Grading the district

Consultants: Diversity, transparency among strengths and weaknesses. Page 4

BWP and Associates consultants Anne Noland, left, and Bruce Brown meet with a focus group of parents at Niles West High School on March 9. Consultants with the firm met with Niles Township High School District 219 students, teachers, administrators, staff with the feeder districts and parents at Niles North and Niles West High Schools on March 9 to ask them what they saw as the district's strengths, issues facing the district, concerns and also asked them to talk about what "characteristics" they thought the incoming superintendent should have.

JUMP INTO SUMMER FUN

It's time to start thinking about summer camps. Check out this week's Camp Guide for exclusive details on picking the perfect summer camp. Inside

LIVING

Hangover cures

Feeling green around the gills? From hot dogs to tater tot nachos, at left, representatives of six Irish-themed bars share their remedies for post-St. Patrick's Day ailments. Inside
SHOUT OUT

Francesco Bartucci, youth soccer volunteer

Francesco Bartucci's volunteerism with a local chapter of TOPSoccer, a program for youth players with cognitive or physical disabilities, earned him recognition for service by the Park Ridge Soccer organization's travel program.

Bartucci is the son of Amy Bartucci, a freelance columnist for the Park Ridge Herald-Advocate.

Q: What do you do as a TOPSoccer "buddy"?
A: A TOPSoccer buddy is a volunteer who helps special needs children learn how to play soccer. I teach them the fundamentals and just have fun.

Q: How did you get involved?
A: About two years ago, I was in a Catholic school and I needed service hours. My parents heard about the program and they had me go to the training session.

Q: How many kids do you usually work with?
A: Usually we're lucky enough to have so many volunteers that it's one on one.

Q: What do you do with them?
A: We do warm-ups with the kids, then move to doing drills and usually at the end of the session we try to get games going on. The kids really enjoy that.

Q: What ages are the kids you work with?
A: Usually grade school kids and we have a few high school kids too.

Q: What's the experience been like?
A: It's been awesome. I love seeing the impact I make on these kids' lives, ... I still continue to volunteer as much as I can, but I found a paying job through the Maine-Niles Association of Special Recreation, where I work in an after-school program one-on-one with special needs kids in Park Ridge schools.

Q: If anyone wants to volunteer for TOPSoccer, what should they do?
A: They can contact Moni Ryczek, who runs the program, at ryczek.prs@gmail.com.

—Jennifer Johnson, Pioneer Press
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Consultants relay praise, criticism to D219 board

By Brian L. Cox
Pioneer Press

Students, teachers and staff all say they are proud Niles Township High School District 219 is rich in diversity and home to talented teachers, but the district is also facing challenges, consultants recently told the Board of Education.

In February the board voted to hire BWP and Associates to lead the district's search for a new superintendent and a principal at Niles North High School. District 219 interim Superintendent, Mark Friedman, left, is a partner with BWP and Associates, an educational leadership search firm in Libertyville. Board President Mark Sproat is on the right.

The Niles Township High School District 219 Board of Education on Feb. 17 voted unanimously to hire BWP and Associates to lead the district's search for a new superintendent and a principal at Niles North High School. District 219 interim Superintendent, Mark Friedman, left, is a partner with BWP and Associates, an educational leadership search firm in Libertyville. Board President Mark Sproat is on the right.

The district has been looking to fill the superintendent position open since Superintendent Nanciann Gatta left the district following a tight-lipped investigation.

He said that despite Gatta's departure "the schools and students have remained above the fray." The fact that the diversity of its student body, administration and staff is a very strong district," said Bruce Brown, an associate with BWP Associates. "It just needs a little massaging to bring it to that level that everyone will be most comfortable with."

All the groups participating in the feedback sessions said they think one of the district's biggest strengths is the diversity of its student body, administration and staff, Brown said.

"The fact that the diversity is there is one thing, but the fact there is equity within that diversity is a whole other aspect," Brown told the board during a special meeting on March 10. "That's something again to feel very good about. Individuals feel that all backgrounds are honored."

Previously, Friedman had said that despite Gatta's departure "the schools and students have remained above the fray." The fact that the diversity of its student body, administration and staff is a very strong district," said Bruce Brown, an associate with BWP Associates. "It just needs a little massaging to bring it to that level that everyone will be most comfortable with."

While other things have occurred that may have been negative at different levels or publicity has been negative, the schools and students have been able to rise above that and continue on their journey of excellence," he said.

The application process is open until April 1, she said. "Then we will do our screening and the board will begin their screening in mid-April. The goal is to be finished by around May 1."

Brian L. Cox is a freelance reporter for Pioneer Press.
Culver's clears final hurdle for new Skokie Boulevard location

BY MIKE ISAACS
Pioneer Press

The first Culver's restaurant opened decades ago in Wisconsin, according to the franchise. More than 500 Culver's eateries later, the popular fast-food venue is coming to Skokie.

The Skokie Village Board March 7 unanimously approved three measures that clear the way for Skokie's first Culver's with a drive-thru lane at 9455 Skokie Blvd.

The new Culver's is scheduled for the parking lot of a small shopping center occupied by Jewel-Osco, Old Navy and Marshalls.

"Congratulations. You just made my grandson very happy," Skokie Mayor George Van Dusen told the new franchise owners after the Village Board approved the project.

According to the village, the Culver's will be built in the northeast corner of the roughly one-acre property in the current Jewel-Osco parking lot. Parking in that lot is under-used, officials say.

Still, the plan calls for shopping center parking spaces to be reconfigured to accommodate the new eatery. In addition to the site plan, the Village Board approved subdivision of the property and a special-use permit for the drive-thru lane. Although Culver's says it will have an area for outdoor dining, a special-use permit was not needed because of how the property is zoned, Plan Commission Chairman Paul Luke said.

Located adjacent to the Jewel building and fronting Gross Point Road, the Culver's building will occupy just under 5,000 square feet and include 57 parking stalls, according to Culver's. Project plans call for an entrance to the restaurant from Gross Point Road through a T-intersection between Jewel-Osco and the restaurant. A north entrance will also be available on Gross Point Road.

According to Culver's, George and Ruth Culver bought their first restaurant in 1961. With no formal training, the Culver's website states, "the two proved a great team."

In 1984, the Culvers' son, Craig, "combined a love for his mom's homemade hamburgers with his favorite childhood vacation treat, fresh frozen custard," according to the website. The restaurant's "signature combination" has been Culver's ButterBurgers and Fresh Frozen Custard since its inception.

TAYLOR W. ANDERSON/CHICAGO TRIBUNE

In this file photo, a Culver's location in Tinley Park.
NU students charged with hate crime, vandalism to chapel

BY WILLIAM LEE
Chicago Tribune

A Cook County judge on March 12 lashed out at two Northwestern University freshmen accused of spray-painting racist and homophobic messages along with the name of Republican presidential front-runner Donald Trump inside a nondenominational chapel on the university's campus.

"These allegations are disgusting to me," Judge Peggy Chapmans said as she eyeballed Anthony Morales, 19, and Matthew Kafker, 18, her voice rising several times during a bond hearing at the Leighton Criminal Court Building.

The judge ordered both men held in lieu of $50,000 bail for charges of institutional vandalism, hate crime to a place of worship, and criminal damage to property for several spray-painted messages at the Alice Millar Chapel earlier this week.

Both defendants, dressed in T-shirts and jeans, said nothing during the court hearing.

The mother of one of the defendants cried as the judge laid into the young men, whom authorities said were captured on surveillance video going without permission into the chapel, located at 1870 Sheridan Road in Evanston, with spray cans at about 12:45 a.m. March 11.

"I don't know if any of you know how lucky you are to be at Northwestern University," the judge said.

As Morales' mother cried in the gallery, Chapmans said to the woman, "I don't mean to upset you. I mean to upset them."

Once inside the chapel, the pair spray-painted an expletive and a slur against African-Americans with a swastika on the chapel hall- way, Assistant Cook County State's Attorney Brooke Shupe told the court. In a separate area, they spray-painted a derogatory word for homosexuals on a wall, along with lines spray-painted over photos of Muslim students.

The young men also spray-painted penises in several places around the church, including on a piano in the chapel, above the word "God" in a hallway, and in a stairwell where they also painted the word "Trump," Shupe said.

Prosecutors did not say what they think sparked this act of vandalism.

Both men admitted their roles in the vandalism, giving handwritten and recorded statements to university police, Shupe said.

University officials estimated the damage to be more than $300.

Man sentenced in Skokie child abduction case

BY BRIAN L. COX
Pioneer Press

A Chicago man was sentenced at the Skokie courthouse on March 14 to 25 months in jail, one year parole and fees and fines of $669. Torres, 36, of the 7200 block of North Bell Avenue in Chicago, was found guilty in October of attempted child abduction, must also register as a sex offender, authorities said.

Torres stopped his SUV vehicle in a parking lot in the 4800 block of Golf Road in January, 2015, then stepped from the vehicle and asked a girl, 13, for directions, authorities said. They said the girl was walking from Old Orchard Junior High School to Niles North High School at the time of the incident.

They said Torres tried to pull the girl into his vehicle but she was able to retrieve a padlock from her backpack and strike Torres in the face. They said Torres then fled the scene but the victim was able to give authorities a detailed description of the man and his vehicle, including the fact that her attacker was missing two fingers. Police said information provided by the public and good detective work helped lead investigators to Torres.

Father, son charged after Morton Grove 'road rage' incident leads to violence

BY NATALIE HAYES
Pioneer Press

A father and son from Morton Grove are facing charges after police said they stormed into a home and attacked several people with a baseball bat and a wooden pole after a "road rage" incident.

Gerardo Castineiras, 51, and Gino Castineiras, 21, both of the 9200 block of Central Avenue in Morton Grove were charged with home invasion and aggravated battery with a deadly weapon. Gerardo was also charged with vehicular invasion.

The two men allegedly broke into a home Feb. 26 at 3:45 p.m. on the 5700 block of Emerson Street in search of three people who they were involved in the incident with, police said.

The father and son used a car and Gerardo grabbed a snow brush and threatened the three people, police said. The 48-year-old mother of one of the victims fell and broke her femur, police said, while trying to stop the father and son. One of the men who was in the car involved in the road rage incident then took out a large kitchen knife and stabbed Gino in the stomach, according to Morton Grove police Commander Paul Yaras.

"We think Gerardo started the road rage, then he got his son and they forced their way into the house, caused the mom to break her leg and Gino got stabbed in the process," Yaras said.

According to police, the incident began earlier that afternoon when Gerardo was stopped at a traffic light on southbound Central Avenue and Church Street. When the light turned green, the car behind Ger-
Four apprehended in Park Ridge after Flossmoor robbery, chase

BY DENNIS SULLIVAN
AND JENNIFER JOHNSON
Tribune Newspapers

Four suspects in a south suburban Flossmoor armed robbery were taken into custody in the early afternoon on March 10 following a multi-jurisdictional pursuit that ended in Park Ridge.

Flossmoor Duty Chief Tod Kamleiter said a woman was in a commercial parking lot on Vollmer Road near Kedzie Avenue when a vehicle pulled up with four people inside. One flashed a small semi-automatic handgun and demanded the woman's purse, which she handed over. The woman was not injured.

Police were called and an alert was put out to neighboring jurisdictions, Kamleiter said. A Homewood police officer spotted the vehicle at 183rd Street and Kedzie Avenue, approximately two miles north of the robbery, police said.

Other law enforcement agencies, along with a police helicopter, joined in the pursuit, which proceeded from 183rd Street to Interstate 57 and onto Interstate 294, officials said. Illinois State Police Master Sgt. Jason Bradley said the car got off the highway approximately 45 miles north at the Dempster Street exit and ended up in a parking lot north of Advocate Lutheran General Hospital, where the suspects got out.

Two of the suspects were apprehended within 100 yards of the vehicle, he said, and the others were caught nearby following a brief search.

Park Ridge Deputy Police Chief Duane Mellema said the situation was resolved rather quickly.

"Before we got too far along in it, they were able to catch everyone," he said of other agencies involved.

A number of facilities in the area were briefly put on lockdown.

Mellema said Park Ridge police recommended lockdown procedures be taken at the hospital at 1775 W. Dempster St.; Sunrise Assisted Living, 1725 W. Ballard Road; Maine East High School, 2601 W. Dempster St.; Franklin Elementary School, 2401 Manor Lane; Messiah Lutheran Childcare, 1605 Vernon Ave.; and Stevenson Elementary School, 9000 Capitol Drive, in unincorporated Maine Township.

The lockdowns were lifted after less than 15 minutes, he said.

Kamleiter said with all the agencies involved, "There's a lot of work to do" before charges are sorted out.

He added, "If (an armed robbery) had to happen, then this is the result we want. The bad guys go to jail and nobody was seriously hurt."

Dennis Sullivan is a freelance reporter for the Daily Southtown. Jennifer Johnson is a reporter for the Park Ridge Herald-Advocate.

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The following items were taken from local police department reports. An arrest does not constitute a finding of guilt.

Niles

**BATTERY**
- Jonathan Suarez, 32, of the 7200 block of Touhy Avenue, Chicago, was charged with battery, aggravated battery to a police officer, resisting arrest, and theft March 6. According to police, Suarez was accused of refusing to pay his cab fare and of wrapping his arm around the neck of the cab driver as the man pulled into the parking lot of the Niles Police Station. When officers arrived, Suarez allegedly kicked two of them, one in the stomach and the other in the knees, and repeatedly spit at them. He has a March 29 court date.

**OBSTRUCTION**
- Joanna Lempicka, 39, of the 5900 block of Leland, Chicago, was charged with obstruction and driving with a suspended license March 8. According to police, Lempicka was stopped for disobeying a red light at Touhy and Central Avenues and nearly hitting a squad car. She was accused of initially giving the police officer a false name. She has a March 31 court date.

**DUI**
- Johnny Ohisho, 29, of the 3800 block of Dobson, Skokie, was charged with driving under the influence and leaving the scene of an accident on the morning of March 6. He has an April 12 court date.
- Shai Cohen, 44, of the 9200 block of Touhy Avenue, Chicago, was charged with driving under the influence March 5 after police said he was found asleep behind the wheel of his car, which had reportedly been involved in a crash on the 7000 block of Milwaukee Avenue at 2:30 a.m. He has an April 12 court date.

**BATTERY**
- A man in his 20s allegedly began fighting with customers outside a bar on the 9000 block of Milwaukee Avenue March 6. A 22-year-old man from Skokie was punched in the eye and a 41-year-old man from Chicago was punched in the lip, police said. The suspect allegedly claimed to have a gun, but did display it, police said. He then reportedly climbed a fence and ran away.

**THEFT**
- Counterfeit $20 bills were used to buy about $380 worth of merchandise from a store on the 8500 block of Golf Road March 2, police said.
- A purse was stolen from the front passenger seat of a car parked between March 2 and 5 on the 5700 block of Touhy Avenue. A window was reportedly broken to gain entry.
- A cell phone was reported stolen March 6 from an unlocked locker inside a fitness center on the 6300 block of Touhy Avenue.
- Windshield wiper blades and all four tires were stolen from a car parked in a driveway on the 7800 block of Harlem Avenue between March 7 and 8. The car was left sitting on cinder blocks, which had been taken from the backyard, police said.
- On March 8, a man allegedly attempted to buy flowers with a counterfeit $50 bill inside a store on the 8700 block of Dempster Street. When an employee told the man that police would be called, he reportedly paid with another bill and left the store.
- A 2014 Kia SUV was stolen March 9 after the owner left it unattended and running outside a gas station on the 9000 block of Milwaukee Avenue, police said.
- Twenty-six single "prototype shoes" were reported stolen overnight between March 8 and 9 from vendor displays inside a banquet hall on the 6800 block of Milwaukee Avenue. The estimated loss was $2,000, police said.
- Women's undergarments valued at $1,312 and 9 from vendor displays inside a banquet hall on the 8700 block of Golf Road were reported stolen overnight March 9. The estimated loss was $2,000, police said.
- Counterfeit $20 bills were used to buy about $380 worth of merchandise from a store on the 8500 block of Golf Road March 2, police said.
- A purse was stolen from the front passenger seat of a car parked between March 2 and 5 on the 5700 block of Touhy Avenue. A window was reportedly broken to gain entry.

**DRUGS**
- Eugenia M. Juarez, 19, of the 3400 block of West Melrose Street, Chicago, was charged with possession of drug equipment and retail theft March 6 on the 4900 block of Old Orchard Road.
- Dean D. Postrado, 18, of the 8200 block of Niles Center Road, Skokie, was charged with possession of marijuana and possession of drug equipment March 6 on the 8200 block of Niles Center Road.
- Gus Adam Adamopoulos, 39, of the 9800 block of Northcote Avenue, Munster, Ind., was charged on an in-state warrant March 7 on the 7300 block of Niles Center Road.

**THEFT**
- Tiara R. Jordan, 23, of the 5500 block of South Morgan, Chicago, was charged on an in-state warrant March 2 on the 7300 block of Niles Center Road. Police said Jordan was found to have a bond forfeiture warrant from a prior felony retail theft arrest.

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Museum leader honored for 25 years of work

BY MIKE ISAACS
Pioneer Press

Long before renowned architect Stanley Tigerman built what has been called "sacred space" — the Illinois Holocaust Museum & Education Center on the north end of Skokie — there was a small storefront building that belonged to the Holocaust Memorial Foundation of Illinois.

There was also Lillian Polus Gerstner.

Illinois Holocaust Museum executives and others say that the current museum might not have happened without her.

The thousands of schoolchildren who come through its doors every year, the attention the museum has received nationally and internationally, they insist, were always an extension of the missions laid out by Gerstner and those she worked with in quiet space on Skokie's Main Street.

"Truly, we would not have the Holocaust Museum in the village were it not for Lillian's participation," said Skokie Mayor George Van Dusen. "She not only created the idea of Holocaust education in the state, but she also helped advance the work center at the museum.

"Lillian has spent countless hours listening, guiding and opening both her heart and embrace to each survivor, their children and grandchildren," said Museum Director of Education Kelley Szany. "She has been the survivor community's advocate, voice and guardian of their stories and legacy."

A 30-plus year Skokie resident, Gerstner grew up in Nashville, Tenn., the daughter of two Holocaust survivors. Even so, she said, her future path toward working with survivors and in Holocaust education was never a certainty.

Before that part of her life even happened, she said, she graduated from Northwestern University with a degree in theater and a secondary teaching certification in speech and English, married and had two children.

Then Gerstner learned about the Holocaust Memorial Foundation of Illinois that had acquired space on Main Street and was looking to put together a museum and education center. She asked to volunteer.

"Frankly, I missed my parents and the other Holocaust survivors who had been my honorary aunts and uncles growing up," she said.

Gerstner remembers bringing her daughter with her as she stuffed envelopes, typed and filed. As time went on, she said, her daughter entered preschool and her volunteer duties began to expand.

When the foundation's executive director retired and they asked Gerstner to come work there, she initially turned them down, she said. She continued her volunteer work — including helping to lead the initiative to make Holocaust education mandatory in Illinois schools. Before agreeing to become executive director a couple years later, she admits she wrestled with the choice.

"I do remember the No. 1 reason I was hesitant to take the job was that I hate funerals," she said. "I was so savvy enough to understand that if I became deeply involved with a survivor-based organization, I would have to go to funerals."

What finally inspired her decision, she said, was how close she had grown to survivors and supporters over more than five years.

One of those supporters was Fritzie Fritzshall, president of the Illinois Holocaust Museum and Education Center.

"I remember when Lillian first volunteered. When we opened the museum on Main Street," Fritzshall said, "her daughter was a little, little girl so we go back many, many years. All of us at the Illinois museum con-
Lady Gaga performance included Morton Grove CEO

By Lee V. Gaines
Pioneer Press

When she received an email asking if she wanted to join Lady Gaga and numerous other sexual assault survivors on stage for a performance at the Oscars, Julie Smolyansky said she only had to think about it for "one second" before replying with a yes.

Smolyansky, CEO of Morton Grove-based Lifeway Foods, and an executive producer for the documentary, "The Hunting Ground," said her experience at the Oscars "was probably one of the most powerful things I've ever done in my life after having kids."

Lady Gaga performed the song she co-wrote with Diane Warren, "Til it Happens to You," for the documentary film about sexual assault on college campuses. It was nominated for best original song but was passed over for the award.

Smolyansky said she's worked as an advocate for victims of sexual assault and rape since she was a teenager.

"I am a survivor (of sexual assault) myself - that's how I ended up on that stage," she said. "Everyone on that stage had to be a survivor."

Smolyansky, who served as an associate producer of the "Home Stretch," a documentary that follows three homeless teens struggling to stay in school, signed on as an executive producer for "The Hunting Ground," which was written by Kirby Dick and produced by Ziering.

As a female CEO, Smolyansky acknowledges that she's "a sort of rare anomaly" and feels a deep responsibility to use her voice to raise awareness of the issues surrounding the health and safety of women and girls.

She said Lady Gaga's support for the cause is "really, really important."

"Having her voice connected to this movement gives survivors a sense of strength and unity," Smolyansky said.

Her own advocacy work stems back to her time at Niles North High School, Smolyansky said, where she helped craft curriculum around dating violence in the Chicago area, volunteered at a shelter for women and children in Evanston and in college became a certified rape crisis counselor.

Advocacy work continues to be a significant part of Smolyansky's life. In addition to helping her dairy business, she also serves on the Chicago board of Rape Victims Advocates and co-founded the nonprofit Test400k, an organization that raises awareness of and advocates for the testing of an estimated 400,000 untested rape kits across the U.S.

"My No. 1 mission is to end violence and if it's not talked about, if light is not being shone on it the statistics will never change," Smolyansky said.

Lee V. Gaines is a freelance reporter for Pioneer Press.
Birders rejoice as ducks return north

BY SHERYL DeVORE

Local birders Mike Trahan, Jeff Sanders, and Bill Saylor said maneuvering Lake County's lakes, wetlands and the Lake Michigan shoreline to search for ducks can be daunting. Instead of pulling off the side of a road on a busy highway to view ducks at flooded fields, they recommend viewing at the following places:

Independence Grove Forest Preserve, 16400 Buckley Road, Libertyville
After going through the main entrance, turn left and park in the lot by the lake. You can also walk the perimeter of the lake for about two miles to get different vantage points.

Diamond Lake, 1016 Diamond Lake Road, Mundelein
You can park across the street from the beach in a free lot. Then walk down the sidewalk looking for good vantage points. Possibilities include bufflehead, redhead, lesser scaup, common loon and grebe species.

Waukegan Harbor, 55 N. Harbor Place, Waukegan
Large rafts of migratory lesser scaup and greater scaup can be seen resting in or flying along the shoreline, along with other divers including common goldeneye and red-breasted merganser. It's a good place to uncommon sea ducks called scoters. Birds are best observed from the north and south beach and piers.

Where to watch migratory ducks in Lake County

Local birders Mike Trahan, Jeff Sanders, and Bill Saylor said maneuvering Lake County's lakes, wetlands and the Lake Michigan shoreline to search for ducks can be daunting. Instead of pulling off the side of a road on a busy highway to view ducks at flooded fields, they recommend viewing at the following places:

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Birders like Jeff Sanders, of Glenview, come out to Lake County to see rare birds like the Barrow's goldeneye. But Sanders, who has been watching birds for more than 50 years and serves on the Chicago Audubon Society Board, visits Lake County every spring when the ducks return, often coming two or more times a week. "What's great is you don't have to walk very far in some of these places," he said. "And on most days during this time, there are ducks somewhere. There are so many lakes and fluddles in Lake County, and you never know where you'll find the ducks."

Ducks go where they can find rest and food, he said, and Independence Grove provides just the right blend of fish, crustaceans and aquatic greens that ducks like to eat.

Sheryl DeVore is a freelance reporter for the News-Sun.
Morton Grove committee considers partnering with Niles for dog park

BY NATALIE HAYES
Pioneer Press

A committee of Morton Grove residents interested in developing a special place for canines to call their own met recently to review design plans for a proposed dog park, which would be built on an open parcel of land at Prairie View Park.

The nine-member Dog Park Advisory Committee that a March 10 meeting at the Prairie View Community Center in Morton Grove decided to continue its push for the park following the meeting despite having concerns about the estimated project costs—which could total $135,400, according to Jeff Wait, executive director of the Park District.

Two other pricier park designs that cost up to more than $50,000,000 were immediately turned down by the committee, which agreed that the cash-strapped Park District needs to take steps to reduce costs wherever necessary.

“The cost is a stumbling block—it’s a large chunk of change for a smaller community that just doesn’t have the funds,” said George Vail, a Morton Grove resident who attended the meeting along with about seven other community members. “The only thing you might get is, if it’s successful, you might get some revenue out of it, but then again any revenue you get off of this will be offset by the maintenance costs.”

The Park District has been struggling to repay $72 million in revenue bonds it used to rebuild the Oriole Park Aquatic Center, which opened in 2014, according to Dan Staackman, president of the Park District Board of Commissioners.

The original plans for the least-expensive dog park design presented by Wait during the meeting had $61,000 worth of chain-link fencing, three crescent-shaped grass-covered mounds for dogs to climb on, a dog drinking fountain, benches and trees.

Committee members decided the village could save thousands by cutting the landscaping and some of the amenities from the plan. The parcel of land where the dog park would be built sits on the western side of the north end of the park at 8635 Dempster St. A baseball diamond sits to the west of the park, which would border a vacant parking lot.

In this file photo, a dog and its owner play at Pioneer Park in Arlington Heights.

“I spoke to the designer and they’re making the revisions,” Wait said. “Once I have that, I’ll discuss with staff about what can be done to save on labor costs.”

Other suggestions brought up at the meeting for ways to reduce costs were to use in-house maintenance workers instead of hiring an outside labor company and to ask for volunteers to help build the park.

The Niles Park District, which also has a dog park, may piggyback onto Morton Grove’s plan by forming a partnership that would allow Niles residents to use the park, but details are still being worked out.

The parcel of land where the dog park would be built sits on the western side of

Kevin Tanaka/Pioneer Press

Natalie Hayes is a freelance reporter for Pioneer Press.

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**HOLY THURSDAY - March 24th**
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- Simple Supper - 6:00 PM in Wisdom Hall
- Mass of the Lord's Supper - 7:30 PM
- Adoration of the Blessed Sacrament
- Prayer Service - 11:45 PM

**GOOD FRIDAY - March 25th**
- Prayer Service for Morning - 9:00 AM
- Liturgy of the Passion and Death of the Lord - 3:00 PM
- Living Stations of the Cross - 7:00 PM

**HOLY SATURDAY - March 26th**
- Prayer Service for Morning - 9:00 AM
- Blessing of Food - 1:30 PM
- NO 5 PM Mass Tonight
- Easter Vigil Mass - 8:00 PM
- NO 7:00 PM Mass Tonight

**EASTER SUNDAY - March 27th**
- Morning Masses at 8:00, 9:30 & 11:00 (Church & Brian Barry Gym)
- NO 7:00 PM Mass Tonight

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**Breathe Deep North Shore aims to reach $1M mark**

**Jackie Pilossoph**
Pioneer Press

Sue Bersh said when her best friend Elyse Bernstein Keefe died of lung cancer in 2008 it broke her heart.

"I was holding her hand when she died and it changed me forever," said Bersh, who met Keefe when the two were students at Deerfield High School. "I was very involved with her illness and I saw firsthand that there weren't a lot of treatment options. She didn't have a chance."

Passionate about honoring Keefe's memory and increasing survival rates for other lung cancer victims, Bersh became involved with the Chicago-based nonprofit LUNGevity Foundation. In 2012, she founded Breathe Deep North Shore, an annual 5K run and two-mile walk, which will take place April 17 at Deerfield High School.

Bersh and her organizers expect over 1,500 participants, with a goal of raising over $246,500. That number that will bring the event's five-year fundraising total to $1 million.

"There has never been a more exciting time in lung cancer research. Six new drugs have been FDA approved just in the last year, which is more than have been approved in decades," said Bersh, who is the event co-coordinator and a LUNGevity board member.

Lung cancer research is at a pivotal point and we are committed to keeping this momentum going by raising funds through our grass roots efforts. We can fund one year of research for every $100,000 raised."

Breathe Deep North Shore is made up of hundreds of teams who fundraise online and independent runners and walkers who show up to donate and lend support.

“We came up with this to raise money and awareness, but I also want the event to be warm and meaningful," Bersh said. "A lot of people have been touched by this disease and they had no where to go. Now they have a place to come to hope and share and heal and feel empowered."

Jill Feldman, a Deerfield lung cancer survivor, has been involved with the organization since 2002.

"What's most exciting is the promise for the first time to dramatically improve the outcomes in lung cancer patients like me," said Feldman, a LUNGevity board member and former president of the organization. "We have come so far since my parents and grandparents lost their lives to lung cancer, and even since my own diagnosis six years ago, but we still have a long way to go."

Breathe Deep North Shore's 5K run and two-mile walk is held behind Deerfield High School in Prairie Wolf Slough. The event also includes a balloon launch.

"The significance of the balloon launch is that people have the opportunity to write a note on a balloon to whomever they choose, honoring or remembering them," Bersh said. "It is the most beautiful sight when the balloons are all released. To feel the warm embrace of a community and see everyone come together for a cause means so much."

Breathe Deep North Shore is one of 40 grass roots events across the country to benefit the LUNGevity Foundation. The foundation works to increase the quality of life and survivorship of people with lung cancer by accelerating research into early detection and more effective treatments. The organization also aims to provide community support and education.

"The number of people who show up and the amount of money you watch being raised—to me, that's what hope is," Feldman said. To learn more visit lungevity.org/northshore.

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Jackie Pilossoph is a freelance reporter.
Chicago Cubs Chairman Tom Ricketts and his wife, Cecelia, are erecting a mansion in Wilmette with an estimated construction cost of $10.74 million.

Tom Ricketts, 50, has been the Cubs' chairman since his family purchased the club in 2009. The son of TD Ameritrade founder Joe Ricketts, Tom Ricketts also is the CEO of Chicago-based Incapital LLC and sits on TD Ameritrade's board.

Longtime Wilmette residents, Tom and Cecelia Ricketts now are trading up, preparing for an eastward move to the lakefront. In 2013, the couple paid $7 million through a Delaware-based limited liability company for the 0.67-acre site on Lake Michigan. They recently demolished the two-story house on the property, which had been built in 1917.

Although Wilmette officials have not yet made public the plans or dimensions of the mansion, village records show the couple have hired the New York-based firm of noted new classical architect Robert A.M. Stern for its design. Chicago-based contractor Bulley & Andrews is constructing the mansion, which a building permit shows has an estimated construction cost of $10.74 million. If the mansion is built for that amount, Tom and Cecelia Ricketts would wind up paying close to $18 million when taking into account their land acquisition cost. Allison Templer, whom mortgage documents identify as the manager of the Ricketts' Delaware LLC, declined to comment on the mansion's construction when reached on her cell phone Tuesday.

The stretch of Wilmette lakefront where the mansion will be built has had no shortage of high-priced sales. In 2002, the mansion next door sold for $8.5 million, while in 2007, former CNA Chairman and CEO Dennis Chookaszian and his wife, Karen, paid $7.25 million for a mansion a block to the north. And in 2015, one lot near the Chookaszians' home sold on two separate occasions for $7 million, while the one next door sold for $6.2 million.

Tom and Cecelia Ricketts paid $1 million in 2004 for their current 5,438-square-foot house, which was built in 1925 and sits on a 0.3-acre parcel.

The Rickettses won't be the first members of their family to own along Wilmette's lakefront. Tom Ricketts' sister, Laura, paid $6.5 million in 2010 for more than an acre on which she subsequently built an 11,262-square-foot house with a 2016 value of $9.29 million, according to the Cook County assessor.

Bob Goldsborough is a freelance reporter.
Wilmette sushi place expands to Buffalo Grove

Out of state growth may be in the works

BY RONNIE WACHTER
Pioneer Press

A sushi restaurant founded in Wilmette has brought its concept to Buffalo Grove, and held its grand opening there March 10.

Buffalo Grove's AO Sushi restaurant is the first expansion for a brand begun in Wilmette and originally named the Sea Ranch.

Charles Cook, the general manager of the Buffalo Grove site, said the new location and new name are both part of a larger plan: setting up even more locations, possibly out of state.

"We're beginning a chain, if you will," Cook said. "We want to put together a concept that can be marketed in other areas. But, you have to have a starting point."

And Buffalo Grove is it. 1,750 square feet - about 500 more than the Wilmette restaurant - with seating for 20 or 25, triple Wilmette's seven. It offers sit-down dining or delivery for a menu that focuses on sushi.

Cook said he bases his dishes on yellowtail, salmon and tuna - some wild-caught, some farm-raised - and he hopes his operation will compliment the habits of consumers who are used to driving into that shopping center to visit Dorfler's Meats.

"A lot of thought went into the location and the strategy," he said.

And for AO's parent company - seafood distributor True World Foods - that strategy could include more locations.

"Other locations are being looked at as we speak," Cook said.

The restaurant and store has been around Wilmette for about 30 years, Cook said, evolving from primarily a meat market in its early days into something of a sushi restaurant to fit customer demands.

True World changed the title to AO - which is pronounced "ow," a Japanese word for a blue-green shade. The change was made after discovering that "Sea Ranch" is already registered in some of the states they would like to expand into, according to Cook.

Cook said he has worked 16 years in the Cracker Barrel chain, and three more with Steak 'n Shake.

"I'm relatively new to sushi," he said.

True World is considering both corporate-owned stores and franchising for a possible expansion, with distribution based in Elk Grove, Scott said.

rwachter@pioneerlocal.com
Twitter @RonnieAtPioneer

Christine Dennison, of Lincolnshire, at AO Sushi in Buffalo Grove. The new restaurant opened Feb. 3 and hosted a grand opening on March 10.
What disease ails today’s Republican party?

PAUL SASSONE


These are not just words. They are values, traditional, time-honored virtues - conservable attributes, and thus bedrock values of the Republican Party. Or, they should be.

This year’s campaign for the party’s presidential nomination has little honor, civility, respect or restraint.

The GOP contest for the most powerful and important political office on earth has degenerated into a dishonorable, uncivil, disrespectful and unrestrained / series of ugly personal, ludicrous and even sexual verbal assaults.

What ails the Republican Party? Has some virus infected it? Because it isn’t only presidential candidates who are acting strangely. I saw Illinois’ Republican Gov. Bruce Rauner on TV the other day revealing a private conversation he had with Democrat Senate President John Cullerton in which Cullerton – according to the governor – said things that reflected badly on Cullerton and Democrat House Speaker Michael Madigan.

We don’t know whether the conversation ever took place. We don’t know if the governor reported the contents of the conversation accurately. The only thing we learned, one TV pundit quipped, was that we should never have a private conversation with the governor.

Is this really how the governor of Illinois should behave? Do we want to believe that our governor can’t keep a confidential conversation private?

Rauner also was on TV reporting anonymous gossip he had heard that Madigan had threatened state colleges if they supported Rauner’s education plans. The governor said he had not verified the truth of the allegation. And the president of the colleges issued statements that there had been no threats from Madigan.

So, why did the governor go on TV to spread serious allegations he hadn’t even bothered to verify?

Where is the honor, respect, civility and restraint? What has happened to traditional conservative values?

The Republican Party has brought us both ends on the scale of political values. It has given us Abraham Lincoln and it has given us Richard Nixon.

It is time for the GOP to begin living up to Lincoln instead of down to Nixon.

Paul Sassone is a freelance columnist for Pioneer Press.

Celebrate St. Patrick’s Day as if you are Irish

RANDY BLASER

If there has ever been a day to celebrate immigration in America, St. Patrick’s Day is it.

Before it became this national day dedicated to green beer and parades in addition to Irish ancestry, it was a day when everyone was encouraged to wear green because everyone had a bit of Irish in them.

I kind of like that quaint idea. In a way, it recognizes that everyone comes from immigrant stock.

And just as St. Patrick’s Day has become something of a national day, other days celebrated by other immigrants, are becoming so nationalized.

For the Italian community, March 19 is St. Joseph’s Day, a major feast day for Italians and for Catholics, probably more so than St. Patrick’s Day.

St. Joseph, as we know from the Bible, is the husband of Mary. For Italians, he is the patron saint of Sicily and he is considered to have ended a drought there in the Middle Ages in answer to the prayers of the locals.

Traditional celebrations include a St. Joseph’s Table at local churches filled with traditional meatless dishes, since St. Joseph’s Day occurs during Lent.

Since Chicago is said to have the largest number of Poles outside of Warsaw, it is only appropriate that Chicagoans are familiar with and take part in two Polish traditions. The first is the consumption of paczki, that delicious Polish pastry, on Fat Tuesday or the Tuesday before Ash Wednesday.

Growing up in a Polish neighborhood and even remembering transactions at the store being conducted in Polish, I do remember that special day before Ash Wednesday when my mom would bring home the paczki in that white bakery box tied with string. Now all Chicagoans love the tradition and so the Tuesday before Lent Paczki Day.

Poles in Illinois also get a day off in March to mark the birthday of Casimir Pulaski, a hero of the American Revolution.

There are many German immigrants here in the Midwest and they, too, brought their cultural traditions with them. Many of those traditions have been adopted by all the “other” Americans.

Can’t think of any off the top of your head? How about the Christmas tree?

But the one German tradition we all celebrate is the day dedicated to beer and marked by so many American towns and hamlets with an Oktoberfest. And so it goes with all the “other” Americans, whose traditions have been adopted by all the other hyphenated Americans to become even bigger celebrations here than they ever were in their native lands.

As more and more Puerto Ricans moved into the Humboldt Park neighborhood where my family called home, the Puerto Rican Day parade became an even bigger and bigger event.

In recent years, we’ve all seen the dedication and devotion of Mexican-Americans to Our Lady of Guadalupe as thousands of devotees gather in Des Plaines at the Shrine of Our Lady of Guadalupe on Dec. 12.

It has become a day and a place of pilgrimage for all Catholics in the region, not just Mexican-Americans.

And although it is not as big as St. Patrick’s Day, all the happening bars in Chicago mark Cinco de Mayo as a great day of celebration.

So even if you’re not Irish, celebrate St. Patrick’s Day as if you were. For deep down, whether our ancestors stepped off the Mayflower at Plymouth, came to Ellis Island, or crossed the Rio Grande, we all share an experience of America as immigrants.

And that’s what America is all about.

Randy Blaser is a freelance columnist for Pioneer Press.
Family dinner time benefits from break in school calendar

LYNN PETRAK
Home on LaGrange

Sure, there is Daylight Savings Time and crocus blooms coming up, but the one thing I love about March is the fact that our family eats dinner together at a decent time most of the month.

That's not true other months of the year, when the kids are busy with sports and other extracurricular activities and when my husband and my work schedules are intense. Between sports practices that run until 8:30 or 8:45 and high school academic practices and meets that get out at a similar time, it's also the time that I rediscover certain recipes that I just don't have time to make during the regular part of the school year, like casseroles, roasts and other dishes.

Nothing against rotisserie chicken from the supermarket, but I do feel some kind of mom-style accomplishment when I roast my own bird or make my own meatloaf.

I was talking about this with some friends the other day and they, too, said that the holl between basketball and baseball season and between extracurriculars is great for family time.

"Sometimes, no one wants to leave the table first, because we're all laughing and having a good time," one of my friends confided.

That point was brought home again for me this week, after I watched a viral video: a commercial that underscores the importance of dinner time as a family.

In that video, parents were asked who they would most like to spend dinner with and they usually gave a celebrity name as a response. When kids were asked, they replied that they would most like to have dinner with their families.

In fact, I talked about that video around our own dinner table. Of course, someone went and got their phone to pull it up, but I let that go, because just being together, sharing a meal, and having a good laugh was really the most nourishing thing of all.

Not Your Typical Family Programming

ERIC SCOTT
A tragidramystery?

That's one way to describe the new tragedy-drama-mystery swirling around ABC's "The Family." All these forces are designed to keep the wheel of suspense spinning — but it happens without a shiny hubcap.

Right away, we're thrown into the busy lives of the Warren family, where mom, played by Joan Allen, is busy campaigning for City Council at a rally with her husband and three kids. Her youngest, Adam, played by Liam James, disappears during the event and is never heard from again — until he suddenly shows up in town ten years later. Mom is now mayor of the fictional city in Maine, where the entire community is captivated with the return of her son whom everyone thought had been abducted and murdered.

As the story line toggles back-and-forth between pre-disappearance and post family reunion, we start getting hints about what really happened to Adam, from the disturbing to the bizarre. Brushstroke images of what Adam's family members were doing also begin painting the picture of what happened during the years he was missing.

"The Family" carves new ground in taking a TV series where few if any have gone before, basing a plot around child abduction and borrowing details from real-life cases where children have reappeared years after escaping from their kidnappers. For such serious, hard-to-fathom circumstances, there's more emptiness than fulfillment here. There's a lack of momentum-building around where we'd like to see the overall story go — either finding the bad guy or understanding how Adam's abduction brought the Warners together to solve them apart at the same time.

While mom now draws strength from Adam's return and announces she's now running for governor, we keep seeing Andrew McCarthy, in a far cry from his 80s brat pack roles, playing the bitter family neighbor who was wrongly convicted of murdering the boy. McCarthy, as Hank Asher, gets released after spending years in prison and is seen stewing in his new found freedom practically everywhere he can possibly be seen in public.

Is it really Adam or is something macabre going on following his return? That's the question future episodes will uncover piece by piece.

If "The Family" succeeds, the intensity of unveiling what really happened has to match the ongoing family fallout of readjusting after years of uncertainty — not just offer up a one-off, "he's back, now what?" premise.

Eric Scott is a freelance writer for the Pioneer Press.
Ed Tracy starts 'Conversations' at Skokie Theatre

Monthly interview series begins March 23

BY MYRNA PETLICKI
Pioneer Press

You can expect fascinating guests and stimulating conversation during Conversations with Ed Tracy. Tracy, the former president and program host of "Pritzker Military Library Presents" and "Medal of Honor with Ed Tracy," launches a new monthly interview series at the Skokie Theatre on March 23.

"I wanted to do a program that had some intelligent conversation, was educational and inspired people," Tracy said.

He noted that he presented over 300 programs at the Pritzker Military Library. "I like to tell meaningful stories," he said.

The Skokie Theatre programs, which will be around 90 minutes long, will generally be divided into two segments. "The first segment will involve discussion with an entrepreneur or someone in the arts - someone making a difference," Tracy said. "The second segment is dedicated to book talk." That will be followed by a book signing courtesy of the Book Stall at Chestnut Court in Winnetka.

Guests at the inaugural program are actor Ronald Keaton and author Ethan Michaeli. "Ron Keaton is perhaps the greatest example of a long-time, successful actor/producer/writer in the city of Chicago," Tracy said. "He's been working for four decades and he does some very interesting work. He just created a one-man show on Churchill which ran here very successfully and then he took it to New York and it ran for six months on Broadway."

Keaton will talk about "Churchill," which he is presenting all over the country. "I imagine that, if I knew Ed, we may even discuss some military and political aspects of Churchill."

Conversations with Ed Tracy

When and what:
1:30 p.m., March 23, Ronald Keaton & Ethan Michaeli
1:30 p.m., April 20, Howard Reich, Chicago Tribune jazz critic and author of "Prisoner of Her Past" (Film & Discussion)
1:30 p.m., May 25, Jim Frazier of Illinois Gold Star Families and Arnie Bernstein, author of "Swastika Nation: Fritz Kuhn and the Rise and Fall of the German-American Bund."

Where: Skokie Theatre, 7924 Lincoln Ave., Skokie
Tickets: $10
Information: (847) 677-7761; www.skokietheatre.org

Ronald Keaton portraying Winston Churchill in the one-man show, "Churchill."
The Niles Metropolitan Singers and the Musica Lumina Orchestra will perform March 20.

MUSIC

St. John Brebeuf sets stage for the Mozart ‘Requiem’

BY MYRNA PETLICKI
Pioneer Press

Approximately 80 musicians and 42 singers will perform the Mozart “Requiem” on March 20 as part of the St. John Brebeuf Musica Lumina Concert Series.

“I chose it for its beauty and for its appropriateness for Palm Sunday, and its familiarity,” said St. John Brebeuf Music Director Marek Rachelski.

The piece has an interesting history. Mozart composed it in 1791 in Vienna but it was unfinished at the time of his death in December of that year. It is believed that one of his students finished the composition. The count who anonymously commissioned “Requiem” in memory of his late wife attempted to pass it off as his own work.

Rachelski praised the variety of the piece, which will feature the Musica Lumina Orchestra and the Niles Metropolitan Chorus, as well as four soloists.

“They’re young people who are on the edge of their professional singing careers,” the music director said of the soloists. “Each one has a good bit of experience and brings all of their talents for this performance.”

Featured singers are soprano Maureen Smith, alto Jennifer Olenic, tenor Curtis Bannister and bass Daniel Johanson.

Soprano Smith is a huge fan of the work. “The Mozart ‘Requiem’ is one of my favorite choral pieces,” she said. “I feel so lucky to be given the opportunity to sing this beautiful music. When I’m in my car and in the mood to listen to classical music, I generally listen to the Mozart ‘Requiem.’”

Smith said that she is attracted to “Requiem” because, “I think that Mozart really hits the right balance of drama and beauty. I love how operatic it is.”

The soprano laughingly noted that when Rachelski asked her if she would like to sing the soprano solo, “I didn’t even have to think about it. I’ve never performed it but I already know it.”

The Milwaukee native earned a bachelor’s degree in vocal performance from the Peabody Conservatory of Music in Baltimore, Maryland in 2012. After graduation, Smith returned to her hometown where she performed with the Milwaukee Opera Theatre and Present Music, and did music education.

Smith moved to Chicago about a year-and-a-half ago. She performs regularly with the Niles Metropolitan Chorus. In September, she will perform the role of Nannetta in “Falstaff” with Arlington Heights-based Main Street Opera.

The Palm Sunday performance is part of Musica Lumina’s nine-concert series. The series continues with the Singing Boys of Rockford on April 24, and concludes on May 15 with Musica Lumina performing “Music from the Slavic World.”

EXHIBIT

Evanston photographer captures many moods of Lake Michigan

Seasonal images captured on iPhone camera

BY MYRNA PETLICKI
Pioneer Press

The Evanston shores of Lake Michigan are endlessly fascinating to photographer Michael Goss. For five years, the Evanston resident has been capturing that vista with his iPhone camera at different times of the day and through the changing seasons. Some 30 of his images are on display at Nixie Gallery in Skokie through March 29.

“I’ve lived in Chicago my whole life,” Goss related. “Five years ago, I happened to move by the lake. I’ve always enjoyed the lake. I used to windsurf but I never experienced the lake on a daily basis.”

Since Goss lives a block from the lake, it’s where he walks his two dogs every day. “It’s an amazing body of water,” he said. What surprised him most was, “How different the lake could be from one minute to the next. I was amazed at how quickly the lake could change. You could be looking at a blue sky and turn around and all of a sudden there’s a black cloud coming in. The lake goes from this nice scene to this crazy stormy body of water.”

Because he carries his iPhone with him, Goss began taking photos of the lake during his daily dog walks. “I liked what I was getting and I thought, ‘Why not try to do a body of work with the iPhone?’”

Goss observed that photos taken with an iPhone are perfectly sharp and crisp when you blow them up and I kind of like that quality.

After taking the photos, Goss processed them in Photoshop. “Some more than others,” he noted. “I tried to accentuate the colors of the water and the reflections in the water.”

Goss has always embraced new technology. “When new equipment comes out, it opens up a whole new world in photography,” he said.

In his studio work, Goss generally uses a 4 by 5 camera on a tripod but he is also a big fan of the iPhone camera, which he says is constantly being improved. He said that iPhones have made photography “a lot more immediate and a lot easier for everybody to take photographs — sometimes that’s good, sometimes that’s bad.”

In the case of Goss’ work, it’s very good.
Linda Marie Smith presents "Mearra — Selkie from the Sea," at 1 p.m. March 19 at Morton Grove Public Library, 6140 Lincoln Ave.

**FAMILY FRIENDLY**

**Tale of a shape-shifting seal at Morton Grove Library**

**BY MYRNA PETLICKI**

The ancient Celtic tale of the Selkie, a mythical seal that can transform into a human being, is the basis for Linda Marie Smith's enchanting multimedia presentation, "Mearra — Selkie from the Sea." Smith will present the show 1-2 p.m. March 19 at Morton Grove Public Library, 6140 Lincoln Ave.

The family show tells the story of a lonely fisherman who falls in love with a young Selkie maiden. They marry and have children — a Selkie son and a human daughter. After seven years, the sea calls to Mearra.

The show includes folk/rock songs by Smith, including "Ian's Song" and "One More Kiss," among others. It features hand-drawn animated images by Catherine and Sarah Strun. It was aired nationally on PBS in 2015 and earlier this year.

"Love is the most important thread in the human existence," Smith said. For details, call 847-965-4220 or go to www.mgpl.org.

**Egging them on**

Eggs filled with goodies will be scattered across the lawn at the Golf View Recreation Center, 7800 N. Caldwell, during the Spring Egg Scramble, 9:30 a.m. March 19. All preregistered kids will receive a goody bag at this event for ages 1-8. Refreshments will be served. The cost is $8 for residents; $10 for nonresidents.

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

**Cultural connection**

Anne Shimojima, a third generation Japanese-American, will share stories about her culture during the Malott Japanese Garden Spring Weekend at the Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, 11 a.m. 4 p.m. March 19 and Sunday, March 20. There will also be performances by the Chicago Koto Group and activities for children.

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

**Eggy fun**

Plastic eggs will be floating in the pool at the Centennial Fitness Center, 1515 W. Touhy Ave., during Egg Dip at the Pool, March 25. Kids ages 1-3 hunt at 10:15 a.m. or 11 a.m.; 4-6 at 10:25 a.m. or 11:10 a.m.; and 7 and older at 10:35 a.m. or 11:20 a.m. The cost is $6 for residents; $9 for nonresidents.

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

**Heroic happening**

Kids can celebrate the upcoming opening of the movie, "Batman v Superman: Dawn of Justice," by making Batman masks and Superman shields, 6 p.m. March 19 at Barnes and Noble, 55 Old Orchard Center, Skokie.

For details, call 847-676-2230 or go to www.barnesandnoble.com.
NIXIE GALLERY SHOWS WORKS OF JOE STEINER

"Reclining," a painting among the recent works by Skokie artist Joe Steiner, will be on display April 1-28 at Nixie Gallery, 7925 N. Lincoln Ave., Skokie. An opening reception for the artist will be held 6-9 p.m. April 1. The public is invited to attend. Gallery hours are noon-5 p.m., Mondays-Fridays. Call 847-367-3686 or 336-420-8304 or go to nixiegallery.com. See more of Steiner's work at www.steinerpaintings.com.

THIN ICE THEATER PRESENTS 'DANCING AT LUGHNASA'

Hannah Guter and Lauren Guter, both of Morton Grove, play two sisters worried about the future in the Thin Ice EnsembleTheater production of "Dancing at Lughnasa" by Brian Friel. Performances are 7:30 p.m. Friday and Saturday, March 18 and 19, and 3 p.m. Sunday, March 20 at the Mayer Kaplan JCC, 5050 Church St., Skokie. Tickets are $12 for adults, $10 for students and are available at the door or online at www.thinice Theater.org.

NILES WEST STUDENTS WIN CHINESE SPEECH MEDALS

Niles West students Cristina Allen, from left, Spencer Lopez, Sophia Abdella and Jessica Jelke earned medals in the 8th annual Midwest Chinese Teachers' Association Speech Contest held March 5 at Northside College Prep High School in Chicago. Cristina Allen won a silver medal in fourth year, non-heritage category; Spencer Lopez, a silver medal in third year, non-heritage category; Sophia Abdella, a silver medal in second year, non-heritage category; and Jessica Jelke, a bronze medal in first year, non-heritage category. Students memorized and recited original speeches in Mandarin Chinese and were judged on fluency, content, delivery and pronunciation.

CASA LAKE COUNTY ADDS 11 VOLUNTEERS

Judge Valerie Boettle Ceckowski swore in 11 volunteers as CASA volunteers, Court Appointed Special Advocates, for abused and neglected children on Jan. 28 at the Robert W. Depke Juvenile Justice Complex, Vernon Hills. From left: Maria Stein, Skokie; Lavanya Lall, Long Grove; Mary Tegtmeyer, Lindenhurst; Mary Hill, Hawthorn Woods; Judge Ceckowski, Judge Sarah Lessman, Katy Wright, Long Grove; Shane Schultz, Chicago; Priscilla Sienko, Barrington; Judi Gettleman, Buffalo Grove; Lauren Crane, Deerfield; Suzanne Cash, Libertyville and not in the photo, Bill Slominski, Twin Lakes, Wis.

We want to publish your photos. To submit, visit http://community.chicagotribune.com or email sburrows@pioneerlocal.com.
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This list is not intended to be a complete record of all real estate transactions.
Data compiled by Record Information Services. ■ 630-557-1000 ■ public-record.com
SKOKIE


Address: 3860 Jarvis Ave.
Price: $310,000
Schools: Niles North High School
Taxes: $5,348.84
Agent: Ted Krzysztowiak/RE/MAX City

NILES

Two-story single family home with four bedrooms, 2.5 bathrooms, formal dining room, and full finished basement. Hardwood floors, wainscoting, crown molding, new stainless steel appliances, white shaker style cabinets, gray quartz countertops, and canned lighting. Master bedroom with 1/2 bathroom. Two-car garage.

Address: 2028 N. Oketo Ave.
Price: $399,900
Schools: Maine East High School
Taxes: $4,530.66
Agent: James Bellavia/@Properties

LAKE BLUFF

Three-bedroom ranch with full basement, new windows, hardwood floors, newer roof (2007), and updated full bath. 25-acre lot has large backyard with paver patio that backs to the bike path. Two-car garage. Home is within walking distance to town, train, pool, golf and fitness center.

Address: 120 W. Center Ave.
Price: $384,900
Schools: Lake Forest High School
Taxes: $6,928.55
Agent: Marina Carney/Griffith, Grant & Lackie Realtors

KENILWORTH

Cottage style home with three-season porch. Updated kitchen has white cabinets, granite counters and stainless appliances. Three bedrooms, two full baths and separate dining, living and family rooms. Family room could be used as office or playroom. Near school, train and park.

Address: 631 Exmoor Rd
Price: $475,000
Schools: New Trier Township High School Winnetka
Taxes: $10,513
Agent: Emily Link/Coldwell Banker Residential Brokerage Winnetka

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Some see pets as therapists

Some research suggests that animals bring down their human companions' stress levels, reduce depression.
This cook brings back more than souvenirs from trips

By Judy Buchenot
The Beacon-News

To most of us, the thought of taking 40 teens on a trip overseas might sound overwhelming. But as an inspired educator, Aurora resident Nicole Hoch is thrilled by the opportunity.

The Plainfield North history teacher is looking forward to taking a group of students to Spain and Italy through EF Tours. “It is so exciting to take them to other countries to learn about a culture and history other than their own,” said Hoch.

“Traveling without their parents makes it a very different experience for them. It is a real life lesson to be somewhere you have never been before without that support.”

Hoch chaperoned students on previous trips but is finishing training to be a leader for her next trip. “Students are very interested in travel,” said Hoch. “We have 43 students signed up for the next trip and a waiting list if anyone drops out.”

One of the many cultural lessons learned during a trip is trying the cuisine of another country. “When we let the students have lunch on their own, we turn it into homework. They have to take a photo of what they eat and then show and tell others about what they ate,” she said. The students rise to the challenge and there was only one group who cheated by visiting a McDonald’s in Spain.

One item that students tried that was well received was churros and chocolate. “Everyone loved churros and chocolate,” she said. “The churros differ from Mexican churros because there is less cinnamon and sugar on them. An order included six churros and a cup of rich chocolate liquid. They dipped the churros in the chocolate to eat them. It is such a lot of food that you have to share it but we made lots of trips to get churros and chocolate.”

To help her students experience cultural food differences, Hoch took them to a large market called the Mercado San Miguel in Madrid. The indoor market is surrounded by glass walls, making it feel like an outdoor market. “The most unusual thing are all of the ham legs,” she said. “They are all lined up in the market and the hoof is still on the leg. The ham is shaved off in very thin slices and there are many different variations.”

Hoch says one challenge for students is trying seafood. “Especially seafood with the shells left on,” she said. “They would rather have a burger but they know they need to try new things and they are really good about it.” The market had several stalls selling seafood paella, the traditional rice dish that is slow cooked.

To encourage her students to try many things, Hoch makes sure they go somewhere for tapas, which features small plates of different dishes. “It is great because you can try something and then get more of the ones that you like,” she said. Another favorite meal for the students were croquettes, which are small oval shaped mounds of ham in a sauce that are breaded and deep fried.

Whenever she travels, Hoch tries to bring home a few interesting ingredients for new dishes. She brought home olive oil and smoked paprika from her recent trip to Spain. “I try to make some of my favorite dishes when I get home!” Two favorites from her trip last summer were the churros and chocolate and the seafood paella.

Nicole Hoch peels an onion to get started on a batch of seafood paella, a dish she tried while visiting Spain.

Nicole’s Culinary Cue

It is fun to take photos of interesting meals while traveling but remember to also take a photo of the menu so you have a record of what the dish was called as well as a description of the ingredients.

Find more of Nicole’s recipes at http://trib.in/1xojxzn.

Seafood Paella

1/4 teaspoon crumbled saffron threads
8 ounces clam juice
1 small yellow onion
2 small tomatoes
8 cloves garlic
1/4 cup plus 2 tablespoons olive oil
1 teaspoon paprika
1/4 teaspoon kosher salt
12 large shrimp
1 1/4 cups medium grain rice
1 pound clams
1 lemon

1. Toss saffron in a saucepan over low heat for about 30 seconds or until it is fragrant. Remove from heat and crush to fine pieces. Add clam juice and bring to a boil over high heat. Remove from heat and set aside.

2. Grate onion to get 1/2 cup of onion puree. Grate tomatoes over bowl to get about 1/2 cup juicy tomato pulp. Chop four garlic cloves until fine. Peel four cloves and leave whole.

3. Place a 5-quart Dutch oven over medium low heat and add 1/4 cup olive oil. When hot, add onion and cook and stir about 4 minutes or until soft. Stir in tomato pulp, chopped and whole garlic, paprika, and 1/2 teaspoon salt. Cook and stir until mixture is thick and dark red, about 30 minutes. If needed, add water.

4. While mixture is cooking, peel and devein shrimp, leaving on tail portion. Place the shells in a 4-quart saucepan and heat over medium high heat until they are dry and pink, about two minutes. Add five cups of water and bring to a boil. Cover and reduce heat to low and simmer about 10 minutes.

5. Strain into a large 2-quart measuring cup. Discard shells. Add the saffron-clam mixture and 1/4 teaspoons salt to the strained broth and stir to combine. Measure out 5 1/2 cups of broth and set the remainder aside.

6. Spread rice evenly on the bottom of the Dutch oven and slowly pour in the broth so the rice is not disturbed. Bring to a boil but do not stir. Adjust heat so that mixture continues at a steady simmer and cook about 8 minutes. Distribute clams evenly in the mixture and lower heat to a slow simmer. Cook five minutes. Add shrimp and push them into the rice. Cook about five minutes or until shrimp are done. If mixture becomes too dry during cooking time, add reserved broth. Simmer longer if rice is not tender. Remove pan from heat, cover and allow to rest for five to 10 minutes. Cut lemon into wedges and serve with dish.

Judy Buchenot is a freelance writer.
Feeling green around the gills?

From Superdawgs to tater tot nachos, pros share St. Patrick's Day hangover cures

By Veronica Hinke
Pioneer Press

Whether you tippled too much on St. Patrick's Day or just indulged more than you're used to, here are some of best hangover remedies for hair-of-the-dog day, March 18. We asked six Irish food and drink pros for their prescription for the day after the biggest party of the year. From tater tot nachos to Irish breakfast, and plenty of excuses for grease and carbs in between, here are six ways to recover.

Toby Maloney is one of the creative founders of one of Chicago's swankiest nightclubs, The Violet Hour. With its floor-to-ceiling plush velvet curtains and tantalizing candlelight, it's nothing at all like Maloney's go-to for hangover food: Superdawg.

"How to nurse a hangover like Florence Nightingale?" he asked. The answer: "Two Superdawgs. One order of Superonionchips. Extra mayo for the fries. This is per person," Maloney noted.

"This must be all consumed in the car. There is a rejuvenating aspect to sitting in an enclosed space with all of these wonderful smells."

He washes this down with not one, but two, Arnold Palmers. Large. When not driving, a "whisper" of gin gives it a hair-of-the-dog shot. Next on Maloney's agenda is a good long nap. Mags Reidy is beloved by guests of the Three Counties Irish Pub in Chicago's Norwood Park neighborhood. Just about anything on the menu there will do the trick. She also loves the traditional Irish breakfast at spots like Vaughan's Pub on Chicago's far Northwest side. "It's the best outside of my own kitchen," Reidy said. "True to the generations-old standard, the meal is a hearty plate of baked beans, over-easy eggs, sausages, tomatoes and potatoes with onions and toast slices."

Jeff Wallen with the Tilted Kilt in Skokie said his meal for the day after a night out is at Tank Noodle in Chicago. He can't resist the pho beef noodle soup with sliced tenderloin and quails eggs. "I love love love it," he said. "The freshness of the ingredients and the heat from the spices along with all the oil from the broth and meat helps 'sweat it out.' If you know what I mean. The meat is always fresh and sliced just right so it cooks just enough in the hot, steamy, slightly oily broth and the quail eggs add a surprise of flavor and texture. I fix mine up with lots of fresh-squeezed lime, bamboo shoots, basil and cilantro, spiced up with lots of sriracha hot sauce and their house chili sauce."

Wallen said he also considers the soup "a great cure for when he is really under the weather, like with the common cold. "It is right up there with my grandmother's famous chicken noodle soup," he said.

Mark Hosty loves the peanut butter and bacon sandwich at his own place, Healy's Westside in Forest Park. He washes it down with a Bloody Mary.

And if that doesn't do the trick, he heads to New Star Restaurant in Elmwood Park. "My must-have is Mongolian beef with an egg roll. Both cures were discoveries out of necessity. The basic need for curing a hangover is greasy food. Alcohol helps," Hosty said.

Ed Downing, owner of Downing's Tavern in Libertyville, said the tater tot nachos on his menu are a popular after-party food.

"This is not just an after-St. Patrick's Day hangover cure," Downing said. "This is an all year-long hangover cure. We have several customers that come in right after we open and tell us they are there to order the Downing Irish nachos because they married a little too much the night before."

And it seems perfect for the day after St. Patrick's Day. As the tale was told, the recipe was handed down from Downing's grandpa — who claimed he got it from a leprechaun.

For Toby Maloney, one of the founders of Chicago's Violet Hour, items off the Superdawg menu are the answer after a night of imbibing too much.

Tater Tot
Nachos

1. Follow directions on bag for baking tater tots.
2. After tater tots are baked, put them on a plate while they are still warm.
3. Melt a favorite variety of shredded cheddar cheese, and pour over the tater tots.
4. Chop bacon into 1/2-inch pieces, and sprinkle across top.
5. Chop green onions, and sprinkle on top.
6. Top with a generous scoop of sour cream.

— Ed Downing, Downing's in Libertyville

Tater tot nachos with melted cheddar cheese, sour cream and bacon at Downing's Tavern in Libertyville.
Some see pets as therapists

Books and studies explore animals' emotional benefit

By Nara Schoenberg
Tribune Newspapers

Julie Barton was sitting on the couch one day with her head in her hands, utterly defeated by the severe depression that filled her with sadness and self-loathing, when she felt an unexpected warmth in her toes. Her fluffy red golden retriever puppy, Bunker, was sitting on her feet.

"He leaned against me, and it seemed to me to be very deliberate," she says. "He looked at me like, 'Are you better? Or Did that help?' And I thought, 'Either I'm going totally crazy, or he sees me! And I decided to do one hopeful thing, which was to trust that feeling.'

Barton's new memoir, "Dog Medicine: How My Dog Saved Me From Myself," joins a growing list of books, both fiction and nonfiction, that highlight the role pets can play in emotional healing.

While the iconic pets of the past -- Lassie, Rin Tin Tin, Benji, "That Darn Cat" -- saved humans from physical dangers, the furry heroes of books such as the national best-seller "Until Tuesday" -- the fictional best-seller "Until Tuesday," heroes of books such as the nonfiction, that highlight the role pets can play in emotional healing.

Science is moving in the same direction, with research suggesting that dogs bring down stress levels, encourage physical activity, and reduce depression.

In the typical study, depressed people who get conventional treatment are compared with depressed people who get conventional treatment as well as interaction with a pet, often a dog that is included in therapy sessions, says psychologist Stanley Coren, professor emeritus at the University of British Columbia and author of "Dog Medicine: How My Dog Saved Me From Myself" by Julie Barton, the golden retriever who helped her cope with depression.

While the iconic pets of the past -- Lassie, Rin Tin Tin, Benji, "That Darn Cat" -- saved humans from physical dangers, the furry heroes of books such as the national best-seller "Until Tuesday," the golden retriever who saved a wounded warrior and the national best-seller "Until Tuesday," the golden retriever who helped make that happen too.

A way to connect

Bunker offered uncompromised love and loyalty, which was vital, Barton says.

As her mood stabilized, he also helped her go back out in the world again.

"When you have a dog, doors open, social doors. People go, 'Oh, how sweet! How old? What's his name?' You talk about your dog experience, and it's a real ice breaker for someone who may not be as adept at social interactions. I loved going out because people would talk to me. It made me so happy.

In her book, Barton describes how, with Bunker's help, she was able to move across the country, make friends, and eventually get a job and find love.

Today, she says, she's doing very well. Her depression is a chronic condition, but medication works well for her, and she keeps an eye out for the "sinking" feeling that tells her to seek additional support from her doctor, her counselor or her husband.

"I haven't had a major episode (of depression) in six or seven years," she says. "It was pretty hard after he died, but I had young kids, and that helped keep me occupied -- in a good way."
Readers respond to Volkswagen biodiesel issue

My feature of Sarah's Volkswagen Jetta TDI fuel system failure due to an incompatibility with Illinois' biodiesel fuel certainly elicited responses from Help Squad readers. There was everything from outrage on her behalf to offers of assistance in finding pure diesel service stations to questions about the diagnosis. Below are excerpts from a few of the emails I received.

Curt, Skokie:
The attitude and behavior exhibited by Autobarn and Volkswagen as reported by you is really shocking. That woman is entitled to more than VW "standing by" their warranty. The problem goes beyond warranty. The solution needs to go beyond that warranty as well. What this woman bought, a car she could fuel and use in Illinois, is not what they sold her. That is a consumer fraud issue, not a warranty issue. She is entitled to a much better remedy than they appear willing to provide. I encourage you to talk to a ... plaintiff's attorney who can speak to the option of a class action lawsuit. Such a lawsuit may be the only cost-effective option she has of reversing the sandbagging you ran into when investigating the problem.

Walter, Elkhorn, Wis.:
Your recent columns have hit the nail on the head without finding a solution to the problem...[You] have reported the dilemma very well: Dealers have tried to accuse the owners of filling up with bad fuel — gas, contaminated diesel or high-sulfur diesel. This was our situation when my wife [couldn't start her BMW]. The car was hauled to Knauz BMW [where] it sat for two weeks while the powers tried to shame us into the belief that we were unconcerned owners using bad fuel. They met with the wrong people since my wife could document every fill-up with a receipt from a Shell station in Vernon Hills. Shell was not forthcoming with the biodiesel content, which was probably 20 percent or higher. The pump showed a sign that it was biodiesel and low-sulfur, but nothing more. Lincolnshire, which sells pure low-sulfur diesel but at a much higher price than all its competitors. (This is where Knauz BMW and Mercedes tanks up their service loaners.) I believe that service stations sell blends of bio fuels at an unmonitored rate...Why do we pay for an agency that should monitor fuel quality when dealers contaminate at will?

Jim, Glenview:
...There are several fuel stations (mostly Shell) that sell D2 auto diesel or B5 in Illinois. The owners manuals from VW, BMW and Mercedes all state that biodiesel is not recommended and should not be used. Biodiesel does not provide the lubricity of regular diesel...The big problem I have noticed is the confusing labeling on the pumps themselves. Hope this helps.

Adrian, Chicago:
You may have missed the real story. If Sarah's fuel system went bad, I bet her diesel car's high pressure fuel pump (HPFP) went out. If it did, then the defective HPFP could have killed her. These bad pumps have been known to fail and stall VWs at highway speed.
And these failures had nothing to do with "bad fuel."
That's the real scoop. Check it out and ask VW's manager of product and technology. Really B20 had nothing to do with Sarah's problem.

Need help?
Send your questions, complaints, injustices and column ideas to HelpSquad@pioneerlocal.com.

Cathy Cunningham is a freelance columnist.
**CHICAGOLAND BEST-SELLERS**

1. "When Breath Becomes Air" by Paul Kalanithi (Random House, $25).
2. "My Name is Lucy Barton: A Novel" by Elizabeth Strout (Random House, $26).
5. "My Brilliant Friend" by Elena Ferrante (Europa Editions, $17).

Participating 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), Lake Forest Book Store (Lake Forest).

**NEW IN PAPERBACK**

**The Secret Game**
By Scott Ellsworth, Back Bay, 388 pages, $17.99
Ellsworth details the 1943 secret, interracial basketball game between the North Carolina College for Negroes and the all-white Duke University medical school team. Ellsworth highlights the lives of those on both rosters and looks at North Carolina College coach John McLenond, a protege of James Naismith, and how McLenond implemented the full-court press and fast break.

**The Folded Clock: A Diary**
By Heidi Julavits, Anchor, 292 pages, $15
Inspired to resume journaling after re-reading her childhood diaries, Julavits chronicles her daily life as a 40-something woman, writer, mother and wife over the course of two years. The Printers Row review of "The Folded Clock" called the book a "playful, intimate, and deeply insightful collection" about "all of the adventures, missteps and questions that have shaped (Julavits) into the woman she has become."

**Book of Numbers: A Novel**
By Joshua Cohen, Random House, 582 pages, $18
Known as the Principal, the billionaire founder of powerful tech company Tetration hires failed novelist Josh Cohen to ghostwrite his memoirs. Principal shows Josh the truth behind Tetration's success and takes Josh on a world tour, integrating the writer into an autobiography project that comes with life-or-death consequences.

**Beyond: Our Future In Space**
By Chris Impey, WW Norton, 321 pages, $16.95
Impey focuses on the world of space travel and how the human urge to explore space is a result of an innate wanderlust. Impey explores the commercial space industry, detailing the latest technological advances, and ponders a near-future in which non-astronauts venture into space on commercial space liners.

**Women of Will**
By Tina Packer, Vintage, 327 pages, $16
Packer investigates Shakespeare's female characters and how they changed over the course of his career. Packer explores how the character of Juliet serves as a turning point in Shakespeare's use of multifaceted female characters, as opposed to "shrews" who needed to be tamed or other characters capable of no independent thought.

— Jeremy Mikula

**ROUNDUP | CHILDREN'S BOOKS**

**Booked**
A novel about a soccer-obsessed tween boy written entirely in verse? In a word, yes. Kwame Alexander has the magic to pull off this unlikely feat, both as a poet and as a storyteller.

Nick Hall is an eighth-grader who connects easily with his sporty, fun-loving mom but struggles to meet the expectations of his super-smart dad: "a linguistics professor / with chronic verbomaniac" / as evidenced / by the fact / that he actually wrote / a dictionary / called Weird and Wonderful Words / with / get this, / footnotes." Never mind that Nick is a bit of a footnoter himself; witness his asterisk following the term verbomaniac (a crazed obsession with words). He wants to be left to play soccer with his best friend Coby and pingpong with his mom. He resents having to read his buttoned-up father's seemingly endless dictionary.

Adolescent angst multiplies when Nick finds himself the target of twin bullies, faces the possibility that he will miss the big soccer tournament and begins to suspect that his parents' opposites-attract marriage is on the rocks. Nick is a sharp-tongued delight from start to finish, as is his hilarious school librarian pal "The Mac," a former rap producer who pushes books every chance he gets: "I'm going to hook you up, Nick." Some of the secondary characters are less vivid, but the poetry is swift, fresh and remarkably accessible, and the different themes — bullies, first love, father-son tensions — intertwine in satisfying and compelling ways.

**Death Is Stupid**
By Anastasia Higginbotham, the Feminist Press at CUNY, $16.95, ages 4-8
I laughed out loud when I saw the title "Death Is Stupid" — what a perfect antidote to all those gentle and fanciful introductions to the toughest and least whimsical of topics. Nothing against gentle and fanciful, mind you — if that's what your kid needs, great. But if your child craves directness, and maybe even a little humor at the expense of people who try to tell her that "it's for the best" or that her beloved grandma is "only sleeping," this smart, sensitive book is just the thing.

Fashioned from paper-bag cutouts, line drawings and collages of textured fabric and bright floral photos, the book follows a wide-eyed little boy as he responds to a series of well-meaning but bewildering sentiments: "We lost her," someone says. "Then find her," our hero says. "We can't, honey. She's gone." "Gone WHERE? Is she ever coming back?" We see the casket, grandma's gently wrinkled hands stretched out on midnight blue velvet, and the little boy reaching out to her. His response to all the talk of "peace" and "a better place": "Death is NOT better. It's stupid."

Higginbotham then takes us on an imaginative journey through space and time, and outward into the broader world, where we learn that death eventually touches everyone, that it cannot be changed, but that it can be addressed in personal, concrete and deeply meaningful ways. The book ends on a well-earned note of hope and happiness.

**PRINTERS ROW JOURNAL**
A version of these stories ran previously in Printers Row Journal, Tribune Newspapers' premium Sunday book section. For more or to subscribe, visit www.printersrowjournal.com.
Capital Menu: With an ingredient in common

By Fred Piscop | Edited by Stanley Newman

Across
1 Legal proceeding
6 Be optimistic
10 Hoof sound
14 Captures
19 Shower accessory
20 Spouse of a countess
21 Lie low
22 Put up with
23 Summer beverage
25 Side dish with sauerbraten
27 Campers' dinnerware
28 Drain delays
30 Ease up on
31 Right-angle shapes
32 Cherry center
33 Plethora
34 Highland Games poles
38 Actress Spelling
39 Brillo alternative
40 Truck compartment
43 Hampers the value of
44 Lollipops, e.g.
47 Feel badly about
48 Wordsworth works
49 Spiced tea
51 Predisposition
52 County bordering London
53 Farrow of film
54 Burger meat
58 Campus clubs
59 110 Across piece
60 Somersault
61 Wipe clean
62 Not very sturdy

63 Taffylike
65 Online party notice
66 Poker play
67 Mrs. Rocky Balboa
69 Thin mud
70 Purlished brown
71 Rather unlikely
74 Across setting
75 Autumn quaff
77 Call out
78 Last word of The Wizard of Oz
79 Exclusive
80 Essay page, for short
81 Ferry, for instance
82 Poetic sphere
83 Dessert from a loaf pan
85 Vader's title
86 In public view
87 Taking a shower accessory
88 CIA forerunner
89 Football great
90 Deception
91 Certain Turk
94 Young seal
95 Monastery head
96 Seuss' If... the Zoo
98 Rights org.
99 Oscar-winner Sorvino
100 Mideast airline
101 Spanish appetizer
102 Feds under Ness
103 Subordinate: Abbr.
104 Seafood serving
105 Summer side dish

Down
1 Quick haircut
2 Many an Olympics event
3 Midmonth time
4 Gives a boost to
to speak
5 Philly array
6 Lifts with difficulty
7 Buffoons
8 ...-K school
9 Ballot caster
10 Habitual
11 Faithful follower
12 Betters' figures
13 Chest muscle, for short
14 No-nos
15 Monastery head
16 Cars from Korea
17 Brink
18 Snipper's cut
19 Shower accessory
20 Lie low
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113 Lie low
114 Lie low
115 Lie low

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

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Quote-Acrostic

1. Define clues, writing in Words column over numbered dashes.
2. Transfer letters to numbered squares in diagram.
3. When pattern is completed, quotation can be read left to right. The first letters of the filled-in words reading down form an acrostic yielding the speaker’s name and the topic of the quotation.

Clues

Words

A. Cognizance
B. Former
C. Crude or brutish one
D. Anarchist
E. Fraught with happenings
F. Harsh taskmaster;
G. Lake Ontario port
H. London air hub
I. Mistaken

J. Mental giant
K. Wide hook punch
L. Steered clear of
M. 18th-Cent. Scottish economist
N. Miscellaneous; 3 wds.
O. Guip
P. Written defamation
Q. Without financial backing
R. Fine rain
S. Russian physician with a dog
T. Eighth part of a circle
U. Early Italian number theorist

Impulsive

BY CHARLES PRESTON

Across
1  Hemingway's guerrilla leader
6   Armadillo
10  Stptic
14  Growing out
15   Voles
16   Ilk
17  Narrow ridged stripes
18   Dill
19   Asian lake
20   Unique aquarium attraction
22  Most impolite
24   Old high notes
25   Fairy
26  Bicycle built for two
29   Ventilators
33   Then, in Trouville
34   British pudding
35   District
36   Mr. __, sleuth
37   Hamlet and others
38   Telephone part
39   Chirp
40   Tied
41   Happening
42   Of different kinds
44   Uplifts

45   American industrialist
46   Cuticle
47   Layers
50   Witness chair
54   A Beery
55   English scullery maid
57   Forbidden
58   Alma box
59   Rushed
60   Plume provider
61   Omar
62   Transmit
63   Transactions

Down
1   Benches
2   Arrow poison
3   Tra __
4   On the slightest provocation
5   Repairs shoes
6   Pile up
7   Maine's symbol
8   __ in the hole
9   Hideaways
10  In an unfavorable position
11  Ancient musical instrument
12  Poisonous tree
13   Thaw
21   Hit
23   The Grecian __
25   Smooth
26   Manufacturing center of Havana cigars
27   Medicinal herbs
28   Memoranda
29   Adjusted to desired frequency
30   Bay window
31   Intended
32   Tars
34   Reserved
37   Derogates
41   Prevalent at one time
43   Poppycock
44   Piece out
46   Silver
47   Cookie
48   Arena bull
49   Derby
50   Pool
51   Solomon's favorite
52   Coward
53   Sprinkles with
56   The Man with the __
Plugged Nickel

BY DON GALGARDO AND C.C. BURNIE
EDITED BY RICH NORRIS AND JOYCE NICHOLS LEWIS

Across
1  Compares poorly
6  Unites
12  Scoundrel
15  Terminus of all roads?
19  Slip past
20  Lizard with a dewlap
21  Coleridge wrote one on dejection
22  Scrape, in totspeak
23  Flier with a magical rod?
25  Signal that nails are dry?
27  "We gotta go"
28  Work in a park, perhaps
30  Fight sites
31  Couple in a boat
34  Tokyo-born artist
35  Sweet tooth?
36  Addams family pasta suffix
37  Mil. address
38  Mil. address
39  Key, e.g.
40  Stable negative?
41  Word accompanying a message
42  Econ. measure
43  Anti at the ballpark
44  Full of nervous energy
45  Deep-six
46  Signal that nails are dry?
48  Sonata finale
50  Many an earring
51  Word accompanying a message
52  According to leader who gave up cigar-smoking in 1985
53  Leader who gave up cigar-smoking in 1985
54  Polish relative
55  "You serious?"
56  Checks for errors
57  Mideast language
58  Late-night show since 2010
59  Biomedical research agcy.
60  Insect stage after pupa
61  Slow start?
62  Founder of what is now Lima
63  Theater chain
64  Full of nervous energy
65  "My bad!"
66  Johnny... 
67  Call before a snap
68  Pa. airport north of PIT
69  Ring Cycle composer
70  Treasure stash
71  "As You Like It" forest
72  Close
73  Top 10 song
74  _ Gay
75  Close
76  Bingo cousin
77  Word from the Latin for "messenger"
78  Painter's undercoat
79  Universal donor's type, briefly
80  Part of the ad that sells the product?
81  Universal donor's type, briefly
82  Thus
83  Pasta suffix
84  Heat up quickly
85  Pasta suffix
86  Heat up quickly
87  Heat up quickly
88  Heat up quickly
89  Hesitant sounds
90  "Hey" sound
91  "Hey" sound
92  Alley lurkers
93  "Hey" sound
94  Ace garage door mechanic?
95  Geniality
96  Geniality
97  "Celebrate Radio" clothing line?
98  Chicken vindaloo
go-with
99  Where Puccini's "Turandot" premiered

Down
1  Digital indulgence
2  Came down
3  Ultra Leaguard brand
4  Polish for publication
5  Fourth-year group
6  _ water
7  Metaphorical facial embarrassment
8  Coaxes from a lamp, "with, out"
9  _ water
10  Really tick off
11  "You..."
12  Chuckle-inducing
13  Oral health org.
14  Alaska Range highlight
15  Loungewear item
16  Wilson of "Marley & Me"
17  Leon Uris' "_18"
18  Elongated fish
19  Desktop since 1998
20  Persian Gulf land
21  "The..."
22  Really tick off
23  Controversial blasts
24  Carrier pigeon's daily delivery?
25  _ Wicked one's lack?
26  Persian Gulf land
27  Eatery serving filled fare
28  First park with a Home Run Apple
29  "You..."
30  Fight sites
31  Couple in a boat
32  Vending machine item
33  Tokyo-born artist
34  Spaghetti
35  Gestation sites
36  Addams family patriarch
37  Mil. address
38  Key, e.g.
39  Stable negative?
40  Eco. message
41  Full of nervous energy
42  Econ. message
43  Anti at the ballpark
44  Full of nervous energy
45  Deep-six
46  Signal that nails are dry?
47  First name in fashion
48  First name in fashion
49  Word accompanying a message
50  San... jet set resort
51  Many an earring
52  According to leader who gave up cigar-smoking in 1985
54  Polish relative
56  Checks for errors
57  Mideast language
58  Late-night show since 2010
59  Biomedical research agcy.
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94  Ace garage door mechanic?
95  Geniality
96  Geniality
97  "Celebrate Radio" clothing line?
98  Chicken vindaloo
go-with
99  Where Puccini's "Turandot" premiered

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.

Level: 1 2 3 4

PRINT YOUR ANSWER IN THE CIRCLES BELOW

Last week's answers appear on the next page

By David L. Hoyt and Jeff Knurek. © 2016 Tribune Content Agency, LLC. All rights reserved.
ACROSS
1 TV's "The Twilight __ __ __ __ __ __
5 __ up on; studies __ __ __ __ __ 
10 Lie next to; cry of outrage __ __ __ __ __ __
14 Alimony payers __ __ __ __ __ __ __ __
15 Pyle or Eis __ __ __ __ __ __ __ __ __ __
16 Duplicate tubes __ __ __ __ __ __ __ __ __ __
17 Trevino's pegs __ __ __ __ __ __ __ __ __ __
18 Nasal __; cold __ __ __ __ __ __ __ __ __ __
19 Make a smudge __ __ __ __ __ __ __ __ __ __
20 Most common __ __ __ __ __ __ __ __ __ __
21 Kennedy and Koppel __ __ __ __ __ __ __ __ __ __
22 Author A.A. __ __ __ __ __ __ __ __ __ __
23 Tiny insect __ __ __ __ __ __ __ __ __ __
24 Carter's successor __ __ __ __ __ __ __ __ __ __
25 Japan's dollar __ __ __ __ __ __ __ __ __ __
26 Motifs; topics __ __ __ __ __ __ __ __ __ __
28 Carter's successor __ __ __ __ __ __ __ __ __ __
31 Desert refuge __ __ __ __ __ __ __ __ __ __
32 Prickly plant __ __ __ __ __ __ __ __ __ __
33 Wet spongy ground __ __ __ __ __ __ __ __ __ __
34 Wet spongy ground __ __ __ __ __ __ __ __ __ __
36 Is required to __ __ __ __ __ __ __ __ __ __
37 Home for a baby kangaroo __ __ __ __ __ __ __ __ __ __
38 Burn __ __ __ __ __ __ __ __ __ __
39 Building annex, often __ __ __ __ __ __ __ __ __ __
40 Burn slightly __ __ __ __ __ __ __ __ __ __
41 Crowbar __ __ __ __ __ __ __ __ __ __
42 Largest city in Australia __ __ __ __ __ __ __ __ __ __

SOLUTIONS

DOWN
1 Greek letter __ __ __ __ __ __ __ __ __ __
2 Farm animals __ __ __ __ __ __ __ __ __ __
3 Unnecessarily __ __ __ __ __ __ __ __ __ __
4 Curvy letter __ __ __ __ __ __ __ __ __ __
5 Break in a trial __ __ __ __ __ __ __ __ __ __
6 Wear away __ __ __ __ __ __ __ __ __ __
7 Jillian & others __ __ __ __ __ __ __ __ __ __
8 Like, hipster-style __ __ __ __ __ __ __ __ __ __
9 Observe __ __ __ __ __ __ __ __ __ __
10 Performing __ __ __ __ __ __ __ __ __ __
11 Sore as a __ __ __ __ __ __ __ __ __ __
12 "It Came __ __ __ __ __ __ __ __ __ __
13 Actress Daily __ __ __ __ __ __ __ __ __ __
14 Midnight Clear __ __ __ __ __ __ __ __ __ __
15 Make a smudge __ __ __ __ __ __ __ __ __ __
16 Better __ __ __ __ __ __ __ __ __ __
17 "The Piper of Hamelin" __ __ __ __ __ __ __ __ __ __
18 Long sandwich __ __ __ __ __ __ __ __ __ __
19 Make a smudge __ __ __ __ __ __ __ __ __ __
20 Most common __ __ __ __ __ __ __ __ __ __
21 Kennedy and Koppel __ __ __ __ __ __ __ __ __ __
22 Author A.A. __ __ __ __ __ __ __ __ __ __
23 Tiny insect __ __ __ __ __ __ __ __ __ __
24 Carter's successor __ __ __ __ __ __ __ __ __ __
25 Japan's dollar __ __ __ __ __ __ __ __ __ __
26 Motifs; topics __ __ __ __ __ __ __ __ __ __
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3/16/16
LOVE ESSENTIALLY

‘I’m sorry’ are crucial words in a relationship

"Love means never having to say you're sorry" might be one of the most famous movie lines of all time. But while I'm a huge fan of the 1970 film, "Love Story," I have to say I completely disagree with this now well-known catchphrase. If you are truly in love, there aren’t too many things that mean more than a warranted apology.

But I feel like people have such a hard time saying ‘I’m sorry,’ and I’m not sure why. Is it because pride gets in the way? Does a lack of self-awareness come into play? Do men and women not realize the positive impact a sincere apology can have?

For answers to these questions, I reached out to Jason Price, Northbrook-based licensed marital and family therapist. Price said one possible reason people struggle with saying "I'm sorry" is fear. "Because they are admitting blame for something, some people feel that when they apologize, they are giving up control in some way," said Price, who has been in practice for 17 years. "The fear is that during the next argument, what they apologized for will be thrown back in their face."

In my opinion, there are two types of apologies: the "real" or sincere apology, and the insincere kind, said out of obligation or just to get the other person to back off and/or drop it.

Let's start with the insincere apology. Have you ever had someone apologize like this?

I'm sorry, but you are completely blowing this out of proportion. The reason I was late is because I had to work. I'm trying to make money and you just don't understand.

Price said bad apologies make the receiver feel like he or she overreacted, and that their feelings are unjustified. The bad apologizer turns the situation around and sometimes even makes him or herself the victim.

I would rather have no apology at all than a bad apology. Wouldn't you?

On to the sincere apology. Here are four key components:

1. The person says specifically what he or she is sorry for and expresses empathy. For example, "I'm sorry I said that to you. It wasn't nice and I can see how it would hurt your feelings."

2. They validate the other's feelings. They might say something like, "I can see why you are so hurt and upset." An apology that includes validation makes the other person feel like he or she is being heard.

3. There is no excuse attached. A good apology doesn't include the word "but." There is no rationalizing.

4. They talk about the future. The apologizer might ask, "What can I do to make you feel better?" or they might say, "Here is how I'm going to handle it next time."

An apology can also include a gift. Flowers, a bottle of perfume or a gift card are great ways of showing remorse, not just because they are material things, but because going out and buying them take time and effort, which shows the person you care.

Another nice gesture is a handwritten apology note or card.

Versus words coming out of your mouth, a pen and paper shows the intensity of your sincerity.

I think it takes guts to apologize. Expressing remorse exposes vulnerability and forces a person to admit their imperfections with the person they love. But if the relationship is solid, it shouldn't matter. In fact, a sincere apology could even strengthen the bond.

Apologizing also takes self-awareness. Do you know how many people don't say "I'm sorry" because they lack self-awareness and therefore cannot admit fault? In other words, they can't look in the mirror and say, "I messed up big time." People who lack self-awareness (and who can't apologize) are usually pretty unhappy, not to mention pretty stupid. They blame everyone else for their problems and anything that goes wrong.

I do have to mention that there is always a chance of an apology going unaccepted - even if it is a sincere apology. This could leave the apologizer shocked, sad, disappointed, frustrated or full of regret.

But no one should regret doing the right thing. In other words, never be sorry you apologized.

I'll leave you with a movie line I really loved.

In the 1988 megahit "Die Hard," Bruce Willis says, "She's heard me say I love you a thousand times. She never heard me say I'm sorry... Will you tell her that John said that he was sorry, OK?"

Now that's what I call a real apology.

Jackie Pilossoph is a freelance columnist for Pioneer Press.
Music is effective therapy in improving medical outcomes

There is some evidence behind music therapy.

Coconut can ease diarrhea;
Foot odor? Go barefootin’

Coconut macaroons have a reputation — supported by research — for combating chronic diarrhea. Cause noxious foot odor thrive in warm, dark, moist environments and feed on dead skin cells sloughed off the feet. So whenever it’s socially acceptable, go barefoot. (Not socks only, not slippers — barefoot.)

Q: My dog gets colitis when she is under stress. Knowing my mother’s success with coconut macaroons to ease diarrhea after cancer treatments, I thought of giving some to my dog. I didn’t want to give her cookies with sugar, so I just sprinkled unsweetened coconut (about a half-teaspoon) on her two meals a day, and all is well.

Q: A few years ago, my vitamin D was so low, it was almost undetectable. I had widespread muscle and joint pain and was diagnosed with fibromyalgia. My feet would cramp so badly at night that I was unable to walk. My hands burned and ached, and I could not make a fist or spread my fingers without extreme pain. My elbows were so painful, I could not even lean them on a foam pillow. I was miserable.

Q: When you write about foot odor, allow me to recommend a simple treatment: Take your shoes and socks off. The organisms that cause noxious foot odor thrive in warm, dark, moist environments and feed on dead skin cells sloughed off the feet. So whenever it’s socially acceptable, go barefoot. (Not socks only, not slippers — barefoot.)

By Joe Graedon and Teresa Graedon
King Features Syndicate

Coconut macaroons have a reputation — supported by research — for combating chronic diarrhea.

50,000 units once a week, with 3,000 IU daily thereafter. My vitamin D level was still low, and the dose went up to 5,000 IU. I now take 7,000 IU of vitamin D daily.

Adding Vitamin D to my daily multivitamin has been a lifesaver. Many of the fibromyalgia symptoms went away, and others have been mitigated.

A: A review by the advocacy group Vitamin D Council suggests that people with fibromyalgia should try to keep their level of 25-hydroxyvitamin D, measured with the simple blood test you mentioned, at or above 40 nanograms/milliliter.

Our “Guide to Vitamin D Deficiency” has information on many symptoms of low vitamin D and how to increase it. For a copy, please send $3 in check or money order with a long (No. 10), stamped (71 cents), self-addressed envelope to: Graedons’ People’s Pharmacy, No. D-23, P.O. Box 52027, Durham, NC 27717-2027.

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

"The friends that I have made here have turned my life around."

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OAK PARK | GENEVA ROAD

Winner of the George Mason University Healthcare Award for the Circle of Friends memory program for Mild Cognitive Impairment.

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BUFFALO GROVE | GLENVIEW
OAK PARK | GENEVA ROAD

Winner of the George Mason University Healthcare Award for the Circle of Friends memory program for Mild Cognitive Impairment.
New book: For kids’ sake, parents must take charge

By Leanne Italle
Associated Press

Dr. Leonard Sax has been a family physician and psychologist for 27 years, conducting workshops around the world for parents, teachers, social workers, counselors, school psychologists and juvenile justice professionals.

He’s also a dad, and it’s from all those perspectives that he took on his “The Collapse of Parenting” (Basic Books).

Sax, who lives in Exton, Pa., argues that American families are facing a crisis of authority, where the kids are in charge, out of shape emotionally and physically, and suffering because of it. He calls for a reordering of family life.

An edited transcript of a conversation with Sax:

Q: What exactly do you mean by a collapse of parenting?
A: The transfer of authority from parents to kids. I think you should treat kids like grown-ups. You have to be mature and to behave, and I think that's what it means to treat someone like a grown-up, in many other situations, although the phrase to treat someone like a grown-up is ambiguous. It’s not about the abdication of authority. You now find kids at 10, 12, 14, 16 years old who are in the car at 2 o’clock in the morning. You (should) take the device at night and put it in the charger, which stays in the parents’ bedroom. No child should have a phone in their bedroom unsupervised.

That’s not just my opinion. That is the official teaching of the American Academy of Pediatrics in guidelines published in (in) October 2013. But you would be astonished, or maybe you wouldn’t be, how many parents find that an impossible recommendation. They feel that they have no authority over their children in many, many domains.

Q: You refer to the value of family dinner.
A: The research shows having a family meal at home without distractions is important. Every day. Not doing that indicates that time spent at home with parents is the least important priority. It doesn’t matter. It can be overlooked and forgotten.

By communicating that time at home as a family is our highest priority, you are sending the message that family matters. So many kids are in the race to nowhere, trying to add things on to their resume through extracurricular activities with no sense of why. They just burn out at 15 years of age.

Q: What about time spent in the car?
A: No earbuds in the car. That time in the car is precious. The time in the car is for you to listen to your child and your child to listen to you.

Q: What types of things can parents do to help a child or teen become a fulfilled adult?
A: The first thing is to teach humility, which is so now the most un-American of virtues. When I meet with kids I ask them what they think it is and they literally have no idea. The high school kids are more clueless than the third-graders.

They have been indoctrinated in their own awesomeness with no understanding of how this culture of bloated self-esteem leads to resentment. I see it. I see the girl who was told how amazing she was and who is now resentful at age 25 because she’s working in a cubicle for a low wage and she’s written two novels and she can’t get an agent.

The second thing is to enjoy the time with your child. Don’t multitask. Get outdoors with your child.

The last thing: Teach the meaning of life. It cannot be just about getting a good job. It’s not just about achievement. It’s about who you are as a human being. You must have an answer.

Q: You’ve been a family physician. Parents ask things that are difficult. How do you respond?
A: Research shows having a family meal at home without distractions is important. Every day. Not doing that indicates that time spent at home

Families are facing a crisis of authority, where the kids are in charge, out of shape emotionally and physically, and suffering because of it. He calls for a reordering of family life.

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Confront adversity head-on

By Cynthia Kane
The Washington Post

How many times have you heard someone say, “I just need to get over it so I can get on with my life.” When we are frustrated, hurt or angry, sometimes we just want an instant solution. We think if we say the words “Get over it,” then we can move past it.

This can make it impossible to work through the reality of things.

“When we resist change and loss, we bring more pain onto ourselves. We become hardened, angry, resentful,” says Elizabeth Lesser, co-founder of Omega Institute, a nonprofit that focuses on well-being and development, and author of “Broken Open: How Difficult Times Can Help Us Grow.”

“It’s only by facing things directly that we can learn from them and make plans about how to proceed,” says author and positive psychology expert Caroline Adams Miller. “When we resist change, instead of facing them head-on, we rob ourselves of the opportunity to grow from it and potentially keep it alive by failing to come to a mental conclusion about its significance.”

Facing a situation takes time. It means training our attention gently on whatever it is that’s happening. Instead of trying to get over it, which is a form of resistance, we want to observe the difficulty directly, and then acknowledge it and the emotions we feel.

We want to see what it can teach us. Here’s how:

Observe, don’t obsess:
If we obsess about a situation, we’re likely to despair that there’s no way out. “When we rehash the stories of our loss or how we were wronged over and over again, it’s victimhood over growth and liberation,” Lesser says. We need to acknowledge the circumstances for what they are and then make a conscious decision not to ruminate.

Feel: For a long time I disliked feeling sad or upset so much that I’d pretend I wasn’t. I had to learn to allow my feelings to be there, to be open to whatever was coming up for me. When I let myself experience all of my emotions, feelings of being overwhelmed dissipated. Suddenly, what before seemed impossible to overcome seemed easier to work through.

“In many traditions,” Miller says, “giving something a name is how we neutralize its power over us because it’s no longer a vague, undefined emotion; for example, it’s ‘loneliness’ or ‘envy.’ Once we identify what we are feeling, we neutralize its power; for example, it’s ‘loneliness’ or ‘envy.’ Once we identify what we are feeling, we neutralize its power.

Face: Often we resist change and loss because it’s not in our comfort zone. “The key is to be attentive to yourself,” Miller says. “By letting our feelings be as they are, we give ourselves an opportunity to work through what pains us instead of denying it as a part of us.”

Grow: When my best friend passed away unexpectedly, I obsessed over how and why it happened, thinking if only this or that had been different. I asked questions that didn’t have answers and I felt1. I’s had time to reflect, the last thing I wanted, where I knew I would have to choose a path.

There have been times in my own life,” Lesser says, “when a loss or a change overwhelmed me, and I wanted to run from my feelings, my behaviors, my sense of shame or blame, but instead I turned to them and asked what they had to come teach me. And in that turning, the difficulties helped me re-evaluate who I was, what I wanted, where I was going on my life journey.”

If I had resisted what was happening, I would have stayed in the story that life was unfair, that there wasn’t any point to it, and ended up bitter and cynical. But by asking what I can learn, I found I could survive it. The worst possible thing happened, and I was OK.

“Enormous personal power is unleashed when we relax into life just as it is,” Lesser says. “And by personal power, I don’t mean power over other people. I mean being your most authentic self, which is where the best kind of power comes from: the power to live a happy, contributive, purposeful life.”

Cynthia Kane is a freelance writer.
Deerfield colonial with private deck, finished basement: $975,000

ADDRESS: 1034 Greenwood Ave. in Deerfield
ASKING PRICE: $975,000
Listed on Jan. 11, 2016

Contemporary living with traditional touches in this Deerfield stone and stucco residence. This 2008-built home has a dramatic two-story entryway, living room, gourmet kitchen and breakfast room. The large family room with a fireplace anchors the home's main level, while upstairs the master bedroom has an in-suite bathroom and private deck. On the lower level, the basement is fully finished with space for a home theater and personal gym. Prime location, mere blocks from the Metra and Jewett Park.
Agent: Ken Snedegar of Redfin, 847-379-1521

At press time, this home was still for sale.

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metromix.com
Please call the venue in advance.

St. Patrick's Day Bash: White Pines
hosts a St. Patrick's Day Bash in 37 Bar &
Grill, featuring a corned beef buffet,
specialty and craft beers. 5 p.m. Thurs-
day, White Pines Golf Club, 500 W.
Jefferson St, Bensenville, free, 630-766-
6304

Citizens’ Climate Lobby-Evanston:
Help build the political will for a stable
climate by empowering breakthroughs
in personal and political power. Sup-
ports a carbon dioxide fee and dividend
plan to reduce carbon pollution, in-
crease jobs and save lives and lobbies at
the national level. 9:15 a.m. Thursday
March 5. Lincolnwood Community
Center, 4170 W. Morse, Lincolnwood, $20 for Lin-
colnwood Social Club members and $24
for nonmembers, 847-677-9740

“Bridge of Spies”: An American
attorney is tasked with negotiating the
release of U-2 spy plane pilot who was
shot down over Russia at the height of
the Cold War in this historical drama. 2
and 6:30 p.m. Thursday, Morton Grove
Public Library, 6140 Lincoln Ave., Morton
Grove, free, 847-929-5000

North Shore Village: Your Home,
Your Choice: North Shore Village (an
idea, not a place) is a grassroots, not-for-
profit organization of volunteers who
work to provide a caring support net-
work, including social and educational
opportunities as well as volunteer and
yet serviced providers. Come meet
representatives of North Shore Village
at an informal reception. 10 a.m. Thurs-
day, North Suburban YMCA, 3705
Techy Road, Northbrook, free, 847-
272-7250

Neil DeGrasse Tyson: Five Cosmic
Questions: Before he dies, Neil De-
Grasse Tyson, host of the renowned
television series Cosmos, would like to
know the answers to five questions
about the universe and our place in it.
10 a.m. Thursday, North Shore Senior
Center, 620 Lee St., Des Plaines, $15 to $25, 800-838-
3006

Silver Screen 101: For those who
would like to make a movie, come join
in this class, where participants come
away with a three to five minute short
film project. Learn what a writer, a
director, a director of photography and
many other key positions contribute to
the movie making process. 6 p.m.
Thursday and Tuesday, Park Ridge Park
District-Centennial Activity Center, 100
S. Western Ave., Park Ridge, $10, 847-
692-3597

Legends of Laughter II: The Comedy
Teams Film Series: This ten-film
series showcases the great movie comedy
teams of the 1930-50s. 7 p.m. Thurs-
day, Park Ridge Public Library, 20 S.
Prospect Ave., Park Ridge, free, 847-720-
3209

22nd Annual Chicago Paper Money
Expo: CPMX features a world-class
bourse with dealers specializing in
various aspects of collectible paper
money, stamps, bonds and related items.
The U.S. and world rare currency auc-
tion is cataloged and conducted by Lyn
F. Knight Auctions. A number of collect-
ing organizations, experts and grading
companies are also in attendance for all
your paper money collecting interests. 2
Thursday, 10 a.m. Friday-Sunday, Crown Plaza O'Hare International,
5440 N. River Road, Rosemont, $5-$15,
715-257-6034

The Jewish Course of Why: The top
50 questions about Jews and Judaism
for nonmembers, 847-677-9740

Friday, March 18

Chicago Doo Wop Dreams: Music,
Chicago, Live brings their hit show
“Chicago Doo Wop Dreams” to the
historic Leela Arts Center in Des
Plaines for a limited run. 7:30 p.m. Fri-
day, Leela Arts Center, 620 Lee St., Des
Plaines, Tickets are $15 to $25, 800-838-
3006

Irish Heritage Singers: The Irish
Heritage Singers bring their unique
choral strength to the historic Leela
Arts Center for one night only. 7:30 p.m.
Friday, Leela Arts Center, 620 Lee St.,
Des Plaines, $15 to $25, 800-838-3006

Saturday, March 19

Easter Eggstravaganza: Children
must be pre-registered to participate in the
hunt. Each child is allowed to find
10 eggs. Those children ages 2 through
4 take part from 9:45-10:25 a.m. and kids
ages 5 through 7 take their turns from
10:30-11 a.m. Attendees may purchase
an instant print of children with the
Easter Bunny for $2 or use own camera.
Bring a basket and dress weather-ac-
cordingly! 9:45 a.m. Saturday, Varble
Park, 1000 W. Wood St., Bensenville, $3
for all participants, 630-766-7015

Film Screening of “Finding Vivian
Maior”: NW Suburban AAUW and the
Des Plaines Library honor Women’s
History Month by showing “Finding
Vivian Maier,” the critically acclaimed
documentary about a mysterious nanny,
who secretly took over 100,000 photo-
graphs that were hidden in storage
lockers and discovered decades later.
Register at website. 10:30 a.m. Saturday,
Des Plaines Public Library, 1501 Ellin-
wood St., Des Plaines, free, 847-827-5551

Turn to Calendar, Next Page
Antique and Estate Auction
PACE AUCTIONS
794 Lee St. Des Plaines, IL. 847-296-0773
Monday, March 21, 2016 at 6:00 P.M.
Preview 3/21 beginning at 3:00 P.M.
Estate and costume jewelry; Pins, medals, and badges; Perfume bottles; Sevres porcelain;
French enamel ware; Steuben; Galle; Sanborn silver;
Jean Luce dishes; Wavecrest; Austrian bronze;
Civil War medical kits; Paperweights; Quilts;
Postcards; Mendelshon bronze tray; Art Nouveau jeweled lamp; Russian icons; Soda fountain
dispensers and displays; Dynamite blaster; Rough Riders horsehair bridle made by E. Dalton with
documentation; Military cartridge box; Kachina doll;
Nazi mess kits; Cast Iron figural andirons; Fishing
tackle; Accordion; Oriental wardrobe; Carved oriental
display cabinet; Michael Garmin shadowbox; Royal
Doultom mugs. Large selection of Oriental collectibles
including: Celadon, Cloisonne, Sumita Gawa; Imari;
Delft monkey; Enamled bronze boxes; Jade;
Scepters; Tzu Chou statuettes. Pottery collection
Including: Fulper, Van Briggle, Weiler, Rookwood;
Gouda; Roseville; Hampshire; English. Crock collection
including; Beehive jugs; Coolers; Advertising; Churns;
Salt Boxes; Cheese crocks; Spongeware; Redwing.
Paintings including; Reddy; Shirlaw; Sandzen; Loran;
Thors; Sinderberg. Box lots, cart lots, estate furniture
which will not be offered online.
Please pay for all purchases on the day of the sale.
Visa, MC and Checks (with guarantee) accepted.
Absentee bids with credit card. A Photo ID Required
for registration 10% Sales Tax applied to all sales:
15% Buyers Premium cash or check and 17.5%
with credit card payment. Online bidding offered.
IL 441000285 QUALITY Consignments Accepted.
Photos also available on paceantiquesandauction.

Estate and collection liquidation contact
David at (847) 296-0773 or
email photos to Mondayauction@aol.com.
Estate liquidation specializing in
any kind of collections.

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866-399-0537

To Place An Ad Online go to:
placeanad.tribunesuburbs.com
CALENDAR

Calendar, from Previous Page

Pink Floyd Night In The Flesh: The Midwest's #1 Pink Floyd returns to Chicago's North Shore at last. Elaborate staging, costumes, and lighting bring the band's classics to life in a one-of-a-kind theatrical feast for the senses. 9 p.m. Saturday, 27 Live, 1012-3014 Church St., Evanston, $12 (in advance), $15 (at the door), 630-715-3936

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, 847-844-8045

Animal Arts and Seasonal Stories: "Animal Arts & Seasonal Stories" are recommended for children ages 5 and up, but there is no minimum age requirement. 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, Mitchell Museum of the American Indian, 3001 Central St., Evanston, $3 kids, $5 adults, 847-475-1030

Immanuel Lutheran Church Winter Market: Learn about the benefits of eating fresh and locally grown foods. Shop for a variety of seasonal and artisan products. 8 a.m. Saturday, Immanuel Lutheran Church, 616 Lake St., Evanston, free, 847-864-4464

A Peek into the Jewelry Box: Gem aficionados and enthusiasts alike are invited to come and take a peek into the private jewelry treasures of a few selected collectors, hear the stories behind each glittering acquisition, and discover what sparked their passions. 4 p.m. Saturday, Evan J. Alfille Gallery and Studio, 623 Grove St., Evanston, free, 847-869-7920

Library Links Spring Golf Clinic: The Chip Shot: This is open to beginning youth and adult golfers (ages 12 and up). In this 1-part you can learn how to effectively use an 8 Iron to get the ball close to the hole, leave you with just a tap-in putt. Session ends with a rules discussion and hands-on practice. Teaching professionals Michael Stone of the Glenview Park Golf Club is offering a two-part short game clinic - session series at the Library. 2:30 p.m. Saturday, May 20, 2023, Glenview Public Library, 1300 Glenview Road, Glenview, free, 847-729-7500

Puppet Place Presents: Magic On-Ion: Celebrate World Folk Tales and Festivals. Week with this new take on traditional tales. This family fun is filled with hilarious twists, music, and songs. Preference is given to Glenview Library cardholders for this event, however registration is needed by calling or to the website. 11 a.m. Saturday, Glenview Public Library, 1301 3900 Glenview Road, Glenview, free, 847-729-7500

Eggsstravaganza and Breakfast with the Bunny: Children of all ages will have a hopping good time at this old-fashioned egg hunt. In case of rain, the event is held in the Main Gym. Before the egg hunt, enjoy breakfast with the Easter Bunny in the Lakeview Room. Cereal, fruits, bagels, pastries and other treats are on the menu. Registration for breakfast is required, which is offered from 8:30-9:30 a.m. 10 a.m. Saturday, Glenview Park Center, 2400 Chestnut Ave., Glenview, free, 847-729-5760

"Mearra": Celtic Fairytale Musical: This Celtic fairytale fantasy of the Selkie is the setting for "Mearra: Selkie from the Sea," a musical multimedia extravaganza. This is a family-friendly presentation based on the story of a mythical seal with the mysterious ability to transform into a human being. 1 p.m. Saturday, Morton Grove Public Library, 6460 Lincoln Ave., Morton Grove, free, 847-892-5090

Meet Eleanor Roosevelt: Award-winning actress and scholar Leslie Goddard portrays Eleanor Roosevelt, one of the most fascinating and influential public figures of the 20th century. 2 p.m. Saturday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Tinker Labs: Come learn, experiment, and play with the variety of techy fun stuff: Sphero, Ozobots, Raspberry Pi kits, Makey Makey, and more! All ages are welcome. 2 p.m. Saturday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Arts Explosion: Instructors from Terra Sounds School of Music & Arts will showcase a hands-on experience for kids featuring disciplines such as percussion, sound recording, acting, music and visual arts. Drop-in and spend as much time as you like at each station. 10 a.m. Saturday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Writing the Short or Feature Screenplay: This class is for writers ages 18 and up who can be in a creative environment to kick start the screenplay process. At the end of the class, participants have an understanding of what turns a story into a successful screenplay. Please register in advance by contacting the Centennial Activity Center or for more information. 2 p.m. Saturday, Park Ridge Park District-Center Activity Center, 100 South Western Ave., Park Ridge, $100, 847-692-3597

Twenty-first Star Chapter March Genealogy Workshop: A Genealogy Workshop, sponsored by the Twenty-first Star Chapter, Daughters of the American Revolution, runs until 12:30 p.m. on the third floor of the theater. Attendees have the opportunity to work with one of the members on the lineage research team and receive assistance with application papers. This workshop is for women who are interested in joining the DAR. Please call Dorothy Wilson. 9:30 a.m. Saturday, Park Ridge Public Library, 20 S Prospect Ave, Park Ridge, free, 847-328-6946

The Purim Spiel a musical parody: Well-known Chicago comedian Caryn Bork, is featured in the Purim Spiel (musical parody) "The Queen and U" which runs three times. The Musical Director is Howard Pfeifer who has recently worked in the Chicago musical productions "Beautiful" and "Bye Bye Birdie." 8 p.m. Saturday and 1:30 p.m. Sunday, Ezra Habonim, Niles Township Jewish Congregation, 4500 Dempster St., Skokie, $20 adults, $10 children; $25 and $12 at door, 847-675-4141

Alan Gerber: Coming Home: Singer, songwriter and musician Alan Gerber returns home to his Skokie roots. The show presents Gerber's wide music range from R&B, rock and jazz with him playing a variety of musical instruments including piano, guitar, bass, accordion and violin. 8 p.m. Saturday, Skokie Theatre, 7924 N. Lincoln Ave., Skokie, $25, 847-677-7761

Paula Poundstone Headlines: Paula Poundstone is one of our country's foremost comedians. You can hear her as a regular panelist on NPR's popular weekly news quiz show, "Wait Wait... Don't Tell Me." 8 p.m. Saturday, North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie, $45 - $52, 847-673-9501

Preserving Survivor Stories: Ask Holocaust survivor Pinchas Gutter any question you would like, and "natural language" technology 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, 847-967-4800

Chicago's Famed Second City at the Theatre: "Theater of the New City" returns home to his Skokie roots. The show features classic material made famous by Second City stars Tina Fey, Stephen Colbert and Steve Carell, along with brand new scenes, songs and improv straight from their sold out shows in Chicago and Toronto. 7:30 p.m. Saturday, Niles North High School, 9800 North Lawler St, Skokie, Tickets for this one-night only event are $30 general seating; $50 limited cabaret seating, and $10 student-only general admission with an ID. Non student tickets can be purchased online. 888-797-1606

Plaza del Lago Annual Easter Egg Hunt: This annual Easter Egg Hunt is designed for children ages 10 and under. The event is highlighted by a special appearance of the Easter Bunny. Small baskets are provided for the "bunnies." 9:30 a.m. Saturday, Plaza del Lago, 1515 Sheridan Road, Wilmette, free, 847-884-0000

Sunday, March 20

Megan McDonough and Susan O'Halloran: 2 p.m. Sunday, SPACE, 1245 Chicago Ave., Evanston, $17-$28, 847-492-8860

Joe Filliska and Eric Noden: With special guest Andy Cohen. 7:30 p.m. Sunday, SPACE, 1245 Chicago Ave., Evanston, $15-$22, 847-492-8860

The Strings of Spring at Nichols Hall: Rambrandt Chamber Players perform works by Hindemith, Bach and Brahms. 3 p.m. Sunday, Nichols Concert Hall, Music Institute of Chicago, 1490 Chicago Ave., Evanston, $35 general admission, $10 student, 312-360-3455

Project Space: Curatorial Vision Series: The Art Center invites three curatorial practice students from the School of the Art Institute to present an exhibition and public programming that engages audiences in meaningful ways while fostering the Art Center's relationship to its community. Young curators are selected during the spring/summer of 2015. 10 a.m. Sunday-Wednesday, Evanston Art Center, 1717 Central St., Evanston, free, 847-475-5300

John Williams' Sunday music session: 3 p.m. Sunday, The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

Family Circus Workshop: Looking for some quality time as a family? Try this circus class for those aged 8 and up, with for moms, dads, sons, daughters, grandparents, etc. Work together to learn basic skills in silks knot, partner acrobatics and rolling globe in a fun way the entire family can enjoy! Noon Sunday, Actors Gymnasium, 927 Noyes St., Evanston, $25, 847-338-2795

The Risen Life: Transformed Relationships: All are welcome to this lecture/discussion in a speaker series on Turn to Calendar, Next Page
Kane Brown at Joe’s Live Rosemont:
“Don’t Go City on Me” and “Used to Love You Sober” are singles by Kane Brown. 7 p.m. Sunday, Joe’s Live Rosemont, 5441 Park Place, Rossmont, $12, 847-261-0392

Purim Carnival in Skokie:
Games of chance, lots of prizes, a Bouncy House and a great deal of fun for children ages 12 and under is available and continues until 12:30 p.m. Game and lunch tickets may be purchased at the door, however the first 25 children under 12 each receive 25 free game tickets and a special prize. Hot dog lunch is available. 9 a.m. Sunday, Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, 25 cents per ticket, 847-675-4181

Purim Star Wars Carnival:
Join Beth Hillel Congregation Bnai Emunah for a Purim Star Wars Carnival - May the Force Be with You, until 1:30 p.m. Channel your inner Jedi knight with amazing games, entertainment and delicious food. Come dressed as your favorite character. For further information, call 1-312-305-5055. Beth Hillel Congregation Bnai Emunah, 3220 Big Tree Lane, Wilmette, Tickets for purchase, 847-405-8246

Lecture: Lost Airports of Chicago:
Come hear an illustrated talk by pilot, flight instructor, and author Nick Senig about the role small Chicago airports played in our nation's history. 2 p.m. Sunday, Niles Community Center, 6900 N Lincoln Ave., Lincolnwood, free, 847-677-5277

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

Tuesday, March 22

Smile and Rhyme Story time (ages 2 and up with adult): Just drop in to hear Miss Fran share stories, rhymes, and songs in the Cafe. Stay for a snack and to chat after the program. Children must be accompanied by an adult. 10:30 a.m. Tuesday, Heinen’s Grocery Store, 1020 Waukegan Road, Glenview, free, 847-729-7500

CJE Senior Life Counseling:
Counseling is provided to adults 60 and over, their families, and caregivers and includes topics such as: selecting appropriate retirement benefits, picking the right health insurance and Medicare programs, determining housing needs, and identifying supportive resources. For more information, make an appointment, call Kathy Gaeding at 773-508-1054. 9:30 a.m. Tuesday, Glenview Public Library, 1303 Glenview Road, Glenview, free, 847-729-7500

The BANNA Irish Duo:
Named for one of the most beautiful beaches in Ireland, BANNA has been singing Irish favorites together since 2001. Comprised of a beautiful blendings of rich voices, guitar and keyboard, BANNA’s music transports you to a joyous place. May the sound of happy music, and the lift of Irish laughter, fill your heart with gladness, that stays forever after. Please register by calling or go to the website, 7 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

YMCA School Age Art Class (grades 1-2):
The North Suburban YMCA Art Academy provides this special opportunity for first and second graders to explore and create art. Space is limited and preference is given to Glenview Library cardholders. Please register by calling or to the website, 4:15 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Preschool Storytime Offsite:
This fun, interactive storytime emphasizes letters, numbers, shapes, colors, and other concepts to provide a language-rich experience. Weekly attendance encouraged. 10 a.m. Tuesday, Lincolnwood Community Center, 6900 N Lincoln Ave, Lincolnwood, free, 847-677-5277

Books in the Woods:
Registration required. This book discussion at L. Woods features “The Moor’s Account” by Laila Lalami. 7:30 p.m. Tuesday, L. Woods Tap & Pine Lodge, 7110 N. Lincoln Ave, Lincolnwood, free, 847-677-5277

Film: “Spy”:
In this comedy, a deskbound CIA analyst volunteers to go undercover to infiltrate the world of a deadly arms dealer and present diabolical global disaster. 10-30 a.m. Tuesday, Morton Grove Public Library, 6140 Morton Ave., Morton Grove, free, 847-929-5090

Mozart’s “Requiem”:
Niles Metro Chorus performs Mozart’s “Requiem” this spring. New singers are welcome, and for more information, please call. Rehearsals are weekly, every Tuesday. 7 p.m. Tuesday, St. John Brebeuf Parish Church, 8307 North Harlem Ave., Niles, free, 702-806-8421

Camera Club:
The club meets on the fourth Tuesday of each month. 10 a.m. Tuesday, Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-392-3597

Dancing for Weddings and Special Occasions:
This class is taught by a...
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professionally-trained, working dancer and dance instructor to help participants brush up on all of the most important dances for that special event. Please register in advance by contacting the Centennial Activity Center, 10:15 a.m. Tuesday, Park Ridge Park District- Centennial Activity Center, 100 South Western Ave., Park Ridge, $72 member; $80 guest, 847-692-3597

Life Transitions Group: A support group for men and women who have been widowed for one to four years. The group is volunteer-facilitated and held on the fourth Tuesday of each month. 7 p.m. Tuesday, Park Ridge Nonprofit Center, 720 Garden St., Park Ridge, $5 per session, 847-720-4170

Wednesday, March 23

Chuck Prophet: 8 p.m. Wednesday, SPACE, 1245 Chicago Ave., Evanston, $15-$25, 847-492-8860

Live Music Wednesdays with the Josh Rzepka Trio: Hear the music of Dizzy Gillespie, Charlie Parker, Thelonious Monk and other classics of the era played by the Josh Rzepka Bebop trio. Reservations can be made online or by calling: 6:30 p.m. Wednesday, Found Kitchen & Social House, 1631 Chicago Ave., Evanston, free, 847-868-8945

BOOKIt Nonfiction Book Group: “The Telling Room: A Tale of Love, Betrayal, Revenge and the World’s Greatest Piece of Cheese” by Michael Paterniti. Book selections are available one month prior to BOOKIt Nonfiction Book Group meetings at the Reader Services Desk. New members are always welcome, so just drop in. 7 p.m. Wednesday, Glenview Public Library, 1380 Glenview Road, Glenview, free, 847-720-7500

Friends of the Lincolnwood Public Library: The group meets on the fourth Wednesday of each month. 7:30 p.m. Wednesday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277

Knitting Studio and Workshop: Each Wednesday afternoon, Certified Knitting Instructor Mary Staackmann provides personalized instruction, answers any questions about knitting, and perhaps gets you started on a new project. Bring your supplies or project in progress. Brush up on your skills, learn new techniques, or just spend an afternoon knitting with others. 1:30 p.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-784-6060

Beginning Bridge Classes: This series of lessons with a certified Bridge Master is for those who have never played bridge or haven’t done so in a long time, and have forgotten how to bid and play. Call to register in advance or for information. 12:30 p.m. Wednesday, Park Ridge Park District- Centennial Activity Center, 100 South Western Ave., Park Ridge, $79, 847-692-3597.

Purim Under the Sea: Sail off on an exciting Purim adventure for all ages! The highlights include: sushi chef, bubble show, hot food buffet, L’chaim for everyone, and the cost per person is for the pizza dinner. 6 p.m. Wednesday, Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, $6 per person for the entire evening, 847-675-4141

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. The evening starts with a tasty dinner-sometimes chicken, sometimes pasta or pizza. 6:45 p.m. Wednesday, First Congregational Church of Wilmette, 1125 Wilmette Ave., Wilmette, free, 847-251-6660

Have an event to submit? Go to chicagotribune.com/calendar
**Zootopia** ★★★
*PG, 1:48, animated*
Somehow, Disney has managed to pull off a hard-boiled police procedural thriller about political corruption starring an adorable, large-eyed bunny. Judy Hopps (Ginnifer Goodwin) is a plucky bunny who sets her sights on life in the big city of Zootopia, making the world a better place as a police officer. Judy throws herself headlong into an investigation of missing mammals, specifically one Emmet Otterton, with the aid of wisecracking fox Nick (Jason Bateman). One of the strongest messages is about discrimination and not judging someone by a stereotype. And as the heart of the story, Judy’s boundless enthusiasm and can-do attitude keep the story properly on message. - Katie Walsh

**London Has Fallen** ★½
*R, 1:40, action*
The frenzied sequel to 2013’s “Olympus Has Fallen,” which returns Gerard Butler to his role as Mike Banning, the U.S. president’s infallible protector, works on a very low level of bloodthirsty escapism. When the president (Aaron Eckhart) attends the funeral of the British prime minister, he and a collection of world leaders come under siege in an astonishingly well-coordinated act of terrorism masterminded by a Pakistani arms dealer (Alon Aboutboul). This screenplay never figured out how to do its job correctly—that is, to build suspense and deliver the gory money shots in such a way that we don’t start dwelling on the paranoid, bellicose worldview baked into the premise. - Michael Phillips

**Deadpool** ★½
*R, 1:48, comedy*
“Deadpool” is a movie about an unkillable wisenheimer who never shuts up. Showcasing a character born in a 1991 Marvel Comics “New Mutants” installment, the routine revenge fantasy positions itself as the outsider Marvel franchise wannabe. Early on, Wade Wilson, played by Ryan Reynolds, learns he has late-stage cancer and hooks up with a sadistic scientist who subjects him to a series of torture sequences. He’s immortal and the cancer’s gone. But so is his face and skin, and the sociopath Deadpool is born. But at least Reynolds is entertaining. - M.P

**Whiskey Tango Foxtrot** ★★
*R, 1:51, comedy*
The film stars Tina Fey as Kim Baker, a battle-untested TV news producer and writer thrown into the war correspondent game in Afghanistan. Here and there, the directors Glenn Ficarra and John Requa capture the keyed-up camaraderie of its setting, and the dislocating strangeness of what it must be like to drop into a U.S.-led conflict as a reporter, inside the mess yet outside it. Alas, most of the film settles for comic dithering and hoked-up romance under fire. Writer Robert Carlock based his script, very loosely, on “The Taliban Shuffle,” former Chicago Tribune correspondent Kim Barker’s 2011 memoir. - M.P

**Gods of Egypt** ★
*PG-13, 2:07, action*
We’re in ancient Egypt, mythological division. Big cheese Osiris (Australian native Bryan Brown) is about to bequeath the kingdom to his benevolent son Horus (Danish actor Nikolaj Coster-Waldau). But the war-mongering brother of Osiris shows up; he’s mean! Uncle Set, played by Scottish-born Gerard Butler, and Set is set on causing tsursis for Osiris. He kills him, and the queen, and yanks out the shining eyeballs of Horus for good measure. The rest of “Gods of Egypt” relays how Horus gets his orbs and his kingdom back. The film doesn’t have the energy or delirium to qualify as entertaining crap. - M.P
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Chevrolet acting like startup

Big tech leaps, fast moves at 105-year-old auto company

BY CASEY WILLIAMS
Tribune News Service

Later this year, an American auto company will launch a 200-mile electric car that costs $39,000. It's not some Silicon Valley startup, but Chevrolet. Started in 1911 to honor racing legend Louis Chevrolet, the bow tie has reinvented itself since bankruptcy as a technologically savvy brand. "Volt was so important to cross-country on gasoline. "Chairman Bob Lutz drove the 2007 Detroit auto show when GM Vice Marketing Director of Chevrolet cars and crossovers, "To a sports car enthusiast, we're high passion. To a truck owner, we represent dependability. We're a company doing pretty exciting things like electric propulsion. "Like any startup, Chevrolet is making technological leaps into new territory.

Electrification

I was at the 2007 Detroit auto show when GM Vice Chairman Bob Lutz drove the Chevrolet Volt concept on stage. Nobody had a car like that — not a mere hybrid, a plug-in electric that can also drive cross-country on gasoline. Volt was so important to greening GM's image and adding technological advantages that it remained a priority during bankruptcy.

Development of Volt made GM a leader in battery, hybrid and electric motors. While it didn't work in the short-lived Cadillac ELR, GM is leveraging that learning experience for the 2017 Cadillac CT6 plug-in hybrid. GM is a quick study. The second-generation 2016 Volt gets 53 miles per charge, up from 38 miles in the outgoing model that was introduced in late 2010.

That's not even in the same socket as the all-electric 2017 Bolt. "Consumers tell us we're at a fundamental tipping point," Majuros said. "The Bolt EV cracked the code of 'providing the range I need' — 200 miles seems to be it — and 'cost/value that works for me.' Buyers are extremely smart, practical, (they) do their homework. EVs are getting much more in the public consciousness."

Electric vehicles account for less than 1 percent of auto sales overall, but GM is thinking long term. Majuros says 65 percent of Volt owners are new to Chevrolet and are educated and affluent. "Bolt and Volt represent strong entries in their respective classes," said Ed Hellwig, editor at Edmunds.com. "Bolt has potential to be a breakout car for Chevrolet. The price point and range could make EVs a mainstream choice. Redesign of the Volt makes it a better car as well. People can pretty much drive to work and back on all-electric range."

Bolt doesn't offer Tesla's 270-mile range, but at around $30,000 it is three times as affordable as a Tesla. And Chevy beat everyone, even Tesla's forthcoming Model 3, in getting to market an affordable electric vehicle with a 200-mile range. "We'll see if two similarly named plug-ins confuse buyers or expand the segment. Chevrolet bets the latter.

Mainstream

Chevy Silverado, the second-best-selling vehicle in the country, had a quick refresh for 2016 after its evolutionary design was panned upon launch for model year 2014. It worked. Combined with the GMC Sierra, the workhorse pickups posted a 7 percent increase in sales in 2015. Silverado had its biggest market share gain in a decade, according to Automotive News, gaining 2.9 percent at the expense of the best-selling Ford F-150, which faltered 0.8 percent. Ford still does not have an answer for the globally developed Colorado midsize pickup.

Malibu was criticized for its granny style and cramped rear seats. A new model for 2016 flaunts sexy sheet metal, upscale interior, and an available hybrid that gets 48 mpg city, 45 mpg highway. Cruze sells well, but is no beauty queen. A new model, available with a sporty hatch and sleek body, joins a redesigned Spark subcompact this year.

To be a successful startup, Chevrolet is moving fast to attract and keep young drivers. Chevy has added information systems that offer Bluetooth, Wi-Fi, Apple CarPlay and Android Auto compatibility. It boasts a 4G LTE Wi-Fi hot spot connecting up to seven devices across nearly its entire 2016 lineup. "Interfaces are not the easiest, but certainly not the hardest," Hellwig said. "Their displays now seem easier, but certainly not the easiest," Hellwig said. "Their displays now seem easier, but certainly not the easiest."

"One year ago, we had no compact SUV or midsize truck but were able to leverage global resources to deliver them," said Majuros. "We're the most complete in the industry from Spark to Suburban with 95 percent of models new in the last three years."

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Forecast

Chevrolet must close gaps to become the best-selling automaker. "One weak spot is the Equinox crossover," Hellwig said. "It's an odd size, bigger than the CR-V and RAV4. They don't have a direct competitor for the Ford Edge and midsize crossovers — goes from Equinox to the full-size Traverse."

Expect the next Equinox to be smaller, with a midsize crossover slotted between it and the next Traverse. The 2017 Trax that debuted with an air-twin port grille and refined interior is better suited to compete in its fast-exploiting segment. Add throttle to current models and Chevrolet has a better chance against Ford. But it can't forget hard lessons. "They did really well last year with full-size trucks and SUVs," Hellwig said. "It could lead them down the road to leave them in the lurch like several years ago. But, with competitive cars, they're better prepared to weather it this time around."

Another lift may come from GM's investments in ride-sharing and car-sharing, like the $800 million it threw toward Lyft. The partnership enables Chevrolet to expose urban buyers to its products. "They have an opportunity in getting consumers into cars people don't expect from Chevrolet," Hellwig said. "People think of Chevy for full-size trucks and SUVs, but mileage and technology on cars open up markets and change perception."

Casey Williams is a freelance writer.
Ford losing focus on rivals: Hatchback due for redesign

BY ROBERT DUFFER
Tribune Newspapers

The 2016 Ford Focus retains its winning style, family of four roominess and balance of sporty handling with excellent fuel economy. But the $27,000 tag for the top-of-the-line Titanium trim is outpacing itself compared with the Mazd3, Volkswagen Golf, even the Toyota iM/Coraella hatch/whatever it will be called in the wake of Scion. New for 2016 and on our test model was the Kona Blue tint coat, a striking color that looks like a metallic version of Ford's oval itself. Also new was the 18-inch aluminum wheel package ($795) with all-season tires that helped provide grip to a front-wheel drive hatch that really wants to squeeze in and out of corners.

The tester came with the proven four-cylinder engine paired to a pleasantly familiar six-speed automatic transmission. While the new EcoBoost is the fuel saver's engine of choice, the GDI engine balances burn of speed and exceptional cruising fuel economy (38 mpg highway). I averaged about 34 mpg combined. The Mazd3 is a bit better with its balance of punchiness and economy, but the Focus interior is quieter, and feels roomier.

Younger riders weren't as impressed. "Ugh. This screen," said my 9-year-old passenger on first inspection. "I can tell already I'm not going to like it."

Though my tech savant was quick to judge, he was right.

An improvement over MyFord Touch, the Sync 3 system of in-car connectivity features steering wheel controls for easy access to audio functions, supplemented by a volume dial and tuning arrows on the center stack. A floating "source" button on the center stack, set off by itself, never became natural to us in the week we had the car. The system

Unchanged on the outside from 2015, the 2016 Ford Focus in Kona Blue looks like a metallic version of Ford's oval.

2016 FORD FOCUS HATCHBACK TITANIUM

<table>
<thead>
<tr>
<th>Price as tested: $26,775</th>
</tr>
</thead>
<tbody>
<tr>
<td>Base price: $23,725</td>
</tr>
<tr>
<td>Mpg: 26 city, 38 highway</td>
</tr>
<tr>
<td>Engine: 2-liter direct injection 4-cylinder</td>
</tr>
<tr>
<td>Transmission: 6-speed automatic</td>
</tr>
<tr>
<td>Parting shot: Even a well-equipped Focus shouldn't be more than $25,000.</td>
</tr>
</tbody>
</table>

Q: I have seen the jump-starting method of attaching the negative cable to a grounded metal car part recommended by you and many other experts. I have tried this method numerous times but have never been successful at it. I only seem to succeed when I connect the negative cable to the negative terminal of the dead battery. I don't know what I'm doing wrong. Is it dangerous or potentially damaging to the vehicles to connect the negative wire to the dead battery's negative terminal instead of a ground?
A: Let's take it another step further. Idling in the driveway (not in the garage) for a couple of minutes is peanuts compared with the wasted fuel and increased greenhouse gases generated while sitting in traffic. The EPA would burn itself out trying to resolve this source of air pollution.

Q: With regard to your response to D.M. in Calumet City (Ill.) about the need to let a car warm up for a long time in the winter. Of course, I was spot-on in that it is not only unnecessary, but a waste of gas. You should have taken it a step further and also state that it adds unnecessary carbon dioxide and other pollutants into the air. In this day and age of global warming and the concern for our environment, we need to do everything we can to decrease our carbon footprint. I would go so far to say that reduced emissions is a more important benefit versus saving on gasoline when it comes to unnecessary vehicle idling.
A: The key word in your question is recommended. The dealer did not tell you that the synthetic blend is required because it is not. Check your owner's manual. It states: "SAE 5W-30 is the best viscosity grade for the 2.0L L4 engine and the 4.0L V6 engine. SAE 0W-20 is the best viscosity grade for the 2.5L L4 engine. SAE 0W-20 may be used as an alternative. Do not use other viscosity grades such as SAE 10W-30, 10W-40, or 20W-50." There is no mention of synthetic or semi-synthetic oil so, yes, you can use conventional oil.

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

Safe jump-start: Put negative cable on grounded car part

BOB WEBER
Motormouth

When jumping a car, use a ground for the black negative cable — don’t put it on the dead battery, as pictured.

FORD MOTOR CO.
Meet the March winner!

Caleigh Pistorius, Maine South freshman

Maine South's Caleigh Pistorius almost made the finals at the girls gymnastics state meet in the vault. She tied for 12th (9.425) at the state tournament on Feb. 19.

“It was big for me to come here and do that vault,” said Pistorius. “It was the best I've ever done it.”

She also competed in the floor exercise and tied for 23rd (9.200).

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2011 CHEVY CAMARO 1LT Stk.#11462A. $15,993
2014 LEXUS IS 250 Stk.#11592A. $33,993
2011 CHEVY CAMARO Stk.#11407A. $17,993
2008 JEEP WRANGLER SAHARA Stk.#11537A. $19,993
2011 JEEP LIBERTY SPORT Stk.#11556A. $18,293
2013 JEEP WRANGLER SPORT Stk.#11572A. $19,993
2010 DODGE CHALLENGER SRT8 Stk.#11688. $49,993
2004 FORD MUSTANG SHELBY GT500 Stk.#11596A. $37,993
2008 JEEP WRANGLER SAFARI Stk.#11572A. $18,293

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SEASON PREVIEW

BY MATT HARNES
Pioneer Press

Loyola
Coach: Michelle Farrell-Fink
Top returners: Sr. P Mia Cirignani, Sr. C Mia D'Isilvestro, Jr. INF Avery Yalowitz, So. INF Grace Guercio, So. OF Nora Conway
Newcomers: Fr. OF/INF Cassidy Rodgers
2015 record: 19-7, lost to Palatine in the Class 4A regional semifinals
Season outlook: Farrell-Fink said the bar has been raised higher after the Ramblers had a successful spring campaign last year. There are enough experienced players returning to believe the club can contend for championships, both in conference and in the state playoffs. Loyola's last regional came in 2012. Farrell-Fink said the team's offense has looked good in the preseason. It's one area the Ramblers could practice inside while waiting for the weather to warm up.

Storyline to watch: Cirignani is a veteran in the circle and will be the leader of the pitching staff, according to Farrell-Fink. Cirignani isn't overpowering, but she's strong with her movement and location, Farrell-Fink said.

They said it: “I am ready for Avery and Nora to dominate on offense,” Farrell-Fink said.

Maine East
Coach: Emiliano Hernandez
Top returners: Sr. OF Mary Ililopoulos (443 BA, 35 R, Jr. INF/P Alex Villalobos (485 BA, 25 RBIs; 6-7), So. INF/P Ana Ililopoulos (362 BA, 15 RBIs; 5-4), So. INF Alyssa Serrano (295 BA)
2015 record: 11-13 (2-8)

Central Suburban North), lost to Oak Park-River Forest in the Class 4A regional semifinals

Season outlook: The Blue Demons are coming off a successful 2015 campaign in which they won the most league games in more than a decade, according to Hernandez. Two all-Central Suburban North players — Mary Ililopoulos and Villalobos — are back from that club, in addition to six other players with varsity experience.

Storyline to watch: Can the Blue Demons, who gave up 50 fewer runs and committed 35 fewer errors in 2015 than they did in 2014, remain on the upward swing this spring?

They said it: “Our goal is to continue to build a competitive varsity team. We will continue to do the little things better,” Hernandez said.

Maine South
Coach: Emmy Pasier
Top returners: Sr. SS Shaye Arenson, Sr. C Ellie Head, Jr. 2B Gillian Gossard
Newcomers: Sr. P Catherine Hinkamp, Jr. OF Caroline Kelly
2015 record: 20-15 (9-1 Central Suburban South), lost to Stevenson in a Class 4A sectional final

Season outlook: Arenson, Head and Gossard all started for last season's club that won a league title and a regional championship. Head, who was a designated player a year ago, is expected to be one of the team's top hitters again this spring and start behind the plate. Arenson and Gossard will fortify New Trier's defense up the middle.

Storyline to watch: Cadwell chose to play Hinkamp on the JV last spring as a junior in an effort to get her as many starts in the circle as possible. He said she now is ready to step into a contributing role as a member of the rotation.

They said it: “I think we will have a strong infield defense and will hit well,” Cadwell said. “Our pitching is what we are going to have to find out about early. I think we have potential there, though.”

Niles North
Coach: Karin Wick
Top returners: Sr. 3B/OF/P Carolyn Dwyer (391 BA, 41 RBIs, 11 2Bs, 7 3Bs, 6 HRs), Sr. C Kathryn Edmond (389 BA, 32 RBIs, 6 HRs), Sr. 1B Stephanie Donado (389 BA, 33 RBIs, 9 2Bs), Jr. SS Gina Loy (391 BA, 42 RBIs, 8 HRs), So. CF Alyssa Aragon (364 BA, 27 RBIs)
Newcomers: Fr. 3B Dorothea Watkins
2015 record: 30-6, lost to Oak Park-River Forest in the Class 4A sectional semifinal

Season outlook: Eight starters are back from a club that captured a conference championship and the program's first regional title since 2006. Wick said the team's combination of talent and experience leads her to believe the Vikings have the potential to go as deep as the best softball team in school history.

Storyline to watch: Aragon wasted no time producing on the varsity level last season. Now a sophomore, Aragon has developed into a Division I prospect, according to Wick.

They said it: “We have a solid group of athletes who are all in,” Wick said.

Niles West
Coach: Nicole Reynolds
Top returners: Sr. C Shannon McHugh, Sr. OF Emily Butera, Sr. OF Eryan Modena, Jr. SS Gianna Machacek, Jr. 2B Hailey Fishman
Newcomers: Jr. P Kyrsten Ismael, Jr. 2B Hailey Kipp
2015 record: 14-18 (6-4 Central Suburban South), lost to York in Class 4A regional final

Season outlook: The Wolves welcome back several players with varsity experience, but two of them will be in different positions this spring. Machacek, an all-conference selection as a sophomore, moved from second base to shortstop, and Fishman will be at third base after playing in the outfield last season. Reynolds said pitching and defense will be a “work in progress” while offense could be a strength.

Storyline to watch: Reynolds said she hopes junior pitcher Hope Cher-


SEASON PREVIEW | BOYS LACROSSE

BY ERIC VAN DRIL AND MATTHEW PARAS
Pioneer Press

Loyola

Coach: Rob Snyder

2015 record: 15-7 (5-0 Chicago Catholic), lost to St. Viator in IHSLA A-Class quarterfinals

Season outlook: The Ramblers are still young, but very talented. Their standout includes Flanagan and Koch - US Lacrosse All-Americans in 2015 - as well as Lazzaretto, a Denver commit. Loyola's defense should be very strong. The Ramblers also have a lot of depth. They're on the short list of state-title contenders.

Storyline to watch: Loyola gave up more goals last season than it had in about 10 years, Snyder said. One cause was the Ramblers struggled to clear the ball, which allowed extra scoring chances. Loyola will be in good shape if its clearance rate is in the 85-90 percent range, Snyder said.

They said it: "I think the energy and the excitement in practice is night and day from last year," Snyder said. "They think they learned how to practice a little bit better - how to be more competitive in practice amongst each other, which helps."

Maine South

Coach: Camerin Staffel
Top returners: Sr. M Egan Guzaldo, Sr. A DJ Marquardt, Jr. A Shane Fortressy, Sr. D Eamon Kelly, Jr. G Terry Gleason

Newcomers: So. M Fotis Kokotouliou, So. M J.T. Calabrese

2015 record: 16-7 (3-3 Central Suburban), lost to Warren in IHSLA B-Class final

Season outlook: The Hawks are coming off their best season in program history, but they have to replace 17 seniors. Staffel expects another strong season. Maine South returns experience at every position group. The leadership of team captains Guzaldo, Marquardt and Kelly figures to be important, especially early in the season as several players grow accustomed to new roles.

Storyline to watch: Staffel said it will be key to develop depth as the season unfolds. That is especially true in the midfield.

They said it: "The team will probably be pretty similar to last year's, when it comes down to it. We still have the same type of kids - really good athletes who work hard. They're just kind of improving their skill level every year," Staffel said.

New Trier

Coach: Tom Herrala
Top returners: Sr. M Colin Casas (47 G), Sr. D Tyler Seminetta (38 groundballs), Sr. D Danny McDermed (36 groundballs), Sr. M Zack Struckman, Jr. A Nelson Gaechter (19 G), Sr. M Sam Selati

Newcomers: Sr. A John Patterson, Sr. A Andrew Nummy

2015 record: 18-4 (6-0 Central Suburban), defeated Glenbrook North in IHSLA A-Class championship

Season outlook: The Trevians lost 19 seniors to graduation, but they return two US Lacrosse All-Americans in Casas and Seminetta. They will lead the push for a third-straight state championship. Casas was New Trier's leading scorer as a junior. Seminetta, a North Carolina commit, and McDermed were both starting defensemen a year ago. Those three players - as well as Struckman, a Princeton commit - have provided excellent leadership during the preseason, Herrala said.

Storyline to watch: How young will the Trevians end up being this season? Six highly skilled freshmen made varsity this year. This preseason, some of New Trier's underclassmen, there are also four sophomores on the roster, have been pushing the older players for playing time, according to Herrala.

They said it: "I don't really like to use the 'rebuild' word because I think the goal of every team is to win a state championship - and that's certainly our goal this year," Herrala said. "I think it's realistic."

Notre Dame

Coach: Joe Ausmann
Top returners: Sr. M Jason Wielozorek, Sr. A Michael Peters, Sr. D Sean Mellett

Newcomers: Jr. D Kirk Cherry, So. D Ethan Cherry

2015 record: 5-8, lost to Cary-Grove in IHSLA A-Class second round

Season outlook: The Dons are relying on a strong senior class this season. Ausmann said he's encouraged by the team's work ethic. Ausmann was promoted to head coach after Chip Seiple became the varsity head coach at Deerfield.

Storyline to watch: Notre Dame will look to redefine its offense after primarily relying on midfielder Rory Fagen, an All-East Suburban Catholic selection who has since graduated, last year. Ausmann has re-written the team's game plan and wants the Dons to share the ball more.

They said it: "(Coach Ausmann) will stop a drill on what we did wrong. He's very personal with us, which we didn't have much last year ... He brings us together," Peters said.

Eric Van Dril and Matthew Paras are freelance reporters for Pioneer Press.

Twitter: @VanDrilSports and @Matthew_Paras
Two losses spark Notre Dame's playoff run

Dons rally after consecutive defeats in January

BY ERIC VAN DRIL
Pioneer Press

The Notre Dame basketball team bottomed out during the last weekend of January.

The weekend began with a 10-point loss at Joliet Catholic on Jan. 29, that, in effect, ended the Dons' bid to repeat as East Suburban Catholic champions. It was their third conference loss. Marian Catholic was undefeated in conference at the time.

Less than 24 hours later, Notre Dame lost by nine points to Loyola — an undersized squad that finished 16-15 this season.

The Dons had a team meeting the morning after losing to the Ramblers. They gathered in a classroom at Notre Dame on Jan. 31.

"We got together after that Loyola loss and we were just like, 'We're so talented. We're so passionate about the game. We've got to figure something out,'" senior forward Ammar Becar said.

The Dons talked "about what we've been doing wrong, what we've got to do to play together and play for each other," senior point guard Lucas Simon said. "I think the first half of the season - before that Loyola loss - we were playing for ourselves and not for each other."

Senior center Anthony D'Avanzo added: "At that time in the season, we weren't playing hard at all. Our egos were getting to us. We thought we were the best - [that] we didn't have to play hard."

Now, six weeks later, Simon, Becar and D'Avanzo agreed those two losses — and the week that followed — were the turning point in Notre Dame's season.

The change within the team was apparent immediately.

In the week after losing to Joliet Catholic and Loyola, Notre Dame's practices "were like never before," Becar said. The Dons pounded Marian Catholic, the eventual co-conference champions, 56-43 on Feb. 5, in a game that wasn't that close. Notre Dame saw how good it could be that night.

"They were a top-10 team," D'Avanzo said. "And just to manhandle them like that, that was a big turning point."

Notre Dame (25-6) hasn't lost since. It won the Class 4A Glenbrook South Sectional championship, the program's first sectional title since 1997, by throttling Deerfield 69-48 on March 11. With the win, Notre Dame advanced to play Curie in the Northwestern Supersectional on March 15.

The Dons beat the Warriors (28-4) by using a formula similar to the one they employed in the win against Marian Catholic: They shared the ball and attacked relentlessly on offense to generate a myriad of quality shots — 2-point attempts near the hoop and 3-pointers — that are very hard to defend given the size of the Dons' front court and the shooting ability of their guards.

Defensively, Notre Dame has been a different team since the back-to-back losses. That's been especially true with the late-season play of 6-foot-6 junior guard Jeameril Wilson — an athletic, Division I prospect who slowed down Evanston's Nojel Eastern and Deerfield's Jordan Baum in consecutive sectional games.

"The defense, the last month and a half or so, has been really good," Notre Dame coach Tom Les said. "That's been the difference maker."

The other constant, during Notre Dame's turnaround, has been the board in its locker room.

The Dons wrote out goals during their team meeting on Jan. 31. They transferred those goals to the board in their locker room at Notre Dame, and they've been there ever since.

"One of our goals was not to lose again," Becar said. "We've stuck to it. We've been playing great basketball."

Eric Van Dril is a freelance reporter for Pioneer Press.

Twitter @VanDrilSports
KEEPI NG T HE FAITH

Maine East's Alba Garner receives scholarship to St. Thomas

BY MATT HARNESS
Pioneer Press

Maine East senior Janelle Alba Garner said she woke up "weirdly happy" on March 2. That was only fitting, since it was the beginning of a life-changing day. She just didn't know it yet.

During her second-period math class, the Blue Demons guard received a note to come to the college counselor's office on her lunch break.

"I was scared because I felt like I got into trouble somehow," Alba Garner said.

That couldn't have been further from the truth. Awaiting Alba Garner was Mike Cremer, a senior admissions counselor at the University of St. Thomas in St. Paul, Minn. He was there to deliver the good news in person: Alba Garner had been awarded the school's Dease Scholarship, a four-year, full-tuition scholarship.

"I cried the whole time," she said. "Everybody seemed to know, and everybody was spreading the joy." Janelle Alba Garner, who is Catholic and regularly attends church, said St. Thomas was her first choice for college.

"It has everything I want in a school," Janelle Alba Garner said. "I want to be a missionary some day, and it has one of the biggest Catholic study programs in the world."

However, it was a school that might not have been affordable without significant financial assistance. After learning she'd received the scholarship, Janelle Alba Garner said a higher power was at work.

"I always talk about God having a plan for me," Janelle Alba Garner said. "I honestly felt 100 percent that I would find a way to go there." St. Thomas awards the Dease Scholarship to students who are part of a historically underrepresented population at the school, "first-generation students and graduates from urban high schools in select recruitment markets," according to the school website.

In order to qualify, a student must first be admitted to St. Thomas as a first-year college student. Of the 300 applicants, Janelle Alba Garner was one of 16 chosen for the scholarship, which is given to students who exhibit a strong academic record and are involved in extracurricular activities. Of the 16 recipients, Janelle Alba Garner was one of only two who Cremer notified in person.

"This one was special for me," he said via email. "I've been working with Janelle since September. From the day I met her, I was blown away by how eloquent and mature she is. I'm absolutely thrilled I had the opportunity to share this special moment with Janelle and her family."

Janelle Alba Garner is a standout in every way at Maine East. She was the Blue Demons' best player and one of the top players in the area. As a senior, she averaged 15.4 points, 10.2 rebounds, 3.4 assists and 2.4 steals for Maine East (19-9). A starter since her freshman year, she finished her career with 1138 points and was a two-time all-Central Suburban North selection.

She was the conference player of the year for the 2015-16 season.

She plans to play for St. Thomas. The Tommies were the No. 8-ranked team in Division III when they lost in the Sweet 16 this season.

In addition to being an A-B student, Hanusiak said, Janelle Alba Garner has been involved in numerous clubs and committees at the school. Included on the list are Principal's Advisory Council, Spanish Club, Filipino Club, Irish Club, Ecology Club and DECA, a business-based club.

"You can't go a day without seeing her because she's always doing something," Schanz said. "She's one of the leaders at our school, and we are extremely proud of her. She does whatever is asked of her."

Outside of school, Janelle Alba Garner volunteers at her church, St. Isaac Jogues in Niles. One of the latest projects she participated in was selling popcorn and using the money to supply area homeless people with food and supplies.

"I am one of those kids who can't say no to anything," Janelle Alba Garner joked.

mharness@pioneerlocal.com
Twitter @hamesp

Maine East's Janelle Alba Garner (5) was named the player of the year in the Central Suburban North.
CHAMPIONS
Notre Dame basketball team wins sectional title in a rout

Notre Dame's Jeameril Wilson (2) celebrates at the end of the Dons' 69-48 win over Deerfield in the Class 4A Glenbrook South Sectional final on March 11 in Glenview.

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