Pulling their weight
Law enforcement agencies come together for Special Olympics.

From left, Niles Deputy police Chief Vince Genua1di and Niles police Chief Dennis McErney do their part to pull a UPS jet Sept. 19 at the Law Enforcement Torch Run Plane Pull for Special Olympics at Chicago O'Hare International Airport.

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Evanston resident Lupe Delarosa rides his mountain bike year-round, traveling from his home near Dodge Avenue to a job on Northwestern University's campus.

Even if he didn't have that activity, his maintenance job, making sure Sargent Hall, a student housing center on campus stays clean, keeps him more than active.

"You're running up and down, doing this, doing that," he said. "If you're out of shape, forget it. You're going to be out of breath."

Delarosa, 50, seated on a bench downtown, took a breather long enough, allowing Pioneer Press to ask him a few questions.

Q. What brought you to Evanston?
A. I grew up in Humboldt Park. Because of my job here. I work for Northwestern in maintenance close to eight or nine years.

Q. What are some of your job responsibilities?
A. Everything. Making sure it (the building) is spotless - clean, swept, mopped. Making sure the walls, everything is clean.

Q. What do you like about your job?
A. The people, nice and friendly.

Q. Any hobbies?
A. Swimming, bike riding, weight lifting.

Q. How long does it take you to get to work?
A. Usually ten minutes. I usually take alleys.

Q. Does the cold bother you, riding in winter?
A. Usually I take my coat off because it's too heavy.

Q. OK, a serious question: Cubs or White Sox (Lupe was wearing a White Sox T-shirt.)
A. White Sox.

Q. If the Cubs go to the World Series...
A. I would root for them.

- Bob Seidenberg

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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Nick Marino 847-508-5800
Lake County Sheriff personnel pull a UPS plane Sept. 19 at the Law Enforcement Torch Run Plane Pull for Special Olympics at O'Hare International Airport.

Pulling weight for a good cause

Law enforcement agencies support Special Olympics with annual event

BY KARIE ANGELL LUC
Pioneer Press

You couldn't pull a fast one at the Law Enforcement Torch Run Plane Pull on Sept. 19 at Chicago O'Hare International Airport, not with all the cops watching.

But you could pull a plane several yards with the help of some philanthropic muscle power from teams of local law enforcement officers.

"We're veterans at this," said Niles police Chief Dennis McEnerney, whose team has done this before. "It's a piece of cake ... Once we got that baby rolling, there's nothing to it."

Private organizations, police and public safety officials tested their strength in teams of 20 competing in a tug of war as they tried to pull either a UPS Airbus A300 or a United Airlines 737 aircraft 12 feet in the shortest amount of time.

Each team had raised a minimum of $1,000 to enter the competition. Proceeds from the event went to Special Olympics Illinois.

"It's exciting, it's a great cause and it's really an honor and privilege to participate because we can change lives," said Park Ridge police Chief Frank Kaminski.

Last year, Rosemont and Morton Grove public safety officials combined forces for their pull. This year was no exception.

"It's a great event," said Officer Adam Tabor, Morton Grove Police Department community liaison. "We just think it (Special Olympics) is a great organization," he said, "and if we can give back to the community, we try."

The event included a friendly rivalry between the Park Ridge and Niles police departments.

"It's not a competition, it's a partnership," said Officer Julie Genuardi of Niles, a Park Ridge community strategies officer whose husband, Vince Genuardi, is the Niles Police Department deputy chief.

Both Genualdis were present representing their respective teams.

Julie Genuardi was an Evanston, Northwestern University beach super plunger at last February's Polar Plunge which also benefited Special Olympics.

"This is what it's all about," Vince said. "You're in it together."

Other area teams included Round Lake Park and Lake County Sheriff's personnel, including the Wilmette Police Department.

"We encourage family and friends to join in the spirit by supporting their loved ones," Johnson said.

Donations can still be made at www.illinoisplanepull.com.

Karie Angell Luc is a freelance reporter for Pioneer Press.
Board members tour new amenities at Niles library

BY LEE V. GAINES
Pioneer Press

A 3-D printer, laser cutter, green screen and activities designed to educate elementary school-aged children in the areas of math and science are just a few of the new features that have officially debuted at the Niles Public Library.

The library district's Board of Trustees was treated to a sneak peek of the new facilities during its regular monthly meeting Sept. 16. The project was funded through a state grant.

Located on the lowest level of the library, the creative studio is made up of two rooms, Studio A and Studio B.

Donna Block, teen librarian for the district and one of the staff members who will monitor the studios' use and train patrons on the equipment, highlighted the creative possibilities of both rooms. Studio A, which is dominated by large green screen, can be used for making videos, editing footage, recording podcasts and creating artwork, among other things, she said.

Studio B, just around the corner, includes a 3-D printer and a laser cutter. Block said is capable of engraving steel, cutting and engraving wood, creating designs and stamps on glass bottles as well as cutting rubber, fabric and leather. Also included in the space is a vinyl cutter that can produce designs for stickers, card stock and other materials, Block said. She said patrons can submit their designs via email to the library's staff to be produced on any one of the three machines. Once the designs receive staff approval, Block said patrons would be given a timeline of when they can expect to pick up their finished product.

Library officials said adults and teens age 13 and

up are allowed to use the technology available in the creative studio as long as they are either a Niles Library cardholder or student attending a school in the library's district.

Some board members expressed concern about what kind of supervision would be provided while patrons use the equipment.

Block said a significant amount of staff time would be required to operate the facility. The library's director, Susan Lempke, said staff would provide basic training to patrons on the use of the equipment, and those interested in learning more would be steered toward online resources.

In any case, she said, there will be "a learning curve on that equipment."

Patrons have already asked a number of questions about the yet to be unveiled creative studio, Lempke said. Though it's hard to judge how much use the facility will receive before it's actually opened, she said "I think it will be quite popular."

For the library's younger patrons, the Wonder Ground, a space focused on science, technology, engineering, arts and math learning for children in kindergarten through fourth grade, debuted last weekend in the youth section of the library.

The educational theme will change each month, said Arianne Carey, director of youth and teen services. This month through next, she said, children will have the opportunity to learn about scientific tools, scientific reasoning and the human body. Future programming will include age-appropriate activities and lessons focused on botany, electricity and the world's oceans.

Carey said homeschooled children and their parents are welcome to check out the facility during school days and on weekends. Open labs at the Wonder Ground will be held Tuesdays and Thursdays between 4 and 6 p.m.

"That will be a little bit of a staffing challenge but we'll rally," she said.

Carey said the library is packed with young students every weekday after school and the new space will offer them an engaging educational environment.

Lee V. Gaines is a freelance reporter for Pioneer Press.
Lincolnwood becomes ONCC's 56th member

BY NATALIE HAYES
Pioneer Press

The village of Lincolnwood last week became the latest community to join the O'Hare Noise Compatibility Commission and village officials said they hope to build consensus for reducing airport noise while also getting approval for a noise monitor.

One of O'Hare's east-west runways—the 9L-27R runway on the far north side of the airport—takes approaching planes on a path that leads directly over Lincolnwood along Pratt Avenue, according to the village.

Village Manager Tim Wiberg said during the Village Board meeting on Sept. 16 that the village plans to leverage its membership with the ONCC to secure a noise monitor that would start recording noise levels from planes flying overhead.

Noise data recorded by the permanent monitors set up in other communities along flight path zones is sent to the Chicago Department of Aviation’s Airport Noise Management System, which is connected directly to the Federal Aviation Administration’s air traffic control radar, according to the Chicago Department of Aviation.

“If you drew a line from the 9L-27R runway going east, you’d hit Pratt Avenue—planes coming west from Lake Michigan take a path that flies right over our village,” Wiberg said.

The Chicago Department of Aviation stores the noise data and uses it for planning programs aimed at reducing airplane noise, and municipalities can qualify for noise monitors if they record sound levels greater than 65 decibels.

Communities that average noise levels at 65 decibels or higher can qualify for sound-insulation programs.

Mayor Jerry Turry said Lincolnwood planned to start by lobbying for a temporary noise monitor, and then the village could use that data to apply for a permanent monitor.

Lincolnwood is the ONCC’s 56th member, and joins 38 other municipalities and 16 school districts that are already part of the coalition.

“I think (joining the ONCC) is a slam-dunk for us,” Trustee Larry Elster said during the Sept. 16 Village Board meeting. “We’ve heard from our residents and this is a way to represent them.”

Natalie Hayes is a freelance reporter for Pioneer Press.

Niles police awarded grant by ComEd, National Safety Council

BY LEE V. GAINES
Pioneer Press

A Niles Police Department project aimed at teaching young bicyclists, from toddlers to teens, the basics of bike safety was funded entirely through a grant awarded by ComEd and the National Safety Council.

The roughly $7,600 grant was one of 17 awarded to northern Illinois municipalities by ComEd and the NSC in support of local safety natives, according to a statement from the agencies. The total amount awarded to all municipalities was over $137,000.

In February, the Niles Police Department purchased Safety Town, a mobile piece of equipment designed to provide children and teens with an understanding of stop signs, intersection crossings and additional education about cycling on city streets, said Niles Sgt. Robert Tornabene.

Safety Town includes mock buildings, stop signs, directional signs and a roll-out tarp to be used as a roadway, he said, in addition to small bicycles and a 4-wheel pedal car for younger cyclists. Teens are welcome to use their own bicycles.

The inspiration for the project originates with the village’s long-term plan to create more bike lanes and, in general, become a more bike friendly municipality, Tornabene said.

“(Police Chief Dennis McEnerney) felt it would be beneficial to have an education program—we didn’t have one in the past—to educate kids about bike lanes, safety and stopping at intersections so we don’t have those issues occur,” Tornabene said.

The National Safety Council, a nonprofit organization whose aim to reduce injury and death in communities, is in charge of administering the grants, according to a statement.

“These grants empower communities to reduce day-to-day risks and prioritize residents’ well-being,” said Kathy Lane, NSC’s senior director of public relations. “We are proud to recognize Niles, not just for its dedication to safety, but for its creativity as well.”

Tornabene said the department initially looked into the possibility of creating a brick and mortar structure to teach children and teens the basics of bike safety, but “the cost is astronomical... some upwards of $200,000 to build.”

The mobile Safety Town provided an ideal alternative, he said, because of its low cost and mobility.

The equipment was first rolled out to the public during the village’s Bike Niles Fest in June.

Tornabene said Safety Town “was pretty well-received” at its public debut.

The equipment, he said, will be used for future events. Safety Town and the associated education programming is managed by the police department’s bike unit.

Lee V. Gaines is a freelance reporter for Pioneer Press.

Sex offender charged after failing to notify cops of Glenview move

BY NATALIE HAYES
Pioneer Press

A former Morton Grove man has been charged with violating the state’s sex offender registration act after moving to Glenview without notifying authorities, according to Morton Grove police.

James Whittington, 54, was arrested on Sept. 9 after someone told Morton Grove police that Whittington had moved to the 800 block of Laramie Avenue in Glenview, about a mile away from Loyola Academy in Wilmette, police said.

A former critical care nurse at Weiss Memorial Hospital on Chicago’s north side, Whittington was required to register as a sex offender following his September 2011 conviction for allegedly injecting a patient with morphine and sexually assaulting her in 2009.

Registered sex offenders can live near a school as long as their residence is at least 500 feet away, according to state law, but requires offenders to register their address with local police within three days of moving.

Up until July 1, Whittington had been living on the 7400 block of Lyons Street in Morton Grove in a home he shared with his ex-wife, police said.

He has since moved again to an apartment on the 8600 block of North Milwaukee Avenue in Niles, according to information on the Illinois Sex Offender registry.

Whittington is scheduled to appear in court on Sept. 25 at the Skokie courthouse.

Natalie Hayes is a freelance reporter for Pioneer Press.
Lawmaker resigns amid Illinois budget stalemate

BY MONIQUE GARCIA
Chicago Tribune

SPRINGFIELD - A northwest suburban Democratic state senator who was up for re-election next year announced his resignation to take a job as the head of a child advocacy organization.

Sen. Dan Kotowski of Park Ridge said Sept 15 that he will leave office Oct 5 to become president and CEO of Chicago-based ChildServ, which provides foster care and runs group homes in Lisle, Naperville and Downers Grove.

Kotowski joined the Senate in 2007 and helped oversee budget matters and spending. In recent months, he's been a frequent critic of Republican Gov. Bruce Rauner's efforts to cut child care and other social service programs.

Kotowski downplayed any frustrations with the current budget stalemate as a catalyst for leaving the Senate, saying he wanted to return to the nonprofit sector he worked in before being elected and spend more time with his family. ChildServ receives a combination of state, federal and corporate funding, Kotowski said.

"I have a great opportunity to help people in a very direct, meaningful way, and have more time to take care of my family. It's the best of both worlds," he said.

Kotowski initially planned to run for re-election in 2016. It will be up to Democratic leaders to appoint his replacement until the election, and Kotowski has not announced who he is backing.

Rauner has indicated he will not run again, including Republican state Sen. Dan Duffy of Lake Barrington and fellow Republican state Reps. Mike Tryon of Crystal Lake and Ed Sullivan of Mundelein.

Morton Grove motorcyclist killed in Sheridan road crash

BY KATHY ROUTLIFE
Pioneer Press

A Morton Grove man died Sept 19 after the motorcycle he was riding north on Sheridan Road collided with a vehicle whose driver reportedly turned left in front of him, Wilmette police said Sept 21.

Wilmette police said the crash took place shortly after noon on Sept 19. They identified the motorcyclist as Paul L Choi, 42, of the 9500 block of Capulinia Avenue in Morton Grove. Choi was taken to Evanston Hospital in critical condition, where he died of his injuries at 2:43 p.m., according to the Cook County Medical Examiner's office.

Police said an initial investigation revealed that a 79-year-old Wilmette man driving a 2008 Jeep Grand Cherokee was traveling south on Sheridan Road when he turned left to enter Gillson Park at the park's south end. Authorities said the man turned in front of Choi's northbound 2014 Harley Davidson.

The driver of the Jeep had no injuries, police said, though a 78-year-old female passenger was taken to Evanston Hospital with what authorities said were non-incapacitating injuries.

Wilmette police are still investigating the death with help from the Major Crash Assistance Team. On Sept 21, police said there was no indication of alcohol or drugs being a factor in the collision. No one has been cited or arrested in the case, authorities said.

"We're awaiting results from the crash assistance team prior to making decisions on charges," Wilmette police Chief Brian King said.

An autopsy on Sept 20 found that Choi died of multiple blunt force injuries and the death was ruled an accident, an official with the medical examiner's office said Sept 21.

King said Sept 21 that the collision was the first traffic-related death for the department since September of 2014.

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The following items were taken from Niles Police Department reports. An arrest does not constitute a finding of guilt.

### THEFT

- **Trimone Williams**, 35, of the 9100 block of Ewing Avenue, Skokie, was charged with felony theft on Sept. 13 after he allegedly stole money from his employer. Police said security video at a restaurant in the 7000 block of Touhy Avenue where Williams worked showed Williams removing money from two registers and placing the cash in his pocket. The restaurant later discovered it was short more than $400, police said. Niles police said Williams was initially encountered by Chicago police during the investigation of a home invasion in the North Edgebrook neighborhood. He remains in Cook County Jail.

- **Celia Nuno**, 19, of the 2400 block of Smith Street, Rolling Meadows, was charged with retail theft on Sept. 11 after she allegedly stole clothing from a store at Golf Mill Shopping Center. The clothing was valued at $314, police said. She has an Oct. 1 court date.

### RECKLESS DRIVING

- Lukasz Wiercioch, 27, of the 8300 block of Park Avenue, Niles, was charged with reckless driving on Sept. 12 after he was stopped for allegedly traveling at 65 mph in a 35 mph speed zone. Police said the traffic stop occurred at Dempster Street and Olcott Avenue. He has an Oct. 14 court date.

### ATTEMPTED BURGLARY

- Someone attempted to forcibly enter an apartment in the 8000 block of Churchill Terrace on the morning of Sept. 14, police said.

### THEFT

- A bicycle was stolen Sept. 6 from outside a store in the 9000 block of Golf Road. Police said the theft was not reported until four days later.

- A man allegedly stole $555.12 worth of toothbrush refills and Breathe Right nasal strips from a store in the 9000 block of Golf Road on the afternoon of Sept. 11. He was last seen getting into a black SUV driven by another man.

- On the afternoon of Sept. 11, two thefts were reported from two lockers inside a fitness club in the 9200 block of Milwaukee Avenue. A wallet, watch and $50 in cash were stolen.

- On the morning of Sept. 13, police said a woman waiting at a bus stop in the 7000 block of Oakton Street handed her purse over to a stranger after she saw the man looking at her and heard him make a comment about her bag. Police did not disclose what kind of comment the man made about the purse. The woman told police she was concerned the man might have had a weapon and so she handed her bag to him. The purse was found in the 6900 block of Oakton Street, but it was missing a cellphone, state ID and keys, police said.

- A man told police his cellphone was stolen on Sept. 12 after he left it in a checkout lane inside a store in the 6100 block of Touhy Avenue. The phone and placing it in his pocket before leaving the store.

- A purse was stolen from a car parked in the 9200 block of Milwaukee Avenue on the evening of Sept. 16. A window was broken to gain entry.

### Police: Niles man killed in hit-and-run on Golf Road

BY JENNIFER JOHNSON
Pioneer Press

A 55-year-old Niles man was killed late Sept. 17 after he was struck by a vehicle in a hit-and-run incident in the 8600 block of Golf Road in Niles, police said.

According to a news release from the Niles Police Department, Tadeusz Dec was walking north across Golf Road just west of Greenwood Avenue about 11 p.m. when he was struck by a sport utility vehicle going west on Golf.

The cause of death was multiple injuries caused by the SUV striking Dec, according to the Cook County medical examiner's office.

According to police, Dec was crossing Golf Road and headed north when he was hit by what a witness described as a "light-colored" sport utility vehicle that was traveling west on Golf. The vehicle did not stop after striking Dec, police said.

Niles Police Sgt. Robert Tornabene said Dec was not in a crosswalk at the time of the accident. It is believed he was on his way home when he was struck, Tornabene said.

The Niles Fire Department transported Dec to Lutheran General Hospital where he was pronounced dead at 11:35 p.m., police said.

The vehicle that fled the scene is described as a light-colored SUV with front end damage.

The Major Crash Assistance Team division of the North Regional Major Crimes Task Force is involved in the investigation of the hit-and-run, police said.

Anyone with additional information is asked to contact the Niles Police Department at 847-588-6500.

jjohnson@pioneerlocal.com
Notre Dame College Prep gets sponsor

Brothers of Holy Cross assumed role Aug. 31

BY LEE V. GAINES
Pioneer Press

The last day of August will be remembered as one of the most historically significant for Notre Dame College Prep High School in Niles, said the high school's president, Ralph Elwart.

After nine years without any formal religious oversight, the high school announced Aug. 31 that the Brothers of Holy Cross would assume sponsorship of Notre Dame College Prep.

The newly formed relationship drew the praise and support of the Archbishop of Chicago, Blase Cupich.

"This is a story of lay people stepping up to hold in trust a fine Catholic institution, nurturing its Catholicity in the Holy Cross tradition and helping it succeed by participating in a vibrant network of Catholic secondary schools," Cupich said in a statement.

The announcement is eclipsed only in importance by the opening of the school in 1955, Elwart said.

In June of that year, 16 members of the Priests of Holy Cross and a team of laywomen and men founded the school and began offering a Catholic education guided by the principles of the Congregation of Holy Cross, according to a release from the school. Today, Notre Dame College Prep has the distinction of being the largest all-male school in the Chicago Archdiocese.

In 2006, however, the Priests of Holy Cross withdrew their sponsorship from the school, Elwart said.

He said Notre Dame College Prep "was something of an anomaly" for the Priests of Holy Cross who were, at the time, "better devoted to the colleges, principally the University of Notre Dame."

"This was their only high school," said Brother Ken Haders, assistant provincial and vicar of the Midwest Province of the Brothers of Holy Cross. He said the priests thought sponsorship of the school was no longer in their best interest given their many commitments to higher education institutions, their parish and foreign missions.

Elwart said the absence of any religious sponsorship "wasn't quite as dire as it seems."

An Association of Christian Faithful, a group composed of laypeople and others, was appointed by the Archdiocese of Chicago to oversee the religious operations of the school following the withdrawal of the priests, Elwart said. Ownership of Notre Dame College Prep was assumed by a board of laypeople on January 2007, according to the release.

In the absence of the priests, the school continued to grow, Elwart said.

"Internally, since the school was a Holy Cross school for decades, that remained the same," he said.

Haders said the school's continued commitment to the principles of the Congregation of Holy Cross was a large part of the reason why the Brothers of Holy Cross decided to assume sponsorship of the high school.

"As Notre Dame College Prep continued to grow, even though the Priests of Holy Cross weren't there anymore, they never stopped being a Holy Cross school," he said.

After discussions between the Brothers of Holy Cross, the school's board and administration, the two groups decided that they were well-suited for one another, both Haders and Elwart said.

The sponsorship of Notre Dame College Prep, unlike the Priests of Holy Cross, have, historically speaking, more experience working with secondary schools, Haders said.

The entire process — from discussions to official sponsorship — took several years, Elwart and Haders said. The sponsorship also required the approval of Cupich, they said.

Elwart said the relatively new archbishop supported the new relationship, as did his predecessor, the late Cardinal Francis George.

Religious sponsorship will not change the day-to-day operations at Notre Dame College Prep in any immediately noticeable way, Elwart said. What sponsorship really means, he said, is that the school will now benefit from the guidance and teachings of the Brothers of Holy Cross in addition to the advice that might be gained from administrators and faculty at any of the other 16 schools with their sponsorship.

The sponsorship does not entail any financial gain nor does it mean Notre Dame College Prep will be staffed by brothers, Elwart said.

"The sponsorship model developed amongst the brothers takes into consideration the fact that we don't have the personnel to remain present (in every school)," Haders said.

Instead, he said, "a memorandum of understanding" is agreed to by both the educational institution and the brothers of Holy Cross outlining the responsibilities each party has to preserve the educational mission of the Congregation of Holy Cross.

The benefit to the students, Elwart said, is that now they'll have a chance to meet and engage with students from around the country who have also been beneficiaries of a Holy Cross education.

Both Elwart and Haders said they expect the new relationship between Notre Dame College Prep and the Brothers of Holy Cross to be a long-lasting one.

"This is one of those things that's going to last for a long time," Elwart said. "Nobody here thinks there is an end point in sight."

Lee V. Gaines is a freelance reporter for Pioneer Press.
Niles Township High School District 219 finalizes budget

BY NATALIE HAYES
Pioneer Press

Niles Township High School District 219 will spend approximately $17 million more this school year, or an increase of about 10 percent from last year, and the district will operate with a $14.3 million deficit, according to a final budget for 2016 that was passed by the school board this month.

About half of the spending increase can be attributed to the district's purchase of 55 new school buses for $4.9 million and a recent acquisition of three parcels of land in Niles for approximately $2.5 million.

The land purchase, approved by the school board during its Aug. 4 meeting, encompasses three pieces of adjoining property that will eventually house a bus terminal in the 6100 block of Howard Street and the 6000 and 6100 blocks of Gross Point Road for the new fleet of buses, according to the school district.

District 219 purchased the buses, which are operated by Chicago-based school bus transportation company First Student, Inc., after the district decided not to renew a multiyear contract with Evanston-based bus company Positive Connections.

The school district is planning to build the bus terminal on the property sometime before next school year, according to the district.

Approximately $15 million in capital projects is also planned for this year, according to Eric Thmberger, assistant superintendent for business for District 219.

Meanwhile, the district cut spending in some areas, including its supply budget, which at about $5 million for fiscal year 2016 has been sliced by about $487,000 from last year.

The school board also reduced the field trip budget by 50 percent and cut $100,000 in funding for the Green Council for School Improvement organization and $50,000 for the Technology Council for School Improvement.

Green Council for School Improvement encourages initiatives that improve environmental sustainability throughout the school district, according to the District 219 website. The group planned to push for a long list of projects this year, including the installation of water bottle refilling stations, low-flow toilets and a rain barrel program.

The technology council is a group of staff and students who plan major technology-related initiatives and makes recommendations to the school board.

There was no word on how the funding cuts would affect either organization.

The amount the district spends on each student, known as the operating expense per pupil, is calculated by how much school districts spend per student, divided by the district's average daily attendance over the school year's nine-month period.

In 2014 (the most recent year for which data is available) District 219 had the fifth-highest operating expense per pupil in the state at $22,339, according to state records.

Natalie Hayes is a freelance reporter for Pioneer Press.

Oktoberfest Das Boot 5K
October 3, 2015
Morton Grove Park District

$32 FEE
By 10/1 $40 Fee on Race Day Includes T-Shirt, Pancake Breakfast, 1 Free Beer/Drink (Must Be 21 or Older With Valid Photo ID For Beer) Race is Chip Timed

Location:
Prairie View Park
www.mortongroveparks.com
Gandhi Statue commemoration set

BY MIKE ISAACS
Pioneer Press

Skokie Mayor George Van Dusen calls the dedication ceremony in 2004 introducing the life-size statue of Mahatma Gandhi to Heritage Park "a great event in the history of the village."

It began years earlier when a determined group of residents from the Indian community in and around Skokie came up with the project.

"It was his idea," said a smiling Usha Kamaria, one of the founders of the Gandhi Memorial Trust, as she peered up at the golden statue of the great leader of India. "It then just got into our brains."

This was a picture-perfect September day, and a handful of founders of the Gandhi Memorial Trust, visiting the statue to talk about their upcoming event, said the weather always seems to be just this way when people gather around the statue.

The Gandhi Memorial Trust will sponsor a communitywide 10th-anniversary commemoration of the statue from 11 a.m. to 12:30 p.m. Oct. 4 in Heritage Park, along McCormick Boulevard between Dempster and Church streets.

The founders consider the event a "peace and harmony rally" of sorts, which is in keeping with their original motivation of installing the statue.

"Skokie is such a diverse community," said Omprakash Kamaria, chairman of the Gandhi Memorial Trust. "This was the right place for bringing people together."

Those paying close attention might note that last year was, technically, the statue's 10th anniversary. But members of the Gandhi Memorial Trust decided to hold off on the commemoration for a year so significant upgrade work could be done on the statue. That work was performed this spring.

"We needed to polish off the dust a little bit," said Satish Chander, a member of the Gandhi Memorial Trust executive board. "We want to keep this statue as glittering as (Gandhi's) personality."

The idea for a life-size statue of Gandhi began shortly after Usha Kamaria was elected trustee to the Niles Township Board more than a decade ago. She invited the community to join her at a meeting and celebration to get to know government officials better.

"We exchanged a lot of good ideas about how to keep Skokie a great place for years to come," she said. "The mayor spoke highly of contributions made by the Indian community and was always willing to listen to any good suggestions."

One of those suggestions - a Gandhi statue as "an icon to world peace" - in such a culturally diverse village - was especially resonant for him.

But forming the idea for Illinois' first life-size statue of Gandhi was only the beginning of the story: The Gandhi Memorial Trust and its nearly 10-member executive board had to raise money and attract donations to make the ambitious project a reality.

In the end, the statue cost $75,000 to $85,000. In actual funds, the founders say, but only because of many kinds of donations. The project would have been nearly double that, they say.

Village officials estimate that some 1,500 people attended the Oct. 2, 2004 dedication ceremony - Gandhi's birthday. One of the most memorable parts of the ceremony, Van Dusen said, was a hovering helicopter that dropped rose petals, making the day feel special.

That statue has become a spot for all those looking for somewhere where you can be just with yourself," Usha Kamaria said. "It is the place for a reminder to human kind that there were and there are people from the world who stood against injustice and violence."

MIKE ISAACS/PIONEER PRESS

The Gandhi Memorial Trust and the consulate general of India in Chicago will host a 10th anniversary celebration Oct. 4 in honor of Mahatma Gandhi and the statue.

How to attend Oct. 4 Gandhi statue celebration

McCormick Boulevard will be closed down between 10 a.m. and 2 p.m. Oct. 4 to accommodate the 10th anniversary commemoration of Skokie's life-size statue of Mahatma Gandhi.

According to the village, the commemoration event is expected to attract more than 300 attendees. Because of the large crowd, organizers requested a section of McCormick be closed off for the event.

Block walk south on McCormick using the park's walking trail will lead visitors to the statue.

Micke officers will be on hand to assist visitors attending the event.

MIKE ISAACS/PIONEER PRESS

"It measures more than 8 feet tall and stands on a pedestal, which brings overall height to more than a dozen feet. Gandhi is seen in the same simple and modest garb he wore for much of his adult life. In his hand is the Bhagavad Gita, a holy book that guided so much of his mission."

Local schools have structured lessons about Gandhi around the statue, Gandhi Memorial Trust leaders say, people have used the statue and its surrounding benches as a place for tranquility and solace from the harshness of everyday life.

"The Gandhi statue here in Skokie is a silent place for worshippers," Usha Kamaria said. "Whichever faith they belong to, I call it a place to find peace."

Many people ride bikes, jog or read a book near the statue, she said. The statue is one of the most frequently visited attractions in Skokie, according to Usha and Omprakash Kamaria.

"This statue has become a spot for all those looking for somewhere where you can be just with yourself," Usha Kamaria said. "It is the place for a reminder to human kind that there were and there are people from the world who stood against injustice and violence."
New mosquito abatement district director gets feel for area

BY DANIEL I. DORFMAN
Pioneer Press

The end of summer means mosquitoes are on the wane, but the work continues at local mosquito abatement districts, particularly for the new director of the North Shore Mosquito Abatement District.

Locally, the North Shore Mosquito Abatement District - which serves 13 North Shore communities - has the challenge of preventing the spread of West Nile virus. On Sept. 18, the Illinois Department of Public Health reported there have been 22 cases of West Nile virus in Illinois this year, leading to three deaths.

In the NSMAD area, there have been two cases where humans have been infected as of Sept. 18. Those numbers are far smaller than in 2012, when there were 20 cases of humans being infected.

There may have been fewer West Nile virus cases in 2015 in the NSMAD territory, but the workload has remained the same. During the summer, crews lay traps for mosquitoes that are then brought back and analyzed three times a week. New NSMAD Executive Director Roger Nasci, who took the position in July after a 24-year career at the Centers for Disease Control, says the area's conditions make it a tricky endeavor to keep the virus in check.

“There is something about the ecosystem where the birds, the mosquitoes, the people and the virus all come together in the right combinations to cause these periodic outbreaks,” Nasci said.

Once the traps are collected, biologists sift through the material collected to see how many mosquitoes are carrying West Nile virus. If necessary, the NSMAD will spray areas for 45 to 60 minutes to prevent an outbreak.

Despite being relatively new on the job, Nasci has seen why this can be a breeding ground for West Nile virus given the characteristics of the stormwater-handling system.

“In our district alone, there are about 60,000 catch basins,” Nasci said. “They all have a reservoir at the bottom that holds water and the mosquitoes that transmit West Nile virus love those habitats. There is organic material in there where it gets hotter and dryer and they stagnate and that brings in a lot of mosquitoes in our heavily populated neighborhoods.”

While not many disagree with the mission of mosquito abatement districts in general, there are concerns about whether Illinois - which has more taxing units than any other state in the country according to the U.S. Census - needs four mosquito abatement districts in the Chicago area alone.

Overall, the NSMAD has a $1.5 million budget. The agency, which has five trustees appointed by Cook County commissioners, operates with eight full-time employees plus 15 seasonal employees.

“You are going to have to provide the same services that are provided by the special taxing districts any-
La Grange Park native preps to play piano for the pope

By Jane Michaels

Pioneer Press

La Grange Park native John-Paul Kaplan has been tapped to play piano for Pope Francis during his visit to Washington, D.C.

“I am so honored and blessed to participate in this great occasion,” said Kaplan, a recording artist, arranger and composer who lives in Lockport with his wife and 4-year-old daughter.

Kaplan, 33, who began studying piano at the age of 7, said he doesn’t expect to be nervous when he plays for the pontiff Sept. 24 at St. Patrick’s Church just after he addresses Congress.

“My hope is what I can express is what I experience through the keyboard,” he said. “When you play with what’s in your soul, there is no nervousness. You are one with the music and the expression is tied directly with the audience.”

Kaplan, who was named for Pope John Paul II, attended St. Louise de Marillac School, where he began playing for school Masses as a third grader, he remembered.

“I’m a first-generation American. My parents came here from what is now the Slovak Republic,” he said. “My parents had experienced communism and they were very fond of the pope. To see a leader rise from a communist state was quite phenomenal.”

Music was a big part of his family’s culture and daily life and Kaplan said he began studying the classical composers with Doreen Sterba DeZur.

“My teacher always held concerts and recitals at the First Presbyterian Church of La Grange and I would be nervous,” he said.

Kaplan said he transferred as a 7th grader to Northridge Prep High School in Niles and won a music scholarship at Elmhurst College, but decided to study biology and chemistry. He continued performing and arranging various types of music, and friends encouraged him to record his songs, he said.

After forming Messenger Productions, a recording studio, in 2006, he released “This Is the Day,” which won Instrumental Album of the Year in 2007 for the United Catholic Music and Video Association, Kaplan said.

At the awards ceremony, Kaplan said he met Mark Forrest, a well-known Irish tenor, and the two have collaborated on recording and performing in various venues, including Carnegie Hall and the White House.

Catholic Charities, which is hosting an event for the pope to meet clients served by the agency, asked Kaplan to play and Forrest to sing during a lunch, Kaplan said.

Kaplan said he looks forward to sharing songs from his new album, Merciful and Gracious, which includes songs he has written. The album’s release coincides with the pope’s recent announcement of the upcoming Year of Mercy, though Kaplan said he wasn’t fully aware of the pope’s intentions while working on the album.

“I had heard something was going to be going on about mercy, so I prayed about it and what songs should be included so they would touch people,” he said.

The album is meant to enhance listeners’ spiritual life and meditation, he said.

“I pray with my music,” he said. “My hands are just an extension of my soul on the piano.”

Kaplan said he enjoys playing and has recorded his arrangements of jazz and popular music. He said he greatly admires and was influenced by Roger Williams.

Although he has played at Lincoln Center in New York, he said he prefers intimate settings, particularly Holy Hours during Eucharistic adoration at various churches around the country. He plans a tour throughout Illinois and Iowa in 2016.

“This program allows people to center on Christ, and during the meditation, I keep playing while Mark is speaking,” he said. “I love touching people’s hearts and bringing people back through the different songs I play.”

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Photographs and documents were pored over, memories were shared and even a few tears were shed when two cousins who live on opposite ends of the country got together Sept. 18 in Glencoe.

What made the family reunion even more special was that it took place in a home designed for their grandparents by the iconic architect Frank Lloyd Wright.

Alice Booth LeDoux and her cousin Mardie Meichin returned to their grandparents' house to take part in another event of the Glencoe Historical Society's yearlong celebration of the 100th anniversary of the Ravine Bluffs. That subdivision is where seven Wright-designed homes remain, a main reason why Glencoe has the third-highest number of existing Wright structures in the world, according to Ed Goodale of the Glencoe Historical Society Board of Directors.

The grandparents of LeDoux and Meichin play a central role in this story as they just happen to be Sherman and Elizabeth Booth. Sherman was Wright's attorney and friend and Elizabeth was a leading women's suffragist in Illinois and one of four women primarily responsible for the passage of the act that gave Illinois women the right to vote in 1913, according to Glencoe Historical Society President Karen Ettelson.

Sherman Booth commissioned Wright to design the homes in Ravine Bluffs, Goodale said, and the Booths wound up moving into one of the prairie-style houses on Sylvan Road.

LeDoux would come over from Northbrook several times a year and Meichin would stay for a few weeks over the summer, coming in from the Boston area where her parents lived.

"It's probably the reason why I went to architecture school," said LeDoux, today a resident of Orange, Calif. "I was always really interested in how someone could create a house like this."

LeDoux pursued architecture for several years prior to taking on a role in her husband's business.

"It was a good place to have wonderful thoughts and it still is," Meichin said.

The Glencoe Historical Society, which has put up miniature Wright sculptures throughout Glencoe as part of the centennial celebration, conducted a walking tour of the Wright homes Sept. 20, to be followed by a gala slated for Oct. 3 at the Am Shalom synagogue featuring Max Weinberg, the drummer of Bruce Springsteen's E Street Band.

Karen Ettelson, the president of the Historical Society, said the presence of the Booth family members has only enlivened the celebration.

"It was extraordinary to have descendants of individuals who were so critical to the development of Glencoe return home for our celebration," Ettelson said. "Their photos and personal documents and recollections have added immeasurably to the history of Glencoe?"
For Mark Freedman, his first taste of the restaurant business 40 years ago proved to be one to savor. He was 11-years-old and it was 1971 when Freedman started bussing tables at a steakhouse called Myron & Phil's. His father and uncle had just opened it together on Devon Avenue in Lincolnwood.

Four decades later, Freedman's passion for the food industry has outlived the family's steakhouse, which he ran for nearly 15 years before deciding not to reopen following an electrical fire two years ago.

Myron and Phil's will live on, however, in a new tavern-style restaurant and bar Freedman recently opened in Niles at 6480 W. Touhy Ave.

Wildwood Tavern opened just over two years after the fire, which coincidentally started just a few hours before Myron Freedman's father, passed away at age 95. Phil Freedman died last September.

Myron & Phil's was loved by many for its old-time "tablecloth steakhouse" vibe, but longtime loyal customers hoping to discover a carbon-copy version may be sorely disappointed.

"The restaurant is beautiful - and it's loud," Freedman said of his new endeavor.

"The environment is different because I'm catering to a different crowd now - it's not a $40-a-plate dinner anymore, but a $9 and $10 hamburger and a sandwich," he said.

Freedman spent the past year gutting the building (formerly Christopher's Off The Bone) and installed high ceilings, iron chandeliers and a stone fireplace to give the 240-seat dining room and bar-area what he describes as an Alpine-style feel that mimics a woodsy ski lodge.

"We're living in a city, but there's a forest preserve behind us, so I wanted to give it a rustic feel," Freedman said.

Aside from the 36-seat wooden bar surrounding a series of TVs centered in the middle of the establishment as the focal point, customers walking through the doors for the first time will immediately notice a life-sized wild bear carving perched just next to the door.

Diners who prefer the sounds of an urban setting over the woods, however, can grab a spot outside on the 60-seat open air patio and watch the cars go by on Touhy, or they can take a seat at one of six tables on an enclosed porch facing the front of the building off Caldwell Avenue.

As for the food, diners will find a generous-sized menu filled with lots of casual pub-style entrees and appetizers like thin-crust pizza, sandwiches, burgers, salads and soup - mixed in with a few staples from Myron & Phil's.

Some of Freedman's favorites are the fried pickles, homemade tater tots, the Reuben sandwich and a turkey B.L.T. topped with fried green tomatoes and thick-cut bacon on sourdough.

"The slaw and the dressings are all still there," Freedman said, "but we're not sitting in a low-ceiling building in a steakhouse on Devon Avenue anymore."

Beer is also a star on the menu with 35 domestic and imported varieties available in bottles or cans to accompany the list of 20 different drafts, including local representation with crafts from Chicago-based Revolution Brewing and Sauganash's Alarmist Brewing.

Freedman said he once vowed to open a new restaurant by the time he turned 54 - the same age his father was when he co-opened Myron & Phil's in 1971.

He turned 55 two weeks after opening Wildwood Tavern in late August.

"I'll never forget when a friend told me eight years ago to stop running my father's restaurant and to get my own - I took that to heart," Freedman said.

The opening hasn't come without challenges. Quality kitchen staff can be hard to find and retain because they get higher pay in Chicago, where the minimum wage was recently bumped up to $10 from the state's $8.25 an hour.

A shortage of steady kitchen staff has forced Freedman to spend much of his day in the kitchen pitching in on food prep to get ready for the evening crowds.

While Freedman is confident that people will love the food, he admits orders may take a little longer than normal until he irons out a few kinks associated with being new.

Social media hasn't always been kind, either. A few people have taken to Facebook and Yelp to complain about lengthy wait times for orders.

One guest wrote on Facebook that Wildwood Tavern wouldn't last more than six months, and that Myron Freedman was "rolling over in his grave."

Freedman wrote back, and said he's confident his father would be proud.

"I talked to my 93-year-old mother and she said (Myron & Phil) had growing pains that lasted a few months after they first opened, but in the 1970s you didn't have social media," he said. "It amazes me how good our food is, but it doesn't stop people from being mean on Yelp."

Wildwood Tavern is open from 11:30 a.m. to midnight, except on Fridays and Saturdays when it closes at 2 a.m.

Natalie Hayes is a freelance reporter for Pioneer Press.
Was America ever great in the first place?

Randy Blaser

Is America great? Was it ever great?
It is a great question, especially now with presidential candidate Donald Trump promising to restore America's greatness.

The term itself leads to problems. "Greatness" is a word that general semanticists would call a higher order of abstraction, meaning it is a word that means different things to different people, as opposed to the word "chair."

We could have an expansive discussion on just what it means for a nation to be "great" before we get anywhere near answering whether the United States fits that criteria.

Is a nation great if it has full employment? What about education levels? How about income levels or poverty rates? Can the GDP and rates of inflation measure a nation's greatness? What about policy toward its people, or policy toward other people, or some sense of justice?

I don't think greatness is so easily quantified. There has to be something more.

Greatness does not equate with utopia, or the absence of any of the problems and human frailties that confront us on a daily basis - poverty, crime, racism and misguided policy.

Greatness is achieved in spite of them. As the poet Robert Browning said, "A man's reach should exceed his grasp, or what's a heaven for?"

If greatness is to be found anywhere in America, it is in this single sentence: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness."

More than any other document, the Declaration of Independence is the founding document of this nation, and that sentence more than any other sums up the mission statement of the nation.

If that's not a call to greatness for all of us, I don't know what it is. I know the criticism. The Declaration of Independence was written by white men, for white males only and not people of color or women. Maybe so, but words have power. And I'll take those exact words today over any such critic's interpretation of them.

Besides, Abraham Lincoln put the lie to that criticism in his Gettysburg Address. As did the more than 600,000 who died in the Civil War to determine whether any nation "so conceived and so dedicated could long endure."

It is true that in many instances, America has strayed from the path that leads to greatness. The Declaration states that all are created equal, but the Constitution enshrined slavery as law. Since then, the story of the nation has been one of trying to live our creed and overcome the human stains of racial and ethnic prejudice, taking advantage of the poor and pursuing power.

It is in overcoming our sins and flaws that makes one great, not the absence of any such problems.

So is America great? I'll say the idea of the nation as written in the Declaration is a great one, and the sacred duty of every American is to work to live up to those words. We owe that to history and to future generations of Americans.

Randy Blaser is a freelance columnist for Pioneer Press.

Denial of medical pot injures veterans again

David Rutter

No Americans are more revered with rhetoric or so ignored in reality than military veterans.

Veterans are handy props for slashing at the opposition political party or for carrying out military misadventures the politicians wouldn't force on their own children. So the 1 percent of Americans who serve under the flag are sent to fight and die. They are perfect tools for political manipulation.

They still have public relations value if they come home, healthy enough to walk or pretend they are healthy. But when given a chance to help veterans recover their health and survive the trauma of war, some political leaders go out of their way to deny them. It's an unconscionable dereliction.

Gov. Bruce Rauner did that two weeks ago, just as he employed children with autism and adults with developmental challenges to squeeze political advantage.

Maybe Rauner is not officially the worst person in Illinois. But he's in the running.

Here's the standard I use. You're free to adopt it or ignore it. But achieving a preferred political end is not worth deliberately injuring bystanders to prove how serious your political intent is.

Hurtting the innocent is not allowed.

Rauner is serious about restricting the rights of workers to argue for their own welfare; he does not want the family of a dead person killed by employer negligence to get too much money in court; he generally wants people with the most money to keep it.

He is willing to use the vulnerable, the ill and innocent to those ends.

Even if you agreed with the governor's underlying philosophical goals, inflicting pain to get your way is morally reprehensible. It's how tyrants get their way.

This apparent enthusiasm to impose harm is a new political tool in Illinois. No politician in Illinois has dared to employ pain so freely as an educational device.

Rauner has given us something new.

Though they haven't asked me, I am only speaking for thousands of Illinois veterans who will suffer post-traumatic stress disorder (PTSD) before the next decade, and for whom medically managed marijuana might make life more bearable. Or survivable.

Each diagnosed PTSD sufferer costs the Veterans Administration (VA) $8,500 a year to treat but the VA's official policy, enforced by Washington mandate, is that marijuana's benefits are unproven.

But Rauner acted proactively and deliberately to deny the modest comfort that medically prescribed marijuana might offer troubled veterans.

When he turned down adding marijuana to the accepted medical marijuana list last week, one of them was PTSD.

Nope, said the governor. We're just testing pot, he says, and it's too premature to help veterans.

But the "pilot project" in Illinois ends in January 2018, barely after the first crop is grown and distributed to its first customers. That timeline won't allow for proving much scientifically beyond anecdotal, personal evidence, which scientists usually dismiss.

The governor dislikes marijuana and has sent every signal possible that he will squelch it, if he can, even when doctors support pot's medicinal value.

Both the Illinois nonprofit Veterans with PTSD and the VA acknowledge that between 7 percent and 20 percent of those who served in Afghanistan and Iraq have developed PTSD. Left unresolved, the symptoms can lead to thoughts of suicide, as experienced by 30 percent of respondents in a 2014 survey by the Iraq and Afghanistan Veterans of America.

National advocates are trying to keep 8,000 veterans alive who kill themselves every year to avoid the pain in their souls.

Whatever bad is caused by expanding access to marijuana, nothing is worse than PTSD - undeserved feelings of guilt, remorse, depression, self-loathing, sensitivity to sound and light, and a general inability to live a normal life normally.

So far only 3,000 Illinoisans are eligible for the pilot pot. If any are combat veterans, it's a coincidence.

The veterans needed mercy, and were turned away to prove a point.

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The legend began on the remote island of Iceland over 5,000 years ago when a colossal volcanic eruption created a miraculous resource beneath the Earth's crust. The legendary Olfus Spring was born and has been constantly replenished by snowmelt and rainfall ever since. Cherished by generations, this is the source of Icelandic Glacial. This pristine natural spring water is filtered through ancient lava rock, creating remarkable purity and optimal mineral balance. Clean, crisp and untouched, celebrate nature's perfection with every sip. Icelandic Glacial.

Are we oblivious to danger, or immune to worrying?

Another Sept. 11 anniversary has come and gone. I'm not sure why, but this year, the memories of that day came flooding back in a particularly strong way. I was getting the kids ready for school, and they were slow-poking their way through the morning. I was prodding (and probably doing a little yelling), with "Sesame Street" or "Arthur" on the television, when my phone rang. My neighbor, Heidi, said "Are you watching the news? Turn on the news."

I know I'm not alone when I say that flipping to the coverage and seeing an airplane fly into a well-recognized building—a symbol of American financial power and might—was at once surreal and incredibly, frighteningly real.

For only the briefest moment I thought "Is that really happening?" Because of course it was. It was right there, on television.

For only the briefest moment, I thought "Is that really happening?" Because of course it was. It was right there, on television.

For some reason, it made sense to bundle Grace off on the bus to kindergarten that morning. I wanted, perhaps, to make things seem as normal as possible for her for as long as I could. I wondered about that decision. We truly had no idea what might have still been in store for us. I think that though our American sense of safety had been rocked, it wasn't a habit easily broken. It seemed that it would be a simple matter to zip over to the school to pick her up if anything else happened, or that she would be perfectly safe there.

Heidi and I sat on her bed and sipped coffee and watched coverage and cried a bit off and on and tried to act normal while her daughter Ana and my son Anthony hung out in the other room. Later that day, when we broke ourselves away from the television and went out into the world, there was a bizarre sense that the world had stopped. It was unsettlingly quiet. It felt just like it was—a lull between the time before and the time after.

In the time after, I raised my children to young adults. If there was a specter of terror hanging over their heads the whole time, it certainly wasn't any worse than when we used to hide under our desks for nuclear bomb drills. If anything, we're far more oblivious now to the dangers, both imagined and real, coming from beyond our shores than we were when I was a kid.

Or perhaps we're just immune to worrying about them.

Readers can contact Viki Gonia by leaving a message at 312-880-8550 or by sending an email to doingnews@pioneerlocal.com. Follow Viki on Twitter @vikkibabbles or visit vikigonia.com.
The Great Lakes need great care

SARA CLARKSON
Dateline

We use water rather casually at our house, though we try not to be wasteful. We drink it, cook with it, clean with it and grow our garden with it. This was not always the case. I used to spend time every day thinking about water, whether it was safe to drink or brush teeth with, whether we could clean fruits and vegetables in it, how safe my toddlers were bathing in it. The nine years we spent living in three different developing countries in Asia were years in which water, its availability and its cleanliness, were a daily concern.

Since moving here, we don't give water a second thought. And, why would we? Just 20 miles away is Lake Michigan, one of the Great Lakes, which contain 22 percent of the world's fresh water. That was not a typo: 22 percent of the world's fresh water is only 20 miles away. My sister in California, who does not suffer through a long, cold and gray winter, who enjoys sunshine and days outdoors year round, must weigh the pros and cons of flushing her toilet and planting the rose bushes she loves to tend.

"We sit on a remarkable bounty in a world that is water-constrained," said Howard Learner, executive director of the Environmental Law & Policy Center at a recent talk in Hinsdale.

He talked about the tremendous resource that the 42 million people who rely on the Great Lakes for their drinking water enjoy. The lakes don't just keep us alive and hydrated, they provide recreation such as swimming, boating and fishing, as well as a fair amount of industry. That is why we all need to do two things moving forward. We need to learn how to use water more efficiently and we need to keep our water free from pollution.

The Environmental Law & Policy Center is a public interest legal advocacy group that Learner founded in 1993 to improve environmental quality and protect natural resources in the Midwest. It is based out of downtown Chicago and has Midwestern regional offices as well as one in Washington, D.C. At last week's talk, Learner's focus was on water, but the center actually focuses on climate change, clean energy, clean air, clean water and clean transportation.

"People in the Midwest tend to think of the Great Lakes as infinite," Learner said.

"We turn on the tap, and there is water. But, with indisputable science showing that our earth is warming either two or three degrees and that over time - that is the graphing of many years and not the examination of one individual year - Great Lakes water levels are dropping, we need to be conservation and clean-water oriented.

Learner talked about looking at ways of re-using "gray" water, for example, which is water that does not have to be pure for drinking but can be captured and re-used in industrial processes or in car washes or the like. Xeriscaping (pronounced zero-scaping) is landscaping that reduces the need for additional water and is another kind of option, as are the use of home rain barrels, which can collect water for garden watering.

Invasive species such as the Asian carp are a real concern in our Great Lakes. So far the Asian carp have not made it into the lakes, but since the fish are absolutely voracious in their eating and in their reproducing, once they do it will be catastrophic for other fish in the lakes. Zebra mussels are another example of an invasive species.

Run-off from industrial facilities as well agricultural run-off threaten the safety of our lake water.

Unfortunately, there are a lot of various governmental agencies, rather than one central one, which regulate such things. The EPA oversees the coal plants while the Nuclear Regulatory Commission oversees the nuclear power plants and the Coast Guard monitors marine oil, for example. A better system of coordination is needed, Learner said.

"We don't have to do everything today," Learner said.

"We can start small and at home, and over time great strides can be made just as they have with energy consumption and efficiency.

The Environmental Law & Policy Center will host its 2015 dinner and celebration, Climate Change Solutions That Work Well for our Environment & Economy, on Sept. 29 at the Sheraton Chicago Hotel and Towers. Former U.S. Secretary of the Treasury Hank Paulson will be the featured speaker and will discuss Climate Change & Our Global Economy.

For more information about the center and/or its annual dinner, visit www.ELPC.org or phone 312-673-6500.

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Duo Amal: Pianists, Yaron Kohlberg and Bishara Haroni
| Nov 01

Maz Jobrani | Nov 13
St. John Brebeuf lines up eclectic music series

BY MYRNA PETLICKI
Pioneer Press

Nine diverse programs are planned for Musica Lumina's 2015-16 concert season at St. John Brebeuf Church in Niles.

First up at 3 p.m. on Sept. 27 is "Perspectives on Love and War," featuring tenor Christopher Reames.

"We've been at war for years. It's a subject that touches all of us on some level," said Music Director Marek Rachelski. "This concert puts perspective on both the connection between people and the effects of war. It sounds heavy. It is."

Reames originally sung portions of this program, accompanied by Rachelski, as part of his doctoral dissertation recital for his doctoral degree at Stony Brook University in New York. "The recital was mostly war-related, either from a poetic standpoint or music that was composed around World War I, World War II and some in-between," Reames said. "It was a way for me to write about the music and the tenor in a narrative format."

When Rachelski and Reames began creating an expanded program for the Musica Lumina Concert Series, they decided, "There's more to be said here than just war," the tenor recalled. "So I looked back on my repertoire that was in my back pocket."

The program includes "La Mort du Nomre" by Olivier Messiaen, three songs from "The Heart of the Matter" by Benjamin Britten, Gerald Finzi's "Farewell to Arms" and Vaughan Williams' "On Wenlock Edge."

The second offering in the series is a performance 8 p.m. Oct. 10 by the New Tradition Barbershop Chorus and the Purdue University Varsity Men's Glee Club which will perform Oct. 10.

Traditional Barbershop Chorus and the Purdue University Varsity Men's Glee Club Rachelski said the groups will perform "a good variety of music, between sacred and secular and pop. They were here last year and about 700 people showed up."

"The Magnificats" will be performed at 3 p.m. Oct. 25. Rachelski joked that it "sounds like a Broadway musical. It's not. It's a sacred text. 'Magnificat' is the prayer that Mary, mother of Jesus, spoke when the angel Gabriel visited her."

The Niles Metropolitan Chorus and Musica Lumina orchestra will perform three different settings of the prayer.

The third annual "Do-It-Yourself Messiah," led by the Niles Metropolitan Chorus, is scheduled for Dec. 7.

"We do the entire Advent Christmas section and add a couple extra little bits from Handel's Messiah," Rachelski reported.

The woodwind Quintet from the Music Institute of Chicago will perform Jan. 17 at 3 p.m. Rachelski will accompany the quintet on piano for one selection.

The Avanti Guitar Trio performs at 3 p.m. on Feb. 21. "These are people who are highly regarded regionally," Rachelski said, noting, "They're going to provide a varied program — everything from Bach to Beatles."

Niles Metropolitan Chorus and Musica Lumina return at 3 p.m. on Palm Sunday, March 20, to perform Mozart's "Mass in C Minor, K. 427."

The Singing Boys of Rockford will perform April 24 at 3 p.m. The season concludes at 3 p.m. May 15 with Music from the Slavic World, performed by Musica Lumina. "This will be music largely for a chamber ensemble," Rachelski said.

Screen time time: Highlights of the fall movie season

BY JACK COYLE
Associated Press

Though the fall movie season is traditionally the time of year when Hollywood gets serious, this fall is stuffed with spectacles.

Alongside the seasonal biopics, true-life tales and period dramas that will surely contend for Oscars, some of the biggest franchises are set to add a whiff of popcorn to awards season.

James Bond returns in "Spectre" (Nov. 6), "The Hunger Games" comes to a close with "Mockingjay, Part 2" (Nov. 20) and a little movie called "Star Wars: The Force Awakens" lands Dec. 18.

Here's a monthly rundown of a few highlights to the upcoming movie season:

September

"Sicario" (Sept. 18) - Emily Blunt stars in Denis Villeneuve's grim and muscular drug war thriller on the U.S.-Mexican border.

"Black Mass" (Sept. 18) - Johnny Depp takes on the role of Whitey Bulger, the Boston mobster who inspired Jack Nicholson's gangster in "The Departed," in an engrossing true-life crime story.


October

"Steve Jobs" (Oct. 9) - Danny Boyle directs Aaron Sorkin's script of the Apple co-founder, played by Michael Fassbender.

Michael Fassbender plays the title role in "Steve Jobs."

"Truth" (Oct. 16) - A starry cast of Cate Blanchett and Robert Redford dive back into the CBS News scandal over the network's report on President George W. Bush's Vietnamese service.

"Bridge of Spies" (Oct. 16) - Steven Spielberg and Tom Hanks reunite for their fourth film together in a Cold War spy thriller about the negotiated release of a U.S. pilot shot down in the Soviet Union.

November

"Joy" (Dec. 25) - David O. Russell's latest is a family drama across generations that reteams him with Jennifer Lawrence, Bradley Cooper and Robert De Niro.

"The Hateful Eight" (Dec. 25) - Quentin Tarantino initially begged this wintery Western after his script leaked online. He eventually capitulated and will release the movie first only in theaters projecting it in 70mm film.

"The Revenant" (Dec. 25) - A year after his "Birdman" Oscar triumph, Alejandro G. Inarritu is back with this gritty frontier Western starring Leonardo DiCaprio.
Soprano Sylvia McNair will sing Gershwin hits like “Summertime” and “I Got Rhythm” for three concerts with Camerata Chicago.

When and Where: 7 p.m. Thursday, Sept 24 at Fourth Presbyterian Church, 126 E. Chestnut St, Chicago; 7:30 p.m. Sept 25 at St Luke’s Lutheran Church, 205 N. Prospect Ave., Park Ridge and 7:30 p.m. Sept 26 at Wheaton College, 501 College Ave., Wheaton.

Cost: Tickets are $30; $20 seniors; $10 students with ID $10; free age 16 and younger with an adult.

Contact: 312-987-1196; www.cameratachicago.org

The program also includes selections from “An American in Paris” and “Catfish Row.”

The relationship between Wheaton College and Camerata Chicago has been something special, Payne explained, adding “Drostan is a remarkable musical entrepreneur. He’s a good friend and a cheerleader for the college. I knew that with the Camerata’s ability to play everything starting with the early classical repertoire, they would be able to do a great job of accompanying Sylvia.”

Pianist Chang is an added bonus. “We decided we must have ‘Rhapsody in Blue’” Hall said, “so we decided to pair a person (Chang) just beginning her career with Sylvia, who has had and still enjoys such a fabulous career. It is a nice balance.”

Currently, Chang, a student at Northwestern University, is studying at the Royal Academy in London. “She’s flying back for this event,” Hall said.

Hall himself is a graduate of the Royal Northern College of Music in Manchester, England. "Now we'll have to see how a British chap like me can do with Gershwin," he said.
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DC Comics is sending some of its top talent out on a special mission to celebrate nationwide Batman Day in thousands of bookstores, comic-book shops and libraries.

That includes Chicago comic book writer/artist Tim Seeley, who will appear Sept. 26 for a Q&A and signing at Barnes and Noble at Old Orchard in Skokie. Seeley will discuss his career in comics in general (including eight pre-DC years co-creating the indie thriller "Hack/Slash," about a female serial-killer survivor hunting down stray murderers) and his recent work on DC's "Batman: Eternal" and "Grayson" series. The latter featuring Dick Grayson (aka Robin the Boy Wonder, aka Nightwing) re-imagined as an undercover agent in the nefarious spy organization SPYRAL.

We caught up with Seeley to talk about his lifelong ambition.

Q: Was getting into comics your dream job as a kid?
A: For sure. I still have reports I submitted in first grade during career week about how I wanted to be a comic book writer. When I was 7 or 8, I even wrote to a comic book company and they sent me some sort of submission form - but of course I had no idea what that was.

Q: How quickly did you start working after you got out of college?
A: I graduated at 22 with an immediate plan to work in comics. And I kind of lucked into it pretty early. I did indie stuff for about 10 years, starting out as an artist and then somehow became a guy who also writes comics. I've mostly been writing. I get to draw some pages every once in a while. And being able to draw allows me to step in and do some design work every once in a while - to try my hand at re-designing characters, which is pretty cool.

Q: How does it feel to be working for DC after so many years at independent publishers?
A: Well, for one thing, you're finally getting to work on things your parents have heard of (laughs). When you go home for a family dinner and everyone asks, "What are you working on now?" and you mention some indie thing they all think you don't have a real job. But now I can say I'm working on Batman and that makes it sound like all those years were worth it.

Q: How did you feel when you were asked to work on "Batman: Eternal"?
A: I'm not going to lie. I was completely thrilled. I lost a couple of nights sleep. I was so excited. They had me come out for a

Comic book writer/artist Tim Seeley for Batman Day

When: 2 p.m. Sept. 26
Where: Barnes and Noble, 55 Old Orchard Center, Skokie
Cost: Free
Info: 847-676-2230; www.barnesandnoble.com

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summit in the New York offices, where I got to sit with the big writers and talk about Batman for a week and get paid for it.

Q: How do you feel about Dick Grayson as a character?
A: I think of him the same way I think of Batman. He started out as the young, inexperienced guy, the novice, and you as a comic book reader and a person grew as Dick did. In my case, he was Robin when I was a kid and then he became Nightwing when I was in my teens, so being the guy who's getting to work on his new incarnation is a really cool thing for me.

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FAMILY FRIENDLY

‘Force’-ful fun at Skokie Library ‘Star Wars’ event

BY MYRNA PETLICKI
Pioneer Press

People can pose for photos with Storm Troopers at the Star Wars Extravaganza, noon-4 p.m. Oct. 3 at Skokie Public Library, 5215 Oakton St. Fans of the film series will enjoy a variety of other activities for all ages, including craft projects, a role playing game and trivia games at this drop-in event.

“In the new Youth Digital Media Lab we’ll be using the green screen,” said Susan Teller, a Youth Services advisory specialist. “People can pose and we’re going to drop a Star Wars background onto that.”

Everyone will get a glow stick. “Sixteen lucky people are going to get 3D light saber hilt that we ran off on our 3D printer,” Teller said. Other people will be taught how to use the 3D printer to make a hilt.

There will be a display of over two dozen dolls, including a life-sized Yoda doll, dressed in Star Wars characters’ costumes created by Kathy van Beuningen.

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

Tea for two

Kids ages 3-8, with a caregiver, are invited to a Storybook Tea Party 3:30-4:30 p.m. Sept. 29 at Lincolnwood Public Library, 4000 W. Pratt Ave. Dress up for stories, songs, sweets and “tea.” Reservations are required.

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

Farm fresh fun

Chef demonstrations, locally grown apples, s’mores by a campfire and healthy snacks will be some of the treats at the 5th Annual Hullabaloo at Howard Street Farm, 3669 Howard St., Skokie, 2-6 p.m. Sept. 26. Strictly Jug Nuts will perform and there will be farm bingo, crafts and children’s activities. Admission is a suggested donation of $5; $20 per family.

For details, call 847-425-5125 or go to www.thetalkingfarm.org.

Twisted tales

Classic fairy tale characters will have raucous adventures when the internationally acclaimed Village Puppeteers present “Lost in Storyland!” 2-3 p.m. Sept. 27 at the Book Market at Hanger One, 2651 Navy Blvd., Glen Town Center, Glenview. The show, which features colorful puppets and lots of laughs, is good for all ages. Registration is required.

For details, call 847-729-7500 or go to www.glenviewpl.org.
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WINNING SMILES

Lottie Pilarski, from left, Dorothy Kudziewicz and Freida Holowicki were winners in a trivia game contest on Sept. 15, when The Summit of Uptown from Park Ridge visited with the St. John Brebeuf Golden Agers in Niles. The ladies each won a lunch for two at The Summit prepared by Chef Dave Marino and a gift card. For more information about The Summit and its programs/activities, see www.summitofuptown.com or call 847-825-1161.

MAINE TOWNSHIP GARAGE SALE ON SEPT. 26

The 10th Annual Community Garage Sale for MaineStay Youth & Family Services department of Maine Township will be held, rain or shine, Saturday, Sept. 26, from 9 a.m. to 2 p.m. in the parking lot of Maine Township Town Hall, 1100 Ballard Road, Park Ridge. Benefitting disadvantaged children and hungry families, the event will feature wares from over 80 families. Proceeds from the event benefit the Adventure Maine Township Summer Camp and the Township's Emergency Food Pantry. For more information, call Anne Camarano at 847-297-2510, Ext. 272 or email her at acamarano@mainetown.com. Information is also posted on the Maine Township website at www.mainetownship.com/garage-sale.

DISTRICT 219 BOARD LAUDS NILES WEST SENIOR

Niles West senior Eric Robinson, center, was recognized for his achievements by the D219 Board of Education during the “Student Highlights” portion of its recent board meeting. Robinson served in a paid internship over the summer at the prestigious French Pastry School in Chicago, learning bakery and confectionary arts. Robinson was able to attend a special reception in August at which Chef Sebastien Canonne, Academic Dean for Faculty & Programs at the school, was knighted in the Order of the Legion of Honor, France’s highest civilian honor.

200+ ENJOY WILMETTE THEATRE’S 2ND ANNUAL GALA

Mary Ellen and Roger Merriman of Park Ridge were among 200 supporters at “The Mette Masquerade,” the second annual Wilmette Theatre Gala at the Michigan Shores Club in Wilmette on Sept. 12. The festivities supported the Wilmette Theatre’s artistic, educational and community programming. More information at www.wilmettetheatre.com.

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HIGHLAND PARK

Farmhouse steps from town has many newer updates; hardwood flooring throughout. Four bedrooms, two baths. Kitchen features granite counters, island, and stainless steel appliances done in '14. 2nd-floor bath done in '13, 1st-floor bath newer. Basement addition '13, roof '02, A/C '02, water heater '09, both sump pumps '13, furnace '09 plus most of electrical and plumbing newly replaced. 2nd floor has two bedrooms, loft area currently used as office and full bath, plus bonus area.

Address: 1293 Ridgewood Drive
Price: $525,000
Schools: Highland Park High School
Taxes: $9,058
Agent: Kim Kelley/Properties

LONG GROVE


Address: 8015 Insignia Court
Price: $550,000
Schools: Stevenson High School
Taxes: $13,474
Agent: Jane Lee/RE/MAX Top Performers

WINNETKA

Traditional home close to parks, schools and town. Open 1st floor includes bright living room with fireplace and views of backyard. Dining room with hardwood floors opens to sunroom/family room. Newer kitchen with breakfast bar & storage. Mudroom off of 1 ½-car attached garage. 1st-floor office with built-in shelves. Master bed/bath with 3 more bedrooms and 2.5 baths. Basement includes rec room & laundry. Paver patio and huge fenced backyard. Move-in ready.

Address: 1518 Edgewood Lane
Price: $665,000
Schools: New Trier Township High School Northfield
Taxes: $15,139
Agent: Sara Sullivan/The Hudson Company

GLENVIEW

Four-bedroom, three-bath Colonial home with hardwood floors on 1st & 2nd floors. Spacious formal rooms. Updated kitchen opens to family room with fireplace and sliders to maturely landscaped yard. Separate door leads to 1st-floor laundry/mud room and garage. 1st-floor bedroom with adjacent full bath. 2nd floor has master suite. Full finished basement with generator. Private yard with large deck.

Address: 1728 Riverside Court
Price: $589,000
Schools: Glenbrook South High School
Taxes: $12,524
Agent: Anne Dubray/Coldwell Banker Glenview

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www.mortongroveparks.com

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Out of Mel's Kitchen: Caramel apple bacon dumplings welcome fall Page 3

Lake Forest native leverages social media pixie dust Page 14

Eat like a lineman The nutrition, not the quantity Page 17
Baker has perfected cookie recipe

By Judy Buchenot
The Beacon-News

About three years ago, Batavia resident Susanna Brandon was browsing Pinterest, the online idea bulletin board, when something caught her eye. “I saw these decorated cookies and thought, ‘That’s what we need — gorgeous cookies. Maybe I could make these!’” Brandon is not fond of spending time baking, but she does like to present her many nieces and nephews with special treats on holidays and birthdays. She also likes to contribute to her church’s bake sales. After many tries and a lot of practice, her cookies have become legendary among friends, family, church members and others. “It’s really not that difficult,” said Brandon, holding up an acorn-shaped cookie with a glistening sugar top. She does admit there are a few tricks.

The first is finding a good sugar cookie recipe that doesn’t spread too much but still tastes good. “I wanted the cookies to raise a little and not be too hard,” she said. “I use Buttery Sweet Dough emulsion in my cookie dough recipe instead of regular flavoring like vanilla extract. There are different flavors also.” The emulsions can be found at craft stores like Michaels or at online sites.

Unlike many sugar cookie recipes, this dough does not need refrigeration, but it does need to “set up” for a few minutes before being rolled out.

“I usually use cookie cutter shapes that aren’t too intricate,” she said. “But if I do use an intricate shape, I pop the baking sheets with the cut cookies into the refrigerator for a bit before baking to lessen the spread. You can also add a little more flour or omit the baking powder so they don’t spread as much.”

It is important to note that these cookies do not brown on the bottom or on the sides. They are just baked until set.

Brandon has found that “the icing goes on better after the cookies have set a day.” She then makes the royal icing, a frosting that dries smooth and firm. The flavoring for the icing must be an emulsion instead of an extract since most extracts contain oils that keep the meringue-based icing from setting it up properly.

Brandon makes icings with different consistencies. “Getting the right consistency is the hardest part,” Brandon said. “The icing for outlining should be firm, sort of like toothpaste, but the icing for flooding the cookie should be less firm, like shampoo.”

After obtaining the different consistencies, Brandon uses AmeriColor food gel to color her icing. “Remember that the icing will dry darker, so don’t put in too much color,” she said.

Brandon places the outlining icing into disposable decorating bags with an outlining tip. She places the flooding icing into ketchup squeeze bottles. She stores the icing in a tall glass with a damp paper towel in the bottom. The damp paper towel keeps the icing from hardening.

Brandon then begins outlining areas of the cookie. When the icing is firm, she uses the flooding icing to fill in the area. This softer icing flows to the outline and dries flat. If there are multiple areas of color, she does each area separately and allows it to dry before outlining and filling the next area. Swirls, dots and other embellishments can be added to the flooded area. “There are so many tutorials on the Internet that demonstrate techniques,” she said.

For fall leaf cookies, Brandon uses color mist, which is similar to an edible spray paint that adds soft colors to the flooded areas. Once finished, cookies need to dry at least four hours before being placed in air-tight containers to store or freeze. The cookies can be kept in the containers for one month or in the freezer for three months. Leftover frosting can be kept on the counter for one month.

Professionally, Brandon is the vice president of creative operations for a Chicago advertising firm, but personally, she is everyone’s favorite cookie maker. She shares her recipes for others to try but notes that her creations will be on sale at Bethany of Fox Valley United Methodist Church’s annual cookie walk on Dec. 5.

Judy Buchenot is a freelance writer.

Sugar Cookie

2 cups unsalted butter
3 cups confectioner’s sugar
2 eggs
4 teaspoons Buttery Sweet Dough emulsion
5 cups flour
4 teaspoons baking powder
2 teaspoons salt

1. Cream butter and sugar together with a mixer. In a small bowl, mix together the eggs and emulsion. Add to butter mixture and mix well.
2. In a separate bowl, whisk together the flour, baking powder and salt. Slowly add to butter mixture until well blended. Allow dough to set for a few minutes while you are lining cookie sheets with parchment and preparing a lightly floured surface for rolling. Roll out dough using an adjustable rolling pin if possible. This type of rolling pin has spacer bands that make it easier to roll dough to an even thickness of 1/8 inch thick.
3. Cut out shapes and place on parchment-lined baking sheets.
4. Bake at 400 degrees. Check after 6 minutes. Cookies will take 6 to 7 minutes depending on your oven. Cool and store for one day before icing.

ICING

4 pounds powdered sugar
10 tablespoons meringue powder
1 1/2 cups warm water
4-6 teaspoons flavored emulsion
2 tablespoons light corn syrup
Food gel colors

1. Mix the sugar and meringue powder in a bowl. In a separate container, mix the water, emulsion and corn syrup. At low speed, add the liquids to the dry ingredients. Once blended, beat at high speeds until stiff peaks form. Do not over beat the mixture.
2. When the consistency of toothpaste, stop beating and mix in colors as desired. Add water to part of the mixture to make icing for flooding.

Susanna’s Culinary Cue

When mixing icing colors, use several measuring cups with pouring spouts instead of bowls. The tinted icing can then be easily poured into squeeze bottles or decorating bags.
As the sun crossed the celestial equator Wednesday, it signified a balance between seasons. While folks welcome spring in the Southern Hemisphere, we in the Northern Hemisphere are ready for fall and all the cozy dishes that come along with such a transition.

The availability of fresh seasonal produce becomes more limited as the days grow shorter and cooks must rely on late season produce and shelf stable spices to bring meals to life. The advent of autumn always brings out my kitchen creativity.

Thoughts of cooler evenings, blazing bonfires and cozy sweaters inspire dishes that remind diners autumn is the season for enjoying food in bold and unexpected ways.

I picked up a few luscious apples to greet fall and my thoughts turned to the time honored tradition of serving apple pie with a wedge of cheddar cheese. What seems like an unlikely combination works beautifully because opposites attract on the plate just as they do in life. Striking a savory-sweet balance in a batch of apple pie-inspired dumplings is an ideal way to honor the equinox and bring the flavors of the season to the table in a whimsical manner.

The addition of bacon may seem slightly out of place in this apple-focused dish, but the stick-to-your-ribs meat offers a much needed salty element to an otherwise sweet nibble just as cheddar cheese complements a traditional pie. The unexpectedly sweet addition of caramel sauce helps the crunchy nuts and pungent thyme leaves adhere to these savory dessert dumplings like glue.

Even better, these inspired little bites are an appetizer and dessert in one.

Cheers to the start of a delicious season of eating!

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### Autumn Caramel Apple Bacon Dumplings

Yields approximately 1 dozen dumplings or 4 servings

- 2 slices of bacon
- 2 Granny Smith apples, peeled and diced into 1/2-inch cubes
- 1/2 teaspoon cinnamon
- 1 teaspoon fresh thyme leaves
- 2 teaspoons brown sugar
- 1/2 teaspoon cornstarch mixed with 1 tablespoon of water
- 1 dozen round wonton wrappers
- 1 egg
- 2 tablespoons canola oil
- 1 tablespoon powdered sugar

Garnishes: Chopped peanuts, sliced raw apple, thyme springs and caramel sauce

1. Cook the bacon in a skillet until crispy and discard all but one tablespoon of the drippings. Drain the bacon on paper towels and crumble or chop into small pieces (if the bacon is too large it may poke holes in the delicate wrappers).

2. Saute the diced apple in the reserved bacon drippings over medium heat until very tender; about 8 minutes. Mix in the cinnamon, thyme leaves and brown sugar before adding the cornstarch and water mixture. Cook until the cornstarch thickens the juices in the pan; about 1 minute. Mix in the crumbled bacon and allow the filling to cool to room temperature.

3. Crack the egg in a small dish and beat lightly. Lay six wonton wrappers on a work surface and place a scant tablespoon of filling in the center of each wrapper. Dip a finger into the cracked egg and run the coated finger around the edge of half of the wrapper. Fold the wrapper over the filling to form a half-moon shape. Make sure the egg seals the edges together and pleat if desired. Stand the dumpling up on their flat side. Repeat with the remaining six wrappers.

4. Heat the oil in a clean nonstick skillet over medium heat. When the oil is hot place the dumplings sealed side up in the oil. Cook the bottoms until golden brown and crispy; about 1 minute. Holding the lid over the pan to protect yourself from spatters, pour 1/3 water into the pan. Cover tightly, reduce heat to medium and allow the dumplings to steam for 5 minutes. Remove the lid and allow any remaining water to evaporate.

5. Remove the dumplings to a platter. Sift some powdered sugar over the dumplings and garnish the plate with the chopped peanuts, sliced apple, thyme springs and caramel sauce.
Nutrition expert recommends easy breakfasts

By Judy Buchenot
Naperville Sun

It may have been challenging to get your children to eat breakfast when they were in grade school, but when they are teens, it can seem impossible.

Many teens have no issues with hitting the snooze button for a few minutes of sleep and then rushing out the door to catch the bus without even a glass of orange juice. Then they arrive at school where they are expected to concentrate on algebraic equations, write brilliant essays and learn French verb forms for several hours before visiting the lunchroom.

Tamara Waldschmidt, of Naperville, a licensed dietitian/nutritionist, said the practice of skipping breakfast has a strong potential to affect teens’ school performance.

“There have been several studies concluding that breakfast has a big impact on a student’s alertness and academic performance,” said Waldschmidt, who runs Midwest Dietitian, a private practice in Naperville.

She admits that breakfast is a challenging meal.

“But good nutrition does not have to be complicated. There are many nutrient-dense foods that are easy to grab and eat. Breakfast is the time to break the fast from sleeping all night. The brain relies heavily on glucose levels. It is important to keep the glucose within a normal level so you can stay attentive and optimize cognitive function.”

Foods metabolize into glucose at different rates, a key reason why both the combination and timing of foods is important. She offers a few strategies for parents to try to help their teens add breakfast to their daily schedule.

To begin, she suggests that parents practice what they preach by having a positive attitude about breakfast. The mom who is telling a teen to eat a good breakfast as she rushes out the door with only a cup of coffee may not be effective. “One helpful way to get kids to develop good habits is to model it ourselves,” Waldschmidt said. “If your teen sees you sit down and eat, they are more likely to do the same thing.”

Taking time to eat is ideal.

“Fostering a healthy relationship with food is key. If you can sit down for a few minutes and eat with your teen, it becomes a social time also,” Waldschmidt said. The few minutes together eating breakfast is an opportunity to provide nutrition as well as some positive feelings for the day ahead.

Breakfast does not have to involve bacon, eggs, pancakes and omelets, Waldschmidt said.

“You can make good nutritional choices with something as simple as a granola and fruit parfait,” she explained.

The parfait provides starch and fiber. The fruit offers key nutrients and fiber while the yogurt brings in the dairy and protein. Layering the mix in a parfait glass makes it an attractive option that might bring a teen to the table. Another alternative might be an English muffin with a slice of cheese and deli ham with a piece of fruit on the side.

“Aim for variety with minimal processed foods,” Waldschmidt said.

Instead of focusing on what not to eat, she suggests focusing on healthy options. If there is an occasional doughnut or toaster pastry, it is not the end of the world. Moderation and balance are key factors.

Waldschmidt acknowledges that hectic schedules arise when your teen has to be at school early for practice or the parent needs to be gone before the teen is out of bed.

When the ideal situation of sitting down to breakfast is not feasible, eating on-the-go is better than eating nothing at all. Encourage the teen to take a banana or an apple plus an oatmeal muffin and milk carton.

Some teens simply do not have an appetite when they get out of bed, Waldschmidt said.

“Try spreading out breakfast. Get them to drink a glass of milk and then send them on the bus with a granola bar and some dried fruit and trail mix so they are ready to face the day.”

Although smoothies are a popular option with teens, Waldschmidt suggests pairing the beverage with some solid foods so that teens feel like they are eating a meal rather than skipping the meal. Teens obsessed with body image and weight may need some support sorting out disordered eating concerns, which is one of the focuses of Waldschmidt’s practice.

The goal is to balance normalized eating into everyday life without fears or anxieties over the relationship with food.

Parents with concerns can reach Waldschmidt at tama-ratlrd@gmail.com. Many teens benefit from having guidelines and a focus on tuning into honoring or restoring internal hunger and full cues.

Waldschmidt reminds parents that children do not have the same cooling ability as adults and therefore can become dehydrated more quickly. If a child is off to an early morning practice, be sure they have water for before, during and after the activity.

“This is even more important if they are wearing a heavy uniform or equipment. They need to stay hydrated,” she said.

Waldschmidt offers two easy breakfast options for others to try. The parfait is a breakfast to be eaten at home while the pancake burrito is a meal for those days when there is not time to sit down. She also provides a few guidelines for portion size that are easy for teens to remember.

Judy Buchenot is a freelancer.

Breakfast

Yogurt Parfait

1 cup sliced strawberries
1/2 cup whole blueberries
1 1/2 cups vanilla yogurt
1/4 cup granola cereal

Divide strawberries and blueberries into four 8-ounce parfait or dessert glasses. Use half the yogurt to make a layer over fruit. Use half the granola for a layer in each glass. Repeat with remaining yogurt and granola. Serve immediately or store in refrigerator. For variety, use different fruits like bananas or melon balls or different yogurt flavors.

Pancake Burritos

1/2 banana
2 tablespoons peanut butter or almond butter spread
1 pre-made pancake

Microwave the pancake for 25 seconds until it is warm and soft. Spread with peanut or almond butter. Place banana in the center. Roll the pancake around the banana, burrito style. Grab a carton of milk to enjoy with the burrito on the way to school.

Portion size

Measuring cups aren’t always handy when trying to figure out portion size. Here are some ways to visualize food portions.

- 1 cup = baseball
- 1/2 cup = tennis ball or light bulb
- 1 tablespoon = poker chip
- 1 medium apple or orange = deck of cards or palm of your hand
- 1 ounce serving chicken or meat = deck of cards or palm of your hand
- 1 ounce serving of fish = checkbook
- 1 medium apple or orange = tennis ball
- 1/4 cup of dried fruit or nuts = golf ball
- 2 tablespoons peanut butter = 1 ping pong ball
Dear Help Squad,

Approximately one year ago, we had to have our Jeep towed to Fields Chrysler Jeep Dodge in Glenview. While the Jeep was there, I asked them to check the air conditioning. We were told the AC only needed a recharge and they put a dye in the line. If it didn't stay cold, we could bring the Jeep back to the dealership but didn't get around to it.

Fast forward to this year. The AC still doesn't work, so we made an appointment with Fields. My husband asked that they please not recharge the AC and figure out the root of the problem. A few hours after dropping off the car, Fields called to say it was ready. At pick-up, my husband was told the AC had been recharged and dye was added again. He explained he hadn't wanted it recharged, but they said that's what the car needed. We were billed $162.97. My husband drove it off the lot blowing hot air. The next day we returned and Fields did what we originally asked and found the problem — then proposed to charge nearly $3,000 to fix it. My husband immediately left. Clearly, Fields recharges the AC to make money upfront then does the research AFTER they've received the initial money.

We simply want our $162.97 returned. My husband called and left several voicemails for the service adviser but never received a call back. We would have called Fields' general manager but at that point why bother? Nobody is ever around to actually take or return a phone call. We took our Jeep elsewhere and had the problem fixed for half the price. How can a company that prides itself on its customer service not return a phone call from a paying customer? Please let me know if you can help us.

Melissa, Mount Prospect

Help Squad first reached out to the service adviser with whom Melissa's husband had left several messages. He called back to say he wasn't sure who the customer was, but he'd like to see her emailed complaint, as he was interested in looking into it further. Shortly after, we also received a call from Fields' service director, Doug Morris. Before Help Squad could provide background or ask any questions, Morris announced that, "I spoke with Melissa this morning. This thing is resolved; I'm giving Melissa her money back. I think the whole issue stems from a lack of communication." He went on to say, "We've additionally got an open recall on her car for which we have parts. I told her 'I get it if you don't want to bring the car back, but you live in Mount Prospect and so do I, so I can stop by one day next week to pick up your car and get it back when the work's done.' She took me up on the offer and I'll be getting her Jeep next Wednesday."

In response to our inquiry confirming all was resolved, we received the following email from Melissa:

"Thank you so much for helping us with this situation. (Though) Doug was disappointed I didn't reach out to management before emailing you ... I explained we shouldn't have to contact management ... In any case, Doug was very nice and he was more than willing to refund our payment. He was also very apologetic and said the way we were treated was unacceptable." This morning, he dropped off a loaner for us and picked up our Jeep. It should be ready for my husband to pick up this afternoon on his way to work."

Need help?
Did a company overcharge you or deny your request for a return? Are you the victim of fraudulent business practices? Do you have a consumer question you would like answered? Send your questions, complaints, injustices and story ideas to HelpSquad@pioneerlocal.com and we will be happy to help you.

Cathy Cunningham is a freelance columnist for Pioneer Press.

HelpSquad@pioneerlocal.com Twitter: @HelpSquadCC

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Play your favorite games in puzzle island every Sunday in the Life+Style Section
Putting their best paw forward

By William Hageman | Tribune Newspapers

Dog and cat owners take note: Several pet-related products have come on the market recently to make your life easier — and cater to your favorite pet.

Mason Cash pet bowls

Mason Cash, the venerable British pottery company, is bringing its classic pet bowls to the U.S. market. Designed for cats, dogs, rabbits and other small critters, the bowls are made of heavy stoneware, making them difficult to tip over. One cool design element: a nontip bowl with angled sides that prevent long-eared dogs from getting food on their ears. Other bowls are colorful or with unique designs. Accompanying place mats are also available. Prices range from $5.99 to $79.99. Go to their website at www.masoncashpets.co.uk for the full range of products. To locate the nearest dealer, email customercare@typhoonhomewares.com.

Paw Boss

There are certain unpleasant aspects to having a canine companion. Dog breath. Picking up after Mr. Flapdoodle's backyard excursions. Cleaning muddy paws. That last task, though, has gotten a lot easier, thanks to an ingenious invention called Paw Boss.

It's a portable paw-washing device that cleans each foot in fresh water, rather than using the same bucket and having each paw “washed” in progressively grungy water. It's a simple idea. A clean-water reservoir is filled with water and soap. A tilt of the device transfers water into a cleaning compartment. A paw is dipped into the cleaning solution through a hole in Paw Boss — with practice, little Mr. Flapdoodle should master that part himself — and is rubbed against a cleaning pad. The foot is withdrawn and dried. Bingo.

With another tilt of Paw Boss, the dirty water flows into a holding tank, and the process starts over with fresh water for paws two, three and four.

There's no need to empty dirty water between paws, and an independent lab has verified that Paw Boss eliminates 99.5 percent of bacteria. Made in the U.S., it comes in basic black and gray, but there are also skin-specific kits. Prices range from $395 to $569. To find your best defense against a fence jumper, go to dogproofer.com.

PET OF THE WEEK

You should sometimes check how many of us are able to pile into one little kitty bed, not that there are not enough — on the contrary. But it is a lot more fun to sleep together after we have spent so much time chasing each other and having a riot. This is why I need a home with another cat or more and of course, getting another kitten would be totally awesome. Ask about the half off of the second adoption fee.

He is about 5 months old, neutered, up-to-date on routine shots (including rabies), tested negative for feline leukemia and FIV and microchipped.

For additional information, www.saveapetl.org

chicagotribune.com/pets

Visit us daily for the latest pet and animal news from the suburbs, city and beyond, plus:

- Our adoptable animals blog featuring photos and descriptions of Chicagoland pets in need of homes.
- Our suburban and city pet events calendar
- Photo galleries, videos, more
Can there be unconditional love in romance?

In my opinion, one of the most beautiful sounds in the world is that of a child singing. So, when I happened to walk by my 12-year-old daughter's room recently and heard her sweet voice singing the new R. City and Adam Levine hit song, “Locked Away (Would You Still Love Me The Same),” I stood outside the door and listened.

“If I got locked away, and we lost it all today, tell me honestly, would you still love me the same?” she sang. “If I showed you my flaws, if I couldn’t be strong, tell me honestly, would you still love me the same?”

With instant tears in my eyes, I wanted to burst into her room, grab her and say, “Yes!”

The unconditional love that all parents have for their children never wavers, as far as I can tell. We love and fully stand by our kids when they are sick, hurting emotionally and even when they make mistakes and exhibit behaviors that disappoint, anger and hurt us.

But what about unconditional love in romantic relationships? Unlike our love for children, parents or siblings, I think finding and maintaining love without limitations or conditions with a spouse is so much more difficult.

When two people meet and fall in love, everything seems perfect. The one you just fell hard for can’t do anything wrong. But time passes, and if the relationship blossoms into long-term love, we begin to see flaws and bad habits — things that might drive us crazy or that are unattractive to us. That doesn't mean the relationship won’t work out or that the couple can’t be happy. It’s just the reality of infatuation and newness wearing off, and the revelation of the person’s genuine self.

If two people stay together long enough, “stuff” starts happening, and that’s when the couple finds out if they have unconditional love.

Sickness, injury, accidents, unemployment, significant monetary gains or losses, and aging are just a few of the countless factors that can affect who we become, and ultimately if our spouse will choose to stick by us or not.

In theory, no one who is divorced experienced unconditional love in his or her marriage, because one or both people decided to split up. I’m not judging anyone for being divorced. Trust me, I, myself, am divorced. But, in unconditional love, words like “we grew apart” or “we fell out of love” simply don’t exist.

Is it easy to love someone unconditionally? Hell no. But it has to feel amazing right? The double-edge sword is that often times, something bad has to happen for a couple to realize their love is unconditional. Could that realization be the silver lining to a tragedy?

My boyfriend recently said to me, “I think you love me unconditionally,” which I took as a huge compliment. I think he is correct, but the reality is, fortunately and unfortunately, we won’t know for sure until we are tested. And it is almost a certainty that if we stay together long enough, we will be. Those thoughts are both scary and great.

Just as R. City and Adam Levine want to know “would you still love me the same,” we all want to believe our love has no bounds, that it is pure and unbreakable. It is that hope and optimism that inspires us to believe in the one thing we truly desire: true love.

Jackie Pilossoph is a freelance columnist.
ROUND UP | AUDIO BOOKS

Trigger Mortis: A James Bond Novel

Anthony Horowitz, author of the best-selling young adult Alex Rider series, earlier successfully shifted gears to fill in for Arthur Conan Doyle on two well-received Sherlock Holmes novels, "The House of Silk" and "Morality." Now, he's standing in for Ian Fleming in the new 007 spy thriller, "Trigger Mortis." The action begins just weeks after Bond's tangle with Auric Goldfinger. Giving voice to Bond, as well as Pussy Galore and a new Bond girl, Jeopardy Lane, is actor David Oyelowo, best known for his role as Martin Luther King in "Selma." Oyelowo lives up to the Bond promise: self-contained and smooth, whether driving a Formula One race car in a scene first imagined by Ian Fleming, or plotting his escape from the hands of the Korean genius of evil, Jai Seung Sin. While Oyelowo makes a believable Bond, it's in his performance as Sin where the real fun lies. Sin is wonderfully creepy. The voice is wan and thin, almost weirdly cheerful. Sin has teamed up with SMERSH in an ambitious plan to subvert America's struggling rocket program to their own evil ends. Oyelowo is particularly good in action sequences, bringing just the right amount of breathlessness to fiery car crashes and death-defying subway rides.

My Brilliant Friend
By Elena Ferrante, narrated by Hillary Huber, Blackstone Audio, 12:38, CD $29.95, download $24.47

Hillary Huber's voice is confiding and intimate in the first book of Elena Ferrante's four-book Neapolitan series, "My Brilliant Friend." Published in Italy in 2010 and in the United States in 2012, "My Brilliant Friend" was released on audio this year. On Sept. 1 the fourth and final book of the series, "The Story of the Lost Child," was published and simultaneously released on audio, again with Huber as narrator. "My Brilliant Friend" is the story of Elena Greco and her fierce companion, Lila Cerullo, as they grow up in Naples in the 1950s, in a neighborhood where poverty, violence and death are commonplace. In one scene, 10-year-old Elena stands outside Lila's home while her friend spits insults at her enraged father. "Suddenly the shouting stopped and a few seconds later my friend flew out the window, passed over my head, and landed on the asphalt behind me." As Lila's father continues screaming threats, Lila struggles to her feet. "With an almost amused grimace," Lila says to her father, "I haven't hurt myself!" It's this ferocious determination that draws Elena toscrappy Lila, "skinny, like a salted anchovy" and, as everyone soon realizes, remarkably smart. Elena is determined to keep up with Lila. If Lila is bright, Elena strives to shine. If Lila is brave, Elena will be brave, too. But the poverty and corruption around them have sharp talons, snagging even at the moment when Lila appears to be soaring away. Huber, narrator of more than 250 audiobooks, is pitch-perfect for Ferrante's elegant prose, the warm voice of that smart, sparkling friend you hope will disclose just one more secret.

CHICAGOLAND BEST-SELLERS

4. "Between the World and Me" by Ta-Nehisi Coates (Spiegel & Grau, $24).
5. "The Story of the Lost Child" by Elena Ferrante (Europa, $18).

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).

NEW IN PAPERBACK

Hush Hush: A Tess Monaghan Novel
By Laura Lippman, William Morrow, pages, $14.99

Melisandre Harris Dawes was found not guilty by reason of insanity in the death of her infant daughter. Twelve years later, she returns to Baltimore and asks Tess Monaghan to provide security. Soon, someone begins leaving Melisandre threatening notes, and when Melisandre becomes the prime suspect in a murder, Tess must uncover the truth about her unusual client.

All the Truth Is Out
By Matt Bai, Vintage, 263 pages, $15.95

Subtitle "The Week Politics Went Tabloid," "All the Truth Is Out" is a fresh look at the extramarital affair and tabloid journalism coverage that scuppered the 1980s presidential campaign of Colorado Sen. Gary Hart, a candidate for the Democratic nomination who had held a lead over George H.W. Bush in the polls.

Worthy Fights
By Leon Penetta with Jim Newton, Penguin, 498 pages, $18

Penetta reflects on his life and career in government, beginning as an Army intelligence officer, congressman and later the White House chief of staff under Bill Clinton. After a brief retirement, Penetta became the CIA director in 2009, culminating in the bin Laden raid, and then became the defense secretary in 2013, overseeing the withdrawal from Iraq.

Gutenberg's Apprentice: A Novel
By Alix Christie, Harper Perennial, 422 pages, $15.99

Peter Schoeffer is on the cusp of becoming a Parisian scribe when his foster father Johann Fust summons him to Mainz, Germany, to meet Johann Gutenberg, the man whose workshop Fust is funding. Fust orders Peter to become Gutenberg's apprentice, and as the two work together to create copies of the Bible using Gutenberg's new printing press, the duo face the threat of the Catholic Church.

Honeydew: Stories
By Edith Pearlman, Back Bay, 292 pages, $15.99

Each story in "Honeydew" focuses on the difficulties of being human, such as the title story, which involves an affair, illegitimate pregnancy, anorexia and adolescent drug use. Other stories include "The Golden Swan," in which a lavish cruise ship holds a secret stowaway, and "Tenderfoot," which follows a widowed pedicurist who falls for a client with his own buried trauma.

- Jeremy Mikula
The Maine Thing: Ten who were born there

BY S.N. | EDITED BY STANLEY NEWMAN
(stanxwords.com)

ACROSS
1 Orange soda brand
6 Ice cream flavor for short
10 Thin cookie
15 Back to the Future bully
19 Best possible
20 It means "both"
21 Nasal appraisal
22 Fencing weapon
23 First female Olympics marathon winner
24 Ted Kennedy's Senate successor
25 Netanyahu's constituents
28 Chase away
30 Farm implement
31 Abrasive material
32 "I pass"
33 Initially
37 Ledger column
40 Dutch South Africans
41 Business card nos.
42 Eleanor Roosevelt, ___ Roosevelt
43 Salmon roe, in sushi
44 Former Family Feud host
46 Veto
47 Mozart's Coronation shop
48 Neighborhood shop
49 Dissenting votes partner
50 Fox's X-Files actor
51 Sched. entry
52 Mental-health reformer
55 Small souvenir
56 Cub Scout group
58 Sets as a price
59 Brown shades
60 Common toast
61 Makes better
62 Cabinet department
64 Befit of fleece
65 Does penance
66 "Pardon me," in Parma
68 Goose cousin
69 Tooth filler's degree
71 Prefix for lateral
72 Flies the coop
73 Giant of horror fiction
74 Grammy category
75 Recital performance
76 Native American device
77 Hippie event
78 Superlative suffix
79 Marching band instrument
80 Prefix for lateral
81 Dancing With the Stars host
82 Chase away
85 Winter drink
86 ___ Tin Tin
87 Rooster-shaped device
88 Wicked ways
89 KOU
90 Regard with scorn
91 Girl from Glasgow
92 Sled stoppers
93 Batteries for remotes
94 Make a new hole
95 100 St. Elmo's Fire actor
96 Ditto
97 Girl from Glasgow
98 Batteries for remotes
99 Make a new hole
100 St. Elmo's Fire actor
104 Alice star
106 Ruby's poet
107 Math comparison
108 "Green" sci.
109 Make better
110 Scourge
111 Of age
112 Lipstick holder
113 ___ one's way (goes)

DOWN
1 Nation near Tonga
2 Pusses
3 Close at hand
4 Bright-colored songbirds
5 It's west of Saskatchewan
6 "Be quiet!"
7 Wellness grasps
8 Kimono belt
9 French auto
10 Petulant
11 Followed a curved path
12 Outfox
13 ___ will respond: Abbr.
14 Seedy environments
15 Brimless hat
16 Facebook milestone of 2012
17 Hardly any
18 Marshall land
20 Vermont
21 Yal roosters
23 Dominating
24 River of Spain
29 River of Spain
31 ___ - game (pitcher's coup)
32 ___ game (pitcher's coup)
33 Fax forerunner
34 Cinderella in Into the Woods
35 A Few Good Men director
36 Newest NFL team
37 Intended
38 Glide on ice
39 Maine senator since 1997
40 Western neckwear
41 Dumas' Les Mousquetaires
44 Sudden moves
45 Excessive
46 Bern-born
47 Medicine measures
48 Cinderella in Into the Woods
49 A Few Good Men director
50 Energetic one
51 Acts boldly
52 Acts boldly
53 In a state
54 Cybermoney
55 Glee teen
56 Tin man
57 Tin man
58 Tin man
59 Brown shades
60 Protesters' chorus
61 Sudden moves
62 Born-born
63 Extended operatic solo
64 Bern-born
65 Laughable
66 Canadian coin
67 Goosebumps author
68 Presents unfairly
69 Family nickname
70 Actor Willem
71 Primitive weapon
72 Stop more squeaks
73 Water near the Sorbonne
74 Physicist Bohr
77 Early period in automaking
79 "Tsk, tsk!"
81 Perrier competitor
82 Can refuse to
83 Nero's 507
84 Curly lock
85 Body of precedents
89 Family nickname
91 Military chaplain
92 Stop more squeaks
93 Stew server
95 Alphabetic quartet
96 High-hatter
97 Fairly matched
98 Marmalade ingredient
99 Discontinues
100 Book before Psalms
101 Actress Thurman
102 "Dapper" dresser
103 Boy from Glasgow
104 Alice star
105 Hosp. area

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    Words

A. "Am I Blue?"    sing  er  91 115 151 28 17 100 42 82 77 60 4
B. Any-which-way  40 74 16 114 126 95 164 163 62
C. All right: hyph  73 154 20 99 31 117 38 11 148
D. "Dr. Zhivago"    leitmotif: 2 wds.  141 7 167 118 71 58 98 18 113 84
E. Ford's aviation venture: 2 wds.  78 94 27 110 155 59 50 125
F. Champion or advocate  70 26 153 37 51 101 130
G. Sustenance  56 48 22 90 127 105 86 35 168
H. Airport hub below sea level  162 5 79 139 47 120 104 93
I. Part jet, part not  44 135 85 32 54 102 6 122 72

Last week's answers appear on the last page of Puzzle Island
FALL FUN

EXPLOR

- INDOOR FUN
- FAMILY FUN
- COMMUNITY EVENTS
- OUTDOOR FUN
- PERFORMING ARTS
Kohl exhibit lets kids exercise imagination

Guess what, kids? Fitness can be more exciting than video games. That’s the message of the upcoming exhibit “Run! Jump! Fly! Adventures in Action” at the Kohl Children’s Museum in Glenview.

“Run! Jump! Fly!” lets children use their imagination — and a little bit of technology — to try out surfing, kung fu and rock climbing and train like their favorite action stars. Kids stretch their muscles while developing balance, strength and coordination in the exhibit’s simulated adventures.

“We want children to learn that exercise is something that is fun to do, as opposed to something adults tell you you should do,” says Sheridan Turner, Kohl president and CEO.

“Run! Jump! Fly!” was created by the Minnesota Children’s Museum and opens Sept. 29 at Kohl. It is one of three temporary exhibits Kohl hosts each year to enhance its extensive permanent displays and activities.

The new exhibit addresses the challenges parents face in a culture where children often are distracted by sedentary activities and video or computer games. “Run! Jump! Fly!” includes a station where visitors can get on stationary bikes with wings and propellers, then ride their “flycycles” in front of cloud-shape panels that light up with stars as cyclists pedal. In the Climbing Canyon, kids traverse a wall in search of a hidden treasure.

Turner’s favorite? The Surfing and Snowboarding display, complete with balance boards, motion sensor and video of pine trees and ocean.

“Run! Jump! Fly!” is aimed at children ages 5-12 and toddlers can join in at their own area, Turner says.

“Getting children to love exercise now will only encourage them to be fit for their future,” she says.

If you go
When: Sept. 29-Jan. 10
Hours: 9:30 a.m. to noon Mondays, 9:30 a.m. to 5 p.m. Tuesdays through Saturdays, noon to 5 p.m. Sundays, special hours for members.
Cost: $11 for children and adults, $10 for seniors, free for members and children younger than 1.

Explore Indoors

This list is not all-inclusive. More listings online.

ILLINOIS HOLOCAUST MUSEUM & EDUCATION CENTER
9603 Woods Drive, Skokie
847-475-1030

EXPLORITORIUM
4701 Oakton St., Skokie
847-674-1500, Ext. 2700; skokieparks.org/exploritorium

AMERICAN TOBY JUG MUSEUM
920 Chicago Ave., Evanston
877-862-9687

GATHER
602 Davis St., Evanston
847-859-2312; meetatgather.com

GROWTH SPURTS
404 Linden Ave., Wilmette
847-850-9059; agrowthspurt.com

FRANCES WILLARD HOUSE
1730 Chicago Ave, Evanston
847-328-7500

GATHER
602 Davis St., Evanston
847-859-2312; meetatgather.com

THE SERVICE CLUB
530 Hibbard Road, Wilmette
847-328-2795

A.C. NIELSEN TENNIS CENTER
530 Hibbard Road, Winnetka
847-328-2795

THE WINE BAR
WINE BAR & BISTRO
Open Daily at 5pm
Private Events and Fine Dining
1735 Benson Ave., Evanston, IL 60201
Tel: 847-984-8600
www.thestainedglass.com
www.openatable.com

THE CELLAR
At The Stained Glass
Casual Dining, Great Tastes
Craft Beers, Wine, Cocktails
Open Daily at 5pm
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820 Clark St.
Evanston, IL 60201
847-864-8678
www.thecellarevanston.com

EXPLORITORIUM
4701 Oakton St., Skokie
847-674-1500, Ext. 2700; skokieparks.org/exploritorium

EVANSTON HISTORY CENTER
IN THE CHARLES DAWES HOUSE
225 Greenwood St., Evanston
847-475-3410

GATHER
602 Davis St., Evanston
847-859-2312; meetatgather.com

GROWTH SPURTS
404 Linden Ave., Wilmette
847-850-9059; agrowthspurt.com

GYMBOREE
Westfield Old Orchard Mall, 4999 Old Orchard Center, No. L63, Skokie
847-568-9880; gymboreeclasses.com

Heritage Trail Mall
Established in 1993
Open every day except holidays

Snoflake Club
Weekly Ski & Snowboard Trips • Ages 8-16

Celebrate 50 years of skiing fun with us and register today!
- We have 24 trips planned this year!
- There are Saturday, Monday, Wednesday and Friday Night trips offered throughout the season.
- 4 Bus Stop Locations.
- Lessons every week from PSIA certified Instructors.

Sign Up Now at SnowflakeClub.org
SPECIAL ADVERTISING SECTION

FALL 2015

INDOOR FUN

JAMMIN' JUNGLE
West Ridge Center, 636 Ridge Road,
Highland Park
847-831-3810; pdhp.org

KOHL CHILDREN'S MUSEUM
2100 Patriot Blvd., Glenview
847-832-6600; kohkildrensmuseum.org

MARY & LEIGH BLOCK MUSEUM
Northwestern University, 40 Arts Circle Drive, Evanston
847-491-4000

MITCHELL MUSEUM OF THE AMERICAN INDIAN
2600 Central Park Ave., Evanston
847-475-1030

NICKEL CITY FAMILY ENTERTAINMENT CENTER
555 Waukegan Road, Northbrook
847-559-8727; nickelcitygames.com

PUMP IT UP
1857 Elmdale Ave., Glenview
847-904-7867; pumpitupparty.com

KOHL CHILDREN’S MUSEUM
2100 Patriot Blvd., Glenview
847-832-6600; kohkildrensmuseum.org

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brand new apparel & jewelry from
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dragonfly
1501-a chicago avenue, evanston
(tween grove and davis)
tue-sat 11-5
www.dragonfly-df.com
find us on: 

KID-FRIENDLY ATTRACTIONS

This list is not all-inclusive.
More listings online.

BOWLING
BRUNSWICK ZONE
10 S. Waukegan Road, Deerfield
847-498-3575; bowlbrunswick.com

PINSTRIPES
1150 Willow Road, Northbrook
847-480-2323; pinstripes.com

THE ALLEY
210 Green Bay Road, Highwood
847-433-0304; bowlhighwood.com

WILLMETTE BOWLING CENTER
1903 Schiller Ave., Wilmette
847-251-0705; wilmettebowl.com

CENTENNIAL ICE ARENA
3100 Trail Way, Highland Park
847-432-4790; pdhp.org

CENTENNIAL ICE RINKS
2300 Old Glenview Road, Wilmette
847-256-9666; wilmetteparks.org

GLENVIEW ICE CENTER
1851 Landwehr Road, Glenview
847-724-2800; glenviewparks.org

HOT SHOT ICE ARENA
29860 Skokie Highway, Lake Bluff
847-688-0780; hotshoticearena.com

NORTH SHORE ICE ARENA
3459 Oakton St., Skokie
847-674-1500, Ext. 3100; skokieparks.org

WINNETKA ICE ARENA
490 Hibbard Road, Winnetka
847-501-2060; wiapark.org

HOT SHOT ICE ARENA
29860 Skokie Highway, Lake Bluff
847-688-0780; hotshoticearena.com

WINNETKA ICE ARENA
490 Hibbard Road, Winnetka
847-501-2060; wiapark.org

MINIATURE GOLF
SKOKIE SPORTS PARK
3459 Oakton St., Skokie
847-674-1500, Ext. 3100; skokieparks.org

SPORTSMAN'S COUNTRY CLUB MINIATURE GOLF
3535 Dundee Road, Northbrook
847-291-2351; sportsmansgolf.com

The Lamp Shader in Glenview should be your first choice for quality lamp repair.

847-998-1220
1710 MacLean Ct.
Glenview, IL
thelampshader.com
M-F 9 to 5:30
Sat. 9 to 5

Over 40 years of lamp repair, custom creation and european conversions
One-of-a-kind service
Quick turn-around time
Evanston's first-ever craft beer fest! Sample beer from Evanston's breweries - Temperance, Sketchbook Brewing, Smylie Brothers Brewing, Peckish Pig - and enjoy delicious food from local restaurants. VIP ticket holders also get to sample special cask ales and a specialty drink from FEW Spirits. Live music, games, kids activities and more will keep you and your family entertained.

Evanston Oktoberfest is a fundraiser for Downtown Evanston, the organization that manages and markets the downtown business district. Support our continued efforts to make downtown Evanston a vibrant place to live, work and play! 

#EVANSTONOKTOBERFEST

This list is not all-inclusive. More listings online.

**ANTIOCH**

**SEPT. 26**

**WINE WALK**

Downtown Antioch; 1 to 4:30 p.m., with check-in starting at 12:15 p.m.

A time to socialize and try new wines while enjoying downtown Antioch. Tickets are $40. Call 847-395-2160.

**SEPT. 27**

**FAMILY KITE FLYING DAY**

Osmond Park, 38W. Depot St.; 11 a.m. to 5 p.m.

Free. First 100 children in attendance will receive a free kite. Visit antioch.il.gov or call 847-395-1000.

**ARLINGTON HEIGHTS**

**SEPT. 20**

**MOTORING AT THE MUSEUM**

Arlington Heights Historical Museum, 110 W. Fremont St.; 11 a.m. to 3 p.m.

A car show featuring classic cars, muscle cars, street rods, trucks and motorcycles. Admission is free. Cost is $5; kids younger than 12 are free. No pets. Visit arlmuseum.org or call 847-255-1225.

**OCT. 3**

**AUTUMN HARVEST FEST**

North School Park, Eastman Street and Arlington Heights Road; 11 a.m. to 4 p.m.

A family festival. Visit ahpdparks.org or call 847-577-3000.

**BUFFALO GROVE**

**OCT. 23**

**TRICK OR TREAT TRAIL**

Community Arts Center, 225 McHenry Road; 6 p.m. to 8 p.m.

A chance for kids to trick or treat along a trail lined with friendly characters. Free, but only the first 250 guests to pre-register will receive a goodie bag. Children must be accompanied by an adult. To register, visit bgparks.org or call 847-850-2100.

**EVANSTON**

**SEPT. 27**

**BIKE THE RIDGE**

Ridge Avenue, between Howard and Church streets; 9 a.m. to 1 p.m.

A chance to ride along Ridge Avenue without any vehicle traffic. Children are encouraged to decorate their bikes. Only non-motorized bicycles are allowed, and children younger than 18 are required to wear a helmet. Visit cityofevanston.org or call 847-448-4111.

CONTINUED ON PAGE 6
EXPLORE OUTDOORS

This list is not all-inclusive. More listings online.

Farms

HISTORIC ELAWA FARM
1401 Middlefork Drive, Lake Forest
cityoflakeforest.com
A historic farm, many of the buildings have been restored including an ice house, wagon shed, stable and quarters.

WAGNER FARM
1510 Wagner Road, Glenview
847-677-5100; glenviewparks.org
This 18.6 acre farm is one of the last working dairy farms in Cook County.

GARDEN/NATURE CENTERS

CHICAGO BOTANIC GARDEN
1000 Lake Cook Road, Glencoe
847-835-5440; chicagobotanic.org

This list is not all-inclusive. More listings online.

PUMPKIN PATCHES

Here's a list of some of the area pumpkin patches that feature pumpkins and much more.

COUNTRY BUMPKIN GARDEN CENTER
27911 N. Gilmer Road, Mundelein
847-566-2176; thebumpkin.com
The annual Pumpkin Fest is held everyday in October. Moon walks, petting zoo, straw maze, pumpkins and barrel train. Paid admission required for Pumpkin Fest activities. Fest hours are 10 a.m. to 5 p.m. Monday through Friday and 10 a.m. to 4 p.m. Saturday and Sunday.

Didier Farms
10678 W. Aptakisic Road, Lincolnshire
847-634-3291; didierfarms.com
Pumpkin Fest runs through Oct. 31 from 9 a.m. to 6 p.m. and includes hayrides, pony rides, craft area and Animal Land. Tickets required for certain activities.

Goebbert's Farm & Garden Center
40 W. Higgins Road, South Barrington
847-428-6777; goebbertsgardencenter.com
Fall Festival runs through Halloween. Open daily 9 a.m. to 6 p.m. Halloween Day opened 9 a.m. to 3 p.m. Closed Nov. 1 to mid-April. Admission fee for Animal Land & Little Farmers Play Yard.

Evelyn Pease Tyner Interpretive Center
2400 Compass Road, Glenview
847-901-6628; glenviewparks.org

This 3,000 square foot center is a showcase of green technology.

Heller Nature Center
2821 Ridge Road, Highland Park
847-443-6901; pchp.org
Situated on 97 acres of oak-hickory forest, tall grass prairie, an oak savanna and wetlands, there is much to explore.

Keay Nature Learning Center
Hibbart Road and Skokie Boulevard, Wilmette; wilmetteparks.org
Located just 4.6 acres there is a nature trail and footbridge that leads to a pond and waterfall.

The Grove National Historic Landmark
1421 Milwaukee Ave., Glenview
847-299-6096
A National Historic Landmark and on the National Register of Historic Places, this 123 acre of ecologically diverse prairie land features two historic homes, an Interpretive Center, a Native American Village and numerous trails.

Wildlife Discovery Center
13401 Middlefork Drive, Lake Forest
cityoflakeforest.com
Past nature center and 100 wildlife sanctuary, museum and biological station there are exhibits and live reptiles, amphibians, fish and birds.

Golfing / Public

Ametsberger Golf Course
1750 Techy Road, Northbrook
847-291-2971; nbparks.org

Deerfield Golf Club and Learning Center
1201 Saunders Road, Riverwoods
847-945-8333; deerfieldgolf.org

Deerpark Golf Course
500 W. Deepark Road, Lake Forest
847-810-3888; deerparkgolfcourse.com

Kroll's Fall Harvest Farm
13236 W. Towline Road, Waukegan
847-662-5733; krollsfarm.com
Farm hours are noon to 8 p.m. Monday through Thursday; noon to 10 p.m. Friday, 10 a.m. to 10 p.m. Saturday; and 10 a.m. to 7 p.m. Sunday.

Conn Maze hours are noon to 7 p.m. Monday through Thursday; noon to 9 p.m. Friday, 10 a.m. to 9 p.m. Saturday; and 10 a.m. to 6 p.m. Sunday. Price is $5 per person ages 12 and over, $5 for ages 12 and under and free for age 3 and under. Cash only. Hayrides, gift shop and farm animals are also available.

Stade's Farm & Market
3709 W. Miller Road, McHenry
815-675-6195; stadesfarmandmarket.com
Open weekends only 9 a.m. to 6:30 p.m. for $5 per person ages 3 to 64, $10 for ages 65 and older, and free for children 2 and under.

The second annual craft show will be held Sept. 26-27.
COMMUNITY EVENTS
CONTINUED FROM PAGE 4

OCT. 9 TO 11
Evanston Public Library
STORYTELLING FESTIVAL
Various locations throughout Evanston
7 to 9 p.m. Oct. 9; 9:30 a.m. to 10:30 p.m. Oct. 11
This inaugural event will feature a variety of storytelling styles and cultural perspectives. Visit epl.org or call 847-864-5670.

OCT. 6
GROVE FOLK FEST
The Grove National Historic Landmark
4 to 6 p.m.
A day of live folk music, storytelling.

OCT. 21
FLIGHT FEST
Glenview Park District
2500 Chestnut Ave.; 10 a.m. to 6 p.m.

OCT. 31
BOO BASH
Takiff Center, 999 Green Bay Road; 6 to 8 p.m.
A Halloween-themed evening of entertainment, crafts, and a costume contest.

OCT. 20
LAKE BLUFF
CARIVAL OF CHAOS
Lake Forest Recreation Center
1461 N. Midlothian Road; 7 to 10 p.m.
A Halloween party featuring trick or treating. Visit lakebluffchamber.org.

OCT. 27
LAKE FOREST
SPECIAL ADVERTISING SECTION
COMMUNITY EVENTS

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4 to 6 p.m.
A day of live folk music, storytelling.

square dancing and hayrides. Cost is $4 for adults and $1 for children 12 and younger. Visit glenviewparks.org or call 847-724-5670.

NOV. 5 AND 12-15
THE GROVE ARTS AND CRAFT FAIRE
The Grove National Historic Landmark
1421 Milwaukee Ave.; 10 a.m. to 6 p.m.
A craft fair featuring holiday crafts, gift items, jewelry, seasonal decorations, personalized items, gourmet foods and baked goods. Tickets are $15. Parking is free. Strollers are not allowed inside. Visit glenviewparks.org or call 847-724-5670.

NOV. 27
TREE-LIGHTING FESTIVAL AND HOLIDAY MARKET
Highwood City Park, 17 Highwood Ave.
6 to 8 p.m.
A holiday market featuring live music, hayrides, and a costumed Santa.

NOV. 30
HAUNTED HOUSE
Lake Forest Recreation Center
3 to 9 p.m.
A haunted house with a variety of惧怖 experiences.

NOV. 1
DAY OF THE DEAD CONCERT
Niles Senior Center, 999 Civic Center Drive
4 to 6 p.m.
A concert with the Mexican folkloric performing ensemble in celebration of Dia de los Muertos as well as a costume parade and interactive arts stations. Free. Visit cityofevaston.org or call 847-448-4311.

NOV. 20
LAKEWOOD CHEROKEE BARN BURNER BBQ
Lambs Farm, 14245 W. Rockland Road
A barbecue competition sanctioned by the Kansas City Barbecue Association. Proceeds benefit Lambs Farm, a nonprofit organization serving adults with developmental disabilities.

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NOV. 8
OCTOBERFEST
Lincolnwood Village Hall, 6900 N. Dempster St.
4 to 10 p.m.
A fall celebration featuring food trucks, a beer garden, live music and family entertainment.

NOV. 22
BOO BASH
Lake Bluff, Illinois
6 to 8 p.m.
A Halloween-themed evening of entertainment, crafts, and a costume contest.

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NOV. 27
LAKE BLUFF
SPECIAL ADVERTISING SECTION
COMMUNITY EVENTS

OCT. 21
HOLIDAY LIGHTING CEREMONY
Port Clinton Square, downtown Highland Park
Activities include a family scavenger hunt, musical performances, the lighting of the holiday lights and an appearance by Santa. Visit cityofgpil.com or call 847-926-1000.

OCT. 20
WELLNESS FAIR
Niles Senior Center, 999 Civic Center (enter, 300 Dodge Ave.)
9 a.m. to noon
A wellness fair featuring health screenings, personalized items, gourmet foods and baked goods. Tickets are $15. Parking is free. Strollers are not allowed inside. Visit glenviewparks.org or call 847-724-5670.

OCT. 27
X-FEARIENCE
Sunset Woods Park, 1801 Sunset Road; 6 to 9 p.m.
Kids ages 8 to 14 can visit a haunted house and enjoy carnival rides and attractions. The cost is $10 for a wristband for all attractions. No cost for parents attending with their children. Visit pdh.org or call 847-831-3810.

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PUMPKIN FESTIVAL
SEPT. 19-OCT. 31 • DAILY 9-6
Come Make A Family Memory!

NEW Gem Mining Sluice!
Hayrides & Corn Maze
Animal Land Zoo
Pumpkin Playland
Parakeet Encounter
Pony & Camel Rides
Fresh Apple Cider and
Pumpkin Donuts Daily

Authentic Indian Teepees
Education Barn with Baby Chicks
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AND MUCH MORE!

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Hike Lake County

Its official Fall is here, and it's the perfect time to get out and enjoy the crisp air according to Nan Buckardt, director of Education for the Lake County Forest Preserves (LCFP).

"The temperatures are cooler, fall colors add extra beauty, and insects typically subside," she says.

LCFP offers plenty of opportunities to take advantage of these and other health benefits, especially through the Hike Lake County program. The 17-year old tradition challenges the community to complete seven of 12 designated trails on foot between now and Nov. 30.

Out of 186 miles of trails in the preserves, it's a struggle each year to select the 12 trails to highlight because they all offer their own great adventure. "Lake County has an amazing array of ecosystems and we are proud to display them in our program," says Buckardt. "We hope that if people see a Monarch emerging from a chrysalis, or the way the water flows in a stream, that the time they spend in the preserves will become more meaningful."

The trails are easy to follow and well-marked staging distances so that even beginners will gain confidence from navigating them. In fact, some guided hikes, which provide natural and cultural history, are available to help you start your journey.

The director suggests bringing (along with water) a walking buddy. You can even bring along up to three of your favorite canines. Each person (or dog) who completes the hikes earns a commemorative shield, sketched, and designed each year specifically for the program.

"This year's design is to commemorate the pending completion of the Des Plaines River Trail," according to the director. To get more information on how to get your hikes started, how to take them mobile, and to learn safety tips and yielding etiquette as well as hours and a list of trails, visit LCFPD.org/HLC.

A GUIDE TO AREA BIKE TRAILS

This list is not all-inclusive. More listings online.

DEER GROVE TRAIL
The 3.5 mile trail runs through the forest preserve of the same name and links to the Palatine Trail system.

DES PLAINES RIVER TRAIL
The 56.3 mile Des Plaines River Trail and Greenway traverses north-south along the route of the Des Plaines River through both Lake and Cook counties.

GREEN BAY TRAIL
The 9-mile trail runs just east of Green Bay Road through Waukegan and Gurnee parallel to Metra's commuter rail line north of Chicago's city limits.

MILLENNIUM TRAIL
When finished, this 35-mile route through Chicago's northern suburbs will connect communities in northwestern Lake County, 28.5 miles of the trail are complete.

NORTH BRANCH TRAIL
The 20-mile trail is named for the North Branch of the Chicago River.

EXPLORE THE ARTS

CLOCKWISE THEATRE COMPANY
A The Midwest premiere of "Soldier's Heart" will be presented Sept. 25 through Oct. 18, at the Genesee Theater, 221 Genesee St., Waukegan, 847-775-1500

DEERFIELD FAMILY THEATRE
"Mary Poppins The Broadway Musical" will be presented Nov. 13-15, 20-22 at the Carson Auditorium, 1800 Montgomery Road, Deerfield, 847-223-2659; deerfieldfamilytheater.com

A The Midwest premiere of "Soldier's Heart" will be presented Sept. 25 through Oct. 18, at the Genesee Theater, 221 Genesee St., Waukegan, 847-775-1500

ON THE COVER
Nick Yanez of Lake Bluff and his daughters, Miliana, 9 (girl with pink coral bike), and Dea, 5 (bike with training wheels), walk home from school, which they do via the bike path in nice weather.

FALL FUN Chicago Tribune Media Group

For comments and questions about this section, please contact Bill Padjen at bpadjen@tribpub.com or CTMGLocalContent@tribpub.com

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Learn to fly | Actors Gymnasium combines circus, performance arts

Say you're planning a private event and you need a stilts-walker in a lobster costume who juggles. The folks at The Actors Gymnasium can oblige. They can also teach you how to walk on stilts and juggle — or learn aerial acrobatics, stage combat, clowning, contortion, unicycling, mime, parkour and more — if you're so inclined.

The circus and performing arts organization based in Evanston — and long associated with Chicago's Lookingglass Theatre — is celebrating its 20th anniversary season, and with that comes the recent grand opening of an expanded studio space, a gala celebration in April and special performances throughout the season.

Marketing Manager Michelle Higgins is particularly excited about this year's Winter Circus, which combines the talents of circus professionals with students in a narrative show. It runs Feb. 13-March 20, 2016. "It's a unique opportunity for professional circus people to mentor the youth — the next generation of performers," Higgins says.

She said the most popular classes are the circus classes for ages 8-12, but there are classes for all ages, starting with kids as young as 2 and adults into their 70s. Something new this fall will be classes for children and adults with disabilities.

Part of the organization's mission statement reads: "At The Actors Gymnasium, people learn to fly — physically, emotionally and creatively."

Higgins stands by that. "What we've heard most from parents is that they feel like they're part of a community and that their kids are finding their own creative voices that show the ways in which they're unique."

Fall classes have begun, but if the class is not filled up, you can register and get a pro-rated rate.

The Actors Gymnasium is located at the Noyes Cultural Arts Center, 927 Noyes St., Evanston; 847-328-2795; actorsgymnasium.org.
COMMUNITY EVENTS

**CONTINUED FROM PAGE 6**

**OCT. 16**

**MONSTERS BALL**
Howard Leisure Centre, 6676 Howard St.; 6 to 9 p.m.
A family-friendly Halloween party featuring games, entertainment, dancing and a pizza dinner. Attendees should wear a costume. Cost is $15 per person for residents or $20 for non-residents. Visit niles-parks.org or call 847-967-6633.

**NOV. 27**

**HOLIDAY BAZAAR**
Norridge Recreation Center, 4035 W. Baseball Ave.; 9 a.m. to 3 p.m.
Annual craft fair featuring handmade crafts and items from local artisans and crafters as well as baked goods and used items. Exhibitors and vendors can reserve a space for $30. To register, visit norridgeparks.org or call 847-692-5127.

**OCT. 18**

**PUMPKINS ON THE BEACH**
Lloyd Beach, 799 Sheridan Road; 9 a.m. to 4 p.m.
A beach party with pumpkin decorating, carnival games and s’mores as well as a chance to sit around a campfire. Cost is $15 per family. To register, visit prparks.org or call 847-692-5127.

**NOV. 27**

**HOLIDAY BAZAAR**
Centennial Activity Center, 100 S. Western Ave.; 10 a.m. to 3 p.m.
An annual sale featuring handmade crafts and items from local artisans and crafters as well as baked goods and used items. Exhibitors and vendors can reserve a space for $30. To register, visit prparks.org or call 847-692-5127.

**OCT. 18**

**THINGS THAT GO BUMP IN THE NIGHT**
Emily Oaks Nature Center, 4650 Brummel St.; 6 to 8:30 p.m.
A chance to learn about the creatures who live at Emily Oaks and enjoy a campfire, songs and snacks. This is a non-frightening event intended to be fun and informative. Tickets are $5, and advanced purchase is recommended. Visit skokieparks.org or call 847-674-1500.

**NOV. 28**

**NORTH POLE EXPRESS**
Departing from the Glenview Metra station, 1021 Depot Ave.; Trains depart at 8:30 a.m. and 12:30 p.m. A train trip to the North Pole (Fox Lake) including singing holiday songs and sipping chocolate milk. Children will visit Santa at the North Pole before leaving for home. Tickets are $12 for residents and $15 for non-residents. Pre-registration is required. Visit skokieparks.org or call 847-674-1500.

**VERNON HILLS**

**SEPT. 26**

**OKTOBERFEST**
Vernon Hills Metra station, 75 Route 45; 3 to 10 p.m.
A family event featuring crafts, pumpkin painting, a pet costume contest, pumpkin decorating, spooky stories, a kid-friendly haunted house and bounce houses along Main Street. All events are free and sponsored by Main Street businesses.

**NOV. 17**

**HALLOWEEN STORYTELLING FESTIVAL**
Genesee Theatre, 203 N. Genesee; 7 to 9 p.m.
The 10th annual event will celebrate Waukegan native Ray Bradbury’s favorite holiday with ghost stories, fables and tales told on the theater stage. Visit geneseeetheatre.com.

**NOV. 18**

**HALLOWEENFEST**
Bowen Park, 39 Jack Benny Drive; 3 to 7 p.m.
Watch the tree lighting and enjoy the holiday season and enjoy hot chocolate, cookies and cider. Visit vernonhills.org or call 847-251-3800.

**Wauconda**

**SEPT. 26 AND 27**

**FARM HERITAGE FESTIVAL**
Lake County Discovery Museum and Lakewood Forest Preserve, 4000 Greenwood St.; 11 a.m. to 3 p.m.
A holiday parade featuring bands, bagpipes, clowns and decorated vehicles. Free. Email info@wilmettechamber.org or call 847-251-3800.

**WINNETKA**

**OCT. 25**

**PUMPKINS ON THE BEACH**
Lloyd Beach, 799 Sheridan Road; 5 to 7:30 p.m.
The beach will be transformed to a pumpkin patch and kids can enjoy pumpkin decorating, carnival games and a costume contest. Cost is $5 for residents or $10 for non-residents. Visit winpark.org or call 847-501-5779.

**OCT. 24**

**LOYD BEACH’S HAUNTED TRAIL OF TERROR**
Lloyd Beach, 799 Sheridan Road; 6 to 9 p.m.
A haunted trail or terror including visits to the Insane Birdhouse, monster-infested beach and graveyard of spirits. It is not suitable for young children. Children are $5 per person and available at the door. Visit winpark.org or call 847-501-5779.

**ZION**

**NOV. 30**

**TRAIL OF TREATS AND HALLOWEEN FEST**
Shiloh Park and the Leisure Center, 2400 Dowie Memorial Drive; 5 to 7:30 p.m.
Trick or treating starting at 5 p.m. at the south end of Shiloh Park continuing to the north end, then on to the Leisure Center for fun activities for kids, including games, face painting, hayrides, a bounce house and a costume contest. For more information, visit zionparksdistrict.com or call 847-746-5500.
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ALL SAVINGS ARE FROM MFG'S SUGG LIST
Raising a teenage girl? Handle with care

By Elisabeth Egan

When my first baby was born, the doctor handed her to me and said, “Meet your future teenage daughter.” Then she called her own teenage daughter, and the two of them had a loud argument about dinner. The daughter’s voice was audible through her mother’s flip phone. “That is REVOLTING and I would rather eat DOG FOOD.”

My husband and I raised our eyebrows at each other. Surely our cashew-shaped bundle would never pick a fight with us about veal scallopini. If she became a vegetarian, we would develop a taste for seitan.

Surely our cashew-shaped bundle would never pick a bundle would never pick a taste for seitan. If she became a vegetarian, we would develop a taste for seitan.

Teenage daughters rarely want a hug—let alone a kiss—from their parents.

1. You never know who will come downstairs in the morning. One morning, she’ll be all smiles—loves your new sweater. The next day, she’ll gesture with her chin at the sweater you’re now wearing for the second day in a row because she said she liked it. This time, she’ll say, “Are you really wearing that?”

2. She rarely wants a hug. When she does, the effect is reminiscent of finding a warm spot in a cold lake. You don’t know why it’s there but you float there for a while, enjoying the view. Fifty percent of the time, as she’s extracting herself from your arms, she’ll say, “Can I have money to buy Julia a birthday present?”

3. You know you need to keep opinions to yourself. But sometimes she wants your opinions on a situation with a friend, on whom she should write about for Women’s History Month. The next day, you ask, “Did you learn anything interesting about Susan B. Anthony?” she’ll look at you as if she has no idea who you are.

4. After a decade of making small talk with babysitters, nothing beats having your own teenager meet you at the front door in her pajamas. She wants to know if you liked the movie and what you had for dessert.

5. You think she’s wasting her money on cheap black booties from Forever21.com. When they arrive in the mail, you’re surprised that they look stylish on her. When she goes to bed, you try them on. Guess what? You look like a 41-year-old mom wearing cheap shoes.

6. You ask her if she’ll sign up for model UN dance team, chorus and science Olympiad. She says nobody does these things. What about the chorus? You heard they take a year-end trip to Dorney Park & Wildwater Kingdom. She rolls her eyes. “Nobody joins the chorus.” You wonder who was on those buses outside the school last spring.

7. For years, she couldn’t wait to ride in the front seat. Now that she’s eligible, she opts for the third row of the minivan.

8. She’ll encourage you to join Instagram, and she’ll remind you to like her pictures. If you write, “I love this face” beneath one, the comment will quickly vanish. She wants your vote, not your adoration.

9. Her friends are funny, responsible and kind. Their mothers promise they aren’t like this at home. The mothers who tell you that they’re best friends with their teenage daughters are not your people. Be happy to have friends your own age, especially ones who have known you since you were her age.

10. You feel proud when you observe her with grandparents and young children. Unfortunately, her goodwill doesn’t always extend to the middle-aged.

11. Your husband used to be the center of her world. She still loves his pancakes, but when she has something she wants to talk about, she whispers, “Can you ask daddy to leave the room?”

12. When you peek inside her closet, you worry she might be a hoarder. Solution: Don’t peek inside her closet.

13. You ask if she has a crush on anyone. She says, “People don’t say ‘crush.’”

14. You wonder about drinking, drugs, parties where the parents aren’t home. She rolls her eyes and says, “Mom, I’m still a kid.”

15. She’s interested in your life: how old you were the first time you kissed a boy, why you chose your particular career path.

16. You realize that who she is has less to do with who you are than you originally thought.

17. You can tell her what to say—thank you, I’m sorry—but that doesn’t mean she’ll follow the script or that she’ll mean it when she does, which is the whole point. You know it’s time to throw away the cue cards, but sometimes you hold them up anyway. You can’t help yourself.

18. When you say, “Are you wearing mascara?” she bursts into tears. No matter how many times you rework the encounter, you can’t figure out where you went wrong.

19. She has no idea how pretty she is.

20. She thinks she knows everything.

21. “Don’t talk to me in that tone!” is the new “I’m counting to three.”

22. Remember that body you used to know as well as your own—better, even? That body is gone. When she catches you staring, she asks, “Why are you looking at me?” If you’re lucky, she’s a swimmer so you can admire her graceful curves and strong legs from the back row of the bleachers. You smile at her on the diving block. She’s on her mark, ready to go, and you are her biggest fan. You hope she knows that.

Elisabeth Egan is a freelancer and the books editor at Glamour magazine. She has just published her first novel, “A Window Opens” (Simon & Schuster).
Disney game exec leverages social media pixie dust

Lake Forest native focuses on close ties with fans

By Joe Fourhman | Tribune Newspapers

The third release of the mashup video game series "Disney Infinity" is now available in stores, and Disney Interactive's Vice President of Production John Vignocchi finally might take a day off. Although anybody who has had even a fleeting encounter with Vignocchi knows that he will not. There is no vacation when at any moment you're willing to talk with Twitter fans about Darkwing Duck.

"I always wanted to talk to video game developers," Vignocchi says of his teen days when he toiled away on "Mortal Kombat" FAQs, just as gaming's Internet fandom was beginning. "It's a bit of me giving back, because when I was a kid, that's what I cared so much about."

Turn to Game, Next Page
Under Vignocchi's guidance, providing that connection between the game fans and the game makers has become a focal point for "Disney Infinity."

A Lake Forest native who got his break at Chicago's legendary arcade game company Midway Games, Vignocchi is the smiling, scrubbed face of "Disney Infinity." He's a top level exec who loves talking with ground level fans. He's willing to appear in loosely structured live Internet streams where things break and people talk over each other like a college TV production. Then he pivots right into the shoes of a master showman as he appears on "Good Morning America" or stands on the D23 Disney conference stage in Anaheim, Calif.

On one of his recent Twitch livestreams—dubbed "Toy Box TV," a reference to the game's construction mode—Vignocchi displayed the forthright persona that defines him. The story begins with Vignocchi and John Blackburn, CEO of "Infinity" developer Avalanche Software, in the D23 auditorium, rolling out a series of 3.0 announcements. After hyping up Star Wars toys with glowing lightsabers and action figures based on the upcoming film "Zootopia," they revealed a special surprise: a D23-exclusive "power disc" accessory for "Disney Infinity." Only 5,000 were produced, it was never to be sold at retail, and it was free for D23 attendees.

The crowd in the theater was over the moon. The crowd watching at home was less enthused. "Disney Infinity" appeals to both a video game audience and a Disney geek audience, two groups who very much like to collect single things. How will anybody who did not make it to D23 get this rare trinket?

Disappointed gamers pummeled Vignocchi online, and he took some time on the next "Toy Box TV" episode to talk about it. He could have ignored it; he could have offered up a corporate-speak non-apology. Visibly upset, he instead confessed to letting the fans down and promised to find some way to make up for it.

Will Kelley, host of the fan-produced "Inside Infinity" podcast, says Vignocchi's personal engagement is a double-edged sword.

"He is loved and respected by the community when things are going well, but when things are bad, the negativity is focused directly toward him." Vignocchi represents that doe-eyed "Disney Magic" while shouldering the weight of video game development for the most complicated entertainment company on Earth. His sincerity is why garners love him, and also why they feel so free to unload on him. He's leading the Housekeeters in song on a company-branded guitar, only the song is a video game and the guitar is Twitch.

A Star Wars, Disney mashup

The first "Disney Infinity" was released in 2013. Two years and two sequels later, the basics of "Disney Infinity" have not changed. The game interacts with toys that let you choose which Disney star you want to be. Put Mickey Mouse on the scan base and you're Mickey. You can switch to Spider-Man or Captain Jack Sparrow or Tinker Bell, assuming you own those particular toy figures.

This year's "Disney Infinity" adds the ultimate pop culture trump card, Star Wars. The entire saga is represented, from the original films to the quickly approaching "The Force Awakens." Luke, Leia and Han now join a game that pulls from all over Disney's greatest hits. Star Wars joins the likes of "Toy Story," the Muppets, ESPN, "Frozen," the Avengers and the Enchanted Tiki Room. Thanks to the company's voracious dual appetites of creation and acquisition, "Disney Infinity" is the family-friendly franchise blender you could not have imagined 10 years ago.

"Family friendly" does not necessarily mean "wallet friendly." The mixture of character toys, playsets and other accessories adds up fast. The starter game package includes two Star Wars figures, a Star Wars adventure playset, and the 3.0 game itself for $64.99. Available separately, several new-for-3.0 $35 playsets and plenty of $14 figures will let you play as new characters and explore different Disney worlds. It sounds financially daunting, but the video game industry has enjoyed years of proving the formula works, assuming the game is solid and the brands are desirable. This "toys to life" category, pioneered by Activision's "Skylanders" and followed by Disney, Nintendo and soon Lego, has already generated billions of dollars in sales in just a few years.

Beyond Star Wars, 3.0 will introduce an impressive list of recognizable characters from the "Infinity" collection—Mulan, Olaf! The Good Dinosaur! Tomorrowland! Hulkbuster Iron Man! Inside Out!—and Vignocchi promises more are in the pipeline.

"We still have more Marvel characters to announce, more Pixar characters, and more Disney characters," he hints, fully aware that those sub-categories are far too broad to encourage accurate speculation.

Toy Box drives outreach initiatives

Walt Disney had a word for the attention-directing landmarks that dot Disneyland: weenies. In Walt's view, when you saw a weenie (like Space Mountain), you walked toward it. For "Disney Infinity 3.0," Vignocchi and the team knew Star Wars was a big enough weenie to get gamers' attention, but it's the all-encompassing Toy Box mode where "Infinity" players will spend the bulk of their time. In the Toy Box, you can mix and mingle elements from all across the Disney multiverse. While this process can be as simple as dropping buildings and vehicles into an empty field, the more adept Toy Box aficionados can take advantage of a suite of programming tools. These levels can be shared online, and Disney has fully embraced the community of popular Toy Box creators that has sprung up around this feature.

The Toy Box is at the center of a series of fan outreach initiatives that show Vignocchi's dedication to personally interacting with the game's devoted. Concurrent with August's D23 event, the top Infinity fans and level creators were invited to a special Toy Box Summit where they participated in live Twitch panel discussions and were treated to behind-the-scenes info. A select group was even allowed to decide on a Disney character to be added to the game. They chose Peter Pan, and Vignocchi hopes to have the original lost boy ready for his "Disney Infinity 3.0" debut by the fall of 2016.

Kelley, who has been invited to summits in 2014 and 2015 on the strength of his enthusiast podcast, says Disney has been very free with information about 3.0.

Of course, not everybody can run a video game fan site or make the trip to an "Infinity" preview event. So the "Disney Infinity" team put together an online "Player's Pick" poll to vote on which classic Disney character should join the game's roster. At this writing, the poll has devolved into a two-horse race between Mabel from "Gravity Falls" and Vignocchi's sentimental favorite, the aforementioned Darkwing Duck. The stats are so skewed that nefarious doings are suspected.

Whoever wins that particular Disney-nerd showdown likely will not make the cutoof for this year's release, which raises the specter of "Disney Infinity 4.0." It's too early for Vignocchi to go on the record about the next game, but it's easy to presume that Disney has no plans for "Infinity" to end.

"At some point, we have to add swimming," Vignocchi says, before pointing out the logistical challenges posed by adding water to a future version of the game. He has clearly been over this many times with the programmers, deep technical discussions over how to make swimming fun. Players may want the Little Mermaid in "Infinity," but that means solving the problem of a hundred other characters suddenly needing to operate underwater.

Naturally, Vignocchi can bring up fan mail on the topic. "I had a member of the community send me a video the other day," he recalls. "He said flying inside of 'Infinity' is fun, if we could make swimming like flying, we'd have something." And there's the special brand of Disney Magic that John Vignocchi brings to the table: his mouse ears are always listening to fans.
We remember when you partied like it was 1999

Reintroducing Chicago’s original entertainment guide

Experience the new Metromix.com, now on all of your devices. With entertainment listings that cover the city and the suburbs, we’re your go-to source so you can spend less time planning, and more time doing.
Eat like a lineman: The nutrition, not the quantity

By Daniel Neman
Tribune News Service

The average woman needs about 1,800 or 2,000 calories to get through her day. For the average man, it is more like 2,400 calories.

But what if you’re an athlete? What if you’re, say, an offensive lineman on a professional football team?

The more you physically exert yourself, the more calories you need for fuel. The average offensive lineman requires 6,200 to 6,500 calories a day to perform at his peak with sufficient energy throughout an entire game.

Even a lowly quarterback needs 5,200 to 5,400 calories.

Obviously, athletes don’t eat like the rest of us, and elite athletes don’t eat like ordinary athletes.

Babe Ruth was known to devour two porterhouse steaks, two salads, two orders of fries and two apple pies a la mode for dinner — and then make after-dinner snacks out of a dozen hot dogs washed down with a dozen Coca-Colas.

But those days, perhaps fortunately, are gone. Eating is more of a science now. Today’s athletes are likely to follow a health-conscious regimen, and many professional teams hire their own nutritionists and dietitians.

Simon Lusky is the team chef for the St. Louis Cardinals and is also chef and owner of Revel Kitchen. A nutritionist with a degree from the Johnson & Wales culinary school, he tailors his meals to athletes depending on the sport, the training and even their roles on their team.

Lusky cooks meals and gives nutrition advice to everyone from professional athletes to the people he calls weekend warriors — those who may run 5K or 10K races, play soccer or maybe ride a bicycle for exercise — to people who are essentially sedentary.

Though their needs are different, he has the same mantra for everyone: “I believe in balance overall, a good balance between fat, protein and carbohydrates.”

How this balance is formulated, however, is different for the different lifestyles.

“Sedentary people want to watch carbohydrates, but it’s vice versa for athletes. For athletes we want to get them carbs, and time them well,” he said.

Lusky said that a good balance for weekend warriors and many elite athletes, including baseball players, is to consume 50 percent of their calories in carbohydrates, 30 percent in protein and 20 percent in fats.

There are carbohydrates, and then there are carbohydrates. Lusky prefers what he calls “clean” carbohydrates — whole grains and unprocessed foods as opposed to, say, white rice and white bread.

“They can have potatoes, but not mashed potatoes with butter and cream. We’re roasting them. We can give them potatoes, but not dirting them up with the other stuff,” he said.

Protein is important for everyone, but athletes especially need it because it helps to repair muscles. For his clients and restaurant customers, Lusky focuses on what he calls high-quality proteins, “things that are wild-caught or grass-fed.” Fresh vegetables and fruits are also important sources of protein. But he warns that protein is only helpful up to a point.

“They say that you can’t metabolize anything more than two grams of protein per pound of body weight. After that, your body can’t use it and just flushes it out. Those are calories that make your body work hard and can put a lot of strain on your body, such as your kidneys trying to get rid of it,” he said.

For most athletes in training, he recommends a ratio of 1 gram of protein daily for every pound of body weight.

When he is cooking for the Cardinals, Lusky often likes to make healthy, nutrient-dense versions of otherwise unhealthy comfort foods. Instead of fried chicken, he makes roasted chicken covered with crushed corn flakes for crunch. Instead of a typically decadent risotto, he makes a version with barley instead of rice, using dehydrated mushrooms for extra flavor and the liquid they reconstituted in as stock.

For macaroni and cheese, he makes a sauce mostly out of pureed butternut squash. The cheesy flavor comes from a combination of three cheeses, including a tangy goat cheese to offset the sweetness of the squash.

For dessert, he will occasionally splurge and make a bread pudding. He uses less cream than most versions, substituting skim milk and coconut milk, and he replaces some of the sugar with sorghum, which has a lower glycemic index. But even so, it’s bread pudding. It’s not going to be great for you.

“I like to tell everyone, including elite athletes, that everyone should lead their life by the 80-20 rule,” he said. Eighty percent of the time, you should watch what you eat. In the other 20 percent, you should “live a little.”

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When Lusky first came to work for the Cardinals, the team's strength and conditioning coach Pete Prinzi told him, "You can't train hard and diet hard. Something will give." Just as it is important to take a day off from exercise to let your body rest, Lusky believes that taking a day off from dieting is important for your mental health. You can't live up to unreal expectations, he said.

What is vital for athletes eating balanced meals is to keep at it, he said.

Recipe by Daniel Neman from an Idea by Simon Lusky

Wild Mushroom Barley Risotto

Yield: 4 (1-cup) servings Per serving: 317 calories; 8 g fat; 3 g saturated fat; 18 mg cholesterol; 12 g protein; 45 g carbohydrate; 1 g sugar; 9 g fiber; 209 mg sodium; 172 mg calcium

1 ounce dried mushrooms
1 tablespoon olive oil
1 shallot, minced
1 cup uncooked barley
1/2 cup dry white wine
1/2 cup shredded Parmesan cheese
Salt and pepper
Chives, for garnish

Soak mushrooms in 6 cups of lukewarm water for at least 30 minutes. Strain and reserve the water. Chop mushrooms. Heat mushroom water until it is steaming hot, but not yet simmering.

1. Heat oil over medium heat in a large pot. Add shallot and garlic and cook until shallot is translucent, about 3 to 5 minutes. Add barley and stir until coated with the oil. Raise temperature to medium high, add wine and cook, stirring, until most of the wine is absorbed into the barley.

2. While the barley is cooking, mix Parmesan cheese and a little bit of salt and pepper. Stir in Parmesan cheese. Taste and adjust salt and pepper.

3. Stir in Parmesan cheese. Taste and season with plenty of salt and with pepper. Serve with chopped chives sprinkled on top.

Recipe by Daniel Neman from an Idea by Simon Lusky
$1.39M estate near Illinois Prairie Path

ADDRESS: 239 E. South St., Elmhurst
ASKING PRICE: $1,395,000
Listed on Sept. 4, 2015
This five-bedroom, 3.1-bath estate is nestled in a prime location by the scenic Illinois Prairie Path and Wild Meadows Trace. The home has many wow-worthy amenities, including a gourmet kitchen with oversized island, multiple skylights, custom cabinets, architectural columns, granite, onyx backsplash and Wolf and Sub-Zero appliances. Huge formal dining and living rooms with bay windows overlook the covered wraparound porch. Architectural details include hardwood floors, crown molding and designer lighting. Other features include a media room, office, butler's pantry, laundry/mud room and a luxurious master suite with vaulted ceiling, fireplace and seating area. Lower level boasts craft room, bedroom, full bath, gym and rec room with fireplace.

At press time this home was still for sale.

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How to cut the cord on your cable TV

By Debbie Carlson

Sick of paying the $200-a-month bill for pay TV and thinking of cutting the cord?

Join the club. According to research firm SNL Kagan, more than 600,000 people ditched their cable, satellite or other telecom pay-TV services in the second quarter, cutting the number of combined residential and commercial subscribers at midyear to 100.4 million.

It's become easier than ever to do without pay TV, given the multitude of high-quality entertainment available online, whether it's a subscription service like Netflix, or Hulu Plus, or from a number of free entertainment services, like hoopla digital, which partners with libraries to bring on-demand video, audio, e-books and comics to card holders.

The growth in media-streaming players makes it simple to move online content to TV so watchers don't have to huddle over a small computer screen. Still, there are a few things to consider before completely cancelling pay TV. Although the growth of online entertainment and streaming is getting better, the experience isn't quite the same as pay TV. Further, there are a few types of programming that still are better viewed with pay TV. That said, below are some options to consider.

Get a high-definition antenna. The most extreme cord-cutting means paying only for one thing: an HD antenna. This works best in urban areas where the antenna can pick up broadcast stations. HD antennas pick up all the major networks, plus other programming. Most of these antennas are about $35 and up, and AntennaWeb.org can help cord-cutters figure out the right antenna type.

John Carroll, mass communication professor at Boston University, said in urban areas antennas can deliver great connections and broadcast quality. The downside is since programming is live, there's no real control over when watchers access the content, unless they have a DVR or similar device to record shows.

Just having an antenna to receive broadcast television no longer labels you a Luddite, either. According to a survey of 1,200 consumers on the changing dynamics of TV and online video viewing by Limelight Networks, a private content delivery network, 20 percent of the respondents say they have no cable or other pay TV subscriptions.

Buy a monthly subscription service for online access to certain channels. Many pay TV channels offer stand-alone online subscriptions. David Gandler, chief executive officer of fuboTV, which streams live soccer matches online, said a combination of an antenna and a subscription service or two may be enough for some people.

"The Top 10 shows come from broadcasters, and those can be reached by buying a pair of rabbit ears."

— David Gandler, CEO of fuboTV, which streams live soccer matches online

Go, ESPN and some of the premium cable channels. Then all of a sudden you put together enough individual services and it isn't going to save that much money," he said.

Finding out what online entertainment services are available takes time, he said. Some services, like Yidio, allow users to search for free TV shows and movies across hundreds of providers and consolidates the information on where the programming is available and at what price.

Get a media-streaming player to watch online content on a TV. Popular options include Roku, Amazon Fire TV, Apple TV and Google's Chromecast. These have dedicated hardware that plugs in a TV's HDMI port (which most TVs built in the past few years have). All of them work slightly differently and are generally less than $100.

The downside to these players is they don't have live TV, Carroll said. Before cord-cutters consider switching to just online entertainment, they need to make sure they have fast enough internet speeds.

"What does that broadband connection look like, and at peak times? It might be one thing at 10 a.m., it's another thing at 8 p.m."

said Nigel Burmeister, vice president of product and solutions marketing at Limelight Networks. Buffering, which refers to pauses during playback so more data can be downloaded, is the reason for these differences.

Burmeister said buffering was the No. 1 complaint in their survey about people's frustrations with online content and a reason some people stick with cable.

When not to cut the cord. Carroll said people who aren't technologically savvy or want to see a lot of live sports may want to stick to paying for cable TV. Plus, he said, people concerned about online privacy and tracking may want to rethink online streaming since there is a lot of data being collected with these services. That data is then used for targeting advertising, he said.

In the end, everything is a trade-off when it comes to making these choices, he said.

"Essentially everybody pays in different coin of the realm. Some is information, some is money, some is it's time watching advertising," he said.

Debbie Carlson is a freelancer.
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COMMUNITY CALENDAR

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

**Thursday, Sept 24**

Coffee Talk to examine the politics of creating memorials: Jenelle Davis talks about the tensions that arise between governments and the public over constructing memorials to events. 7 p.m. Thursday, Des Plaines History Center, 781 Pearson St, Des Plaines, $3 suggested donation, 847-391-5399

"Thirty Million Words" with Author Dana Susskind, MD: 5:30 p.m. Thursday, Rotary International, 1560 Sherman Ave, Evanston, free, 847-492-0990

Found Launches Live Music Every Thursday: Every Thursday this summer, the Josh Rzepka jazz trio performs. 6:30 p.m. Thursdays, Thursdays, Found Kitchen & Social House, 1631 Chicago Ave, Evanston, free, 847-868-8945

Retail Therapy on Central Street, Evanston Special discounts, raffles, refreshments and giveaways. Proceeds to benefit The Evanston Animal Shelter Association. 6 p.m. Thursday, Central Street shopping district, Evanston, free, 847-864-5565

All My Relations: A Seneca History: In collaboration with visual artist and dancer Rosy Simas (Seneca), this exhibit features traditional and modern Seneca artifacts. 11 a.m. Daily, Mitchell Museum of the American Indian, 3001 Central St, Evanston, Free-$5; $10-$12 for talk, 847-475-1030

Native Haute Couture: The year long exhibit features garments that showcase American Indian artistry. 10 a.m. Daily, Mitchell Museum of the American Indian, 3001 Central St, Evanston, free, 847-475-1030

Model Railroad Garden: Landmarks of America: Features 18 G-scale trains chugging along 1,600 feet of track past replicas of American landmarks including the Statue of Liberty! a.m. Daily, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, $6 adults; $5 seniors; $4 children ages 3-12; under 3, free, 847-835-5440

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

150th Anniversary of the End of the Civil War: Oral histories are presented, in authentic civil war era uniforms. 9 a.m. Daily, Glenview History Center, 1271 Waukegan Road, Glenview, $5 suggested donation, 847-724-2235

**The Sweet Martha:** 7:30 p.m. Thursday, The Rock House, 1742 Glenview Road, Glenview, free, 224-616-3062

**Art in the Library: My Museum Year:** Elisa Boughton shares several of her museum quality pieces. 9 a.m. Daily, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Introduction to Excel 2010: Learn simple formatting and entering/editing data. 7 p.m. Thursday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Power Employment Workshop: Discuss resumes and cover letters, one-line job applications and interviewing to help attendees in their job search. 9:30 a.m. Thursday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**World Language Storytime: Polish:** Ms. Bernadetta shares stories and songs in Polish (with a bit of English). Followed by a craft and a snack. 7 p.m. Thursday, Niles Public Library, 6960 W. Oakton St, Niles, free, 847-663-1234

**Tech Time for Adult Learners:** Get acquainted with the library’s resources and to learn technology skills. 9:30 a.m. Thursday, Niles Public Library, 6960 W. Oakton St, Niles, free, 847-663-1234

**Financial management and strategies for business owners:** A workshop on financial management and strategies for business owners. 8 a.m. Thursday, Pinstripes, 1150 Willow Road, Northbrook, free, 847-251-4229

**One-of-kind Classic Deusenberg Collections:** 11 a.m. Thursday-Sunday, Northbrook Court, 2171 Northbrook Court, Northbrook, free, 847-498-8191

**U.S. Concerns: Immigration, climate change, Israel, Iran and Russia, China:** Jim Kenney examines each of these complex areas, including changing patterns of population movement and growing global tension. 10 a.m. Thursdays, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-784-6000

Beginning Mah Jong: Join this six-week class for beginners. 9:30 a.m. Thursdays, Park Ridge Park District-Centennial Activity Center, 100 South Western Ave., Park Ridge, $5 member, $57 guest, 847-692-3597

Beginning Ukulele Classes: Seven week class. Participants must provide their own ukulele. 10:30 a.m. Thursdays, Park Ridge Park District-Centennial Activity Center, 100 South Western Ave., Park Ridge, $28 member; $33 guest, 847-692-3597

**Chair Yoga:** 10:30 a.m. Thursdays, Park Ridge Park District-Centennial Activity Center, 100 South Western Ave., Park Ridge, $76 member, $84 guest, 847-692-3597

**Centennial Activity Center Exhibit:** Both self-taught and classically trained artists come together to showcase their talent. 6:30 p.m. Thursdays, Park Ridge Park District-Centennial Activity Center, 100 South Western Ave., Park Ridge, $9, 847-692-3597

Reader’s Theatre: Open to adults 18 and over. Brings storytelling and radio drama to life. 10 a.m. Thursdays, Park Ridge Park District-Centennial Activity Center, 100 South Western Ave., Park Ridge, $55 member, $60 guest, 847-692-3597

Intermediate Ukulele Classes: Seven week class for those who have experience playing the ukulele. Participants must provide their own ukulele. 2:30 p.m. Thursdays, Park Ridge Park District-Centennial Activity Center, 100 South Western Ave., Park Ridge, $28 member; $33 guest, 847-692-3597

**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 Ave., Park Ridge, free

**Karaoke Thursdays:** 7 p.m. Thursdays, Perry’s Pizza and Ribs, 711 Devon Ave., Park Ridge, free, 847-823-4422

**Oktobefest:** 11:30 a.m. Daily, Harry Caray’s Italian Steakhouse, 1023 W. Higgins Road, Rosemont, $6, 847-699-1200

**Michael Palascak:** The local comedian - as seen on “Letterman” and “Leno” - headlines a stand-up showcase. Featuring Larry Reeb. 8 p.m. Thursday; 10:30 p.m. Friday, Zanies Rosemont, 5437 Park Place, Rosemont, $22-$26 plus a two-item food/drink minimum, 847-813-0484

**Oktobefest at Hofbrauhaus Chicago:** Celebrate Bavarian culture, cuisine and of course, delicious beer. 11 a.m. Daily, Hofbrauhaus Chicago, 5500 Park Place, Rosemont, free, 847-671-2739.

**Food Drive In Skokie:** Requesting donations of canned goods and dry food products to fill the shelves of the Niles Township Food Pantry. Daily, Walgreens, 3945 West Dempster St, Skokie, free, 847-675-4141

The Language of Business: This class helps attendees improve their reading, writing and math skills as they learn the language of business ownership and management. The final location is subject to change. 6 p.m. Thursdays and Tuesdays, JVS Chicago, 5150 Golf Road, Skokie, free, 855-463-8537

“Funnyman”: 7:30 p.m. Thursday; 8 p.m. Friday; 7:30 p.m. Saturday; 2:30 p.m. and 7 p.m. Sunday. 7:30 p.m. Tuesday; 1 p.m. and 7:30 p.m. Wednesday; 7:30 p.m. Oct. 1, Northlight Theatre, 9501 Skokie Blvd., Skokie, $15-$65, 847-673-6300

**Special Exhibition Three Years, Eight Months, and Twenty Days:** The Cambodian Atrocities and the Search for Justice: Learn about the Cambodian genocide and the current trials to bring the perpetrators to justice. 10 a.m. Daily, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4835

Willemet Fiberglass Group: Sponsored by the Willemet Public Library, this group of people is interested in all aspects of fibers arts: knitting, crocheting, needlepoint, etc. 10 a.m. Thursdays, Panera Bread, 1199 Willemet Ave., Wilmette, free, 847-293-6755

Lend a Helping Hand with your Backhand: Court the Cure Tennis Tournament: All proceeds from Court the Cure support breast cancer research initiatives led by Katharine Yao, MD, Director of the Breast Surgical Program at NorthShore, to ensure early detection and more effective treatments for many generations to come. 9 a.m. Thursday, Willemet Platform Tennis Club, 540 Hibbard Road, Willemet, $50 per person

**Story Time with Author and Illustrator Salina Yoon:** Award-winning author and artist Salina Yoon presents her new picture book, "Penguin’s Big Adventure.” 4 p.m. Thursday, The Book Stall at Chestnut Court, 811 Elm St., Winnetka, free, 847-446-8880

Turn to Calendar, Next Page
We remember when you partied like it was 1999

Reintroducing Chicago's original entertainment guide

Experience the new Metromix.com, now on all of your devices. With entertainment listings that cover the city and the suburbs, we're your go-to source so you can spend less time planning, and more time doing.
Main Street Opera presents Puccini’s “Madama Butterfly”: 7:45 p.m. Friday, The Alta Villa, 430 N. Addison Road, Addison, $22-$55, 224-764-1615

Summer Concert Series at White Pines: Live performance by SHINDiG. 7 p.m. Friday, 37 Bar and Grill, 500 W. Jefferson St., Bensenville, free, 630-766-7015

Des Plaines Farmers’ Markets: 3 p.m. Friday, Des Plaines Public Library, 1501 Ellinwood St., Des Plaines, free, 847-827-5551

Spoon River Anthology: Celebrate the 100th anniversary of the publication of Illinois poet Edgar Lee Masters most noted work in this stage production of “Spoon River Anthology,” 7:30 p.m. Friday-Sunday, Leela Arts Center, 620 Lee St., Des Plaines, $15-$25, 800-838-3006

Third annual “groovin’ on the greens” fund-raiser to benefit Canal Shores: 7 p.m. Friday, Canal Shores Golf Course, 1030 Central St., Evanston, $75; 10 for $650, 847-475-9173

“The Outfit”: 8 p.m. Friday; 8 p.m. Saturday; and 3 p.m. Sunday, Piccolo Theatre, 600 Main St., Evanston, $27; $23 seniors; $15 students; $11 children, 847-424-0089

Sirens Dance: Come explore the 5Rhythms Dance - a movement meditation to music. 7:30 p.m. Friday and Tuesday, Foster Dance Studios, 915 Foster Street, Evanston, $15; free for students and seniors, 847-869-0250

ACE 2015: More than 150 juried artists gather to exhibit jewelry, ceramics, metal, fashion wearables, glass, sculpture, fiber decorative, leather, mixed media, basketry, paper, wood crafts. Funds raised support research at NorthShore University HealthSystem preventing ovarian cancer. 10 a.m. Friday, 8 a.m. Saturday and 11 a.m. Sunday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, 847-965-4220

You’re Invited! Friday Night “Appy Hour”: Library staff will be on hand to demonstrate all the library apps and services that are available free for smartphones, tablet, or portable devices. Enjoy appetizers and a live jazz performance by Terra Sounds School of Music & Arts in the Lobby. Kids ages 4 & up can have fun in a nearby room with crafts and stories, hosted by teen volunteers. 5:30 p.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

MGPL After Dark: The Chicago Sinfonietta: Project Inclusion Ensemble presents an eclectic repertoire from classic string quartets by Mozart and Beethoven to contemporary takes on the music of Coldplay and Motown. 7 p.m. Friday, Morton Grove Public Library, 6440 Lincoln Ave., Morton Grove, free, 847-965-4220

Signature Entertainment Presents: LOL Saturday: Adult Comedy. 9 p.m. Saturday, Chicago’s Home of Chicken & Waffles, 2424 W. Dempster St., Evanston, $15 advance; $20 at the door, 847-528-6434

Lake Street Church Hoe Down and Auction: Includes an early supper, a special craft activity and a theme movie for children. Mixer around 8:30 p.m. 6:30 p.m. Saturday, Lake Street Church, 607 Lake St., Evanston, $15 advance; $20 at the door, 773-294-8891.

The Bluegrass Advocates Live at The Knot: 9:30 p.m. Saturday, The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1839

Fruit and Vegetable Garden Family Drop-Ins: Activities include discovering where food comes from and how plants grow. 11 a.m. Saturday and Sunday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, 847-835-5440

St. Peter’s UCC Rummage and Bake Sale: 9 a.m. Friday and Saturday, St. Peter’s United Church of Christ, 8013 Laramie Ave., Skokie, free, 847-673-8166

ACE 2015: More than 150 juried artists gather to exhibit jewelry, ceramics, metal, fashion wearables, glass, sculpture, fiber decorative, leather, mixed media, basketry, paper, wood crafts. Funds raised support research at NorthShore University HealthSystem preventing ovarian cancer. 10 a.m. Friday, 8 a.m. Saturday and 11 a.m. Sunday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, 847-965-4220

Saturday, Sept. 26

Churchville Schoolhouse open house: 11 a.m. Saturday, Churchville Schoolhouse, 3N784 Church Road, Bensenville, free, 630-833-1457

A Gershwin Tea: Pianist Kent Webman plays Gershwin’s greatest hits. Includes a full English-style tea service. 12:15 p.m. Saturday, Cafe la Cave, 2777 Mannheim Road, Des Plaines, $50, 847-692-5127

“Next to Normal”: 7:30 p.m. Friday and Saturday, 2 p.m. Sunday, Skokie Theatre, 7924 N. Lincoln Ave, Skokie, $28 - $38, 847-677-7761

St. Peter’s UCC Rummage and Bake Sale: 9 a.m. Friday and Saturday, St. Peter’s United Church of Christ, 8013 Laramie Ave., Skokie, free, 847-673-8166

Celebrate Glenview’s Aviation History: Flight Pass kicks off with kid-friendly activities and plenty of Glenn history. 2 p.m. Saturday, Gallery Park, 201 Patriot Blvd., Glenview, free, 847-724-5670

Dungeons and Dragons Workshop: 2 p.m. Saturday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free

Families for charity: Knit or crochet a 36-by-36 inch lap blanket for the sick. 10 a.m. Saturday, Morton Grove Public Library, 6440 Lincoln Ave., Morton Grove, free, 847-965-4220

Morton Grove Farmers Market: 8 a.m. Saturday, Morton Grove Public Library, 6440 Lincoln Ave., Morton Grove, free, 847-750-6436

Family Movie: “Home”: 2 p.m. Saturday, Morton Grove Public Library, 6440 W. Oakton St., Morton Grove, free, 847-663-1234

Cutting Cable TV’s Cord: Internet TV for Beginners: The experts from local technology company FireLogic provide a hands-on lecture showing attendees how to take advantage of modern internet TV services. 10 a.m. Saturday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

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

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

Indoor Community Garage Sale: Over 80 families display and sell merchandise. 9 a.m. Saturday, Maine Township High School, 1700 Ballard Park Road, Park Ridge, free, 847-297-2510

Erik Griffin: The actor and comedian performs stand up. 8 p.m. Saturday, 10:30 p.m. Saturday, Zanies Rosemont, 5437 Park Place, Rosemont, $25 plus a two-item food/drink minimum, 847-813-0484

Wilmette Farmers Market: 8 a.m. Saturday, Wilmette Village Center, 1960 Wilmette Ave., Wilmette, free, 847-968-7797

For Kids 5K: Grab your sneakers for the third annual For Kids 5K to benefit children of Northwestern Settlement. This chip-timed, stroller-friendly course is open to all. 10 a.m. Saturday, A. Perry Homes, 564 Lincoln Ave., Winnetka, adults $35; children, students and veterans, $20, 847-440-5400

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Sunday, Sept. 27

The Winds of Fall at Nichols Hall: Rembrandt Chamber Players perform works by Mozart, Beethoven and Thibult. 3 p.m. Sunday, Nichols Concert Hall, Music Institute of Chicago, 1490 Chicago Ave., Evanston. $38 general admission, $10 student, 312-360-3145

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

GlenVIEWINGS Fall Film Series: "Mr. Turner": 1:30 p.m. Sunday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Banned Books Week: Visit the special display featuring books challenged for attempted bannings. 9 a.m. Sunday-Thursday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

Music & Readings Bably Yar Commemoration: Come honor the memory of the 34,000 Soviet Jewish victims of this 1941 massacre by Nazi killing units near Kiev. 2 p.m. Sunday, Illinois Holocaust Museum and Education Center, 9063 Woods Drive, Skokie, free, 847-967-4835

Monday, Sept. 28

Book Babes: 10:15 a.m. Monday, Evanston Public Library - North Branch, 2026 Central St., Evanston, free, 847-448-8600

Gift of Music Organ Recital: David Fienen plays works by Felix Mendelssohn, Jan Belder, Larry Long and JS Bach. 1:30 p.m. Monday, Presbyterian Homes - Elliott Chapel, 311 Simpson St., Evanston, free, 847-492-2919

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

Mosaics for the Garden: Garden Bench: Led by DJ Garrity, garden and outdoor enthusiasts create unique works in stone. Reservations are required. 9 a.m. Monday-Thursday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, $50 nonmember; members receive 20 percent discount, 847-835-8278

Parkinson's Support Group: For people with Parkinson's, as well as their caregivers and families. 10 a.m. Monday, Covenant Village of Northbrook, 2625 Techny Road, Northbrook, free, 847-509-0927

Networking Event: Join in on a lively discussion on topical issues of the day. 9 a.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, $19 NSCC member, $25 non-member, 847-764-6000

Tuesday, Sept. 29

Support Across the Continuum of Care: The Role of Palliative Medicine: Dr. Martha Twaddle, a visionary in Hospice and Palliative Medicine discusses the vital role that supportive care plays when we, or someone we love is seriously ill. 7 p.m. Tuesday, First Presbyterian Church of Evanston, 1427 Chicago Ave., Evanston, free, 847-864-1472

Rotary Club of Evanston Lighthouse: 7:15 a.m. Tuesday, Hilton Garden Inn Chicago North Shore/Evanston, 1818 Maple Avenue, Evanston, free

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: Come work through knitting projects and socialize with fellow knitters. 2 p.m. Monday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

LEGO Club: 4:30 p.m. Monday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

Networking Event: Join in on a lively discussion on topical issues of the day. 9 a.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, $19 NSCC member, $25 non-member, 847-764-6000

MGPL Kids: Monday Morning Music: 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

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

View of the Sea: England Coast-to-Coast: World traveler John Lynn is joined by an international cast in this travelogue about his 200-mile trek across Northern England. 7 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Internet Searching Basics: This class offered to teach how to find and evaluate useful websites. 2 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Northern Lights: Fall Homework Help Center: Thirty-minute sessions for homework, reading and math skills provided on a first-come, first-served basis. 6 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

LEGO Club for grades 1-3: Join us for our monthly free-build. 4 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Storybook Tea Party: Come to a Storybook Tea Party. Enjoy stories, songs, sweets and "tea." 3:30 p.m. Tuesday, Northbrook Public Library, 4000 West Pratt Ave., Northbrook, free

CARE: ComEd's Financial Assistance and Energy Efficiency Programs: As part of the library's Movies, Munchies, and More, come and learn about ComEd's financial assistance and energy efficiency programs. 11:30 a.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

MGPL Kids: Listen Up: 4:45 p.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

TEDxNorthbrookLibrary: Education: Perspectives: Each month, the library screens three TED Talks and hosts discussion to follow. This month's theme is Education: Perspectives. 7 p.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

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Wednesday, Sept. 30

"Reel" Talk Movie Night: "White People": 6:30 p.m. Wednesday, YWCA Evanston and North Shore, 1215 Church St., Evanston, free, 847-865-8445

Preschool Story Time: Stories and songs for children ages 3-5 and a caregiver. 10:30 a.m. Wednesday, Evanston Public Library, 1703 Orrington Ave., Evanston, free, 847-448-8610

One-on-One Job Counseling: Counseling is available for any stage of your career. 9 a.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Mutual Funds, ETFs and Smart Beta Funds: Investment advisor Bill Ulivieri of Cenacle Capital Management discusses mutual funds. 7 p.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

LEGO Club: Calling all Master Builders. Join us for our monthly free-build. 4 p.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Literary Latte Hour: Join in this informal setting where you can relax with a hot beverage and tell others what you've recently enjoyed reading (or not enjoyed). 10 a.m. Wednesday, Glenview Grind, 989 Waukegan Road, Glenview, free, 847-729-0111

Intro to Publisher: Covers the basics of creating different publications using design templates and inserting media. 6:30 p.m. Wednesday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free

Make a Lot With LittleBits: Learn how to build circuits that blink move and buzz. 7 p.m. Wednesday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277

Senior Coffee Hour: How to Keep Your Mouth Healthy: Illumident, Inc., presents a program on oral hygiene for seniors. 10:30 a.m. Wednesday, Niles Public Library, 6960 W Oakton St., Niles, free, 847-563-1224

Chess Club: Whether you're a skilled player looking for a challenge or a beginner interested in learning new skills, all are welcome. 7 p.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Patti Vasquez: The Chicago comedian performs stand-up. 8 p.m. Wednesday and Oct. 1, Zanies Rosemont, 5437 Park Place, Rosemont, $22 plus a two-item food/drink minimum, 847-813-0484.

Senior High Youth Group: For all youth grades 9 to 12 to engage in meaningful discussions and service learning opportunities. 6:45 p.m. Wednesday, First Congregational Church of Wilmette, 1125 Wilmette Ave., Wilmette, free, 847-251-6660

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

ARE YOU OPINIONATED?

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

"The Perfect Guy" ★★
PG-13, 1:40, drama
Sanaa Lathan is as tough as she is fetching, which is why it's so disheartening to watch her play a dopey victim for much of 'The Perfect Guy:' in which her well-to-do professional is terrorized by a new flame who doesn't take kindly to being dumped. Boosting a screenplay by Tyger Williams that never fails to telegraph its every move, David M. Rosenthal's film is a cheap "Fatal Attraction" knockoff, complete with a subplot involving the potentially dire fate of Lathan's character's beloved pet. No bunnies wind up being boiled, but the rest of this second-rate genre effort is a strictly by-the-books affair. Despite an appealing trio of leads, it seems likely to entice only those who thirst for thriller cliches. — Nick Schager, Variety

"Straight Outta Compton" ★★½
R, 2:26, biopic
"Straight Outta Compton" is a musically propulsive mixed blessing of a biopic, made 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 the way of the telling. 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, I think, would've had the nerve to acknowledge some of the group's seamier material and its role in the group's international success. — M.P

"A Walk In the Woods" ★★
R, 1:44, drama
In the wake of "Wild," in which Reese Witherspoon's version of Cheryl Strayed hiked the Pacific Crest Trail and reckoned with her demons, we now have "Wild," better known as "A Walk In the Woods." It stars Robert Redford and Nick Nolte as travel writer Bill Bryson and his buddy, fictionalized by Bryson as "Stephen Katz," having a go at the Appalachian Trail for a little light banter and a casual insight or two regarding life's highways. The project grew out of Bryson's 1998 book. Early on, Redford hoped to persuade Paul Newman to co-star, as a sort of ambling swan song for Butch and Sundance. That didn't work out, but Nolte's depiction of a veteran libertine is the best thing in a pretty routine picture. — M.P

"The Visit" ★★★½
PG-13, 1:34, thriller
In M. Night Shyamalan's clever, cheeky and only slightly scary horror film, 15-year-old budding documentary filmmaker Becca (Olivia DeJonge) and her 13-year-old wanna-be rapper brother, Tyler (Ed Oxenbould), are going to visit their grandparents, whom they've never seen. Grandfather (Peter McRobbie) and Nana (Deanna Dunagan) have tracked their daughter down online and invited the children to stay for a week at their isolated farm. That means mom can spend some quality time with her boyfriend. Of course, Grandfather and Nana turn out to be as creepy as midnight in a graveyard. Since much of the film is from the viewpoint of Becca's cameras, "The Visit" fits into the tiresome found-footage trend, but Shyamalan unexpectedly injects it all with a wily sense of humor that works. — Cary Darling
DEATH NOTICES

We extend our condolences to the families and loved ones of those who have passed.

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August, Mary A. (Geer)
Mary A. (Geer) August, 93, died on Sept. 12, 2015 in Scarborough, Maine. She was born on March 20, 1922 in Portland to Dr. George I. Geer & Jennie E. (Merrill) Geer, as the seventh of eight children. She graduated from Deering H.S. (1940). She attended Northeast Business School Portland, and worked as a bank teller. She married Kastic C. August, a LT Commander in the Navy, in 1946. They moved to Boston where K.C. graduated from Harvard Business School. They moved to Chicago for her husband's work. In 1959 they moved to Park Ridge, where their children went to public schools. In 1989 Mary & K.C. moved to Prospect Heights. At the time of K.C.'s death in 1996, Mary was living in Scarborough, Maine, where she became a resident of an ocean side retirement community, living there until her death. Mary was a homemaker, and a beloved daughter, mother, wife, sister and grandmother. She was active in Manor Community Church in Chicago's Marionette Manor, and at the Park Ridge Community Church. She participated in her children's schools and scouting endeavors. She enjoyed bridge, and traveling widely with her husband. She was grateful for her good health and her family life. Mary was preceded in death by her parents, her husband, and all seven siblings. She is survived by her son, John Geer August of Princeton, New Jersey; her daughter Virginia August and her husband Dr. Brian Zack, also of Princeton; her daughter Susan L. August-Brown and her husband Mark Brown of Scarborough; her grandchildren, Rebecca Callahan, Ian Zack, Daniel Zack and Lily August-Brown; and three great grandchildren. Her funeral will be held at Hobbs Funeral Home in South Portland, Maine on September 18.

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Guendling, Jonna Kate

Visitation at Central United Methodist Church, 8237 Kenton Ave., Skokie, on Saturday October 3rd from 1pm until time of Memorial Service 3pm.

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FEDERAL NATIONAL MORTGAGE ASSOCIATION
PENSON
PLAINTIFF
WANDA P. CRISAFI
DEFENDANT
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NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on July 22, 2015, at 1:30 PM in the Circuit Court of Cook County, Illinois, County Department - Chancery Division.

The subject real estate is located at 176 E 72nd St, Chicago, IL 60619, and is offered for sale absolutely without any reserve.

Sale terms: 25% down of the highest bid by certified funds at the close of the bidding. The balance is due within 20 days of the sale. Bidder's list will be furnished upon request.

Additional conditions: The property is subject to a survey, title report, and a one-year warranty. The sale is subject to the approval of the court.

You will need a photo identification issued by a government agency, as determined by the Clerk of the Court.

For more information, contact Plaintiff's attorney: POTESTIVO & ASSOCIATES, 33 W Wacker Dr, Chicago, IL 60606, (312) 876-6686.

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FORECLOSURE

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

BANK OF AMERICA, N.A.
Plaintiff,

v.-

JULIETTE GARCES, THE CLOCK TOWER POINTE OF HARWOOD HEIGHTS
CONDOMINIUM ASSOCIATION
Defendants

10 CH 54687
4811 N OLCCOTT AVE UNIT 301
Harwood Heights, IL 60706

NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on July 22, 2015, an agent for The Judicial Sales Corporation, will at 10:30 AM on October 23, 2015, at The Judicial Sales Corporation, One South Wacker Drive - 24th Floor, CHICAGO, IL, 60606, sell at public auction to the highest bidder, as set forth below, the following described real estate:


Commonly known as 4811 N OLCCOTT AVE UNIT 301, Harwood Heights, IL 60706

Property Index No. 12-12-425-009-1019.

The real estate is improved with a single unit dwelling.

The judgment amount was $380,106.70.

Sale terms: 25% down of the highest bid by certified funds at the close of the sale payable to The Judicial Sales Corporation. No third party checks will be accepted. The balance, including the Judicial sale fee for Abandoned Residential Property Municipality Relief Fund, which is calculated on residential real estate at the rate of $1 for each $1,000 or fraction thereof of the amount paid by the purchaser not to exceed $300, in certified funds/or wire transfer, is due within twenty-four (24) hours. No fee shall be paid by the mortgagee acquiring the residential real estate pursuant to its credit bid at the sale or by any mortgagee, judgment creditor, or other lienor acquiring the residential real estate whose rights in and to the residential real estate arose prior to the sale. The subject property is subject to general real estate taxes, special assessments, or special taxes levied against said real estate and is offered for sale without any representation as to quality or quantity of title and without recourse to Plaintiff and in AS IS condition. The sale is further subject to confirmation by the court.

Upon payment in full of the amount bid, the purchaser will receive a Certificate of Sale that will entitle the purchaser to a deed to the real estate after confirmation of the sale.

The property will NOT be open for inspection and plaintiff makes no representation as to the condition of the property. Prospective bidders are admonished to verify the court file to verify all information.

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For Information, contact Plaintiff's attorney: KOZENY & McCUBBIN ILLINOIS, LLC, 105 WEST ADAMS STREET, SUITE 1850, Chicago, IL 60603, (312) 605-3500 Please refer to file number IL-001948.

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NOTE: Pursuant to the Fair Debt Collection Practices Act, you are advised that Plaintiff's attorney is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.

The Board of Trustees of the LINCOLNSWOLD PUBLIC LIBRARY DISTRICT, Cook County, Illinois, in pursuance of the powers vested in it, has determined and found that the following appropriations are necessary for the operation of the LINCOLNSWOLD PUBLIC LIBRARY DISTRICT, as specified in the attached schedule detailing the estimated revenue available and the appropriations for the fiscal year ending June 30, 2016:

- TOTAL AUDIT FUND APPROPRIATION: $12,348
- TOTAL SPECIAL RESERVE FUND APPROPRIATION: $5,500
- Contingency: $588
- Audit: $11,760
- Building & Maintenance: $215,838
- Capital Equipment Lease & Purchase: $159,360
- Contractual & Other Outside Services: $55,680
- Supplies: $55,320
- Library Materials, Resources, Services & Programs: $432,360
- Anticipated Property Tax Collections: $2,498,828
- Anticipated revenue from bonds or debt certificates: $2,200,000

The foregoing expenses are appropriate from a special tax in addition to all other taxes appropriated by the District.

CERTIFICATION, I, LINDA POUISON, DO HEREBY CERTIFY THAT I am the Secretary of the Board of Library Trustees of the LINCOLNSWOLD PUBLIC LIBRARY DISTRICT and that the foregoing is a true and correct copy of an Ordinance adopted by the Board of Library Trustees of the LINCOLNSWOLD PUBLIC LIBRARY DISTRICT, as specified in the attached schedule detailing the estimated revenue available and the appropriations for the fiscal year ending June 30, 2016.
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Luxe TRUCKS

Pickups get more refined and expensive

BY BRENT SNAVELY
Detroit Free Press

DETROIT — The Detroit Three continue to add chrome, leather, wood and high-tech features to their pickups to turn vehicles that were once viewed as workhorses into refined, luxurious vehicles that can still tow a boat or haul gear.

Over the past several years designers have continued to push the limit, elevating the price of high-end pickups past $50,000 and then past $60,000. And that's just for the full-size pickups. The average price for most high-end versions of larger heavy-duty pickups exceeds $70,000.

Today's top-of-the-line trucks have heated steering wheels, heated and cooled seats and aluminum wheels, along with all of the latest high-tech features such as rearview cameras and blind-spot monitoring systems, not to mention enough chrome to blind onlookers on a sunny day.

Every time automakers roll out a higher-level truck, they discover there is more demand than they anticipated, leading executives to predict the industry will continue to push the limit.

"Have we found the ceiling yet? I don't think so," said Stuart Pierce, marketing manager for the GMC Sierra.

In 2014, what a consumer paid for a car or truck sold in the U.S. hit a record-high average of $32,356, a 17.5 percent increase compared with 2004, according to Edmunds.com, while the average transaction prices for the entire pickup segment has risen to $40,696 over the same period, a 41.3 percent increase.

Doug Scott, Ford's truck group marketing manager, said many of the customers who are paying $50,000 or more for a pickup are paying more for the horses or horse trailers that the truck is being used to tow.

"I think we can go higher," Scott said. "The customer wants exclusivity. I definitely don't think this is the limit or the ceiling."

No-brainer for automakers

With no apparent limit to demand or a ceiling for a top-end price, it's not surprising to see automakers continuing to pursue more sales with ever more luxurious trucks. The profit margin for the average pickup truck is about $10,000, and it's much higher for the higher-priced models.

Scott acknowledged that it doesn't cost much in terms of product development or engineering to make the trucks that cost either more than $40,000 or more than $50,000.

Ford recently announced it is bringing back the top-of-the-line Limited trim level of the F-150 for the 2016 model year, describing it as the "most advanced and luxurious truck ever."

The truck, which will go on sale this winter, will sell for more than $60,000. It has unique 22-inch aluminum wheels, a special grille and badging in places such as the tailgate. Ford's luxury truck models also include the Ford F-150 Lariat, which starts at $39,310, and the Ford F-150 King Ranch, which starts at $49,120.

Fiat Chrysler sells the Ram 1500, which starts at $39,275, and the Ram 1500 Laramie Longhorn, which starts at $47,185.

In addition, Ram announced in June that an updated version of its Ram 1500 Laramie Limited starts at $50,675.

The Laramie Limited includes Argento wood, all-black, full-leather seating, a leather-wrapped steering wheel, real wood interior components; and unique badges that the company describes as a "black-tie" luxury alternative to the popular Southwestern-themed Laramie Longhorn edition pickup.

Hegbloom said about 29 percent of Ram's light-duty pickups sold for $40,000 or more in 2009. Today, 67 percent of the brand's pickups sell for more than $40,000.

At GM, the top-of-the-line trucks include the GMC Sierra 1500 SLT, which starts at $46,810; the GMC Sierra 1500 Denali, which starts at $49,665 for two-wheel-drive versions; and the Chevrolet Silverado High Country, which starts at $45,100 for two-wheel-drive versions.

This year, more than 50 percent of the GMC Sierra models sold were either Denali or SLT versions, Pierce said.

More mpg: During 2008, when gas prices zoomed past $4 per gallon, pickup truck sales slumped as some people opted for smaller cars.

Over the past year, gas prices have been relatively low and stable. Those low prices have given American consumers more discretionary income and have contributed to a decline in sales of small and alternative fuel cars. The fastest-growing vehicle segments in the U.S. are small and midsize crossovers.

Automakers say luxury pickup sales are less susceptible than they were in the past to gas prices. That's partly because they are more fuel efficient and also because the buyers are different.

"These are people who can't live without a pickup truck. The largest majority are not going to switch segments," Pierce said.
Odd BMW i3 plug-in works

By Robert Duffer, Tribune Newspapers

BMW made an odd choice with its oddball electric car. While most other plug-ins try to look like conventional cars, the i3 proudly boasts its eco-oddness inside and out.

There is no pillar on which to hang the rear doors. Instead, the front and rear doors swing out like French doors. It makes getting in and out of the car much easier, as you don't need to move the front seats forward to get into the back.

Once inside, it gets more complicated. The rear door must be shut before the front door. Once in the back, you can't get out unless a front-seat rider first opens the front door.

There is no dashboard to speak of. Instead there are two screens, one behind the steering wheel where the instrument cluster would be and a wider navigation screen in the top center of the dash.

The drive screen, with supports made of lightweight magnesium and plant fibers, shows speed, battery life, fuel life. The center screen shows navigation, phone, audio — all the connected car stuff.

The screens are made of carbon-fiber-reinforced plastic, which is what the whole cabin is made of. It looks like interior trunk material. But it is eco-cool. Beneath the screens is an 8-inch band of wood made of eucalyptus trees that BMW says is sourced responsibly.

The gear stick is a stub on the steering column that has a push-button park and start/stop.

The test model came in top-of-the-line Tera trim with the optional 2-cylinder range extender (REx), which is a gas-powered generator that provides up to 60 miles of additional range if you can't reach a charger.

There are three drive modes for the REx: Comfort, EcoPro and EcoPro Plus. EcoPro Plus extends the electric range by about 5 miles, to 86 miles, and boosts the fuel range by about 22 miles as well. The trade-off is that you can't use the air conditioning or drive over 56 mph. It's punchier than most other electric cars, largely because it's lighter.

The 22-kilowatt-hour, 450-pound lithium-ion battery helps provide 170 horsepower and 184 pound-feet of torque that is always available. It hits 60 mph in 7.2 seconds.

The lightweight carbon-fiber applications enable the i3 to have an 81-mile electric range, about the same as the Leaf.

I let the battery drain to see what would happen, and there was nothing noticeable. The small display on the lower part of the drive screen showed that gas power was being used, but there were no noticeable shifts in drive quality or cabin noise.

The i3 also features the heaviest regenerative braking this side of the Tesla Model S. Around town, letting off the accelerator means that you're braking. Let off the accelerator fully, and the car will lurch a bit as it comes to a stop.

After a week with the i3, I went from regarding it with curiosity to marveling at its capability.
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Niki Ahlstrand, Maine East High School

Ahlstrand averaged 6.75 kills in the Blue Demons' first four matches. She also notched 11 kills and 3 blocks in Maine East's recent loss to Highland Park.
No. 1 better

BY JOHN P. BORNEMAN
Pioneer Press

Jason Day sat above the crowd, answering questions with the BMW Championship trophy to his left and a smile on his face. He wasn't on top of the world - just a temporary stage inside the interview room at Conway Farms Golf Club in Lake Forest - but he must've felt like it. Just minutes earlier, Day was celebrating with his pregnant wife, Ellie, and 3-year-old son Dash, who came onto the 18th green, golf club in hand, to congratulate his father on Sept. 20.

A winner of four of his last six starts, including his first career major at the PGA Championship, Day was finally assured of taking over the No. 1 spot in the World Golf Ranking.

"I just always had a vision of me standing on top of the earth when I was a kid and knowing that right now, there's no one on this planet that's better than me. That's pretty cool," Day said.

Pretty cool, indeed.

Born in Beaudesert, Australia, Day's first golf club was picked from a pile of garbage, as the now-famous story goes. He grew up watching Tiger Woods develop into perhaps the most dominant player in golf history. At the age of 20, Day told reporters he wanted to chase down Woods and become the No. 1-ranked player in the world.

"We had an actual plan, 'OK, this is what you're going to do, this is what you need to practice, this is how everything needs to happen,' " said Day, "and I'm 5 years late.

But, I mean, better late than never, right?"

It might never have happened if it wasn't for Swatton - the first person Day said believed he could become No. 1 - and Day's family. Swatton walked Conway Farms twice on Sept. 20, once with a bag during the final round and once in the morning so that he could map out potential trouble areas. His knowledge helped Day shoot a 2-under 69, finishing the BMW Championship at 22 under, six shots ahead of Daniel Berger.

"The last piece of the puzzle was for me to really think my way around what I needed to do, and the belief that I had in myself, it's slowly getting there," Day said. "I just felt like it was going to kind of be like what I was when I was a junior and an amateur where I just would walk on the golf green and feel like I was the best, and that's what it's starting to feel like right now."

John Borneman co-hosts a weekly golf podcast called Teeing Off. Find it on Twitter (@TeeingOff) or at www.facebook.com/teeingoffpodcast and on iTunes.
Carleton volleyball wins ADM Invite behind Duke, Chao

BY NICK BULLOCK
Pioneer Press

The Carleton women's volleyball team, with its five Chicago-area athletes, dominated the ACM Volleyball Invitational Sept. 11-13 in St. Paul, Minn. The Knights won each of their four matches in three sets.

The Carleton offense was led by Caroline Duke, from Evanston, and Samantha Chao, a Niles West graduate.

Duke, a junior setter, turned in an impressive all-around performance against Lake Forest on Sept. 13, tying for the team lead in kills with seven to go along with 12 assists and seven digs. She followed that up with a team-high 22 assists later that day against Lawrence.

Chao, a senior setter, led the Knights in assists against Lake Forest with 16. She then turned in 15 assists against Lawrence.

Katherine Miles, a sophomore right-side and middle hitter from Maine South, finished with four kills and two digs against Lake Forest, and three kills and a dig against Lawrence. Glenbrook North product Trish Hare, a junior outside hitter, played one set against Lawrence and finished with a kill and two digs. New Trier's Maggie Carragher, a junior outside hitter, is also on the team.

Several other area athletes are also on the team. Senior offensive lineman Grant Fosberg is a Lyons graduate and Ridgewood's Adam Kutylowski is a sophomore wide receiver.

Dolins keeps Brandeis streak alive

Junior Maddie Dolins placed fourth overall in the Brandeis cross country team's first meet of the season, the Roger Williams Invitational on Sept. 5 at Colt State Park in R.I. The Highland Park graduate finished the 5-kilometer event in 19 minutes, 21.74 seconds, placing second on her team. The strong performance kept alive Dolins' streak of taking first or second for the Judges in every meet in which she has competed.

Finishing just behind Dolins was teammate Lydia McCaleb, a junior from Evanston. McCaleb crossed sixth overall with a time of 19:42.04.

Have a suggestion for the College Roundup? Email Nick Bullock at bullockpioneerpress@gmail.com.

Nick Bullock is a freelance reporter for Pioneer Press.

Kelly, Platteville are 2-0

Through the first two games of the season, Guerin's Tom Kelly had the Wisconsin-Platteville football team rolling.

The Pioneers topped Buena Vista 49-13 on Sept. 5 in Platteville, Wis., then beat Dubuque 31-7 on Sept. 12 in Dubuque, Iowa.

Kelly, a junior quarterback, started both games. Against Buena Vista, he completed 21-of-25 pass attempts for 277 yards and five touchdowns. He then followed that up with a 24 for 33, 316-yard, two-touchdown performance against Dubuque.

Carleton junior setter Caroline Duke, from Evanston, had seven kills, 12 assists and seven digs in a win over Lake Forest.

Samantha Chao, a senior from Niles West, had 31 assists overall in back-to-back wins for Carleton at the AMC Invitational.
Blue Demons blanked again

The Maine East football team enters its Central Suburban North opener this week in search of its first win of the season.

The Blue Demons lost 52-0 at Evanston on Sept. 18 in a Central Suburban crossover game that was ended after three quarters because of lightning.

Maine East plays at Maine West (2-2) at 7 p.m. Sept. 25.

In losses to Schurz, Curie, Waukegan and the Wildkits, the Blue Demons have been shut out three times and outscored 170-20.

—Pioneer Press staff report
Service errors prove costly for Maine East

BY ERIC VAN DRIL
Pioneer Press

The Maine East girls volleyball team trailed by at least seven points twice in the final game of its 25-20, 20-25, 25-21 loss at Highland Park.

The Blue Demons rallied in both instances on Sept. 17, first turning a 10-3 deficit into a 10-10 tie. The Giants answered with a run soon after to extend their lead to 21-13, but Maine East responded with six straight points to put a serious scare into Highland Park.

The Giants held on to win the Central Suburban North match.

While the third game was the decisive one on Sept. 17, the first proved to be a missed opportunity for Maine East. Its six service errors were a substantial reason why.

"I talked to them about [the missed serves]," Maine East coach Anne Bezek said. "I said, 'You missed six serves in the first set and we lost by five.' And we missed in what I call must-serve-in situations. You never want to miss a serve, but there are certain times where you've got to go back there and be able to serve in. ... Four of those six were in those must-serve-in situations. It ended up making the difference in the set."

The match's first game unfolded similarly to the third. Highland Park (6-10, 2-0 through Sept. 17) started very fast and led 15-5.

The Blue Demons (3-4, 0-2) made it 16-11. They seemed to find their groove and settle in during that stretch, but an errant serve provided Highland Park with a free point and a chance to regroup.

"When our serving's off, it just gives us a hard time because we struggle a little more in serve-receive," Bezek said. "We just need to serve better so that we're playing defense instead of serve-receive to defend those points."

Still, Maine East kept coming. It scored four straight points, including an ace by senior middle hitter Niki Ahlstrand (11 kills, three blocks) and a Highland Park mishit back-to-back, to make it 19-15.

The momentum of the game was turning, but the Blue Demons had their fourth service error of the set.

Another followed soon thereafter to put Highland Park ahead 22-16. Maine East continued to pose a real comeback threat, however. A kill by senior outside hitter Maggie Chwieralski (five kills, 10 digs) was followed by a block by senior middle hitter Maddie McTague and a kill by senior outside hitter Kelli Lindberg.

The Blue Demons had once again turned up the pressure on Highland Park, only to be let down by their serving once again. Lindberg's kill was followed by Maine East's sixth service error of the game. It gave Highland Park its sixth free point of the game and did in the Blue Demons.

Maine East's Kell Lindberg (15) and Miranda Duro (3) celebrate a point during the first game on Sept. 17. Highland Park won the match 25-20, 20-25, 25-21.

"We were serving very, very aggressive, which is why we missed so many," Ahlstrand said. "But toward the end, we kind of got nervous and shaky, so we couldn't serve as well."

Bezek added: "We've just got to try to work on serving under pressure a little bit more. We've done it a little bit after practice. But some other matches where we didn't serve so well, but we've just got to kind of be mentally tougher."

The Blue Demons adjusted in their second and third games. They stopped hitting with so much power and didn't go for the corners of the court as frequently when serving.

Positive results followed, as Maine East had four service errors in the second game - one came when it was ahead 24-19 - and zero in the third.

Although the Blue Demons didn't win the match, decreasing the number of free points they gave Highland Park helped them win the second game and then nearly come back in the third.

"We kind of [got] together as a team [after the first]," Chwieralski said. "We were like, 'We need to step up, focus when we're behind the line and just get it in.'"

Game notes

- Miranda Duro, a senior libero, finished with 18 digs for Maine East. Senior setter Gloria Majka had 23 assists.

- After the match, Bezek said that sophomore Erika Christiansen is likely out for the season. Christiansen was expected to be Maine East's starting setter this year, but her season was derailed by a fracture in her left wrist. The injury was discovered in the preseason.

Eric Van Dril is a freelance reporter for Pioneer Press.

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Niles West works to overcome lack of height

BY ERIC VAN DRIL
Pioneer Press

Size is one of the biggest assets a team can have in volleyball. Without it, teams have to improvise.

Take Niles West, for example. The Wolves' offense is run by third-year starting setter Eleni Balourdos, and it features outside hitters Dominique Krason and Kaila Johanson. Krason and Johanson are experienced and talented. They both can elevate and hit with power, but they're undersized by volleyball standards.

Krason, a senior, is listed at 5-foot-8. Johanson, a junior, is listed at 5-7.

On Sept. 16, they faced an Evanston team with eight players who are listed at 5-9 or taller. That included senior Ruby Smith, a 6-3 middle blocker tasked with trying to thwart them.

"Kaila and I both have power, but ... we can't always use it because there are such big walls in front of us," Krason said after Evanston's 25-23, 14-25, 26-24 victory. "[We have to] just resort to playing smart, seeing what's open, going around [the block], hitting roll [shots]. It's not about showing off and hitting hard, you've got to play smart."

Smith and Evanston's block was very effective in the first game against the Wolves. Smith and 6-0 middle blocker Naydia Gary had three blocks apiece in the first game. Niles West adjusted in its 25-14 domination of the second game, however. The Wildkits recorded just one block during the second game, and the Wolves had 11 kills.

"For most of the game, we were changing up the offense," Niles West coach Stacy Metoyer said. "Not just keeping it that same comfortable set -- shooting sets out to the antenna, 32s [where the ball is set halfway between the outside and the middle]. Just totally switching up our offense, which was working really good."

More of the same followed in the third as the Wolves took a 10-8 lead. Evanston didn't have any blocks up to that point in the match's decisive game.

"Even though they have very short hitters, they can jump high," Evanston senior outside hitter Stasia Litinsky said. "Second of all, they're very quick. We're not used to teams that are as quick as that."

Niles West seemed in command at that point, but Litinsky sparked a rally with three kills and then Smith had two blocks to make it 20-19. The pressure of the situation negatively affected the Wolves' attack.

"I think we just got tight," Metoyer said. "We weren't switching it up. Our hitters were hitting into the block or hitting out of bounds. I don't really know why."

Down the stretch, Niles West mostly elected to hit with power in a high-pressure situation. It didn't work against a taller Evanston squad, which rallied to win the third game.

The Wolves reverted to their natural inclination after the Wildkits rallied, "which is what you shouldn't do," Krason said.

"Everything's just so fast and you're thinking, 'Hit hard, hit off the hands, hope they mess up' instead of "Hope that we get that smart play or tip or something.'"

Eric Van Dril is a freelance reporter for Pioneer Press.

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Niles West's Dominique Krason (1) looks towards the scoreboard during the Wolves' match against Evanston on Sept. 16 in Skokie.

Tim Boyle/Pioneer Press Photos

Niles West's Kaila Johanson heads toward the bench during the Wolves' match against Evanston.
The Niles West football team enters its Central Suburban South opener on a two-game losing streak after falling to Deerfield 43-21 on Sept. 18 in Skokie.

The Wolves, who also lost a Central Suburban crossover game to Niles North in Week 3, travel to Glenbrook South (2-2) on Sept. 25 to begin league play.

The game is scheduled to kick off at 7:30 p.m.

Niles West dropped to 1-3 on the season.

—Pioneer Press staff report

Niles West's Matthew Metz (10) carries the ball against Deerfield in Skokie on Sept. 18. Deerfield won the Central Suburban crossover game 43-21.

Niles West's Matt Galanopoulos, right, fights off a tackle attempt by Deerfield's Michael Santos (33).

Niles West's Johnny Pabst (14) looks to pass.

Deerfield's Charlie Jones (7) catches a pass between Niles West's Malik Butler (24) and Harold Davis (23).
Niles North's passing games shows promise

Vikings coach expresses serious concerns about move to CSL South

By Eric Van Driel
Pioneer Press

Barrington Wade gained 380 yards against Niles West in Week 3, but the Iowa recruit was knocked out of Niles North's game against Maine South after just three carries.

Wade hurt his right shoulder on the first defensive series on Sept. 19. Two days later, Niles North coach Mark Egofske said Wade wasn't likely to play against Deerfield this week.

Wade's exit left the Vikings without their two best offensive players, as senior wide receiver/running back Craig "Dutch" Dawkins (left knee) is likely out for the rest of his senior season. Even so, Niles North kept it close in the first half of the game 21-21 when Gayle and junior Jordan LaBelle, whose quickness and elusiveness make him a dangerous receiver, each scored.

"We've got to step up," senior wide receiver Matthew Taylor said of the wide receivers' mind-set with Wade and Dawkins out. "The running game's not going to be there. Barrington's hurt. Craig was one of our best players. ... We've all just got to step up and fill in."

They were able to do that during a second quarter in which Markhus Taylor threw for 271 yards and three scores. His first touchdown was to senior Rosario Gayle, who beat one-on-one coverage on a 33-yard touchdown. On his next throw, Markhus Taylor looked for his twin brother in one-on-one coverage. Maine South's defensive back seemed to be in position to break up the pass, but Matthew Taylor snared the ball and then ran 78 yards for a touchdown.

"I know that corner could not guard me," said Matthew Taylor, who finished with eight receptions for 154 yards. "I was just too fast for him, honestly."

Matthew Taylor's touchdown cut the Hawks' lead to 21-14. Following a defensive stop, the Vikings tied the game 21-21 when Gayle once again torched one-on-one coverage for a 90-yard touchdown reception with 7:06 remaining in the second quarter.

The trio of Matthew Taylor, Gayle and junior Jordan LaBelle, whose quickness and elusiveness make him a threat whenever he gets the ball, form one of the most dangerous receiving corps in the Central Suburban League. They also showed that Niles North's offense can remain very explosive, even without Wade and Dawkins.

"We're not going to get away from what we do [with Wade out]," Egofske said. "We're pretty good blocking up front. It's a pretty good system that we've got. We'll stay with what we're doing. It will just have to be different faces."

The Vikings showed they can remain very explosive, even without Wade and Dawkins.

South during the second quarter, but the Hawks responded with six straight touchdowns en route to the victory. The fight Niles North showed in the second quarter is encouraging for this year, but the lopsided score between one of the state's best programs and the Vikings wasn't encouraging for future seasons.

This is the last year that the Central Suburban League will have crossovers between the North and South divisions. Instead, similarly-sized schools in the Central Suburban League and Mid-Suburban League will play one another in Weeks 3 and 4, according to Glenbrook North athletic director John Catanio. Niles North will play two of the Mid-Suburban League's mid-sized schools as determined by this year's enrollments and a success factor - the current group is Elk Grove, Hersey, Prospect and Schaumburg starting next year.

The Central Suburban North was a bad idea, but the Hawks any longer, but the Vikings will.

Niles North is slated to move up to the Central Suburban South next season because Waukegan is leaving the Central Suburban League for the North Suburban Conference. Vernon Hills is taking Waukegan's place in the Central Suburban League. That means Niles North - a school with a 2,130-person enrollment, according to IHSA.org - will play bigger schools like Evanston (enrollment: 3,079), New Trier (2,338) and Maine South (2,338) each year.

"It's silly that we're playing teams like Maine South," Egofske said. "For us, [next year] is even worse. ... It's just so ridiculous."

Egofske added: "Sooner or later, some superintendents and principals are going to have to step in and make some decisions. Otherwise, football's not going to last at Niles North. Nobody wants to come out here and lose by 42 points. And then the injuries. The injuries are the biggest thing. The most injuries that we get are at the lower levels, playing these big schools."

Eric Van Driel is a freelance reporter for Pioneer Press.

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Stopping the run will be a tough task for defenses

BY MArI' HARNESS
Pioneer Press

The Glenbrook North and Highland Park football teams meet on Sept. 25 in the Central Suburban North opener, and both teams figure to be contenders for the conference championship.

Each team has an effective ground game, but it stands to reason the team that can slow down the run might be the one that starts 1-0 in league play.

"Any year you want to be a winning football team, you have to be able to run the ball and stop the run," Highland Park coach Joe Horeni said. "It seems like running is a strength of a lot of teams this year so it will be a challenge."

The Spartans are led by senior running back John Clark, who has 653 yards rushing and 12 touchdowns. He has averaged 7.9 yards per carry. But the Giants counter with junior running back DJ Penick, who leads the league with 887 rushing yards to go with eight touchdowns. In addition, Deerfield senior Johnny Fisher and Niles North senior Barrington Wade are among the better backs in the area. Fisher has 445 yards, and Wade has 689, averaging 10.9 yards per attempt.

Penick had his lowest output of the season on Saturday, Sept. 19, in a 40-13 loss to New Trier in Northfield. New Trier coach Brian Doll said the Trevians forced Penick to run sideline to sideline, and it resulted in him finishing with 89 yards on 20 carries.

"We had to respect his speed, and we didn't want him to run vertically," Doll said. "We just tried to slow him down enough, so we could get three or four guys around him. We then made sure we secured the tackle."

Glenbrook North senior defensive end Patrick Strickland said he's familiar with the conference's collection of running backs and understands the emphasis each week will be on limiting the opposing team's rushing yards.

A former outside linebacker, Strickland's assignment in the run game is to keep runners between the tackles. He said he knows stopping Penick will be a challenge on Sept. 25.

"We all have our jobs, and mine is making sure a running back doesn't get to that edge and get into the open field," he said. "Once he gets into the middle, I will chase him down from behind or he will be tackled by a defensive tackle or linebacker. It's a domino effect."

As much as run defense is about scheming, Horeni said it also comes down to intangibles. The Giants will be counting on players like senior defensive tackle Gabe Guzman, senior safety Cristian Volpentina and junior linebacker Robert McCraren, according to Horeni, to provide those immeasurables.

"You want your defensive linemen to be able to pick up two offensive linemen, your linebackers to read their keys effectively and play through blockers and you want players to make tackles," Horeni said. "It's one thing to get to the right spot, it's another to bring them down."

"All of these [running backs] are going to be tough to bring down. That's why defensive football is also energy and effort."

Niles North coach Mark Egofske joked his team simply will try to outscore its opponent. But that could prove difficult without Wade, who injured his right shoulder during the 63-21 loss to Maine South on Sept. 19. Wade is doubtful for the league opener against Deerfield, according to Egofske.

"We haven't been able to stop anybody yet," said Egofske, whose team is surrendering an average of 41.5 points a game while scoring 39.5. "To say we are going to stop any of these kids is asking a lot."

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CONFERENCE PREVIEW

CSL SOUTH

Line play a big reason for Maine South’s success

BY ERIC VAN DRIL
Pioneer Press

There are many reasons why the Maine South football team has had such a prolonged period of success in the Central Suburban South, but a simple truth is at the core of one reason that is perpetually under-rated.

"If you can’t get past somebody, how are you going to be able to do anything?" Hawks junior Kevin Jarvis asked.

Jarvis is a 6-foot-5, 320-pound offensive guard who’s another in a long line of outstanding linemen who have been key to Maine South’s 70-game conference winning streak.

The Hawks have had “more linemen going to college, playing in college, by far than any other position,” Maine South coach Dave Inserra said.

Currently, the Hawks (2-2) have two Division I-caliber players in Jarvis and senior Liam O’Sullivan on their roster. O’Sullivan is a 6-7, 245-pound offensive tackle who’s committed to Cincinnati. O’Sullivan has missed the Hawks’ last three games, but Inserra said he is hopeful that O’Sullivan (right shoulder) is able to return for conference play. Central Suburban South play begins on Sept. 25.

There have been rumblings this season that 2015 might be the year that Maine South’s streak ends. Evanston has three Division I commitments -- quarterback Matt Little (Western Michigan), corner/ wide receiver Tray Banks (Miami (Ohio)) and offensive/defensive lineman Naquan Jones (Michigan State) -- and New Trier is an ascending program that reached the Class 8A state quarterfinals a year ago.

But Maine South once again has a big, strong, athletic offensive line that the Hawks will lean on to try to continue their dominance of the conference.

Jarvis, O’Sullivan and senior nose guard/defensive tackle Ibrahim Nasir are the standouts on both lines this year. All three are similar in that they’re big, strong, physical and well-coached.

They’re also outstanding athletes, even though they’re big. Jarvis was a Class 3A state qualifier in the shot put during his sophomore track season. Nasir, who Jarvis said is “freaky at pretty much everything,” qualified for the Class 3A state wrestling meet as a heavyweight earlier this year.

O’Sullivan doesn’t play any other sports at Maine South -- he’s dabbled in AAU basketball and track, but neither stuck, according to Inserra -- but he is “unbelievably athletic,” Inserra added.

Jarvis, Nasir and O’Sullivan are similar to the caliber and quality of linemen Maine South has produced during its 14-year run as Central Suburban South champions. For evidence, one just has to look at Maine South’s All-Number team (since 1990) that’s posted down the hall from the Hawks’ locker room.

The linemen run from No. 51 (Tony Colletti, an all-state player in 2004 who played at Southern Illinois) to No. 79 (Jeremy Arbuthnot, the Hawks’ left tackle on Maine South’s Class 6A state championship team in 2000). In between are several standout linemen who have helped extend Maine South’s 14-year conference winning streak: Tyler Bolger, Greg Ebacher, Dan Poulos, Davis Nielands, Andrew Maratea, Sean Sullivan, Pat Maloney and Vince Natali.

That group is so deep that it doesn’t even include Brendan Brosnan (No. 74), who’s currently a redshirt freshman at Penn State.

Jarvis is likely to join the elite group of Maine South’s linemen by the time he graduates, but he was a relative unknown before he made his first varsity start against Glenbrook South last season. The Titans were 4-0 at the time, and there were rumblings -- as there are most years -- that the Hawks’ streak could end in 2014.

Maine South beat Glenbrook South 42-7 that night. Jarvis, listed at 310 pounds at the time, played next to 260-pound left tackle Mike Erskine. The Hawks domi-
Second season

Pioneer Press looks at trends in the area conferences as league play kicks off on Sept. 25. Inside.
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