, cheese, flowers, jams and jellies, rum cakes and more. 8 a.m.-3 p.m. Saturday, Southside Popolo Catholic Church, 164 N. Lake St., Mundelein, free, 847-970-9225

Lake Bluff Farmers Market: 7 a.m.-12 p.m., Fridays, Village Green, 1 E. Scranton Ave., Lake Bluff, free, 847-272-6224

Showtime: Afternoon Movies for Adults: Bring a friend and enjoy a movie at the library. All movies begin at 1 p.m. 1 p.m. Friday, Lake Bluff Public Library, 123 East Scranton Ave., Lake Bluff, free

Lincolnwood Town Center hosts Back-to-School Celebration: 5 p.m. Friday, Lincolnwood Town Center, 3333 W. Touhy, Lincolnwood, free, 847-674-9220

Gentle Yoga: 10:30 a.m. Fridays, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Share The Warmth: Join a group of warm, friendly, supportive women (men welcome) to prepare one-of-a-kind fleece blankets for chemo patients. Add a crocheted edge to a fleece and send free blankets to new adult chemotherapy patients. A basic crochet stitch can be taught if needed. Bring lunch. Donations are welcome to this 501(c)3 non-profit organization. 9 a.m. Fridays, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-293-6755

Duo Acoustic: The senior center offers a free acoustic bridge game. 9 a.m. Fridays, Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-5127

The Musical Shabbat: 7:30 p.m. Fridays, Congregation Or Shalom, 21 Hawthorn Parkway, Vernon Hills, free, 847-362-1489

Turn to Calendar, Next Page
Come Experience the Magic of Jammin'! In Jens Jensen Park: Enjoy the group Departure playing covers of The Grateful Dead's hit songs. 11 a.m. Saturday, Jens Jensen Park, 486 Roger Williams Ave., Highland Park, free, 847-432-6000

Thirty-second Annual Port Clinton Art Festival: More than 260 of the world's most celebrated artists come together to showcase their work over the weekend. 10 a.m. Saturday and Sunday, Port Clinton Square, 600 Central Ave., Highland Park, free, 847-926-4300

Zumba fitness class: Step into a new exercise with Zumba fitness class led by Melissa Kerpel, a licensed Zumba instructor. Feel the rhythm with live drummers on Saturday mornings. Try a class for free. 8:30 a.m. Saturday, 6:30 p.m. Wednesday, JCYS Lutz Family Center, 800 Clavey Rd., Highland Park, free, 312-961-8484.

Lake Forest Farmers Market: 8 a.m. Saturdays, Lake Forest Metra Station, 671 N. Western Ave., Lake Forest, Free, 847-633-7000

Blogging 101: Learn how to use a blog as a hobby or for promoting your skills. Following the lecture, stick around for Q&A, photo opportunities, and a Facebook page setup. 6 p.m. Saturday, Lake Forest Historical Society, 820 Lake Forest Blvd., Lake Forest, Free, 847-948-9100

Sunday, Aug. 30

Deerfield Historic Village: 2 p.m. Sunday, Deerfield Historic Village, 450 Kipling Place, Deerfield, free, 847-948-0680

Chicago Botanic Garden Farmers' Market: 9 a.m. Saturday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

Glenview Squares Intro to Square Dancing: 6 p.m. Sunday, Glenview Park Center, 2400 Chestnut Ave., Glenview, Free, 847-698-5501

An Evening with Santana: 7:30 p.m. Sunday, Ravinia Festival, 418 Sheridan Road, Highland Park, $38-$120, 847-266-5100

Critics' Choices: "God's Slave": 2 p.m. Sunday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, Free, 847-965-4220

Jewish Genealogical Society of Illinois meet: 12:30 p.m. Sunday, Temple Beth-El, 3610 Dundee Road, Northbrook, Free, 847-966-4214

MGPL Kids: Monday Morning Playgroup: 10:30 a.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

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

Turn to Calendar, Next Page
Knights of Columbus Bingo: Bingo takes place every Monday at the Parish Center to help support Santa Maria and the community while having fun. 6:45 p.m. Monday, Santa Maria Del Popolo Catholic Church, 116 N. Lake St., Mundelein, $9 and up, 847-566-8213

Old Orchard Cruise Night: Monday Night Car Shows, a SOICQ (organization) will continue to build a scholarship fund for students looking to pursue programs focused in improving automotive skills. 5 p.m. Monday, Westfield Old Orchard, 9999 Old Orchard Center, Skokie, free, 847-433-2409

New Trier Educational Foundation Annual Golf Outing: 11 a.m. Monday, Westmoreland Country Club, 2601 Old Cook Road, Glenview, free, 847-724-2800

Center, Skokie, free, 847-433-2409

Tuesday, Sept. 1

Tuesday Morning Music: Garden visitors can enjoy free hour-long meditation sessions on Tuesday mornings in the McGinley Pavilion overlooking Evanston. Music varies from string quartets to Native American flutes, and are focused towards an older crowd. 10 a.m. Tuesday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

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

Open Hockey Rink Time: Players 18 years and older wearing full equipment can partake in a pickup hockey game. 12:15-1 p.m. Tuesday, Glenview Ice Center, 1831 Landwehr Road, Glenview, $10, 847-724-2800

Adult Literacy Classes Fall Session - Registration: Sign up for this unique opportunity for native and non-native English speakers to improve their reading and writing skills. 9:15 a.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Calendar, from Previous Page

View from the Bridge: Chicago's Drawbridges: Chicago's 60 plus drawbridges are a fascinating piece of the city's footprint and history. A film on these unique structures is followed by an informative discussion with the filmmakers. 7 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Concert Dance Inc. returns to Ruth Page Festival of Dance at Ravinia: This performance includes a world premiere titled, "Fly Me To The Moon," choreographed by CDI's choreographer, artistic director, Veneta Stifter. This engagement marks the retirement of veteran dancer and choreographer Victor Alexander. 7:00 p.m. Tuesday and Wednesday, Bennett Gordon Hall at Ravinia, 200 Ravinia Park Road, Highland Park, $10, 847-266-5100

Mary Poppins Auditions: This fun musical has numerous parts for both boys and girls in fourth through eighth grades. Auditions are held at The Winnetka Community House, fourth and fifth grades general auditions 10 a.m. special auditions 4 p.m.; sixth through eighth grade general auditions 5:30 p.m.; special auditions 6:30 p.m. Monday-Tuesday, Winnetka Community House, 620 Lincoln Ave., Winnetka, free, 847-446-0537

Epilepsy Support Group: Sponsored by the Greater Chicago chapter of The Epilepsy Foundation for the parents of children with epilepsy. 9:30 a.m. Tuesday, Laschen Community Center, 194 Evergreen Drive, Vernon Hills, free, 800-273-6027

Wednesday, Sept. 2

Deerbrook Park Toastmasters Club: Overcome a fear of public speaking and improve communication and leadership skills. 6:45 p.m. Wednesday, Deerfield Public Library, 920 Waukegan Road, Deerfield, free, 847-537-6438

Farm Dinners: Celebrate the connection between Midwestern farmland and locally grown food. Enjoy the meal prepared by chef Cleetus Friedman and served family style. 5 p.m. Wednesday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, $220, 847-835-5440

Grayslake Farmers Market: 3:30 p.m. Wednesday, Downtown Grayslake, 147 Center St., Grayslake, Free, 847-289-7138

First Wednesday Networking Group: Make new connections in a casual breakfast setting. 7:30 a.m. Wednesday, Bluegrass, 1636 Old Deerbrook Park, Deerfield, free, 847-965-4220

Food, family and tradition: Hungarian kosher family rememberances: 7 p.m. Wednesday, Highland Park Farmer's Market, 475 Roger Williams Ave., Highland Park, Free, 847-587-5570

Wednesday, Sept. 3

BookBites: Reading Salon: "Five Days at Memorial: Life and Death in a Storm-Ravaged Hospital" by Sheri Fink. 7 p.m. Thursday, Sept. 3, Glencoe House, 1843 Glencoe Road, Glenview, free, 847-74-6092

Opera Lecture Series: 7 p.m. Sept. 3, Glencoe Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Joseph Moog: 6 p.m. Sept. 3, Ravinia Festival, Bennett-Gordon Hall, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Chess Club: 7 p.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Knitting Studio: 1:30 p.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-784-6030

Guldin Meditation: 7 p.m. Wednesday, Round Lake Area Public Library, 906 Hart Rd., Round Lake, free, 847-546-7060

Luncheon and Fashion Show: 11:30 a.m. Wednesday, Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, $18 for 2015-16 Sisterhood members; $23, guests and $25 at the door, 847-675-4141

Chicago Mega Challah 1,000: Join 1,000 Jewish women for an evening of unity and inspiration, as they knead and draw delicious challah for Rosh Hashanah. Learn the secret to making a great handmade challah and share the gift of warmth and great taste with others. 7:30 p.m. Wednesday, Holiday Inn North Shore, 5300 W. Touhy Ave., Skokie, $18, 847-677-1770

Make Sidewalk Chalk Art with Contemporary Picture Book Stars: Attendees help cover the sidewalk outside The Book Stall with their chalk drawings, and each kid is officially knighted, two things that Leo, a ghost, gets to experience in the book. 4:30 p.m. Wednesday, The Book Stall at Chestnut Court, 811 Elm St., Winnetka, free, 847-446-8880

Thursday, Sept. 3

Free Yoga Night: 6 p.m. Thursday, Ami Ami Boutique in Highland Park, 668 Central Ave., Highland Park, free, 847-955-2518.

Book Discussion: 1 p.m. Sept. 3, Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-5127

German Stammtisch: The group meets in the community center to practice German and learn about German culture. 1 p.m. Sept. 3, Oakton Park Community Center, 4701 Oakton St., Skokie, free

Quilt Lecture: 7 p.m. Sept. 3, 4 and 5, Beth Hillel Congregation Bnai Emunah, 3220 Big Tree Lane, Wilmette, $5, 847-480-9777

Friday, Sept. 4

Free Blood Pressure Screening: Blood pressure and glucose screenings are offered in the hospital's Myra Rubenstein Weis Health Resource Center. 8:30 a.m. Sept. 4, Highland Park Hospital, 777 Park Ave. West, Highland Park, free, 847-480-2727

Saturday, Sept. 5

Selichot Service: Congregation B'nai Tikvah holds traditional Selichot Service Havdalah and reception, followed by program and service. 7:45 p.m. Sept. 5, Congregation B'nai Tikvah, 1558 Wilmette Road, Deerfield, free, 847-945-0470

Nature Nights: Seed Scatter: Hitchhiking, exploding and parachuting are ways plants spread their seeds. Bring a picnic. Held rain or shine. For children ages 4 to 10 and families. 5 p.m. Sept. 5, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, $26 per child for nonmembers 20% off for Garden Plus members, 847-835-5440

Taste of Serbia: Traditional cuisine, music and beverages will be featured. There is fun for all ages, including a kiddie area with giant inflatables and games. Stop by the bookstore for music, books, jewelry or icons. 12 p.m. Sept. 5, St. Basil of Ostrog Serbian Orthodox Church, 27450 N. Bradley Road, Lake Forest, free, 847-247-0077

Silver Screen Series: "The Tea House of the August Moon": The story is about a soldier who is sent to Americanize a small village on Okinawa. Gradually and ultimately, the soldier becomes assimilated to the local customs with the help of his interpreter and a lovely young geisha. This showing takes place in the Baxter Room Auditorium. 2 p.m. Sept. 5, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Selichot at Temple Beth Israel: High Holy Days observance begins with Selichot Services: "Preparation for Repentance." The services are preceded by Study Session at 9:15 p.m. 11 p.m. Sept. 5, Temple Beth Israel, 3601 W. Dempster St., Skokie, free, 847-675-0951

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**MOVIES**

**Now playing**

**"Fantastic Four" ★★★**
PG-13, 1:46, action. Everyone on screen in "Fantastic Four" speaks in a flat, earnest monotone with a determinedly low-keyed air bordering on openly not giving a rip. Well, it's a choice. A boring one, but a choice. The film, genuinely listless as directed and co-written by Josh Trank, in a style to be named later, showcases the revised origin story of the Marvel Comics quartet, basing its storyline on the 2004 "Ultimate Fantastic Four" books. This is a mere eight years after "Fantastic Four: Rise of the Silver Surfer" came and went. For a movie largely set on a planet (Planet Zero) coursing with living, liquid energy, I don't know if I've ever seen a superhero movie more in need of a lie-down. — Michael Phillips

**"The Gift" ★★★★**
R, 1:48, thriller. Jason Bateman and Rebecca Hall play Simon and Robyn, recently moved from Chicago back to Simon's native Los Angeles. Shopping one day, they chance upon Simon's old high school classmate, a quiet, tense fellow named Gordo. Simon is creeped out by his old acquaintance's pushy, needy impulses. Something's going on under the surface of the social encounters, indicated by Gordo's early promise that he's willing to "let bygones be bygones." Gradually "The Gift" unrolls the story of what happened back when Simon and Gordo were teenagers, while playing a clever shell game with the characters and our sympathies in the present day. "The Gift" faces a particular challenge, since its marketing campaign makes it look like a slasher outing. It's not. — M.P

**"The Man From U.N.C.L.E." ★★★**
PG-13, 1:56, action. Director and co-writer Guy Ritchie's "The Man From U.N.C.L.E." inspired by the 1964-1968 TV series, tells a tale of nice suits, pretty sunglasses and actors posing, not acting. The male stars are Henry Cavill as Napoleon Solo, American CIA spy with a sociopath's devotion to his wardrobe, and Armie Hammer as Illya Kuryakin, the Soviet KGB operative enlisted to team up with Solo in Cold War 1963 to unravel and destroy a Nazi-tinged, nuke-minded crime ring based in Italy. Ridiculously handsome, the Solos we have here is a clothes rack, not a protagonist. While Hammer's Kuryakin is better company, together they're like a '60s Ken doll and Ken's exchange student frenemy from Minsk. — M.P

**"Straight Outta Compton" ★★★½**
R, 2:26, biopic. "Straight Outta Compton" is a musically propulsive mixed blessing of a biopic, made of the way these things often get made: with the real-life protagonists breathing down the movie's neck to make sure nothing too harsh or unflattering gets in. As relayed by director F. Gary Gray, the rise of South Central Los Angeles hip-hop revolutionaries N.W.A begins in Compton, Calif., in 1986 and ends less than a decade later, with Eric "Eazy-E" Wright's AIDS-related death in 1995. The closer the film sticks to the recording booth, the more vivid its impact. A tougher-minded biopic would've had the nerve to acknowledge some of the group's seamier material. — M.P
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Truth or dare?

Service center add-ons can be a game you don't want to play

BY STEVEN LANG | Tribune Newspapers

Have you ever been told that there is some magical oil additive that will “improve your car’s performance”? Or that you should do some preventive maintenance to keep your car running well?

That sounds like good advice. Since maintenance works great for us humans, why not our cars? It seems all too logical. But when it comes to what your car really needs, it can often be little more than a cheap pitch designed to make you spend more money.

The hard part is figuring out the automotive truth from the service shop dare.

Unlike the 3,000-mile oil change and fuel injector cleanings of yesterday, today's myths are mostly hidden inside services you may legitimately need. A few dealerships or independent shops may recommend a “30,000 mile service” in big bold letters. But many of the maintenance items they list as part of that service may not be the ones recommended in your owner's manual. When in doubt, always follow the recommended maintenance schedule from your automaker.

If you sense a service center daring you to demand the truth, consider these examples where services sound less than legitimate.

Additives

Why would anyone ever recommend an engine cleaner or some other form of modern additive that isn't mentioned on your car’s maintenance schedule? Slick profit, that's why.

Truth: Automakers and oil companies employ small armies of experienced chemical and mechanical engineers. These well-educated professionals spend their entire careers developing and testing additives to figure out which oils, fuels and other lubricants will offer the best longevity and efficiency for your vehicle.

Dare: Unfortunately, clever marketing is more popular than modern physics when it comes to aftermarket oil products. Eric Johnson, who is the lead lubricants engineer for General Motors, is brutally blunt when it comes to engine cleaners. “Frankly, the best we have seen is no harm... Adding liquids that simply don't belong in your car can change how your engine functions and its longevity. GM's stance, and I don't think it differs from other manufacturers, is that the engine oils we approve are 'fully formulated' and, therefore, do not require any additional additives.”

If a service center ever recommends an engine cleaning product, be suspicious. Cross-check your owners manual or manufacturer's recommended service schedule. Chances are you'll want to protect your wallet and take your car elsewhere.

Waste/disposal fees

These fees can range from less than $5 to more than $50, depending on whether you're changing your oil, replacing your tires or exchanging a worn-out part for a new one.

Truth: Tires are rolling money pits that require disposal, but used motor oil is more of a volume proposition. Many quick-lube oil change franchises sell their used oil directly to recyclers, while most repair shops have to pay to get it removed. There are a laundry list of state and federal regulations that add even more cost to this healthy use of waste. However, for most places, a small fee of $2 or less is reasonable.

Dare: Remember, not everyone pays for oil disposal. Ask before your service is being performed if there are any unstated waste or disposal fees. If they sound unreasonable, then you may be working with an unreasonable proprietor.

Replacement game

"Your air filter is dirty! Your transmission fluid is dirty!" Certain shops have a murky reputation for trying to sell you on maintenance that simply isn’t needed according to your owner's manual.

Truth: The owner's manual is right 99 percent of the time. The only issue you may find is if you are a keeper of an older model car with a CVT (continuously variable transmission). Certain CVTs have experienced high failure rates due to "lifetime fluids" that are anything but. In those rare cases, online enthusiast forums have a track record of that very unique circumstance.

Dare: Automakers have billions of dollars on the line when they recommend a specific maintenance schedule. That guy smiling and showing an icky air filter in your face? He may be by your side. But if your owner's manual doesn't agree with his recommendation, keep your hard-earned money in your pocket.

Many service centers live up to the testimonials you find on their walls and online. Invest in their knowledge.

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