

# NILES HERALD-SPECTATOR

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## Grading the district

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



BRIAN L. COX/PIONEER PRESS

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.

### SPECIAL SECTION



JUPITERIMAGES

## 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**



DOWNING'S TAVERN

### 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**



# NILES HERALD-SPECTATOR

nilesheraldspectator.com

**Jim Rotche**, General Manager

**Phil Jurik**, Suburban Editor

**John Puterbaugh**, Pioneer Press Editor:  
312-222-2337; jputerbaugh@tribpub.com

**Georgia Garvey**, Managing Editor

**Matt Bute**, Vice President of Advertising:  
advertising@chicagotribune.com

#### Local News Editor:

Richard Ray, 312-222-3339  
rray@pioneerlocal.com

#### Local Sports Editor:

Ryan Nilsson, 312-222-2396  
rnilsson@pioneerlocal.com

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## 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 City Council on March 7. The high school senior, who is headed to Colorado State University next fall, is also a member of the Maine South soccer team and a past player with 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"?**

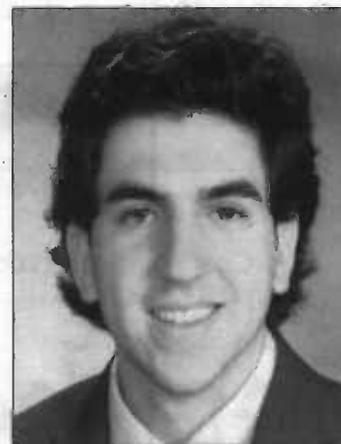
A: A TOPSoccer buddy is a volunteer who helps special needs children learn how to play soccer. I teach them the fundamentals and just have fun.

**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



AMY BARTUCCI PHOTO

Francesco Bartucci

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 do you like about being involved with TOPSoccer?**

A: Seeing the impact I make on

these kids' lives every day I volunteer with them. Usually the scheduled time for TOPSoccer is on Fridays and it's not the most convenient time, but every time I leave, I see the kids' smiles and it makes me want to go back every time.

**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 Ryzek, who runs the program, at ryzek.prs@gmail.com.

—Jennifer Johnson, Pioneer Press



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BRIAN L. COX/PIONEER PRESS

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.

## 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 Niles North principal. Consultants with the firm met with students, teachers, administrators 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 about what characteristics they

thought the incoming superintendent should have.

"Basically the school district feels, and all the constituent groups feel, that it's 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."

He said the focus groups also talked in glowing terms about the strength of the community, the district's sports facilities, extracurricular activities, the various arts programs, dedicated staff, academic standards, STEM programs, supportive parents, the fact there are translators for families and the strength of the teaching staff among other things.

"There's just a really strong feeling that there's this great network of support within the township and that the high school district is the flagship for that support," Brown said.

The district has been without a permanent superintendent since late last year when Superintendent Nanciann Gatta left the district following a tight-lipped investigation. Brown

said that despite Gatta's departure "the schools and students have remained above the fray."

"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 focus groups identified outsourcing of library and social work functions, the voices of teachers being heard, improving communication at all levels, trust and integrity, transparency, budget cuts and the impact on programs, personal relationships and too much reliance on data and not enough attention to individual students as challenges in the district.

"We are so forced into looking at data," Anne No-

land an associate with BWP and Associates told the board. "We must keep in mind that we have students who have other needs as well."

The BWP and Associates consultants also asked the various focus groups what characteristics they want in their new superintendent.

A group of two dozen parents at Niles West on March 9 said that professional and personal integrity are at the top of their list.

Other traits the superintendent candidates should have include skills working with students and a strong presence in the schools, a teaching background, the ability to reach out to individuals, experience dealing with equity and diversity, problem-solving and consensus-building skills, a

willingness to work with and lead the school board and financially responsibility, the BWP and Associates consultants said.

"People are looking for a leader who will inspire them," Noland said.

"I always looked for that in a superintendent," she added. "You want to look up to that person and admire them."

She also said the firm has already received a number of applications for people looking to fill the superintendent position.

"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.



TAYLOR W. ANDERSON/CHICAGO TRIBUNE

In this file photo, a Culver's location in Tinley Park

## 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.

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# 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 Chiampas 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, each 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



COOK COUNTY SHERIFF'S OFFICE PHOTOS

Northwestern University freshmen Anthony Morales, 19, left, and Matthew Kafker, 18, are charged with institutional vandalism and hate crime to a place of worship in connection with vandalism to the Alice Millar Chapel on campus.

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, Chiampas 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 hallway, 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.

# 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 hit several people in the head with the bat and pole, 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-



MORTON GROVE POLICE DEPARTMENT

Castineiras

ardo honked because he did not immediately start driving, police said.

Gerardo and the driver of the other car gave each other the middle finger, police said, and Gerardo then stopped his vehicle in the middle of the street so the other car couldn't pass.

The two vehicles then pulled over and Gerardo grabbed a snow brush and threatened the three passengers in the car, police said. He then entered the other car and tried to grab the keys from the ignition, but took the removable ashtray instead after he couldn't find the keys, Yaras said.

He then went back to his vehicle and both cars drove away, police said.

After Gerardo left, he called his son to tell him about what happened, according to police, and his son said he knew the car belonged to a family member of one of his former friends from high school.

All of the men who were beaten were released from the hospital, and Gino was arrested following his release from Skokie Hospital, according to Yaras.

Natalie Hayes is a freelance reporter for Pioneer Press.

# 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 the Illinois Department of Corrections after he was found guilty late last year of trying to kidnap a 13-year-old girl in 2015 while she was walking in Skokie, authorities said.

Cook County Circuit Court Judge Lauren Edidin sentenced Gabino Tor-

res, 36, of the 7200 block of North Bell Avenue in Chicago to 25 months in jail, one year parole and fees and fines of \$669. Torres, who 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



Torres

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.

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



JENNIFER JOHNSON/PIONEER PRESS

Two state police squad cars sit in the north parking lot of Advocate Lutheran General Hospital in Park Ridge, after four people were arrested in the area.

## 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 Deputy 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 lock-

down 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 Child-care, 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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## POLICE REPORT

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 Menard, Morton Grove, 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 were reported stolen March 3 from a table inside a store at Golf Mill Shopping Center, police said.

### Skokie

#### BATTERY

■ Andrey Prigorsky, 29, of the 1500 block of Fargo Avenue, Chicago, was charged with battery and disorderly conduct March 1 on the 3600 block of Touhy Avenue.

#### 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 9500 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 mission 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.”

It has been 25 years since Gerstner first became executive director of the Holocaust Memorial Foundation of Illinois. The Skokie Village Board honored her March 7 with a resolution and a flurry of recognition, prompting Gerstner to say that typically such accolades go to those retiring.

“I know that Peyton Manning has decided to hang up his helmet, but I'm not going to concur with that sort of outlook for myself,” she said. “I'm confident there is a great deal more important work to do through the Illinois Holocaust Museum & Education Center.”

Gerstner serves as director of public programs there, but she also repre-



MIKE ISAACS/PIONEER PRESS

Lillian Gerstner of the Illinois Holocaust Museum & Education Center began working with survivors 30 years ago. Before there was the renowned institution on Woods Drive on the north end of Skokie, Gerstner served as executive director of the Holocaust Memorial Foundation of Illinois on Main Street.

sents a bridge between Main Street and Woods Drive, home of the current museum; she has been working with Holocaust survivors for decades.

“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 The Holocaust Memorial Foundation of Illinois 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 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 survivors was Fritzie Fritzhall, president of the Illinois Holocaust Museum & Education Center.

“I remember when Lillian first volunteered. When we opened the museum on Main Street,” Fritzhall said, “her daughter was a little, little girl so we go back many, many years. All of us at the Illinois museum con-

gratulate you and we're truly proud of you.”

Asked about milestones from her work on Main Street, Gerstner referred to a long list of achievements.

They all point to projects in the name of “remembering and educating,” whether producing documentaries, providing training for educators, reaching thousands of people through the foundation's Speakers' Bureau; recording survivor histories; or drawing children to the museum.

When asked to lead the fundraising effort for the new facility, Gerstner remembers saying, “fundraising has never been my forte. I am first and foremost an educator.”

During the March 7 ceremony for Gerstner, Leslie Combs, representing U.S. Rep. Jan Schakowsky (D-9), told the audience the congresswoman put remarks in Gerstner's honor in the Congressional record.

“Mrs. Gerstner is a remarkable woman who has dedicated 25 years of her life to the success of the Illinois Holocaust Museum & Education Center,” the remarks read, according to Combs.

Today's permanent exhibition at the museum includes the story of its own history — from the neo-Nazi trying to march in the 1970s and creating a survivor movement to the foundation's home on Main Street to the current facility that opened in 2009.

Gerstner doesn't have all that much time to ponder the early years on Main Street, she said, because there is so much to do.

“When we have a larger undertaking here — it can be something like the Nazi Olympics' opening a couple weeks ago — I can look around and say, ‘Yeah, this really did come a long way,’” she reflected. “Even then, though, it occurs to me that this is all still about achieving the same thing.”

# 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



Julie Smolyansky, CEO of Lifeway Foods in Morton Grove, is front and center during Lady Gaga's live performance during the Academy Awards telecast Feb. 28.

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 at age 27 was reported as the youngest CEO of a publicly traded firm when she took

over the Morton Grove company her father founded, said she hooked up with "The Hunting Ground" producer Amy Ziering during a panel where both spoke about the importance of women in positions of leadership and power.

Smolyansky said Ziering's film, "The Invisible War" — an Oscar-nominated documentary about sexual assaults in the military — had a powerful impact on her.

"I mentioned that this issue is not unique to the military," she said. "It is an issue all throughout the world, really globally, from churches to college campuses, to high school campuses, offices and all sorts of places."

Smolyansky, who served as an associate producer of the "The Home Stretch," a documentary that follows three homeless teens strug-

gling 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 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.

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# Birders rejoice as ducks return north

BY SHERYL DEVORE  
News-Sun

When large numbers of colorfully plumaged ducks start passing through Lake County in late winter, Bill Saylor said he starts his "serious birding."

"Then I'm probably birding almost every day for the next three months," Saylor said. "I like to watch ducks in the spring, when the ice goes off the lakes. That's the official start of spring for me."

Saylor said he has lived in Mundelein for about 30 years and he has noticed the ice coming off the lakes earlier and earlier. This year, he was out watching ducks in early March after the mild winter, he said.

Watching ducks in spring is a great way for beginning birders to start the hobby, Saylor said.

"Ducks are fairly large, making them easy to pick out, and in spring the males are easy to identify because of their different garb," Saylor said.

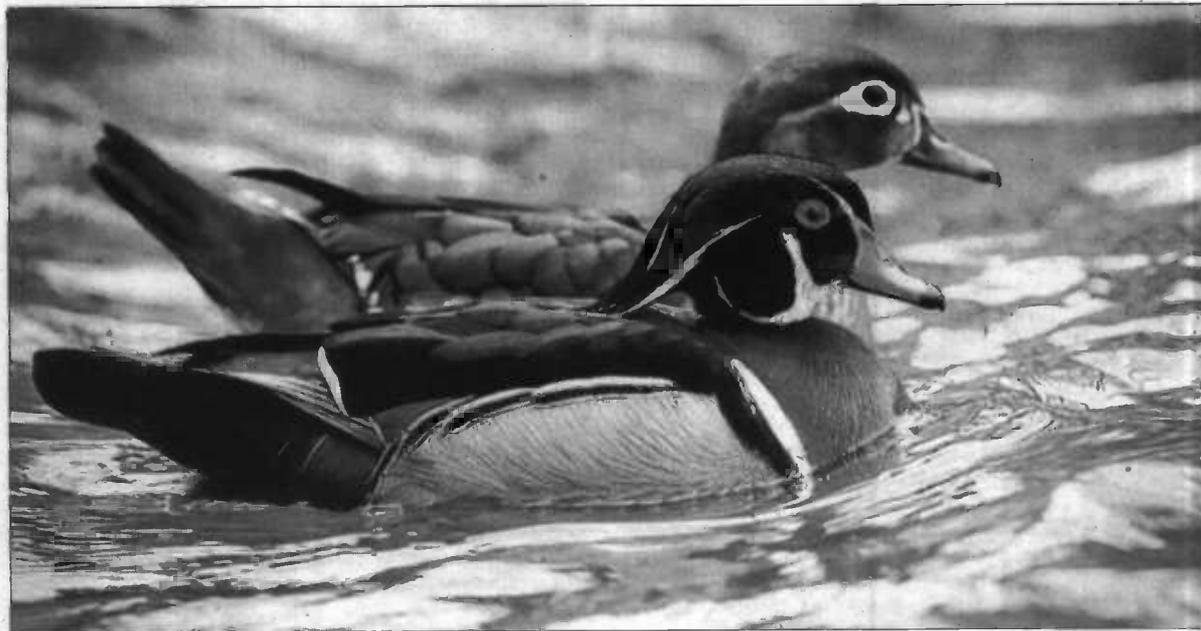
A pair of binoculars can make the ducks large enough to identify, Saylor said. Plus, ducks perform courtship displays in spring that are interesting to watch and photograph, said Mike Trahan, a birder and nature photographer from Mundelein.

In spring, Lake County's lakes, wetlands, flooded fields — called fluddles — and the Lake Michigan shoreline host migratory ducks, loons, grebes and geese, some of which will remain in the area to breed.

One of the best places to see male ducks in their spring plumage is at Independence Grove in Libertyville, Saylor and Trahan said.

It is there where Saylor found a rare Barrow's goldeneye duck two years ago and where he recently showed a new birder her first look at something other than a mallard.

"I let her look through my



MIKE TRAHAN PHOTO

One of the most colorful dabbling ducks, a wood duck, shows off its spring plumage at a Lake County wetland. Wood ducks nest in Lake County.

## 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:

### 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. Look for redhead, canvasback, bufflehead, goldeneye, common merganser and other diving ducks as well as common loon and dabbling ducks including mallard and Ameri-

can widgeon. Fee applies to non-Lake County residents.

### 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.

### Illinois Beach State Park, 1 Lakefront Drive, Zion

Park by the resort lot, then walk to the beach shoreline to look for diving ducks including scaup, merganser, scoter, bufflehead and redhead.

### Chain O' Lakes State Park, 8916 Wilmot Road, Spring Grove

Divers and dabblers can be found here by driving through the park and stopping at various wetlands along the way.

### Almond Marsh, Almond Road between IL Route 120 and Casey Road, Grayslake

Fairly close looks can be had of dabblers including northern shoveler, gadwall, American widgeon and wood duck.

— Sheryl DeVore, News-Sun

scope and showed her some canvasbacks she hadn't seen before," Saylor said. "For a new birder, it's really neat."

When people think of ducks, they typically think of male mallards with their dark, iridescent green heads

and loud quacks that ring across the water, he said.

But at least 25 species of ducks migrate through northern Illinois every spring and fall, according to the Illinois Natural History Survey.

The canvasback belongs to a group of ducks called divers, which find much of their food by diving and swimming underwater. The canvasback has a deep-brownish-red head, red eye, black breast and white

flanks.

Dabblers, such as the mallard, feed in shallow areas by dipping their heads in the water and sticking their tails up in the air, providing a comical scene to the birder. Other dabblers

include the northern shoveler, which looks like a mallard but has a huge, shovel-like bill and brown on its sides.

"Ducks are amazingly beautiful because of their intricate patterning. They're just gorgeous," Trahan said. "The females can look very different from the males — so it can be pretty challenging to identify the female."

When photographing, Trahan said, he doesn't want to get too close to the ducks and potentially disturb them, so he works from blinds. Two years ago, Saylor said, he was at Independence Grove in March and noticed a duck that looked a little different from the common goldeneyes it was with. Its head was buried in its wing. But then, he said, "it lifted its head up, and I noticed the crescent-shaped spot on the cheek was different from the round spot on the common goldeneye."

It was his first Lake County Barrow's goldeneye.

"It's very rare around here," Saylor said.

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 likely 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 led 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 \$335,400, according to Jeff Wait, executive director of the Park

District.

Two other pricier park designs that cost up to more than \$500,000 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 \$7.2 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.

“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 is also without 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, Wait said.

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



KEVIN TANAKA/PIONEER PRESS

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

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.

Morton Grove Trustee John Thill who sat in the audience during the meeting, agreed that the community lacks a dog park, but he also said the Park District should survey residents to get feedback before pro-

ceeding.

“I don’t have a dog — I’m excited about this because I think there’s a need for it,” Thill said.

The dog park, if eventually approved by the Park Board, would take at least another 12 to 16 months before construction begins.

Natalie Hayes is a freelance reporter for Pioneer Press.



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#### HOLY THURSDAY - March 24th

Prayer Service for Morning - 9:00 AM  
Simple Supper - 6:00 PM in Wisdom Hall  
†Mass of the Lord's Supper - 7:30 PM  
Adoration of the Blessed Sacrament -  
till Midnight

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

#### EASTER SUNDAY - March 27th

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9:30 & 11:00 (Church & Brian Barry Gym)  
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## NEWS

# 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 fund raise online and independent runners and walkers who show up to donate and lend support.

"We came up with this to



LUNGEVITY

Jill Feldman, left, and Sue Bersh at LUNgevity's fall benefit.

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 peo-

ple 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/north-shore](http://lungevity.org/north-shore).

Jackie Pilossoph is a freelance reporter.

# Cubs chairman building \$11M mansion on Wilmette lakefront

By **BOB GOLDSBOROUGH**  
Chicago Tribune

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



NUCCIO DINUZZO/CHICAGO TRIBUNE

Chicago Cubs Chairman Tom Ricketts and his wife, Cecelia, at last fall's wild-card playoff game in Pittsburgh.

the two-story house on the property, which had been built in 1917.

Although Wilmette offi-

cial have not yet made public the plans or dimensions of the mansion, village records show the cou-

ple 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 cellphone 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.*

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# 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.

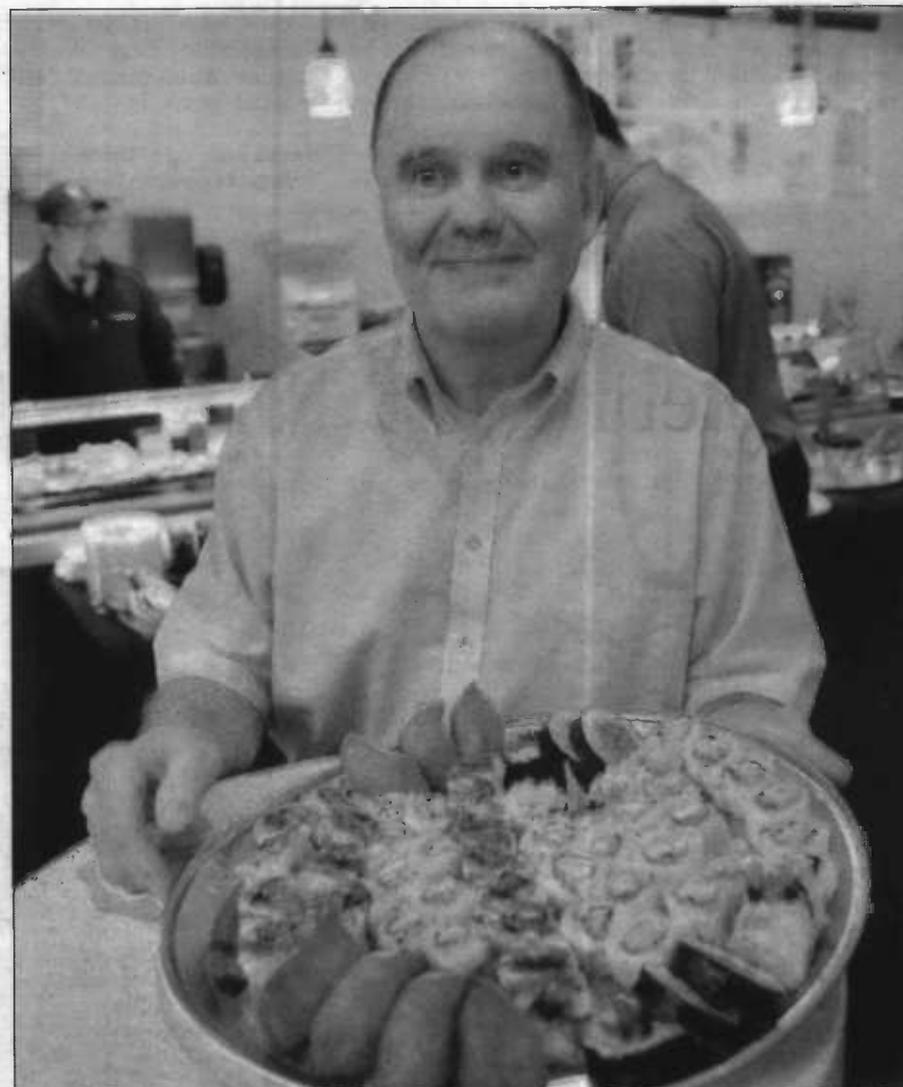
True World is considering both corporate-owned stores and franchising for a possible expansion, with distribution based in Elk Grove, Scott said.

[rwachter@pioneerlocal.com](mailto:rwachter@pioneerlocal.com)  
Twitter @RonnieAtPioneer

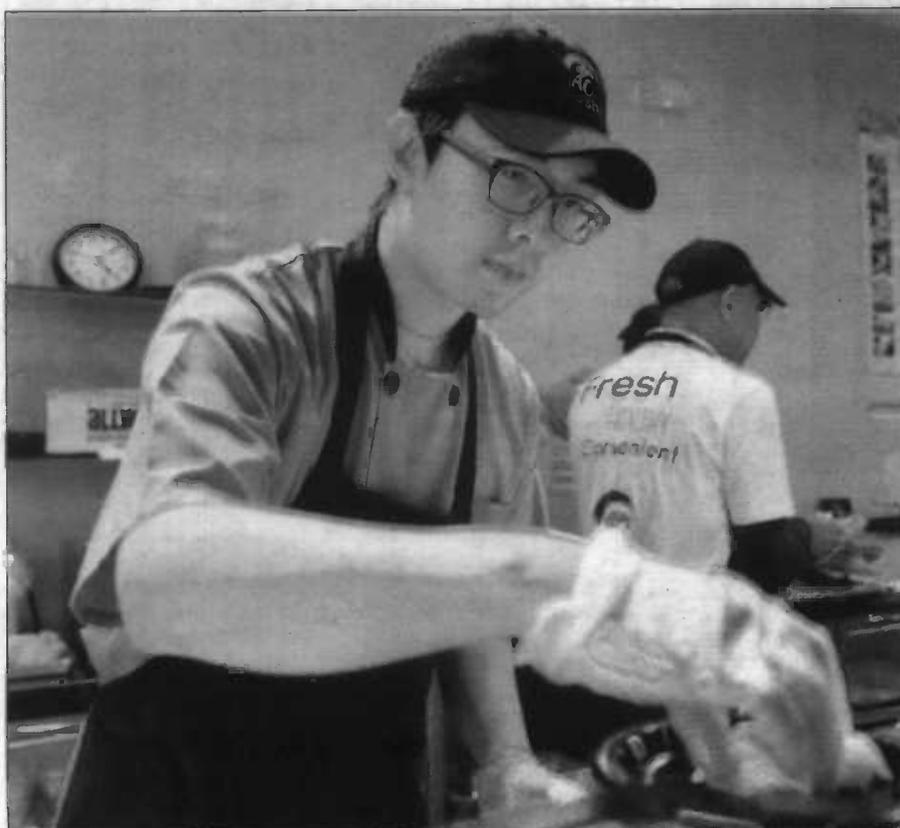


BRIAN O'MAHONEY/PIONEER PRESS PHOTOS

Christine Dennison, of Lincolnshire, at AO Sushi in Buffalo Grove. The new restaurant opened Feb. 3 and hosted a grand opening on March 10.



Charles Cook is the general manager at AO Sushi in Buffalo Grove. The new restaurant opened Feb. 3.



Sushi chef Hau Nguyen works at AO Sushi in Buffalo Grove

# What disease ails today's Republican party?



PAUL SASSONE

Honor. Civility. Respect. Restraint.

These are not just words. They are values, traditional, time-honored virtues – conservative 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 in-

fecting 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 news 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 presidents 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.



SETH PERLMAN/AP

Illinois Gov. Bruce Rauner gives a thumbs up as he speaks to reporters in his office at the Illinois State Capitol March 8 in Springfield.

# 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 where 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 oc-

curs 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 paczkis in that white bakery box tied with string. Now all Chicagoans love the tradition and call

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 not unusual for all of us to finally be together at 9 p.m.

If anyone was to peek in my window between 9 and 9:30 p.m., during most of the year, they'd wonder why on earth a family would be eating dinner at that time of the evening. "We're like Europeans!", I joke to my kids.

In reality, though, I think it's important that we all sit down for a meal together for as many weeknights as we can, even if the hour is closer to bedtime than traditional American dinner times. The kids and I will snack and graze after school so we are at least getting some fuel for the day's activities, then share a later-night repast to catch up on each other's days.

I'm always amazed at how even 15 to 20 minutes around the dinner table makes a difference in my connection to my family. I find things out about schoolwork as well as friends, activities and their overall stress level or happiness factor.

Even more important, we get to listen to one another and have a good time, most

nights anyway. (Sure, I sometimes take that opportunity to nag someone about getting a haircut or asking how they got a cut on their arm or why their English grade dipped according their online grades, but hey, that's another opportunity to connect on important things.)

Now that it's March and we're in between some sports and into the spring slide toward summer, we're eating at a more decent hour. 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 lull 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 underscore 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.

## FLYING UNDER THE RADAR



JOAN ALLEN/ABC/TNS

Joan Allen, Liam James and Rupert Graves in "The Family."

# Not Your Typical Family Programming



**ERIC SCOTT**

A tragedramystery?

That's one way to describe the new tragedy-drama-mystery swirling around ABC'S new Sunday night offering, "The Family." All these forces are designed to keep its 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. Brush-stroke 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 Warrens together and tore 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 know Ed, we may even discuss some military and political aspects of 'Churchill,'" Keaton said.

## 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.skokie theatre.org

Keaton said.

Keaton will also discuss SoloChicago Theatre Company which he cofounded with actor Kurt Johns, who served as artistic director for "Churchill." "SoloChicago Theatre is devoted singularly to solo performance," Keaton said. "Churchill" was the first venture of our theater and we struck lightning."

Keaton expects to be able to reveal SoloChicago's next production at the event. He would only hint that it is related to a segment of the Jack the Ripper legend.

"Ethan Michaeli is a very successful writer/journalist," Tracy said. "His new book, 'The Defender,' is being recognized as a sweeping, definitive work on The Defender [newspaper] and their work in the 20th century for African-American rights."

Michaeli, a native of Rochester, N.Y., worked at The Defender for five years in the 1990s. "It was a transformational experience for me," he said. Before he started there, "I didn't know The Defender was an African-American



MARY RAFFERTY

Ed Tracy (right) with the late theatre veteran Sheldon Patinkin. Tracy is starting an interview series, Conversations with Ed Tracy, at the Skokie Theatre March 23.



KEVIN NANCE/CHICAGO TRIBUNE

Ethan Michaeli, author of "The Defender: How the Legendary Black Newspaper Changed America."

newspaper. Working at The Defender changed everything about the way that I saw the city, saw race in America and saw the role of the newspaper. Since that time, I've wanted to convey what I learned to a broad audience."



SOLOCHICAGO

Ronald Keaton portraying Winston Churchill in the one-man show, "Churchill!"



DICK BARTON

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

## Mozart 'Requiem'

**What:** Musica Lumina Orchestra and Niles Metropolitan Chorus concert  
**When:** 3 p.m. March 20  
**Where:** St. John Brebeuf Church, 8307 N. Harlem Ave., Niles  
**Cost:** Admission is a free-will donation  
**Information:** 847-966-8145; [www.sjbrebeuf.org/concert](http://www.sjbrebeuf.org/concert)

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 quiet 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 from an iPhone are "not perfectly sharp and crisp when you blow them up and I kind of like that quality."

After taking the photos, Goss processed them in



MICHAEL GOSS

Thirty of photographer Michael Goss' photos, taken with an iPhone camera from the Evanston shores of Lake Michigan, are on display at Nixie Gallery in Skokie.

## iPhone Lake Photos by Michael Goss

**When:** noon-5 p.m. Monday-Friday, through March 29  
**Where:** Nixie Gallery, 7925 Lincoln Ave., Skokie  
**Information:** 847-367-3686; [www.nixiegallery.com](http://www.nixiegallery.com) or [www.gossphoto.com](http://www.gossphoto.com)

Photoshop. "Some more than others," he noted. "I tried to accentuate the colors of the water from 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 said 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 bad."

In the case of Goss' work, it's very good.

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LINDA MARIE SMITH PHOTO

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  
Pioneer Press

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 Sastrun. It was aired nationally on PBS in 2015 and earlier this year.

The show, which encourages audience members of all ages to use their imagination, shows that "Love is the most important thread in the human

existence," Smith said.

For details, call 847-965-4220 or go to [www.mgpl.org](http://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](http://www.niles-parks.org).

### Ahoy, there

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 847-692-

5127 or go to [www.prparks.org](http://www.prparks.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](http://www.chicagobotanic.org).

### 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](http://www.barnesandnoble.com).

<p>Large Whole Casheews (Salted, Unsalted or Raw) \$5.99 lb</p>	<p>Pitted Prunes \$2.99 lb</p>	<p>Milk or Dark Chocolate Covered Peanuts &amp; Raisins \$2.99 lb</p>
<p>Large Jelly Beans \$1.99 lb</p>	<p>Assorted Jordan Almonds \$4.99 lb</p>	

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Over 300 Items to Choose From  
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<p>North Location 6620 W. Irving Park Rd. (773) 282-3930 Mon.-Sat. 9 a.m. to 5 p.m.</p>	<p>We also carry a variety of Sugar Free Candies &amp; Chocolates!</p>	
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## FIND YOURSELF @ THE NORTH SHORE CENTER

FOR THE PERFORMING ARTS IN SKOKIE

<p>JUSTIN ROBERTS OF THE NOT READY FOR NIGHTTIME PLAYERS present <i>THE</i> Mysterious <b>HAT</b></p> <p>The Chicago Premiere! <b>Mar 19</b> 10am &amp; 1pm A new theatrical concert experience designed for families by multi-Grammy nominee Justin Roberts.</p>	<p>"Insightful, thought-provoking humor... — Chicago Tribune</p> <p><b>Paula Poundstone</b> Mar 19   8pm</p>
<p>One of the true visionary and widely influential stand-up comedians.</p> <p><b>Steven Wright</b> Apr 08   8pm</p>	<p>2015-16 SEASON SPONSOR WINTRUST COMMUNITY BANKS CONNECT WITH US! <b>847.673.6300</b> <a href="http://NorthShoreCenter.org">NorthShoreCenter.org</a></p>

## NIXIE GALLERY SHOWS WORKS OF JOE STEINER



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](http://nixiegallery.com). See more of Steiner's work at [www.steinerpaintings.com](http://www.steinerpaintings.com).

## NILES WEST STUDENTS WIN CHINESE SPEECH MEDALS



NILES WEST HIGH SCHOOL

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.

## THIN ICE THEATER PRESENTS 'DANCING AT LUGHNASA'



A. GUTER/THIN ICE THEATER ENSEMBLE

Hannah Guter and Lauren Guter, both of Morton Grove, play two sisters worried about the future in the Thin Ice Ensemble Theater 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.thinicetheater.org](http://www.thinicetheater.org).

## CASA LAKE COUNTY ADDS 11 VOLUNTEERS



CASA LAKE COUNTY

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: Marla Stein, Skokie, Lavanya Lall, Long Grove, Mary Tegtmeier, Lindenhurst, Mary Hill, Hawthorn Woods, Judge Ceckowski, Judge Sarah Lessman, Katy Wright, Long Grove, Shane Schultz, Chicago, Priscilla Slenko, 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](mailto:sburrows@pioneerlocal.com).

# REAL ESTATE TRANSFERS

ADDRESS	BUYER	SELLER	DATE	PRICE
1503 N Windsor Dr, # 102, Arlington Heights	Stanislav G Vassilev & Valentina P Vasileva	Fannie Mae	02-11-16	\$111,000
1607 W Hawk St, # 8, Arlington Heights	Martin Boev	Dale P Dassonville	02-11-16	\$183,000
542 W Happfield Dr, # 1414D, Arlington Heights	Semion Shlain	Keyou Wang	02-17-16	\$209,000
1529 N Kendal Ct, Arlington Heights	Kalliopi Katsis	Johnson Trust	02-11-16	\$210,000
2302 N Verde Dr, Arlington Heights	Pauline Chelemengos & Steve Delattre	Susan Adams Manning	02-17-16	\$226,000
2733 S Embers Ln, # B, Arlington Heights	Frank Caldero & Nerelda Caldero	Holthouse Trust	02-17-16	\$235,000
1203 W Weston Dr, Arlington Heights	Pavel Korzhagin & Ekaterina Shkeryna	Andrew T Olson	02-17-16	\$370,000
1003 S Belmont Ave, Arlington Heights	Sean Cusack & Tara Nlschbach	Tomasz Dziugan	02-16-16	\$405,000
972 Thornton Ln, # 1106, Buffalo Grove	Martin L Pickle	George H Binder	02-17-16	\$65,000
879 Trace Dr, # 207, Buffalo Grove	Alex Klsberg	Mila Sapoznik	02-16-16	\$80,000
1061 Aspen Dr, Buffalo Grove	Shannon Aquino	Robert C Rubenstein	02-16-16	\$210,000
1229 Bristol Ln, Buffalo Grove	Jain Richa & Richa Jain	Rdp Homes Llc	02-11-16	\$298,000
9205 Potter Rd, # 1H, Des Plaines	Norma A Grimaldo	Steven M Gray	02-17-16	\$50,000
9374 Landings Ln, # 504, Des Plaines	Emanoil Mateescu	Federal Home Loan Mtg Corp	02-17-16	\$115,000
1595 Ashland Ave, # 504, Des Plaines	Janet E Trozzo	Tracy Stoile	02-11-16	\$162,500
1491 Ashland Ave, # 2NW, Des Plaines	Ryan Davie	Jose E Hauad III	02-16-16	\$164,500
905 Center St, # 408, Des Plaines	Dan Balbie	Leo Close	02-16-16	\$166,000
1141 S Wolf Rd, Des Plaines	Mario Flores & Carmen Flores	Pawula Trust	02-17-16	\$170,000
1456 Henry Ave, Des Plaines	James Suwalski & Nancy A Suwalski	Phillip Brodd	02-11-16	\$284,000
9216 N Western Ave, Des Plaines	Joseph F Rivera & Liezette P Rivera	Nikolaos Sfikas	02-16-16	\$365,000
1299 Brown St, Des Plaines	Milan Sevic & Milena Sevic	Scott Thomas	02-17-16	\$500,000
854 Hinman Ave, # G, Evanston	Michael C Lazenby & Misty S Lazenby	Martin P Laffey	02-11-16	\$108,500
1615 Monroe St, # 3N, Evanston	Caroline Kaiser	Ted T Dawson	02-17-16	\$120,000
800 Hartrey Ave, Evanston	Jamie L Acosta & Refugio De Arcos Chavez	A G Hibbler	02-11-16	\$163,000
140 Ridge Ave, # P6, Evanston	James O'Neill & Teaelta O'Neill	Brian Paul Starr	02-11-16	\$235,000
1738 Chicago Ave, # 901, Evanston	Christopher Carder & Katrina L Carder	James Leroy Schwartz Estate	02-16-16	\$315,000
504 Lee St, # 3W, Evanston	David J Taylor & Adrienne D Taylor	Raymond Clifford	02-11-16	\$319,500
1675 Church St, Evanston	Jessica E Hutti & Thomas V Fulda	Cartus Financial Corp	02-17-16	\$344,000
1101 Dodge Ave, # 207, Evanston	Kenneth A Paquette & Margaret Oswald	1101 Dodge Llc	02-11-16	\$410,000
827 Lincoln St, Evanston	Frank D Hill & Julie Englander	Nancy H Mccray	02-11-16	\$475,000
2020 Grant St, Evanston	Joseph Meador & Maggie Meador	Kevin Maila	02-17-16	\$510,000
1108 Mulford St, Evanston	Seth J Gable & Amanda Gable	Cartus Financial Corp	02-17-16	\$550,000
2112 Asbury Ave, Evanston	Michael Scott Klaessy & Susan L Poll Klaessy	National Residential Nominee S	02-17-16	\$758,000
587 Ingleside Pl, Evanston	Kelly Mavros & Peter Conway	Ralph A Segreti	02-11-16	\$1,600,000
1917 Tanglewood Dr, # 1B, Glenview	Nancy Alani	Us Bank Na Trustee	02-16-16	\$120,500
3925 Triumvera Dr, # 5B, Glenview	Maria E Gonzalez & Gustavo Gonzalez	4918 St Louis Inc	02-17-16	\$136,000
201 Wilmette Ave, Glenview	Isak Branko	Us Bank Na Trustee	02-17-16	\$312,500
303 Wilmette Ave, Glenview	James Murphy & Mary Murphy	William J Ryan	02-17-16	\$442,500
221 Nottingham Ave, Glenview	Brian C Murphy & Kirby J Murphy	Matthew R Moss	02-17-16	\$465,000
1975 Salpan Dr, Glenview	Daniel Phillip Schneider & Jennifer Beth Schneider	Development Solutions Gin Llc	02-11-16	\$522,500
601 Huber Ln, Glenview	Shishir H Patel & Raxaben H Patel	James H Wolter	02-17-16	\$590,000
307 Elm St, Glenview	Brian Weinthal & Suzanne Jakstavich	Dw Development Llc	02-17-16	\$899,000
255 North Trl, Hawthorn Woods	Adam Cohen Lewe	Barry J Scolnick	02-12-16	\$475,000
3608 Rolling Glen Dr, Kildeer	Keith A Lemon & Anna R Lemon	Jp Morgan Chase Bank	02-12-16	\$359,900
21651 W Quail Ct, Kildeer	Thomas Matjal & Kristin L Mintjal	Frank Jaegar	02-11-16	\$765,000
3317 Stratford Ct, # 1B, Lake Bluff	Matthew Cook & Meghna Patel	Ruitao Zhang	02-16-16	\$117,000
23956 N Valley Rd, Lake Zurich	Kathryn L Simpson	Jesse R Hudson	02-12-16	\$185,000
375 Grand Ave, Lake Zurich	Robert S Kluck & Clare E Kluck	Houston Trust	02-11-16	\$410,000
4 New Castle Ln, Lincolnshire	stvan B Fodor & Eموke Lukacs	Cynthia Knudson	02-12-16	\$344,500
90 Lincolnshire Dr, Lincolnshire	Ludwig Hoeft & Debora D Hoeft	Grandview Capital Llc	02-12-16	\$382,000

ADDRESS	BUYER	SELLER	DATE	PRICE
8922 Oak Park Ave, Morton Grove	Ashley Sobieski & Constantine Petridis	Aaron Rosenthal	02-16-16	\$320,000
709 W Central Rd, # C3, Mount Prospect	Boguslaw Dostal & Krystyna Dostal	John Edgar	02-16-16	\$63,000
1255 W Prospect Ave, # 306, Mount Prospect	Viktor Kniazevych & Uliana Kniazevych	Krzysztof Bochenek	02-17-16	\$127,000
106 E Lincoln St, Mount Prospect	Anna Bladek & Witold Bladek	Riklin Investments Inc	02-17-16	\$180,500
1811 Azalea Ln, Mount Prospect	Mary Valenti	Riklin Investments Inc	02-17-16	\$230,000
1718 Bonita Ave, Mount Prospect	Grzegorz J Indyk & Olga Indyk	Darras Home Protector Trust	02-17-16	\$270,000
400 S Carol Ln, Mount Prospect	Pashko Pekaj & Vera Pekic	Frighetto Trust	02-11-16	\$285,000
615 S Elm St, Mount Prospect	Alvin S Gonzales & Maria Cecilia A Gonzales	Mn Group Llc	02-17-16	\$290,000
1727 W Martin Ln, Mount Prospect	John R Barney & Jessica K Barney	Doug O Connor	02-16-16	\$355,000
407 S Douglas Ave, Mount Prospect	George Revel & Vasiliki Antonopoulos Revel	James G Pappas	02-16-16	\$415,000
7853 W Monroe St, Niles	Jessica Pantoja	Ivan L Perkovich Estate	02-17-16	\$310,000
8281 N Wisner St, Niles	Franklin Albert Vuong & Cyndy Dang	Us Bank Na Trustee	02-17-16	\$343,500
8702 N Osceola Ave, Niles	Samuel Timothy & Jincy Timothy	Okju Son	02-16-16	\$454,000
1621 Mission Hills Rd, # 506, Northbrook	Thomas J Deloye	Roger A Nelson	02-17-16	\$167,000
1872 Somerset Ln, # 43, Northbrook	Frank C Petrino & Hope W Petrino	Mock Trust	02-17-16	\$310,000
3743 Radcliffe Dr, Northbrook	Daniel S Jariabk & Linda R Jariabka	Coleman J Spector	02-11-16	\$530,000
941 Surrey Ln, Northbrook	Scott Kollias & Anastasia Kollias	James T Monaghan	02-17-16	\$657,500
1155 N Sterling Ave, # 103, Palatine	Nadejda Kerova	Flagstar Bank Fsb	02-11-16	\$39,500
2164 N Dogwood Ln, Palatine	Teodoro Villafana	Fannie Mae	02-17-16	\$124,000
1226 N Knollwood Dr, Palatine	Robert Wallace & Barbara Wallace	Dax A Tichy	02-16-16	\$164,000
1134 N Knollwood Dr, Palatine	Melissa Brand & Dan Sutton	Kent Trust	02-17-16	\$165,500
1122 E Paddock Dr, Palatine	Jacob Lee	Shu Yin	02-17-16	\$210,000
641 W Concord Way, Palatine	Joseph Faron	Fannie Mae	02-11-16	\$330,500
56 W Sherman St, Palatine	Shelly L Revelle	Jeffrey S Goldfine	02-17-16	\$335,000
1323 N Palos Ave, Palatine	Manesh Nallavalli & Sudhira Ramnani	K Hovnanian T&c Homes At Ill	02-11-16	\$504,500
23 S Elm St, Palatine	Mohammed Hussain & Khuteja Begum	Zhuanghong Yu	02-17-16	\$550,000
2500 Archbury Ln, # 2F, Park Ridge	Dmitri Chapovalov	Cezariusz Lesisz	02-11-16	\$166,000
1015 Peterson Ave, # B, Park Ridge	Fernando Arath Padilla Cassillas	Fannie Mae	02-16-16	\$186,000
1825 S Cumberland Ave, Park Ridge	Nabil Zaya & Marcela Zaya	Burns Trust	02-11-16	\$305,000
1496 W Marcus Ct, Park Ridge	Violetta Malacha & Tomasz Bendyk	Carynski Trust	02-17-16	\$330,000
421 S Chester Ave, Park Ridge	Jeffery Mote & Leonna Mote	Gillespie Development Llc	02-16-16	\$355,000
1375 Quaker Ln, # 129B, Prospect Heights	Stanislaw Glowacz & Maria Glowacz	Edmond Basilios	02-11-16	\$114,000
9612 W Higgins Rd, # 3D, Rosemont	Kellie M Fazio	Ryan Finneke	02-11-16	\$129,000
640 Ash Ln, Wheeling	Ophelia Lypak	Judicial Sales Corp	02-17-16	\$117,000
216 E Wayne Pl, Wheeling	Maria S Gonzalez & Patricia Martinez	Hfs I Asset Co Llc	02-16-16	\$163,500
130 Highland Ave, Wheeling	Sean M Bieschke & Cynthia L Boom	Hume Trust	02-11-16	\$190,500
1330 S Paddock Dr, Wheeling	Risto Temelkovski & Shannon C Temelkovski	Fannie Mae	02-16-16	\$301,300
515 Leclair Ave, Wilmette	Mara Zimmerman	Judicial Sales Corp	02-11-16	\$246,000
1616 Sheridan Rd, # 5E, Wilmette	H Steel Bokhof Jr & Glenn C Bokhoff	Anna P Kloutas	02-11-16	\$290,000
930 Cornell St, Wilmette	John J Nash & Edward Nash	Yu Hsi K Cheng	02-11-16	\$400,000
701 Lake Ave, Wilmette	John C Binkley & Joanne C Binkley	Avenue Development Llc	02-11-16	\$705,000
1121 Ashland Ave, Wilmette	Daniel J Nyhan & Lisa H Nyhan	William R Epcke	02-17-16	\$840,000
703 Greenwood Ave, Wilmette	James F Whalen & Deborah Whalen	David B Lanz	02-11-16	\$1,950,000
1000 Chestnut Ave, Wilmette	Michael C Ryan & Lisa Ryan	Brian Quinn	02-17-16	\$1,975,000
1040 Sunset Rd, Winnetka	Carson Veach & Katherine Veach	Michael K Murtaugh	02-11-16	\$155,000
226 Sheridan Rd, Winnetka	Antony Dolas & Kyri N Zaroy-Iannis	Thomas Lhee	02-16-16	\$716,500
311 Rosewood Ave, Winnetka	Marshall Brown & Allison Brown	Lavender Trust	02-17-16	\$852,000
1200 Sunset Rd, Winnetka	William V Essig & Karen H Essig	Abram I Bluestein	02-16-16	\$1,612,500

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**

Five-bedroom, two-bath brick English home with side-drive. Property totally remodeled in 2013. Hardwood floors throughout, new kitchen cabinets, all-new windows, doors, new roof, central air and heat. Modern light fixtures, open-floor layout. Finished basement with family room, extra bedroom, laundry and furnace.

**Address:** 3860 Jarvis Ave.  
**Price:** \$310,000  
**Schools:** Niles North High School  
**Taxes:** \$5,348.84  
**Agent:** Ted Krzysztofak/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:** 8208 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 Road  
**Price:** \$475,000  
**Schools:** New Trier Township High School Winnetka  
**Taxes:** \$10,513  
**Agent:** Emily Link/Coldwell Banker Residential Brokerage Winnetka

Listings from Homefinder.com

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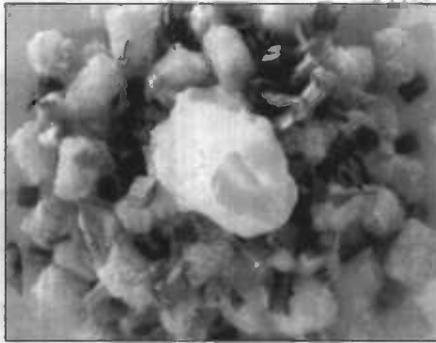
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media group

# Living

Thursday, March 17, 2016



From Superdawgs to tater tot nachos, pros share St. Patrick's Day hangover cures Page 3

CN



THE IMAGE BANK

## Some see pets as therapists

Some research suggests that animals bring down their human companions' stress levels, reduce depression Page 4

## SUBURBAN COOKS

# 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 varieties."

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



JUDY BUCHENOT/BEACON-NEWS

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/1XojzxN>.

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. In Spain, paella is made with bomba rice, a short-grained rice. Since it is hard to find here, she substitutes a medium grain rice. She shares the recipe for others who want to try an international treat.

Judy Buchenot is a freelance writer.

## 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
- 1/2 teaspoon paprika
- 1/4 teaspoon kosher salt
- 12 large shrimp
- 1 3/4 cup 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 1/3 cup of onion puree. Grate tomatoes over bowl to get about 1 1/4 cups 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 1/4 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 1/2 teaspoons salt to the strained broth and stir to combine. Measure out 5 1/4 cups of the broth and set the remainder aside. When tomato mixture is done, add rice and cook and stir over medium heat for about two minutes.

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.

# Feeling green around the gills?

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

By Veronica Hlinke  
Pioneer Press

Whether you tumbled 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 partied 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.



E. JASON WAMBSGANS/CHICAGO TRIBUNE

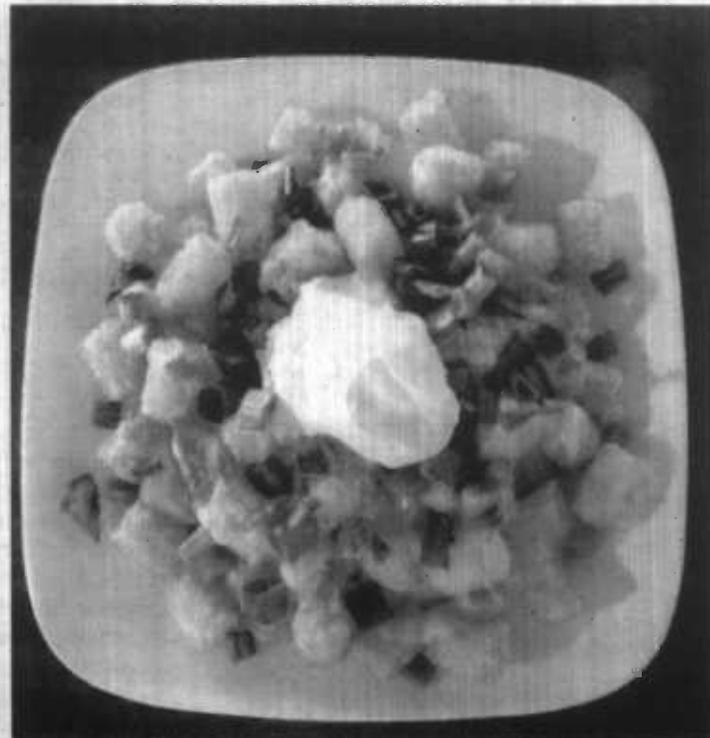
For Toby Maloney, one of the founders of Chicago's Violet Hour, items off the Superdawg menu are the answer after a night of imbibing too much.

## Tater Tot Nachos

- 5 cups of tater tots, frozen
- 1 cup cheddar cheese, shredded
- 4 strips of bacon, fried
- 1/3 cup green onions, chopped
- 1 Tablespoon sour cream (extra-large heaping)

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 1/8- to 1/4-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



DOWNING'S TAVERN

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: A Wounded Warrior and the Golden Retriever Who Saved Him" by Luis Carlos Montalvan and the novel "The Dog Who Saved Me" by Susan Wilson help



THINK PIECE PUBLISHING

"Dog Medicine: How My Dog Saved Me From Myself" is Julie Barton's memoir about Bunker, the golden retriever who helped her cope with depression.

their owners fend off depression, anxiety and PTSD.

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 "Do Dogs Dream? Nearly Everything Your Dog Wants You to Know."

"The results are almost always the same: You get anywhere between a 30 percent and a 50 percent added improvement in the reduction of depression scores (with pets), so it's quite huge," Coren says.

Questions remain: A 2014 review of the effectiveness of animal-assisted therapy for the elderly ("The Benefit of Pets and Animal-Assisted Therapy to the Health of Older Individuals" in Current Gerontology and Geriatrics Research) complained of the "poor methodological quality" of pet therapy studies and pointed to issues such as small sample sizes, and lack of adequate controls and comparison groups.

Barton, whose memoir covers an episode of severe depression when she was in her early 20s, got married in 2000 and lives in Piedmont, Calif., with her husband, their two children, ages 8 and 11, and an energetic terrier named Jackson (shelter name: Action Jackson). Bunker died in 2007 at age 11, but he remains a big presence in Barton's life. Speaking from her home office, she said she was surrounded by photos of Bunker. "It's like a shrine in here," she quipped.

## Growing audience

"Dog Medicine" appears to have hit a nerve: The first 2,500-copy printing sold out in a day,

Barton says, and more than 5,000 additional copies have been printed.

"We sold rights to Korea, to Holland. The U.K. is interested," she says. "There's lots of chatter, and I think it's really resonating."

In the course of promoting the book, she has heard stories of emotional healing from cat-, dog- and horse-lovers. And, at a talk in California, a man approached her on the verge of tears.

"My daughter is very depressed. She's 20, and she's coming home to live with us," she recounts the man telling her. But there was one bright spot: "She has a therapy rat. It's the most incredible thing."

"Is it a trained rat?" Barton asked him.

"No," the man told her. "They are just extraordinarily connected. Something about having this living creature with her by her side all the time is really healing for her."

For Barton, now 42, the road to recovery involved medication, counseling and family support, as well as bonding with Bunker.

She was 22, an Ohioan living far from home in New York and weathering a painful breakup, when the negative thoughts that had long assailed her took on a scarier tone: "Walk into the path of that cab," she would think.

After she collapsed on the kitchen floor with a pot on the stove and woke up to a room filled with smoke, she called her mother. Her parents brought her home, found a psychiatrist and

gently pressed her to take the antidepressant Zoloft. When she told them one thing that might help was a puppy, her parents helped make that happen too.

## A way to connect

Bunker offered uncomplicated 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 Bunker died, but I had young kids, and that helped keep me occupied — in a good way."

nschoenberg@tribpub.com

## PET OF THE WEEK



Maxine

What a houseful. I lived with kids of all ages and did well. My family also had cats and dogs, from small to large, and we were literally all a big family. I love to play and love to cuddle. I am a sweet and very gentle cat, used to spending my evenings in someone's lap and of course sleeping in bed with someone at night. P.S.: I'm front paw declawed.

For additional information, please visit [www.saveapetil.org](http://www.saveapetil.org).

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# 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 diesel]. The car was hauled to Knausz 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.



**CATHY CUNNINGHAM**  
Help Squad

Our insurer ... paid \$17,000 to have the car repaired ...

I put the blame on The EPA. They should enforce the 5 percent bio content ..., which seems to be the limit under which all diesel cars would operate without a problem ... My wife now has to fill up at Ernie's in

Lincolnshire, which sells pure low-sulfur diesel but at a much higher price than all its competitors. (This is where Knausz 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?

**Jlm, 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 (HPPF) went out. If it did, then the defective HPPF 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](mailto:HelpSquad@pioneerlocal.com).

Cathy Cunningham is a freelance columnist.

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## ROUNDUP | CHILDREN'S BOOKS

**Booked**

By Kwame Alexander, Houghton Mifflin Harcourt Books For Young Readers, \$16.99, ages 10-13

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 *verbomania*\* / 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 *verbomania* (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.

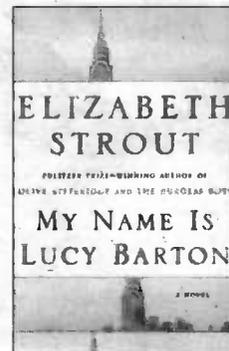
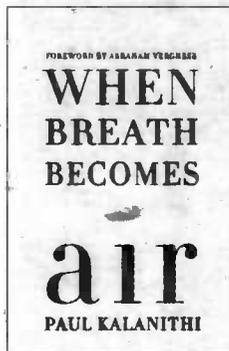
Fashioned from paper-bag cutouts, line drawings and collages of textured fabric and bright floral photos, the book follows a wide-eyed little boy as he responds to a series of well-meaning but bewildering sentiments: "We lost

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.

## 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).
3. "A Man Called Ove: A Novel" by Fredrik Backman (Washington Square, \$16).
4. "Me Before You: A Novel" by Jojo Moyes (Penguin, \$16).
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 McLendon, a protege of James Naismith, and how McLendon 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 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, W.W. 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



# puzzle island

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3/13

## Capital Menu: With an ingredient in common

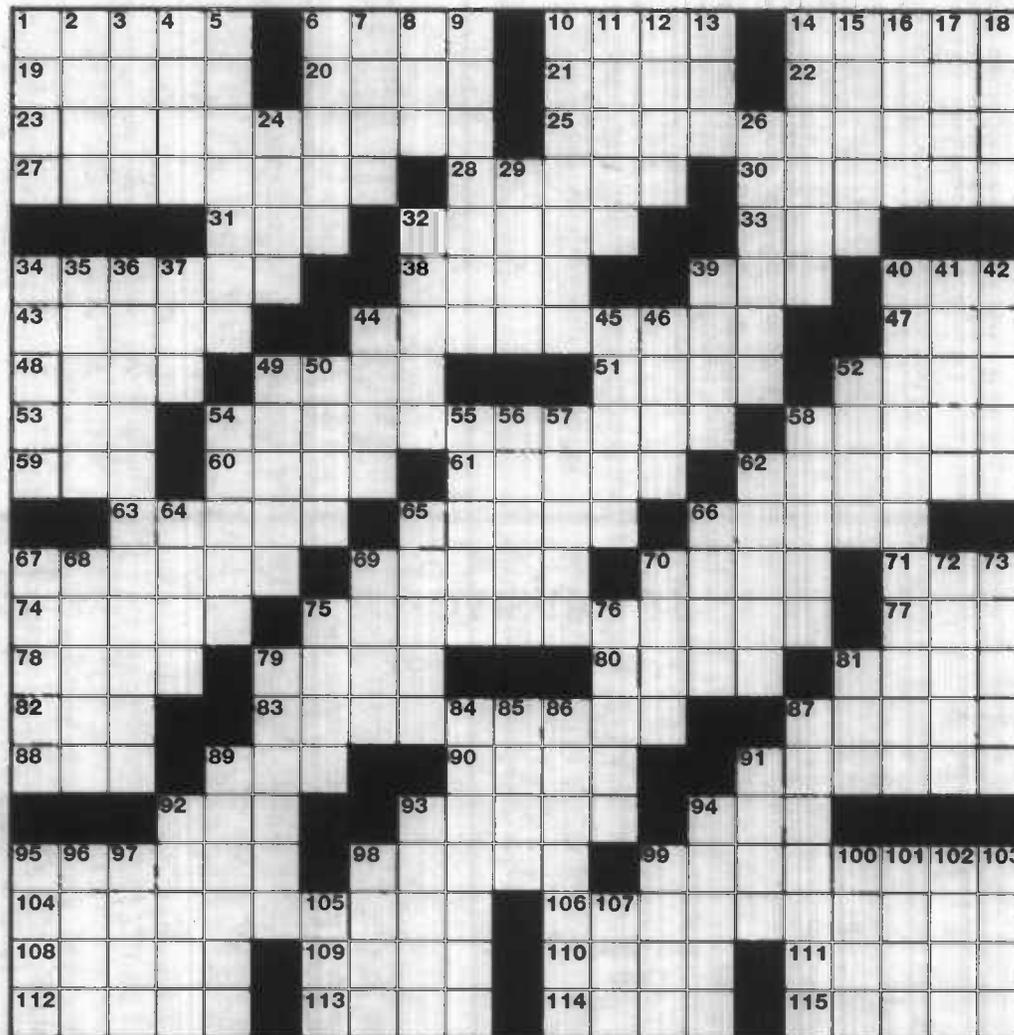
BY FRED PISCOP | EDITED BY STANLEY NEWMAN  
(stanxwords.com)

### 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 ploy
- 67 Mrs. Rocky Balboa
- 69 Thin mud
- 70 Purplish brown
- 71 Rather unlikely
- 74 1 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
- 87 Vader's title
- 88 CIA forerunner
- 89 Football great Marino
- 90 Deception
- 91 English economist
- 92 "... winter of \_ discontent"
- 93 Fringe benefits
- 94 Young seal
- 95 Twosome in a 747
- 98 Celestial ram
- 99 Atlanta suburb
- 104 Seafood serving
- 106 Seafood serving
- 108 Do sculpting
- 109 Besides that
- 110 Jambalaya veggie
- 111 Sealing supplies
- 112 Villainous look
- 113 Propellant, in part
- 114 Colorful horse
- 115 Point of view

### Down

- 1 Quick haircut
- 2 Many an Olympics event
- 3 Midmonth time
- 4 Gives a boost to
- 5 Gym array
- 6 Lifts with difficulty
- 7 Buffoons
- 8 \_-K school
- 9 Ballot caster
- 10 Habitual
- 11 Faithful follower
- 12 Bettors' figures
- 13 Chest muscle, for short
- 14 No-nos
- 15 Monastery head
- 16 Cars from Korea
- 17 Brink
- 18 In public view
- 24 Some portrait paints
- 26 Brass and bronze
- 29 Tennyson title
- 32 Wood finish
- 34 Chew noisily
- 35 Half of A/V
- 36 Stuffing ingredient
- 37 UFO crew
- 39 Neighbor of Neb.
- 40 Summer side dish
- 41 Some babysitters
- 42 "Heavens to" woman
- 44 Take by truck
- 45 Treat poorly
- 46 "Well done!"
- 49 Symbol of sovereignty
- 50 Sanctified
- 52 Mr. Kringle
- 54 Five-star
- 55 Red Halloween costume
- 56 Whodunit deed
- 57 Couldn't stand
- 58 Risky venture
- 62 Stood up to
- 64 Engage
- 65 Pompeo of *Grey's Anatomy*
- 66 Mannerless
- 67 Sneeze sound
- 68 Opportunities, so to speak
- 69 *Star Trek* character
- 70 Plumbing piece
- 72 Steamed
- 73 Ancient legends
- 75 Natural satellite
- 76 Pepsi alternatives
- 79 Few and far between
- 81 Large inlet
- 84 Hanukkah top
- 85 Medical breakthrough
- 86 Invites, as trouble
- 87 Portrays
- 89 Fencing combatant
- 91 Certain Turk
- 92 Pimiento holder
- 93 Plain speaking
- 94 Hymn of praise
- 95 Rudiments
- 96 *Seuss' If \_ the Zoo*
- 97 Steamed
- 98 Rights org.
- 99 Oscar-winner Sorvino
- 100 Mideast airline
- 101 Spanish appetizer
- 102 Feds under Ness
- 103 Subordinate: Abbr.
- 105 Alphabetic trio
- 107 *Citizen Kane* studio



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## Quote-Acrostic

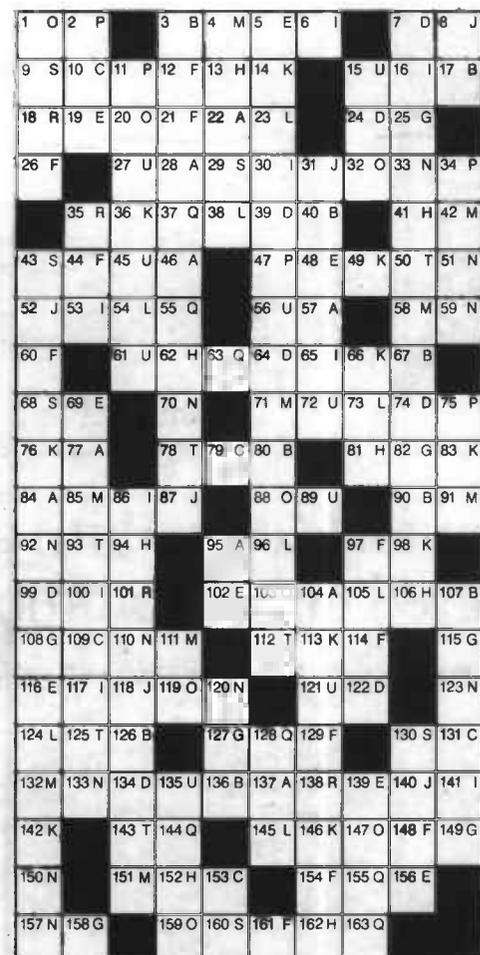
1. Define clues, writing in Words column over numbered dashes.
2. Transfer letters to numbered squares in diagram.
3. When pattern is completed, quotation can be read left to right. The first letters of the filled-in words reading down form an acrostic yielding the speaker's name and the topic of the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

## Clues

## Words

- A. Cognizance      84 57 28 95 137 77 104 46 22
- B. Former          40 17 107 126 90 3 136 67 80
- C. Crude or  
brutish one      153 109 79 10 131
- D. Anarchist       99 24 74 7 39 134 122 64
- E. Fraught with  
happenings      19 5 116 156 139 69 102 48
- F. Harsh  
taskmaster:  
2 wds.            161 148 26 21 60
- 97 154 44 12 114 129
- G. Lake  
Ontario port     108 127 115 158 25 149 82
- H. London air  
hub                94 13 152 162 41 106 62 81
- I. Mistaken        141 53 65 100 86 6 30 16 117

- J. Mental giant    87 52 8 140 118 31
- K. Wide hook  
punch            83 66 36 76 14 113 98 49 142 146
- L. Steered  
clear of          96 23 73 124 54 145 105 38
- M. 18th-Cent.  
Scottish  
economist        42 111 4 151 132 71 85 58 91
- N. Miscellanea:  
3 wds.            123 59 92 133 70 110 51
- 157 150 33 120
- O. Gulp            32 1 147 119 20 88 159
- P. Written  
defamation      11 75 47 2 34
- Q. Without  
financial  
backing          128 63 144 155 103 37 163 55
- R. Fine rain       35 138 18 101
- S. Russian  
physiologist  
with a dog       130 160 9 29 68 43
- T. Eighth part  
of a circle       143 93 112 125 50 78
- U. Early Italian  
number  
theorist          89 121 135 15 45 72 61 27 56



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By Neil Goldstein.  
Edited by Linda and Charles Preston.  
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## Impulsive

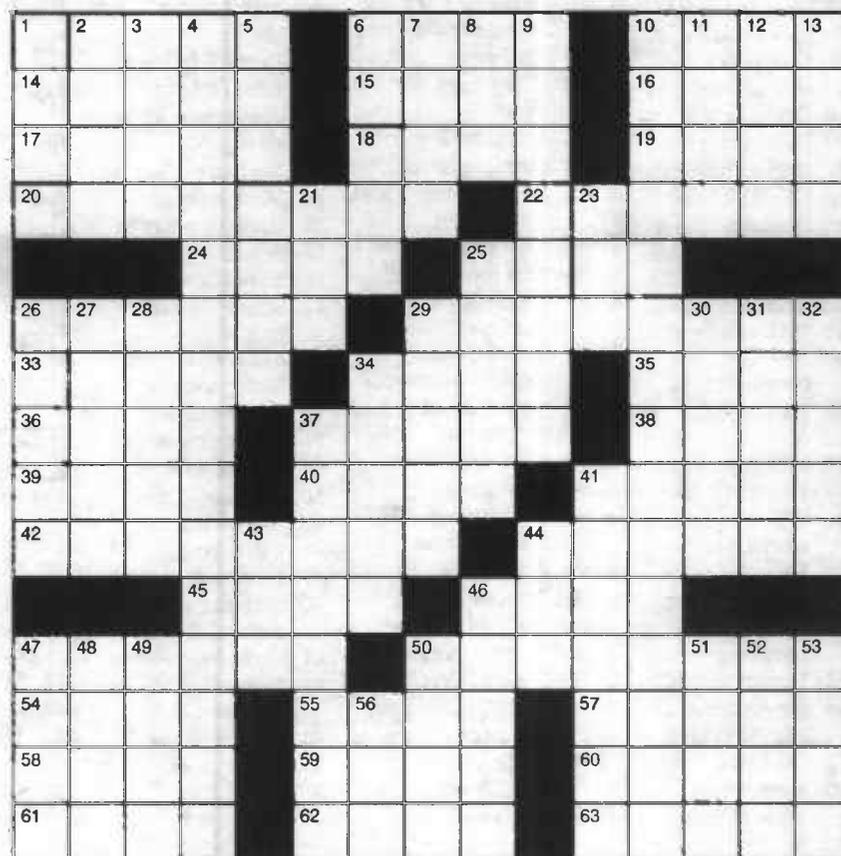
BY CHARLES PRESTON

## Across

- 1 Hemingway's guerrilla leader
- 6 Armadillo
- 10 Styptic
- 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 Alms box
- 59 Rushed
- 60 Plume provider
- 61 Omar
- 62 Transmit
- 63 Transactions
- 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 Poppcock
- 44 Piece out
- 46 Sliver
- 47 Cookie
- 48 Arena bull
- 49 Derby
- 50 Pool
- 51 Solomon's favorite
- 52 \_\_\_\_ Coward
- 53 Sprinkles with
- 56 The Man with the \_\_\_\_

## 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

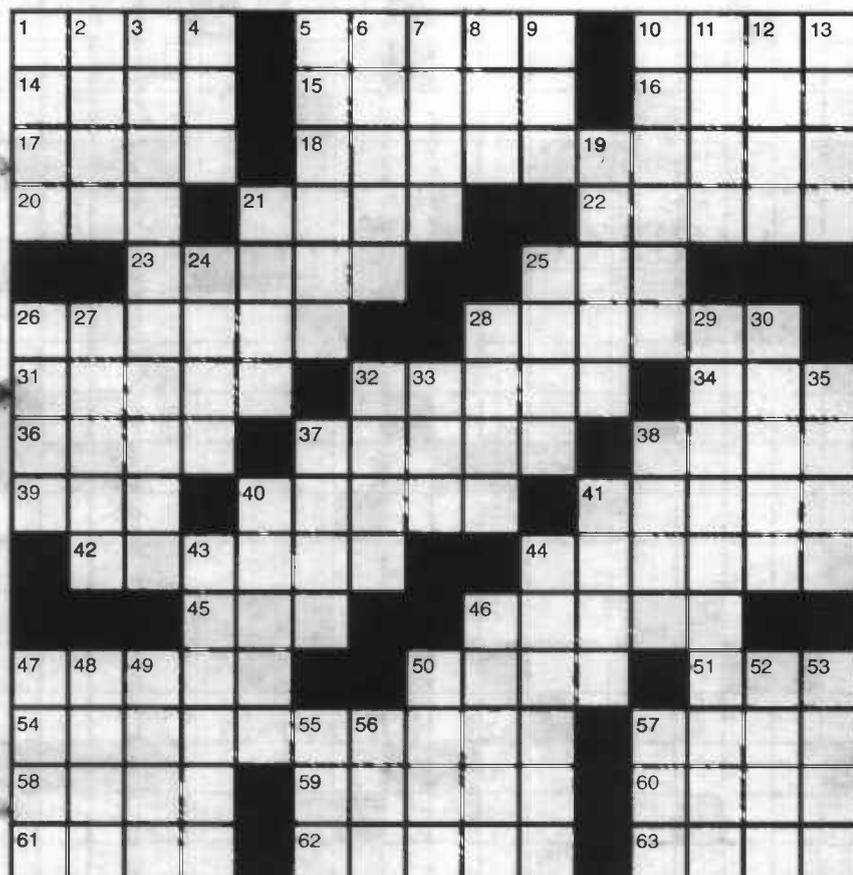


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# Crossword



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3/16/16

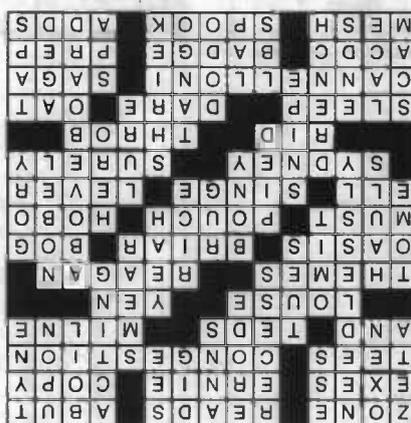
## ACROSS

- 1 TV's "The Twilight \_\_\_"  
5 \_\_\_ up on; studies  
10 Lie next to  
14 Alimony payers  
15 Pyle or Els  
16 Duplicate  
17 Trevino's pegs  
18 Nasal \_\_\_; cold symptom  
20 Most common conjunction  
21 Kennedy and Koppel together  
22 Author A.A. \_\_\_  
23 Tiny insect  
25 Japan's dollar  
26 Motifs; topics  
28 Carter's successor  
31 Desert refuge  
32 Prickly plant  
34 Wet spongy ground  
36 Is required to  
37 Home for a baby kangaroo  
38 Bum  
39 Building annex, often  
40 Burn slightly  
41 Crowbar  
42 Largest city in Australia

## 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, hippie-style  
9 Observe  
10 Performing  
11 Sore as a \_\_\_  
12 "It Came \_\_\_ a Midnight Clear"  
13 Actress Daly  
19 Make a smudge worse

## Solutions



- 21 Mon.'s follower  
24 Leave out  
25 Slangy reply  
26 Heavy book  
27 Lugs; drags  
28 Uncle Ben's \_\_\_  
29 Not at all  
30 \_\_\_ Peace Prize  
32 Emaciated  
33 Carpet  
35 Bloody, like-a-horror film  
37 "The \_\_\_ Piper of Hamelin"  
38 Long sandwich

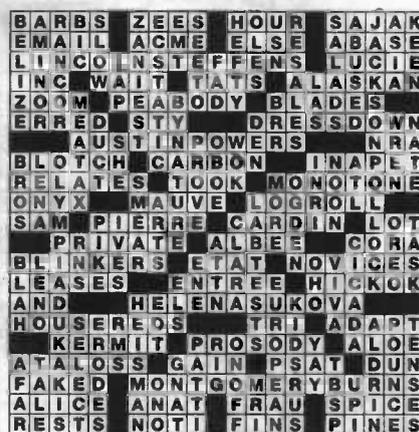
- 40 Take potshots  
41 Draw; attract  
43 Wet thoroughly  
44 Loud high-pitched cry  
46 Latin-American ballroom dance  
47 Con game  
48 Frilly trimming  
49 Finishes  
50 Nincompoop  
52 Over the hill  
53 Touches lightly  
55 Pounds: abbr.  
56 Drink like Fido  
57 Hot tub



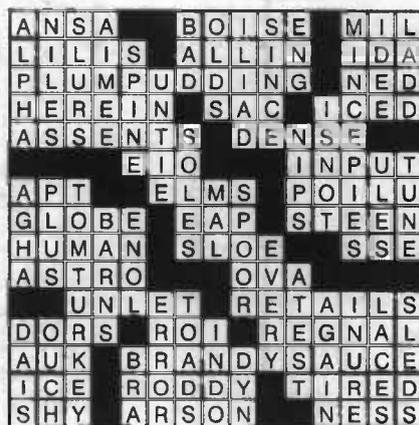
# puzzle island solutions

## Last week's crosswords

### "State Your Name"



### "Feasts"



### "Bull Session"



## Last week's Quote-Acrossic

E(ric) FELTEN: IS POLAROID BACK?: Such is the pace of modern technology that products go straight from amazing innovation to Paleolithic relic. Just when one really gets to know his iPhone it will become yet another electronic doorstop.

## Last week's Sudoku

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

## This week's Jumble

HOTTER CHORUS FRUGAL  
HOLLOW AFRAID TROPHY

They would be going out to eat for sure, but where was —

FOOD FOR  
THOUGHT



# '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



**JACKIE PILOSSOPH**  
Love Essentially

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.

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## Music is effective therapy in improving medical outcomes



DR. ANTHONY KOMAROFF  
Ask Doctor K

**Dear Doctor K:** I recently visited a friend in the hospital. A music therapist played music for her. The idea of music therapy seems very New Age to me. Is there any evidence for it?

**Dear Reader:** Music therapists use their knowledge of music and its effects to help people get through medical challenges such as recovering from a stroke or healing after surgery. Music therapists may play music for you or with you. They may even teach you how to play an instrument.

This all sounds great. But, as you say, it also sounds pretty New Age, and you asked if there is any evidence behind it. Actually, there is. A growing body of research attests that music therapy can improve medical outcomes and quality of life in a variety of ways.

For example:

- Improves the experience of invasive procedures. Controlled clinical trials looked at people having colonoscopies, cardiac angiography and knee surgery. Those who listened to music before their procedure had reduced anxiety and a reduced need for sedatives. Those who listened to music in the operating room reported less discomfort during their procedure. Hearing music in the recovery room reduced the use of opioid painkillers.

- Restores lost speech. Stroke or traumatic brain injury can damage the region on the left side of the brain that is respon-



GARVEY SCOTT/MCCLATCHY-TRIBUNE

There is some evidence behind music therapy.

sible for speech. Music therapy can help. How? The ability to sing originates in the right side of the brain. People who are recovering from stroke or brain injury can work around the injury to the left side of their brain by first singing their thoughts. Then, gradually, they can drop the melody.

- Reduces side effects of cancer therapy. Listening to music reduces anxiety associated with chemotherapy and radiotherapy. It can also quell nausea and vomiting for patients receiving chemotherapy.

- Aids pain relief. Music therapy has been tested in patients with different types of pain, including intense acute pain and chronic pain. Music therapy decreases the perception of pain and reduces the amount of pain medication needed. It also helps relieve depression and gives people a better sense of control over their pain.

- Improves quality of life for dementia patients. The ability to engage with

music remains intact into the later stages of dementia. Music therapy can help to recall memories, reduce agitation, assist communication and improve physical coordination. A wonderful documentary film released in 2014, "Alive Inside: A Story of Music and Memory," demonstrates the value music can have in awakening memory among people with dementia. It is a memorable experience to see people who appear terminally lost to the world, barely able to communicate in words, come alive to music.

Most of the studies I refer to have used classical music and popular songs. I'm not aware of any studies using newer forms of popular music like punk, rap or heavy metal.

*Dr. Komaroff is a physician and professor at Harvard Medical School. Go to Ask-DoctorK.com or write Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.*

## PEOPLE'S PHARMACY PRESCRIPTIONS AND HOME REMEDIES

# Coconut can ease diarrhea; Foot odor? Go barefootin'

By Joe Graedon  
and Teresa Graedon  
King Features Syndicate

**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 our dog. I didn't want to give her cookies with sugar, so I just sprinkle unsweetened coconut (about a half-teaspoon) on her two meals a day, and all is well.

**A:** Coconut has a reputation for combating chronic diarrhea. We first heard about this remedy (two Archway brand coconut macaroon cookies daily) from Donald Agar in 1998. He suffered from diarrhea due to long-standing Crohn's disease.

His discovery was serendipity, but there is some actual research to support his experience. A study in the *Journal of Medicinal Food* (December 2013) found that virgin coconut oil and its component fatty acids discourage *Clostridium difficile* (*C. diff*) overgrowth.

Another reader inquired: "I assume it's the coconut in the macaroons that does the trick. If so, rather than buying cookies, I would like to make them myself, gluten- and dairy-free. Am I missing the point of the cookies, or will my homemade ones work just as well?"

The coconut macaroon recipe we offer in our book "Recipes and Remedies" (online at [www.peoplespharmacy.com](http://www.peoplespharmacy.com)) contains no gluten or dairy.

**Q:** When you write about foot odor, allow me to recommend a simple treatment: Take your shoes and socks off. The organisms that



SARAH BOSSERT/E+ PHOTOGRAPHY

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.)

**A:** You are quite right about the cause of foot odor. Your solution is appealing, but in some seasons and locales, it is impractical. We imagine few people could walk around Northern states barefoot at this time of year.

**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.**

**My doctor said that women with fibromyalgia do not make enough vitamin D, no matter how much sun they get. I live in Florida and get plenty of sun.**

**I was prescribed**

**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 fibro 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](http://www.peoplespharmacy.com).*

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# 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.

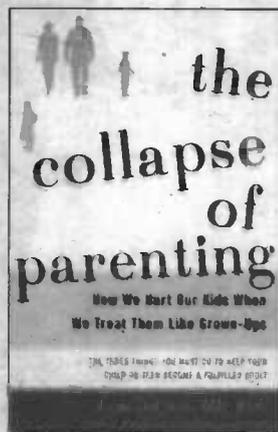
An edited transcript of a conversation with Sax:

**Q: What exactly do you mean by a collapse of parenting?**

**A:** I wrote about an office visit with a 10-year-old boy who is sitting and playing a game on his mobile phone, ignoring me and his mom as I'm talking with his mom about his stomachache. And his mom is describing his stomachache and the boy says, "Shut up, mom, you don't know what you're talking about." And he laughs.

That would have been very unusual in 1990 or 2000. It is now common: children, girls and boys, being disrespectful to parents, being disrespectful to one another, being disrespectful to themselves, verbally and otherwise. The mother did nothing, just looked a little embarrassed. The culture has changed in a profound way in a short period of time in ways that have really harmed kids.

**Q: What is the book really about?**



**A:** The transfer of authority from parents to kids. I think you should treat kids like grown-ups. I think you should expect them to be mature and to behave, and I think that's what it means to treat someone like a grown-up, among other things, 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 of age who have their phone in their bedroom at 2 (o'clock) in the morning. You (should) take the device at night and you 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) 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 child in many domains.

**Q: You refer to the value of family dinner.**

**A:** 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 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 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.

# 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're frustrated or 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 non-profit 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 ignore situations 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, 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, we're choosing victimhood over growth and liberation," Lesser says. We need to acknowledge the circumstances for what they are and then make a



When adversity strikes, acknowledge the pain, then be willing to learn what it has to teach you and move on.

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 dealing with, we are then free to come up with ways to handle it."

The key is to be attentive to yourself. 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 got stuck in the story. Unable to handle what I didn't know, I broke down. I let the emotion out and

found it soothed me, but then I reached a moment 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 come to 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."

We either "move with life or swim against it," Lesser says. "Neither is easy, but only one way leads to freedom."

Cynthia Kane is a freelance writer.



VHT STUDIOS PHOTOS

# Deerfield colonial with private deck, finished basement: \$975,000

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At press time, this home was still for sale.



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## Thursday, March 17

**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. Thursday, White Pines Golf Club, 500 W. Jefferson St., Bensenville, free, 630-766-0304

**Citizens' Climate Lobby-Evanston:** Help build the political will for a stable climate by empowering breakthroughs in personal and political power. Supports a carbon disposal fee and dividend plan to reduce carbon pollution, increase jobs and save lives and lobbies at the national level. 9:15 a.m. Thursday and 1:30 p.m. Friday, Curt's Cafe, 2922 Central St., Evanston, free, 312-301-6838

**St. Patrick's Day Hooley XII:** Happy St. Patrick's Day. Come on by for a day full of fun starting with dancers from The McNulty School of Irish Dance. Day includes musical performances by Tim O'Shea and Phillip Crickard, John Williams and Emily Magers and more. noon Thursday, The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

**Marnie & Phil: A Circus Love Letter:** This play tells a time-spanning, multi-generational story that explores how our friendships stay with us over time, recede and can come back to save us just when we need them to. 7:30 p.m. Thursday-Sunday, Actors Gymnasium, 927 Noyes St., Evanston, \$25; \$15 for students, 847-328-2795

**"Arcadia":** 7:30 p.m. Thursday-Friday, 3 and 7:30 p.m. Saturday; 2 and 6 p.m. Sunday; 7:30 p.m. Tuesday-Wednesday, Writers Theatre, 325 Tudor Court, Glencoe, \$35-\$70, 847-242-6000

**"Proof":** The story is about Catherine, a troubled young woman who has spent years caring for her brilliant but unstable father, a famous mathematician. How much of her father's madness or genius will she inherit. 8 p.m. Thursday-Saturday; 3 p.m. Sunday, Oil Lamp Theatre, 1723 Glenview Road, Glenview, \$35, 847-834-0738

**A New Slant on the Old West:** Karen Barrie, artist, blends her artistic talents and professional training into a multi-faceted career as an author, freelance writer, and healthcare consultant. Karen's western series is inspired by girlhood TV Westerns and grownup cowgirl days on ranch vacations. 9 a.m.

Daily, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**St. Patrick's Day Lunch and Trivia:** Adults ages 55 and older, are invited to celebrate St. Pat's Day with a lunch that includes traditional Irish fare followed by "Time Warp Trivia." noon Thursday, Lincolnwood Community Center, 4170 W. Morse, Lincolnwood, \$20 for Lincolnwood Social Club members and \$24 for nonmembers, 847-677-9740

**"Bridge of Spies":** An American attorney is tasked with negotiating the release of a 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, 847-929-5090

**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 network, including social and educational opportunities as well as volunteer and vetted service providers. Come meet representatives of North Shore Village at an informal reception. 10 a.m. Thursday, North Suburban YMCA, 2705 Techny Road, Northbrook, free, 847-272-7250

**Neil DeGrasse Tyson: Five Cosmic Questions:** Before he dies, Neil DeGrasse 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, 161 Northfield Road, Northfield, \$40 (NSSC member); \$52 (non-member), 847-784-6030

**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, \$100, 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. Thursday, 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, stocks, bonds and related items. The U.S. and world rare currency auction is cataloged and conducted by Lyn F. Knight Auctions. A number of collecting organizations, experts and grading companies are also in attendance for all your paper money collecting interests. 2 p.m. Thursday, 10 a.m. Friday-Sunday, Crown Plaza O'Hare International, 5440 N. River Road, Rosemont, \$5-\$50, 715-257-6034

**The Jewish Course of Why:** The top 50 questions about Jews and Judaism were selected for this Jewish Learning Institute course. This class is offered at five separate times to suit every schedule. 9 a.m. Thursday and Sunday, Lubavitch Chabad of Skokie, 4059 Dempster St., Skokie, \$100; discount available

## 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. Friday, 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

**Susan Werner:** 8 p.m. Friday, SPACE, 1245 Chicago Ave., Evanston, \$20-\$45, 847-492-8860

**Ring 43 Magic Club Meeting in Evanston:** Magic performance and instruction by New York magician Asi Wind. 7:30 p.m. Friday, Presence Saint Francis Hospital, 355 Ridge Ave., Evanston, \$20 for guests, which may be applied to Ring 43 membership, 847-272-3850

**Rock and Roll Kidz with Wendy Morgan:** Wendy Morgan loves to get kids singing, wiggling, jumping, dancing and just having a great time. Her original songs encourage children to use their imaginations, and to learn musical basics. 10 a.m. Friday, Glencoe Public Library, 320 Park Ave., Glencoe, free, 847-835-5056

**"Brooklyn":** Just drop in to appreciate this movie, that is lushly filmed, and meticulously acted. It is about a young Irish immigrant who lands in 1950s Brooklyn. Adjusting to her strange, new

life, she quickly falls into a romance. When her past catches up with her, she must choose between two countries and the lives that exist within. 2 p.m. and 6:30 p.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

**Share The Warmth:** Volunteers wanted — join a group of warm, friendly, supportive women (men welcome) to prepare one-of-a-kind fleece blankets for chemo patients. Add a crocheted edge to fleece and send free blankets to new adult chemotherapy patients. A basic crochet stitch can be taught if needed. Bring lunch. Attendees often gather until 2 or 3 p.m. Donations are welcome to this 501(c)3 non-profit organization. 9 a.m. Friday, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-293-6755

**PRCF Fashion Show and Luncheon:** This annual fashion show luncheon benefits the Park Ridge Community Fund. Enjoy a fabulous lunch and fashions from Chico's modeled by ladies from the various agencies which are funded by the PRCF. 11:30 a.m. Friday, The Summit of Uptown, 10 N. Summit Ave., Park Ridge, \$20, 847-825-3121

**Landry:** The winner of the "2012 World Series of Comedy" performs stand-up. 8 p.m. and 10:30 p.m. Friday, Zanies Rosemont, 5437 Park Pl., Rosemont, \$22 plus a two-item food/drink minimum, 847-813-0484

## 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-appropriately! 9:45 a.m. Saturday, Varble Park, 1000 W. Wood St., Bensenville, \$3 for all participants, 630-766-7015

**Film Screening of "Finding Vivian Maier":** 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 photographs that were hidden in storage lockers and discovered decades later. Register at website. 10:30 a.m. Saturday, Des Plaines Public Library, 1501 Ellinwood St., Des Plaines, free, 847-827-5551

Turn to Calendar, Next Page

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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 Doulton mugs. Large selection of Oriental collectibles including: Celadon, Cloisonne; Sumita Gawa; Imari; Delft monkey; Enameled bronze boxes; Jade; Sceptors; Tzu Chou statuettes. Pottery collection including: Fulper, Van Briggie; Weller; 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; Soderberg. 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.

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**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, 1012-1014 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, 847-448-8045

**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 and 10:30 a.m. Sunday, 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, learn what sparked their passions, and discover all the juicy details at this exclusive event. 3 p.m. Saturday, Eve 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 Part 1 you can learn how to effectively use an 8 Iron to get the ball close to the hole, leaving you with just a tap-in putt. Session ends with a rules discussion on water hazards and out-of-bounds. Teaching professional Michael Stone of the Glenview Park Golf Club is offering a two-part short game group lesson series at the Library. 2:30 p.m. Saturday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Puppet Place Presents: Magic Onion:** Celebrate World Folk Tales and Fables 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, 1930 Glenview Road, Glenview, free, 847-729-7500

**Eggstravaganza and Breakfast with the Bunny:** Children of all ages will have a hopping good time at an 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, 847-724-5760

**"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, 6140 Lincoln Ave., Morton Grove, free, 847-929-5090

**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 Lab:** 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 by 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, Centen-

nial 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 the library. 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 Bark, is featured in the Purim Spiel (musical parody) "The Queen and I," 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 humorists. You can hear her as a regular panelist on NPR's popular rascal of a 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 software will respond as if Pinchas were in the room. 10:30 a.m. Saturday, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4800

**Chicago's Famed Second City at Niles North:** This irresistible new 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 "hunters." 9:30 a.m. Saturday, Plaza del Lago, 1515 Sheridan Road, Wilmette, free, 847-884-0000

## Sunday, March 20

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

**Joe Filisko 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:** Rembrandt Chamber Players perform works by Hindemith, Bach and Brahms. 3 p.m. Sunday, Nichols Concert Hall, Music Institute of Chicago, 1490 Chicago Ave., Evanston, \$38 general admission, \$10 student, 312-360-3145

**Project Space: Curatorial Vislon 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 silk knot, partner acrobatics and rolling globe in a fun way the entire family can enjoy! Noon Sunday, Actors Gymnasium, 927 Noyes St., Evanston, \$25, 847-328-2795

**The Risen Life: Transformed Relationships:** All are welcome to this lecture/discussion in a speaker series on

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the Spiritual Exercises of St. Ignatius Loyola. This is informal, and refreshments are served. noon Sunday, St. Catherine Laboure, 3535 Thornwood Ave., Glenview, free, 847-826-4704

**"Breathe:"** Two French teenagers form a dangerously close friendship perched on the brink of obsession and fraught with jealousy. 2 p.m. Sunday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-929-5090

**St. John Brebeuf Do-It-Yourself Messiah Concert:** The Musica Lumina 2015-16 concert series continues with this commemorative concert given in honor of the legacy of the Rev. Stanley Rudcki. March 20: Mass in C Minor, K. 427. 3 p.m. Sunday, St. John Brebeuf Parish Church, 8307 North Harlem Ave., Niles, free, 847-966-8145

**Two Pianos Four Hands with the Estrella Duo:** Enjoy rarely heard works performed by highly renowned pianists on two grand pianos. Svetlana Belsky and Elena Doubovitskaya perform works by Rachmaninoff, Arensky and the "Yellow River Concerto." 2 p.m. Sunday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**Beyond the First Draft of Your Novel:** In this workshop, author James Tadd Adcox discusses moving from the first draft to the second, and beyond. Learn strategies for revising and shaping your novel, plus tools and techniques to help you keep it all organized. 2 p.m. Sunday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**The Midwest Jewish Play Writing Contest:** Audience feedback is requested to assist in the development of three new Jewish plays. For the third year, Continuum Theater partners with The Jewish Plays Project to bring the international Jewish Play Writing Contest to the Midwest. Actors read selections from three brand-new Jewish plays and the audience votes for their favorite to continue on to the final round. 7 p.m. Sunday, Northbrook Theatre, 3323 Walters Ave., Northbrook, \$15, 847-780-7230

**Blood Drive at St. Paul of the Cross Church:** Come help save lives by donating blood at the Morello Parish Life Center, St Paul of the Cross. Appointments are highly recommended but walk-ins are welcome after 11 a.m. 8 a.m. Sunday, St. Paul of the Cross Catholic Church, 320 South Washington St., Park Ridge, free, 847-494-5150

**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, Rosemont, \$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, 847-675-4141

**Pee Mak:** Asian Pop-Up Cinema presents a comedy horror blockbuster from Thailand. Four soldiers investigate rumors that their friend's wife is a ghost. Directed by Banjong Pisanthanaku. 2 p.m. Sunday, Wilmette Theatre, 1122 Central Ave., Wilmette, \$10, 402-709-4005

**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. 11:30 a.m. Sunday, Beth Hillel Congregation Bnai Emunah, 3220 Big Tree Lane, Wilmette, Tickets for purchase, 847-256-1213

**Lecture: Lost Airports of Chicago:** Come hear an illustrated talk by pilot, flight instructor, and author Nick Selig about the role small Chicago airports played in our nation's history. 2 p.m. Sunday, Wilmette Historical Museum, 609 Ridge Road, Wilmette, Free (for members); \$5 for (non-members), 847-853-7666

## Monday, March 21

**Yoga for Kids: Stretch, Bend, Breathe:** Kids ages 4 through 8 can learn yoga poses and breathing techniques and feel relaxed and energized afterward. There is no experience needed. Bring a large bath towel or yoga mat and wear comfortable clothes. Parents need to stay in the room with children through second graders. 4:30 p.m. Monday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Munch a Bunch of Books:** Listen to new books, munch on a snack, and have fun with activities and crafts. For grades K-3. 4 p.m. Monday, Northbrook Public

Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**Monday Movers:** Enjoy a morning at the Library's Story Corner with your little one. For walkers up to 24 months of age. 10:30 a.m. Monday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**Weird Weather:** Climate change has arrived in our neighborhood and is affecting our sewer system, tree survival, energy grid, and more. Joel Stauber discusses ways each of us can mitigate the effects of weather variability. 7 p.m. Monday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**Ballroom Dancing Classes:** Not only is Ballroom again one of the most popular forms of dance, it has been proven to promote keeping the mind active and healthy. Most importantly, knowing how to dance provides confidence and a source of social enjoyment on the dance floor. These classes are \$10 per person per class. 6:45 p.m. Monday, Bernard Weinger JCC, 300 Revere Dr, Northbrook, \$10, 224-406-9257

**American Politics and Current Events:** Come to actively contribute to the moderator-led discussion as we cover a wide variety of topics, or come just to listen and learn from the opinions of others. 9 a.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, \$19 (NSSC member); \$25 (non-member), 847-784-6030

**Exploring Grief:** 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, 1930 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 blending of rich voices, guitar and keyboard, BANNA's music transport you to a joyous place. May the sound of happy music, and the lilt 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 desk-bound CIA analyst volunteers to go undercover to infiltrate the world of a deadly arms dealer and present diabolical global disaster. 11:30 a.m. Tuesday, Morton Grove Public Library, 6140 Lincoln 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, 847-692-3597

**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, 1930 Glenview Road, Glenview, free, 847-729-7500

**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 adults (separate room for 21 years and older only), search for buried treasure, walk the plank; splash into fun with crafts and activities and everyone in costume receives a prize! Admission to the party: \$24 adult; \$14 child; \$180 sponsor (includes 4 reservations). 7:45 p.m. Wednesday, Lubavitch Chabad of Skokie, 4059 Dempster St., Skokie, \$14-24; \$180 sponsor for 4, 847-677-1770

**Hourly Megillah Readings:** Around the clock Megillah readings, every hour on the hour, on March 23, from 8 p.m.-

midnight, and March 24, from 8 a.m.-6 p.m. For more details, see website. 8 p.m. Wednesday, Lubavitch Chabad of Skokie, 4059 Dempster St., Skokie, free, 847-677-1770.

**Purim and Pizza:** Purim is a Jewish holiday that commemorates the saving of the Jewish people from Haman. Everyone is welcome and costumes are encouraged! The family Purim service has an abbreviated Megillah service at 7 p.m. The service is free and open to 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

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James Vincent Meredith and Bethany Jillard, photo by Jeff Sciorino

## MOVIES

### Now playing



“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 wise-cracking 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” ★ 1/2

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 blood-thirsty 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” ★★★ 1/2

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 ol' Uncle Set, played by Scottish-born Gerard Butler, and Set is set on causing tsuris 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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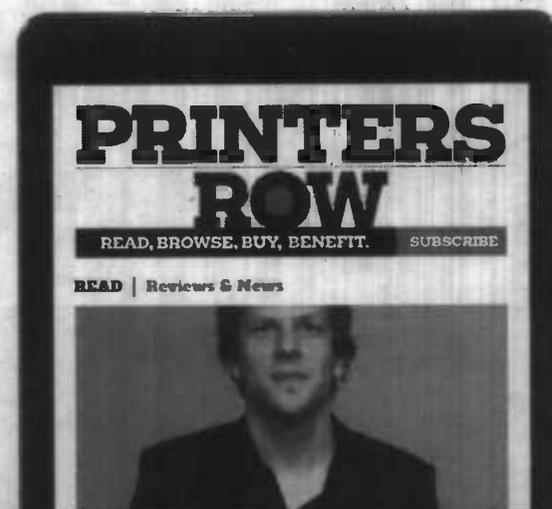
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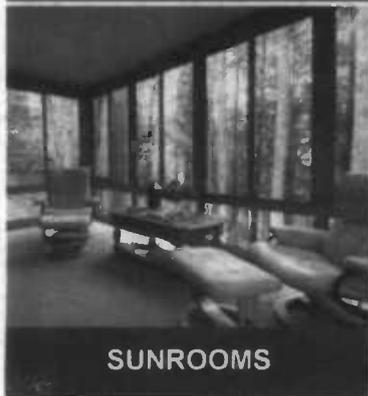
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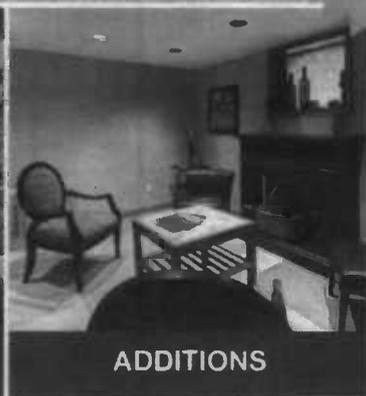
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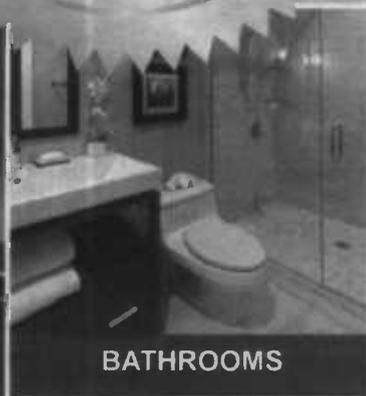
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# Chevrolet acting like startup

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

By CASEY WILLIAMS  
Tribune Newspapers

Later this year, an American auto company will launch a 200-mile electric car that costs \$30,000. 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 and striving ahead on the power of its past.

Chevrolet was the second best-selling auto brand in the U.S. last year, behind Ford, according to Automotive News. Sales of 2.3 million vehicles represents a 4.5 percent increase over 2014.

"We're an interesting brand," said Steve Majoros, 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 onstage. Nobody had a car like that — not a mere hybrid, but 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



CHEVROLET

The 2016 Malibu 2LT targets middle-income families seeking comfortable, economical transportation. A hybrid model gets 48 mpg city, 45 mpg highway. Chevrolet ranked second in U.S. auto sales last year, behind Ford.

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," Majoros 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. Majoros 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 1.9 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.

Virtually nobody complains about the muscular Camaro or 650-horsepower Corvette Z06 that toasts 0-60 mph in 2.95 seconds. Tahoe and Suburban SUVs

dominate their segment, while the Korean-built Trax is defining the nascent subcompact crossover class.

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

To be a successful startup, Chevrolet is moving fast to attract and keep young drivers.

Chevy has added infotainment 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 to be a nice step forward. I'm still on the fence with Wi-Fi. There's so much you can do with a cell-

phone. They're doing really well in offering Apple CarPlay and Android Auto on a broad range of cars."

## 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 airy twin-port grille and refined interior is better suited to compete in its fast-expanding 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 \$500 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 outpricing itself compared with the Mazda3, Volkswagen Golf, even the Toyota iM/Corolla 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 the blue 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 bursts of speed and exceptional cruising fuel economy (38 mpg highway). I averaged about 34 mpg combined. The Mazda3 is a bit better with its balance of punchiness and economy, but the Focus interior is quieter, and feels roomier.

After weeks of CVTs and nine-speed or other fuel-optimizing transmissions, it was nice to have a reliable 6-speed that groaned when it needed to and shifted when I expected.

The engine was a little loud from the outside, but was muffled nicely on an inside that was swaddled in dark, soft-touch materials, including leather seats, shifter and steering wheel. It's a far cry from the budget compacts that many learned to drive in.



FORD MOTOR CO.

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

Compact hatch

Price as tested:

**\$26,775**

Base price: \$23,725

Mpg: 26 city, 38 highway

Engine: 2-liter direct  
Injection 4-cylinder

Transmission:

6-speed automatic

Parting shot: Even a well-equipped Focus shouldn't be more than \$25,000.

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

falters on navigation, no matter whether you pinch or swipe the screen. The narrow, 7-inch screen (an 8-inch screen is available) makes it difficult to execute commands such as route plotting.

In general, the more you have to use the touch screen, the more distracting, dangerous and cumbersome the system. The same type of fiddling that makes your phone toxic while driving can be said of touch screens.

On the plus side, the voice commands returned good fidelity, recognizing commands from me as well as my more demanding, pint-sized passengers.

The 9-year-old did appreciate the green ambient lighting. His sister appreciated that we could fit her hockey and basketball gear in the 23.3 cubic feet in the hatch, while still having room for four people, though larger adults will feel stuffed into the back seats. The 60/40 split seats meant she didn't have to ride with her hockey stick wedged from her feet to the roof.

Crossovers may be more utilitarian, but hatchbacks are sportier and more fun. Ford should celebrate that distinction on the Focus' imminent redesign, and continue with the tech and safety upgrades.

rduffer@tribpub.com

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



BOB WEBER  
Motormouth

**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?**

— R.F., Tinley Park, Ill.

**A:** You must be selective about the metal part to which you attach the cable clamp. Usually, the engine is best and a bolt or bracket make good targets. It is true that connecting the clamp to the battery is a surefire spot, but you risk creating a spark and that could ignite any hydrogen gas coming from the battery with a loud boom.

**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 you were 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 monoxide 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**



JARIH/ISTOCK

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

**decrease our carbon footprint. I would go as far to say that reduced emissions is a more important benefit versus saving on gasoline when it comes to unnecessary vehicle idling.**

— M.P., Palatine, Ill.

**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: I own a 2006 Mercury Milan. A few months ago, while it was still warm, my right rear turn signal failed with a dash message to check the bulb. Soon after, once it got colder, the signal functioned as normal. In speaking to a mechanic, I was told that if the problem reappeared once the weather warms up it could cost as much as \$400 to repair! Why should such a seemingly small problem be so expensive to repair?**

— B.D., Aurora, Ill.

**A:** Our hunch is that your mechanic suspects the entire tail light assembly to be the problem. If so, the list price is around \$400. However, the prob-

lem may be a less expensive issue with the socket or the wiring. A replacement socket may be around \$25 plus installation labor.

**Q: I have a 2014 Malibu. The recommended oil from the dealer was a blend of oil and synthetic oil. What is the difference between oil, synthetic oil and a blend? Can I just use regular oil at less cost?**

— R.S., Huntley, Ill.

**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 2.4L L4 engine. SAE 5W-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 grade oils 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](mailto:motormouth.trib@verizon.net).

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BRIAN O'MAHONEY/PIONEER PRESS

# 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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## SEASON PREVIEW

## SOFTBALL

BY MATT HARNESSE  
Pioneer Press

## Loyola

**Coach:** Michelle Farrell-Fink

**Top returners:** Sr. P Mia Cirignani, Sr. C Mia DiSilvestro, Jr. INF Avery Yalowitz, So. INF Grace Guericio, 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.

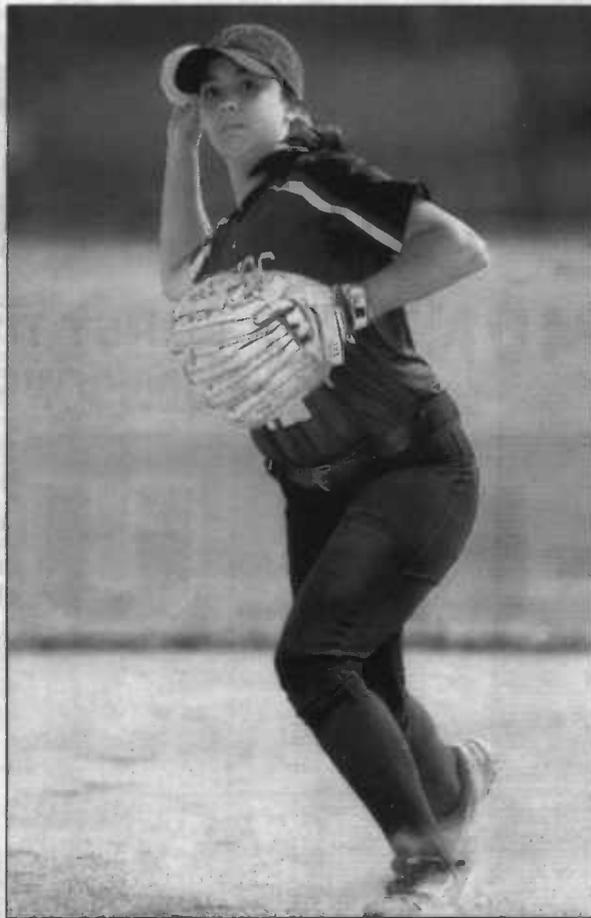
## Maine East

**Coach:** Emiliano Hernandez

**Top returners:** Sr. OF Mary Iliopoulos (.443 BA, 35 R), Jr. INF/P Alex Villalobos (.485 BA, 25 RBIs; 6-7), So. INF/P Ana Iliopoulos (.362 BA, 15 RBIs; 5-4), So. INF Alyssa Serrano (.295 BA)

**Newcomers:** Jr. Tittiana Cabrales, Jr. Daniela Carasco, Jr. Nelly Huicochea, Fr. Malorie Ishii

**2015 record:** 11-13 (2-8



PATRICK GORSKI/PIONEER PRESS

Niles North's Gina Loy helped the Vikings reach the sectional semifinals last season.

**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 Iliopoulos 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 less 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 com-

petitive varsity team. We will continue to do the little things better," Hernandez said.

## Maine South

**Coach:** Emmy Pasier

**Top returners:** Sr. SS Olivia Frink, Sr. 3B/P Julia Bork

**Newcomers:** Sr. P Stefanie Guerico

**2015 record:** 20-11 (7-3 Central Suburban South), lost to Trinity in the Class 4A regional final

**Season outlook:** Despite graduating seven seniors from last year's 20-win team, Pasier said the hopes are high in Park Ridge. Veterans Frink and Bork will solidify the left side of the infield and provide leadership in the dugout, ac-

ording Pasier.

**Storyline to watch:** There are eight seniors on the roster, but four of them are varsity rookies.

**They said it:** "I expect this team to build on last year. It's a hard-working group that will be fun to watch," Pasier said.

## New Trier

**Coach:** John Cadwell

**Top returners:** Sr. SS Shayle 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 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 down 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 Erynn Modena, Jr. SS Gianna Mahoney, Jr. 3B Hailey Fishman

**Newcomers:** Jr. P Krysten 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. Mahoney, 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-

ian, the team's No. 1 arm, will be healthy enough to play sometime during the middle of the season.

**They said it:** "We've got a lot of work to do, but we have great girls who are putting a lot of effort in. We will be flexible in all areas and hopefully that creates some competitive spirit and works to drive the team," Reynolds said.

## Ridgewood

**Coach:** Mike Glaub

**Top returners:** Sr. P Sarah Straughn, Sr. P Giulia Magnelli, So. P Alyssa Mallick, Sr. C Ashley Spain, Sr. INF Sabrina Krasinski, Sr. INF Alexis Crotty, Sr. OF Claudia Maloberti

**Newcomers:** Jr. INF/OF Jillian Lazzara, So. INF/OF Caroline Lipski, So. INF/OF Kelly Tarasiewicz

**2015 record:** 25-6 (12-0 Metro Suburban), lost to St. Francis in Class 3A regional final

**Season outlook:** The Rebels will look to build on last season's club that captured a conference championship. Buoyed by the return of three pitchers and four other position players, they hope to win their first regional title since 2012. Glaub said Ridgewood's strength will be its speed and defense.

**Storyline to watch:** Glaub has returned to coach the Rebels. He led the Rebels from 2000-05, going 95-82 during that stretch. He is joined on staff by Ridgewood graduate and former standout Katie Serpico, who played softball at Loras College.

**They said it:** "We have fortified our schedule with games that will challenge us and prepare us to defend our conference crown and compete deep into the [state] playoffs," Glaub said.

mharness@pioneerlocal.com  
Twitter @harnesspreps

# SEASON PREVIEW | BOYS LACROSSE

BY ERIC VAN DRIL AND  
MATTHEW PARAS  
Pioneer Press

## Loyola

**Coach:** Rob Snyder

**Top returners:** Sr. G Kevin Corbett, Sr. A Patrick Flanagan, Jr. D Kyle Koch, So. LSM/D Luca Lazzaretto, Jr. M Billy Jardeleza, Sr. M Pat Riordan, Jr. Tommy Schmitz, Jr. M Chris Mancini

**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 standouts include 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. "I 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 Forsythe, Sr. D Eamon Kelly, Jr. G Terry Gleason

**Newcomers:** So. M Fotis Kokosioulis, So. M J.T. Calabrese

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



MIKE MANTUCCA/CHICAGO TRIBUNE

In this May 30, 2015, photo, New Trier's Colin Casas puts a shot on goal during the state championship game against Glenbrook North in Naperville.

## 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 Tre-

vians end up being this season? Six highly skilled freshmen made varsity this year. This preseason, some of New Trier's underclassmen, there also are 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 're-build' 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 Wieczorek, 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 B-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 re-define 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



TRACY ALLEN/PIONEER PRESS

Notre Dame's Jeameril Wilson dunks on the fast break during the Dons' 69-48 win over Deerfield in the Class 4A Glenbrook South Sectional final on March 11.

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 jun-

ior 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

# KEEPING THE 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 received the school's Dease Scholarship, a four-year, full-tuition scholarship. Her parents, Liza Alba Garner and Sam Garner, her nephew, Uriah Robinson, Maine East athletic director Steve Schanz and Maine East girls basketball coach Karol Hanusiak, were in on the secret and were there, too.

"She looks around and wonders what is going on," Hanusiak said. "She opened up the letter, and everybody started clapping. She put her hands in her face and lost it. This was so important to her. This was one of the coolest things I've ever been part of."

After she left the office and headed to her next class that day, Janelle Alba Garner said she high-fived her way down the hallways.



TIM BOYLE/PIONEER PRESS

Maine East's Janelle Alba Garner (5) was named the player of the year in the Central Suburban North.

"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. One of approximately 300 applicants, Janelle Alba Garner was one of 16 chosen for the scholarship, which is given to students who exhibit a strong aca-



KAROL HANUSIAK PHOTO

Maine East's Janelle Alba Garner poses for a photo with Mike Cremer, a senior admissions counselor at the University of St. Thomas, after receiving a full-tuition scholarship to the school.

ademic 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 1,138 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.

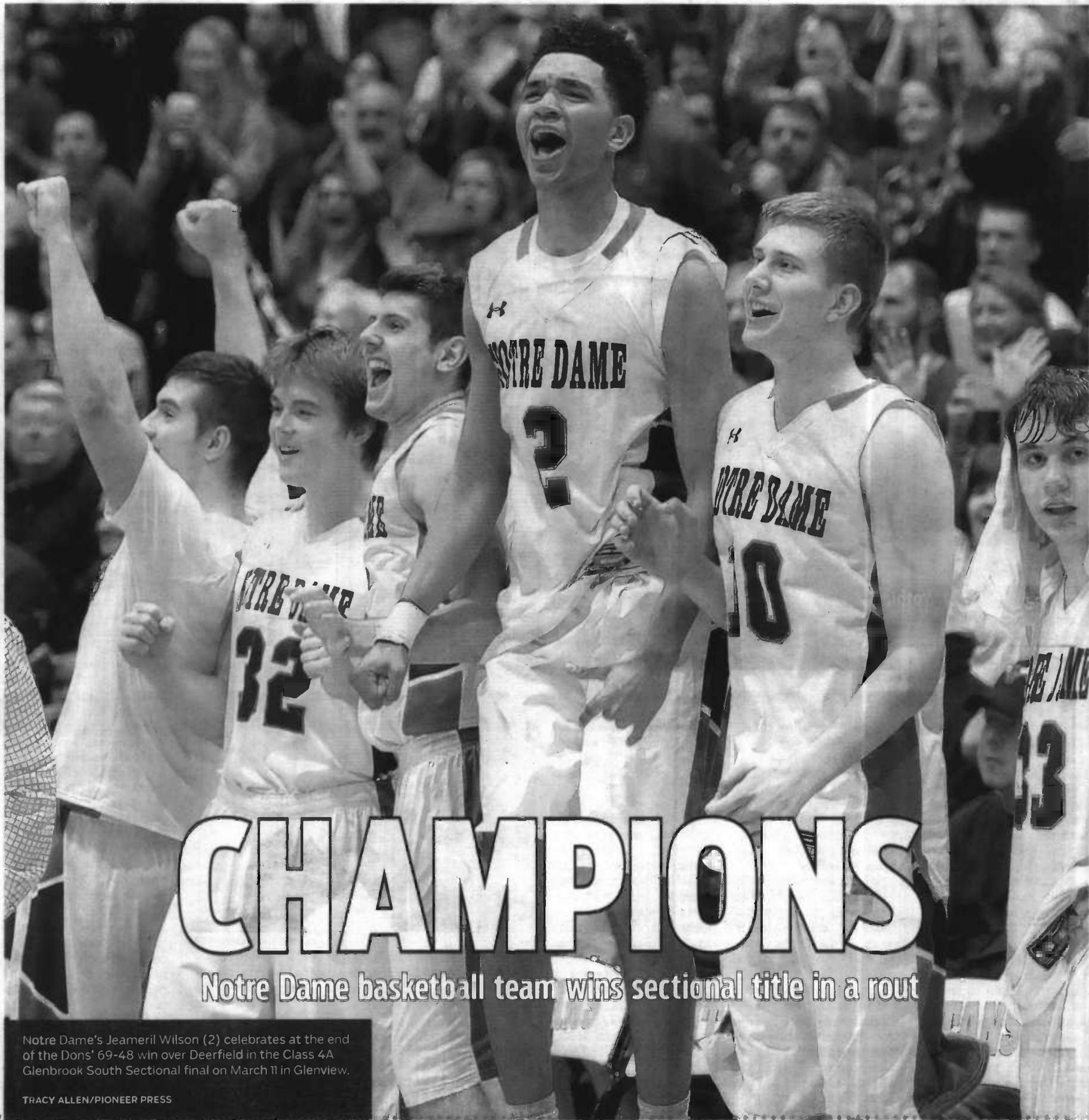
In addition to being an A-B student, Hanusiak said, Janelle Alba Garner has been involved in numerous clubs and committees at the school. Included on the list are Principal's Advisory Council, Spanish Club, Filipino Club, Irish Club, Ecology Club and DECA, a business-based club.

"You can't go a day without seeing her because she's everywhere, 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 @harnesspreps



# 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.

TRACY ALLEN/PIONEER PRESS

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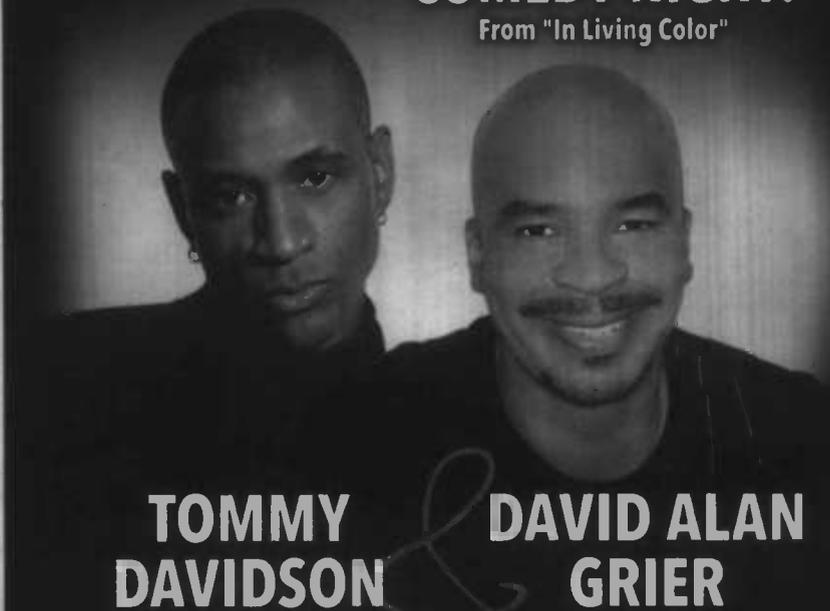


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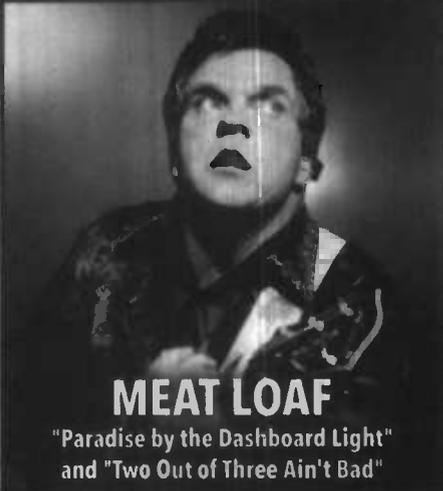
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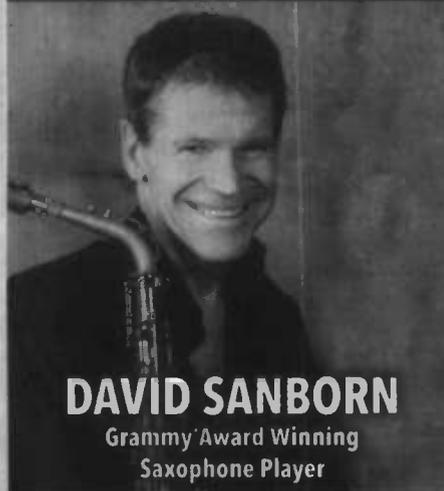
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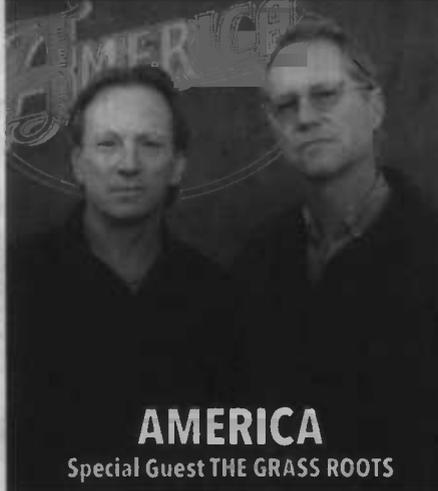
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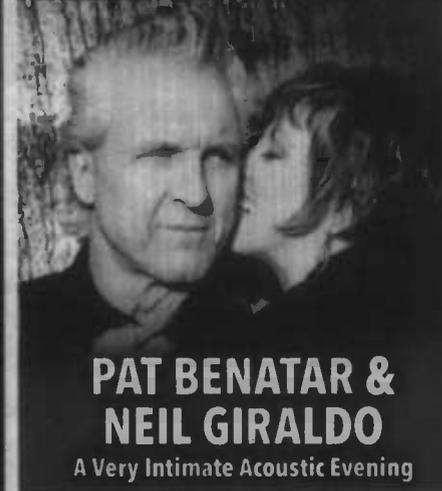
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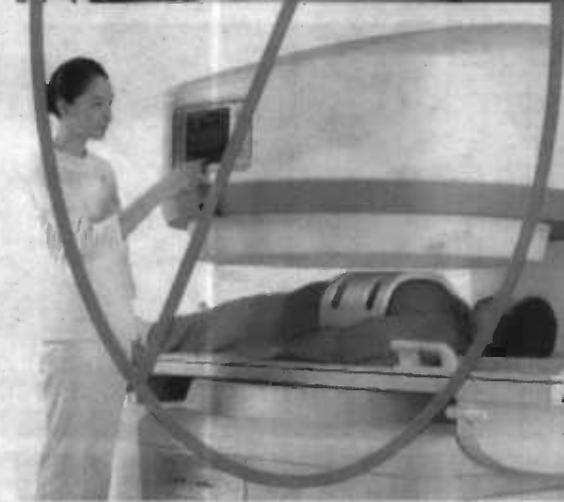
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