Library rallying cry
Seventh annual program to highlight Latino culture. Page 4

A special section of the Skokie Public Library is designated for materials that can be checked out for this year's ¡Viva! Coming Together in Skokie and Niles Township. This year's event focuses on the Latino and Hispanic cultures and includes months of diverse programming.

GO
On 'pointe'
Dancers step back into ballet or try it for the first time with adult classes. Page 19

SPORTS
Sticking the landing
Area girls gymnastics teams compete at Niles North Invite. Page 38-40

LIVING
Take a shot at cooking with whiskey
The sweet liquor continues to gain popularity in recipes for everything from bread pudding to steak marinades. Find local restaurants' offerings and a recipe to try at home. Inside
Gina Oshana, Maine East leader

Maine East High School senior Gina Oshana's leadership in various service projects earned her nomination for a Park Ridge Community Star award, which she will receive from the Park Ridge Chamber of Commerce next month.

Q: You're on a school steering committee that is fundraising to buy goats and school supplies for a village in Kenya. Can you talk about that project?
A: We're trying to raise money to help a village in Kenya reach sustainability. The money will go toward goats, clean water and education — just a bunch of resources that will help villagers be sustainable for the future.

Q: How much are you hoping to raise?
A: We're looking at around $5,000 to $10,000.

Q: You also work to recruit peer tutors at Maine East. How are you doing that?
A: Every day during my free period, I go in to tutor kids. I've reached out to my friends who I thought would be good in the position and I also branched out to underclassmen who I think would be great assets to the ... tutoring committee.

Q: You also participated in Maine East's depression awareness club. What did you do?
A: The club is Demons Against Depression. It's a club that started when I was a sophomore and we partnered with Erika's Lighthouse (which provides education on adolescent depression). We went to health classes and gave a presentation on society's stigma of depression. I have a friend who suffered depression and I've seen the detrimental effects this disease has on family and friends.

Q: How does your volunteer work make you feel?
A: I feel it's my communal and societal duty to help others and it really makes me feel good, especially what we're doing with the global initiative. I really find true happiness and my class and I do have the potential to change the world here.

Q: What are some of your other hobbies?
A: I like to draw and I practice a little bit of archery.

---Jennifer Johnson, Pioneer Press

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¡Viva! Coming Together
Annual program turns spotlight on Latino culture

By Mike Isaacs
Pioneer Press

After changing it up a bit in 2015, Coming Together in Skokie and Niles Township returns to a more traditional form this year, but with a big twist.

A Latino twist.
The popular program, which examines one culture through myriad events over six weeks (and more this year), usually shines its spotlight on one distinct place in the world.

But this time, the Coming Together organizers chose a broader canvas from which to work so they could encompass the fuller Latino and Hispanic cultures.

Coming Together officially opens Jan. 31 and has programs running well into May this year.

"It's more than our normal six weeks," said Susan Van Dusen, one of the founders of Coming Together. "We seem to be getting bigger and bigger each year. Every year we say we're going to have fewer activities and then there's so much excitement that we have more."

As the organizers tell it, Coming Together grew out of a series of lunches among five women -- all township leaders in different ways. They wanted to expand upon Skokie's annual Festival of Cultures weekend, which celebrates the village's strong ethnically diverse population.

From the beginning, organizers said, the program was conceived around literature; each year focuses on books exploring a given culture and serves as a springboard for dozens of events at all venues.

So successful was the program that Coming Together officially expanded its name a few years ago to include Niles Township since other communities wanted to join in.

This year, ¡Viva! Coming Together -- as the program is called -- will offer up a Latin stew of author visits, book discussions, movie showings, hands-on activities such as cooking and drumming, educational seminars, a book exchange, field trips including one to the National Museum of Mexican Arts in Pilsen and more.

It all begins at 2 p.m. Jan. 31 with a cultural program in the Niles West High School auditorium preceded by refreshments and an art display. Niles West is one of more than 20 venues that will host events in Skokie, Morton Grove, Lincolnwood, Niles, Evanston and Chicago.

A free booklet of events is available at many Skokie venues including the Skokie Public Library. A schedule and more information are also available at www.comingtogether.in.

"Coming Together exemplifies the spirit of the village of Skokie and Niles Township," Skokie Mayor George Van Dusen said at a news conference last week. "We are all communities that work together, live together, and we're all neighbors together."

Each year, the Coming Together organizers work with community leaders from a different culture to produce the multifaceted program.

Lincolnwood's Rutledge Hall School teacher Mari Maldonado will serve as chairwoman of the opening ceremony.

"I consider myself so fortunate to work in a community that is so ethnically diverse," she said. "The Coming Together program is a wonderful asset for our community because it recognizes how important it is for us and our children to learn about each other's cultures and backgrounds."

Interim Niles Township High School District 219 Superintendent Anne Roloff said the event provides students with the opportunity to explore cultures through literature. Each of the two schools, she noted, will host author events and focus on books among those highlighted for the program.

According to Susan Van Dusen, thousands of people have attended Coming Together in Skokie and Niles Township since the program's inception, the majority of whom have not been of the same background as the one in focus.

From businesses to individuals, Coming Together has grown through contributions of time and money, she said. Many organizations use "outreach funds" from their budgets to contribute to the cost each year, she said.

Last year, the program deviated from its usual approach by focusing on race in general and aligning with a major exhibition on the subject at the Illinois Holocaust Museum.

That program could not have been timelier given that there were so many controversial stories in the news surrounding race. This year, some programming and at least one of the books will touch on immigration, which is also a timely and thorny topic today.

But Susan Van Dusen said the enduring success of Coming Together is caused by something larger and well-represented by the commitment of the diverse cultures in this area. During last week's news conference, she noted that for each culture previously recognized by the program were in attendance to support the 2016 installment.

"Yesterday, we were just practicing for the opening night," said Usha Kamaria, one of the Coming Together founders. Kamaria also represented India seven years ago during the program's inaugural year when her country was the focus.

"We had people from so many different communities; I totally forgot I was Indian," she said. "It was just such a wonderful experience being with Indian people from all different countries."
Organizers of Coming Together in Skokie and Niles Township remember their first program seven years ago — when only one book was chosen as a catalyst to explore the culture of India.

Literature was always meant to be at the heart of the program, said Skokie Public Library Executive Director Carolyn Anthony, one of the founders of Coming Together. As the program developed, a greater number of books were selected to explore a given culture every year.

This year’s Viva! Coming Together, celebrating Latino and Hispanic cultures, features four books as the heart of its months-long program.

- "The Book of Unknown Americans" by Cristina Henriquez takes place in a dilapidated apartment building in Delaware. The novel focuses on newly arrived immigrants from Mexico — the Rivera family — and their experiences assimilating and trying to overcome a recent tragedy.

- "Illegal: Reflections of an Undocumented Immigrant" by Jose Angel N. Campoy is a collection of 12 narrative poems telling the stories of fictional Latino and Latina characters. Accompanying photos are by David Diaz.

- "Yes We Are Latinos" by Alma Flor Ada and F. Isabel Campoy with pictures by David Diaz.

- "Drum Dream Girl" by Margarita Engle with illustrations by Rafael Lopez.

"The book is as much a coming-of-age story as it is about immigrants coming to this country," Anthony said.

"Illegal: Reflections of an Undocumented Immigrant" by Jose Angel N. Campoy reveals he came to this country with a 9th-grade education before making his way to Chicago, where he attends college and graduate school.

"This is a beautifully written and acutely observant memoir by a man who succeeded in establishing a life in the U.S. after a failed first attempt," Anthony said.

"Yes We Are Latinos/Si Somos Latinos" by Alma Flor Ada and F. Isabel Campoy is inspired by the story of Molina Zaldarriaga, a young Chinese-African-Cuban girl growing up in Cuba in the 1930s and dreaming of being a drummer, a traditional taboo for females there.

"Everyone around her tells her only boys can play the drums," Anthony said. "She realizes her dream." Anthony called the illustrations "colorful and glorious."

Coming Together books are located in a special section of the Skokie Public Library and many are also available for check-out at other Niles Township community libraries. Barnes and Noble at Village Crossing will have the books for sale as well, Anthony said.

misacs@pioneerlocal.com
D219 passes budget, talks ‘financial oversight’

BY BRIAN L. COX
Pioneer Press

Three months after it passed its original 2016 budget, the Niles Township High School District 219 Board of Education reluctantly passed an "amended 2016 budget" while also promising more financial oversight in the district.

"I don't think anyone's happy with the budget, the way that it is," school board President Mark Sprout said. "We also have our backs against the wall with having to do our next budget."

"I think for the next budget what we definitely have to do is have more financial oversight," he said. "We need to form a committee to go over monthly expenses and have that information brought back to us."

The board passed the original 2016 budget in October in order to meet state-mandated deadlines, but at the time promised to revamp the financial document after a batch of filings from residents who complained that it contained across-the-board cuts to various educational programs and other items. Some residents also complained that the "operating expense per pupil" was too high.

That feedback on the budget prompted the district's financial staff to go back to the drawing board. The OEPP in the most recent version of the budget now stands at $25,414 compared with $26,593 as was proposed in the first versions of the original 2016 budget, according to the district.

The board on Jan. 12 voted four to two to pass the amended 2016 budget, which rings in at approximately $167.5 million, more than a 10 percent increase over last year. It also includes a 3 percent increase in the school's portion of the tax bill, officials said.

Pioneer Press

Holiday survey responses studied, D219 aims to shorten winter break

BY BRIAN L. COX
Pioneer Press

Niles Township High School District 219 received more than 2,000 responses to a recent survey asking the community which school days should be designated "off days," and the district is now moving toward shortening winter break from three to two weeks, among other things, officials said.

The district conducted a survey of students, staff and parents asking for feedback on its school calendar and what traditional holidays it should observe as "non-attendance days," officials said, adding that the district received 2,171 responses.

"Maybe I'm being crazy but 2,100 responses to me is not what I expected," said board member Brian Novak. "I expected a lot more, probably with almost five thousand kids plus their parents plus the feeder schools."

"I was expecting a much bigger response especially because you can take it more than once," he added. "If people really wanted to stack the deck in one way or another they could have done it five times."

In a memo to the Board of Education, district staff said different people have different preferences as to when the school year starts and which holidays the district should observe as non-attendance days, and that there is no "perfect" calendar.

At the same time district officials noted that trying to determine which holiday "holidays" at Niles North and Niles West high schools can be a challenge considering the two schools have a large number of students from various cultural and ethnic backgrounds.

However, they said the survey shows "definite trends," including the fact that 6 out of 10 respondents said they are satisfied with the current calendar. It goes on to point out that when the survey results are broken down between the 60 percent who say they are satisfied with the current calendar and the 40 percent who say they are not satisfied, the biggest difference between the two groups is that of those "satisfied," 80 percent say it is not important to them that school start later in August. Of those not satisfied, 67 percent say they would like to start later in August, officials said.

They said other trends show that 46 percent of staff members and 45 percent of parents want the school year to start later in August. At the same time the survey shows that many respondents would like to have religious holidays as "non-attendance days" regardless of whether they are satisfied or dissatisfied with the current calendar. About 53 percent would like to have Good Friday off, while 37 percent say they would like to have Rosh Hashana off, 36 percent would like to see Yom Kippur as a day off and 33 percent would take off Eid al-Adha, officials said.

One out of five respondents would like to have no school on Columbus Day, and almost twice as many people would like to take a day off on Veterans Day, survey results show.

"It is worth noting that this year, when we were in school on Columbus Day, we had twice as many teachers absent as a regular school day. At Niles West, we had 90 staff absences, about double the number as a regular day, and 52 absences at North. On Veterans Day, Niles West had 57 staff absences and Niles North had 45," the memo to the board said.

"We think it's important that we discuss with the feeder school in addition to the parents to get feedback on everything," said Board President Mark Sprout. "Very important."

Survey respondents were invited to make comments on the survey, and an analysis of those comments shows that 116 people requested that school start later in August. Ninety five stated that they are not having finals before winter break. Ninety four said three weeks is too long for winter break, and 83 people said calendars should be more closely aligned between the high school and the feeder school districts.

"There were many comments on the three-week winter break," said Anne Roloff, assistant superintendent for curriculum and instruction, told the board. "There were many comments about how that was not really feasible."

The district's current calendar lists Labor Day, Thanksgiving Day and the day after, Martin Luther King Day and Presidents Day as standing holidays, officials said. They said Yom Kippur and one Muslim religious holiday are also non-attendance days when they fall on school days. In addition, Good Friday is also a non-attendance day but it often falls on spring break and Christmas day falls on winter break.

As a result of this survey, district staff are recommending the district limit winter break in the future to two weeks and that the district meet with the Niles Township superintendents to share the results of the survey and discuss ways to better align all calendars.

Also recommended is that the Board of Education direct the district to have school in attendance on the major religious holidays, the district be very thoughtful and deliberate in reminding staff members, parents and students that students will not be penalized for being out of school if they observe those days, the memo said.

"If we do end up holding school on religious holidays, the district has to be mindful of what it administers instruction on those days, exams or field trips, those kind of things," Roloff said.

Any changes to the calendar still have to be approved by the board, officials said. They also said that because the 2016-17 school calendar has already been published and many families have made plans accordingly, any future calendar changes would be ineffective beginning with the 2017-18 school year.

Brian L. Cox is a freelance reporter for Pioneer Press.
A different night of hockey: Nighthawks to play two special games at Skatium

By Mike Isaacs
Pioneer Press

Some hockey games mean more than others, and for the varsity high school-level Nighthawks, based in Skokie and Lincolnwood, their next game might as well be the Stanley Cup championship.

That's the way Nighthawks president Benjamin Bleadon sees a benefit two-game fundraiser scheduled for 7:30 p.m. Jan. 23 at the Skokie Skatium Ice Arena, 9300 Weber Park Place.

"This night isn't about them," said Bleadon, a 1970 graduate of the now defunct Niles East High School. "The story here is not the team equals a come-from-behind victory in itself.

The team began around 20 years ago, drawing players from the Niles Township High School District 219 schools, Bleadon said. It disbanded after a few years, but Bleadon said he worked with others to revive it some six years ago - when his son was about to enter high school and wanted to play hockey.

The current team of 19 skaters comes from Niles West and Niles North High Schools as well as Ida Crown Jewish Academy and live primarily in the Niles Township area, the president said.

The Nighthawks are also known as "the Jewish hockey team," according to Bleadon. It purposefully doesn't schedule games that conflict with Jewish holidays or the Sabbath to accommodate its Jewish players, he said.

Not all of the team is Jewish, Bleadon acknowledged, but the Nighthawks have been able to sign up players who otherwise would not have been able to play because of their religion.

A former goalie who was a member of a Niles yeshiva was affectionately referred to as the team's "holy goalie," he said. "He's now a rabbi with three kids and lives in Jerusalem."

The Nighthawks play in the Platinum Division of the Illinois High School Hockey League. They were a surprise success their first year back in the league, Bleadon said, advancing all the way to the championship game.

In the six-plus years the Nighthawks have returned to the ice, the team has never held a fundraiser of the kind slated for Jan. 23, according to Bleadon.

"The evolution and rehabilitation of the Nighthawks team equals a come-from-behind victory in itself."

The team has returned to the ice, the team has

Nighthawks Benefit Game

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

**RETAIL THEFT**
- Sultana Isho, 38, of the 600 block of North Northwest Highway, Park Ridge, was charged with retail theft on Jan. 11 after she allegedly stole several clothing items, valued at $108, from a store on the 8500 block of Golf Road.
- Duane Lathan, 36, of the 600 block of Metropolitan Way, Des Plaines, was charged with retail theft on Jan. 10 after he allegedly placed two sets of earrings inside his pants and left a store at Golf Mill Shopping Center without paying for them. He has a Feb. 10 court date.

**RUSE ENTRY**
- Jewelry and an undisclosed amount of cash were stolen Jan. 9 in what police called a ruse entry scam committed inside a home on the 8500 block of North Terrace. A resident of the home told police that she opened the door to a man wearing a white surgical mask and he hugged her as though he was “an old friend.” The man reportedly claimed to be a friend who arrived to help with flooded basements. He then asked her to go with him to the rear of the house so he could talk to his workers. According to police, the woman’s husband said that during this time he was awakened by another man who began pushing him in his wheelchair. A third man was also seen in a bedroom shortly before the pair left the residence, police said.

**BURGLARY**
- A home on the 6900 block of Kenney Street was burglarized Jan. 8 between 8 a.m. and 4:20 p.m., police said. Police did not indicate what was missing from the house.

**THEFT**
- The owner of a laundromat on the 8700 block of Golf Road told police that surveillance video showed a man stealing a cell phone from the unattended service counter on Jan. 5 at 10:20 p.m.
- A locker inside a fitness center on the 9200 block of Milwaukee Avenue was burglarized Jan. 8 and $285 in cash was stolen, police said.
- A resident of a senior living facility on the 8900 block of Golf Road told police that a gold chain and pendant, valued at $1,500, were stolen from his room on Dec. 25.
- A resident of the 8500 block of Ottawa Avenue told police that a man came to his door, on the afternoon of Jan. 9, and claimed to be a repairman. The man reportedly claimed to have a water leak on both sides of the house and asked the resident to come to the rear of the house so he could talk about what work needed to be done on her property. The police said he returned the next day.

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**Skokie man, 24, shot in Evanston**

BY ROB SEIDENBERG
Pioneer Press

Police say they are investigating the shooting of a Skokie man found wounded on a street in south Evanston on Jan. 12.

Evanston police responded to the corner of Mulford Street and Custer Avenue after receiving several 911 calls reporting shots fired about 6:50 p.m., police said in a release. Patrol officers found a 24-year-old man from Skokie who had been shot in the midsection. The victim was transported by paramedics to Presence Saint Francis Hospital, according to the release, where he was taken to surgery in stable condition. The release also said someone fled the scene on foot wearing a dark colored hoodie.

Anyone with information about the crime should contact the Evanston Police Department non-emergency number at (847) 866-5000. Tips can also be texted to 274637 and to include “EPD TIP” in the message field.

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Douglas Center's new therapy room engages senses

BY MIKE ISAACS
Pioneer Press

Every Friday, Ken Carr takes a half hour out of his activities at the Douglas Center in Skokie to spend time in its new sensory therapy room.

"It's really relaxing," he said, lying back on a well-cushioned piece of furniture under low lighting. A series of calming ocular, auditory and even olfactory stimuli are readily available for him and other clients in this serene environment.

The Douglas Center provides day programs for individuals with intellectual, developmental, physical and mental disabilities. Its Work Program offers employment opportunities in manufacturing, commercial/industrial sewing, packaging, assembly, shrink wrapping, labeling, heat sealing, labeling services and more.

The facility is also about therapeutic support for its clients as was clear a couple of years ago when the Skokie Review took a tour. That support included small-group counseling, art therapy and much more.

"The basic idea is that every person is different," said Douglas Center CEO Rifath Khan. "And everybody has different needs, different talents, different strengths. If we provide a lot of opportunities and choices, we can help a lot of different people.

During the earlier tour, Khan said she always keeps an open mind about new opportunities to help clients. So when she became aware of cutting edge use of sensory therapy rooms, she grew interested.

"It's a very innovative therapy," Khan said. "It's definitely been used in schools before, but not so much in day programs like ours."

It was some three years ago when Khan first read an article about sensory therapy and decided to pursue it for the Douglas Center.

Since then, she said, she researched everything available about sensory therapy before converting a small training room to accommodate it; she and her staff refurbished the room and selected calming stimuli to add to it. Maybe most essential, though, was a $25,000 grant the Douglas Center received from the Coleman Foundation.

"Thank you for accepting our grant," said last week at the unveiling of the room.

According to the Douglas Center, its client population has changed over the last 20 years. In the past, Khan said, there were programs for disabled adults and adults with mental health disabilities.

"I saw a change in population with dual diagnoses," she said. "So you're getting people with intellectual and developmental disabilities and then they have mental health issues. It became really challenging."

In addition, people are living longer and state funding is not as available to take care of them, she said.

"This is for people with mental health issues, anger management, aggression - so all and all, it is a therapy that can be used by many people," Khan said.

Early in converting the room, she brought her family to see it, and after experiencing its relaxing environment, they wanted to stay much longer than planned, she said.

Seating inside the room offers different calming experiences. A tropical scene featuring birds displays in oval form on a wall; streamers dangle over a chair, enclosing the user; lights resembling lava lamps change to different colors at a button push; falling water and other bits of nature sound throughout the room; a subtle and pleasant lavender scent fills the air.

Case Manager Amanda Bulgrin has trained Douglas Center case workers in how best to use the room.

"It's designed for people who have a sensory processing disorder," she said. "They're typically people who will experience the senses that we experience but it's stronger for them. It's more intense, so a light touch might feel painful to them."

Those with depression, chronic anxiety and autism are among clients who can be treated in the sensory therapy room, she said.

The room is designed as a preventive therapy, according to the Douglas Center.

"The goal is to help someone recognize when they're starting to feel anxious or upset or overwhelmed by their sensory issues," Bulgrin said.

"They're able to use this room to de-escalate themselves before they're yelling or physically aggressive toward anyone."

Two to three people can use the room at once or one person can use it - depending on the issue and the goal, she said.

For the first time last week, the ribbon was cut away and the sensory therapy room opened to Douglas Center board members and others for a look.

Following their peek, a few clients were invited to use the room. They included Carr, who has already requested the 30-minute Friday visits because he said he can use them after a full week at the Douglas Center.

Another client sat before one of the calming lamps in the room and changed its colors.

"The clients really love it," Bulgrin said. "They feel relaxed and say they want to do it again. I've seen people having a bad day - they either have anxiety or are yelling or are upset - and they'll come in here for 15 or 20 minutes and leave feeling so much more relaxed."

misaacs@pioneerlocal.com
Twitter @SKReview_Mike
Cubs pitcher Jake Arrieta visits children in Park Ridge

BY JENNIFER JOHNSON
Pioneer Press

Months ahead of baseball season, young hospital patients in Park Ridge got a chance to meet one of the Chicago Cubs' best players.

Pitcher Jake Arrieta joined the Cubs Caravan as it rolled into Advocate Children's Hospital on Jan. 14 ahead of the 31st annual Cubs Convention in Chicago. Arrieta, joined by his wife, Brittany, met with hospitalized children and their parents during his visit.

The Cubs Caravan made several stops around the Chicago area, also visiting elementary schools in Chicago.

Gina Carrillo, of Waukegan, and her son, Aldair, are greeted by Chicago Cubs player Jake Arrieta during a visit to Advocate Children's Hospital in Park Ridge Jan. 14.

Stacey Valencia, of Plainfield, watches Chicago Cubs player Jake Arrieta entertain her daughter, Abigail, during his visit to Advocate Children's Hospital in Park Ridge Jan. 14.

MARY, SEAT OF WISDOM
CATHOLIC SCHOOLS WEEK OPEN HOUSE
Tours and Registration for 2016-2017 School Year
January 31, 2016 | 10:30 a.m. - 1:00 p.m.
Family Mass 9:30 a.m.
1352 Cumberland Avenue
Park Ridge, IL 60068
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Alice the corpse flower may not have the stinky cachet of a few months ago, but scientists say she's now bearing fruit - and still attracting a few fans.

Alice, one of 13 "Amorphophallus" plants, also known as "titan arums," in the collection at the Chicago Botanic Garden in Glenco, became a celebrity last September after blooming. Thousands went to see Alice, intrigued by the promise of the horrific aroma of rotten flesh that emanates during the blooming process. Now, scientists say, the plant is fruiting.

Underneath, approximately 400 little berries are developing fruit that will become the next generation of titan arums, according to Patrick Herendeen, a scientist at the botanic garden. Alice did not bloom overnight, nor will it produce fruit overnight, he said.

"It takes about six months for those fruits to mature," Herendeen said. The process is now about two-thirds complete, scientists said. Alice will continue to grow the fruit for another two months, garden officials said.

"At that point, we will harvest the fruit and extract the seeds," said floriculturist Tim Pollak. "We are going to bank some of it in our freezer and we are also going to germinate some to get our own generation going."

Pollak said the remaining seeds will be distributed to other botanic gardens and universities. Herendeen said scientists are seeking to minimize inbreeding.

"Our goal is to increase the genetic diversity of this plant," he said. "There's a theory that this plant and all the (titan arum) plants in the United States came from the same parent plants."

As for whether there's a "corpse flower fruit pie" in the future, scientists say probably not.

The fruit may seem attractive to the eye, but scientists said people shouldn't eat them.

"Whether they are edible to humans, we don't want to test that," Herendeen said. "There are plenty of fruits that are palatable to birds but are deadly to humans. In this case, I don't know."

While crowds were sparse at the botanic garden on Jan. 12, given the frigid temperatures, some passersby came into the greenhouse to take a look at Alice.

"It doesn't look like a plant, it looks like jewelry," Gee said of the corpse flower.

Hoban also was intrigued.

"It's a fascinating transformation," she said. "To me it looks like little ripe tomatoes. It looks very hearty."

For more information about the corpse flower, Pollak and Herendeen are scheduled to give a lecture titled "Spike and Alice: The Fruits of Our Labors" on Jan. 17 at the garden.

Daniel I. Dorfman is a freelance reporter for Pioneer Press.
Glenview Citgo station sells $1M Powerball ticket

BY KARIE ANGELL LUC
Pioneer Press

After the Jan. 13 record-setting Powerball drawing, Glenview residents are wondering who purchased a winning ticket for a smaller $1 million prize from Citgo Food Mart on Greenwood Road.

Owners and an employee there wondered if a regular customer was among two of the $1 million winning ticket holders in Illinois — the other ticket was sold in Schaumburg, according to Illinois Lottery officials.

"Nobody's shown up," said Biju Philip of Des Plaines, who said he co-owns the Citgo Food Mart.

The winning tickets sold at the Glenview Citgo and at Woodfield Mall in Schaumburg, matched the first five numbers of 4-8-19-27-34-(10), to each win $1 million.

The Jan. 13 Powerball jackpot, estimated to be worth $1.6 billion, was the largest, single prize lottery jackpot in world history, according to the Illinois Lottery.

Philip, who was notified Jan. 14 by an Illinois Lottery official via phone that a $1 million ticket was sold at his business, said, "I tell everybody, 'Good Luck.'"

This is the first big win for Philip in his 15 years of co-owning the Citgo Food Mart.

They've sold winning tickets before, estimated at several thousand dollars, but nothing like Jan. 13.

Powerball sellers receive a payment of one percent of a winning ticket, which means $10,000 for the Citgo Food Mart.

Customers wanting to buy Powerball tickets lined up outside the door Jan. 13, said Tharun George of Des Plaines, a Citgo employee.

"It was crazy," George said.

Some people even came in after the drawing, only to learn they were too late to buy a ticket, George said.

"He's the lucky one," George said of the unknown winner.

Several customers who came in Jan. 14 were happy for the Citgo Food Mart.

"They're awesome," said Iris Pasic of Glenview, a regular customer who complimented the service she receives there.

To the $1 million ticket holder,

"Congratulations and use it well," Pasic said. "Make good choices."

Keith Leung of Niles, another Citgo customer, said winning $1 million is manageable as a windfall instead of larger prizes.

"It's a decent amount," Leung said. "A lot of them (winners) just don't know what to do with it.

"Invest it wisely," Leung advised the unknown winner. "Make a good choice."

"It feels good," Philip said of selling the winning ticket.

In addition to the two $1 million winners, six $100,000 winning tickets and 37 $50,000 winning tickets were sold in Illinois, the Illinois Lottery has said. More than 893,000 prizes ranging from $4 to $100,000 were won in Illinois during the Jan. 13 drawing.

Powerball drawings take place on Wednesdays and Saturdays at 9:59 p.m.

Karie Angell Luc is a freelance reporter for Pioneer Press.
Glenview business helps Waukegan veteran adjust to life after combat

Denys Bucksten
News-Sun

John Bowley said he takes 12 pills a day for pain, depression, sleep and night-mares — and other medications to remain awake. After several extended tours in Iraq, the retired Marine sergeant is back home in Waukegan where he started a family and learned a trade, as a diesel technician.

The Waukegan native, now 35, was a Marine for 10 years, entering the service at 19. He was injured in April 2007, in Fallujah, suffering severe brain, neck and back injuries.

Honoring Bowley for his service and sacrifices, Glenview-based Effective Air, Inc. on Saturday installed a new heating and air conditioning system in his Waukegan home. The old unit was torn out and a team of seven Effective Air employees, arriving in four company trucks, had the new unit installed by midday. A distributor, Temperature Equipment Corp., donated the 3-ton Bryant unit.

Bowley and his wife of 10 years, Sarah, said they would have had to save up for a new unit, had they bought the system on their own. Time was not on the young couple's side, as the old unit was "pretty well shot," said Jon Smith, owner of Effective Air.

Smith said his company had worked with Habitat for Humanity 10 years ago, but the gift to the Bowley family was the first such solo project.

"When I mentioned the project," said Smith, "instantly the whole crew was eager to help. The only guys who didn't volunteer were ones who had other commitments.

"It's very critical (for the Bowleys) to be able to look at their children and their pets and know they'll be able to stay warm," Smith said.

On Jan. 16, Bowley said life after combat hasn't been easy. "I didn't want to get out. I wish I wasn't forced to retire. I wanted to do my 20 (years)," he said. "Every time I hear or read something in the news, it just makes me want to be (back in service), doing what I used to be doing.

"Trying to be home and have a home life, is a lot harder than a normal person would think."

He explained that his wife, Sarah, supported him and pushed him to return to school, just as she had been there when he returned home from Iraq, with a host of medical issues.

"At one point I had to take over 25 pills," said Bowley, who for nearly two years opted for a chair in the living room to try and sleep. When he was able to consider life after combat, said Bowley, "I was scared to go back to school. I didn't even want to go to school, to be around large crowds of people. The experiences I had, the flashbacks, everything would make me nervous.

"Without Sarah," said Bowley, "everything would have been quite a (more difficult) struggle."

He also credited his employer, JX Peterbilt in Wadsworth, for accommodating some of his physical limitations.

Senior technician Miguel Suarez, 21 years with Effective Air, had his own reasons to help the Bowley family. Suarez has a son, Adolfo, who served four years in the Marines, and a son Carlos, who is employed by Effective Air and helped at the Bowley home.

"Having the close ties (we) do with the Marines," said Suarez, "it gives us pride to do this for the family.

Denys Bucksten is a freelance reporter for the News-Sun.
Northbrook company helping detect infections like norovirus

BY GRACE WONG
Chicago Tribune

No one wants to eat something and get sick. But foodborne illnesses can easily land you in the doctor's office. Once you're there, the Verigene System, a molecular diagnostic testing platform developed by Northbrook-based medical device company Nanosphere, helps clinicians quickly identify what ails you.

"Norovirus spreads quickly, like wildfire," said Scott Powell, marketing manager of Nanosphere. "The quicker you can identify a person with it, the quicker you can put them in isolation and away from other people so it doesn't spread."

Medical facilities using Verigene include the University of Illinois at Chicago Hospital; Lurie Children's Hospital; NorthShore University HealthSystem, Evanston Hospital; and Northwest Community Hospital. Where laboratories would take days or weeks to get results, Verigene can identify infectious diseases in about two hours, Powell said. The system can be used to detect gastrointestinal infections like E. coli and norovirus, as well as bloodstream and respiratory infections.

"This whole syndromic approach to diagnostic testing in general is an advance for the laboratory," said Gary Procop, infectious disease pathologist and microbiologist at the Cleveland Clinic. "Rather than relying on the doctor to have to figure out what they want to test first, and if that's negative, trying something next, you basically are looking at all the most likely suspects right up front."

Amanda T. Harrington, Ph.D., assistant professor of clinical pathology at UIC, tests specimens Jan. 12 using the Verigene System, made by Nanosphere based in Chicago.

Although norovirus is one of the most common causes of gastrointestinal infection, until a few years ago, there were no FDA-approved tests for norovirus detection, Powell said. "For bacteria, you use a culture and let a sample grow," Powell said. "You put it on a selective media with nutrients to let that specific organism grow. With norovirus, it's much harder, and there's not really a culture-based technique that they could do at most hospitals."

Although norovirus often resolves itself after a few days for people who are generally healthy, Procop said detecting it can help prevent the spread of the virus to others whose immune systems may be compromised.

With Verigene, the technician loads a sample, and the system analyzes the DNA or RNA that is in the sample on the molecular level instead of waiting for a culture to grow. "Molecular tests are inherently more specific and sensitive than culture-based tests," Powell said. "No test is ever perfect, but this is an improvement from what they were doing."

Nanosphere's norovirus-specific test came out in 2014, and there are only two other FDA-approved companies that produce similar systems, Powell said. Each Verigene component — the reader and the processor — costs about $20,000, and Procop said the systems are often more expensive than traditional testing.

Amanda Harrington, director of Clinical Microbiology Service at the University of Illinois at Chicago, said despite the price tag, the process has been more streamlined since they got the machines in December.

"I think this is where laboratory medicine is moving," Harrington said. "It's about getting people the information in a timely manner. The demand for that is increasing as these tests become more available."

Last week, Nanosphere reported preliminary fourth-quarter revenue of $6.8 million, compared to $4.6 million in the fourth quarter of 2014. Preliminary full-year revenue was $21 million, in 2014 it was $14.3 million.

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Your local church shared this photo.

nilesheraldspectator.com/community

NILES HERALD-SPECTATOR
City transplants often find plenty of company

BY ALISON BOWEN
Chicago Tribune

Walking to brunch. Hailing a cab. A toddler waving to an L train outside his window.

By the time many Chicagoans have their second child in the city, they've found a rhythm. Families have favorite parks slotted by walking times, see familiar faces in shop windows on their way home from the train. They're city people.

But what happens when a love for city living bumps up against a wish for more space, less traffic or a different school? People move for many reasons. Brokers, however, see a familiar thread: Couples move to the suburbs after having kids. And as people marry later and live in the city longer, moving becomes more than just packing. Mentally and emotionally, experts say, people wrestle with changing from city dweller to suburbanite.

"I see this all the time with my practice," said David Klow, owner of Skylight Counseling Center, which has offices in Chicago and Skokie.

Real estate agents say city-to-suburbs folks often need special hand-holding.

"They wake up in the suburbs, and there's no brunch," said Karen Gilbert, a broker agent with Dream Town Realty.

"There is a different kind of lifestyle."

With apartment life, she said, "They're used to having a corner coffee shop and a corner bar. They're used to pushing their stroller to the store." In September, Alison Bernstein launched Suburban Jungle in Chicago, which she started after moving from New York City to the surrounding area and feeling lost on which neighborhood would best fit her family.

The company's sole purpose is helping families transition from, for example, Lincoln Park to Lake Forest. Employees meet with shoppers, aiming to best match a town to their personality. They connect clients to suburban experts and locals at no cost, taking a commission from the sale.

"Our job is literally 98 percent therapy and not real estate," Bernstein said. Such a move, Klow said, becomes a huge change in the family framework.

For starters, he said, many worry that their social lives will change.

They fear missing out on art, culture and restaurants, even a connection to their younger selves, he suggested.

"What happens when they move to the suburbs? Will that be threatened?" he asked. "Will they still feel connected to things that will enliven them and their relationships?"

Klow counsels families to think through a personal mission statement of what they value in a fulfilling life. Some of those components, for example, might be education, safety, quiet, diversity or opportunity.

Put aside the worries about becoming a suburban stereotype, he said.

"Some of that is unfounded, because you really can create a life you want wherever you are," he said.

For some, moving to the suburbs might sprout a sense of being a nudge to move.

Others might consider it while tripping over toys in their two-bedroom condo.

"That's our sweet spot — people with a 2-year-old," said Bernstein, whose local ties include attending the University of Illinois at Urbana-Champaign and a husband from Skokie.

Many millennial parents, Bernstein said, enjoy having a baby in the city, but move before stresses kick in about kindergarten.

"Don't leave too early, but don't leave too late," she said.

That sounds familiar to Sarah Erwin, 35, who was living in Lincoln Park when she got pregnant with her third child.

The Erwin family loved walking to favorite restaurants and boutiques. But having family in the Hinsdale area gave them a nudge to move.

They found many similarities: a home a block from a school and a 7-minute walk from the train. Even the Green Goddess boutique, she said, was in both spots.

"It felt a lot like Lincoln Park," she said. They traded in their membership to the Shedd Aquarium and Peggy Notebaert Nature Museum for the Brookfield Zoo and Morton Arboretum.

Clients weigh the emotional pull of loving a city lifestyle against considerations like schools, a yard, more space. Transportation becomes a huge linchpin, brokers say.

"Train towns tend to draw those people," said Hinsdale broker Bryan Bomba. He said many of the city-to-suburbs clients he sees tend to favor Hinsdale, Western Springs or Clarendon Hills.

Gilbert added that those hoping to mimic the city search in suburbs that have downtowns, like Highland Park, Wilmette, Winnetka, Kenilworth and Evanston.

Responsibilities change too. Many dread the cost, work and hassle of maintaining a house with a yard, Bomba said, or learning about sump pumps.

"They're coming from a new condo, and they're generally, in most cases, not buying a brand-new house," Bomba said.

Katie Hotze, 36, a Winnetka mom of a 1-year-old son and 4-year-old daughter, said she and her husband were sure they'd buy in the city. Her husband spent his bachelor years in the Gold Coast. Renting in Lakeview, they hoped to buy in Lincoln Park.

"We were shopping in the city, we loved it," she said. "We would be whisked away in a snowstorm to a fabulous wine bar in River North. It was just amazing. We loved the city for that reason."

While they were shopping, a variety of factors — from crime to a 20-minute two-mile drive to her daughter's day care — had them second guessing.

"We did a complete 180," she said, asking the agent to instead target Winnetka, where a friend had invited her to coffee.

Now they delight in the ease of safe, traffic-less streets, abundant parks, a house and a driveway.

"It's so much easier up here," she said.

Many of the other parents, she said, are also city ex-pats who left after having children.

"The moment you have kids in the city, everyone tries to suck it up for a few years," she said. "When I go to birthday parties up here, it's full of moms who all have the same story."

Erwin, the Hinsdale resident, points out that city or suburb, life was going to change when their child entered elementary school, bringing a new schedule and friend group.

"Luckily it hasn't been as earth-shattering as I thought it would be," she said, adding, "I still love the city."

Out of five close city friends who made the move, living in Lincoln Park, they were the last ones to pack up.

Now the group tries to get together every other month for dinner. The agreed-upon locale? Downtown. All of them, she said, miss the restaurants.

Even among clients settled in suburban homes, Gilbert said, many pine for the skyline.

They tell her, "I still dream about the day I can move back to the city," she said.

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Martin Luther King came to Chicago 50 years ago

Fifty years ago this month, the Rev. Martin Luther King Jr. moved into a three-flat in the 1500 block of South Hamlin Avenue in Chicago's Lawndale neighborhood. It was the beginning of King's plan to take the civil rights movement to the northern cities, where the plight of African-Americans living in the slums, the ghettos - what we call the "inner city" today - had been troubling him for some time.

King first thought of coming to Chicago in the summer of 1965, when a civil rights leader named Al Raby asked him to help with a campaign to remove the Chicago school superintendent. King spent a whirlwind few days in Chicago, culminating with a day of street corner speeches block by block, followed by a 30,000-person march to City Hall.

Mayor Richard J. Daley was sympathetic, but that wouldn't last long. For a riveting account of this time, and King's life, read "Let the Trumpet Sound" by Stephen B. Oates.

"Why did King come to Chicago? He had warned the nation that the poor living conditions for blacks in the northern cities had reached a boiling point. Indeed, the Watts riots in Los Angeles exploded weeks after his whirlwind tour of Chicago.

"Our primary objective will be to bring about the unconditional surrender of forces dedicated to the creation and maintenance of slums," King told reporters that cold January day as he moved into his flat.

Rent was $90 a month, which was typical rent in that neighborhood at that time. Meanwhile similar rentals in white neighborhoods were $80 a month. My grandparents, who lived just under four miles north, where I played in their backyard, paid $75 a month for their six-room flat.

King spent his time organizing the neighborhoods, meeting with white religious leaders trying to enlist their support, and meeting with youth, including what we now call gangbangers, late into the night.

By March, the campaign was running out of steam, curtailed by lack of money, apathy on the street about his efforts, and dissatisfaction among Chicago organizers who wanted King to focus on the failing schools.

It was a vicious cycle: poor schools kept the blacks unable to find work - at the time the unemployment rate for blacks living in the ghettos was six times what it was for the rest of Chicago in the boom times of the mid-1960s. And lack of work kept blacks on welfare, in substandard housing, lacking of opportunity, transportation, basic police services, lack of grocery stores and on and on.

And Mayor Daley had outmaneuvered King with his own campaign to clean up the city's slums - by 1967, the mayor promised.

As anyone can see by visiting the modern west and south sides of Chicago, the campaign failed. The tenements are still there. The schools are still substandard. You can look up the poor test scores on the state school report card on the Internet. Black unemployment in the city is now 25 percent, double what it was in 1966.

As we mark another Martin Luther King Jr. Day, everyone knows the score. But the urgency just isn't there any more. We've moved on to other issues - terrorism, immigration, gay marriage, women's issues. It's as if electing a black president is about as good as we can do, and for the rest struggling at the bottom ... well, the big cities just shrug their big shoulders.

Randy Blaser is a freelance columnist for Pioneer Press.

Academy Awards an overrated display of excess

By the time you read this, the Academy Award nominations should be public knowledge. I don't pay too much attention to this annual celebration of wretched excess. Some of it is petty - all those great-looking, rich, famous and young movie people. They should all gain weight!


Need I go on? Lots of great actors and directors never received an Academy Award. Yet, Elizabeth Taylor has won two Oscars.

Go figure.

So, what I want to say about the Oscars is that they really don't matter, at least not in terms of artistry or craftsmanship. Which is some balm for most of us.

Most people don't receive awards for the work they do, and not much, if any, praise.

Most people are lucky if they don't get downsized while their jobs are exported to some other country. That's why it is instructive to look at show folk who never won an Oscar. It's not the award that makes the work great. It's the work itself. Great work is its own - and often its only - reward.

Right, Edward G? Nyah.

Paul Sassone is a freelance columnist for Pioneer Press.
Survivor, smartphone edition

**Eric Scott**

You know that sinking feeling when you’re commuting to work in the morning and suddenly realize your cash along with everything in your entire wallet is still sitting on the nightstand at home? Yeah, that was me silently panicking in my car during a frigid morning rush a few days ago.

Being well past the point of no return and contemplating a lunch of ketchup packets and tap water, I calmed down enough to consider my other resources before saying, “Wait, I got this.” Fortunately I had my Samsung cell phone which I’d set up for Android pay.

Android Pay is demonstrated during the 2015 Google I/O conference May 28, 2015 in San Francisco, Calif.

**FLYING UNDER THE RADAR**

**HEART OF THE HOME**

Renters want to buy, survey says

**Felicia Dechter**

Twenty-eight-year-old Adam Harris pays $925 a month rent for a multi-room studio apartment in the Wrigleyville neighborhood of Chicago. Although Harris would love to buy a home someday in the future, for now, it’s not in the cards.

“I plan to eventually buy a condo or home but have not done so because of financial reasons,” said Harris. “I don’t feel like that money is wasted, because I live where I want to live without the means to buy.”

Harris definitely isn’t alone. Many young renters are like him and hope to buy a home in the future, according to a new quarterly consumer survey recently released by the National Association of Realtors.

The National Association of Realtors’ inaugural quarterly survey, called Housing Opportunities and Market Experience (HOME), tracks topical real estate trends, including current renters and home-owners’ views and aspirations regarding homeownership.

The survey data revealed that 94 percent of current renters age 34 or younger want to own a home in the future.

In the end, I survived the test and lived to find my wallet. I’m still not happy when my cellphone bill is due, but sending in a payment via the app isn’t as bad as a survival lunch of cold ketchup soup.

**Eric Scott is a freelance writer for the Pioneer Press**

Twitter @ebertider18

This June 4, 2015 photo, shows a sold sign at a new home development under construction in Nashville, Tenn.

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Twitter @ebertider18

This June 4, 2015 photo, shows a sold sign at a new home development under construction in Nashville, Tenn.
Taking a step back in time

Adult ballet on 'pointe' for dancers, both new and old

BY KARIE ANGELL LUC
Pioneer Press

For many adults, a step in the right direction is a step back in time.

"At this point in my life, I know I'm not going to be a ballerina, but I want to stay slim and I enjoy it," said Rae Malone of Skokie, who dances at the Skokie Park District where adult ballet classes are offered.

Many men and women seeking fitness are rediscovering dormant passions for ballet or other forms of dance. Malone, 58, for example, took Gus Giordano dance classes around in the 1970s.

And then there are adults who are taking dance classes for the first time.

"Adults can pursue a lifetime of fitness through dance and we have definitely noticed a trend toward more adults becoming interested in dance," said Chelsea McCormick, instructor and office manager at Barrington Dance Academy. "Dancing is a great way for adults to exercise and enjoy the art form of ballet."

While Barrington Dance Academy does not offer weekly studio adult ballet classes, the academy provides stage opportunities twice a year via the Barrington Youth Dance Ensemble. Approximately 15 adults dance in the annual "Nutcracker" with opportunities for spring ballets as well, McCormick said.

"It's a joy to share the stage with our adult performers," she said. "Many of them are former student or professional dancers and they add a beautiful element to our productions each year."

At Salt Creek Ballet in Westmont, adults can take ballet or jazz classes.

"We have adults start as beginners with us when they reach the age of 70 and others start in college following years of training as a young student," said Christina Salerno, Salt Creek Ballet executive director.

"Dance classes are great for men and women of any age," Salerno added. "Classes promote full body engagement, core strength, balance, flexibility and coordination."

Ashley Hogue of Golf, a ballet instructor who was a principal dancer with Ballet Arkansas, calls adult ballet "quite a niche."

"It helps you to stay young," Natenberg said. "Even my internist said I look younger than my age."

At the Devonshire Cultural Center in Skokie, Kayla White of Chicago has a following as an adult ballet instructor for the Skokie Park District.

"We have people who are committed and it's been really fun," White said. "It's good to make that mind/body connection."

Leona Natenberg, 65, of Glenview, is one of Hogue's students.

"I'm Medicare age and I'm enjoying it," said Natenberg. "When I hear the music, I can't help but dance."

"It feels like a gift," added Natenberg, a 1969 Highland Park High School graduate who attended New Trier East High School. "When I hear the music, I can't help but dance."

MUSIC

Barton Pine soloist for upcoming Park Ridge orchestra concert

BY DOROTHY ANDRIES
Pioneer Press

The first time violinist Rachel Barton Pine played with the Park Ridge Civic Orchestra in 1996, community response was tremendous. "That was one of our best selling concerts ever," recalled Victor Muenzer, conductor of the 70-member community orchestra.

"She is a friend of my Dad," he continued, referring to his father Edgar Muenzer, founder of the PRCO and a member of the Chicago Symphony Orchestra, "actually of our whole family."

Barton Pine will make her fourth appearance with the orchestra for the Jan. 27 concert. "She has a worldwide reputation now," Muenzer said, "so we are fortunate to have her."

Barton Pine will play Beethoven's one and only violin concerto. "I had been thinking about the Beethoven for a while," Muenzer said. "It has a simple beginning and just flows along. The violin comes in just out of nowhere — like the sound of an angel."

"There are so many things that influence programming," Barton Pine said, when asked about how a soloist fits into a concert. "You have to look at the size of the orchestra, what else is on the program, how recently this orchestra presented this concerto, what you have played with this orchestra in the past." There are also pieces from past years that needed to be brought up again to performance level or pieces that the soloist would have to learn, she explained.

"In this case, I hadn't played the Beethoven in a while, and I was missing it," she added. "So I had to work on it again to get it back."

Maximizing her effort, she is playing the

ter. "Beethoven was writing it right up to the last minute," Muenzer explained. "Plus it was well ahead of its time. People were accustomed to hearing a concerto with the solo instrument carrying the melody. In this case the violin often has the descent or floats like a filagree."

"In fact, the concerto languished until the great violinist Joseph Joachim rediscovered it in 1844," he continued. "Beethoven shows a very intimate side of himself in this concerto. It is introspective, and it pairs very well with the Mahler First, which at first is full of the sounds of nature and then becomes more and more personal as the movements progress."

In addition to playing with the orchestra, Barton Pine will visit Maine South and Maine East high schools on Jan. 26 to present interactive programs. "Rachel gives so much back to the community," Muenzer said. "She never forgets her roots in the Chicago area."

THEATER

Northlight's 'Mothers and Sons' a tale of family, grief

BY MYRNA PETTICKI
Pioneer Press

Grieving has no timeline. Katharine Gerard's son Andre may have died of AIDS nearly 20 years ago but her wounds are still raw in Terrence McNally's intriguing "Mothers and Sons" opening in previews Jan. 22 at Northlight Theatre.

Skokie resident Cindy Gold plays Katharine, who has come from her home in Texas to New York to visit Cal Porter (Jeff Parker), her late son's lover. Why has she come to see Cal, even though they have had no contact since Andre's funeral? What does she hope to achieve by the visit? It's a bit of a mystery, even to Katharine.

"Her husband just died. Now she's really alone," Gold said. "She has no relatives. I'm imagining she has no friends. Her world has become very small. She's very angry still."

The actor surmised that Katharine likely visited New York many times before without descending on Cal's apartment. "She probably got her courage up," Gold said. "It's curiosity more than anything."

The scene that the actor finds most interesting is "a very touching moment" in which Cal tells Katharine: "You are a woman who thinks they have put the past to bed probably something that could turn up out of the blue."

FAMILY FRIENDLY

Young performers stage 'Fame Jr.' at Skokie Theatre

BY MYRNA PETLICKI
Pioneer Press

Twenty-eight young people, ages 7-15, will light up the stage of the Skokie Theatre when Broadway, Our Way! presents "Fame Jr." 7:30 p.m. Friday, 2 p.m. and 5:30 p.m. Saturday, and 2 p.m. Sunday, Jan. 22-24, at 7924 Lincoln Ave., Skokie.

"What the show is about has so much truth for what the kids are going through themselves today," said director Debbi Brodsky. "It's about kids who like to perform and who want to be able to learn those skills and get out there and do them."

Brodsky noted that the musical focuses on what it takes to achieve a show business career. Even if someone is talented, it requires "determination and it takes hard work," she said.

Brodsky added that, although "Fame Jr." is based on the popular 1980 film, "It doesn't have some of the themes that run through the movie. It's a much more family-friendly version."

Tickets are $15.
For details, call 847-677-7761 or go to www.skokietheatre.org.

A great date

Fathers and their little girls will dance to music provided by a DJ, eat pizza and play games at Daddy Daughter Dance, 5-7 p.m. Jan. 30 at Oakton Community Center, 4701 Oakton St. Admission is $20 per couple; $30 for nonresidents; $10 per additional attendee.
For details, call 847-674-1500 or go to www.skokieparks.org.

'Frozen' friend frolic

It's all about the popular snowman at "Olaf's Mini Snow Ball, 5-7 p.m. Jan. 23 at Maine Park Leisure Center, 2701 W. Sibley St. Kids ages 2-5, with a grownup, will play Olaf's favorite games, eat his favorite foods and dance to his favorite music. The cost is $26 per couple.
For details, call 847-663-5127 or go to www.mprd.org.

The right choice

Families will have a chance to decide which programs are best for them at a Preschool and Enrichment Fair, 10 a.m.-noon Jan. 23 at Park Ridge Public Library, 20 S. Prospect Ave. Representatives of museums, dance studios and other organizations will be there to discuss their enrichment programs, too.
The first 100 families will receive a book and a reusable bag.
For details, call 847-825-3123 or go to www.parkridgetheater.org.

Flock to this one

A farmer is in trouble in the big city so "Shaun the Sheep" comes to his rescue. The family movie will be shown at 2 p.m. Jan. 23 at Niles Public Library, 6960 Oakton St. A small snack will be served.
For details, call 847-663-1234 or go to www.nileslibrary.org.

ROBBIE BURNS NIGHT!

Monday, January 25th @ 7pm

Featuring a traditional buffet with Scotch eggs, Haggis, Tatties, Neeps, Smoked Salmon, Shortbread and much more! You'll also enjoy live music, poetry readings, bagpipers, singers, and the Thistle & Heather Highland Dancers.

Tickets are $35 (tax & gratuity not included) and Scotch flights will be available for $12.

Tickets are required for this event, so call or email us at peckisheventse@gmail.com to buy yours today!

603 Howard Street, Evanston IL | thepeckishpig.com | 847-491-6778

NORTHLIGHT THEATRE

"A MASTERPIECE. Profound. Heartbreaking. Triumphant."
- NY Observer

mothers & sons

BY TERENCE MCNALLY
DIRECTED BY STEVE SCOTT

JAN 22 thru FEB 27 | 847.673.6300
9501 Skokie Boulevard | FREE PARKING
NORTHLIGHT.ORG
HEARTLAND HEALTH OUTREACH RAISES $210K

G. THOMAS WARD PHOTOGRAPHY/HEARTLAND HEALTH OUTREACH, INC.

From left, back row: Anne Allen, Diane Eckel, Chad Achenback, Shannon Galvin, Pat Hunt; from left, front row: Lisa Lacloche, Jill Weinstein, Lotoya Hines, Lisa Williams, Dr. John Flaherty, of Lincolnwood, Heartland Health Outreach Board member were among 300 guests at the 27th Annual Holiday Brunch hosted by Heartland Health Outreach at Chicago’s Four Seasons Hotel Dec. 6. The festivities raised $210,000 to support HHO’s HIV/AIDS services and its Vital Bridges Center on Chronic Care programs for low-income people impacted by HIV and AIDS each year. More at www.heartlandhealthoutreach.org.

GLOBAL SPINE OUTREACH GALA RAISES $150K

Dr. Howard An of Chicago, from left, Dr. Lawrence Lenke of New York City, Global Spine Outreach Director and Dr. Kris Stemonow of Niles, Global Spine Outreach Director were among guests at the Global Spine Outreach Second Annual Fundraiser at the Hilton Oak Brook Hills Resort & Conference Center last fall. The gala raised more than $150,000 to support programs providing spinal surgeries to underprivileged children around the world free of charge to the patients and their families. In 2015, Global Spine Outreach went on six medical mission trips, performing 64 surgeries and helping approximately 257 patients in the clinic, and plans six such trips for 2016. More information at www.globalspineoutreach.org.

WALK RAISES $21K TO FIGHT DEPRESSION

Erica's LIGHTHOUSE

Students from Maine East High School in Park Ridge were among 300 teenagers, parents, teachers and others who took part in the fall 12th Annual Rock and Rally Walk in support of Erica's Lighthouse, a local nonprofit organization that works in area schools to raise awareness about adolescent depression. The walk, which kicked off from New Trier's Northfield campus, raised $21,000. See more at www.erikaslighthouse.org.

SYMPHONY, YOUNG ARTISTS PRESENT CONCERT

BONNIE ROBINSON/LAKE FOREST SYMPHONY

Michael, from left, Rebecca and Nora Aisenberg of Skokie were among 400 guests at “Sounds of the Season,” a concert presented by the Lake Forest Symphony and Midwest Young Artists Conservatory at the Lake Forest Country Day School Dec. 19. Pianists Alice Zhang of Vernon Hills and Kimberly Han of Lake Forest performed. More at www.mya.org and www.lakeforestsymphony.org.

We want to publish your photos. To submit, visit http://community.chicagotribune.com or email community@pioneerlocal.com.
A service dog’s ‘never off-duty’

Naperville’s Ella Straka, who has multiple sclerosis, says she and her service dog, Essie, depend on each other.
Italian cook enjoys making her dishes from scratch

By Judy Buchenot
Beacon-News

“T’m Italian,” said Vincenza “Vinnie” Costello, shrugging her shoulders while gesturing toward a full pantry and an even fuller refrigerator.

The Aurora resident always has a supply of fresh ingredients to make the dishes she loves. “I make a vegetable soup with nine vegetables,” she said. Her love of cooking came from her mother, Grace Perri, who came to the United States from the Calabria region of Italy.

“There were eight children in our family. Six boys and two girls. I was the youngest,” Costello said.

In order to feed the family of 10, Costello said her mother spent lots of time in the kitchen. “She made everything fresh. I didn’t even see a canned vegetable until I was 19. I didn’t know what they were. My mother made bread every morning at 5:30. I woke up every day to the smell of bread baking. She used Ceresota flour and I can still picture the sack,” Costello said.

Costello recalls her mother’s many dishes including pasta e fagioli and escarole and beans. “These were depression meals because they were so cheap to make but they were so good,” Costello said. “She was famous for her ravioli though.” During the holidays, her mother would make a batch of 400 ravioli.

“She rolled out the dough and cut it with a coffee cup like this one,” Costello said, pulling a sturdy white mug out of the cabinet.

“My sister filled the ravioli with ricotta cheese. We used at least five pounds of ricotta or more. The circle of dough was folded in half and my job was to take fork around the edge to seal it. My mother had a clean bed sheet that she used just for ravioli. She put the sheet on her bed, sprinkled flour on it and then laid all of the ravioli on the sheet to dry. The big family ate a large portion of the 400 ravioli at one meal but there were always leftovers for the following days.

On Mondays, Costello said her mother made a pot of chicken soup that was eaten with several meals during the week. “She didn’t cook the pasta in the soup. She cooked it separately and then added it when she served it,” Costello said.

Snacks for the large family were found on the kitchen table where “there was always a big bowl of fresh fruit that we could eat,” Costello said.

Costello spent many hours cooking with her mom and has made many of the same dishes for her own two sons and daughter and her five grandchildren. She said that many of the recipes are very simple yet delicious. Two of her favorite are an Italian chicken cutlet and eggplant Parmesan. Both recipes make use of bread crumbs that are lightly breaded in oil. “The one thing you have to remember when cooking with bread crumbs is do not leave the stove. Stay right there and watch them. Bread crumbs can burn very quickly and then, it is not good to eat.”

Italian chicken strips were a favorite with her grandchildren. “They ate them like potato chips — one after another,” she said.

Another breaded recipe, the eggplant Parmesan, often surprises people, according to Costello. “Sometimes people tell me that they hate eggplant. But then I give them eggplant Parmesan and they love it. Eggplant is very healthy for you too.”

Costello is a very active 85-year-old. She has lived at the Alden Horizon apartments for nearly 15 years. “I didn’t retire from working until I was 71,” she said. “I enjoy living here. I have lots of friends and because I have been here so long, they call me the Mayor. Someone is always asking me a question about life around here.”

She always has a story to share, including an amusing tale about family names. “My mother was Grace Perri and she married my dad whose name was also Perri but no relation to her. I married an Irish man named Costello. Then my daughter married an Italian with the same name, Costello but no relation to us. Can you imagine that?” she said, proudly pointing at photos arranged on the wall of all the people in the story.

Costello shares the two recipes for Italian breaded dishes for others to try. “They are both so simple, but so good,” she said.

Judy Buchenot is a freelancer.

Eggplant Parmesan

1 large eggplant
salt and pepper to taste
3 eggs
1 teaspoon water
1 cup flour
2 cups Italian seasoned bread crumbs
1/2 cup olive oil or a mix of half olive oil and half canola oil
8 ounces shredded or sliced mozzarella cheese
1/2 cup Parmesan cheese
2 cups Italian red sauce (spaghetti sauce)
1 pound thin spaghetti

1. Wash the eggplant and dry it well. Do not peel the eggplant. Cut eggplant crosswise into circles about 1/2 inch thick. Sprinkle with salt and pepper.
2. In one bowl, beat together eggs and water. Place flour in a second bowl. Place bread crumbs in a third bowl. Dip each eggplant slice in the eggs, then the flour and finally the bread crumbs.
3. Heat oil in a large pan and place slices into hot oil. Brown one side until golden and then flip slices to brown other side. Depending on the size of the pan, it may be necessary to do two or more batches to brown all of the slices. Drain slices on paper towels.
4. In a 9- by 12-inch glass or ceramic pan, place an even layer of red sauce. Place eggplant slices in a single layer into the sauce. Add a layer of mozzarella cheese slices or shredded mozzarella. Sprinkle on Parmesan cheese.
5. Bake at 325 degrees until cheese is melted and lightly browned and sauce is hot. While eggplant is baking, cook spaghetti according to package directions. Drain spaghetti. Serve eggplant slices and sauce on a bed of spaghetti.

Vinnie’s Culinary Cue

Keep an empty coffee can under the sink with the word “grease” written on it with a marker. Then pour all of the grease left over from cooking in there instead of down the sink drain. “In 50 years, I never had to call a plumber for a stopped-up sink,” Vinnie said.
Cook with whiskey, from savory to sweet

By Veronica Hinke
Pioneer Press

From sugary sauces to peppery creams and marinades, more and more chefs are cooking with whiskey. Spirits, in general, continue their advance into a market once dominated by beer and wine.

Sales of small batch spirits across the United States have doubled, year over year, since 2013, said Paul Hletko, founder of FEW Spirits in Evanston.

And in Hletko’s opinion, that’s good news for cooking. “The underlying sweetness of bourbon makes it perfect for everything from braising meats to making desserts,” he said.

Those new to spirits often ask about the difference between bourbon and whiskey. There are several factors that set bourbon, a type of whiskey, apart from other whiskies. Bourbon must ferment in new oak barrels that are charred. While barrels for making all other whiskies must be oak, they do not need to be charred or new, Hletko said. When making whiskey, the liquid needs to be distilled to no more than 190 proof. With bourbon, the liquid must be distilled to no more than 160 proof and barreled at 125.

Another factor that makes bourbon unique is that it must be made from 51 percent corn.

Corn and bourbon come together in the Old Forester Bourbon Caramel Cornbread Cake at Spears in Wheeling. A caramel whiskey sauce tops the cornbread cake.

“We were experimenting with a cornbread recipe to pair with an entree,” Owner Joseph Romeo said. “We decided to add some Old Forester Bourbon. After we tried that out, we felt it needed something sweet to complement its flavors. A bit of caramel and a few other ingredients later, and our side dish evolved into one of our favorite desserts.”

Whiskey is also the star of the caramel sauce for the bread pudding at The Celtic Knot Public House in Evanston.

Celtic Knot Chef Carlos Perez suggested working with milder, more natural flavors to really highlight the whiskey. “Consider using coconut syrup instead of sugar,” he said.

To make his caramel whiskey syrup, Perez cooks down four cups of sugar with one cup of water on the stove top. He adds four cups of cream, one pound of butter and three-fourths cups whiskey. He mixes it all together until well blended and heated, then he cools it a bit and drizzles it lightly over the bread pudding.

Bread pudding with whiskey sauce is also on the menu at Wildfire restaurants, which is where tenderloin tips get a quick (3-4 hours) marinade bath in Basil Hayden’s Bourbon. “The marinade isn’t meant to tenderize, but to bring the flavors together,” said Executive Chef and Partner Joe Decker. “The bourbon gives the tenderloin a slightly peppery flavor and aroma and a very smooth finish with slight vanilla overtones.”

Decker said the bourbon marinade is only one small part of the cooking process, but a key component. “What you are trying to accomplish is a nice blend of a little acidity, oils, spices and a little sour and sweet,” he said. “The bourbon is nice because it kind of smooths out the flavor.”

At Redstone American Grill in Oakbrook Terrace, tiny black peppercorns team up with whiskey to flavor the sauce in Ribeye Jameson au Poivre.

“We were experimenting with a Jameson au Poivre sauce on a ribeye steak at Redstone American Grill in Oakbrook Terrace,” Chris Daley, Redstone American Grill, Oakbrook Terrace

Whiskey is also the star of the caramel sauce for the bread pudding at The Celtic Knot Public House in Evanston.

Irish Whiskey, we release the smoky and spicy flavor of the whiskey into the peppercorns, burn off the alcohol and add a slight hint of salt as the natural oils and cooked barley add their flavors to the base of the sauce,” said Redstone American Grill Chef Chris Daley.

“Experiment,” Romeo said.

“Have fun and learn.”
A service dog’s ‘never off-duty’

But animal and owner depend on each other

By Leslie Mann
Tribune Newspapers

While the Straka family chats around the kitchen table, its 5-year-old German shepherd, Essie, relaxes in her corner doggy bed. Life is good.

Then, without a sound, Essie stands, her eyes fixed on Ella Straka, 64. Essie is one step ahead of Straka, still seated but about to cross the room to the coffee pot. As her service dog, Essie knows Straka, a retired nurse who has multiple sclerosis, might need help.

“She’s never off-duty,” said Straka, whose Naperville family also includes her husband, Steve; their five grown children; a border collie named Hermione; and three cats.

Essie’s trainer, Jack Giambrone of Elmhurst Park-based Barking Angels Service Dog Foundation, said he knew she would be ideal for Straka because “they’re both easy-going. And Essie’s so nonchalant with other dogs, I thought she’d get along with Hermione.”

Essie is one of 78 service dogs Giambrone has trained, after adopting them for his clients (called “handlers”) from shelters. “I’ve worked with dogs all my life, so I know when I meet one if he’ll work,” he said. “He’s friendly but not crazy, makes eye contact and isn’t fearful.”

Personality trumps breed, said Giambrone, and must match the job. “A very affectionate dog may work for a child with Down syndrome, but constant kissing may annoy an adult with anxiety,” he said.

Training Essie was “as much for me as for her,” Straka said. Giambrone taught Essie commands while she bonded with Straka.

A service-dog trainer works with the handler throughout the dog’s lifetime, adding skills as needed. “One girl needed her dog to learn what to do when they were in driver’s ed,” said Giambrone. “Then he had to learn how to help her at college.”

No one keeps a national service-dog count, but the number grows as awareness increases, said representatives from leading national organizations, Wayland, Mich.-based Paws with a Cause and Santa Rosa, Calif.-based Canine Companions for Independence. Giambrone said it costs about $1,200 to $2,500 for a service dog, depending on how much training it needs. Sometimes a church or service club helps pay.

The Americans with Disabilities Act defines “service dog” but trainers issue their certifications and IDs. Service dogs work one-on-one with their handlers, guiding deaf or blind people, helping those in wheelchairs navigate, predicting seizures or telling diabetic people if they need insulin.

“Working dog” is an umbrella term that includes services dogs, police dogs and dogs who help the community by, for example, finding cadavers, lost people or bombs, or by providing therapy at hospitals or in courtrooms.

By law, a service dog can go wherever the public is allowed. Essie has never been denied access, Straka said.

“The ADA says it’s legal to ask, ‘Is that a service dog?’ or ‘What’s that dog trained to do?’ but you can’t ask about the person or her disabilities,” Straka said. “It’s confusing, so people just don’t ask.”

Today is a good day for Straka and Essie because they were out of bed by 8 a.m.

“Some days, I don’t feel that well, so Essie adapts,” said Straka, whose symptoms include fatigue, muscle weakness, and numb hands and feet.

When Straka needs help getting up from a chair, she bear-hugs Essie, who pulls her up and forward. “I saw Jack demonstrate that at an expo, and I was sold,” Straka recalled. “Before that, I didn’t realize how service dogs could help people with MS.”

When Straka feels up to it, she and Essie run errands in the “C-A-R,” she said. “Because of Hermione, we spell a lot of words.”

Straka uses a cane or her battery-operated scooter at stores, while Essie follows. “She figured out how to stay behind me in narrow aisles,” Straka said.

Once a month, Straka and Essie join Giambrone and some of his other clients at an area mall. “Then the dogs get used to elevators, crowds, noise,” Straka said. Essie doesn’t mind being stared at by strangers, said Straka, “but some dogs have to learn to tolerate that.”

Before the Strakas go out to dinner, Straka calls ahead to request a table. “With a booth, there might not be a place for Essie to sit underneath, so she lays low on the seat next to me,” Straka said. “No one knows she’s there until we leave.”

Twice since joining Straka, Essie has flown with her to Dallas to visit friends. Straka reserves a bulkhead seat so Essie can sit on the floor next to her.

After befriending their Dallas friends’ dogs, Essie got a surprise. “They ran out the back door, and Essie ran right into their pool,” Straka said. “She was in over her head, which she did not like.”

Essie’s day includes a walk with Hermione and either Steve or Straka’s daughter, Anastasia.

When it’s bedtime, Straka puts one hand on the stair rail and one on Essie. “She gives me enough stability to get upstairs,” Straka said.

This year, the Strakas plan to move to a smaller house in Florida. “For me, it’ll have no stairs,” Straka said. “For Essie, it’ll have no backyard ponds with alligators. And no pool.”

When Essie can no longer work, she’ll become the Strakas’ pet, and a younger service dog will join the family. Meantime, Straka said, “I depend on her, and she depends on me. That’s a good feeling.”

Leslie Mann is a freelance reporter.

PET OF THE WEEK

Nugget is a fun, handsome, stocky, super-smart, high-energy, 15-month-old, 60-pound, male American Staffordshire terrier looking for a loving guardian.

Shelter employees found that this guy is so smart, he quickly conquered the commands sit, down and paw and is looking forward to learning more.

He’d be great with another dog who appreciates his rough-and-tumble style. Because of that, he’s also recommended for homes with adults and teenagers who can work together on his training.

For more information, contact Gabrielle at 708-848-8155 or caninemanager@animalcareleague.org.
Medicare recipients may be able to lower their costs

Dear Help Squad,

I always look forward to your columns. You are amazing in the way you can help people. I have a question for you, and they tell me it will take an act of Congress to assist my wife and me with our Medicare 2016 premium.

We must go back to September when we were told to sign up for Medicare Part B before any enrollment period started. We went to the Elgin Social Security office twice for assistance with this. We were both covered on my wife's health plan until Dec. 31, 2015. We were told by a couple of SSA workers that we would be "grandfathered" in Med B on Jan. 1, 2016, at $104.90 each, and we would get our Med B cards later. Toward the end of December, we were concerned we had not received our Med B ID cards, so we called the local and national SSA offices. We had to call and wait a very long time to hear messages and talk to no one. Then, we did finally speak with someone who told us to stop calling anyone from SSA! She was not happy with us. She told us that the paperwork we filled out in September was lost on someone's desk all this time. Because we are now considered to have enrolled in Med B late, we have to pay $121.80 each. We are not in good health and we do not have any other source of monthly income. My wife has cancer and I have Myasthenia gravis disease — not allowing either of us to work again.

Now, if you can help us — without an act of Congress — my wife and I will be forever grateful. Please let us know if you can, and we thank you very much.

Jerry, Elgin

To address Jerry's concern about losing his "grandfathered" Medicare Part B status, I reached out Michelle Thornton, a licensed broker with Thornton Powell Insurance Financial Services in Oak Forest. She clarified: "There is no such thing as a grandfathered Part B premium, so that was misinformation all around. Part B premiums change annually on January 1. It is indexed to where Congress sets it. Part D, the drug card, works the same way."

Thornton continued: "The good news is there are all sorts of ways for this couple to save money. Depending on their situation, they could fall into a number of categories: dually eligible for Medicaid and Medicare or eligible for a Medicare Savings Program (MSP), which helps with Part B. They might also be able to get into a Medicare Advantage HMO, which would help all across the board."

Michele then put me in touch with Thornton Powell's Medicare specialist, Alyson Drinkwater. Jerry was also provided Drinkwater's contact information, which he gratefully accepted, saying he would call her soon.

Drinkwater provided so much information, it would require an entire column to cover it all. Here are some highlights:

- Dually eligible for Medicare and Medicaid: "Being dually eligible for Medicare and Medicaid is for people who qualify for both at the same time, based on different income and resource requirements."
- MSPs: "There are multiple MSP's available to people who qualify."
- Medicare Advantage HMOs: "The most common type of Medicare Advantage Plan is the Advantage HMO. On this plan, you pick a primary care provider and see that provider for every visit. This doctor will also give you referrals to see specialists if you need one. Once out-of-pockets are met, the plan will pay 100 percent of medical services as long as they're in-network. Advantage plans usually include prescriptions."

Drinkwater's bottom-line recommendation: "If [Jerry and his wife] believe their income would qualify them for Medicaid or an MSP, they should contact the Illinois Medicaid office. There, they will fill out an application to see if they qualify for any programs."

Send your questions and column ideas to HelpSquad@pioneerlocal.com.

Cathy Cunningham is a freelance columnist.
ROUNDUP | SPIRITUAL READS

Sabbaths 2013
By Wendell Berry, Larkspur, 36 pages, $28

There are rare few times in the unfolding of our everyday lives when we hold something in our hands and know, right away, that it's sacred. To hold "Sabbaths 2013," a hand-bound volume of Kentucky poet Wendell Berry's poems in handset type with wood engravings by Wesley Bates, is to behold the sacred.

It's as if some of the finest books on our shelves should be — a work of art, of exquisite attention, at every step of the bookmaking process. Larkspur Press in Monterey, Ky., is that rarest of small-press publishing houses. Gray Zeitz, the founder, is described as "bewhiskered, aproned, and ink-smudged." He sets type by hand on clamshell printing presses, and his place of creation is said to be equal parts library, museum and workshop. Larkspur's tagline: "Creating fine books one letter at a time."

Certainly, these poems of Berry deserve to be unspooled with such care. Each of the 20 poems is a meditation, the closest we might come to modern-day Scripture. To encounter these lines is to brush up against the beautiful, the breathtaking, rooted in the everyday - the birthing barn, the generations-worn kitchen table, the old dog with her gray muzzle.

Consider, for instance, just this one line: "The years / have brought him love and grief. / They have taught him that grief! is love clarified, appraised/beyond confusion, affirmed, lifted / out of time?`

Participants bookstores: Barbara's Bookstores (Chicago), The Book Cellar (Chicago), Seminary Co-op Bookstore and 57th Street Books (Chicago), Anderson's Bookshop (Naperville), 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

A God in Ruins: A Novel
By Kate Atkinson, Back Bay, 468 pages, $17.99

A companion novel to Atkinson's "Life After Life," "A God in Ruins" follows Ursula Todd's younger brother, Teddy. A third-rate, would-be poet, Teddy becomes a RAF pilot during World War II, survives the war and must then navigate fatherhood and becoming a grandfather in a future he never expected to have.

Missoula: Rape and the Justice System in a College Town
By Jon Krakauer, Anchor, 416 pages, $16.95

Krakauer investigates hundreds of student-reported sexual assaults in Missoula, Mont., between January 2008 and May 2012 that were improperly handled by local police and the University of Montana. Krakauer documents the experiences of five victims in particular, all of whom experienced intimidation and skepticism.

The Case of Lisandra P.: A Novel
By Helene Grenillon, translated by Alison Anderson, Penguin, 292 pages, $16

A beautiful young woman named Lisandra is found dead in Buenos Aires in 1987. Her husband, a psychoanalyst named Vittorio, is immediately implicated in the murder. However, one of his patients, Eva Maria, believes in his innocence and begins searching through his secretly recorded therapy sessions to find the murderer and to confront her own painful memories.

Tasty: The Art and Science of What We Eat
By John McQuaid, Scribner, 291 pages, $17

McQuaid details new scientific findings on taste, particularly the interplay between tongue, body and brain. McQuaid looks at the role evolution has played in defining preferred tastes, why coffee really is an acquired taste, and why children are picky eaters with unusual palates.

The Locker: A Novel of Suspense
By Adrian Mayson, Midnight Ink, 375 pages, $16.99

A ransom note that appears in Nancy's gym locker comes with one stipulation: She must tell her husband, an overseas aid worker, their daughter has been kidnapped. Nancy calls a special number her husband left her in case anything unusual happens. The number triggers a Code Red at Cruxys Solutions, which sends agents Ruth Gonzales and Andy Vaslik to track down a man no one can seem to find.

- Jeremy Mikula
For interactive puzzles and games go to chicagotribune.com/games

Be silent: Sometimes you shouldn’t listen

BY GAIL GRABOWSKI | EDITED BY STANLEY NEWMAN

Across
1 Source of some stings
5 Lasting marks
10 Green Hornet sidekick
14 Suika
19 Danish shoe brand
20 “Cross my heart”
21 Brainstorm
22 Let out, as hogs
23 Hitchhike
25 Smidgen of 45
26 Nostalgic yet fashionable
27 Vast kingdoms
28 Dig discovery of 1922
31 Air in the wee hours
33 Glimpses
34 Color-chart listing
35 Fixes, as software
38 Bell-shaped bloom
40 Strutted like a steed
44 Self-images
45 Cinnamon or ginger
47 First acrylic fiber
49 Gpr. requiring copays
50 Inlet, vis-à-vis the sea
51 “Unquestionably!”
54 Room coolers: Abbr.
55 Renactor in gray
56 On (counting calories)
57 PalmPilots, e.g.: Abbr.
58 Without commitments
59 GPS readings
60 Large quantity
61 Irrigate
63 Swampy lowlands
65 Abhors
67 Cavalry sword
68 Book backing
69 Fancy flapjacks
71 Pilot
72 Make progress
73 “Steady as ___ goes”
76 Lend a hand
77 Cambodia neighbor
78 Gave it a go
79 Bit of cybermirth
80 Do one’s part
81 Be beyond antsy
85 Hole-punching tool
86 Antagonist
87 Leaf-gathering tools
88 Tests of knowledge
89 Numerals seen at the end of Ice Age
90 On the way
92 Uncredited: Abbr.
93 Deep-space missions
95 Favorite
96 Mild oath
98 Looked angrily (at)
99 Source of some stings
101 Auction nod, for instance
105 A Nashville sound
111 Help to do one’s part
114 Main points
115 Unrefined rocks
116 Performs perfectly
117 Golden rule word
118 Knotted scarf
119 Salon bottles
120 Sport using disks
121 City near Scottsdale

Down
1 Saturated
2 Long (for)
3 Soapy residue
4 Pretentious
5 Traffic tangles
6 Jazz pianist Chick
7 Elite group
8 Cleanse (of)
9 Car radio button
10 Shape of some swimming pools
11 Maxim
12 Mildermms, e.g.
13 Diamond Head locale
14 According (to)
15 Early afternoon time
16 No later than
17 Duration
18 Snooty one
24 Google alternative
29 Dot on a globe
30 Pulsate
31 According (to)

Bebeyondantsy
122 Do one’s part
123 Bit of cybermirth

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48 Sound of the surf
51 Fritter away
52 Does nothing
53 More suitable
55 Aficionado
56 Tailor’s
57 Fiver
58 “Steady as ___ goes”
59 GPS readings
60 Large quantity
61 Irrigate
62 Fetch
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78 Fetch
79 Fetch
80 Fetch
81 Fetch
82 Fetch
83 Fetch
84 Prefix meaning “outer”
85 Fetch
86 Fetch
87 Fetch
88 Fetch
89 Fetch
90 Fetch
91 Fetch
92 Fetch
93 Fetch
94 Fetch
95 Fetch
96 Fetch
97 Fetch
98 Fetch
99 Fetch
100 Fetch
101 Epic story
102 Exodus author
103 Pear variety
104 Booted, perhaps
105 39 Down
106 Fetch
107 Part of DMZ
108 Rescue squad
109 Fetch
110 Fetch
111 Fetch
112 Sylvan symbol of strength
113 Miss Piggy accessory
Fruity

BY CHARLES PRESTON

ACROSS
1  "... triumphantes, venite..."
6  Steed
10  Former British prime minister
14  Bower
15  Take
16  Reveal
17  Gettysburg general
18  All het up
19  Hodgepodge
20  Certainly not a world power
23  Mary Albert's favorite word?
24  Egomaniac's concern?
25  The shakes, briefly
28  Dismay
32  Japanese statesman
35  Newton
38  The public eye
40  Alice's husband
41  Scottish one
42  Brilliance
43  Rumor monger's medium
45  Geneva's river
46  Double curve
47  Delay

DOWN
1  AKA Elia
2  Length X width
3  Israel in the World author
4  Present
5  Actress Dunne
6  Preservative
7  A to Live
8  Over
9  Enchant
10  Christ Stopped at
11  Persistence of Memory painter
12  Sevareid
13  Classic prefix
14  matter of fact
21  Coor's partner
22  Requiem
25  Russian rulers: var.
26  toward shelter
27  Rooms in a casa
29  Braid
30  Auricle
31  Arab ruler: var.
32  Eskimo's castle
33  Scottish baron
34  Lutra canadensis
36  Bk. section
37  Model Ties
39  "... bin ein Berliner"
40  San Marco site
41  MADD concern
42  English potter
43  Writers' gp.
44  Shallow
45  Toward shelter
46  Unflattering shape
47  Hang
48  Prestinger
49  Its capital is Vientiane
50  Beige
51  Forster's had a view
52  Compos mentis
53  Today's LPs

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Love to learn. 
Cherish the journey. 
Serve the world.

See why Baker is Chicago’s North Shore leader in independent, progressive education from Pre-K through grade 8.

Winter Open House
Friday, Jan. 22, 9:00 am

Kindergarten Info Session
Friday, Jan. 29, 8:00 am

Campus Visits
Join us for a Tuesday Tour!

For more information, please contact our Admissions Office:
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admissions@bakerdemschool.org

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847.425.5800
bakerdemschool.org

Catholic Schools Week kicks off Jan. 31

From special Masses to spirit rallies, Catholic schools throughout Chicagoland will soon be a hotbed of activity.

Catholic Schools Week is from Jan. 31 through Feb. 6.

“Each Catholic school is planning an array of activities that demonstrate the school’s faith, knowledge, and service,” says Jim Rigg, superintendent of Catholic Schools for the Archdiocese of Chicago. “These include service projects, special Masses and prayer services, spirit rallies, and other fun activities.”

The National Catholic Education Association’s theme for Catholic Schools Week is “Catholic Schools: Communities of Faith, Knowledge, and Service.”

As part of the kick-off to Catholic Schools Week, Archbishop Blase J. Cupich will celebrate Mass at 10:30 a.m. Sunday, Jan. 31, at SS Cyril & Methodius Parish, 608 Sobieski St., in Lemont.

Catholic Schools in Cook and Lake counties in Illinois are planning to welcome the public during special open houses and will focus on the value of Catholic education with other special events in their schools throughout the week. According to Rigg, many of the elementary schools are hosting open houses for prospective families who are considering enrolling for the coming year.

“Catholic Schools Week is an excellent opportunity to show off all the great things in our Catholic schools,” Rigg says.

Catholic schools, he adds, are an integral part of the greater Chicago region. “Our schools have transformed the lives of millions of students through the generations,” Rigg says.

“In the Archdiocese of Chicago, we are looking to the future with great confidence and hope.”

Rigg has been in more than 60 schools since he started his new job in October.

“I have been deeply impressed by the energy, quality and vibrancy of our Catholic schools,” he says. “The future is bright for Catholic education.”

Rigg adds that Catholic Schools have a “well-deserved reputation for excellence.

“Our students emerge from our schools well equipped with the skills and knowledge they need to transform
a challenged world," he says. "The academic quality of our schools, by any measure, is exceedingly strong. We offer a well-rounded education, fully integrating courses in the humanities, arts, and sciences."

Most important, he adds, is that the schools offer a faith-based education, where children are welcomed, valued and validated every day.

"Catholic schools provide a moral foundation, where students learn how to live lives of compassion and service to others," Rigg says.

He adds that while Catholic schools hold close to Archdiocese' strong roots, they continue to embrace new instructional models and technology.

"In the Archdiocese, we are in the midst of forming our next strategic plan for Catholic education," Rigg says. "Our last plan is set to end this year. Our new plan will represent an agenda of growth and expansion, while always looking to innovate and enhance our educational offerings. We have great hope for the future of our schools."

The Archdiocese of Chicago is the nation's largest Catholic school system, and the schools have won more Blue Ribbon Awards than any other school district (public or private), according to Rigg.

"People identify strongly with our schools; there is an intense sense of loyalty and pride amongst our graduates," he says.

For more information about Catholic Schools Week and Catholic schools throughout Chicago, visit schools.archchicago.org.

### Catholic School Week Themes

- **Sunday — In Our Parish** — Usually there is a special family Mass for Catholic school families at the local parish.
- **Monday — In Our Community** — Some schools choose to do a service project.
- **Tuesday — In Our Students** — Most schools host an open house during Catholic schools week to showcase what the students have learned and created.
- **Wednesday — In Our Nation** (National Appreciation Day For Catholic Schools)
- **Thursday — In Our Vocations**
- **Friday — In Our Faculty, Staff and Volunteers (Teacher and Principal Appreciation Day)** — Schools usually do something special for teachers. Some have principal for a day.
- **Saturday — In Our Families** — Some schools offer a family fun night. This is usually also the day to celebrate accomplishments of the school or students.

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An LFCDS education sets the stage for a bright future in secondary school and beyond, with recent graduates currently attending:

- Brown University
- Claremont McKenna College
- Colby College
- Cornell University
- Dartmouth College
- Duke University
- Emory University
- Middlebury College
- Northwestern University
- Princeton University
- Stanford University
- Tufts University
- University of Chicago
- University of Notre Dame
- U.S. Naval Academy
- Vanderbilt University
- Yale University
- and many more...
Critical Thinking
Communication
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Creativity

These are the skills for the FUTURE that our students are learning TODAY
Our students are READY!
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Stop by or call for your personal tour.
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Baker students of all ages explore a challenging, hands-on curriculum through the "progressive" philosophy of education pioneered in Chicago a century ago.

Baker students explore academic challenges

Baker is Chicago's North Shore leader in independent, progressive education for students from pre-kindergarten through grade 8. That means not just academics, but a "whole child" focus on the social, emotional, physical, and cultural development that give a child the skills, stamina, and ethical framework for success in life.

Baker students engage in a challenging, hands-on education: They master academic content and skills by doing, rather than being told; learn to think deeply, ask questions, and support their ideas rather than simply memorizing "correct" answers; and embrace opportunities not only to learn from teachers, but also to learn with and from one another in a nurturing community.

Baker Demonstration School is located at 201 Sheridan Road, in Wilmette. For more information, call 847-425-5800 or visit bakerdemschool.org.
'Think Ahead' at St. Norbert School

Since 1917, Saint Norbert School has honored its mission of "Serving God through Learning, Faith and Service." Academics are the focus. St. Norbert's small class sizes are ideal for providing meaningful differentiation in the classroom. State-of-the-art technology is used in every classroom to make lessons dynamic and provide resources beyond traditional textbooks. This accelerated curriculum means St. Norbert students are well prepared for whatever high school they choose to attend.

While academics are the focus of the school, faith is the heart. Catholic values are integrated into the school day so the students aren't just learning their faith; they are living it. In addition to religion classes, students participate in Mass together every week. They prepare for the sacraments and look forward to religious celebrations.

Students at St. Norbert are encouraged to lead lives of service. The school's buddy program pairs older students with a younger buddy. They attend school Masses together and they participate in other activities together throughout the year. The students also initiate various community service projects including packing food for a local food pantry and visiting residents at a local nursing home.

At St. Norbert School, "Think Ahead" isn't just the school's tagline. It is the way the school lives its mission. The staff at St. Norbert prepares students to be lifelong learners, rooted in faith and committed to service. They prepare students to be successful; not just in high school, but in life.

St. Norbert School prepares students to be lifelong learners.

St. Norbert School is located at 1817 Walters Ave., in Northbrook. For more information, call 847-272-0051 or visit stnorbertschool.org.

North Shore Art League

Summer Art Camp 2016

For children ages 5-11
Join in the fun of creativity!

Weekly sessions $185 from 6/13 thru 8/8

Morning Art Discovery Camp
9:00 - 11:00am ages 5-7

Afternoon Adventure Camp
1:00 - 3:00pm ages 8-11

Register for 1 week, 2 weeks or all 9 weeks.
New projects each week – no repeats!
Sign up online at:

northshoreartleague.org or call 847-446-2870

an exemplary education based on biblical values

CHRISTIAN HERITAGE ACADEMY
PreK-12 - 315 Waukegan Road, Northfield, IL 847-446-5252
Register online at christianheritage.org for these great opportunities:

Snowflake Open House
FREE for children ages 2-6 & their parents
Sat. Jan. 30, 9am-12noon
Come for a great morning of activities and fun!

CHA Tour Days
Tuesday mornings, 9-11 AM
Feb. 9 | Mar. 8 | Apr. 19 | May 10
Learn about our innovative curriculum
Observe classes in session
Are you searching for a great school?

You are invited to experience the excellence of St. Athanasius School

- Strong Community
- Exemplary Academics
- Half/Full-Day Junior Kindergarten
- Kindergarten – Grade 8
- Small Class Sizes
- Spanish, French, Technology, Art, Music and PE
- Extensive Co-Curricular Activities
- Athletic Teams
- Before/After Child Care
- Lunch Program

**OPEN HOUSE**
Sunday, January 31st
10:30 am to noon

**SAINT ATHANASIAUS SCHOOL**
All Faiths Are Welcomed; Building Assistance Available
2510 Ashland Avenue, Evanston
847.384.2650 • www.saintas.net
www.facebook.com/saintathanasiusredhawks

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How will your child reach their full potential? Explore Chiaravalle Montessori in Evanston

Imagine your child as an adult. How will they reach their full potential?
At Chiaravalle Montessori in Evanston, students stretch to the top of their abilities to become creative, compassionate achievers.

What skills will your child need to be successful in college, in his or her chosen profession and in life?
- Planning and problem-solving
- Agility and adaptability
- Concentration and collaboration
- Responsibility and self-regulation
- Initiative and innovation

Chiaravalle Montessori offers a challenging and nurturing environment for children 16 months through 8th grade to learn and grow. The students thrive as independent, valued members of a community, who develop relationships with teachers who guide them over three years spent together.

Experience it all firsthand. Call Tiffany Jorgensen, director of admission at 847-864-2190 to tour the historic school and new North Wing, a LEED Platinum-constructed addition for integrated arts.

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**Sunshine Preschool**
Enriching lives since 1980

**2016-2017 OPENINGS!**
- **3-year-olds**
  - Morning Classes
- **4-year-olds**
  - Afternoon Classes

Find out more at our
**OPEN HOUSE**
Saturday, February 6
1-3pm at the Leisure Center
Questions? Call 847-291-2995
3323 Walters Ave., Northbrook
Students: Great tips for finding a scholarship

College is expensive, and while families should focus on saving what they can, students should not forget to apply to the wealth of scholarships available nationwide. Millions of scholarships, worth billions of dollars, are awarded annually. Beyond in-house scholarships offered by the institutions themselves, a number of federations and organizations offer money to students with particular aptitudes, achievements, and aspirations.

"Scholarships can make a significant dent in out-of-pocket college spending, but finding and applying for them requires an up-front investment of effort," says Martha Holler, senior vice president, Sallie Mae.

The college financing experts at Sallie Mae are offering scholarship application tips.

**Applying is worth the time and effort.** Even if the award is small, take the time to apply to every scholarship for which you are eligible. It is money that doesn't have to be paid back, and it can be used for textbooks, supplies, or other college-related expenses.

**Deadlines and details matter.** In the highly competitive scholarship arena, missing a deadline or overlooking application requirements will likely disqualify an applicant. Stay organized with a spreadsheet that includes due dates and other important information.

**Apply each year.** Approximately half of available scholarships are for students already enrolled in college. Take the time to apply annually to ease the year-to-year tuition burden.

**Impress the judges.** Something seemingly as small as a thank you note can have a disproportionately large effect on how an application is regarded. Be courteous and thoughtful throughout the process.

**Shop around.** Go deep. There are scholarships for students who want to study subjects as diverse as candy making, potato growing, and welding technology. Additionally, scholarships are available for particular circumstances, such as community college students transferring to four-year institutions, or students who are the first in their family to attend college.

**Don't spend.** The goal is to save money, not spend it. Guidance counselors and school financial aid offices can recommend free, reputable scholarship search sites, such as Scholarship Search by Sallie Mae, which just added two million scholarships to its database, offering access to more than five million scholarships worth nearly $24 billion. Those who register are automatically eligible to win the Plan for College Sweepstakes, which awards $1,000 each month to a winner selected at random.

**Continue to save and plan.** Landing a scholarship is just one component of being prepared for college. Continue to set aside savings. Free college planning tools are available online in Sallie Mae's College Planning Toolbox.

For more information, visit SallieMae.com.

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**St. Norbert School**

**THINK AHEAD**

**Award Winning Academics**
A National Blue Ribbon School
Accelerated Curriculum
State of the Art Technology

**Focus on Faith**
Sacrament Preparation
Religious Celebrations
Student led Masses

**Commitment to Service**
Buddy Program
Community Projects
Sharing Parish Program

Open House Sunday, January 31 12:30 - 2:00 p.m.
St. Athanasius prepares students for success

At Saint Athanasius School, 2510 Ashland Ave., Evanston, each child is recognized as an individual, unique in talents, strengths and interests. The academic program prepares students for success in high school, and inspires a life-long love of learning. The core curriculum, anchored by the school's unique Unit system, focuses on Reading, Math, Language Arts, Science, Social Studies, Spanish and French, Art, Music, Physical Education, Faith Formation and Service. Technology, integrated into teaching and learning, engages students in the core content as well as other creative pursuits. The goal: Guide students to become confident, self-directed, knowledgeable, compassionate and responsible in today's world.

For more information about St. Athanasius School, call 847-864-2650 or visit saintas.net.

Welcome to Sunshine Preschool

G

Give your child a great start with Sunshine Preschool.
A warm and loving atmosphere sets the tone for the Northbrook Park District program that has been enriching children's lives since 1980, with a philosophy of learning through play in a nurturing and supportive environment. Under the close supervision of experienced instructors, young children gain educational and social skills while enjoying a rich variety of experiences, including arts and crafts, music, cooking, theater, nature studies, field trips and storytelling.

Sunshine Preschool is accepting enrollment for classes at the Leisure Center in Northbrook. For more information, visit nbparks.org or call 847-291-2995.
Keshet offers programs for those with special needs

Keshet offers programs for those with special needs. Keshet provides community-based educational, recreational, and vocational programs for more than 1,000 individuals with varying and multiple developmental/intellectual disabilities to optimize their personal potential. Keshet programs integrate students, campers, residents and employees with special needs into over 70 sites in the Chicago area and Wisconsin. For more information, visit keshet.org or call 847-205-1234.

Finding the right preschool

Parents know that choosing a preschool for their children is a decision not to be taken lightly. Preschools are often a child’s first extensive experience away from home, and the right school can help kids make that transition more smoothly. When looking for a preschool for their kids, parents may want to employ the following tips.

Make preschool a priority
   Procrastinating with regard to finding a preschool carries considerable risk. Many of the best preschools have only a limited number of spots available, and there may even be a waiting list for those spots. So it behooves parents to begin their search for a preschool as early as possible. Doing so affords parents the time to visit various facilities, speak with staff members and maybe even observe a typical day at the school. Leaving things until the last minute takes away that flexibility, and parents may be forced to choose a facility with which they are largely unfamiliar.

Ask around
   Fellow parents make for great resources as parents look for a preschool for their children. Ask parents of current preschool children or even older kids who attended preschool to share their impressions of a given facility and share their insights as to a facility’s operations and its pros and cons.

Take kids along on visits
   Though parents typically have a checklist of things they want to find in a preschool facility, it pays to remember that the kids will ultimately be the ones spending time at the school. So take youngsters along when visiting facilities, paying particular attention to how kids react to each facility and how well staff members engage your youngster in the day’s activities. Many kids take time to adjust to preschool, but you can still learn a lot about a facility by observing how your child interacts with staff and how well the facility meshes with your child’s personality.

Don’t mistake cost with quality
   The cost of preschool can range from affordable to exorbitant. But the costliest school is not necessarily the best facility, nor the best fit for your child. While an expensive preschool may be well worth the investment, parents should still consider all of their options before making any commitments.
Check out the LFCDS Experience

Lake Forest Country Day School, 145 S. Green Bay Road, Lake Forest, delivers a diverse and rich educational experience grounded in academics, arts, and athletics to 2-year-old through eighth-grade students.

The LFCDS Experience allows talented teachers to inspire and challenge individual students at the top of their abilities, according to their needs. At LFCDS, students from more than 30 communities thrive in a state-of-the-art, hands-on learning environment that encourages self-expression and confidence through inspired teaching, academic rigor, individualized attention and responsible citizenship.

Two important beliefs are at the heart of the teaching philosophy: social and emotional development is inextricably linked with academic achievement; and experiential learning creates a foundation for deeper understanding. Highlighted by a better than 7:1 student/faculty ratio, an LFCDS education sets the stage for a bright future in secondary school and beyond, with 20 percent of LFCDS graduates attending colleges and universities ranked in the top 20 by U.S. News and World Report.

How to approach saving for college

Parents typically have a lot on their plates. In addition to juggling life’s daily events, parents also must keep their eyes on the future, which typically involves planning for retirement and saving money for their kids’ college educations. Though both rank high on many parents’ priority lists, parents should approach college savings much differently than they do retirement savings.

Prioritize retirement savings over saving for college. Some parents might feel a degree of guilt if they deposit more money into their retirement accounts each month than they do into their kids’ college funds. But such a strategy is nothing to feel guilty about. College students who take out loans have a lifetime ahead of them to repay those loans, while their parents have far less time to grow their retirement savings. No parent wants their child to be saddled with debt after they earn their degree, but that does not mean parents should sacrifice security in their golden years just so their child can have minimal or no debt when they graduate from college. Studies show that the average college graduate still earns roughly a million dollars more over his or her lifetime than someone with just a high school diploma, so a college diploma still offers financial incentives that can soften the blow of repaying college loans. Look into college savings plans. Simply socking money away in a savings account is no longer enough to finance a college education. That’s because interest rates on standard savings accounts are very low, and as The College Board notes, the college tuition rate of increase is substantially higher than the general inflation rate. In addition, according to The College Board, the average 2013-14 tuition increase was 3.8 percent at private colleges and 2.9 percent at public universities. Both of those figures are higher than the average increase in personal incomes, meaning parents are earning less while tuition costs are rising. So parents who want to finance all or some of their kids’ college tuitions need to be more creative.

College education savings plans are an option, and many, including a Coverdell Education Savings Account and the popular 529 Savings Plan, allow earnings in the account to grow tax-free. Even withdrawals from college savings plans are typically tax-free so long as those withdrawals are used to finance educational expenses. (Note: Rules vary depending on the type of account, so parents should not assume all withdrawals are tax-free.) But college savings plans can also have an impact on a student’s financial aid eligibility, as these investments are often treated as parental assets (retirement account assets are typically not considered parental assets when determining a student’s eligibility for financial aid). So parents should explore all of the ins and outs of the various college savings plans available to them before opening any accounts. Encourage students to save for their own expenses. Many high school students are not in a position to work a lot or even at all during a school year. And working too much may ultimately affect students’ performance in the classroom. But parents can allow kids to work during summer vacations, and encourage youngsters to save a substantial amount of their earnings from summer jobs. This can teach kids valuable lessons about money management, and money kids save from summer jobs can be used to pay for additional expenses that do not fall under the umbrella of college tuition, including books, food or even housing.

Saving for their children’s college education is a priority for many parents, and there are various ways parents can do just that without sacrificing their retirements.
Skills for life.
At Schechter, students gain critical thinking and analytical skills as they dig deep in both general and Judaic studies classes. They build communication and collaborative skills through an integrated, hands-on curriculum. And throughout their Schechter experience students are empowered to step-up and make a difference in the world.

More than academic strength.
The strength of identity.

Discover how your child can build skills for life!
It’s never too late for a Schechter education. Currently enrolling in grades PreK - 8 with a special track for students without prior Hebrew and Judaics.

Contact Lynn Weiss, Director of Admissions, at 847.412.5654 or lynn.weiss@schechter.org to schedule your personal tour.

Sager Solomon Schechter Day School in Northbrook
WELCOMING STUDENTS IN GRADES K-8

Ginsburg Solomon Schechter
Early Childhood Center In Skokie
Programs for preschoolers beginning at birth

Visit us at more.schechter.org

Solomon Schechter is a member of the Schechter Day School Network. Solomon Schechter Day School is a partner with the Jewish United Fund in serving our community. We appreciate the generous assistance provided by the Bernard Heerey Family Foundation Seventh Grade Scholarship Program for Schechter families. Solomon Schechter Day School admits students of any race, color, sexual orientation, national and ethnic origin.
Many of today's working professionals grew up in single-income households where only one of their parents went to work each day. But that once-common dynamic is now largely a thing of the past, as economic necessity has driven both moms and dads to continue their careers even after they have had children.

That reality has led many working parents to lean heavily on afterschool programs to serve as safe havens that provide structure for their kids while mom and dad are still at work. Choosing an after-school program is a decision many parents find difficult, but there are some questions parents can ask during their searches for programs that should make those decisions easier.

Can I tour and observe the facility? When considering a particular afterschool program for their children, parents should ask to tour the facility, paying specific attention to the areas of the facility where their youngsters will spend the bulk of their time. Do the classrooms look clean? Are the materials up-to-date? Is the playground equipment safe and well-maintained? Well-maintained facilities with new supplies and equipment can make the program more enjoyable and safer for kids.

Parents also should ask to spend some time observing the facility when it is abuzz with activity. Such observation can give parents an idea of what their kids' afternoons will be like should they enroll in the program. Stay out of the way, but watch to see how engaged kids and staff members are and how conducive to doing homework the environment is.

What is the program schedule? Schedule is a significant issue for working parents, many of whom want a program that is open on holidays when schools are closed. Flexibility also is a concern for working parents, some of whom may need a facility that is open before school starts. Parents also may want a facility that allows youngsters to attend just a few days a week, which might make certain programs that require parents to commit to full weeks less enticing. When discussing the facility schedule with staff members, be sure to get as specific a schedule as possible, inquiring about any additional costs associated with extending the typical schedule as well.

What are the activities available to the kids? Many afterschool programs provide more than just a place for kids to sit and do their homework until their folks come to pick them up. Ask staff members at the facility how big a role activities play in their programs. Many programs try to offer an array of activities that range from academic programs to athletic events and more. A wide range of programs can increase the chances that youngsters will find activities that pique their interests and make the afterschool program more enjoyable.

How are staff members vetted? Parents also may want to ask about the program's hiring practices. Ask about the background checks performed on staff members and if the facility requires any specific certifications for staff who will be dealing directly with children.

When asking about hiring practices, parents also may want to inquire about the ratio of staff members to children. The smaller the ratio, the more attention youngsters will receive. Facilities with an especially high ratio of staff to children may not be able to provide the type of environment parents want for their children.

Finding an afterschool program requires parents to exercise their due diligence. Parents who can be patient and learn as much about facilities as possible are more likely to find the right fit for their children.
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Jumble
Unscramble the six Jumbles, one letter per square, to form six words. Then arrange the circled letters to form the surprise answer, as suggested by this cartoon.

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

ACROSS
1 Road ____________________________ 48 Lose traction on
2 _; discoursedous driver 49 Purse or hat
3 Deep hole 50 Prefix for war or
4 9 Fundamentals 51 Biotics
13 Amazes 52 Overwhelming
15 Hillside 53 Nameakes of
16 Store event 54 Defeat
17 Camp shelter 55 It; freak out
18 Cake ingredient 56 Clear the slate
19 _-or-false test 57 Engrave
20 Benumbing 58 The
21 Subsidies 60 Night before
22 _ in; interfere 61 Christmas...
23 Cochea's 62 Amounts owed
24 Place 65 Firmament
26 Orchard fruits 66 Engrave
29 Actress Carol 67
34 Armada 68
35 Kitchen mixer speed 69
36 Prefix for profit or fat 70
37 Cereal grains 71
38 Skirt fold 72
39 Facts & figures 73
40 Cat Hot Tin Roof 74
41 Church table 75
42 Poet Stephen Vincent 76
43 Any TV show 77
45 Human beings and kangaroos 78
46 Nov.'s follower 79

Solutions

1 Baby horse 29 Signed an IOU
2 47 Lose traction on 50
3 57 Nameakes of 51
4 58 Overwhelming 52
5 69
6 70
7 71
8 72
9 73
10 74
11 75
12 76
13 77
14 78
15 79

Last week's crosswords

"The "In" Crowd"

BONE PETTIT ADORN WAS
TREAT CHERYL HATCH IN
TERLINE HOUSE TALK
ELM ARS PROJECTS VER
POND JOSEY COPA
CALL ASK ADIOS AGU ERI
KENT GAVED VOY HO
SUGAR SHARK ENEMY CAN
QUENTIN ANTHO ME
RENT EAST CEDES GLAXY"ST

"State Your Name"

AGAR ALFS APPAL
DEMI VOGT DUPE
ALAE IGOR UNITE
MINNESOTA FATS
DAZE SIR OPT
INDIANA JONES
SCIAT ATM ANITA
TANNERY ND MOL
ARON GEORGE ABROWN
STL NRA SONG
VIRGINIA WOLF
ARENA QUDDS BLOG
RANCH SOME TIAS
MYTHS ONEA SETS

"Mixed Doubles"

BRSKETS BEE ALL TART
CLAW ATTICxD CONTACT
SUTFIC EU TANG D
STILL SPACEDIA PET
ODU COKONE SHOK BOY
BOUTI LUCK WALD BOOC
CONCEAL WOYAD STAN
CRA LIST NEDRA
FEED COST ADDITIVE
ATTACH VESTRAGE
J OPARDYQUTY LOGCABIN
ALICE GRODAND
SHOE ARBENT

Last week's Quote-Acrostic

P(eter) GORDON: NEW YORKER-
SOLVER: Crosswordes is not a word
like oreo. Any four letter word with three
vowels: arla, area, Aida is going to show
up a lot. They're not as bad as anee, a
type of African poison-those word no
one's ever heard of.

Last week's Sudoku

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

This week's Jumble

COWARD IMPERIE CAMPUS
HAMPER ABRUPT ADVICE
When her grandmother gave them
such a valuable painting, it was —

MUCH

APPRACIATED
Are odds of finding love same as winning Powerball?

Jackie Pilossoph

At least three lucky winners (in California, Tennessee and Florida) will split Wednesday night's record-setting $1.6 billion jackpot prize. Their odds of winning the prize? A mere 1 in 292.2 million.

Despite the excitement of celebrating the winners, why are people willing to buy tickets knowing that their chances of winning are almost impossible? I can happily answer this question with one word: hope.

But what if the Powerball jackpot prize was replaced, and instead of winning millions or even billions, you could win Mr. or Ms. Right?

I am constantly getting emails from readers asking, “What's the best way to meet someone?” It solidifies my belief that most men and women want to find love, and that much like winning the lottery, it isn't easy.

I sometimes think single men and women looking to find love feel like the search is hopeless. I know I’ve been there at times in my life. A string of bad dates and relationships can feel depressing and frustrating, and can even cause someone to give up.

Unlike Powerball, there really are no odds when it comes to whether you will meet “the one.” Fate is very much out of our control, and I believe love is almost completely dependent on being in the right place at the right time. Sounds kind of depressing, I know. But really, it isn’t. Because when you finally meet him or her, the wait will surely have been worth it.

But as out of our control finding love is, there are things you can do that will improve your odds of bumping into your future husband or wife.

Here are eight ways to improve your odds of finding love:

1. Look your best in public as much as possible. Looking better could help you feel more attractive, which in turn will cause you to exude more self-confidence, poise and self-pride.

2. Do things to facilitate self-love. I just met a woman today who said, “No one is capable of loving someone else unless they love himself or herself first.” Bingo! But

3. Ask friends to introduce you to single men or women. Dating is like networking for a new job. Usually, people don't offer you employment if you don't approach them and inquire. So, why not have the same philosophy when it comes to your love life?

4. Take the word “no” out of your vocabulary. If a friend asks you to go to a party and you decline, opting to sit on your couch and watch “Dancing With the Stars” instead, you have zero chance of meeting someone. Enough said?

5. Stop putting pressure on yourself. I hate that saying, “When you least expect it, you'll meet someone,” but it really is true. When you start enjoying your life and doing things that make you happy, that's when love usually enters the equation.

6. Pursue your passion. Start that business you've been talking about for years, go back to school, or get involved in a project you really believe in. Doing what you love will make you happy and interesting.

7. Strike up more conversations/be friendlier to strangers. You have nothing to lose by talking to the cute guy (or girl) behind you in line at the grocery store. Don't let missed opportunities pass you by!

8. Laugh more. Don't take life so seriously all the time. Find the humor in little problems that can be fixed. Surround yourself with funny people. And take every opportunity to laugh. Happy people fall in love.

Jackie Pilossoph is a freelance columnist for Chicago Tribune Media Group.
Moderate exercise will help maintain mobility as you age

Dr. Anthony Komaroff
Ask Doctor K

Dear Doctor K: I'm in my 80s, and I've lost some mobility over the years. How can I continue to stay as active as possible?

Dear Reader: Most of us take for granted the stamina, strength, balance, coordination and range of motion needed to perform even simple acts such as getting out of bed, heading down the stairs and walking around the block. But when we lose these basic skills, we begin to understand how much of living well relies on being able to move.

At first, you can compensate for an impairment caused by health problems or just aging. You learn to move slower and more deliberately, for example. But don't try to move less, just more slowly. If you move less, you may gain weight, stop exercising and withdraw from social relationships. The resulting physical, emotional and mental decline further restricts your mobility.

You can take steps to prevent future mobility impairments and reduce existing ones. The single most important thing you can do is to engage regularly in physical activity.

Regular activity can help you control your weight. It's the key to keeping your muscles and bones strong, your joints working properly, your heart healthy and your metabolism balanced. The more you move, the better your balance will be. And that's on top of all the other health benefits of regular exercise. Those include a greatly reduced risk of heart disease, stroke, Type 2 diabetes, depression and dementia.

Get some of your activity from exercise. Start with aerobic exercise, like walking, bicycling or water aerobics. Add in some strength training, flexibility and balance exercises.

Also strive to increase your routine daily physical activities. For example, make it a point to go up and down the stairs more often. Park further away from the grocery store or plant the flowers you've always wanted to grow.

If you're in pain, all this activity may seem impossible. But in many cases, exercise can actually help you feel better. If you have osteoarthritis, for example, regular exercise not only helps maintain joint function, but also relieves stiffness and decreases pain and fatigue.

Healthy adults should aim for 30 minutes of moderate exercise a day, five days a week. But even if you can't do the recommended amount, be as physically active as your abilities and conditions allow.

What's "moderate" exercise? Experts define it scientifically as the amount of physical activity needed to cause your body to use a certain amount of oxygen, measured at a "metabolic equivalent," or MET. Moderate exercise is in the range of 3 to 6 METs. Briskly walking at between 3 to 5 miles per hour (like walking 2 miles in 30 minutes) qualifies. So does leisurely bicycling, swimming, playing golf (if you walk the course), cleaning your home and mowing your lawn.

You don't have to exercise vigorously (defined as more than 6 METs) to achieve major health benefits. So you don't need to go jogging or perform calisthenics, for example. However, vigorous exercise is healthy for most people.

Here's the bottom line: There is no pill as good for your health as regular moderate exercise.

Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.

Overtesting diabetes levels a costly waste, study finds

Mayo Clinic News Network

ROCHESTER, Minn. — In a study released online in December in The BMJ, researchers from the Mayo Clinic report a national trend toward overtreatment of glycated hemoglobin (HbA1C) levels in adult patients with Type 2 diabetes.

Overtreatment causes redundancy and waste, the study team says, adding unnecessary costs and time burdens for patients and providers. In addition, excessive testing can result in overtreatment with hypoglycemic drugs, adding more cost and potential health complications.

Type 2 diabetes monitoring and treatment protocols are not well defined by professional societies and regulatory bodies. While lower thresholds of testing frequencies are discussed, the upper boundaries are rarely mentioned. Most agree that for adult patients who are not using insulin, have stable glycemic control within recommended target values and have no history of severe hypoglycemia or hyperglycemia, checking once or twice a year should suffice.

Yet, in practice, there is a much higher prevalence of excess testing.

"Our findings are concerning, especially as we focus more on improving the value of care we deliver to our patients, not only ensuring maximal benefit but also being mindful of waste, patient burden and health care costs," said Dr. Rozalina McCoy, a Mayo Clinic primary care physician and endocrinologist and the study's lead investigator.

The investigators believe this study provides definitive evidence of excess testing, examining a national cohort of 31,545 nonpregnant adults with controlled nonsulin-treated Type 2 diabetes. Approximately 55 percent of patients in this cohort achieved and maintained the recommended less than 7 percent HbA1C level and were tested three or four times a year. Six percent were tested five or more times. The patient cohort examined was derived from the OptumLabs Data Warehouse using administrative, pharmacy and laboratory data from 2001 to 2011.

McCoy notes that there are a number of potential reasons for frequent testing, some of which are failings in the health care system.

"Potential reasons for more frequent testing include clinical uncertainty; misunderstanding of the nature of the test — that is, not realizing that HbA1C represents a three-month average of glycemic control; or a desire for diagnostic and management thoroughness," she said. "Other times it may be the result of fragmentation of care (more than one unconnected provider) and providers may favor additional testing due to a desire for comprehensive care.

The researchers found that excessive testing increased the odds of overtreatment with one or more drugs, despite normal HbA1C levels. They also found that among patients receiving bundled testing (i.e., cholesterol, creatinine and HbA1C tests in the same day), rates of overtesting were lower.

"My colleagues and I recognize we still have work to do," McCoy said, "and we hope that these findings will help inform decision-making for health care providers and patients everywhere."

The OptumLabs Data Warehouse includes data from more than 150 million people of all ages and races from across all 50 states, and includes commercially insured Medicare Advantage enrollees. It is a resource of OptumLabs, a collaborative research and innovation center co-founded by the Mayo Clinic and Optum in 2013. This large data source enables the researchers to investigate across a much broader patient base than previously available to health science researchers, resulting in more definitive findings.
Build some character: start a blog

We’re all ears. If you want to blog, pick a topic you’re passionate about and send us your pitch. If chosen, you’ll join ChicagoNow, a network of hundreds of local bloggers. No worries if you’re a newbie – we’ll help you build and launch your platform. So don’t delay because everyone loves a great story.

chicagonow.com/pitch
Bride's parents get break on wedding cost

Groom's family and couples now paying more

By Ingrid Holmquist
Tribune Newspapers

In the 1990s comedy "Father of the Bride," Steve Martin, as George Banks, bursts into a grocery store on a rampage. After ripping into a package of hot dog buns and removing four he doesn't need in the hopes of saving money, Banks tells a store clerk, "I'm not paying for one more thing I don't need. George Banks is saying NO!"

"Who's George Banks?" asks the worker.

George's 1990s tux might date him, but his predicament? Maybe not.

Financially strapped parents of brides are still out there, which no surprise, since the average U.S. wedding costs $31,213, according to The Knot wedding website - and tradition has long held that the bride's family foots most of the bill.

But the good news is that parents of brides may be seeing more financial relief. The Knot's 2014 Real Wedding Survey reported that, on average, the bride's parents contribute 43 percent of the total cost of a wedding; the bride and groom contribute another 43 percent; the groom's parents spend 12 percent; and the remaining 2 percent of the budget is paid for by family members or friends.

American couples marrying later are spurring the change, said Deborah Moody, executive director of the Association of Certified Professional Wedding Consultants. Moody said the average age of a bride in the U.S. is now 28 years old and the average age of the groom is 31.

"They've already established themselves financially," Moody said. "The good thing about them paying for it themselves is that, typically, when parents are paying, there are more parents' guests coming in. A lot of couples are more interested in their friends (attending). It's all about having (their) signature on it."

Nikki Roseberry married Jason Keiser in October in Lincoln, Neb. While planning the wedding, they created a budget and brought it to their parents. The couple paid for most of the wedding, but each side of the family contributed $2,000.

"I think the tradition (of the bride's family paying for the wedding) is very outdated and sets up unrealistic and unfair expectations," Roseberry said. "I am 26, and (Jason) is 30; our parents don't owe us anything except their love and support. I am so grateful to my parents for (financial) contribution, but it was a gift, not an expectation."

Still, that gap between what the average bride's family pays versus the groom's family is significant. The tradition dates to the days when a bride's family supplied a dowry, Moody said. And although dowries are a thing of the past, paying for a daughter's wedding is "so rooted in tradition that a lot of parents want to throw this for their children, and they don't look at it as a burden; they look at it as something they'd love to do for their kids," said Kristen Maxwell Cooper, deputy editor of The Knot.

Married to a budget

So what happens when a bride's parents - or the groom's, for that matter - are worried they can't afford to pay for their child's wedding? The Knot's Kristen Maxwell Cooper said that the best way to avoid financial stress is to discuss finances at the start.

"You don't want your marriage or family to be in debt because of a wedding," Moody added.

After a dollar figure is set, create a budget.

"It's on the couple to be sensitive," Maxwell Cooper said. "Most of them have a general idea about their parents' financial situation. Don't let parents overspend themselves." As a wedding planner, Moody encourages her clients to stick with their budget. (The Knot's survey found that, in 2019, 45 percent of weddings went over budget.) She figures out how much money the couple has to spend and helps them prioritize the most important elements of their wedding.

Maxwell Cooper also emphasized that contributing to a wedding isn't always about money.

"Support is the biggest thing," she said. "It's a very overwhelming time, so being there for their children and helping them through their decisions (is contributing)."

Steve Martin and Kimberly Williams-Paisley in a scene from the 1991 film "Father of the Bride," which pokes fun at the escalating costs of a wedding.

Still, some parents of the groom are paying for more than the traditional expectations of rehearsal dinner and, perhaps, the flowers. Sarah David, whose son is getting married in Seattle, said she's as financially involved as the family of the bride.

"We feel that it is fair for both families to share the cost," David said. "We consider this a partnership between the two families, (and) we plan on being connected to them for the rest of our lives - we will share our children and hopefully grandchildren - (and) for us it makes sense. We are not really involved in the planning, so it is not about control; it is about supporting them."

Ingrid Holmquist is a freelance reporter.
Newly constructed Arlington Heights property: $824,900

ADDRESS: 409 Maude Ave. in Arlington Heights
ASKING PRICE: $824,900
Listed on Jan. 5, 2016

Home features over 3,348 square feet of living space with five bedrooms, 4 ½ baths, full basement with 9-foot ceilings and attached two-car garage. Front porch welcomes guests through the elegant foyer with views of the dining and the den with juror-box ceiling. The gourmet island kitchen features a walk-in pantry, granite countertops and stainless-steel appliances. The first floor also includes a mudroom, powder room, hardwood flooring and 9-foot ceilings. An oak staircase leads to the second floor, which boasts of a master suite with tray ceiling, large walk-in closet and private luxury bath. A convenient second-floor laundry room completes the second floor.

Agent: Tony Van Dijk of Emerald Homes, 847-344-8594

At press time, this home was still for sale.

Visit us online for exclusive Home of the Day photo galleries, plus views of other featured homes and real estate stories.
Dear Winnetka Residents and Neighbors,

As many Winnetka residents are aware, our dedicated team of real estate development professionals has been working diligently to bring a vision for an enhanced and enlivened downtown Winnetka to life. Our approach begins with the development of One Winnetka in place of the largest, most blighted portion of downtown. On Monday night, the Village Zoning Board of Appeals delivered a 4-2 vote against recommending the project to the Village Council. This recommendation came on the heels of the recent “thumbs up” recommendation that the Planning Commission made with an 8-2 vote months earlier.

Winnetka is governed by our Village Board of Trustees, and they have the ultimate authority to decide the fate of One Winnetka, after they weigh all the recommendations that have been submitted by the Planning Commission, the Zoning Board of Appeals, and the Design Board of Review.

One Winnetka will provide modern amenities, retail, restaurant, and lifestyle offerings that will prove attractive to residents for decades to come. However, there continues to be a vocal minority of dissenters who expound the fear of what can come with change. We are bolstered by the support of the 400 Winnetka residents who have taken time out of their lives to speak on behalf of this project with signed petitions, letter writing, and open house attendance. They believe in the energy and evolution that is being proposed and understand that our best interests are shared. We believe that most residents agree with them.

We remain steadfast that the truths of our development to be weighed against the misconceptions. We respectfully ask for the Trustee’s approval so construction can commence early this summer and be completed by the end of 2017.

I submit this letter with hopes to set the record straight. It is clear by the issues raised by the Zoning Board of Appeals, that misconceptions remain.

Misconception #1: Lincoln Avenue will be closed to traffic and/or will only allow one-way traffic.
Fact: Lincoln Avenue will be open to two-way traffic on a daily basis. We envision Lincoln Avenue as a community destination that can easily be closed off for markets, festivals, or other community gatherings.

Misconception #2: The height of the development is 7 stories.
Fact: The height of the development has been reduced by over 20% to a 4-story residential building on the east and a 5-story building, plus a penthouse on the west.

Misconception #3: One Winnetka will be entirely comprised of rental units.
Fact: The current design of One Winnetka consists of 18 for-sale condominiums in the east building as well as 5 for-sale townhomes along Elm Street.

Misconception #4: One Winnetka development is too large.
Fact: The One Winnetka development is made up of three, very distinct structures that sit above private residential parking. Each building will have its own identity through different design, look, and height. Each of these buildings has, for example, a smaller footprint than Oak Hill located at 711 Oak Street, located immediately to the south. In addition, the entire square footage of the development as contemplated is more than 30% smaller than if the parcels as they currently stand were developed “by-right” one by one.

Misconception #5: The underground commuter and retail overflow parking facility will be dark and unsafe.
Fact: The proposed underground parking is exposed to open air and natural light along the entire length of both levels. At night, the parking spaces will be brightly lit and monitored by a state-of-the-art security system.

Misconception #6: The Village does not need additional parking and the cost is too great.
Fact: One Winnetka is offering to share the cost of the underground commuter parking garage with the Village, greatly reducing the cost borne by the Village from a “do-it-yourself” cost per spot of $35,000 to an estimated $18,000 per spot in the proposed public/private partnership.

Misconception #7: One Winnetka’s design is not fitting with the look and feel of the Village.
Fact: When it comes to matters of design, the issue becomes a bit more subjective as it is a matter of personal preference. That said, One Winnetka’s north-facing town homes on Elm Street will consist of designs that emulate and enhance Elm Street’s look and character. The architectural styles will echo what is found throughout the Village including Tudor, Georgian, and Neo-Classical styles. It is in our shared best interest that One Winnetka visually complements its surroundings such as the Village Hall.

Misconception #8: Commuter drop-off is more confusing and the entrance way to the parking garage will impede traffic on Lincoln Avenue.
Fact: Currently, commuter drop-off is unorganized and haphazard. Our design seeks to create centralized and organized drop-off options along with a well-designed up/down ramp to the underground parking. This will enhance the safety for commuters and drivers alike.

Additionally, the number of curb cuts will be reduced from 4 to 2 on Elm Street. This will enhance crossing safety for Hadley students and all pedestrians. Also, the reduction of curb cuts will enable the Village to designate two new handicap accessible spots on Elm Street, where none currently exist.

Misconception #9: The loading dock will be noisy and will result in traffic congestion and the smell of garbage.
Fact: Currently, there are 10 separate loading and garbage collection areas serving existing buildings on the future site of One Winnetka. Five of these are on-street receptacles; resulting in substantial traffic congestion and safety concerns on Elm and Lincoln streets.

The One Winnetka development will centralize these functions in a secluded off-street location, accessed from Lincoln Ave. It will be hidden from view, fully enclosed, and will be climate and odor controlled.

Misconception #10: Flooding will worsen in the downtown area.
Fact: An underground retention system will be installed to collect all storm-water generated by the property. This will help alleviate the historic flooding issues occurring in this area by substantially reducing the impact on the storm-water infrastructure from the site nearby and down towards Sheridan Road.

Misconception #11: The project contains too much retail/restaurant space.
Fact: Current retail space in the One Winnetka footprint totals 40,761 sq. ft. (including 3,000 sq. ft. at basement-level). Proposed retail space totals 43,145 sq. ft. above grade, featuring well-appointed spaces with high ceilings, meeting the modern needs of today’s most discerning retailers and patrons.

Misconception #12: The east building “looms” over the 4 homes on Maple Street.
Fact: The east building will have a far less impact on the 4 homes on Maple than 711 Oak currently does. While the buildings are the same height, the east building of One Winnetka is 85 feet further away from the 4 back yards than 711 Oak and approximately 200 feet farther away from the homes.

In conclusion, the One Winnetka team would like to thank the Planning, Zoning, and Design Boards for their civic service to the community. With more than 10 public hearings under our belt, we will continue to push forward to make this a project we can all be proud of. While it is a complicated endeavor, the project is designed to embrace and reflect the rich history and special culture of Winnetka while solving some of today’s most pressing issues.

We are confident that by the time this project is completed, the residents of Winnetka will have seen the vision we have shared come to life. We look forward to working with you to make Winnetka a vibrant and welcoming downtown area.

Warmest regards,

David M. Trandel
David M. Trandel
One Winnetka

Paid for by One Winnetka
### REAL ESTATE TRANSACTIONS

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<td>130 E Washington St, #A1, Des Plaines</td>
<td>Allison M Schmittler</td>
<td>Margaret M Albin</td>
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<td>1169 Ciri Cir, E, Des Plaines</td>
<td>Judy Rudnick</td>
<td>Donald A Dulin</td>
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<td>32 Addison Ave, #2, Evanston</td>
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<td>448 Elmwood Ave, #1, Evanston</td>
<td>Gillian Hamilton</td>
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<td>212 Lake St, Evanston</td>
<td>Cleopatra Jarrett &amp; John Lewis</td>
<td>Earlene F Fleetwood</td>
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<td>1164 Hyman Ave, #35, Evanston</td>
<td>Carla M Inman &amp; Carlos Silva</td>
<td>Cathly M Beederman</td>
<td>12-14-15</td>
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<td>400 Main St, #40, Evanston</td>
<td>John Marshall Person &amp; Nancy Jeanne</td>
<td>Sarahs Green</td>
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<td>922 Ewing Ave, #302, Evanston</td>
<td>Arthur Seifert &amp; Agnes Seifert</td>
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<td>12-14-15</td>
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<td>819 Forest Ave, #20, Evanston</td>
<td>Margaret A Kelly</td>
<td>Gary A Murtho Jr</td>
<td>12-14-15</td>
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<td>368 Church St, Evanston</td>
<td>Andrew W Werlin &amp; Cindy Linda</td>
<td>Gary W Bing</td>
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<td>3014 Hartwell St, Evanston</td>
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<td>Henry G Zander IV</td>
<td>12-15-15</td>
<td>$633,000</td>
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<tr>
<td>2100 Helen St, Glenview</td>
<td>Richard T Bauer &amp; Sheila Tauer</td>
<td>Eleanor V Perry Estate</td>
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<td>1954 Eastwood Dr, Glenview</td>
<td>Keith Archer</td>
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<td>3839 Lindenhof Ln, Glenview</td>
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<td>Alexander Fogel</td>
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<td>1309 Kensington Ct, Glenview</td>
<td>Nadia Krajic &amp; Natali Krajic</td>
<td>Ryan A Thomas</td>
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<td>2974 Wilson Ln, Glenview</td>
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<td>19 Elm St, Hawthorn Woods</td>
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<td>Scott L Lewis</td>
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<td>332 Kim Tri, Lake Zurich</td>
<td>Nicholas Kolosov &amp; Claire A Kolosov</td>
<td>David W Smart</td>
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<tr>
<td>1137 Thoraide Ln, Lake Zurich</td>
<td>Steven B Sarnacce &amp; Abby Ma Sarnacce</td>
<td>Brian G Connery</td>
<td>12-15-15</td>
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<tr>
<td>780 Lotus Ave, Morton Grove</td>
<td>Munirah K Ahmad &amp; Khurram Fakher</td>
<td>Deutsche Bank Na Tr Co Ttee</td>
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<td>8424 Austin Ave, Morton Grove</td>
<td>Daniel Crespo</td>
<td>Edward L Priester</td>
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<td>1840 W Hatherleigh Ct, # 1E, Mount Prospect</td>
<td>Magdalena W Wolk &amp; Tomasz G Grzybowski</td>
<td>Bank Na</td>
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<td>682 E Dogwood Ln, Mount Prospect</td>
<td>Michael E Barone &amp; Merman M Kamen</td>
<td>Wilford J Woebrock</td>
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<td>213 N Westgate Rd, Mount Prospect</td>
<td>John A Hall &amp; Terry E Hall</td>
<td>Danny K Thomas</td>
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<td>710 N Milwaukee Ave, #203, Northside</td>
<td>John H Berg Jr &amp; Mary L Berg</td>
<td>Denise Homa</td>
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<tr>
<td>435 Phyllis Dr, Northbrook</td>
<td>Michael E Goodman &amp; Lindsay P Goodman</td>
<td>Howard L Carrera</td>
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<td>1696 Highland Ave, Northbrook</td>
<td>Jay L Hedges</td>
<td>Lulu B Nezter</td>
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<td>2007 Highland Sq, # 8, Northfield</td>
<td>John F Fernandes &amp; Melissa F Fernandes</td>
<td>Sally P Langan</td>
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<td>950 E Wilmette Rd, #101, Palatine</td>
<td>Brian D Bosetti</td>
<td>John E Wade</td>
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<td>397 N Old Hicks Rd, Palatine</td>
<td>Ling Gll</td>
<td>Minquay Tosaanlauan</td>
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<tr>
<td>155 S Bloom Rd, Palatine</td>
<td>Franke Nicola &amp; Fedora Nicola</td>
<td>Kevin Krogrene</td>
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<td>540 E Wilson St, Palatine</td>
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<td>Brian K Panczyk</td>
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<td>756 S Swing Willow Bay, Palatine</td>
<td>George O Hare</td>
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<td>244 W Hamilton Dr, #146, Palatine</td>
<td>Frank D Delston &amp; Leon R Delston</td>
<td>Kevin F Charlinn</td>
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<td>408 Thannes Pkwy, # 5 18, Park Ridge</td>
<td>John Rylies &amp; Elizabeth Rylies</td>
<td>Judith S Shore</td>
<td>12-15-15</td>
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<td>905 Frances Pkwy, Park Ridge</td>
<td>Marsha R Cassal</td>
<td>Brandlavy C Sevcik</td>
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<tr>
<td>432 S Cumberland Ave, Park Ridge</td>
<td>Jeremy D Olsken &amp; Bridget C Flannery</td>
<td>Kenneth M Asson</td>
<td>12-15-15</td>
<td>$1,075,000</td>
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<tr>
<td>796 Newcastle Ln, Prospect Heights</td>
<td>Tom Bien &amp; Monica Bienes</td>
<td>Brian A Bily</td>
<td>12-14-15</td>
<td>$466,000</td>
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<tr>
<td>1501 Sewall Cl, #2, Wheeling</td>
<td>Mohammed Rafl Malik &amp; Hira M Malik</td>
<td>Andrey Senin</td>
<td>12-14-15</td>
<td>$183,000</td>
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</tbody>
</table>

This list is not intended to be a complete record of all real estate transactions. Data compiled by Record Information Services. 630-557-1000 or public-record.com
**A TRUE 10+ CONDO!**

Skokie...Fabulous 5 room condo at Luxurious "Park Lincoln", Brand New Carpet throughout! Living room & dining room with beautiful marble fireplace. Eat-in kitchen + 22'x5' balcony overlooking manicured grounds. Master suite offers a generous size bath with double sink vanity, whirlpool tub & linen closet. 10x6 walk-in closet has custom shelving. In-unit laundry, heated garage, pool, party room & large storage locker. Unit has been freshly painted. Great Location! Reduced to $217,900

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**SIMPLY SPECTACULAR!**

Des Plaines...Great Opportunity to own this exquisite 3 BR brick Ranch located on quiet cul de sac! Super large lot. Spacious living room with hardwood floors. Newly remodeled eat-in kitchen with 42" cabinets, Granite counters, stainless steel appliances & beautiful ceramic tile floor. Freshly painted throughout, recessed lights + newly remodeled bath. New carpet in 3 large brs, newer windows & doors. Roof 5 years old. Newly cemented front porch & back patio. 2 car garage. Mint! $249,000

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**COMMUTERS DREAM!**

Skokie...Call today to see this fabulous top floor 6 room Condo in outstanding location near Skokie Yellow Line and CTA 97 Bus! Building rehabbed 6 years ago. Large living rm & spacious 16' dining rm. Hardwood floors throughout living rm, dining rm & bedrooms. Eat-in kitchen with all stainless steel appliances. In-unit washer & dryer. 3 brs & 2 full baths. One indoor garage parking space included. Move right in and enjoy!! Located in Niles West H.S. Low monthly assessment $175,000

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**A TRUE 10+ CONDO!**

Morton Grove...Amazing 6 room- 4th floor luxurious Condo in convenient location! Over 1950 square feet. Oak floors in foyer, hallways & fabulous 16' family room. Custom décor throughout. 2 bedrooms & 2 full baths. Spacious living/dining room combo with sunset views! All stainless steel appliances in eat-in kitchen. Master suite has huge walk-in closet & whirlpool tub. All new windows. In-unit washer & dryer. Huge balcony with beautiful view! 1 car heated garage. Mint Condition! $225,000
BUFFALO GROVE
5-bedroom home has tons of updates. Kitchen has newer stainless steel appliances. Two-story family room addition has floor-to-ceiling stone fireplace, newer cement flooring, and updated windows. Second story is freshly painted with new carpet and totally redone bathroom. Tons of storage throughout. Outdoor space features patio with workspace, fire pit area, garden, and storage shed. One car garage can be put back in by adding door. Roof & siding '10, furnace & A/C '08, garage can be put back in by adding door.

Address: 4 Forestway Court
Price: $360,000
Schools: Buffalo Grove High School
Taxes: $4,257
Agent: Andee Hausman/RE/MAX Experts - Buffalo Grove

LINCOLNSHIRE
Updated and expanded colonial with four bedrooms and 2.5 baths. Kitchen with center island and Sub-Zero, Bosch, and Dacor appliances opens to sun room addition and family room. Master suite has whirlpool tub and steam shower. First-floor laundry, mudroom and powder room. Large, full finished basement with storage. Neuer roof, windows and mechanicals.

Address: 15 Regent Lane
Price: $649,000
Schools: Adlai E Stevenson High School
Taxes: $14,334
Agent: Susan Duffey/Properties

DES PLAINES
Spacious two-story brick home with open staircase in entryway. Four bedrooms, 2.5 baths. Kitchen with granite countertops, stainless steel appliances, Subzero refrigerator and pot filler mounted above restaurant-grade Imperial Range. Eating area has sliding glass doors to patio with gas grill hook-up that overlooks park. Master suite with walk-in closet and whirlpool tub. Brick paver driveway, house alarm and heated garage round out the home.

Address: 1000 Carlow Drive
Price: $519,900
Schools: Maine West High School
Taxes: $11,758
Agent: Rick Kure/Baird & Warner Naperville

GLENCOE
Four-bedroom home includes 2.5 baths, sunny kitchen with new stainless steel appliances, large living/family room & formal dining room. Large master suite on 2nd floor. Finished playroom in the lower level & great storage. First-floor & lower-level laundry room. Private back yard is surrounded by arbor vitae and has a brick patio & playset.

Address: 360 Jackson Ave.
Price: $699,000
Schools: New Trier Township High School Winnetka
Taxes: $13,780
Agent: Rene Firmin/Coldwell Banker Residential Brokerage Glenco

Listings from Homefinder.com
We know your favorite spot better than your spouse

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.
Senior resource specialist: Stop by and find out information regarding the selection of appropriate retirement benefits, picking the right health insurance and Medicare programs, determining housing needs, identifying supportive resources and much more. Hosted by Kathy Gaedken from CJE SeniorLife. 10:30 a.m. Thursday, Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 847-677-5277

Books n' Bites: Join a casual, fun book discussion once a month with snacks provided. After registering, pick up a complimentary copy of the book at Youth Services. This book discussion features 2016 Caudill Nominee: The Rithmatist by Brandon Sanderson. For students grades 6-8. Registration required. 4 p.m. Thursday, Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 847-677-5277

Between the Lines: Stoner by John Williams: The book tells the story of a Missouri farm boy turned English professor who deals with an unstable wife, an affair and his own constantly shifting emotions. Monday and Thursday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Hot Ticket: The Intern: The movie, "The Intern" is about a 70-year-old widower who discovers that retirement isn't all it's cracked up to be and becomes a senior intern at an online fashion site. The cast includes: Robert De Niro and Anne Hathaway. 2 and 6:30 p.m. Thursday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

World Language Storytime in Polish: Share stories and songs in Polish. 10 and 11 a.m. Monday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-963-1234

Neighborhood Time: It's a beautiful day in the neighborhood to visit everyone's favorite neighbor. Watch, play, talk and sing in the style of this classic children's television show. 1:30 p.m. Thursday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

Ancestry library edition: Discover the new Ancestry Library Edition and learn about the new features that can help you discover all the secrets of your ancestors. 7 p.m. Thursday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Current events: Voice your opinion and hear the opinions of others on the important events of the day 10 a.m. Thursday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Whee play: Enjoy music, rhymes, giggles and books for caregiver and baby. 10 a.m. Thursday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

3D Printing: Want to know how the Library's 3D printer works? Interested in learning how to use CAD software to create 3D projects? Come and see a demo of the MakerBot and then use Tinkercad to create your own 3D designs. 4 p.m. Thursday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Bookworm club: Enjoy a book discussion of the book "May B" a craft and snack. For children in grades 2-3. 6:30 p.m. Thursday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

T'ai Chi: Practice the ancient, healing art of T'ai Chi, which is the practice of controlled, relaxed body movements. Increase your understanding of the mind-body connection, breathing techniques, flexibility and all other healthy benefits of T'ai Chi. Wear loose clothing. 9 a.m. Thursday, North Shore Senior Center, 161 Northfield Road, Northfield, $75 NSSC members, $89 non-member, 847-784-6030

Amsterdam: The World's Most Liberal City: Jim Kenney explores Amsterdam's transformation from a backward agrarian region into a global hub of wealth and power, followed by its long descent to its current status as a charming capital city. 10 a.m. Thursday, North Shore Senior Center, 161 Northfield Road, Northfield, $40 SSNC members, $52 non-members, 847-784-6030

Park Ridge Fly Tying Club Meetings: Demonstrations of fly tying are performed by an experienced demonstrator. The members have an opportunity to tie the same patterns using tools and materials provided by the club. 7 p.m. Thursday, Park Ridge Community Church, 100 S. Courtland Ave., Park Ridge, free, 847-823-3164

Skokie Photographic Society: All levels of photographic skill are welcome. 7:30 p.m. Thursday, Skokie Village Hall, 5127 Oakton St., Skokie, free, 847-677-8324

Alliance Francaise Cafe Conversation - Evening Edition: Meet fellow Francophones for relaxed, early-evening conversations in French. Facilitated by one or more of the native-speaking or fluent-speaking AFduNS leaders. After purchasing your beverage or food, find the group in the main seating area. Listening in French is encouraged and all levels are welcome. No membership is required for newcomers. 6 p.m. Thursday, Panera Bread, 1199 Wilmette Ave., Wilmette, free, 847-329-9516

Friday, Jan. 22

Big Noise Theatre presents Love, Loss and What I Wore: This celebrated play is proof that a great show is always in fashion. Based on the best-seller by Ilene Beckerman, the show uses clothing and the memories they trigger to tell funny and often poignant stories, creating an entertaining and memorable experience. 8 p.m. Friday-Saturday, 3 and 8 p.m. Sunday, Prairie Lakes Theatre, 515 E. Thacker St., Des Plaines, $25-30, 773-463-4180

Guild Theatre produces Bus Stop by William Inge: Classic American playwright William Inge's romantic comedy "Bus Stop" to be produced by the Guild Theatre at the Des Plaines historic Leela Arts Center. 7:30 p.m. Friday-Saturday; 3 p.m. Sunday, Leela Arts Center, 620 Lee St., Des Plaines, $15-$25, 800-838-3006

Jambon: 8 p.m. Friday, SPACE, 1245 Chicago Ave., Evanston, $15-$27, 847-492-8860

Fifth Annual Chef's Tasting: Hosted by the Rice Leadership Committee, this annual event spotlights delicious tasting menus from a variety of Chicago and Evanston's finest caterers. Support generated at this fun-filled event goes to support Children's Home + Aid's Daniel F. and Ada L. Rice Child + Family Center, which provides a temporary home for many of Illinois' young children in care with severe mental health and behavior issues. The residential care and treatment center helps children move forward. 6:30 p.m. Friday, Woman's Club of Evanston, 1702 Chicago Ave., Evanston. See website, 312-424-6825

Turn to Calendar, Next Page
To Place An Ad Online go to:

placeanad.tribunesuburbs.com
Share The Warmth: Join a group of warm, friendly, supportive women (men welcome) to prepare one-of-a-kind fleece blankets for chemo patients. Add a crocheted edge to fleece and send free blankets to new adult chemotherapy patients. A basic crochet stitch can be taught if needed. Bring lunch. Donations are welcome to this S01(c) non-profit organization. 9 a.m. Friday, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-293-6755

Duplicate Bridge: 9 a.m. Friday, Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-5127

Women in Business Networking Breakfast: Speaker Catherine Johnson presents “How to Make Them Hang on Every Word.” 8:30 a.m. Friday, Park Ridge Chamber of Commerce, 720 Garden St., Park Ridge, 10 members, $15 prospective members, 847-825-3121

MOTHERS AND SONS: Northlight presents Terrence McNally’s play about a mother who visits her deceased son’s partner 20 years after his death and is confronted with a defining change of family. 8 p.m. Friday-Saturday, 1230 Garden St., Evanston, $35 kids, $5 adults, 847-922-2200

Let’s sing a poem, let’s read a song: Do you have a poem you love to sing? Have you read a story that was first a song? Come on out to sing and dance with Jennifer Viets to your favorite songs and poems, both old and new. Registration required. For ages 5, 6 and 7. 10:30 a.m. Saturday, Northfield Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Saturday, Jan. 23

Bonerama: 10 p.m. Saturday, SPACE, 1245 Chicago Ave., Evanston, $20-$45, 847-492-8860

STEVE FORBETT: 7 p.m. Saturday, SPACE, 1245 Chicago Ave., Evanston, $15-$25, 847-492-8860

FUSE Studio: Drop in with friends to wire LEDs, compose a ringtone, build an amp, mix chemicals to make gel beads, navigate a robot obstacle course and more. For grades 6 to 12. 5-7 p.m. Saturday, 1245 Chicago Ave., Evanston, $15-$25, 847-492-8860

ECOLOGY CENTER Winter Market: Learn about the benefits of eating fresh and locally grown foods. Shop for a variety of seasonal and artisan products. 9 a.m. Saturday, Ladd Arboretum, 2024 McCormick Blvd., Evanston, free, 847-822-6045

GET Hooked! Crafts: Sharpie Mugs: This is for children ages 13 years old and older to use sharpie markers to create designs on a mug. Warm up this winter with your very own personalized mug, perfect for your winter coffee, tea and hot chocolate. All supplies provided. 10 a.m. Saturday, Morton Grove Public Library, 6140 Lincoln Ave, Morton Grove, free, 847-965-4220

Signatures Entertainment Presents: LOL SATURDAY: Adult Comedy every Saturday night hosted by comedy legends Tony Sufalief and Mark Simmonds. National Headliners with movie and television credits on stage. 9 p.m. Saturday, 1201 Cedar Lane, Northbrook, free, 847-293-6755

Animal Arts and Seasonal Stories: Activities are offered at varying levels of difficulty and interest to engage the entire family. An adult must accompany participants. 10:30 a.m. Saturday, Michael Museum of the American Indian, 3001 Central St., Evanston, $3 kids, $5 adults, 847-653-3300

Babysigns (ages birth-3) read and play activities each month. 10 and 11 a.m. Saturday, Glencoe Public Library, 1201 Cedar Lane, Glencoe, free, 847-729-7500

Friendship ambassadors training (grades 4-12): Participate in Friendship Club events as a volunteer. Trained Friendship Ambassadors make everybody feel welcome. 1 p.m. Saturday, Glencoe Public Library, 130 Glenview Road, Glencoe, free, 847-729-7500

Elizabeth Doyle Performance: Singer, pianist and composer, Elizabeth Doyle was a featured guest on the late Marian McPartland’s NPR program, Piano Jazz, and a magnet at Chicago’s famed Pump Room. Her original songs have been sung by over 40 singers and her musical compositions have been featured on many outlets. 6 p.m. Saturday, Gene & Georgetti Rosemont, 9421 W. Higgins Road, Rosemont, $8-$10, 847-656-3300

Artemis Singers: Wildest Dreams Concert: Artemis Singers, Chicago’s Lesbian feminist chorus, musically share their visions about social justice, the environment, feminism, empowerment, love and passion. 7 p.m. Saturday, 4 p.m. Sunday, Ethical Humanist Society of Chicago, 7574 N. Lincoln Ave, Skokie, $10-$20, 773-764-4465

Transformational Yoga Breath Shop: Awaken your highest potential by learning the techniques of pranayama, ancient yogic breathing exercises. Directly linked to the state of mind and body, breathing practices are the most powerful tools available to achieve mental balance, control stress, create a healthy immune system and lead a joyful life. 3 a.m. Saturday, North Branch Yoga, 8056 N. Lincoln Ave., Skokie, $25, 847-906-3547

Preserving Survivor Stories: Ask Holocaust Survivor Pinchas Gutter any question you would like, and “natural language” technology software will respond as if Pinchas were in the room. 10:30 a.m. Saturday, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4900

Turn to Calendar, Next Page
Monday, Jan. 25

**Book Babies:** Songs, games, story time and free play for babies ages 2 and younger with a caregiver. 10:15 a.m. Monday, Evanston Public Library - North Branch, 2026 Central St., Evanston, free, 847-548-8600

**hoopla, MyMediaMall and Zinio Individual Appointments:** Meet with trained library staff for a 45-minute one-on-one session and learn how to download and read ebooks, audiobooks, magazines, movies, TV shows or music to your portable device. 10 a.m. Monday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Books in the Woods:** This book discussion at L Woods features: The Book of Unknown Americans by Cristina Henriquez. We are pleased to offer this program as part of VIVA! Coming Together. Registration required. 7:30 p.m. Monday, L Woods Tap & Pine Lodge, 7111 N. Lincoln Ave., Lincolnwood, 847-677-5277

**ABD: 'Defending Jacob' by William Landay:** Join us for a book discussion of "Defending Jacob," by William Landay. 7 p.m. Monday, Niles Public Library, 6950 W. Oakton St., Niles, free, 847-663-1234

**Babytime Storytime:** This is for ages newborn to two years old, with a grownup to drop in. This is the library's year-round short program of stories, songs and rhymes followed by playtime. 11 a.m. Monday, Niles Public Library, 6950 W. Oakton St., Niles, free, 847-663-1234

**Evening family storytime:** Families with children ages 2-6 enjoy stories, songs 7 p.m. Monday, Niles Public Library, 6950 W. Oakton St., Niles, free, 847-663-1234

**Introduction to hoopla Downloading Audiobooks, Movies, TV Shows and Music:** Discover the library's downloadable collection of free, downloadable audiobooks, movies, TV shows and music. Learn how to access hoopla, browse the digital collection and check out/download materials to your computer, eReader, tablet or mobile device. 10 a.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Northern Lights Homework Help Center (grades 1 - 8):** High School volunteers to the rescue. 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

CJE Senior Life Counseling: Resource specialists provide counseling to adults 60 and older, their families and caregivers. Counseling includes topics such as the selection of appropriate retirement benefits, picking the right health insurance and Medicare programs, determining housing needs and identifying supportive resources. 9:30 a.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Movies, Munchies, and More:** Film: 'Max': "Max" is about a dog who helped U.S. Marines in Afghanistan and is adopted by his handler's family upon returning to the United States. The cast includes: Thomas Haden Church and Josh Wiggins. 11:30 a.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**MGPL Kids: Listen Up!** Drop-in story and play time for preschoolers with a parent or caregiver. 4 p.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**Walt Disney World for Grown-Ups with Karen Luster:** Join Karen Luster, avid Disney World fan and staff writer for the Disney website Magic Kingdom. As she proves that Walt Disney World isn't just for kids and families. Find out about all the exciting options available for couples, or even adults traveling solo. 7 p.m. Tuesday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Picture this with Pixlr:** Learn how to edit photos using Pixlr, a free online photo editing tool. You will learn some essential tools and tips to creating and editing your images. 6 p.m. Tuesday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Embrace the New Year with Meditation:** Michael Ribet, long-time meditator, teaches practical strategies to help attendees reduce stress and create healthier and more positive lifestyles. 7 p.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**Preschool storytime:** 10:30 a.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**Pajama storytime:** Put on your coziest pajamas and enjoy a half hour of stories and fun. 6:30 p.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Turn to Calendar, Next Page
Wednesday, Jan. 27

**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

**BOOKit Nonfiction Book Group:** Currently: “Spare Parts: Four Undocumented Teenagers, One Ugly Robot and the Battle for the American Dream,” by Joshua Davis. 7 p.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**YMCA preschool art classes (ages 3-5 with an adult):** 10 a.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Friends of the Lincolnwood Public Library:** 7:30 p.m. Wednesday, Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 847-677-5277

**Studio B: Maker Jewelry:** Use the 3D Printer and Laser Cutter to design and make your own jewelry. 6:30 p.m. Wednesday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Books on Tap: The Good Girl:** Join in as the group discusses the bestselling thriller, “The Good Girl,” by Mary Kubica. 7 p.m. Wednesday, Landmark Inn, 1352 Shermer Road, Northbrook, free, 847-272-6224

**Job Seekers: Power Employment Workshop:** This nationally recognized program, presented by Business and Career Services Inc. and Illinois WorkNet, provides expert guidance on SMART goals, resume writing, effective job searching and interview techniques. 9:30 a.m. Wednesday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**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

**Film Screening: The Women:** George Cukor directs an all-female cast in this catty tale of battling and bonding that shreds the excesses of pampered Park Avenue princesses. This movie was originally released in 1939 and 7:30 p.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**Books on Tap: The Good Girl:** Join in as the group discusses the bestselling thriller, “The Good Girl,” by Mary Kubica. 7 p.m. Wednesday, Landmark Inn, 1352 Shermer Road, Northbrook, free, 847-272-6224

**Rachel Barton Pine plays Beethoven:** The much-anticipated return of Ms. Pine to the PRCO stage promises to be memorable in every way. Playing the Beethoven Violin Concerto, this world-famous star and Chicago native’s performance will be a highlight of the season. 7:30 p.m. Wednesday, Pickwick Theatre, 5 S. Prospect Ave., Park Ridge, $20 for seniors, $25 for adults, and free admission for those 18 and under, 847-692-7726

**Senior High Youth Group:** For all youth grades 9 to 12 to enjoy fun and friendship while engaging 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

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MOVIES

Playing now

"Daddy's Home" ★★★
PG-13, 1:36, comedy
It's OK if you're skeptical about this Will Ferrell vs. Mark Wahlberg vehicle. The trailers have showcased obvious, lowest common denominator humor that doesn't look too promising. But the reality is that the film, directed by comedy vet Sean Anders, is much funnier than it appears. The story is essentially a masculinity face-off between stepdad Brad (Ferrell) and biological dad Dusty (Wahlberg). The film's resolution comes when the two men finally come together for the sake of the kids. It's a joyful moment where everyone lets their guard down and gets a little silly. Surprisingly sweet and sneakily hilarious, "Daddy's Home" will pleasantly surprise you when it lets loose. — Katie Walsh

"The Forest" ★
PG-13, 1:35, horror
"The Forest" is a fairly promising feature debut from director Jason Zada. Identical twin Jess (Natalie Dormer), of reckless and self-destructive disposition, has disappeared in the Aokigahara Forest at the base of Japan's Mount Fuji. Presumed a suicide, like so many others who travel to the so-called "sea of trees" with no intention of leaving alive, Jess goes missing for several days. Her twin, Sara (Dormer again), travels to the forest and ventures deep inside. Gus Van Sant recently made "The Sea of Trees," set in the same suicide forest, starring Matthew McConaughey and Ken Watanabe. In its contrived sentimentality that film is twice as frightening as this one. — Michael Phillips

"The Revenant" ★½
R, 2:36, drama
The gorgeously brutal first hour of "The Revenant" marks the peak of director Alejandro G. Inarritu's glittering if not quite golden career. For a while his new movie's really something. Then, as Leonardo DiCaprio crawls across miles and miles of mighty pretty scenery, gradually it turns into not much of anything. "The Revenant" recounts Glass' tortures of the damned. DiCaprio's very good. You believe his character's suffering. There's not much more to Glass. "The Revenant" is a small, gripping story stretched to two hours and 36 minutes. That first hour is big, and imposing. The rest grows smaller. — MP

"Sisters" ★½
R, 1:58, comedy
Tina Fey and Amy Poehler are amazing, multidirectional comic talents. They can write, produce, perform and develop talent; "Sisters" was written by their "Saturday Night Live" alum Paula Pell. Seven years ago Fey and Poehler teamed for the feature film "Baby Mama," which found an audience even though it was formulaic and not much else. Alas, "Sisters" is far worse, and less. While offering two giant talents a chance to cut loose with broader, rougher material than usual, at least for them, the jokes are cheap, the technique's pushy and you end up waiting patiently for the end-credit bloopers. — M.P

"Star Wars: The Force Awakens" ★★★
PG-13, 2:16, fantasy
So: Where were we? Let's skip past the prequel trilogy "The Phantom Menace," "Attack of the Clones" and "Revenge of the Sith," apparently written and directed by droids. In chronological story terms we last saw Luke Skywalker, Han Solo, princess-turned-queen Leia, Chewbacca, R2-D2 and C-3PO whooping it up at the Ewok luau back in 1983, in "Return of the Jedi". Now, minus the Ewoks, the gang's back. And it is good. Not great. But far better than "not bad." Solidly, confidently good. Good is the most accurate adjective for this Disney-owned product launch. — M.P
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NEW CARS, NEW WORDS
What they mean by torque vectoring, dual-clutch transmissions and other terminology

BY Aaron Cole
Tribune Newspapers

As new cars become more sophisticated — and expensive — they are loaded with the latest technology that too often sounds like engineering shorthand. It is confusing at best, and intimidating every other time.

But savvy readers can equip themselves for success with a primer to the latest automotive jargon. The list is long, but the concepts are short.

In simplified terms, most of what carmakers offer on their cars falls into one of three categories: convenience, power or capability.

Armed with the understanding of what terms mean and what you need, you can overcome any linguistic obstacle that could endanger your new car relationship.

Torque vectoring

Despite sounding like the name of a superhero, torque vector is an overly complex phrase for a simple idea: going where you want to go.

Carmakers have used torque vectoring sporadically in recent years, but it's becoming more widespread as more buyers ask for all-wheel drive systems and as parts get cheaper and computers get faster.

Acura has used a torque vectoring system in its cars for more than a decade, making it one of the oldest systems around.

Engineers there describe the process of the automaker's torque-vectoring system like rowing a boat — the outside needs to spin faster than the inside to make the turn.

"It basically lets you move power from side-to-side ... and why that matters is twofold. There's the practical part of it ... and then there's the fun part of it," said Gary Robinson, manager of product planning for Acura.

The practical part of it is instantly recognizable to anyone who has skidded over black ice.

In most cars, power travels through the path of least resistance, which is why Honda Accords spin in mud like Curly on a dance floor. The Acura TLX — which is virtually an Accord underneath — doesn't have the same problem.

When the wheels slip on one side, power is shifted to the other side that has traction. No brakes are involved with torque vectoring, which makes it keenly different than systems such as stability control and traction control.

Electric-assist steering

Back when men were men and cars were terrible, the only assist drivers had for steering a car were "preacher curls" in their parents' basement. For the rest of us mere mortals, we need help to move 2-ton lumps into a parking space.

When the car pulls away, a hydraulic pump powered by the engine multiplied every turn of the wheel to help turn a car's heavy front wheels. Before that, your granddad wrestled his 1947 Chevrolet stepside into a parking spot — taking down a black bear in the Adirondacks was easier.

Dave Lee, University of Toyota product education administrator, said the old-fashioned system left room for improvement.

"Parasitic loss from the engine to drive the pump resulted in lower mileage returns," Lee said.

Translation for us: Power going to the pump isn't power going to the wheels. Ditch the belt; gain mileage.

The problem with moving the pump off of the engine and into the world of computing is that many systems would over- or under-boost the steering help at the wrong time, which led to overly twitchy or completely dead steering.

Ditching 50 years of engineering has its drawbacks, apparently.

Lee said that engineers have moved a long way from the early days of electric steering; the algorithms are hopelessly complex and moving closer and closer to an ideal amount of help, without taking away feel from the driver.

"I have to admit that some of the earlier systems were a bit — lacking," Lee said. "But we've been at this a while, and I don't imagine it changing anytime soon."

Translation: Unless the car weighs less than a wet sneeze, expect electrically boosted steering, and expect it to be good.

Moving the belt off the engine also increases mileage by 3 percent to 5 percent, depending on the car.

Dual-clutch transmission

Predicting what gear comes next is how dual-clutch automatic transmissions, also called automated manual transmissions, operate.

"Your next gear is always preselected in the other subtransmission, regardless of whether you are shifting up or down," said Hector Arellano-Belloc, technology spokesman for BMW.

There are two ways automatic transmissions operate, and neither of them is interesting. A dual-clutch automatic is best visualized as two separate, constantly spinning sets of gears: one spins gears 1, 3, 5 (and sometimes 7) while the other spins gears 2, 4 and 6.

When the car pulls away in first gear, the transmission spins up the second set in preparation. When the car's ready to move on, or the driver commands a shift, bang! The transmission selects the next gear and prepares the next logical gear in one-quarter the time it takes to blink.

For drivers, the differences will be long-lasting. Most automated manuals still have a clutch that can, at times, seem like the car is struggling to take off — that's the immediate difference.

The long-lasting difference: good automated manuals are slowly replacing manual transmissions in many cars. Ferrari doesn't even make a row-your-own transmission anymore. That's because dual-clutch transmissions are more fuel-efficient — 6 to 10 percent in some cases — and weigh less, and learning to drive them doesn't require a frustrating afternoon in a parking lot.

Aaron Cole is an automotive freelance writer.
Pricey Kia Optima off point

BY ROBERT DUFFER
Tribune News Service

Kia has come a long way in the U.S. since its budget car days of the mid-'90s. The South Korean automaker is now known for value-loaded vehicles that offer exceptional warranties and enough style to never feel budget-focused.

The Optima midsize sedan epitomizes these traits. The redesigned 2016 model starts at just under $22,000, but in an attempt to prove it can swing up more than its performance traits. The redesigned 2016 sedan epitomizes these traits. The six-speed automatic transmission comes with three drive modes: eco, normal and sport. We averaged 29 mpg combined at 42 mph in eco mode, 2 mpg better than in sport mode, and 4 mpg better than the EPA estimate of 25 mpg combined.

The biggest difference of the SX LTD compared with other trim levels is on the inside. Kia emphasized a lot of sound-deadening qualities in the redesign that keep the cabin quiet. It’s also more spacious and family friendly than similarly priced sedans.

The blacked-out interior uses soft-touch dash mater-
ial instead of hard plastic panels, giving it a supple feel. The dash is as sleek as the diamond-patterned black nappa leather seats, which, at this price point, are heated and ventilated. The redundant steering wheel controls function buttons and a center volume and tuning toggle that doubles as a button to change modes. Overall, the infotainment system is easy to use, though voice commands understood us less than half the time. Audio fidelity is a bit more impressive, as this Optima trim line comes with a Harman Kardon sound system.

The load of tech and safety features will be the deal-maker for shoppers intent on having such things in the car they purchase. The adaptive cruise control works wonderfully. The lane departure warning system can be adjusted in the settings to be quieter, while the front collision warning was too sensitive for our liking. And the blind spot detection, rear cross traffic and rear parking assist made it feel as if the whole family was backing us out of the driveway. It was a bit much. The biggest issue with this trim is not what Kia is offering, but what every other automaker is offering in a similar range. It makes it easy to look elsewhere.

robert@tribpub.com Twitter @DufferRobert

Topping off tank a bad idea

A: Rebuilt transmissions are often better than the factory original. During the rebuilding process, the technician may notice flaws that were not caught at the factory. Additionally, by the time a transmission needs rebuilding, improved parts may be available. Don’t worry. It should have no more impact on your trade-in value than a rebuilt starter or alternator.

Q: I live in an area with Exxon, Sunoco and a new company called Speedway. The pipeline is Buckeye pipeline in Macungie, Pa. Would all of the gas stations get their gas from the same pipeline? If that is the case, then people should just go to the stations where the gas is the cheapest. Is my assumption correct?

D.K., Orefield, Pa.

A: Gasoline is a commodity, much like soybeans and pork bellies. It is shipped all over the country from various refineries. Once it reaches the destination, marketers blend in their additive packages. Some are better than others, and that is often reflected in the prices. For a list of which companies exceed the basic, EPA-required additive package, go to www.toptiergas.com/retailers.

Send questions along with name and town to Motormouth, Tribune, 435 N. Michigan Ave., Fifth Floor, Chicago IL 60611 or motormouth.tribe@verizon.net.

Forcing fuel into the gas tank can damage a vehicle’s charcoal canister.
Maine East gymnasts ‘surpassed all expectations’

BY ERIC VAN DRIL
Pioneer Press

The Maine East girls gymnastics team is almost completely new this season.
Seven of its eight athletes are first-year varsity gymnasts, yet there hasn’t been a significant drop off from last season’s team. The Blue Demons’ average team score is about three points less than it was in the 2014-15 campaign, according to Maine East coach Neil Adamson.

“This group has improved even more within the season than last year’s," Adamson said. “I was not expecting much from them this year. [It was] definitely a rebuilding year. They have surpassed all expectations. They’ve been working really, really hard.”

The Blue Demons finished 12th (78.40) at the 12-team Niles North Invite on Jan. 16. Schools had three gymnasts compete on each event instead of five, and all three individual scores were counted toward the team score, not the top four.

Adamson added that Maine East’s gymnasts have gained a lot of skills during the season. An example of the progress is Giselle Mendoza’s development on vault.

Mendoza has been working on a handspring full this year, but Adamson said that she was twisting too early on it. Mendoza seemed to have an epiphany last week, however, where she broke the habit of twisting too early. Mendoza executed her vault at the Niles North Invite and finished with an 8.85, which was sixth out of 36 vaulters.

“She finally ... was able to make that big, big change,’’ Adamson said. “It was awesome to see.”

Mendoza’s sixth-place finish on vault was the highest any Blue Demons gymnast finished in any of the four events. Maine East’s other top finishers included junior Kathleen Cross on floor exercise (28th, 7.10), Mendoza on uneven bars (tied for 24th, 6.15) and junior Tiffany Russotto on balance beam (26th, 6.40).

Eric Van Dril is a freelance reporter for Pioneer Press.
After 2 years off, Dirks becomes Niles West’s leader

BY ERIC VAN DRIL
Pioneer Press

The torn meniscus Jasmine Dirks suffered in her left knee two years ago made a difficult decision much easier.

Dirks was a club gymnast at Viking Gymnastics in Niles when she suffered the injury.

"I was debating whether or not I wanted to quit [gymnastics]," said Dirks, who's now a freshman at Niles West. "When I got hurt, that's when I decided to take a break."

Dirks didn't do gymnastics for two years. She joined the Niles West girls gymnastics team this season, however, and her background has paid off. Dirks and junior Haley Aichholzer have been the Wolves' top gymnasts this season. They're leaders on a young squad that finished third out of 12 teams with 98.275 points at the Niles North Invite on Jan. 16.

Dirks took second in the all-around (34.125) at the Niles North Invite, where teams had three gymnasts compete on each event instead of five. And all three scores, instead of the top four, counted. Dirks had team-best scores on vault (8.775, ninth), uneven bars (8.55, second), balance beam (8.30, fifth) and floor exercise (8.50, tied for seventh).

"She's our anchor," Niles West coach Sue Arcus said. "[Dirks] is a great kid. She's got a ton of talent. Doing high school [gymnastics] is definitely new for her. Her body is not used to this six-days-a-week, two-meets-a-week pounding, so it's going to take her body a little bit of time to get used to it. But she's definitely got the skills."

Dirks has developed new tricks and combinations this year. That includes a back tuck on beam, a more difficult release move on uneven bars and a Yurchenko on vault.

"Everything has been new," Arcus said. "She's had to learn all different jumps, which they don't really focus on a lot in club. ... She has to have completely different combinations and connections than she had there. She's really had to take the basics that she knew, and now learn how to combine them all."

Eric Van Dril is a freelance reporter for Pioneer Press.

Twitter @VanDrilSports
One of the Niles North girls gymnastics team's end-of-season goals, junior all-arounder Kaylie VanDoren said, is to beat Glenbrook North at the Central Suburban North conference meet on Jan. 29. If the Vikings finish in front of the Spartans, it would likely give Niles North a share of the conference championship.

"Since we're switching [to the Central Suburban South] next year, it's our last chance at winning this conference," VanDoren said.

Glenbrook North beat Niles North 132.45-124.60 on Dec. 8, in Skokie, but the Vikings have tried to close the gap in the weeks since then. The Niles North gymnasts have been working on, and implementing, advanced skills in order to increase their difficulty levels.

VanDoren, for example, debuted a flip-flop on beam at the Niles North Invite on Jan. 16. She also did a more difficult roundoff on floor exercise. VanDoren scored a 7.20 (18th place) on beam and a 7.90 (tied for 19th) on floor exercise.

VanDoren finished seventh (30.725 points) in the all-around. She helped the Vikings finish fourth (94.85) out of 12 teams at the Niles North Invite. Three gymnasts per school competed in each event and all three scores counted. In a traditional meet, five gymnasts compete in each event and the top four scores count toward the team total.

"I landed the new things," VanDoren said. "I'm glad I did my new stuff, but there's always room for improvement."

Specifically, VanDoren plans on focusing on some of the old elements of her routines that she hasn't spent as much time working on recently.

VanDoren has less than two weeks before Niles North's postseason begins with the Central Suburban North meet in Skokie.

"Since it's at home, we feel better about [challenging for conference], too," VanDoren added.

VanDoren's twin sister, Kyra VanDoren, earned team-best scores on floor exercise (8.60, fourth), vault (8.50, tied for 16th) and beam (8.10, sixth). Freshman Kathryn Gomez finished 13th on uneven bars (7.55) to pace the Vikings.

Eric Van Dril is a freelance reporter for Pioneer Press.

Eric Van Dril is a freelance reporter for Pioneer Press.

Twitter @VanDrilSports
Schaps' late-game heroics lead Niles North past GBN

BY ERIC VAN DRIL
Pioneer Press

Olivia Schaps was the hero last week.
The Niles North girls basketball team trailed Hoffman Estates by 16 points in the first half on Jan. 13. The Vikings stormed back, but they were down by one as they inbounded the ball with less than one second remaining.
The ball was passed to Schaps. She caught it at close range, jumped and shot it all in one motion to beat the buzzer.

Schaps' game-winning basket was emblematic of the role she has taken on for Niles North during her senior season: If it's late in the game, the ball will likely be in her hands.

"For me, it's kind of like, 'I'm going to create the play,'" Schaps said of her late-game approach. "If it's there, then I'm going to shoot it, but I trust my teammates to shoot it — and make the shot. I just want to be able to make the play for people on our team so we can win the game."

Schaps made several huge plays in the fourth quarter of Niles North's 53-51 Central Suburban North victory over Glenbrook North on Jan. 15 in Northbrook.
The Vikings (13-8, 3-2 after the win) trailed by six points entering the fourth, but Schaps buried a 3-pointer near the start of the quarter. She then set up Carolyn Dwyer's open 3-pointer in the corner, which the senior guard knocked down to tie the game.

Schaps followed Dwyer's 3 with two straight baskets before senior Stephanie Donado — whose eight points in the third quarter were crucial in keeping the Vikings close — attacked the rim for two points.

Glenbrook North (5-14, 2-3 after the loss) hung tough, however, and had two chances to tie in the final 10 seconds. Those opportunities came after Schaps missed two free throws — the front end of a one-and-one, and then she went 1-for-2 during her trip to the line — and committed a turnover.

Senior Ilana Malman received the ball on the possession after Schaps' turnover. Schaps, who scored 18 points, defended her. As Malman drove right, Schaps said she felt as if she had to make a defensive play to preserve the game.

"I definitely wanted to redeem myself after my free throws," Schaps said.

Schaps did. She shuffled her feet to stay in front of Malman, then used her length to block Malman's one-handed runner out of bounds. Glenbrook North couldn't convert its second opportunity to tie the game as senior Miranda Weber's shot was off target.

"She's very tall for a point guard, which is hard to play against," Malman said of Schaps. "And she's super fast. She's a very good player."

That's been especially true this year, thanks in large part to Schaps' work in the offseason.

Schaps, a four-year varsity player, came in about 60-90 minutes before Niles North's summer practices to work with Vikings coach Dan Paxson. The focus of those sessions was largely on point guard skills, like ball-handling, finishing and using ball screens.

The extra time Schaps spent working on her game was evident in summer games, Paxson added. It's now carried over to her senior season, including in fourth quarters when her team needs her the most.

"The growth that she's had from the end of her junior year to now, it might be a bigger growth spurt — in terms of her skills and her mentality — than anyone I've ever coached," Paxson said. "She's just playing with a lot of confidence. She put a ton of work in this summer. I think she's built a lot of confidence from the summer, and she's been playing well for us all year."

Game notes

Donado finished with 13 points for Niles North. Dwyer added nine. Senior center Klara Weston finished with three points and eight rebounds.

Weber, a forward, led Glenbrook North with 12 points. Sophomore guard Jordan Davison finished with 11 points and four rebounds. Malman also scored 11 points. Sophomore center Samm Carsello scored six points and grabbed a game-high 10 rebounds.

Eric Van Dril is a freelance reporter for Pioneer Press.

Twitter @VanDrilSports
TEAM LEADER

Schaps helps Niles North earn victory over Glenbrook North.

Glenbrook North's Samantha Carsello (44) and Niles North's Olivia Schaps (5) fight for a rebound on Jan. 15. Niles North won the game 53-51 in Northbrook.

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Marinated and Topped w/Onions, Peppers & Mushrooms

**Chopped Steak** .................................................. $13.95
12oz Grass-fed Chopped Sirloin Steak topped w/Grilled Onions & Au Jus

**Delmonico** ....................................................... $19.95
Boneless Ribeye Steak

**Filet Mignon** .................................................... $21.95
8 Ounce Center Cut Filet Drizzled w/Au Jus

**New York Strip** ................................................ $19.95
12oz 14oz $23.95
The Finest and most Tender Steak Available

**Sirloin Steak** ................................................... $14.95
8 Ounce Center Cut Sirloin w/ Roaster Vegetables & Au Jus

**Single Filet** ..................................................... $14.95
Single 4 Ounce Filet (Plain, Bacon Wrapped or Marsala Style)

**Twin Filets** ...................................................... $21.95
Two 4 Ounce Filets (Plain, Bacon Wrapped or Marsala Style)

**STEAK ENHANCEMENTS** Add $1.50 each:
- Bacon Wrap
- Pepper Crust
- Blue Cheese Crust
- Parmesan Cheese Crust
- Cajun Crust
- Sautéed Mushrooms or Roasted Veggies

### CHOPS

**Center Cut Pork Chop** .................................... $11.95
One Succulent 10oz Center Cut Pork Chop w/Au Jus

**Two Pork Chops** ............................................... $14.95
Two 10oz Juicy Center Cut Pork Chops w/Au Jus

**Double Bone Lamb Chops** ................................ $16.95
Served w/Roasted Vegetables and Dei Glaze
Additional Double Bone Add $4.95

**Greek Style Pork Chops (2)** ................................ $15.95
Tossed in Fresh Garlic, Oregano and Lemon Served w/Pesto Potatoes

### BBQ RIBS

Our Meaty and Tender Barbecue Ribs are Slow Roasted for 6 Hours to lock in the flavors of our special house blend of spices and Smothered in Sweet & Smoky BBQ Sauce

- **Half Slab** ....................................................... $13.95
  Half Slab of our Bold and Savory Barbecue Ribs
- **Full Slab** .......................................................... $18.95
  Full Slab of our Bold and Savory Barbecue Ribs

**COMBINATIONS**

1/2 Slab of Ribs & 4oz Filet ......................... $22.95
Our Succulent Ribs paired with a Juicy 4oz Filet Mignon

1/2 Slab of Rib & Butterly Shrimp .................. $21.95
The Bold flavor of our BBQ Ribs and 6 Golden Butterly Shrimp

**Steak & Shrimp** ............................................... $20.95
4oz Filet paired with 6 Spicy Grilled Shrimp

**Surf & Turf** ....................................................... $24.95
4oz Canadian Lobster Tail teamed Up with a 4oz Filet Mignon

**Salmon & Shrimp** ............................................. $17.95
6oz Atlantic Salmon together w/ 6 Grilled Shrimp

**Broiled or Fried Chicken** ......................... $8.95
(Dark Meat) 1 Thigh and 1 Drum Stick

**Broiled or Fried Chicken** ......................... $9.95
(White Meat) 1 Wing and 1 Breast

**HOMEMADE MEATLOAF** ................................ $8.95
Drizzled with a rich Brown Gravy

**Grilled Beef Liver** .......................................... $8.95
Topped w/Onions or Bacon

**Broiled Salmon** ............................................... $12.95
6oz Filet topped w/Lemon Butter Sauce and Oregano

**Roast Turkey** .................................................. $9.95
8oz Breast available Plain, BBQ, Cajun or Greek Style

**Spaghetti or Mostaccioli** ......................... $8.95
Topped w/Meat Sauce and served w/Garlic Bread

**Jumbo Beef Ravioli** ....................................... $8.49
Topped w/Meat Sauce and served w/Garlic Bread

**Spaghetti or Mostaccioli** ......................... $8.49
Topped w/Meat Sauce and served w/Garlic Bread

**Homemade Meatloaf** ................................ $8.95
Drizzled with a rich Brown Gravy

**Jumbo Cheese Ravioli** ................................ $8.49
Topped w/Meat Sauce and served w/Garlic Bread

**Chicken Parmesan** ......................................... $12.99
With Lemon Butter and Oregano

**Spinach Pie** .................................................. $9.97
Golden Fried Flaky Pastry (Spanakopita)

**Butterfly Shrimp** ............................................ $9.99
Eight (8) Golden Butterfly Shrimp w/Cocktail Sauce

**Chicken Parmesan** ......................................... $9.99
Lightly Breaded Chicken Covered in Marinara and Mozzarella Cheese with Parm Cheese

**Chicken Milanese** .......................................... $10.99
Lightly Breaded Chicken Breast seasoned just right and served w/Romaine Lettuce and Roma Tomatoes