

# NILES HERALD-SPECTATOR

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Thursday, May 19, 2016

nilesheraldspectator.com

## A graduation homecoming

Merrick Garland to give commencement speech at alma mater, Niles West. Page 6



MARK WILSON/GETTY

Supreme Court Justice nominee Merrick Garland attends a meeting May 11 on Capitol Hill in Washington, D.C.

GO



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### Festive fun in the sun

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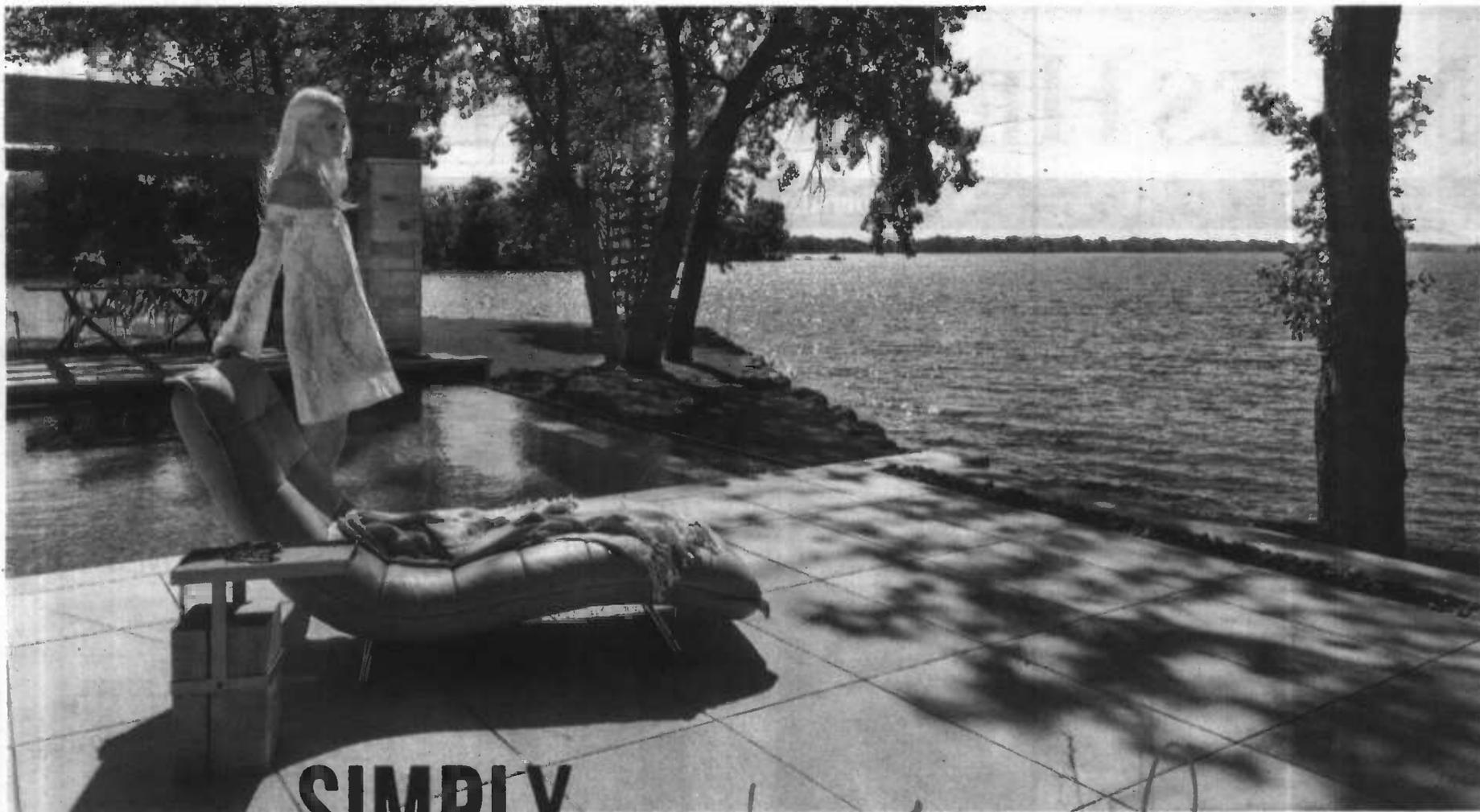
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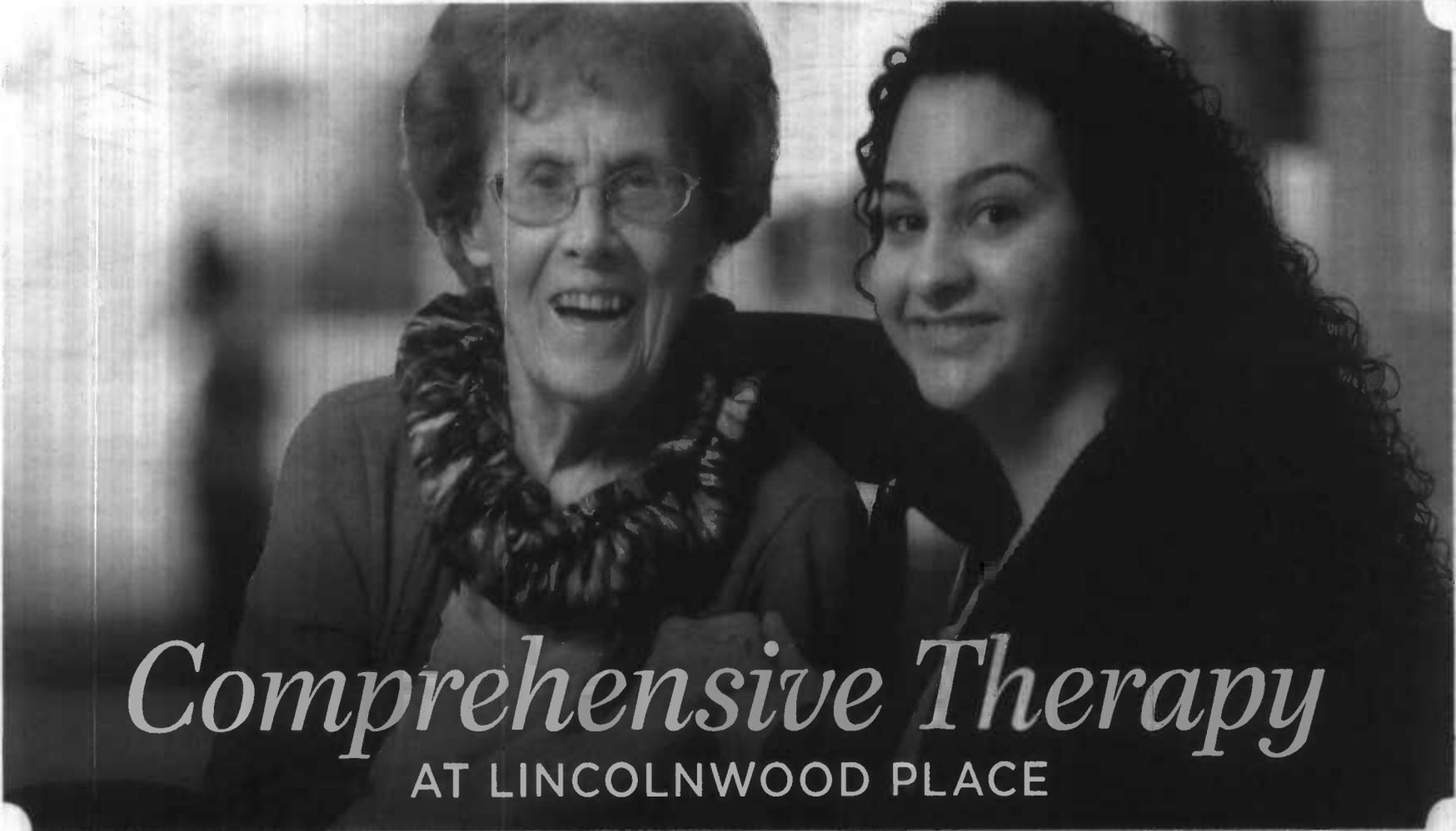
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## SHOUT OUT

# Kimberly Kuhlman, Good Citizen Award winner

Park Ridge resident Kimberly Kuhlman was this year's recipient of the Sgt. Karen Lader Memorial Good Citizen Award, presented by Maine Township. According to the township, Kuhlman was recognized for her service on the Park Ridge Appearance Commission and her involvement in a philanthropic group at St. Paul of the Cross Catholic Church.

The mother of four has a degree in architecture and is a substitute teacher at Willows Academy in Des Plaines.

**Q: What does receiving the award mean to you?**

A: It's a big honor to be receiving an award that was established in the name of this sergeant who served the community pretty selflessly. I read about her and her work with the Neighborhood Watch (in unincorporated Maine Township), and personally I don't feel I live up to that. Maybe in a small way, perhaps.

**Q: What kind of work do you do with St. Mary's Guild at St. Paul?**

A: The St. Mary's Guild is a lot of moms. We're moms with similar age children, and we want to bring them along when we do our various activities and give them an example of service. We volunteer at Feed My Starving Children. We make no-sew blankets and donate them to Heather's House (in Des Plaines), which benefits women. We did a pajama night once where we read stories and donated books and pajamas.

**Q: Why is this work important to you?**

A: I would really like to be able to show my kids that we need to be there for our community and be there for people who have basic needs that aren't met. I really enjoy being in the St. Mary's Guild because part of our mission is to incorporate our children in our activities.

**Q: What is your professional background?**

A: I went to college on an ROTC scholarship. I was then commissioned as an ensign in the Navy after graduation from Notre Dame



KIMBERLY KUHLMAN PHOTO

Kimberly Kuhlman

with a degree in architecture. With a lot of hard work, I was able to get into the civil engineer corps, and that's the work I did in the Navy. I was in the Navy for five years.

**Q: What was that like?**

A: It was very challenging. My work involved managing contracts for construction and maintenance, and I did that for two years. For the next three years, I was a public works officer. At the base, you are managing things like services and repairs and trash collection. It sounds unglamorous, but it's part of the job.

—Jennifer Johnson, Pioneer Press

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CHIP SOMODEVILLA/GETTY IMAGES

Judge Merrick Garland speaks after being nominated to the U.S. Supreme Court as President Barack Obama looks on at the White House, March 16 in Washington, D.C.

# Garland to speak at alma mater

Supreme Court nominee will give commencement address at school

BY ANGIE LEVENTIS  
LOURGOS  
Chicago Tribune

Supreme Court nominee Merrick Garland will return to his alma mater, Niles West High School in Skokie, to give the commencement speech, school officials announced May 12.

"Judge Garland was hon-

ored that his high school, Niles West, invited him to speak at its graduation on May 29th and looks forward to returning home to speak to the class of 2016," said White House spokeswoman Rachel Racusen.

Principal Jason Ness said the school is elated to host Garland, "someone who also walked the halls, sat in the same classrooms,

was in the same activities, that's very inspiring."

Ness said he just Googled Garland's name and cold-called his office with the invitation a few weeks after President Barack Obama nominated the Lincolnwood native to the Supreme Court in mid-March to fill a vacancy following the death of Justice Antonin Scalia. Merrick, whose nomination has been opposed by some Senate Republicans, serves as a federal appeals judge.

The principal said he wasn't expecting anything to come of it and was surprised when Garland agreed and called back in person.

"He's a very humble individual," Ness said. "For him to be here, it's going to be a very special day."

Garland was valedictorian, head of the student council and voted "most intelligent" by his peers his senior year when he attended Niles West in the 1960s.

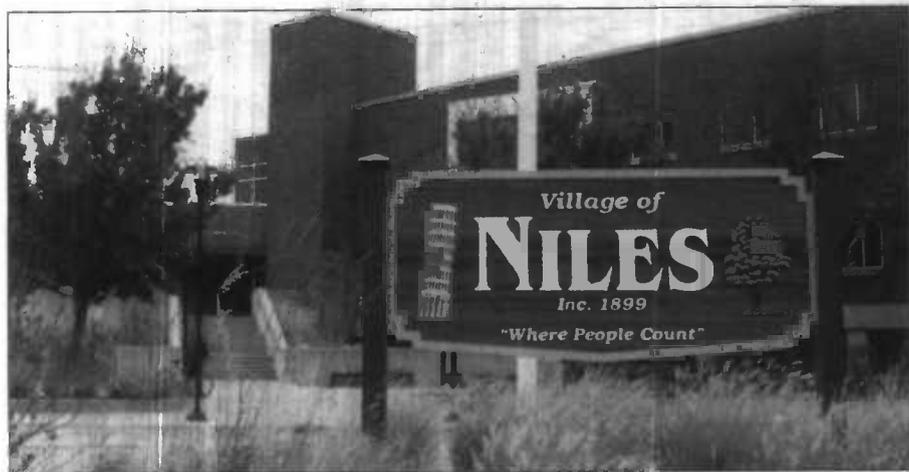
When Obama introduced Garland at the White House, he referenced Garland's commencement speech at his own Niles West graduation decades ago that made waves.

He was about to address the audience as senior class president, but first a fellow student gave a speech that turned into a statement against the Vietnam War, angering some parents and administrators until someone cut off the microphone.

Fellow classmates recalled that when Garland approached the podium, he began with the famous tribute in support of free speech: "I might not agree with what you said, but I will defend your right to say it."

Niles West officials said the graduation ceremony later this month will be open to only graduates and their guests, not the general public.

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JONATHAN BULLINGTON/CHICAGO TRIBUNE

Niles officials plan to ask residents how satisfied they are with village services using a survey created by graduate students at the University of Illinois at Chicago.

## Village to gauge resident satisfaction with survey

BY LEE V. GAINES  
Pioneer Press

Niles is asking residents how satisfied they are with village services, using a survey created by graduate students at the University of Illinois at Chicago.

The survey is part of a capstone course at the university's graduate program in public administration. According to the school's website, the capstone course provides students with problem-solving team-based experience within public or nonprofit organizations.

"Government, community and nonprofit organizations work with the PA program to identify relevant projects that challenge students and serve agency goals," according to the UIC website.

Niles village staff submitted multiple project proposals to the program and UIC chose to work on a community survey, said Hayley Garard, communications coordinator for Niles. The survey was created by the students at no cost to village taxpayers, she said. It was posted online for three weeks earlier this year and just under 200 responses were submitted, Garard

said. Graduate students involved in the project will analyze the responses and present their results to the village, she said.

The students were on a tight timeline, Garard said, and the village decided to reopen the survey in the hope of receiving additional responses.

"To make it statistically significant we'd like to get 1,000 responses," she said. "We'll keep this up through the summer or as long as we need to keep it up. We are fortunate not to have a deadline for this."

Garard said paper copies of the survey will also be available to residents at Village Hall, the Niles Senior Center, Niles Family Fitness Center, the Niles Public Library and at events like Bike Niles Fest.

The survey asks residents to rate the quality of the village's garbage and recycling services, the pavement quality of major roads and residential streets, the quality and timeliness of snow removal, accessibility for bicyclists and pedestrian, the Free Bus service operated by Pace bus system and maintenance of trees in village parkways. The survey also asks residents to rate the quality of commercial

development in Niles, how safe they feel walking the village streets at night and the quality of their experiences with the village's ambulance service and Fire and Police departments.

Once the village reaches the statistically significant threshold, Garard said, the results will be analyzed and presented to Niles officials.

What actions the village will take in regards to the results "will depend on the responses," she said.

"This is just a way to help us gauge how the community feels about their services. If there are problem areas, we'll look into that further, or perhaps we'll do a second survey to get more in-depth," Garard said. Other options might include a public hearing on a certain topic if issues with a particular service are identified, she added.

"We are pretty confident with our services," Garard said. "At the same time, we still want to give residents the chance to give us feedback. (The survey) should provide valuable feedback for the village."

The survey can be found online at [www.vniles.com](http://www.vniles.com).

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

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# OCC works around lack of state funding

BY LEE V. GAINES  
Pioneer Press

Oakton Community College has fared better than other public universities and colleges in Illinois over the course of nearly a year without any state funding because leaders at the institution have learned over the years to expect less from the state, said OCC President Joianne Smith.

Public colleges and universities across the state will receive an influx of cash from Illinois after legislators passed a measure last month that provides about a third of the money the schools would have received from the state had the budget impasse not halted the flow of revenue to the institutions.

Smith said OCC is scheduled to receive \$1.3 million as part of an overall \$600 million sum doled out to the schools. She said the college should have received roughly \$4.5 million — about 7 percent of the school's annual budget — from the state this year.

The lack of state funding has affected OCC, but not as badly as some other in-



JON DAVIS/CHICAGO TRIBUNE

Oakton Community College's new Margaret Burke Lee Science and Health Careers Center stands out on the Des Plaines campus.

stitutions in Illinois like Chicago State University, which at the end of last month announced it would lay off a third of its workforce. The university will receive about \$20 million as a result of the recently passed stopgap funding measure.

"We've said here that the bad news is we don't get much from the state and the good news this year is we don't get much from the state," Smith said.

"Our state has committed less money to higher education and that's not just for OCC, that's been true across the state," Smith said.

A portion of the funding

OCC receives from the state will go toward recouping half of the amount the college spent to honor grants that were not funded by the state this year. OCC announced last fall that it would cover the cost of the state-funded Monetary Award Program grants, which are awarded to low-income Illinois students who attend public universities and colleges. Smith said the college pitched in \$700,000 and that amount was matched by the Oakton Education foundation, the fundraising arm of the college.

OCC made the decision to

honor MAP grants because "students were promised that money and made their (college acceptance) decisions based on their aid," Smith said.

Bill Stafford, a member of OCC's Board of Trustees, said the school has tried to shelter students from the impact of the revenue loss. He said OCC has taken steps to reduce expenses by not immediately filling vacant positions, restricting faculty trips to national conferences and deferring projects.

"Our goal has been to have it seamless to students," Smith said. "But it's definitely impacted employees."

She said the board also recently voted to increase tuition by \$12 to a total of \$123.25 per credit hour for in-district students. Full-time students at OCC typically take 12 credit hours per semester.

She said OCC has learned to rely less on state aid and more on revenue from property taxes and tuition. Smith said four-year universities were hit harder by the state budget impasse because they rely solely on state dollars and tuition revenues.

Stafford said the hope for

next year is that the state will finally pass a budget.

"That's our hope, but we have serious doubts they can do that," he said.

Stafford, who serves as chief financial officer for Evanston Township High School District 202, said high school staff are warning students about attending public colleges and universities in Illinois, particularly those with serious financial concerns.

"You have to tell these kids," he said. "Literally, if they had not (passed a stopgap funding measure), Chicago State would have shut down."

Smith said many OCC students transfer to public four-year universities in the state and she said staff at the college have urged students to get as much information as they can before choosing to enroll. For instance, she said, they've advised students to ask whether MAP grants would be honored even if the state provides no funding for them.

"I think students might choose to stay (at OCC) longer before taking the risk of going to a four-year institution," she said.

Stafford and Smith said they don't expect the funding issue to heavily effect enrollment at OCC because the college is still affordable.

If OCC eliminates its dependence on state aid entirely and makes up the difference with cost reductions and tuition increases, "we'll still have a reasonable price point compared to the others," Stafford said. But the lack of funding from the state "is a threat to the whole institution we have," he said. "We are in relatively good shape, comparatively speaking, but we'll still have to make reductions if the state abdicates its duty to higher education," Stafford said.

Ruminating on the long-term effects of the current budget crisis is what keeps Smith up at night, she said.

"You can figure out the short-term, but what are the long-term impacts for Illinois? That's a concern for me. I don't want to live in a place without educated people, and businesses don't want to come to a place without educated people," she said.

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

## Local schools respond to transgender bathroom directive

BY LEE V. GAINES  
Pioneer Press

Niles Township High School District 219 does not automatically allow transgender students access to bathrooms and other gender segregated facilities that correspond with their gender, according to a district policy. The policy dictates that those decisions are made on a "case-by-case."

A directive issued by the Obama administration last week requires school districts to treat transgender students according to their gender identity as soon as a parent or guardian informs the district that that identity

differs from previous representations or records. Transgender students are not obligated to provide a medical diagnosis or identifying documents that reflect their gender, according to the guidance from the departments of Justice and Education, and equal access must be provided to transgender students even in situations in which it makes other students uncomfortable.

"Any decisions regarding accommodations are made on a case-by-case basis, in consultation with our board attorney, based on discussions with the student and the student's family," District 219's Director of Strate-

gic Partnerships and Community Relations Jim Szczepaniak wrote in an email.

The guidance from federal government comes amid a legal fight between the federal government and North Carolina over a bathroom access law passed by that state. The Department of Justice sued the state over the law, which requires transgender people to use the bathrooms, showers and changing facilities that correspond with the gender listed on their birth certificates. The DOJ argues the law violates the rights of transgender people.

Evanston Township

High School District 202 Board of Education President Pat Savage-Williams said she's "completely thrilled" about the directive from the Obama administration.

"It's part of the equity work I believe in so deeply," Savage-Williams said. "These are another group of individuals who tend to be marginalized that we need to, as a society, give some thought to how we can make sure we are respectful to and accommodating of"

Savage-Williams directed further inquiries about how the high school handles situations involving transgender students to the

district's communications office. The office did not respond to a request for comment by press time.

The District 219 policy, which was reviewed by the district's board last July, is rooted in guidance from the Office of Civil Rights and the DOJ, according to district documents.

Per the policy, the school building principal, nondiscrimination coordinator and/or a complaint manager will work "with each transgender or gender non-conforming student, and as appropriate with the student's parents or guardians, to manage a student's accommodations and sup-

ports on a case-by-case basis. The board attorney will be consulted concerning legal compliance."

The policy also states the district is required to protect transgender and gender non-conforming students from bullying or harassment by other students.

Szczepaniak wrote that the goal "is to provide access and opportunity for all our students in District 219."

Federal officials say the directive is meant to clarify the expectations of school districts that receive federal funding.

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

# Park Ridge, former police officer sued by passengers hurt in high-speed crash

BY JENNIFER JOHNSON  
Pioneer Press

The city of Park Ridge and a former police officer are named in a lawsuit connected to a high-speed crash last year that left four people injured.

Daniel Kowalyk and Jennifer Newberry filed the lawsuit on May 12 in Cook County Circuit Court. In it, they contend they were "seriously and permanently injured" in the June 3, 2015, collision that involved police pursuit of a vehicle in which they were passengers.

Authorities have said that William Kivit, now 21, of Park Ridge, was driving at speeds exceeding 80 mph when he ran a red light at Devon and Cumberland avenues, then collided with another car, driven by a Park Ridge woman. Police said Kivit's two passengers were ejected from his SUV. Kivit, his passengers and the driver of the other car were each transported to local hospitals, police said at the time.

In March, Kivit pleaded guilty to aggravated reckless driving and was sentenced to 30 months probation, authorities said.

The lawsuit filed by Kowalyk and Newberry alleges that former Park Ridge police Officer Mark Vallejo, who was on duty and following Kivit's car, "distracted the attention of William Kivit from the roadway and the traffic signal at Cumberland and Devon when he activated his (squad car's) lights." This led to Kivit disobeying the red light and resulted in the injuries sustained by Kowalyk and Newberry, the lawsuit says.

According to a press release issued by the Police Department last year, Kivit's 18-year-old female passenger, now believed to be

Newberry, told investigators she was not aware a police car was trying to pull them over.

"She related there were three occupants in the vehicle, all seated in the front, and that they were 'cruisin' around the area of Park Ridge and in Chicago for about 30 minutes prior to the collision," the press release said. "She further stated that the driver was driving aggressively and at high rates of speed throughout that time period and that, just prior to the colli-

**"(Vallejo) failed to balance the risk to the general public and passengers."**

—Lawsuit filed by Kowalyk and Newberry

sion, both she and the other passenger warned the driver of the red light and other vehicle. She concluded by stating that she was not aware that a police vehicle was behind them trying to pull them over."

The lawsuit also accuses Vallejo of driving at high speeds "without securing permission and/or authority from a supervisor," of failing to "timely activate his siren while he was in pursuit" and of disobeying other Police Department regulations in regard to how and when police pursuits are conducted.

The lawsuit says that Vallejo followed Kivit's car at a high speed from the 1300 block of Higgins Road to eastbound Devon Avenue without turning on his emergency lights until both cars approached the Cumberland intersection.

Vallejo, the lawsuit says, "failed to balance the risk to the general public and passengers of William Kivit's vehicle in pursuing the vehicle at speeds up to 100 mph in a suburban, mixed-use community and residential area."

Vallejo was fired from the Police Department in October 2015. In a complaint filed with the Park Ridge Board of Fire and Police Commissioners, police Chief Frank Kaminski said he terminated the officer's employment because an internal investigation found Vallejo had engaged in an "unauthorized pursuit" of Kivit's SUV on June 3, 2015, and had made "false statements" to his superiors when he "denied pursuing or chasing the vehicle."

Vallejo is reportedly seeking to get his job back. The matter remains in arbitration, Kaminski said last week.

Kaminski and Park Ridge City Manager Shawn Hamilton each said they had not yet seen the lawsuit.

"I have no comment on the suit, as we do not comment on pending or current litigation," Hamilton said in an email.

Attempts to reach Vallejo and an attorney representing him in the labor case were unsuccessful May 13.

Kowalyk and Newberry are each seeking damages in excess of \$50,000, according to their lawsuit.

Sam Kavathas, their attorney, declined to comment on his clients' injuries, but said they are "both still getting treatment."

Kavathas said the city of Park Ridge is named in the lawsuit because Vallejo was an employee of the city at that time.

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The following items were taken from the Niles and Morton Grove police department reports. Readers are reminded that an arrest does not constitute a finding of guilt; only a court of law can make that determination.

## Niles

### RETAIL THEFT

■ Gwenhyfar N. Suarez, 19, and Gwenhyfer N. Suarez, 19, both of the 3000 block of West Belle Plaine Avenue, Chicago, were each charged with retail theft on May 6 after police said they altered price tags and stole \$112 worth of merchandise from a store in the 8500 block of Golf Road.

■ Boris Korbar, 73, of the 1400 block of North Brown, Whiting, Ind., was charged with retail theft on May 7 after police said he stole \$176 worth of groceries from a store in the 5700 block of Touhy Avenue. He has a June 23 court date.

### DUI

■ Damir Durakovic, 33, of the 7200 block of Howard Street, Chicago, was charged with aggravated driving under the influence and driving on a suspended license on May 8 following a traffic stop in the 7100 block of Touhy Avenue at 3:53 a.m. Police said Durakovic admitted to having a suspended license and was "still paying

legal fees for his prior DUI arrest." He has a May 20 court date.

■ Marlene Hutton, 54, of the 300 block of Crescent Drive, Glenview, was charged with driving under the influence on May 9 following a five-car accident in the 8500 block of Golf Road around 4:15 p.m., police said. She was also cited with failure to reduce speed to avoid an accident, according to police.

### BATTERY

■ A 29-year-old man told police he was punched on the night of May 6 near the corner of Ballard Road and Greenwood Avenue. According to police, the victim said he was driving his car when a man sitting on the curb began to yell at him. Thinking he might have hit the man, the victim got out of his car and was confronted by the man, who reportedly thought the car had gotten too close to him, police said. The victim was then allegedly punched in the face and stomach before the man got on his bike and rode away.

■ Police were called to a restaurant at Golf Mill Shopping Center on the evening of May 8 after a man reportedly became upset over a delay in getting a table and kicked a 23-year-old woman in the leg, police said. The woman did not want to sign complaints against the man, who was ordered

not to return to the restaurant, according to police.

### BURGLARY

■ A house in the 8200 block of Oak Avenue was reported burglarized on the morning of May 6. Police did not indicate what, if anything, was taken.

### BURGLARY TO VEHICLE

■ Approximately \$4 in change and a dollar bill were reported stolen May 7 from an unlocked car parked in the 8000 block of Overhill Avenue.

### THEFT

■ A 35-year-old Niles woman reportedly lost an undisclosed amount of money after she was told she had been awarded a "government grant" and wired funds to a person who had contacted her by phone. Police said the woman also gave the caller \$320 via an iTunes gift card. An investigation was pending.

■ Someone stole the rear seat off a motorcycle while it was parked in a lot in the 8000 block of Milwaukee Avenue on May 4, police said.

### PROPERTY DAMAGE

■ A rock was reportedly thrown at the window of a building in the 7100 block of Touhy Avenue on May 1, breaking the glass.

## Morton Grove

### DUI

■ Craig F. Rhode, 54, of the 5000 block of Monticello Avenue, Chicago, was charged on May 5 with driving under the influence of alcohol at Lehigh and Churchill avenues. Rhode was stopped for a traffic violation prior to his arrest, police said. A court date is scheduled for June 14.

### CRIMINAL DAMAGE

■ Someone damaged the window of a vehicle parked on a driveway in the 7700 block of Arcadia Avenue on May 5, police said.

■ A resident of the 7800 block of Luna Avenue told police on May 6 that someone broke the large bay window on the front of his house. A metal rod was found in the window, police said.

### ATTEMPTED IDENTITY THEFT

■ A Morton Grove resident told police that someone obtained her personal security information to update her credit card details. The woman called her credit card company and was told that someone must have had her Social Security number in order to have made the changes. No unauthorized charges were made to the account, police said.



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# Film fest showcases student work

## Maine South screens 23 films at inaugural event

BY JENNIFER JOHNSON  
Pioneer Press

In her student film project, Erin Zeman aimed to visualize for others what her own eyes see.

Blurry images and splashes of color appear on screen, juxtaposed with clearly defined scenes of Zeman going about her daily life and having fun with friends.

The Maine South High School student is legally blind. And yet, her passion is in the very visual medium of filmmaking.

"I'm living irony," Zeman said, laughing. "I've been told things like, 'You're the blind girl. Why are you making films?' I just say, 'I love it! I don't know how to explain it!'"

Zeman's short film, "In Focus," was one of 23 student films screened May 11 in Maine South's very first Broadcasting Showcase and Film Festival. Included in the mix were two films that took home awards during a Midwest Music Educators Association competition this year.

Broadcasting teacher Mason Strom said the idea to host a film showcase developed out of a need to make others more aware of the art students are creating beyond the broadcasting of home football games and fine arts performances.

"A big component of our program is creative filming, and it's something that doesn't really get shown in the community," he said.

What resulted was roughly 90 minutes of sleek, professionally produced short films shown back to back on the big screen in Maine South's auditorium. They included stop motion Lego animation in Lucas Byron and Dan Tinaglia's

wistful music video of Electric Light Orchestra's "When I Was a Boy" (the Lego characters play musical instruments, joust and engage in sports); a reality show concept from Eamon Hurd, David Gubala and Tyler Guest of fictional YouTube star (and diva) Skylar Young (played by Jack Cahill-Lemme) as he attempts to make it big as an actor; and "Hall Monitors," by Sam Tinaglia and Kristin Schulze, a 10-minute film inspired by the Canadian mockumentary "Trailer Park Boys," in which bumbling, overzealous monitors — always in sunglasses — attempt to keep law and order in the hallways of Maine South.

"People have been buying and selling hall passes — fake ones at that. And I'm sick of it!" a hall monitor laments during a meeting with his staff.

All of the projects featured in the festival can be viewed on Strom's YouTube channel under the 2016 WMTH Showcase playlist.

It's the comedic element that some of the students worked into their films that Strom — who stars in "The Classroom" as a dysfunctional teacher — said he is "especially proud of."

"It's really a celebration of their work," Strom said of the festival. "It takes hours and hours to put this stuff together, from the conception of the idea to the finished display. I think it's just great we have an outlet to show this."

Sam Tinaglia, the writer and show runner for "Hall Monitors," said his film was a full class project that originated during the previous school year.

"Those are my favorite — when you can get the whole



JENNIFER JOHNSON/PIONEER PRESS PHOTOS

Maine South High School student Erin Zeman appears in her short film "In Focus," which was screened during the school's first Broadcasting Showcase and Film Festival on May 11.

**"There's something so magical about films."**

—Erin Zeman, student filmmaker

class involved in one project," said Tinaglia, who is interested in pursuing a career in broadcasting.

For Zeman, whose film was made for a class assignment called "personal statements," the storytelling aspect of filmmaking is what she loves most — as well as the challenge that comes with it.

"I always thought I couldn't do it because of the whole visual aspect," she said. "But once I did it, I realized I loved it enough to struggle in some places."

"There's something so magical about films," Zeman added. "Everyone likes watching movies. They bring people so much happi-

ness and so many emotions, and I love it."

Dan Tinaglia said filmmaking is just a hobby for him at this point, though he admits he takes his animation work "pretty seriously."

"I post a lot (of videos) on YouTube, but I never get to see people watch them," he said. "So this (film showcase) is really cool to see a real-life audience react."

Daniel Grib, who made a narrative film about his fascination with filming weather-related events, said many students are largely unfamiliar with all that broadcasting students do.

"Even some of the kids in class don't know WMTH as a whole," Grib said, referring



to the call letters that define Maine Township High School District 207's radio and television program. "So it's good for classmates, other students, teachers, family to see the videos that

were created all year." "There's a lot of great kids with a lot of great ideas," Tinaglia added.

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# Niles North cheer team 9th at IHSA state finals

BY NATALIE HAYES  
Pioneer Press

The Niles North varsity coed cheerleading team ended its season strongly after coming out ninth overall in the Illinois High School Association State Finals championship in February.

Beyond the achievement of placing in the state's Top 10 teams, the end of the 2014-15 season was also marked by a win in the coed division at the Central Suburban League Cheerleading Conference in January, marking the team's third title in as many years.

Despite having more first-time cheerleaders on the team this year, the Vikings cheer team beat last

year's record this season, according to Niles North cheer coach Aleka Landon.

The team failed to make it into the state finals last year after placing 15th out of 25 teams in the IHSA Cheerleading State Final preliminary rounds in downstate Bloomington-Normal after falling just five places short of qualifying for the state rounds.

"Our mantra this season was to be better than yesterday," Landon said. "This team, without a doubt, demonstrated that they were definitely all in, and they continue to show their fierce competitiveness."

Niles North and other high schools competing at the state level have had to step up their practices in

recent years to keep up with new IHSA requirements for higher-level tumbling and stunts that now appear in competitive cheer routines.

Some of the cheerleaders have started taking private gymnastics classes during their free time outside of school, and the coaches started practices way back in the summer to allow plenty of time to prepare for the busy cheer season.

"The growth they've shown since the summer has been remarkable," Landon said. "Our job as their coaches is to find each person's talent and create a routine that highlights their greatest abilities."

*Natalie Hayes is a freelance reporter for Pioneer Press.*



NILES TOWNSHIP HIGH SCHOOL DISTRICT 219

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# Holocaust hero's descendants visit Skokie

## Pair meets with grandchild of man saved by their grandfather

By MIKE ISAACS  
Pioneer Press

Everywhere the grandchildren of Chiune-Sempo Sugihara visited on their trip to the United States, there was someone to tell them he or she would not be here if it weren't for their heroic grandfather.

More than 30 years ago, Sugihara was recognized as Righteous Among the Nations at Yad Vashem, the World Holocaust Remembrance Center in Israel. He shares the same recognition at the Illinois Holocaust Museum & Education Center in Skokie on one of the first plaques to be installed on the Ferro Fountain of the Righteous honoring Gentiles who helped save Jews during the Holocaust.

Chihiro Sugihara and Madoka Sugihara came to Skokie this month, walking past the plaque of their grandfather to make their way into the museum; so did Arielle Salomon of Evanston, the granddaughter of one of the multitudes of people saved by Chiune-Sempo Sugihara.

"This is a very touching moment I really never thought I would have," said Salomon. "It's incredible to think how their grandfather has saved all of these people and how I'm here today because of him."

The grandchildren on both sides of this story knew of their grandfathers' legacies although they say much if not all of that knowledge was handed down by their parents rather than their grandfathers.

Chiune-Sempo Sugihara's story has been told in many venues including Yad Vashem, the Illinois Holocaust Museum and other museums and institutions where Holocaust education is taught.

Illinois Holocaust Museum officials say heroes like Chiune-Sempo Sugihara are

important to highlight since the museum seeks to inspire "upstanders" rather than bystanders — those willing to stand up against hatred, cruelty and wrongdoing.

A Japanese career diplomat, Chiune-Sempo Sugihara was sent to the capital of Lithuania to serve as Japan's Consul, according to Yad Vashem. Near the end of his role there, he learned about desperate conditions for Jewish refugees in Lithuania.

"It had become practically impossible to obtain immigration visas to anywhere in the world," according to Yad Vashem. "In their desperate search for countries that would permit them to enter, (refugees) had found out that Curacao — a Dutch colony — required no entry visas."

The problem, however, was that all travel possibilities westward were blocked because of the war.

"Sugihara was very troubled by the refugees' plight and therefore began issuing visas at his own initiative and without having obtained his ministry's support," according to the Yad Vashem website.

The proposal to grant transit visas to refugees was soon rejected in Tokyo, but Sugihara continued to distribute them. By the time the consulate was closed down and he had to leave Lithuania, Yad Vashem says, Sugihara delivered more than 3,500 transit visas.

In fact, the museum says, he was stamping passports even at the railway station as he was leaving Lithuania — even while receiving dispatches from Tokyo warning him against issuing visas without due process.

Now considered a hero in Japan, he is part of the Illinois Holocaust Museum's permanent exhibition where a small section is devoted to his story.

Sugihara's grandchildren



MIKE ISAACS/PIONEER PRESS

Arielle Salomon of Evanston, granddaughter of Abram Salomon, recently met with the grandchildren of Holocaust hero Chiune-Sempo Sugihara at the Illinois Holocaust Museum and Education Center in Skokie. Sugihara saved the lives of thousands of Jewish refugees during the Holocaust including Salomon's grandfather.

**"It's incredible to think how their grandfather has saved all of these people and how I'm here today because of him."**

— Arielle Salomon, granddaughter of Abram Salomon

absorbed that section alongside Salomon, who pointed to her grandfather's name, Abram Salomon — No. 27 on an original travel list in the exhibition.

Salomon said her grandfather traveled all over during the war; she saw many of his travel documents at home while she was growing up, she said.

"This is a story that I always heard," Salomon said. "I know he was one of the earlier recipients of these visas."

Sugihara's grandchildren say it's meaningful to meet people who owe their lives to their grandfather. But they have come to the United States as part of a

Japanese delegation for a larger reason too.

Officials from the Chiune Sugihara Memorial Museum in Yaotsu, Japan, where Sugihara was born, announced last December they are seeking original Sugihara documents for a special designation from UNESCO, the United Nations Educational, Scientific and Cultural Organization, a specialized agency of the United Nations.

The designation would make these documents part of the Memory of the World Register, a catalog of the world's most important documentary and audiovisual heritage, according to UNESCO.



Holocaust hero Chiune-Sempo Sugihara's name appears on the Ferro Fountain of the Righteous in Skokie.

"The Memory of the World ... seeks to encourage universal access to our documentary history," according to UNESCO's website. "It also looks to raise awareness of its role in shaping the world we live in today and the importance of preserving it for future generations."

In addition to Skokie, the delegation has been to Washington, D.C., and New York on this trip as well as other places in the world

before, officials said.

Every two years, UNESCO hands out the designation, according to officials. They said they are working hard for UNESCO to deliver the special designation to Chiune-Sempo Sugihara next year so "precious documents" can always be recognized as an important part of world history.

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# Search for Niles North principal narrows to 3

BY BRIAN L. COX  
Pioneer Press

Three finalists hoping to fill the soon to be vacant principal position at Niles North High School have met with students, parents, teachers and staff at the school but the school district will not fill the position until it first selects a new superintendent, officials said this week.

Following last week's meeting with the three finalists for the principal job, students, parents, teachers and staff gave consultants conducting the principal search written feedback on the three candidates, said Phil Ehrhardt, a senior associate with BWP & Associates, which is heading up the nationwide superintendent and principal search for Niles

Township High School District 219.

"We get all the stakeholders together to do that," said Ehrhardt.

He also said the district will not make a final decision on filling the Niles North principal until it first hires a new superintendent.

"This (principal) search was strategically placed so it would run a couple of weeks behind the superintendent search so that when the superintendent is hired they would have some input into the final (principal) selection," said Ehrhardt.

The school district has interviewed about 30 people from across the country for the superintendent position but have yet to make a final decision, officials said.

Niles Township High School District 219 has been without a permanent superintendent since late last year when superintendent, Nanciann Gatta, left the district following an internal investigation into administrator perks and spending. In addition Niles North High School principal Ryan McTague is leaving at the end of the school year to become the superintendent of McHenry School District 156.

When the new superintendent is hired they will be given the written feedback on the three principal candidates gather from the stakeholders groups, Ehrhardt said.

"Obviously we want that person to be involved," he said.

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

# Red Cross buys new emergency relief trucks

BY ALEXANDRA KUKULKA  
Pioneer Press

The white Mercedes-Benz truck was packed with compartments for hot and cold beverages, with seats for two people and two side windows that open outward, so volunteers can hand out supplies.

This is the inside of the American Red Cross of Chicago and Northern Illinois' new Emergency Relief Vehicle, on display May 11 in Glenview.

The Red Cross recently purchased two new Emergency Relief Vehicles that will be added to the three existing emergency vehicles the organization already has, said Patricia Kemp, a spokesperson for the Greater Chicago Region of the American Red Cross.

"These [vehicles] are much more streamlined and we can fit more supplies into them," Kemp said.

The new trucks will be deployed

wherever there is a large disaster, such as in Glenview or other North Shore communities that are at risk for tornadoes, house fires and floods, said Rebecca Streifler, director of development for the Greater Chicago Region of the American Red Cross. The purchase, maintenance and deployment of a truck for one year costs \$150,000, she said.

The new vehicles are an improvement over the older trucks because they are longer, easier to drive and quieter, said Geoffrey Fishwick, a volunteer for the American Red Cross who drives the trucks to disaster areas.

The Red Cross was able to purchase the new vehicles through donations, including a \$100,000 donation from pharmaceutical company Astellas, said Astellas spokesperson Tarsis Lopez.

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## NEWS



ALEXANDRA KUKULKA/PIONEER PRESS

**From left:** The Little Gym of Glenview instructors Jane Nellis, Bill Walenda and Ryan Knappenberger teach a class of 3- to 5-year-olds.

## The Little Gym of Glenview teaches gymnastics, life skills

BY ALEXANDRA  
KUKULKA  
Pioneer Press

"If your mother gives you two bananas and your father gives you one orange, how many pieces of fruit do you have?" the radio prompted the class.

Eleven children, ranging from 3 to 5 years old, excitedly held up three fingers.

These kids are members of The Little Gym of Glenview, where children from 4 months old to 12 years old learn life skills, like confidence, building self-esteem, and taking risks through noncompetitive gymnastics, said gym owner Bill Walenda.

"We are teaching kids to be Olympic citizens, not Olympic athletes," Walenda said. "We teach kids that it's OK to make mistakes. Just try your best is all we are looking for."

Teacher Robin Wes founded The Little Gym in

1976 because he didn't like the competitive nature of most after school programs, and he wanted to create a space where kids could learn and have fun without the pressure of competition, Walenda said. The company is international with 300 locations, two of which are in Chicago and Glenview, said Ryan Knappenberger, gym director of the Glenview facility.

The programs are divided into three groups: Parent-child classes, where children 4 months old to 3 years old and their parents take a group class with an instructor who teaches skills like spotting a child; pre-k classes, where children 3 to 6 years old work on basic tumbling, balance beam and bar skills; and grade school classes, where children 6 to 12 years old practice their gymnastic skills, Walenda said.

A portion of class time is lead through music and prompts, like counting,

adding and subtracting, while the kids are running around and practicing their gymnastic skills, Walenda said. Throughout the class, the kids are also learning to take turns, share and work as a group, which they take with them into the classroom and social situations, Walenda said.

"They don't know they are learning all that, they just think they are playing," Walenda said.

Jami Gryll's sons Dylan, 4, and Ari, 2, enjoy attending The Little Gym of Glenview so much that when the family goes grocery shopping at the Jewel-Osco next door, they ask to go to class and to see the instructors, Gryll said.

"The instructors are so welcoming and are so knowledgeable about (children's) activities," Gryll said. "It's a warm environment."

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# Teen fighting leukemia strives to make hospital a better place

BY ANNEMARIE MANNION  
Pioneer Press

A La Grange teen who's fighting leukemia is striving to make things better for herself and other young people facing illness, treatment and hospital stays.

Katie Palermo, 17, a student at Lyons Township High School, suffered a relapse of leukemia two years ago and is continuing chemotherapy treatments at Ann and Robert H. Lurie Children's Hospital of Chicago. She was first diagnosed when she was 12.

Palermo was recruited to take part in the hospital's Kids Advisory Board, which allows children being treated at the hospital to provide

input on how the hospital operates and meets their needs.

The board has 10 members between the ages of 11 and 17 who've had significant experiences with the hospital.

She also was selected to travel to Barcelona in June, where she will attend a conference organized by the International Children's Advisory Network, a worldwide consortium of children's advisory groups working together to provide a voice for children and families in health, medicine and research.

The consortium "is trying to get kids more involved in giving ideas to people doing research studies," said Lisa Mulvaney, coordinator of

the hospital's creative arts program.

The kids advisory board provides insight and input to any number of the hospital's services from the food, to what patients wear, to how the hospital is designed. The board, for instance, gave ideas for the new hospital which opened in 2012 in Chicago.

"They had a strong recommendation for a place that felt like the outdoors. That led to our sky garden," Mulvaney said.

The hospital also incorporated a sink for washing one's hair in its Family Life Center because Mulvaney said the kids knew when you can't wash your hair for days "you start to feel inhuman."

Palermo said providing

input has made her feel more like she has a voice.

"Being part of that is cool," she said. "I feel more involved in the hospital. I can see things evolve and change on my own floor and say 'I was part of that decision.'"

The hospital also has an outpatient center in Westchester that is one of 11 outpatient centers across the Chicago area.

Palermo's involvement in the iCan conference makes sense particularly since she also has advocated about issues that affect young cancer patients, such as preserving the fertility of children undergoing treatment. She is having tissue from her left ovary stored in hope that she may someday have chil-



ANTONIO PEREZ/CHICAGO TRIBUNE

Katie Palermo with her Twitter account about her ovary, at her home in La Grange.

dren.

"I want to bring attention to that (fertility preservation) and funding," Palermo said. "They have the science. Hopefully by the time I want to have kids they will have the technology."

Palermo is looking forward to the iCan conference

for the connections she hopes to make.

"I'm really excited to go and meet with patients from around the world and talk about what works at their hospitals," she said.

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# New perks for parents

## More companies give dads as much time off as moms

BY ALEXIA ELEJALDE-RUIZ  
Chicago Tribune

Less than a month before Bernard Perales' wife was due to give birth to their first child, a company email landed in his inbox that brought the couple more joy than a new Bugaboo.

The April announcement from Ernst & Young, where Perales works as a senior adviser on the IT audit team in Chicago, said all new parents — dads included — would soon be allowed to take 16 weeks of fully paid parental leave, to be used any time within the first year after the child's arrival. That was a boost from 12 weeks of paid maternity leave previously offered to women and a big jump from six weeks for dads, same-sex partners and adoptive parents.

"Everyone was excited," said Perales, 32, who plans to take full advantage of the 16 weeks and start it when his wife's maternity leave ends, in hopes of alleviating the stress of arranging day care as she returns to her travel-heavy job.

"It is comforting to me," said his wife, Kristin Perales, 34, human resources director at Heinen USA. "Knowing that he's going to have the opportunity to stay home with our little one, it helps me get into a new state of mind of transitioning back to work."

As more companies beef up their parental leave benefits amid heightening calls for family balance, some are also equalizing the amount of time off offered to new moms and dads, arguing

gender equality at work requires gender equality at home.

Online craft marketplace Etsy in March announced a "gender-blind" policy of 26 weeks of paid leave for all new parents to enable them "to play equal roles in building successful companies and nurturing their families." Previously, the company had offered its U.S. employees 12 weeks for "primary" caregivers and five weeks for "secondary" caregivers.

Twitter in April announced all new parents will get 20 weeks off, treating dads, who under the previous policy got 10 weeks, the same as moms.

And it isn't just tech and consulting companies in a talent war that are dramatically expanding fathers' time off.

In the past year, toy-maker Hasbro has extended leave for dads to 10 weeks, from three, and health care company Johnson & Johnson increased paternity leave to nine weeks, from one.

Bank of America, which for more than a decade has had a gender-neutral parental leave policy, last month increased its offering to 16 weeks fully paid from 12 weeks, and is now letting employees use it any time within the first 12 months, rather than immediately after childbirth, to give families flexibility.

"The care and bonding doesn't rest with one individual," said Jim Huffman, U.S. benefits executive at Bank of America, which has 5,700 employees in Chicago.

Online parenting re-



KRISTEN NORMAN/CHICAGO TRIBUNE

Kristin and Bernard Perales' employers allow for 12 and 16 weeks off, respectively, for new parents.

### "The care and bonding doesn't rest with one individual."

— Jim Huffman, Bank of America benefits executive

source Fatherly, which on Tuesday released its list of "The Best Places to Work for New Dads in 2016," noted that the average number of weeks of paternity leave offered by its picks jumped to 7.5 weeks this year compared with four weeks last year.

Brad Harrington, executive director of the Boston College Center for Work and Family, said he has been "stunned" by "how quickly companies have jumped on this theme of saying dads are parents too."

Harrington, who has been studying new fathers for six years, said he used to hear from skeptics who doubted that men should get as much leave as women or that they would dare take so much in a culture that continues to expect men to prioritize work.

But the stigma is weak-

ening, he said.

"The more this role for men is embraced, appreciated, supported, the more women will achieve," Harrington said.

Though offering hefty parental leave can be costly if companies have to pay temporary replacement workers, and there is risk of burnout if existing employees have to pick up the slack, some companies have calculated that the cost of not offering it is higher.

"We believe any costs of the program will be offset over the long term through increased employee engagement, overall well-being, goodwill and reduced turnover," Etsy spokesperson Ariana Anthony said in a statement.

At Ernst & Young, also known as EY, the policy is intended to attract and retain the best employees at

the firm, where millennials at prime baby-rearing age make up two-thirds of the workforce, said Jeff Bilek, a partner and human resources leader for the central region.

It costs on average 150 percent of a departing employee's salary to find and train a replacement, so keeping people around and happy benefits the bottom line, Bilek said.

"You give your best at work if you're living a full and rich life, and that includes your home life," he said. About 1,200 EY employees take parental leave each year, half of them men, he said, and the project-based nature of the work allows the company to fill holes with existing employees.

Despite the momentum in some industries, paid parental leave remains a rare benefit in the United States, where there is no national policy requiring private employers to provide paid time off of any kind.

Just 13 percent of U.S.

workers have access to paid family leave, and the rate is much lower among lower-wage employees, according to the Department of Labor.

Many people can't take unpaid leave without risking their jobs. The federal Family and Medical Leave Act of 1993 allows people to take 12 weeks of unpaid job-protected leave, but it only covers the 60 percent of American workers who have worked at an employer for at least a year at a location with 50 or more employees.

Additionally, many men remain reluctant to take paternity leave. Research from Boston College in 2011 found 16 percent of U.S. men took no leave after the birth of a child, and 60 percent took a week or less.

"Not a lot of dads have seen their dads do this," said Michael Marty, vice president of business services at Care.com, an online marketplace for finding and managing family care.

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# Some free ideas for Illinois legislators

As everyone knows, Illinois is broke.

The state has been without a budget for so long, its finances are beginning to look a lot like the finances of a typical middle class family that sees its chance of achieving the American dream going right down the tubes and is going to vote for Donald Trump.

Talk about desperation.

Things are so bad in Illinois, even the good things that happen to its people are viewed as bad by the so-called public servants who run this state. An example?

Let's take the price of gasoline. To the benefit of people who drive, which is just about everyone in the state, the price of gasoline is about as low as it has been in the 20-teens. This is also good for the farmers, because, as my old college roommate Rocky, who



**RANDY BLASER**

farms in central Illinois, once told me, all the products the farmers use are petroleum based.

But this is bad for the people who run the state. Why? Because lower fuel prices mean less tax revenue. What a lot of people don't realize is the state heavily taxes gasoline. The per-gallon tax goes to pay for roads. But the state also charges a sales tax on gasoline, just like every other sale. If you do the math, it is easy to see that gasoline that costs \$2.25 a gallon will generate fewer taxes than when gas costs \$4.50 a gallon.

That's why the so-called

president of the Senate, John Cullerton, came up with the scheme a few weeks ago to tax us by the miles we drive. He quickly dropped that in hopes that high gas prices make a comeback.

Since I'm always thinking out of the box, I'm going to give the state some free ideas on how to generate new revenue.

Gaming is a revenue generator that has proved quite controversial. The state has dabbled in it, but never fully embraced it. Perhaps now is the time to go whole hog on gambling and put poker machines not only in every bar, but also every restaurant, 7-Eleven, grocery store, gas station, state park and rest stop in Illinois. Oh heck, just put one in everybody's house. That way you can also charge everyone a gaming fee.

No matter your feelings toward Trump, you have to admit he is quite a wheeler-dealer. I don't know all the details, but I heard he's made quite a bit of money off this Trump University scheme, that supposedly teaches you how to be a mogul or a winner or something. I know there is a University of Illinois, but maybe the so-called legislators can come up with a slick university scheme at something they are good at.

I got it. How about Retirement University? At Retirement University, pigeons, I mean students, pay the state to learn how to take early retirement for more money than they could ever earn at their so-called state job, which is really just a show up 75 percent of the time job anyway. Of course, all the courses would be illegal in the private sector, so the

**Athletes make a lot of money. Why not charge a surtax on visiting players when they are in town to play the Cubs or the White Sox?**

scheme is perfect.

How about slick land deals? I know Chicago is trying to get George Lucas to put his museum on the lakefront, but there are some worthless properties in Chicago they might be able to get him to buy, too. What would make a better trip to Tattooine or the planet Hoth in the winter than a worthless, dumpy lot somewhere in Chicago far from downtown or public transportation? You go there, and there's nothing

there. It's the nihilist version of a baseball field in the middle of Iowa corn, and nothing says nihilism like Illinois government.

Athletes make a lot of money. Why not charge a surtax on visiting players when they are in town to play the Cubs or the White Sox? Isn't it time Alex Rodriguez or Albert Pujols pay their fair share of the income they earn while at Wrigley Field or Comiskey Park? (I swore never to call it U.S. Cellular Field.)

Of course, nothing beats giving the government all the money and letting them parcel it out as they see fit. And despite all of Speaker Mike Madigan's best efforts to make legislator the only job opportunity in most of Illinois, we're just not there yet.

*Randy Blaser is a freelance columnist.*

## Ready or not, here comes the 2016 general election campaign

The campaign for the actual presidential election hasn't officially started yet.

But soon it will.

I'm not looking forward to it.

Judging by the primary campaigns - particularly on the Republican side - presidential campaigning will be somewhere between ugly and hideous.

It seemed to me that much of the primary campaigns dealt with who to keep out of the country - Muslims, Mexicans, Middle-East refugees, foreign corporations.

And I'm not saying that how we view, how we treat, those seeking to come to this country isn't important. After all, we are a nation of immigrants.

But I'll also want to hear from the candidates how



**PAUL SASSONE**

they will improve the quality of life for those who aren't trying to come here, but are here already.

How will they help this guy? He's hanging around outside the neighborhood bakery. He is unshaven. His tattered and dirty clothing is too heavy for the season and only one of his shoes has laces. I've seen him, or someone just like him, near the bakery's dumpster before.

A lot of delicious pastries are discarded every day. This guy will rummage

through the dumpster and load up his plastic grocery bag with doughnuts, bear claws, whatever there is.

Will someone from the campaign staffs arrive and tell this guy he doesn't have to eat garbage, that citizens eating garbage is bad for the country and that therefore the government will not allow any of its citizens to subsist on garbage, or to not have a home, or medical care, or education, or clothing or all the necessities of life too many Americans don't have?

Alas, nobody shows up.

The campaigns are busy with delegates and super-delegates. First things first.

So, the down-and-out man will eat garbage from the bakery's dumpster. Could be worse, it is a very good bakery.



Republican presidential hopeful Donald Trump and his Democratic rival Hillary Clinton.



DSK/GETTY-AFP

I will be interested to see what the presidential candidates have to say about this guy, and the millions of Americans like him, and

the millions more who are afraid they will become like him.

Whatever the candidates have to say, they are about

to start saying it. Get ready.

*Paul Sassone is a freelance columnist for Pioneer Press.*

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## OPINION

### MOMMA'S GOTTA MOVE

# Make fitness a priority



**NICOLE  
RADZISZEWSKI**

"Instead of saying 'I don't have time,' try saying 'It's not a priority,' and see how that feels."

I love this quote from author and time-management expert Laura Vanderkam. So much so that I smugly declared to my husband after reading Vanderkam's "I Know How She Does It": "I'm not putting away the laundry because it's not a priority."

Nope, I'm not concerned about wrinkled clothing and unmatched socks, but what if folding laundry were a healthy, lucrative thing for me to do? What if stating "I'm not putting away the laundry because it's not a priority" left me feeling salty because I knew that it SHOULD be one.

Do you see where I'm going with this? Yes, I'm talking about exercise. I can't tell you how many times I've heard people say they want to exercise, but just don't have the time.

If you haven't regularly exercised in the past, suddenly making it a priority can be kind of scary. Prioritizing means putting it on the calendar, being accountable, and possibly feeling defeated when it doesn't happen. But I don't think we need to set ourselves up for failure to be successful.

To make exercise a priority, we first need to stop thinking of the results and start thinking of the action. Secondly, we need to stop thinking of this action as something that happens at a gym, and start thinking of it as movement that can happen anywhere at any time. Finally, we need to find a form of movement that we enjoy doing.

My workouts fall into

four categories:

- Planned, me-time workouts (1-2 times per week)
- Short sneak-it-in workouts (as often as I can)
- Workouts made possible by multitasking (4-5 times per week)

Here's how prioritizing fitness looks for me, plus some tips to make it work for you:

### Planned, me-time workouts

These are the only workouts I have to make time for in my schedule. Compared to other bouts of movement, these workouts are more focused and allow me to work on specific skills that either my body needs or that I personally want to master.

Start by finding something active that you enjoy doing. If you hate exercise, you simply won't do it.

Start with just one day a week of doing whatever it takes to carve out your me-time. You might need to get a sitter, wake up earlier or start working out after your kids are in bed.

Find a workout buddy or connect with a tribe of people who like the same activity as you. They will lure you out when you don't feel like moving and give you extra incentive to show up.

Multitask in other areas of your life so you free up time for workouts. For instance, listen to an audio book while driving instead of sitting down and reading it, or fold laundry while watching TV.

### Short sneak-it-in workouts

These are not necessarily workouts, but rather bouts of movement interspersed throughout the day: A set of pushups while I'm watching TV, a few sprints while I'm at the park with my kids — every little bit counts.

Whenever possible, wear clothes you can move in. I live in spandex for this reason.

If you have gaps in your schedule, instead of using them to grab more coffee or check Facebook, perform a few body weight exercises.

Take the long route — whether it's going up and down the stairs to change a diaper or claiming the farthest parking spot on your way into work. Consider using a pedometer or other fitness-tracking device for motivation.

### Workouts made possible by multitasking

These workouts also are interspersed throughout my days, but they tend to be longer and more strategically planned.

Run, walk or bike your errands.

Work out with your kids. Play a game of tag with them at the park; pull them in a wagon and run intervals; have a dance party in your living room, take them on a hike; get down on the ground with them and pretend you're a bear or a crab.

Use the time your child has soccer/baseball/etc. practice to do calisthenics or agility work on the sidelines, or volunteer to help coach the team so you run alongside the kids.

Instead of going out for dinner, make date night a physical activity. Ride bikes to the park and have a picnic, play a game of tennis or go for a run to your favorite bar and take Uber or Lyft back home.

Now get moving!

*Nicole Radziszewski is a freelance columnist. She lives in River Forest and is a certified personal trainer and mother of two. Check Nicole out on Facebook at Facebook.com/mamas-gottamove.*



JEFF KRAGE/PIONEER PRESS

Hinsdale South seniors make their way toward the football stadium for graduation in 2015. For Lynn Petrak, the end of the year is a time to thank teachers who have spent the year molding and shaping their students.

## End of the year a time to thank teachers

It's the end of the school year. You can feel that vibe.

Actually, you can kind of hear it. It's loud.

The kids are squirrely, to put it politely, with spring and soon-to-be summer fever. While students get antsy, teachers are also feeling the May syndrome after a long school year.

Just at a point when things seem frayed, though, it's time to get nostalgic about the current school year as students prepare to move on to the next grade and, for some, to another school.

I'm no teacher. My only experience was teaching an intro to journalism class at Columbia College for a couple of years in my 20s. But I can imagine that there is a bittersweet side to the end of the school year for them, too. Just as you start to figure out how a student learns and what makes them motivated, it's time for the late spring field trips, assemblies, concerts and other usual celebrations that mark the tail end of the academic calendar.

As parents, we often



LYNN PETRAK

have our students share cards or gifts with their teachers at the end of the year. Some of us have given the traditional teacher gifts like mugs and apple-themed trinkets, which probably pile up on desks and in classrooms like tchotchkes from successive vacations.

As we express gratitude for spending about eight hours a day with our children — whom we know full well can be a handful sometimes — we as parents really do mean our expression of thanks. We understand the patience and fortitude it takes to contend with a roomful of squirmy kids about the second week into summer vacation, when we only have to deal with one or two of them under our own roof.

This is also the time of year when you start to hear

the news about impending teacher retirements. That, too, has a certain bitter-sweet element to it. These are people who have nurtured and educated youngsters for years and in many cases, decades, who have left an imprint on so many lives. When they leave on that last day of school and are recognized at a school event, there's a reason why you see a lot of tears and hugs.

So thank you, to those who taught me when I was a student (I'm talking to you, Sister Clare and Mrs. McEneel) and to those who have shared their knowledge and patience with my four children, from preschool all the way up to college.

The process wasn't always easy and it could be frustrating, but isn't that the point of learning? If the sailing was always smooth, you wouldn't know much about navigating.

Thanks again for steering us all in the right direction, teachers. And, in the words of every good yearbook signing, "Have a good summer."



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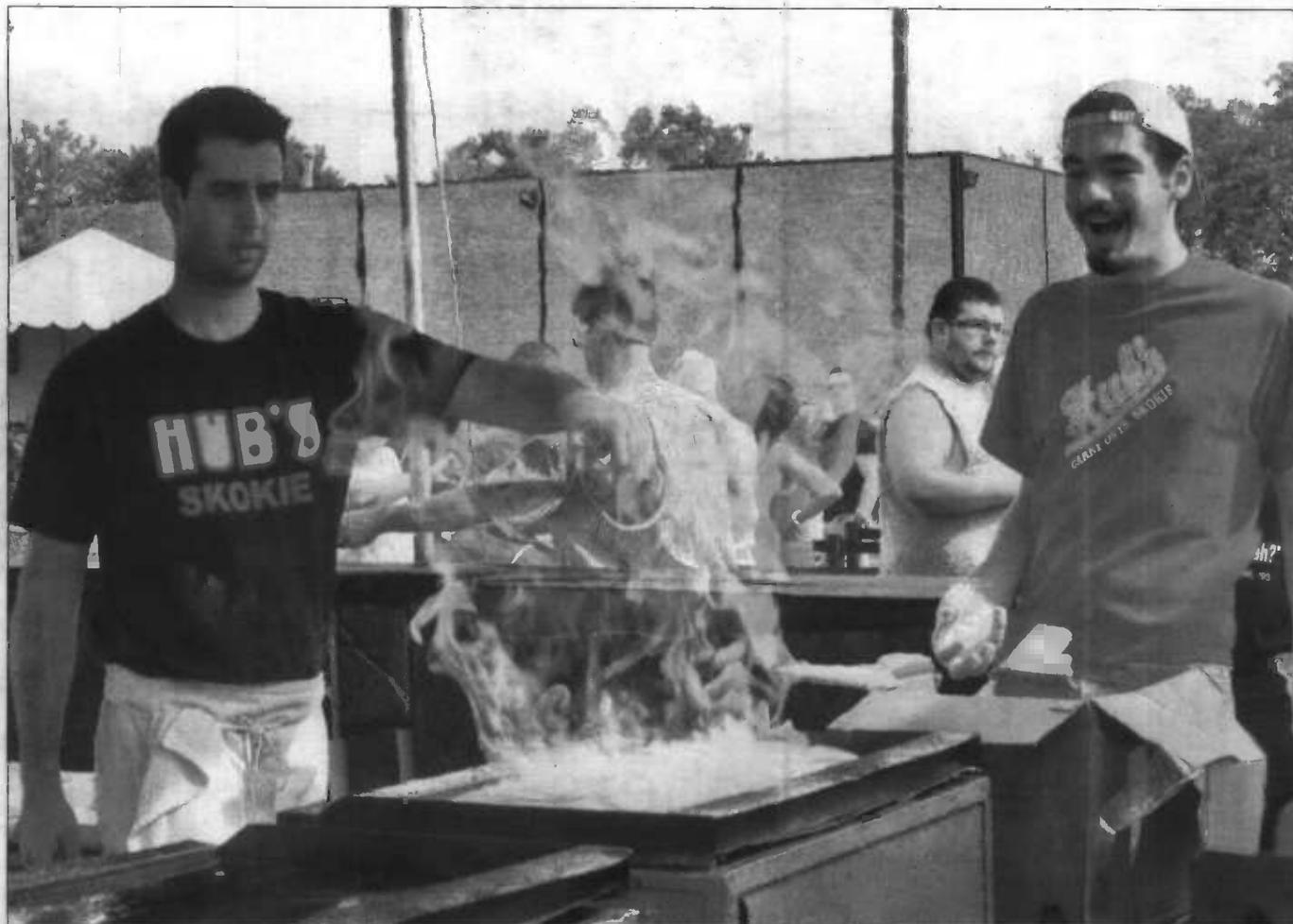
## A guide to 2016 summer festivals

It's that time of year again — time to get a snow cone, let it drip and wander the streets in search of fine art, music or maybe even a cool, antique car. Whatever your interests are, you are sure to find something to enjoy this season given the many festivals that mark summertime.

**Midwest BREW's Beaglefest**, 11 a.m.-4 p.m., May 21, Paws Park, 2800 W. Oakton St., Park Ridge. Bring your beagles, family and friends, folding chairs or blankets and support Midwest BREW all at the same time. Features family entertainment, food and soft drinks, many beagle related items, raffles and more. Cost is \$10 per dog. Go to [www.gotbeagles.org](http://www.gotbeagles.org).

**Skokie Festival of Cultures**, 11 a.m.-7 p.m., May 21-22, Oakton Park, 4701 Oakton St., Skokie. Premier ethnic festival representing Skokie's diversity features ethnic folk music and dance on two stages, a wide range of food, arts and crafts, beer tasting, a bazaar, international children's games, a mini train ride around the park and the festival's iconic flag display. Admission and parking are free. Go to [www.skokieculturefest.org](http://www.skokieculturefest.org).

**Taste of Des Plaines — The Local Motion**, June 17-18, downtown Des Plaines Train Station, 1501 Miner St. Hours are 5-11 p.m. Friday; noon-11 p.m. Saturday. Food and music festival includes live bands, family entertainment, beer and wine, artists, merchants and exhibitors, a car show and a family friendly area featuring a petting zoo, games and a rock climbing wall. Friday: Farmers Market, 3-7 p.m.; 5 p.m. beer tent, restaurants, two stages. Saturday, Des Plaines Park District's annual 5K CHASE walk/run, 8 a.m.; children's activities and demonstrations by the Des Plaines Park District, the Garden Club, the Des



LEE A. LITAS/PIONEER PRESS

The Big Greek Food Fest of Niles takes place on the grounds of St. Haralambos Greek Orthodox Church July 15-17.

Plaines Public Library, a reptile show, local dance groups and Des Plaines' own Barefoot Hawaiians. The car show ends at 5 p.m.; the Family Area is open until 8 p.m. and the restaurants and main stage will be serving up fun until 11 p.m. Entry and parking for the Taste are free. Go to [www.TasteofDesPlaines.com](http://www.TasteofDesPlaines.com).

**Custer's Last Stand Festival of the Arts**, 10 a.m.-9 p.m. June 18-19 at Chicago Avenue and Main Street, Evanston. More than 300 artists will exhibit their work. A sidewalk sale, 30 food vendors and two days of musical entertainment on three stages also will be featured, along with performances by the Piccolo Theatre Community troupe, Actors Gymnasium and Open Studio in the parking lot opposite Vogue Fabrics, 718 Main St. Go to [www.Custerfair.com](http://www.Custerfair.com).

**6 Corners BBQ Fest**, June 18-19, 4000-4080 N. Milwaukee Ave., Chicago. Hours: 11 a.m.-11 p.m. Saturday; 11 a.m.-8 p.m. Sunday. The festival features two stages with live music, BBQ-style food from a variety of restaurants, artists, merchants and a kids area. Free admission; \$5 gate donation benefits the Six Corners Association. Go to [www.chicagoevents.com/event.cfm?eid=314](http://www.chicagoevents.com/event.cfm?eid=314).

**Morton Grove Days**, July 1-4, American Legion Memorial Civic Center, 6140 Dempster St., Morton Grove. Hours are 4-11 p.m. Friday; 2-11 p.m. Saturday and Sunday; 2:30-7 p.m. Monday. The event includes carnival rides and games, food, a beer garden, live entertainment, children's activities (2-4 p.m. Saturday), 4th of July Parade 2:30 p.m. and a 4th of July Fireworks Show. Go to [www.mortongrovedays.org/events](http://www.mortongrovedays.org/events).

**Chicago Botanic Garden Art Festival**, 10 a.m.-5 p.m. July 2-3 on the Esplanade at the Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe. Featuring painting, ceramic, cement, metal, fiber, wood and jewelry works with a botanic theme by 100 juried artists. Free admission; regular parking fees apply. A members only preview party takes place 1-4 p.m. Friday, July 1. Go to [www.ChicagoBotanicGarden.org/artfestival](http://www.ChicagoBotanicGarden.org/artfestival).

**Island in the City Festival**, July 7-10, Norridge Community Park, 4631 N. Overhill. Free admission. Hours are 5-10 p.m. Thursday, 5-11 p.m. Friday, 1-11 p.m. Saturday and 1-10 p.m. Sunday. The event features live entertainment, food vendors and carnival rides. A limited number of pre-sale 4-day Carnival Mega Passes are

available for \$60 for purchase in the Main Building of the Park from 9-4 p.m. Music lineup: Thursday: 7th Heaven, 7:30-9:30 p.m.; Friday: Who's Next, 6-7:30 p.m., Infinity, 8-10:30 p.m.; Saturday: It's So About You, 2:30-3:30 p.m., Uptown 6, 4-5:30 p.m., Mitchhart, 6-7:30 p.m., Hi Infidelity, 8-10:30 p.m.; Sunday: Six Strings Crossing, 3-4:15 p.m., Smoking Gunz, 4:15-5:30 p.m., Caroline Kole, 6-7:15 p.m., Mantz Brothers, 7:30-9:30 p.m. Go to [www.islandinthecity.com](http://www.islandinthecity.com).

**Irish American Heritage Festival**, July 8-10 on the grounds of the Irish Heritage Center, 4626 N. Knox Ave., Chicago. Fest hours are: 6 p.m.-1 a.m. Friday; noon-1 a.m. Saturday; 10 a.m.-12 a.m. Sunday. Tickets are on sale now: Friday: \$8 adult, \$5 children 4-12; Saturday: \$15 adult, \$5 children 4-12; Sunday: \$15 adult, \$5 kids 4-12, children under 4 free on all days. There will be Irish and American food and drink shopping, step dancers and children's activities. Cultural exhibits and programs in the Art Gallery, Library and Museum include Irish language lessons and presentations, genealogy workshops. Activities include visits from Irish Wolfhound dogs, Men in Kilts

Turn to Summer, Page 24

# IT'S ALMOST TOO PRETTY TO COOK IN. *ALMOST.*

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### FESTIVALS

# Soak up some summer fun

Summer, from Page 22

Contest, Irish Soda Bread Contest, Freckle Contest, Mashed Potato Eating Contest, ShamRock Stars singing contest, Hooley Hook-Up for singles, Bingo, the YIF Bags tournament and Sunday Mass. Entertainment schedule: Friday: 7 p.m., Flatfoot 56; 9 p.m., The Narrowbacks; Time TBA The Foy School of Traditional Irish Dance; Saturday: noon, The Academy of Irish Music; noon, The Irish Heritage Singers; 1:30 p.m., Trinity Irish Dancers; 2 p.m., Baal Tinne; 3:30 p.m., The O'Hare School of Irish Dance; 4 p.m., The Tooles; 5 p.m., McNulty Irish Dancers; 5 p.m., Girsas; 6:30 p.m., Kevin Flynn; 8 p.m., Pin Drop Theatre; 9 p.m., Eileen Ivers; 10 p.m., The Narrowbacks; Sunday: 1 p.m., Patrick and Karen Cannady; 1:30 p.m., Mulhern School of Irish Dance; 3 p.m., The Sheila Tully Academy of Irish Dance; 5 p.m., Mulligan Stew; 6 p.m., Girsas; 7 p.m., The Hounds of Finn; 8 p.m., The High Kings; 9 p.m., The Chancey Brothers. Go to [www.irish-american.org](http://www.irish-american.org).

#### Taste of Park Ridge

July 14-16 in downtown Park Ridge, along Summit Avenue between Prospect and Touhy avenues, along the north side of the Park Ridge Metra station. Hours are 11 a.m.-10:30 p.m. Thursday; 11 a.m.-11 p.m. Friday and Saturday. Features food and beverages, entertainment and family activities. Music lineup—Thursday: Ten Foot Tail, 6:15-7:45 p.m.; The Boy Band Night 8:30-10 p.m.; Friday: Centerfold, 6:45-8:15 p.m.; 7th Heaven, 9-10:30 p.m.; Saturday: Eliminator, 6:45-8:15 p.m.; Libido Funk Circus, 9-10:30 p.m. Daily Free Family Fun Zone events in Hodges Park, 101 S. Courtland Avenue (Courtland and Vine) include: 11 a.m.-3 p.m., Park



KEVIN TANAKA/PIONEER PRESS

Taste of Park Ridge takes place July 14-16.

District Arts and Crafts: Hands on Kid's Activities; 11 a.m.-5 p.m., Canopies on Courtland and Blood Drive on Butler Place; 11 a.m.-6 p.m., "Family Fun Zone" presented by Park Ridge Indian Scouts; 11 a.m.-7 p.m., Music in the Park (by D.J. Ronski). Go to [tasteof-parkridge.com](http://tasteof-parkridge.com).

**Big Greek Food Fest of Niles**, July 15-17 on the grounds of St. Haralambos Greek Orthodox Church, 7373 Caldwell Ave., Niles. Hours are 5 p.m.-midnight Friday; 3 p.m.-midnight Saturday and Sunday. Featuring authentic Greek food and pastries, children's activities, live music, a Greek taverna, festival dancers and cooking classes. Admission: \$2 (free before 5 p.m.); \$1 seniors; free for children under 12. Free parking. Go to [www.biggreekgoodfestof-niles.org](http://www.biggreekgoodfestof-niles.org).

**Lincolnwood Fest**, July 21-24 at Proesel Park, 6900 N. Lincoln Ave., Lincolnwood. Hours are 5-10 p.m. Thursday; 5-11 p.m. Friday; noon-11 p.m. Saturday and 1-11 p.m. Saturday and 9 a.m.-9 p.m. Sunday. The festival includes food, live music, carnival rides, children's activities, car show, beer and wine tent and bingo. Music schedule includes Thursday: 5:30 p.m. Saturday June Band, 8

p.m. Nevery Brothers; Friday 8 p.m. Tributosaurus as Led Zeppelin; Saturday: 8 p.m. Think Floyd USA; Sunday: 1-2 p.m. Lincolnwood Chamber Orchestra, 7 p.m. Rose Hill Revival. Go to [www.lincolnwood-fest.com](http://www.lincolnwood-fest.com).

**North Shore Festival of Art**, 10 a.m.-5 p.m. July 23-24 at Westfield Old Orchard Mall, 4999 Old Orchard Center, Skokie. Featuring works by more than 100 juried artists in a variety of mediums. The fests include demonstrations and booth chats, interactive art experiences, Art Bingo for kids, live music and local food. Free admission and parking. Go to [www.NorthShoreFestivalofArt.com](http://www.NorthShoreFestivalofArt.com).

**Jeff Fest Arts & Music Festival**, July 29-31 at Jefferson Memorial Park, 4822 N. Long Ave., Chicago. Hours are 6-11 p.m. Friday; noon-11 p.m. Saturday; noon-8 p.m. Sunday; Kids Zone Hours: noon-5 p.m. Saturday and Sunday. Main stage schedule available on website. General admission is \$5; seniors 65 and over and kids 12 and younger are free; if your name is Jeff, show ID and get free admission. Go to [www.jeffersonpark.net/jeff-fest-arts-and-music-festival/](http://www.jeffersonpark.net/jeff-fest-arts-and-music-festival/).

Turn to Summer, Page 25



MIKE ISAACS/PIONEER PRESS

Skokie's three day Backlot Bash takes place Aug. 26-28.

## FESTIVALS

# Enjoy local summer happenings

Summer, from Page 24

**Park Ridge Hinkley Fest**, Aug. 11-14, Hinkley Park, 25 Busse Highway (Busse and Morris), Park Ridge. Hours: Thursday 4-10 p.m., Friday 4-10:30 p.m., Saturday noon-11 p.m., Sunday noon-8 p.m. Features carnival rides and games, entertainment, food and daily music entertainment. Free admission, charge for rides. Go to [www.parkridgeparkdistrict.com/news/hinkleyfest](http://www.parkridgeparkdistrict.com/news/hinkleyfest).

**Edison Park Fest**, Aug. 19-21 in the downtown area around the Edison Park Metra Station, 6730 N. Olmsted, Chicago. Full details and music schedule to be announced. Admission is free. Go to [www.edisonparkfest.org](http://www.edisonparkfest.org).

**Skokie's Backlot Bash**, Aug. 26-28, in a closed-off, two-block portion of Oakton Street, between Lincoln and Laramie avenues adjacent to Village Hall (5127 Oakton St.). Hours are Friday 6-10 p.m., Saturday 11 a.m.-10 p.m., Sunday noon-8 p.m. Features hours of live music, a large carnival midway, a 5K Run, Kids' Half Mile Race, classic movies at the historic Skokie Theatre, a children's

stage and kid's activities, a classic auto show, bingo, a sidewalk sale, dunk tank, a beer tent, historic log cabin, Sunday pancake breakfast, farmers market and food. Main stage music lineup: Friday: Penthouse Sweets, 6:30 p.m.; Blue Oyster Cult, 8:30 p.m.; Saturday: Jonas Friddle & Matt Brown, noon; Big Sadie, Bluegrass Trio, 1 p.m.; Foreign Shores, 3 p.m.; Everybody Says Yes, 5 p.m.; The Cells, 7 p.m.; Living Colour, 8:30 p.m.; Sunday: Tony Do Rasario Duo, 1 p.m.; Terry White, 3 p.m.; Royal Outsiders, 5 p.m.; Tributosaurus becomes The Police, 6:30 p.m. Admission is free. Go to [www.backlotbash.com](http://www.backlotbash.com).

**Taste of Polonia Festival**, Sept. 2-5 at Copernicus Center, 5216 W. Lawrence, Chicago. Festival hours: Friday, 5-10:30 p.m. Saturday and Sunday, noon-10:30 p.m., Monday noon-10 p.m. Admission: before 5 p.m., \$5; after 5 p.m., \$10; kids 12 and under are free; online ticket special \$5 all day pass. Proceeds benefit the Copernicus Foundation. Live music featuring rock, pop, reggae and polka bands, classical music orchestras; cultural events, family events, Polish food and beer; casino, bingo

and full bar; kids stage and fun zone, inside and theater stage. Go to [www.TopChicago.org](http://www.TopChicago.org) for full schedule.

**Des Plaines Fall Fest**, Sept. 16-18, Lake Park, 2200 Lee St., between Howard and Touhy Avenue, Des Plaines. Hours: Friday 6-11 p.m.; Saturday noon-11 p.m.; Sunday noon-8 p.m. Features kid zone activities, carnival rides, open air market, car show and more. Music lineup: Friday: 6:30-8 p.m., American English; 9-10:45 p.m. AR-RA; Saturday: noon, Sol Azteca Folkloric Ensemble; 2-3 p.m., The Stingrays; 4-5:30 p.m., Gina Glocksen Band; 6:30-8 p.m. Heartache Tonight; 9-10:5 p.m. SEMPLE; Sunday: 12:30 p.m., Artistry in Motion; 2:30-4 p.m. Hillbilly Rock Starz; 5-7 p.m. 7th Heaven. Free admission and parking. Go to [www.Fallfest-desplaines.com](http://www.Fallfest-desplaines.com).

**Fall Arts & Crafts Adventure**, presented by the American Society of Artists 9 a.m.-5 p.m. Sept. 19 on the grounds of Hodges Park, 101 S. Courtland (Prospect and Vine by City Hall), Park Ridge. Free admission. Go to [www.americansocietyofartists.org](http://www.americansocietyofartists.org).

—Staff report

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Spotlight Youth Theater presents a cast of 85 children, ages 8-18, in "Hairspray."

### FAMILY FRIENDLY

## Spotlight Youth Theater stages 'Hairspray'

BY MYRNA PETLICKI  
Pioneer Press

A plus-size teen fulfills a dream in the Spotlight Youth Theater production of "Hairspray."

Director Taylor Kras believes there's a lesson for young people in the Broadway musical.

"It's been exciting to do a show that has a really deep meaning and is reflective of our world today," Kras said.

He noted that the show, which is set in 1962 Baltimore, is still relevant. It's about "really believing in yourself," even if you are unhappy with your body, dealing with racism or struggling with "all the pressures the world puts on us."

The director concluded that "Hairspray" stresses the importance of "finding the star inside of yourself and being able to let that shine."

Kras directs a cast of 85 children, ages 8-18.

There are 11 performances of the show, May 26-June 3, at Prairie Lakes Community Center, 515 E. Thacker, Des Plaines. Tickets are \$9-\$12 in advance;

\$2 more at the door.  
For details, call (847) 516-2298 or go to [www.spotlight.org](http://www.spotlight.org).

### Take note

Michael Chikuzen Gould enchants kids and parents each year with his performance on the shakuhachi flute at the Chicago Botanic Garden's Malott Japanese Garden Children's Festival.

Gould will again perform at the festival, which runs from 10 a.m.-2 p.m. May 21 and May 22, at 1000 Lake Cook Road, Glencoe.

There will also be a tea ceremony, storytelling and hands-on projects for kids.

For details, call (847) 835-5440 or go to [www.chicagobotanic.org](http://www.chicagobotanic.org).

### Book time for this

There will be a variety of bookish activities for all ages on National Readathon Day, May 21, at Morton Grove Public Library, 6140 Lincoln Ave.

Kids' activities include a storytime at 10 a.m., Comic Book Readers Theatre at 11 a.m., and crafts, activities, book giveaways and snacks

from 10 a.m.-noon.  
For details, call (847) 965-4220 or go to [www.mgpl.org](http://www.mgpl.org).

### Cozy and comfy

Children, ages 2-6, are welcome to wear their PJs to Evening Family Storytime, 7-7:45 p.m. May 24 at Niles Public Library, 6960 Oakton St.

Kids and parents will hear stories, sing songs and participate in activities.

For details, call (847) 663-1234 or go to [www.nileslibrary.org](http://www.nileslibrary.org).

### Attitude of gratitude

That's what kids will have after attending the ThankoRama Storytime, 11 a.m. May 21 at the Village Crossing Shopping Center Barnes and Noble, 5405 Touhy Ave., Skokie.

They will hear Mo Willems', "The Thank You Book" and participate in activities that encourage children to thank people who do things for them.

For details, call (847) 329-8460 or go to [www.barnesandnoble.com](http://www.barnesandnoble.com).

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# FACES & PLACES

## New senior program at Summit starts with crazy hats

**PIONEER PRESS**  
Staff Report

Crazy Hats Day kicked off a new, year-long program, S.T.A.R. — Seniors Together at Recreation sponsored by Summit of Uptown. It was held recently at the Centennial Activity Center, 100 S. Western, Park Ridge, and those attending had a chance to pose in their choice of one of eight themed hats provided by Summit and receive an instant souvenir photo to take home.

The sponsorship is one of the three embarked on this year specifically aimed at seniors that is part of Summit's larger role as a hub of community life in Park Ridge. Summit has partnered with various other organizations that draw their memberships from all age groups. S.T.A.R. is a program of the Park Ridge Park District that offers activities, programs, events and services for people 55 years of age and older.

The other two sponsorships this year have been coordinated with Center of Concern, a non-profit social service agency providing services and housing solutions to seniors, the disabled and others in need, and MaineStreamers, the senior division of Maine Township, that provides educational programs and recreational activities for people 55 years of age and older.

For more on Summit, see [www.summitofuptown.com](http://www.summitofuptown.com), call 847-825-1161 or check the Summit Facebook page.



Earl Nicholas sports a money hat.



Cathy DePrizio shows off a love hat.



SUMMIT OF UPTOWN PHOTOS

Arlene Rice, from left, Chris Willis and Lillian Hall try out some festive millinery at Crazy Hats Day, the first event of a year-long Summit of Uptown sponsorship for the S.T.A.R. — Seniors Together at Recreation program.



NORTHWEST CHORAL SOCIETY PHOTOS

Jennifer Bauer, left, of Park Ridge and Marjorie Crichton of Northbrook with their NWCS service pins awarded to them for 35 and 37 years, respectively.

## Music, memories as Northwest Choral Society marks 50 years

**PIONEER PRESS**  
Staff Report

Singing, member service recognition, a silent auction and raffle, reminiscing and memorabilia and dinner were all on the agenda when the Northwest Choral Society celebrated its golden anniversary on April 29 at Meridian Banquet Center in Rolling Meadows.

Former members of the chorus returned to join in the celebration at the gala event, including past presidents Glen and Judy Richardson, who now reside in La Porte, Ind. Tim Kjos, an executive with Kjos Music Company, (now in San Diego, Calif.), the son of Neil A. Kjos, Jr., one of the NWCS founding members when the music company was located in Park Ridge, sent his congratulations.

Current chorus president Penny Perles presented special NWCS anniversary pins or certificates. Jane Peterson of Lake Barrington, Barbara Stewart of Chicago and Kathy Lombardino of Chicago received 40-year service pins. Other chorus members were acknowledged for service between five and 35 years.

NWCS 2015-16 season concludes with a concert performance, entitled "Why We Sing" at 7 p.m. June 4 at the Southminster Presbyterian Church, 916 E. Central Road, Arlington Heights. Choral society alumni who wish to participate on June 4 may contact Penny Perles at [nwchoralsociety@gmail.com](mailto:nwchoralsociety@gmail.com) for information.

See [www.nwchoralsociety.org](http://www.nwchoralsociety.org)



Northwest Choral Society treasurer Noreen LaValle of Franklin Park presents NWCS past presidents Glen and Judy Richardson from La Porte, Ind., with 15-year pins.



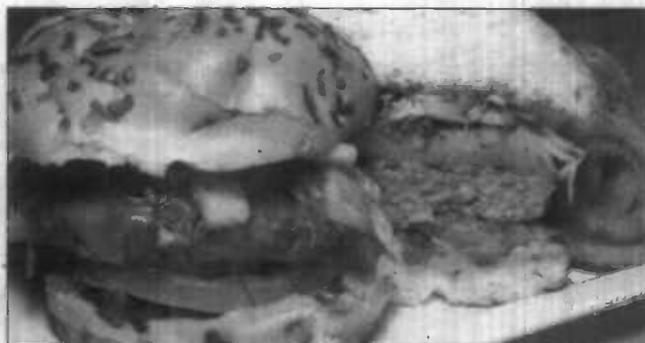
Joe Albrecht, left, of Niles and David Lee of Bloomingdale

### Share your event

We want to publish your photos. To submit, visit [community.chicagotribune.com](http://community.chicagotribune.com) or email [sburrows@pioneerlocal.com](mailto:sburrows@pioneerlocal.com).

# Living

Thursday, May 19, 2016



**Building the best burger**  
Page 3

CN



Blogger and author Karen Alpert plays with her son, Holden, 4. She describes her parenting style as "a nice balance between strict and a lot of fun."  
ERIN HOOLEY/TRIBUNE NEWSPAPERS

# A proud 'mediocre mom'

Karen Alpert's humorous take on parenting has made her a best-selling author Page 14

# Baker goes extra mile for quality treats

By Judy Buchenot  
Naperville Sun

When she was a little girl, Rachel Dau watched her Aunt Cari bake cakes for family events. Little did Aunt Cari or Rachel know that one day Rachel would be part of Team USA for the Coupe du Monde de la Patisserie in Lyon, France.

This contest for the world cup in pastries is held every two years. Dau served as an assistant for the team members in January 2015 and helped create a sugar showpiece, a chocolate showpiece, an ice carving, a plated dessert and a chocolate cake.

"We had to do all six things in 10 hours," she said. "We prepared for a week and a half. It was incredible experience. I had never gotten the chills from seeing chocolate before. It was so exciting. We got third place."

"My No. 1 thing has always been pastry," said Dau, 24. "But now that I have been working for a year, I am becoming interested in savory things also."

Dau completed the culinary and pastry program at College of DuPage and also earned a bachelor's in hospitality and tourism management from Roosevelt University in May 2015.

Her latest interest is making bread. "I like to make baguettes and sourdough, but my favorite is focaccia — right now. I also like the hearty, heavy breads full of seeds."

One of her go-to meals when she is cooking for one is a thick slice of dense bread topped with smashed avocado and crushed red pepper dressed lightly with salt and olive oil. "For breakfast, I add a poached egg," she said.

Currently, Dau who lives in Wheaton, is teaching and running the culinary program at the Naperville Sur La Table store. "The majority of the people who come to the classes are home cooks," she said. "My goal is to make intimidating recipes more approachable — like macarons. Most people (say) that after they see how much work it is to make them, they appreciate buying them more. We also make croissants, which is doable once you know about having the butter at just the right temperature."

When Dau bakes for others she said, "I start by considering my audience. My family loves brownies, bars and tarts. But some of my friends who are more adventurous enjoy custards and creme brulee."

Dau believes in using quality ingredients when baking, especially when it comes to butter. "If you are using butter, be sure it is good butter. The higher the butter fat, the better the outcome. Some butter has more water in it than others. Kerry Gold, Plugra or Anchor are all good butter (brands) with higher butter fat."

One of her personal favorite desserts is



JUDY BUCHENOT/NAPERVILLE SUN

Rachael Dau dusts her batch of chocolate madeleines with powdered sugar.

## Rachel's Culinary Cue

When filling a pastry bag, first prop up the bag inside a tall cup and fold the bag edges over the sides of the cup. Both of your hands will then be free to guide the filling into the bag. Then pull the bag out of the cup, twist the top closed and start decorating.

the lemon tart. "You have to start with a good crust," she said.

Although many recipes suggest using a food processor for cutting together the butter and flour, Dau prefers a mixer. "A food processor has just one speed. A mixer can be set to a lower speed and can be turned on and off more quickly. If you overmix, you will end up with a very chewy crust instead of a flaky crust."

One of her favorite tarts begins with a tender butter crust, which is filled with a layer of white chocolate ganache followed by a layer of lemon curd. Whipped cream flavored with vanilla bean goes on top with a candied lemon peel as a garnish.

For something simple yet unique, Dau likes to make madeleines, a French treat that is like a cross between cake and a cookie. Madeleines are baked in a special pan that is heavily coated with butter. When the batter is baked in the buttered pan, a crispy crust is formed, but the inside is still light and airy.

"I make a chocolate madeleine that is something like a brownie, but really

fantastic, with a crispy outside and soft center and sprinkled with powdered sugar," Dau said. "I add a little espresso powder to chocolate things because it pumps up the chocolate flavor and brightens it without making it taste like coffee."

With strawberries about to come into season, Dau is looking forward to making her version of strawberry shortcake. Instead of the sponge cake base that is often associated with this dessert, Dau makes a crispy shortcake that she said is "similar to a scone with a crispy outside and a tender middle." She also adds a little balsamic vinegar, vanilla bean paste and sugar to sliced strawberries, which she gently roasts for 10 minutes.

"It softens the berries just a little," she noted. "I let the berries come back to room temperature for the shortcake but they are also good served warm on ice cream."

Although she is happy teaching classes, Dau has dreams for the future.

"I like the idea of a food truck," she said. "I had classical French training, and I think people associate that with restaurants in the big cities, but I could bring that same level of food out to people in the suburbs or wherever with a food truck." She hopes to sell breads, cakes and pastries from a food truck.

Dau shares her recipes for strawberry shortcake and chocolate madeleines for others to try.

Judy Buchenot is a freelance writer.

## Strawberry Shortcakes

### Strawberry mixture

- 1 pound strawberries
- 1/4 cup sugar
- 1 tablespoon balsamic vinegar
- pinch of salt

### Shortcakes

- 4 cups flour
- 1/2 cup sugar
- 5 teaspoons baking powder
- 1/2 teaspoon salt
- 8 ounces cold unsalted butter
- 2 cups chilled heavy cream

### Egg Wash

- 1 beaten egg
- 1 teaspoon heavy cream
- pinch of salt
- sparkling or coarse sugar

### Whipped Cream

- 2 cups chilled heavy cream
- 1/4 cup powdered sugar
- 1 tablespoon vanilla bean paste

1. To prepare strawberries, wash, hull and slice. Toss together with sugar, vanilla bean paste, salt, and balsamic vinegar. Place in a shallow pan and roast at 425 degrees until juices start to come out and strawberries soften, about 10 minutes. Set aside to cool.

2. To make shortcakes, stir together flour, sugar, baking powder and salt. Cut in cold butter until dough resembles small peas. Stir in heavy cream. Form into a dough ball. On a floured surface, roll dough to 1-1/2-inch thickness. Cut into 3-inch squares. Place on a parchment-lined sheet pan.

3. To make egg wash, mix together egg, cream and salt. Brush tops of shortcakes with egg wash. Sprinkle with sparkling sugar or coarse sugar. Bake at 425 degrees about 14 to 16 minutes or until golden brown. Cool on racks.

4. To prepare whipped cream, whip cream with whip attachment of a stand mixer at low speed. Sprinkle in powdered sugar. Mix in vanilla bean paste. Continue to whip until stiff peaks form. Refrigerate until ready to use.

5. Immediately before serving, assemble shortcakes. Cut each shortcake in half. Place a dollop of whipped cream on the bottom half of each shortcake. Spoon cooled roasted strawberries on top of whipped cream. Place top half of the shortcake on the berries. Serve immediately.

Makes 24 3-inch shortcakes.

For Chocolate Madeleines recipe, go to [napersun.com/lifestyles](http://napersun.com/lifestyles).

# Building the best burger

From waiver-form hot to five-flavor fantastic

By Veronica Hlnke  
Pioneer Press

It's National Burger Month, and from the bun to the fixings to the meat patty, chefs are putting new spins on America's favorite picnic food. Take your lead from these chefs, and build your best burger ever this summer.

Some like it hot. At Back Alley Burger in Elmhurst and La Grange, chef/owner duo Christopher and Mary Spangle have a hamburger so packed with heat that they even require customers to sign a waiver form. They call their signature burger The Most Insane-est Hottest Burger Ever-est. "It's extremely hot, yet flavorful," Christopher said. The spice and flavor comes from fixings like their house-made habanero jam, a Trinidad scorpion sauce, bhut jolokia ghost pepper chili flakes and Thai chili cream cheese.

The Spangles have owned and operated four different restaurants in La Grange over the past 16 years. They met in culinary school in San Francisco, and have been cooking together ever since.

One day, a customer challenged them to make a really hot burger. "It needed to be a balance of extreme heat and flavor so that everyone could enjoy it," Mary said.

It is. Each condiment brings its own heat intensity but also a special flavor. "The bhut jolokia flakes are from an Indian pepper that adds a different kind of heat. It is very extreme, but a heat that hits you a little later," Mary said. "The habanero jam adds a sweetness to counteract some of the heat and stimulate your taste buds." The Thai chili cream cheese also mellows out the heat a bit. Even the Kaiser bun gets a dusting of spicy cayenne pepper.

Their tips for home grill masters? Mary said to get the grill hot enough to get a good, caramelized burger patty. "That is the key to getting good flavor out of the meat," she said. "Only flip the burger one time and don't flip it until it has that nice sear on it."

For the meat patty, they prefer a blend of



PALMER PLACE

The Benchmark Burger at Palmer Place in La Grange is topped with pickle slaw, red pepper remoulade and smoked paprika ketchup.

## Benchmark Seasoning Mix

- 4 tbsp La Baleine French Sea Salt (fine)
- 1 tsp dustless fine tellcherry pepper
- 1/2 tsp white pepper
- 1 tsp smoked Spanish paprika (hot)
- 2 tsp onion powder
- 2 tsp granulated onion, toasted
- 1 tsp granulated garlic, toasted
- 1/2 tsp very fine garlic powder

In a small cup, combine all spices, and blend well. Sprinkle a little of the seasoning mix on each burger patty (add to taste) before grilling.

— Steven C. Lawhorn, Palmer Place

ground chuck, short rib and brisket. The trio seems to be trending in burger patties this season. It's what the popular Top Drawer Burger is made of at Country House in Clarendon Hills. "It makes for a richer, more steaky-flavored burger," co-owner Dean Timson said.

And there are plenty of other burger

## Thai Chili Cream Cheese

- 8 ounces cream cheese
- 3 tbsp crushed Thai chillies
- 1 tbsp fresh garlic, chopped
- 2 ounces lime juice

Beat the cream cheese until softened, add the other ingredients. Allow mixture to sit for at least one hour prior to serving so the flavors come together.

— Christopher and Mary Spangle, Back Alley Burger

options on his menu. He recently added a burger made with elk meat. "Elk meat is delicious and has no gamey taste to it at all," he said. "It's also leaner and lower in calories than beef, chicken, pork or salmon."

Timson said his favorite burger is actually plain, with just a simple tomato slice. "Skip the cheese," he said, "but I do like to upgrade sometimes with a knob of compound butter. It is an easy way to dress up any burger without any fuss. My favorite is a Gorgonzola butter made with equal parts

of a good Italian Gorgonzola and salted butter."

In contrast, the Benchmark Burger (made with 50 percent ground chuck, 25 percent brisket and 25 percent short rib) at Palmer Place in La Grange is topped with plenty of fixings like pickle slaw, red pepper remoulade and smoked paprika ketchup. "A great burger should strive to include the five flavor groups, including sweet, sour, bitter, salty, and umami (pungent and spicy)," chef Steve Lawhorn said. "The brioche bun is buttery sweet. The picante ketchup has the umami flavor. The pickle slaw is both sour and bitter. The sharp cheddar cheese adds depth of flavor. The beefsteak tomato adds a cool sweet and slight sourness. The pepper-flavored Neuske bacon adds a wonderful peppery crunch. The red pepper remoulade combines the flavor of sweet and sour."

Lawhorn reminded home grill masters to be gentle and to resist the temptation to over flip. "The more you work the meat, the more you increase the risk of making it tough and chewy," he said. "Don't press down on the meat while cooking, this will dry the burger out."

Whether celebrating Memorial Day or just any day, nothing says summer like a burger — made whichever way you like it.

## PETS/ANIMALS

# George, a 140-pound canine star, on book tour

By Nara Schoenberg  
Chicago Tribune

There were some interesting sights this week at the BookExpo America publishing convention at McCormick Place: the woman with the homemade unicorn horn affixed to her forehead, the life-size "North Pole Ninja" elf-creature in town to promote good deeds and his upcoming holiday book.

But even so, the 140-pound dog with silky black ears attracted attention.

"Oh! There's a dog here," said a distinguished-looking middle-aged man who stopped to gawk at the canine sprawled on the floor of the Penguin Random House Canada booth.

"A real dog!" said his female companion.

"It's not a rug," a member of the press corps joked.

"I know!" the woman said. "I saw it move and I was like — what?"

It's rare for an animal to attend a major American publishing convention, but George, the aforementioned 140-pounder, is no ordinary dog. His owner, Colin Campbell, writes that his marriage had split up and he was at a personal low point when he adopted George, a neglected black-and-white Newfoundland, from a shelter. But with the help of his new friend, Campbell rebuilt his life and wrote a best-selling book about their experience, "Free Days With George: Learning Life's Little Lessons From One Very Big Dog."

Now, with the paperback



FREE DAYS WITH GEORGE

With the help of George, Colin Campbell rebuilt his life and wrote a best-selling book about their experience, "Free Days With George: Learning Life's Little Lessons From One Very Big Dog."

edition being released in the U.S., Colin and George are doing a book tour together, complete with a full-size tour bus plastered with an image of George lounging on the beach.

"I was a marketer before I became an author, so I understand the power of connecting with people physically," Campbell said on May 11. "Today, most books are sold through social media, and reviews, and things you can read on a computer — which is fantastic. It's all good.

But I really felt that if I could bring people to see George — once you meet him in person, it's a different experience."

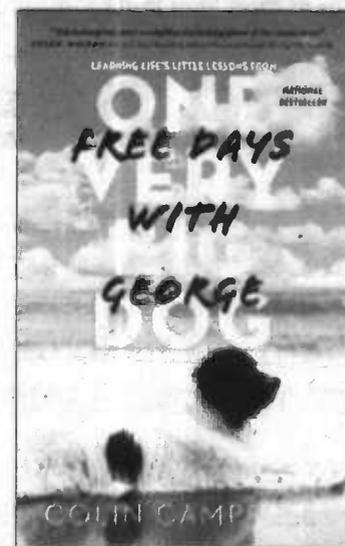
George does indeed have a calming effect: He's actually a gifted surfer — the book has photos to prove it. But lounging in the carpeted booth while Campbell signed books, he was supremely relaxed and gracious, accepting head pats from everyone and occasionally rousing himself to personally greet a fan who was waiting in line for a

(human) autograph.

"We're out for five weeks, and we're going to 25 cities coast to coast," Campbell said. "And not only are we signing books, and we're going to retail (book) stores in every city, but we're also stopping at some shelters, because George used to be homeless, and we're donating food to homeless dogs as we go across the country."

Campbell describes traveling with George as "awesome."

"We've got a very comfortable bus; it's like a huge tour bus. We



ANCHOR CANADA

have a couch in there, and a TV, and George has his own bed. So far we've had three- to four-hour city-to-city trips, but starting Saturday we have our first long one, we go from Minneapolis to Denver, and that's like a 13-hour drive," he said.

Asked if he'd do a book tour with a dog again, Campbell, a first-time author, smiled.

"Maybe not just any dog," he said. "I would do one with George again. He's a special dog. I mean, he looks different than most dogs. I think inside, he's a bit of a person: He knows what we're doing, he loves the attention, he loves when people hug him and take his picture. He's a great dog — I couldn't travel with a better one."

nschoenberg@tribpub.com  
Twitter @nschoenberg

## PET OF THE WEEK



Reggie

Reggie is 4 years old and is a longer than typical Dachshund. Due to his length, he has had bouts of arthritis, but it is easily managed with less activity on some days. He has many typical Dachshund traits and will do well in a home that has experience with his breed, but he is actually a pretty good and easy dog to handle. He runs and plays and does not seem to be in any pain.

There are several Rescue Team Members and volunteers that he loves to see daily. He has a big personality for a little dog. We have had him since February in an adoption center setting, and it is not the best for any dog to stay long term.

If you want to meet Reggie, please fill out an application online at [www.alsiptotherescue.org](http://www.alsiptotherescue.org).

## chicagotribune.com/pets

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

- Our adoptable animals blog featuring photos and descriptions of Chicagoland pets in need of homes.
- Our suburban and city pet events calendar
- Photo galleries, videos, more



# Is widow owed payout from husband's HSA?

Dear Help Squad,  
My husband, who worked for Allstate Insurance, died in August. Allstate stopped paying health insurance for its retirees and instead put \$70 a month in a OneExchange health reimbursement account (HRA). It is my understanding that OneExchange owes me \$628.

I contacted OneExchange in October, and they told me six weeks. I talked to them again in November and was told the same thing. I faxed them in February and called again in March.

I also tried to work through Allstate, but the benefits representative couldn't even find my husband's name in the file. This is insane!

Angie, Aurora

I started my investigation by calling OneExchange's media contact, Rob Wyse, who told me Angie's issue had been turned over customer service and a supervisor had contacted her to resolve her issue.

After a few days with no progress, I contacted Allstate. Via email, I reached senior corporate relations manager Meghan Sporleder. For six days, Sporleder "con-

tinued to actively seek out" the appropriate individual to address Angie's concerns.

Sporleder then called to tell me, "The process was not completed correctly. When OneExchange rejected ... [Angie's] submission, they told her what she still needed [to provide] and there seems to have been some confusion around that. We have asked OneExchange to increase their level of customer service around this situation."

John Barkett, Willis Towers director of policy affairs, provided me an overview of health reimbursement arrangements in general, and retiree HRAs in particular.

## HRA

■ With an HRA, an employer sets a yearly or monthly amount that it deposits directly into an employee's account. The recipient then uses these funds to reimburse him or herself for qualified medical expenses.

■ HRAs are owned by the employer, unlike HSAs (health savings accounts), which are



CATHY CUNNINGHAM  
Help Squad

owned by the employee.

■ An HRA can be set up so that unspent funds roll over from year to year.

## Retiree HRA

■ Also known as a stand-alone HRA because it's not integrated with a specific health plan, a retiree

HRA substitutes for an employer running its own plan.

■ The employer deposits funds into the retiree HRA so the employee can take the funds and shop for the health plan of his/her choice.

■ The funds deposited in the HRA are tax-free to the former employee.

## Beneficiary configurations

When I inquired whether retiree HRAs include a beneficiary payout, Barkett said, "For as many employers as offer retiree benefits, there are probably as many configurations of these benefits." He explained that while HRAs can be structured to include or not include spouses and other family members, they

can likewise designate or not designate a beneficiary upon death.

Two weeks after initiating contact with OneExchange, I followed up with Angie. She said she still didn't know whether she was receiving a payout or if additional information was required by OneExchange.

It was at this point that I contacted both OneExchange and Allstate to inform them my column was going to press in three days, and it would either conclude with Angie's issue being resolved or state that neither OneExchange nor Allstate was able to assist her with her problem.

Less than an hour later, Angie informed me she had been contacted by OneExchange and would be receiving a disbursement. Two days later, a payment of \$628 was deposited in her bank account.

## Need help?

Send your questions, complaints, injustices and column ideas to [HelpSquad@pioneerlocal.com](mailto:HelpSquad@pioneerlocal.com).

Cathy Cunningham is a freelance columnist for Pioneer Press.

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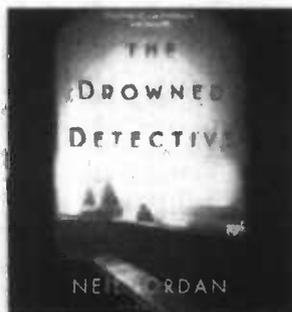
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## ROUNDUP | AUDIOBOOKS

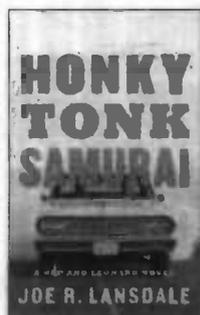


### The Drowned Detective

By Neil Jordan, narrated by Mark Meadows, Audible Studios Bloomsbury, 7:07, download only \$19.95

Jonathan, a British expatriate working as a detective in an unnamed Eastern European city, dives into its dirty river hoping to stop a suicide. In the process, he entangles himself in mystery that will threaten his family in Neil Jordan's sixth novel, "The Drowned Detective." Jordan is best known as a director and screenwriter whose films include "The Crying Game," for which he won an Oscar for original screenplay. This latest work is a stylish, noir-ish, supernatural-ish surprise, with the same deft, sly touch that made "Crying Game" so indelible. At the time of Jonathan's rescue attempt, his life is already fraught. His marriage is (of course) strained. The city's future is even shakier, bubbling with Pussy Riot-style political discontent and its

violent oppressors. His young daughter is lonely, absorbed in a life with several imaginary friends: lactose-intolerant Melanie, dieting Jessica and Rebecca. And he is trying to find a girl who disappeared 12 years earlier, who, a psychic tells him, is in "a small room that she cannot leave." Narrator Mark Meadows, who has voiced more than 50 titles, is more than up to this complicated plot. He brings insight to his portrayal of the humorous, bleak, needy woman who jumped from the bridge. Even better for Meadows is the psychic, Gertrude, an absolute gift with her mispronunciations, malapropisms, and her Pomeranian, Phoebe, who suffers from a condition "that is pacific to small-lap dogs ... the poor dear's knee poops in and out." Meadows makes the most of his opportunity. Author and narrator are a near-perfect match in this twisting plot. Listeners should always be so lucky.



### Honky Tonk Samurai (Hap and Leonard)

By Joe R. Lansdale, narrated by Christopher Ryan Grant, Hachette Audio, 10:13, download \$24.55, CD \$35

Listening to a Joe R. Lansdale's East Texas detective yarn in the Hap Collins-and-Leonard Pine series is like hanging out with a skilled barroom raconteur. Lansdale's language dances with colorful and regular profanity as he performs a shotgun wedding between wild and ridiculous, tying it together with enough cartoonish violence and abundant wit to send you reaching for your wallet to buy the next round. Christopher Ryan Grant does the narrating honors, and as he proved last year in the Willie Nelson memoir, "It's a Long Story," Grant does a great Texas. Hap and Leonard are best friends working as freelance detectives. Hap is white and straight and Leonard is black, gay, and ferocious. "If he was any tougher, he'd be made out of leather and stuffed with nails." In this episode, Leonard saves a dog from a beating with more than a little gentle persuasion. A witness uses the video of his

vigorous Samaritan's act to blackmail the pair into looking for her niece. To help Hap and Leonard do battle with a revolting collection of bad guys is series regular Jim Bob Luke, a mercenary type named Booger, and the gorgeous assassin Vanilla Ride. Altogether it's wild, funny, utterly improbable and thoroughly satisfying entertainment.

## CHICAGOLAND BEST-SELLERS

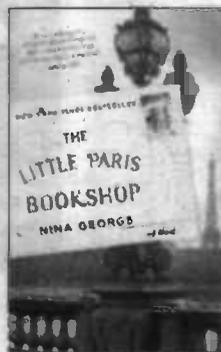
1. "The Nest" by Cynthia D'Aprix Sweeney (Ecco, \$26.99).

2. "The Little Paris Bookshop: A Novel" by Nina George (Broadway, \$16).

3. "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing" by Marie Kondo (Ten Speed, \$16.99).

4. "The Rainbow Comes and Goes: A Mother and Son On Life, Love, and Loss" by Anderson Cooper and Gloria Vanderbilt (Harper, \$27.99).

5. "Everybody's Fool" by Richard Russo (Knopf, \$27.95).



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



### Go Set a Watchman: A Novel

By Harper Lee, Harper Perennial, 288 pages, \$15.99  
"Go Set a Watchman," a draft of what would later become the iconic Pulitzer Prize-winning novel "To Kill a Mockingbird," follows a 26-year-old "Scout" Finch as she returns to Maycomb, Ala., to visit an aging Atticus. Against the backdrop of civil rights, Scout learns disturbing truths about her family and community that throw her childhood memories into question.



### The Brothers: The Road to an American Tragedy

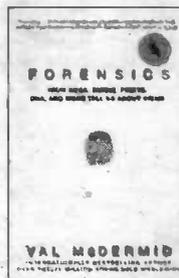
By Masha Gessen, Riverhead, 297 pages, \$16  
Gessen investigates the Boston Marathon bombings that killed 3 and injured 264 people on April 15, 2013. Gessen looks at the background of the bombers, Tamerlan and Dzhokhar Tsarnaev, the history of the Caucasus, and how the brothers' immigrant experience created a unique brand of homegrown terrorism.



### The Wright Brothers

By David McCullough, Simon & Schuster, 336 pages, \$17

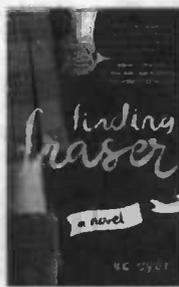
McCullough details the history of Wilbur and Orville Wright, drawing on the vast collection of Wright family papers to give the story of the two Ohio brothers who built the first successful airplane. McCullough also explores the relationship the brothers shared with their sister, Katharine, who played a large role in both of their lives.



### Forensics: What Bugs, Burns, Prints, DNA, and More Tell Us About Crime

By Val McDermid, Grove, 310 pages, \$16

Crime fiction novelist Val McDermid explores the history and science of forensics, using interviews with forensic scientists to show how they investigate crime scenes. Topics include how maggots on a corpse help determine time of death and how modern technology is evolving forensics.



### Finding Fraser: A Novel

By Kc Dyer, Berkley, 357 pages, \$15

On the cusp of turning 30, Emma Sheridan's love life is rife with failed relationships — primarily because no man can match her ideal: James Alexander Malcolm MacKenzie Fraser, the hero of Diana Gabaldon's "Outlander." With nothing to lose, Emma leaves the comfort of her Chicago home for Scotland in search for her fictional love.

— Jeremy Mikula



# puzzle island

For interactive puzzles and games go to [chicagotribune.com/games](http://chicagotribune.com/games)

## The Way We Wore: Fashion statements of the past

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

### Across

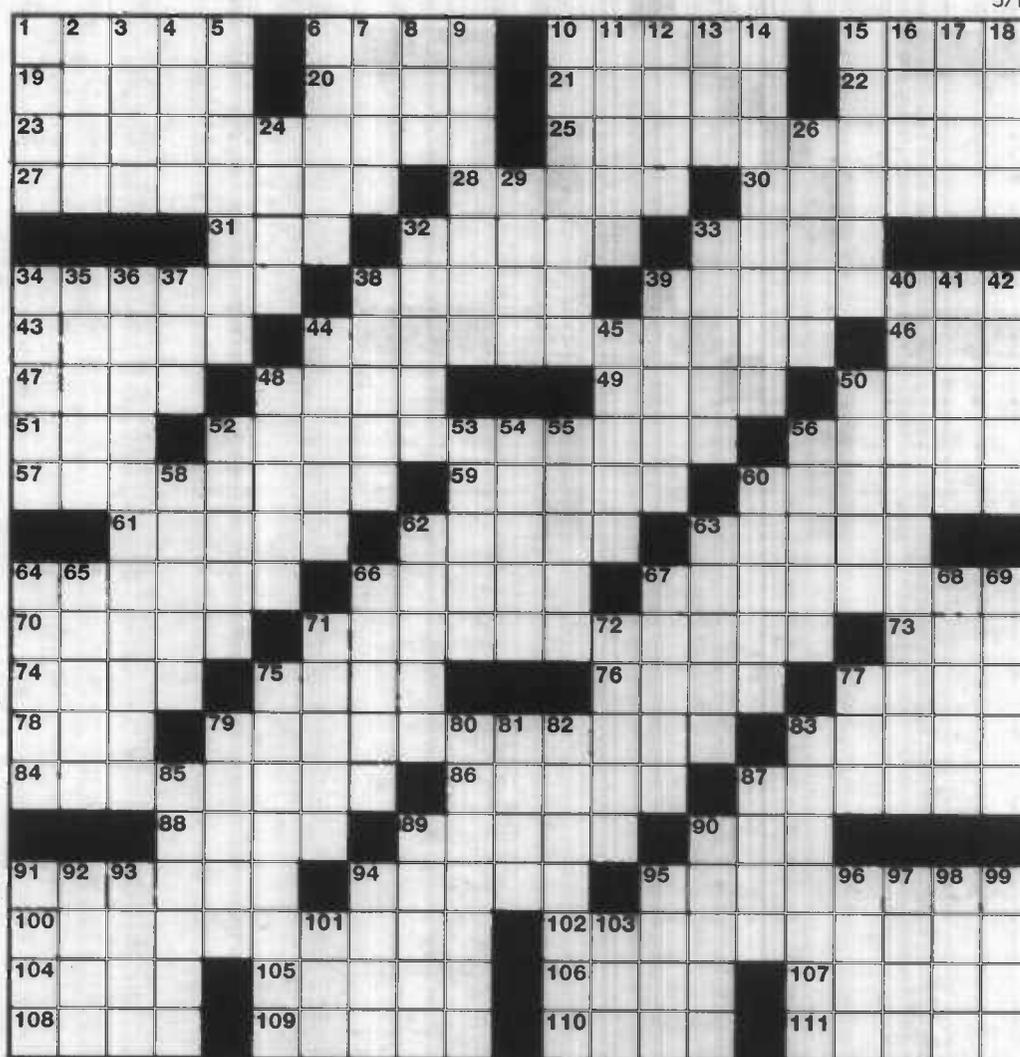
- 1 Ad agency clients; Abbr.  
6 Locket shape  
10 Pointy-eared dog  
15 Medical ctr.  
19 Bravery  
20 Toon explorer  
21 Sushi ingredient  
22 Unfolds, in verse  
23 1940s girls' fashion  
25 1980s women's fashion  
27 Motel review phrase  
28 Hold in reserve  
30 Give the eye to  
31 DC-based alliance  
32 It might be an indie  
33 Persevere  
34 Straight talk  
38 Auto wheel alignment  
39 Symbol on viola music  
43 "Smart" guy  
44 1950s women's fashion  
46 Grounded bird  
47 M\*A\*S\*H soft drink  
48 Washer contents  
49 Scented like cones  
50 Memoirs, for instance  
51 Go astray  
52 1970s men's and women's fashion  
56 Sew loosely  
57 Tuition payers  
59 Frat letter  
60 Ne'er-do-wells  
61 Roman god of beginnings  
62 "Ici on \_\_\_ français"  
63 More miffed  
64 Works with a plane

- 66 Ukrainian figure skater  
67 Plot-twist giveaways  
70 Implied but understood  
71 1960s men's and women's fashion  
73 Cul-de-  
74 Some lodge members  
75 Solitary  
76 Literary or musical work  
77 Member of the mackerel family  
78 Brink  
79 1920s men's fashion  
83 Katherine of Grey's Anatomy  
84 Italian Renaissance rhymester  
86 Strongroom  
87 Lost feathers  
88 Brink  
89 Some Yugoslavs, today  
90 DC baseballer  
91 Touring band's aide  
94 Left Bank's "thanks"  
95 Marine conservation pioneer  
100 1910s women's fashion  
102 1960s women's fashion  
104 Caesarean rebuke  
105 Ravel contemporary  
106 Oskar in Schindler's List  
107 Nostalgic tune  
108 Wooden wedge  
109 Justice Kagan

- 110 Queen in *Frozen*  
111 Experiments

### Down

- 1 PD dispatches  
2 Thicken, as cream  
3 One-time Hemingway home  
4 Frozen dessert franchise  
5 Flashy basketball shot  
6 Scents  
7 Sotto \_ (spoken softly)  
8 Indy Jones quest  
9 Roped on a ranch  
10 Anagram of "entails"  
11 West Point frosh  
12 Australian rapper — Azalea  
13 Verb in Tweety-ese  
14 Fervid nature  
15 Retro consumer-science class  
16 Phone letters  
17 Evening in Tuscany  
18 Whispered summons  
24 Burn a bit  
26 Transplant, as a plant  
29 Nefarious  
32 Apt to sulk  
33 Dirty Harry portrayer  
34 University of Miami team, in headlines  
35 Paying full attention  
36 1970s men's fashion  
37 Start of the seventh century  
38 Loathsome ones



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

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- 39 Director Kurosawa  
40 1970s men's fashion  
41 Feign feelings  
42 Melts together  
44 84 Across and colleagues  
45 Malice  
48 Two-time Nobel laureate  
50 Ring-shaped bread  
52 Article of faith  
53 Cybersales  
54 Hedge plant

- 55 "This is a surprise!"  
56 Tennis great Becker  
58 *Garfield* cartoonist  
60 Hotel offerings  
62 Diet inspired by cavemen, for short  
63 Part of a pitcher  
64 High-priced  
65 Reduce by 50%  
66 Bus shelter feature  
67 Mar. honoree  
68 Soprano's scope  
69 Almost boil

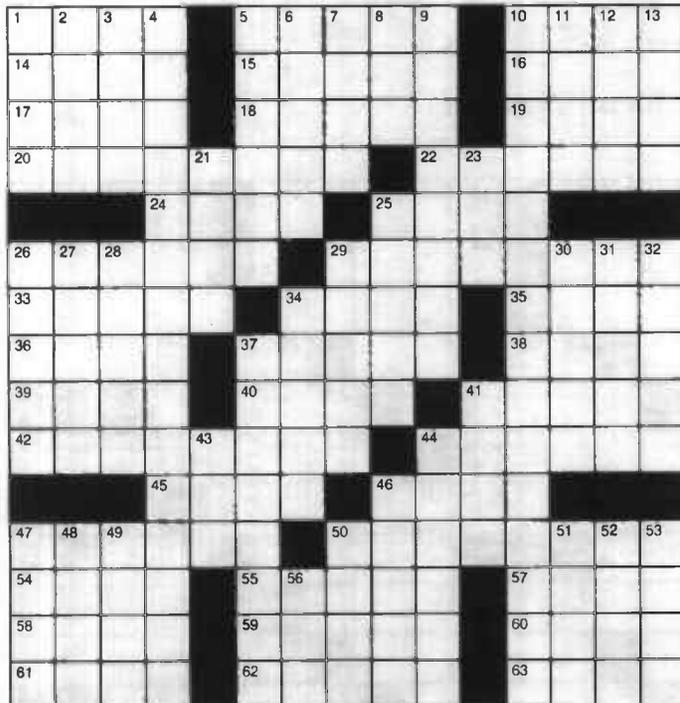
- 71 Italian bowling  
72 Implements  
75 Generous bestowal  
77 Business card abbr.  
79 Shower accessory  
80 Across the pond  
81 DEA agent  
82 *Dilbert* workspace  
83 Wi-Fi site  
85 Plywood source  
87 "The Valley Isle"  
89 Escort to the parlor  
90 Designer Kamali

- 91 Hwys.  
92 Solemn affirmation  
93 Starter like contraption  
94 Dust speck  
95 Financial report preparers  
96 Spun yarn  
97 Abolishes  
98 Keep \_ (persevere)  
99 Finds a spot for  
101 Shakespearean prince  
103 Feel poorly

# Be Prepared

BY CHARLES PRESTON

5/15



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- |                       |                              |                           |
|-----------------------|------------------------------|---------------------------|
| <b>Across</b>         | 46 Seed covering             | 13 Spanish painter        |
| 1 Ungovernable        | 47 ___ salad                 | 21 Uncovers: poet.        |
| 5 ___ Highway         | 50 Level                     | 23 Constellation          |
| 10 Resorts            | 54 ___ code                  | 25 Innocent creature      |
| 14 German river       | 55 Clothe                    | 26 Fragment               |
| 15 <i>Lorna</i> ___   | 57 Noble: Ger.               | 27 Track official         |
| 16 Loathe             | 58 Cook's concern            | 28 Talk                   |
| 17 Robert ___         | 59 Dignified                 | 29 Burns                  |
| 18 Maine town         | 60 True                      | 30 Like some apples       |
| 19 Swan genus         | 61 Vessels                   | 31 Unique                 |
| 20 ___ appearance     | 62 Mergansers                | 32 Wears                  |
| 22 Remind             | 63 Elihu ___                 | 34 Big names              |
| 24 Let's go for a ___ |                              | 37 Lawbreakers of a sort  |
| 25 Supporter: suffix  | <b>Down</b>                  | 41 <i>Inter</i> ___       |
| 26 Provisions         | 1 Cry                        | 43 Man's nickname         |
| 29 ___ warfare        | 2 Pointless                  | 44 Cereals                |
| 33 Takes on           | 3 Sly look                   | 46 Waters: L.             |
| 34 Bone               | 4 Certain performances       | 47 Pack down              |
| 35 Famous theme song  | 5 Aphrodite's beloved        | 48 Mountain: comb. form   |
| 36 Asian babysitter   | 6 Navigational system        | 49 Chaise longue, e.g.    |
| 37 Vapid              | 7 Force down                 | 50 Border                 |
| 38 Large: Fr.         | 8 Atlantic cape              | 51 Get the ___?           |
| 39 Network            | 9 Synthetic rubber           | 52 Elan                   |
| 40 Buddy              | 10 Amusement park attraction | 53 <i>Femme's</i> pronoun |
| 41 Spy                | 11 Conceal in a certain way  | 56 Thread: comb. form     |
| 42 Wishful thinkers   | 12 Over                      |                           |
| 44 Open spaces        |                              |                           |
| 45 Deer               |                              |                           |

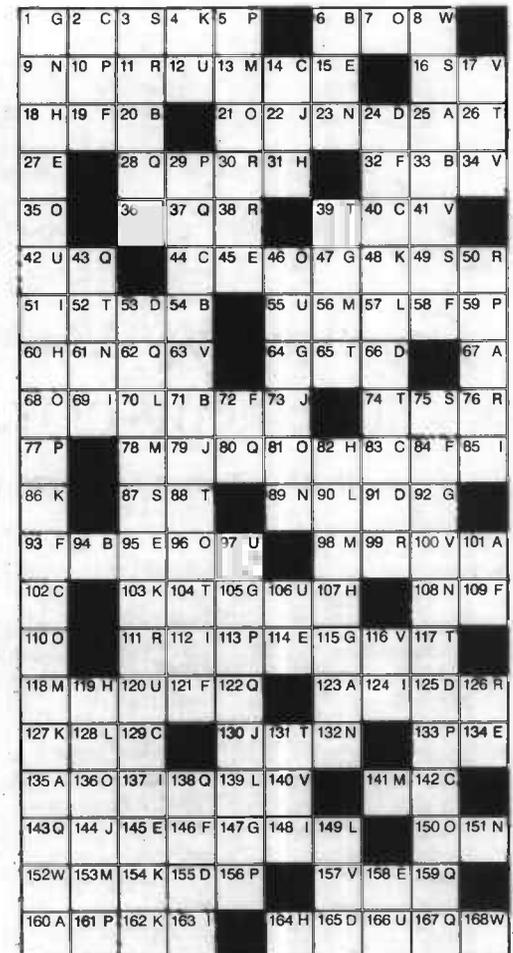
## Quote-Acrostic

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

### Clues

- |                                  |     |     |     |     |     |                  |
|----------------------------------|-----|-----|-----|-----|-----|------------------|
| A. Sharp-edged hand tool         | 67  | 25  | 135 | 160 | 101 | 123              |
| B. Melodic                       | 6   | 20  | 71  | 94  | 54  | 33               |
| C. 'Queen of rock' Linda         | 102 | 142 | 14  | 129 | 2   | 40 44 83         |
| D. Tiny amount: 2 wds.           | 91  | 165 | 66  | 24  | 53  | 125 155          |
| E. Touched by your Muse          | 15  | 158 | 27  | 145 | 45  | 134 114 95       |
| F. Troublemaker                  | 121 | 72  | 93  | 84  | 109 | 32 58 19 146     |
| G. Brilliant                     | 1   | 47  | 147 | 92  | 105 | 64 115           |
| H. Pink Panther producer         | 31  | 164 | 18  | 119 | 60  | 107 82           |
| I. Pipedream                     | 112 | 163 | 69  | 124 | 148 | 137 51 85        |
| J. Sage                          | 144 | 130 | 73  | 22  | 79  |                  |
| K. Badenov's babe                | 154 | 4   | 86  | 162 | 103 | 127 48           |
| L. With no effort                | 128 | 139 | 149 | 90  | 70  | 57               |
| M. Bug                           | 118 | 13  | 56  | 153 | 141 | 78 98            |
| N. Potpourri                     | 9   | 61  | 151 | 108 | 23  | 89 132           |
| O. Fluky                         | 96  | 150 | 46  | 81  | 110 | 35 7 136 68 21   |
| P. Testy auto part?              | 59  | 77  | 29  | 113 | 5   | 133 10 156 161   |
| Q. 'Nha' is part of his drawings | 37  | 143 | 122 | 80  | 138 | 28 43 62 167 159 |
| R. Excessive                     | 99  | 30  | 38  | 11  | 111 | 76 126 50        |
| S. Toddler                       | 87  | 75  | 49  | 16  | 3   | 36               |
| T. He won exactly 300 games      | 26  | 104 | 131 | 117 | 88  | 39 74 52 65      |
| U. Congrats                      | 106 | 12  | 120 | 166 | 55  | 42 97            |
| V. One of the flock              | 140 | 157 | 41  | 100 | 17  | 63 116 34        |
| W. Caesar, for one               | 168 | 152 | 8   |     |     |                  |

Last week's answers appear on the last page of Puzzle Island  
By Robert O'Neill, Edited by Linda and Charles Preston.  
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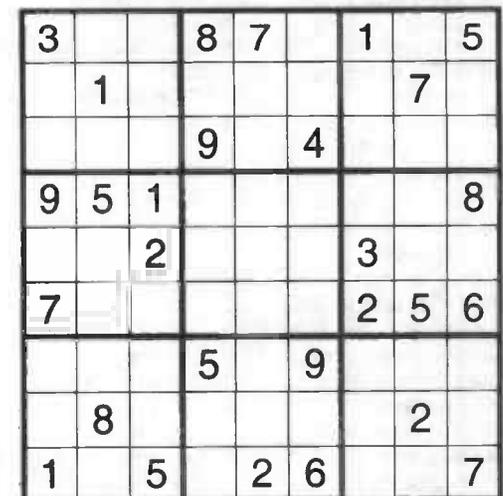


## Sudoku

5/15

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

Level: **1 2 3 4**



Last week's answers appear on the next page  
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# Secret Retreat

BY MELISSA BROWN AND C.C. BURNIKEL  
 EDITED BY RICH NORRIS AND JOYCE NICHOLS LEWIS

## Across

- 1 Playground provocation
- 5 Campus org. founded in 1906
- 9 Existing
- 14 Capers
- 19 Religion of most Iranians
- 20 Stops allowing
- 21 Complete
- 22 Greenland native
- 23 "Time for a shindig!"
- 25 "Common Sense" pamphleteer
- 27 Chichén Itzá builder
- 28 Basque city with a Guggenheim Museum
- 30 Make up your mind
- 31 "Bus Stop" playwright
- 32 Juice unit
- 34 Knitting choices

- 35 People's Choice Award winner for Favorite TV Drama, 2008-2011
- 37 Remarkable thing, in old slang
- 41 Winged stingers
- 43 — Plains River
- 44 Off-road ride, for short
- 45 Muchos meses
- 46 Dealer's query
- 48 SEC concern
- 50 Yemeni capital
- 52 Palm products
- 54 Where to get the score
- 59 Sicilian skiing attraction
- 60 They may be about nothing
- 61 Jacket material
- 62 Drops the ball
- 63 Top story
- 65 Move a muscle
- 67 Some might vote in it
- 70 Time of life

- 71 Resort with a Forum Tower
- 75 CBS forensic series
- 76 Sammy Davis Jr.'s only #1 hit, with "The"
- 78 Short staffer?
- 79 Send payment
- 81 Weymouth of Talking Heads
- 82 Like clarinet music
- 84 Clarinet kin
- 87 "Drinks are \_!"
- 89 Very slow motion
- 92 Dishwasher handle?
- 93 Simon of Broadway
- 94 Match part
- 95 Big name in Russian ballet
- 97 Coal unit
- 99 L.A. Galaxy's group
- 100 Gardner of film
- 103 Chinese menu assurance
- 105 Brewery product since 1777
- 108 "I don't think so"
- 110 Whence Saint Teresa
- 111 Phone book no.
- 112 Ship stabilizer
- 113 Unruly do
- 115 Spartan serfs
- 117 Its initials became its name in 1999

## Jumble

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

WEKIDC  
 RIDHEN  
 MOULEV  
 CRUPES  
 HICSWT  
 CLOTKE



PRINT YOUR ANSWER IN THE CIRCLES BELOW

This week's answers appear on the next page  
 By David L. Hoyt and Jeff Knurik. © 2016 Tribune Content Agency, LLC. All rights reserved.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19				20				21					22						
23				24				25				26							
	27					28		29			30			31					
37	38	39				40				41	42					43			
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59					60					61						62			
			63		64			65	66			67		68	69				
70				71		72	73				74						75		
76					77					78				79		80			
81						82		83			84	85	86			87		88	
89					90	91				92						93			
				94				95		96			97		98		99		
100	101	102			103		104			105						107			
108				109						110				111					
112						113		114		115				116		117		118	119
120					121					122				123		124			125
126								127					128					129	
130								131						132					133

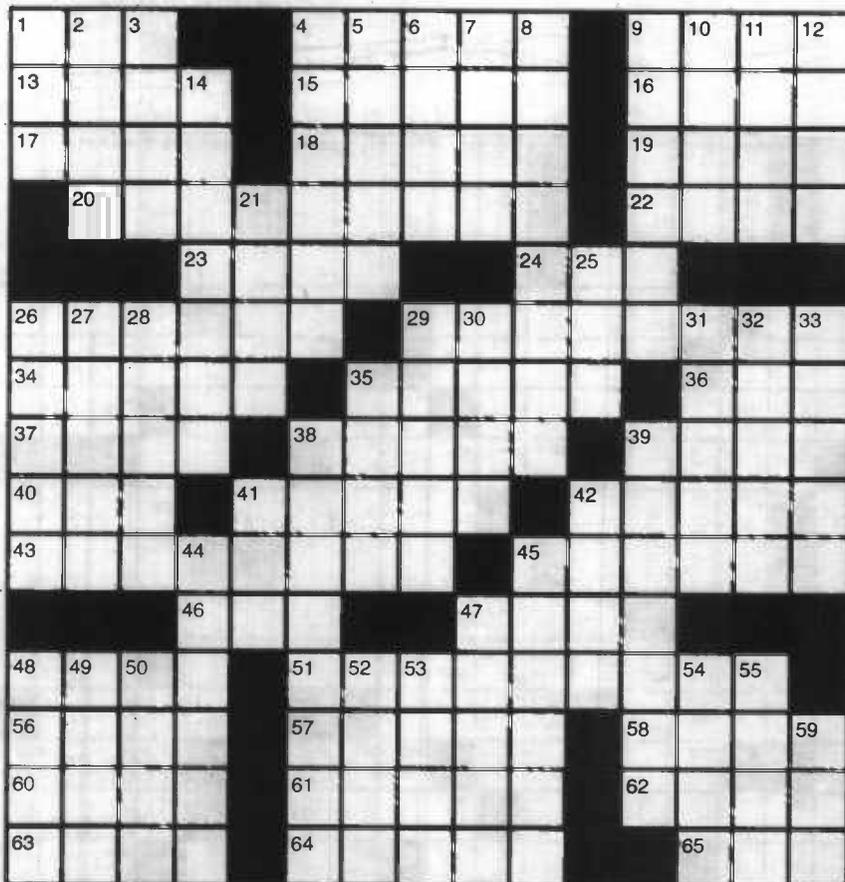
Last week's answers appear on the next page © 2016 Tribune Content Agency, LLC.

## Down

- 1 Surfing letters
- 2 Small clearing?
- 3 Beatles girl
- 4 Piece-of-cake courses
- 5 Magic org.
- 6 Concern for some losers
- 7 Ristorante course

- 8 Safe haven
- 9 "Furthermore, however, ..."
- 10 Cultural spirit
- 11 Judge in 1995 news
- 12 Pixar protagonist
- 13 Boardroom props
- 14 Edge
- 15 "Delta of Venus" author Nin
- 16 Beyond repair
- 17 Checkers speech?
- 18 Renaissance fair rides
- 24 Argentine plain
- 26 Restraining order?
- 29 Donkeys' cries
- 33 How to watch Mei Xiang and Bei Bei
- 36 Delivery letters
- 37 Close attention
- 38 Like political foes, frequently
- 39 Dish forerunner
- 40 Steinbeck hero Tom
- 41 Erase completely
- 42 Battery terminal-related
- 47 Seizes illegally
- 49 Welcoming sign
- 51 GPS figure
- 53 She, in Sicily
- 55 First name in country
- 56 Aesthetic film genre
- 57 Grain processor
- 58 Morales of "The Brink"
- 61 Actress Spacek
- 64 Like a "daggers" look
- 66 Wall Street regular
- 68 Dress down in a big way
- 69 Broad shoe size
- 70 Book following the Gospels
- 72 Holiday friend
- 73 Devious ones
- 74 Splittable bit
- 77 Place for a speaker
- 80 Cal. column
- 83 Smokeless smoke, briefly
- 85 Fast-growing sapling
- 86 "Movin' \_": "The Jeffersons" theme
- 88 Otherwise
- 90 Fast time?
- 91 Rages
- 92 Be of use
- 96 FDR's side, on a dime
- 98 Ardent requests
- 100 They're just over two feet
- 101 Former moderator of "The View"
- 102 Vinegary
- 104 Reason for spectacles
- 106 \_ Joe
- 107 Tick away
- 109 Wascally wabbit wival
- 110 Best way to leave Vegas
- 114 Mice move on them
- 116 Official emblem
- 118 Emotional blog entry
- 119 Natl. Merit Scholarship qualifying exam
- 121 Find a job for
- 122 Canada's smallest prov.
- 124 Airport NW of the Gateway Arch
- 125 Retreat hidden in nine puzzle answers

# Crossword



By Jacqueline E. Mathews. © 2016 Tribune Content Agency, LLC. All rights reserved.

5/18/16

## ACROSS

- 1 "He Ain't Heavy, \_\_\_ My Brother"  
 4 Oak tree nut  
 9 Vexes.  
 13 Possesses  
 15 Juliet's love  
 16 Bar \_\_\_; with no exceptions  
 17 \_\_\_ moss; soil enhancer  
 18 1960s dance  
 19 Crock-Pot meal  
 20 Italian staple  
 22 \_\_\_ up; spends  
 23 Sightseeing trip  
 24 Coolidge's nickname  
 26 Luxury car  
 29 Artists  
 34 Went astray  
 35 Circular  
 36 Actor Diesel  
 37 Gets older  
 38 Human \_\_\_; person  
 39 Kelly or Wilder  
 40 Kook  
 41 Cut of beef  
 42 Sicker  
 43 Picture on the wall of a coastal resort  
 45 Nun  
 46 Small batteries

47 \_\_\_ over;

- contemplate  
 48 Black card  
 51 Exciting  
 56 Long walk  
 57 Pass out  
 58 Have to have  
 60 At any time  
 61 Say  
 62 Fence opening  
 63 \_\_\_ of the d'Urbervilles"  
 64 Suspicious  
 65 \_\_\_ away; fled

## DOWN

- 1 Bunny's move  
 2 Mothers of lambs  
 3 Ginger cookie  
 4 19th-century U.S. president  
 5 Cringe in fear  
 6 Fail to mention  
 7 Sit for a spell  
 8 Catching sight of  
 9 Cheap shot  
 10 Decomposes  
 11 Part of the leg  
 12 Uses a Singer  
 14 Museum pieces  
 21 Egg on  
 25 Most common conjunction  
 26 Denims  
 27 Quarrel  
 28 Actress Garbo

## Solutions



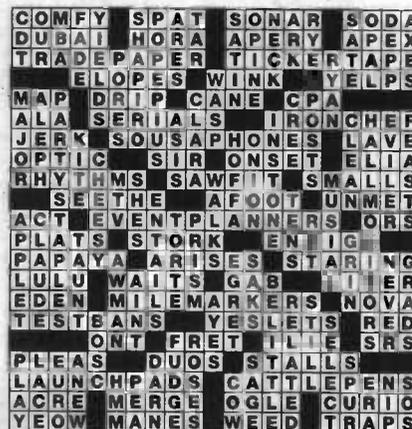
- 29 Self-confidence  
 30 Female relative  
 31 Chris of tennis  
 32 Wash off soapsuds  
 33 Look of contempt  
 35 "As ye sow, so shall ye \_\_\_"  
 38 Like a braggart  
 39 Baby waterbird  
 41 TV maker of the past  
 42 Little Prince George's dad  
 44 Fencing swords  
 45 Hot and humid  
 47 Ore seeker  
 48 Huntley or Atkins  
 49 TV's "One Life to Live"  
 50 Hawaiian lutes, for short  
 52 Abhor  
 53 Ceremony  
 54 \_\_\_ completion; almost finished  
 55 \_\_\_ kick out of; find humorous  
 59 Hideaway



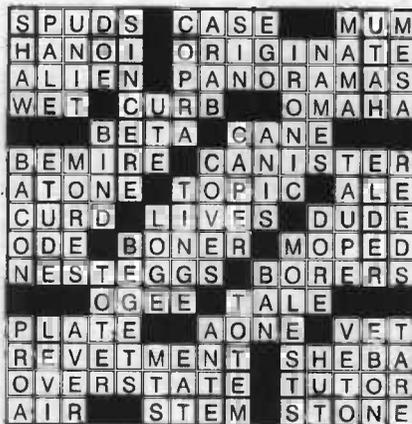
# puzzle island solutions

## Last week's crosswords

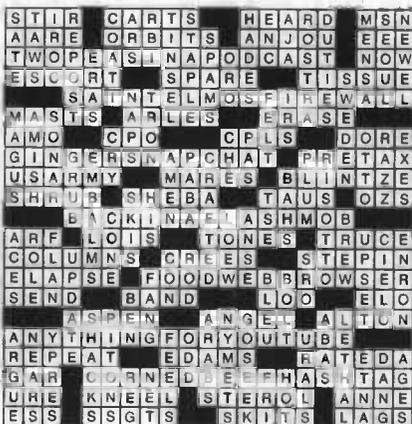
### "They're At Work"



### "Sunday Business"



### "Communication Update"



## Last week's Quote-Acrossic

DAVE BARRY: LITTLE PITCHERS: The coach pitches the ball to his own players because throwing is not the strong suit of the players in the Ages Six and Seven Division. They have no idea, when they let go of the ball, where it's headed.

## Last week's Sudoku

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

## This week's Jumble

WICKED VOLUME SWITCH  
 HINDER SPRUCE LOCKET

When it came to buying guitars, he —

**KNEW HOW TO PICK 'EM**

**chicago**  
**tribune.com**  
**/games**

Interactive puzzles and games

# Writing wedding vows adds personal touch

I think a lot of engaged couples, giddy and excited to tie the knot, fall into the planning of the event and lose sight of something really important: the words they plan to say to each other at the altar. In other words, their vows.



**JACKIE PILOSSOPH**  
*Love Essentially*

**The reality is, a wedding ceremony is two people entering into a contract. So, shouldn't their promises be customized to fit their relationship?**

"I, so and so, take you, so and so, for my lawful wife/husband, to have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and health, until death do us part," are traditional vows that people say (including me 16 years ago).

But now, being older and having been in a marriage that fell apart, I think personalized, self-written wedding vows are significant for a few reasons.

First, it's not very romantic, but the reality is a wedding ceremony is two people entering into a contract. So, shouldn't their promises be detailed and customized to fit their relationship? Secondly, when you're getting married, this is your chance to stand at the podium in front of friends and family and express how you feel about your partner, the marriage and your future. When will you ever have this forum and opportunity again?

But I think a lot of couples have issues with writing their own wedding vows. Most people don't like to write, or they don't feel they are very good at it. And even if they end up coming up with vows they think sound good, the pressure of reading them out loud, and hence showing extreme vulnerability to hundreds of people, might just be too much to handle.

Bonnie Cortez is an Evanston-based life-cycle celebrant who organizes and officiates custom ceremonies. In other words, Bonnie helps couples write their vows!

"Writing vows is an enormous responsibility," said Cortez, who is certified as a life-cycle celebrant by New Jersey based Life-Cycle Celebrant Foundation and Institute. "Vows are both intimate and public. That's a lot of pressure. Plus, then you have to memorize them."

Here are Cortez's five tips for writing your wedding vows:

**1. Think about what drew you together.** Think about the qualities you

admire in your partner. What caused you to know that this was the person with whom you wanted to take this crazy ride? What qualities drew him or her to you? Vow to continue to stay true to those qualities as long as they are by your side, and invite your partner to vow to do the same.

**2. Imagine your future.** Are you planning to have a family? Will you be traveling or building a business together? Think about the qualities you'll cherish in your partner and those you'll need to commit to as a partner. Vow to be there for each other throughout life's challenges and specify what some of those challenges might be.

**3. Think about your partner's hands.** The hands you hold in yours as you take your vows belong to someone who will be with you through thick and thin. Consider what those hands will do over a lifetime together — change diapers, stain a deck, caress your cheek, rub your back at the end of a hard day. Put those actions into words in your vows. Those vows will stay with you in years to come when you see your mate completing an ordinary task with love.

**4. Add humor.** Humor is endearing and entertaining, both for you and your partner and with your guests. They will even enjoy and laugh at your inside jokes.

**5. Create emotion.** This is done by telling stories and making the tone of your vows inspirational and heartfelt. Your vows can inspire other couples to take a look at their own relationship and either work to make things better or get out of a bad situation.

If I ever got married again, surprisingly, as much of a writer as I am, I think I'd have a hard time writing my vows. For those who feel the same way, let me say this. I truly believe that two people who are deeply in love say their vows constantly. Not with words, but rather with their eyes, with their hearts and with their actions. So if the traditional vows work for you, go for it. Just don't forget to say "I do" when someone asks you a question!

*Jackie Pilossoph is a freelance columnist.*

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## HEALTH



RICARDO MAZALAN/AP

People can be infected with Zika through the bite of the Aedes mosquito, which carries the virus. It is likely that Zika is a cause of microcephaly, which can result in birth defects.

## New studies reveal more information about Zika virus



**DR. ANTHONY KOMAROFF**  
Ask Doctor K

**Dear Doctor K:** In a recent column, you said that doctors were still conducting research to see if the Zika virus does, as feared, cause birth defects — particularly, babies born with small heads and brains. Has there been any new information on that?

Dear Reader: There has, and it's important. The new information was summarized in articles in the *New England Journal of Medicine* in April.

First, a brief refresher. Zika virus is carried by a particular kind of mosquito known as the Aedes mosquito. When it bites a person, the virus can enter the person's body. Most people who catch the Zika virus have only mild and temporary symptoms. However, early evidence indicated that birth defects might occur in the fetuses of some pregnant women who were infected in the first four to five months of pregnancy.

The most dramatic such birth defect in babies was very small heads and brains, called microcephaly. Microcephaly is rare, and can be caused by other viral infections, including rubella (German measles).

The Zika virus has lived in Africa and Asia for 70 years. Last year, it moved to South America and has been spreading north, into the Caribbean and toward Mexico, the United States and Canada. Will it reach the U.S. and Canada? No one can predict the future, but we know that the mosquito that carries the virus already is present in about 30 states of the United States.

The World Health Organization and the U.S. Centers for Disease Control and Prevention (CDC) announced in early April that it is likely that the Zika virus is a cause of microcephaly. New studies have led them to this conclusion. Let's look at those studies, and the reason they have convinced some skeptics: **Microcephaly has occurred outside of Brazil.** Even though the Zika virus has existed in other countries for decades, no link to microcephaly had been previously seen until it was reported in Brazil in

2015. However, many of the countries where the virus has lived have very poor or non-existent public health systems for recognizing and reporting birth defects. Now scientists report that a surge in microcephaly also occurred in French Polynesia following a Zika outbreak in 2013-14. It also has occurred in some U.S. women who traveled briefly to South America. **Fetal ultrasound study found defects:** In a relatively small study in Brazil, ultrasound studies of the fetus revealed brain birth defects in 29 percent of women with a rash caused by Zika virus infection, but in none (0 percent) of a group of women with a rash not due to Zika virus infection.

**Zika virus can infect the brain.** New studies find that the virus can infect the brain of various animals, and human brain cells in a laboratory dish. Thus, it is plausible that the virus could cause brain disorders.

*Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, 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

## Marijuana brings relief; Nexium labeling puzzles

By Joe Graedon and Teresa Graedon  
King Features Syndicate

**Q: I'm not a drug addict. I was in a bad car accident that destroyed five of the disks in my back.**

**When I asked for pain medicine, I was told to take ibuprofen. It didn't matter that I am allergic to it.**

**As a result of the accident, I am in constant pain. My doctors don't seem concerned. Thank goodness I'm in a state where medical marijuana is legal. That's the only way I get by.**

**A:** The Food and Drug Administration, Drug Enforcement Administration and Centers for Disease Control and Prevention all have joined together to make narcotics much less accessible. This is because of excessive deaths from misuse and overdose of opioids.

Restricting access might reduce abuse, but chronic-pain patients like you have written to us about the dilemma they face. Because of military injuries, accidents or unsuccessful surgeries, they suffer unbearable agony that sometimes persists even after trying many pain-management approaches.

Marijuana (cannabis) is not a recognized pain medication, but some cancer specialists have noted that it may be helpful in treating pain, depression and insomnia (*Current Oncology*, March 2016).

A recent survey of chronic-pain patients found that those using medical cannabis had significantly cut their use of opioid drugs and reported improved quality of



OLIVER BERG/GETTY-AFP

life (*Journal of Pain* online, March 19, 2016).

**Q: I've been on Nexium for several years, and it has "cured" Barrett's esophagus and stomach ulcers. The directions say to take Nexium daily one hour before a meal. So I have to wake up earlier than I want to take it one hour before breakfast.**

**The physician's assistant at my doctor's practice says she takes Nexium with breakfast. My question: If I eat breakfast (or lunch) two or more hours after taking Nexium, have I lost its benefit? What if I take it only 15 or 30 minutes before breakfast? How important is that one hour?**

**A:** We are not surprised that you are confused. The official labeling information on prescription Nexium (esomeprazole) specifies that health professionals advise patients to take Nexium "at least one hour before a meal."

Over-the-counter Nexium 24HR directs people to "swallow 1 tablet with a glass of water before eating in the morning." The instructions are ambiguous about how long people should wait before eating.

Taking Nexium with a meal could reduce the amount of medication that gets into your bloodstream

by as much as 50 percent. Waiting at least an hour avoids that problem. You could avoid getting up early if you took your acid-suppressing drug an hour or two before lunch or supper.

**Q: In a recent article, you mentioned that fenofibrate could help with chronic diarrhea. I have had bouts of diarrhea for months, and in recent months it had become very frequent.**

**I have been using fenofibrate for four weeks, with amazing results.**

**I still have some gas and bloating due, I think, to recent gallbladder removal, but the diarrhea is mostly under control.**

**Thank you for this great tip.**

**A:** Fenofibrate is prescribed primarily to treat elevated blood lipids such as LDL cholesterol and triglycerides. There is no research on its use for diarrhea following gallbladder surgery, but we are happy it was helpful. Some people may experience diarrhea as a side effect of this lipid-lowering drug.

*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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## MAIN STREET

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ADDITIONS

BATHROOMS

# A proud 'mediocre mom'

Karen Alpert's humorous take on parenting has made her a best-selling author

By Nara Schoenberg  
Tribune Newspapers

If there's a Mom Code of Honor, it definitely prohibits telling another woman's child about a new way to ingest a dessert food that's A) messy B) rude and C) really, really fun. But when 6-year-old Zoey Alpert, who has big green eyes and a missing bottom tooth, tells me that whipped cream is her favorite food, I slip up and somehow manage to mention that we have a special way of eating whipped cream in my house.

Zoey's mom, Karen, looks at me quizzically, so I guiltily raise an imaginary can of whipped cream to my mouth.

"What?" says Zoey. "What?"

"Spraying the whipped cream bottle straight into your mouth," Alpert says.

"Yuck!" says Zoey. And then, saucer-eyed, "Can I do that?"

Alpert smiles angelically: "Mommy does it with the whipped cream bottle and the Hershey's syrup bottle — at the same time!"

Alpert, author of the blog *Baby Sideburns* and the 2014 best-seller "I Heart My Little A-Holes: A Bunch of Holy-Crap Moments No One Ever Told You About Parenting," is the kind of mom who makes it all OK: the way you eat Cheerios off the floor, what you did when your kid had a blowout diaper at the library, that time you got drunk and agreed to be a Girl Scout troop leader.

In her new book, "I Want My Epidural Back: Adventures in Mediocre Parenting," Alpert elaborates on the fine art of giving yourself a big pat on the back for getting through the times when, say, you're lunging across the airplane aisle to catch one child's stream of projectile vomit and the other child loses her mind because ... wait for it ... you're blocking her view of her iPad. You get extra "mediocre mom" credit for serving frozen pizza, allowing screen time, dragging yourself to Girls Night Out



ERIN HOOLEY/TRIBUNE NEWSPAPERS

Alpert, 43, who grew up in Dallas, worked as an advertising copywriter before she had kids.

and using grown-up language to describe your misadventures (when the kiddos are out of ear-shot).

"Facebook lies," Alpert says, referring to the images of smiling children and blissed-out parents that prevail on social media.

"I felt like somebody needed to tell the truth. I've also tried to bring humor. Parents every day are struggling. It's not bad; it's normal. And it's nice to laugh a little."

"I Want My Epidural Back" has more than 90 five-star customer reviews on Amazon. *Kirkus Reviews* sniffs that it's "crass" and "rarely entertaining," while *Publishers Weekly* calls it "hilarious."

The first thing you notice about Karen Alpert is that, in marked contrast to her larger-than-life literary persona, she is a physically small person: petite

and polished, with shiny black hair and a disarmingly direct gaze.

Barefoot, with shiny burgundy toenails, she takes a seat in her Chicago-area living room, as does her husband, Greg, 39, Zoey, and Zoey's brother, Holden, 4.

Alpert, 43, says she grew up in Dallas, the older daughter of a lawyer and a teacher-turned-homemaker, and worked as an advertising copywriter before she had kids. When Zoey was a baby, Alpert started the blog that became *Baby Sideburns*, a reference to her fear that her son would take after her in the hairiness department.

"Everybody had a mommy blog, and I said, 'I'm a writer and I have a kid. I think it's time for me to have one too,'" she says.

Her breakthrough came in November 2012, when she wrote a post titled "What NOT to F'ing

buy my kids this holiday." (No. 5: "Any toy that requires me to play it with them. Toys are how I keep my kids busy while I'm trying to get important things done around the house. Like the laundry, and the dishes, and waxing my mustache, and pooping. If the box says ages 4+, my four-year-old better be able to do it without my help. Because if I have to do every F'ing little thing with her, the box needs to say ages 40+.")

She was at her daughter's gymnastics class, monitoring the number of views for the post on her laptop, when the total reached 60,000.

"That's a whole stadium full of people," she said to herself, astonished.

The blog post topped out at more than 1 million views, and Alpert capitalized on the momentum with a stream of new posts.

"It was so much fun to finally have an audience to write for," she says.

And now for the tough questions.

"How would you describe your mom?" I ask Zoey and Holden.

"Strict," says Zoey. "Mom is so strict about dessert. You can have two cookies for dessert or 3 scoops of ice cream. It's just a little bit of dessert."

"I want to marry mom," Holden chimes in.

"Oh," I say. "Is she the best mom ever?"

Holden's eyes widen, and he nods.

"But she's already taken," Zoey says.

"Fortunately for you!" Alpert says, laughing.

Alpert concedes that she is a bit strict. She's big on not judging other parents, but her kids definitely do listen when she turns on the mom voice, and she looks as if she's biting her tongue when we discuss parents who let their kids run wild in Starbucks. "I do have an opinion on that," she says, meaningfully, without offering what that opinion might be.

She and her husband see their parenting style as "a nice balance between strict and a lot of fun."

For April Fools' Day, they sat the kids down for a serious family meeting. There was something the kids needed to know, they said: "We are not a human family. We are a robot family." Holden was delighted and immediately began making jerky robot movements. Soon he was marching around the house, arms and legs swinging mechanically. Zoey, on the other hand, got upset.

"April Fools! April Fools! We were just kidding. It was a joke!" Alpert said.

"I hate robots!" Zoey wailed.

Alpert considered that.

"Would it have been better if we had said vampires?" she asked.

"Yes! Vampires would have been funny."

nschoenberg@tribpub.com  
Twitter @nschoenberg



LARRY MALVIN PHOTOS



# Georgian-style Winnetka home: \$1.9 million

ADDRESS: 177 Scott St. in Winnetka

ASKING PRICE: \$1,999,000

Listed on May 2, 2016

Red brick home on approximately 1/2 acre grounds with upgrades including: DeGiulio kitchen, sunroom, new HVAC with humidifier and filtration, electric, sump pump, generator, mechanicals and Marvin windows. Dramatic two-story porch spanning entire width of house. Graciously scaled bedrooms including a master suite with dressing room/office and a second-floor playroom with treetop views. Other features include an antique brick paver patio, pergolas and formal boxwood garden. Short walk to town, train and parks.

Agent: Paige Dooley of The Hudson Company, 847-609-0963

At press time, this home was still for sale.



[chicagotribune.com/homes](http://chicagotribune.com/homes)

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2016

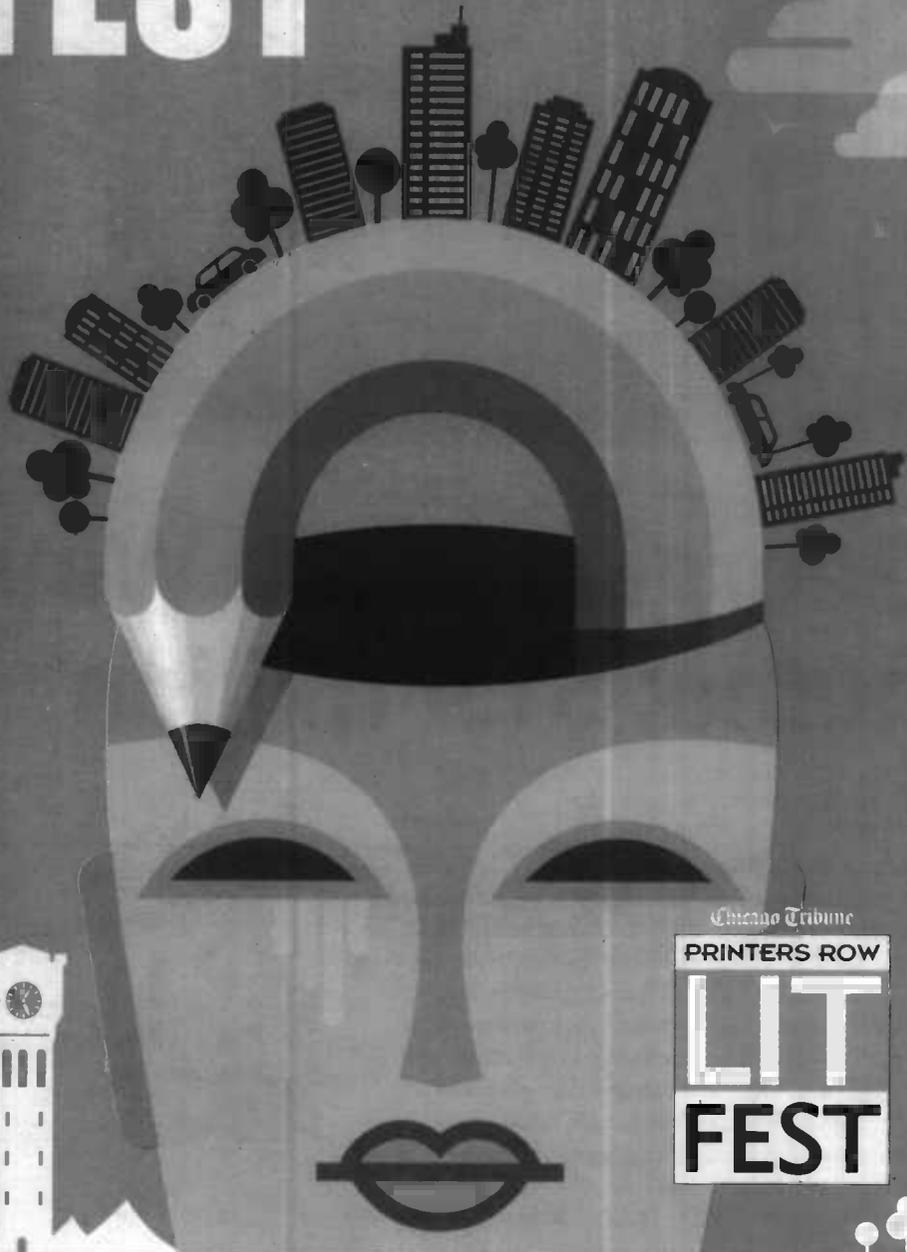
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1405 E Central Rd, # 206A, Arlington Heights	Francois I Nasser	Kathleen S Odonnell	04-04-16	\$120,000
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3 Villa Verde Dr, # 102, Buffalo Grove	Barbara Toth & Laszlo Toth	Judicial Sales Corp	04-04-16	\$60,500
112 Steeple Dr, # F, Buffalo Grove	Martin Peytcher	Lake County Sheriff	04-01-16	\$75,000
160 Woodstone Dr, Buffalo Grove	Ronald Galloway Jr & Wendi D Galloway	Carol S Kuzmich	04-06-16	\$300,000
570 Cobblestone Ln, Buffalo Grove	Sabrykrishnan Loganathan & Nithya Ambikapathi	Niv M Boxenbaum	04-07-16	\$385,000
890 Shambless Ln, Buffalo Grove	Ivan Stollov	Barbara A Pataky	04-01-16	\$410,000
952 Providence Ln, Buffalo Grove	Zachary H Geller & Julia L Geller	Aron Buterman	04-01-16	\$410,000
1389 Perry St, # 101, Des Plaines	Yu Sun Ok & Dong Rye Shln	Melinda Cusentino Wegener	04-11-16	\$95,000
463 Alles St, # 2 A, Des Plaines	Margaret Mcdonagh	Vivian Adriana Mendoza	04-04-16	\$113,000
1456 Willow Ave, Des Plaines	Salvador Hernandez Ramirez & Consuelo Arceo Lomelln	Norman W Randall	04-11-16	\$130,000
203 E Walnut Ave, Des Plaines	Andrew Reyes	Fannie Mae	04-04-16	\$135,000
656 Pearson St, # 308, Des Plaines	Alina B Klepacz	North Shore Holdings Ltd	04-11-16	\$152,500
9001 Golf Rd, # 11A, Des Plaines	Matthew Mukenschnabl & Kandy Mukenschnabl	Federal Home Loan Mtg Corp	04-04-16	\$165,000
736 E Algonquin Rd, Des Plaines	Joyce A Van Der Kloot	Sergio Collazo	03-31-16	\$180,000
905 Center St, # 107, Des Plaines	Brett Hoffman & Celeste Hoffman	Nemaja Stojanovic	04-04-16	\$180,000
900 Lee St, # 203, Des Plaines	Chintan M Shah	Michelle A Taylor	04-04-16	\$215,000
656 Pearson St, # 402, Des Plaines	Tushar Porwal	Serur Trust	03-31-16	\$217,500
1415 E Walnut Ave, Des Plaines	Joslum Lopez & Amarelys Segarra	Nikolay Todorov	04-04-16	\$225,000
1247 Evergreen Ave, Des Plaines	Steve Lindberg & Holly Deaher	Jason Howell	04-04-16	\$300,000
2141 Ridge Ave, # 4E, Evanston	Tianyu Jia & Hailu Yang	Noelle Krimm	03-31-16	\$0
856 Hinman Ave, # G, Evanston	George Adamczyk	Deutsche Bank Natl Trt Co Ttee	03-31-16	\$63,500
2228 Madlson Pl, Evanston	Christopher M Eccher & Blanca Eccher	Debra K Jacunski	03-31-16	\$123,000
2333 Central St, # 407, Evanston	Evelyn M Siders	Pavel Shostak	04-11-16	\$195,000
1929 Sherman Ave, # 1E, Evanston	Michael J Leduc & Ellen L Vanzanten	Steinicki Trust	03-31-16	\$229,000
910 Oakton St, # 2, Evanston	Nathan J Thomas & Karolina J Thomas	Kerry Kevin Luft	03-31-16	\$234,000
727 Gross Point Rd, Evanston	Nitesh K Branwal & Priyanka Chatterjee	Benjamin J Gray	04-11-16	\$324,000
8835 Forestview Rd, Evanston	Matthew A Zoerink & Genevieve Comeau	Jeffrey R Simpson	04-04-16	\$338,000
613 Custer Ave, # A, Evanston	Mark Kunderts	Scott Horwitz	04-11-16	\$350,000
2034 Maple Ave, Evanston	Richard Coasby	Howard Hartensten	03-31-16	\$515,000
2641 Prairie Ave, Evanston	Paul Sexton & Shana Sexton	Todd Murphy	04-11-16	\$516,000
1572 Maple Ave, # 404, Evanston	James D Wiggins	Mark C Sweeney	03-31-16	\$550,000
2715 Harrison St, Evanston	Katherine Collino & Paul M Colino	David De Vries	04-11-16	\$565,000
2518 Ridgeway Ave, Evanston	Joris Coopmans & Jennifer Hains	Christopher B Powers	04-11-16	\$645,000
1320 Lyons St, Evanston	Jl Weon Park & Seth Klein	Gregory M Taucher	04-11-16	\$725,000
1021 Dodge Ave, # B, Evanston	Lillian A Matanmi & Rusheedat A Deyo	Bank Of New York Mellon Ttee	04-11-16	\$1,145,000
701 Forum Sq, # 409, Glenview	Athina Anargyrou & Hristos V Kafkis	Theo Investments Llc	04-04-16	\$159,000
1800 Dewes St, Glenview	Douglas Smith	Bryan Mcgraw	04-11-16	\$250,000
3402 Henley St, Glenview	Sharad K Patel & Kajal Patel	Stelian R Mazilu	03-31-16	\$290,000
52 James Ct, Glenview	Ronald H Ekoeand & Susan M Ekx	Hailina Yushchuck	04-11-16	\$395,000
1983 Saipan Dr, Glenview	Peter J Caron & Marcy Lynn Caron	Development Solutions Gln Llc	04-11-16	\$576,000
2884 Wilson Ln, Glenview	Christina J Cloutier	Development Solutions Gln Llc	04-11-16	\$745,500
404 Femdale Rd, Glenview	Leandri Mokin & Ljubou Tochka	Ad Orange Group Llc	03-31-16	\$1,166,500
3 Palsades Blvd, Hawthorn Woods	Anitha Yeddula & Prabhuram Sivaprakasam	Pulte Home Corp	04-06-16	\$516,500

ADDRESS	BUYER	SELLER	DATE	PRICE
12 Porchester Ct, Hawthorn Woods	Walter Ott & Erin Ott	Vikash Shah	04-01-16	\$595,000
3317 Stratford Ct, # 3D, Lake Bluff	Harveer Kaur	Amy Kaup	04-04-16	\$124,000
19 E Washington Ave, Lake Bluff	Barton Hebert & Dorothy Hebert	Hugh S Jackson	04-04-16	\$330,000
233 E Woodland Rd, Lake Bluff	Don Lehman & Brooke Lehman	Thomas W Rooke Jr	04-07-16	\$907,000
119 E Laurel Ave, # 204, Lake Forest	Cara Romaine Eickholt	Jan Creidenberg	04-07-16	\$283,000
55 W North Ave, Lake Forest	Christopher Clemens	Peter T Nguyen	04-04-16	\$467,000
181 Wildwood Rd, Lake Forest	Lori Fitzgerald	Michael A Pease	04-07-16	\$503,500
261 Dover Cir, Lake Forest	Ramnath Putta	James R Wright	04-06-16	\$570,000
1171 Devonshire Ct, Lake Forest	Simon C Shorter	Cass J Grandone	04-05-16	\$1,050,000
1950 Telegraph Rd, Lake Forest	Tomasz Kotas	Anthony Unruh	04-01-16	\$2,490,000
63 Golfview Rd, Lake Zurich	Pawel Pyszynski	Jon P Melerhoff	04-01-16	\$110,000
23561 N Overhill Dr, Lake Zurich	Fatima Kapasi	Christina Trust	04-06-16	\$145,000
932 Evanston Ter, Lake Zurich	Marina K Voss	Milka Herr	04-05-16	\$160,500
1190 Bristol Trail Rd, Lake Zurich	Yoon Oh & Angela Pak Oh	Justin D Woycke	04-07-16	\$360,000
1325 Marble Hill Dr, Lake Zurich	Min J Bowler & Yong H Im	Enver Kravac	04-06-16	\$360,000
733 Summit Rd, Lake Zurich	Eric E Thill & Katherine L Thill	Edward W Beese	04-01-16	\$398,500
918 N Milwaukee Ave, # D, Libertyville	Jaime Yoma	Donald W Bartkowiak	04-07-16	\$151,500
300 N Church, # 109, Libertyville	Leonard R Zabroski & Ita Lou Zabroski	Thomas S Gore lil	04-07-16	\$315,000
708 Ascot Ct, Libertyville	Zena P Davidson	Aryeh Azriel	04-07-16	\$353,500
1042 Rosewood Ter, Libertyville	Andrew Gadowski & Victoria Gadowski	Marcia Mendrys	04-07-16	\$523,600
1321 Kristin Dr, Libertyville	Adam M Twedt & Andrea M Twedt	William Argal	04-04-16	\$562,000
228 Carriage Hill Cir, Libertyville	Raymond E Janson & Pamela P Janson	Joseph T Stolarski	04-07-16	\$725,000
1511 Sunnyview Rd, Libertyville	Robert Tewes & Laura Tewes	Daniel R Young	04-06-16	\$799,000
78 Lincolnshire Dr, Lincolnshire	Robert Wolter	James Young	04-07-16	\$367,000
92 Lincolnshire Dr, Lincolnshire	Antonia J Wyatt & Ronnie A Wyatt	Morteza Minaee	04-04-16	\$465,000
3860 Old Mchenry Rd, Long Grove	Adam B Faust & Ahu U Faust	Wojciech Swietoslowski	04-05-16	\$742,000
3725 Albert Ln, Long Grove	Lauren L Steven & Christopher K Wagstrom	John M Duffey	04-05-16	\$1,487,500
8640 Waukegan Rd, # 427, Morton Grove	Jae Hwan Kim & Sook Kim	Andrew Youkhana Patrous	04-04-16	\$83,000
8440 Calife Ave, # 301, Morton Grove	Ektaa Bhatia	Halyna Hutnyk	04-11-16	\$172,500
5531 Church St, Morton Grove	Wajeeha Shuttari	Madhu Nair	04-11-16	\$312,000
40 E Northwest Hwy, Mount Prospect	Michael Perna	Village Lofts Llc	04-11-16	\$15,000
1244 N Boxwood Dr, # A, Mount Prospect	Amira Adam & Munir Elyya Adam	Witold Drozd	04-11-16	\$166,500
1006 Arbor Ct, Mount Prospect	Mateusz Niemiec	Janice Charetta	04-11-16	\$260,000
1005 S Busse Rd, Mount Prospect	Patrick A Eloria	Kb Homes Llc	04-04-16	\$295,000
40 E Northwest Hwy, # 311, Mount Prospect	Tyler Brandt & Debra M Brandt	Pope Trust	04-11-16	\$295,000
1805 E Boulder Dr, Mount Prospect	Patrycja Olearczyk & Janusz Olearczyk	Brian J Moore	03-31-16	\$314,000
7505 W Keeney St, Niles	William R Alston	Fannie Mae	04-11-16	\$231,000
8137 N Ozark Ave, Niles	Bill P Gertos & Vasiliki Gertos	Christine Sampras	04-11-16	\$277,000
8661 N Merrill St, Niles	Gina Landini Jozefczak	Andrew C Tapas	04-11-16	\$350,000
3260 Sanders Rd, # 11D, Northbrook	Sebastian George & Bridget George	Derek Villarreal	03-31-16	\$123,000
1019 Whitfield Rd, Northbrook	Kyle Guzlec & Ashley White	Ziur Holdings Llc	03-31-16	\$388,000
2400 Farnsworth Ln, Northbrook	Joo Yun Lim	Joel Helfer	03-31-16	\$535,000
536 Charlemagne Dr, Northbrook	Matthew Warren & Nikki Warren	Gregg M Steinberg	03-31-16	\$715,000
4100 Ridgeland Ln, Northbrook	Richard J Wise & Amy Wise	Keith J Wenk	03-31-16	\$949,000
1408 N Sterling Ave, # 202, Palatine	Valerie Gail Scherer & Kelly Ann Casper	Patricia A Running Estate	04-04-16	\$105,000
247 N Smith St, # 1E, Palatine	Jaime L Flores	Dennis Rusln	04-04-16	\$108,500
867 E Carriage Ln, # 5, Palatine	Nicholas Citro	Megan E Geary	04-04-16	\$123,000
158 S Bothwell St, Palatine	Michael Giznik	Randall J Peddle	03-31-16	\$215,000
8 S Elmwood Ave, Palatine	Ryan Richert & Krista Richert	Windy Properties Llc	04-04-16	\$223,000
269 W Pleasant Hill Blvd, Palatine	Ronald J Caminiti & Monica M Caminiti	Lisa Lillie Richard Klecznski	04-11-16	\$280,000
400 Ascot Dr, # 3J, Park Ridge	Joseph Musso & Meghan Musso	Fannie Mae	04-04-16	\$129,600
1975 Church St, Park Ridge	Dilipkumar I Patel & Lilabhen D Patel	Zygmunt Sadlowski	04-11-16	\$482,500
1320 N Hamlin Ave, Park Ridge	Michelle D Savoy	James A Demeo	04-04-16	\$589,000

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



**LAKE ZURICH**

Three-bedroom, 2.5-bath newly constructed home. Two-story foyer, kitchen with white Shaker cabinetry, stainless steel appliances and island. Second-floor laundry, full basement. Near schools, parks and 42-acre lake.

**Address:** 23631 N. Garden Lane  
**Price:** \$388,900  
**Schools:** Lake Zurich High School  
**Taxes:** N/A  
**Agent:** Cherie Smith Zurek, RE/MAX Unlimited Northwest



**DES PLAINES**

Three-bedroom, two-bath brick ranch home in Cumberland Highlands neighborhood. Newly painted kitchen, remodeled bathroom, fully finished basement. 2.5-car garage and utility room with new washer and dryer. Near train, shop, parks and schools.

**Address:** 159 Wisconsin Drive  
**Price:** \$269,000  
**Schools:** Maine West High School  
**Taxes:** \$4,789.17  
**Agent:** Mary-Beth Balcarcel, CENTURY 21 McMullen



**WHEELING**

Custom two-story home on cul-de-sac features open floor plan. Kitchen has stainless appliances, island, 42-inch cherry cabinets, separate eating area and butlers pantry. Mud/laundry room with built-in cubbies off kitchen. Upstairs holds four bedrooms and storage space. Master has vaulted ceilings, two walk-in closets, double vanity, whirlpool tub and separate shower. Wood deck and fenced backyard.

**Address:** 261 9th St.  
**Price:** \$474,900  
**Schools:** Wheeling High School  
**Taxes:** \$13,080  
**Agent:** Julie Cox/Baird & Warner North-west Suburban



**GLENCOE**

Three-bedroom, 2.5-bath home. Entrance hall opens to large living room with fireplace and floor-to-ceiling windows, updated kitchen, full attic, fenced backyard with private patio and garden. Two-car garage. Near town, train, schools, library and more.

**Address:** 800 Vernon Ave.  
**Price:** \$719,000  
**Schools:** New Trier Township High School Northfield  
**Taxes:** \$15,008  
**Agent:** Carol Munro, Coldwell Banker Residential Brokerage Winnetka

*Listings courtesy of Homefinder.com*



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

## Thursday, May 19

**Photos wanted for art project in Des Plaines:** The public is invited to participate in a community photo project in Des Plaines called "On the Street Where You Live, Work, and Play." Submit photos of your house, favorite building, or other interesting structure located in Des Plaines. Community members can upload as many as three photos to [desplainesmemory.org](http://desplainesmemory.org). 10 a.m. All week, Des Plaines History Center, 781 Pearson St., Des Plaines, free, 847-391-5399

**Aberrant Alterations:** The Evanston Art Center welcomes a unique collaboration between local artists, Jacqueline Moses and Kathy Weaver. From April 24 through May 29, the Art Center showcases a multitude of two-dimensional work. 9 a.m. Evanston Art Center, 1717 Central St., Evanston, free, 847-475-5300

**Materiality and the Layered (eye):** A transformative exhibition of works by five Chicago artists from April 24 through May 29, showcasing: Phyllis Bramson, Aimee Beaubien, Sandra Perlow, Miriam Schaar, and Douglas Stapleton. Each of the artists chosen by curator Marilyn Propp utilizes the transformative power of collage, an accumulation of material and appropriated and altered imagery. 9 a.m. All week, Evanston Art Center, 1717 Central St., Evanston, free, 847-475-5300

**Connecting Cultures: 40 Years at the Mitchell Museum:** The latest exhibit unveiled is: "Connecting Cultures: 40 Years at the Mitchell Museum." The exhibit celebrates four decades of thought-provoking exhibits, lectures, and performances through photographs and memorabilia. There is also a dazzling display of 45 objects donated by key collectors and Native artists who have presented at the museum. 10 a.m. All week, Mitchell Museum of the American Indian, 3001 Central St., Evanston, \$3 children, seniors; \$5 adults; Tribal Members Free, 847-475-1030

**Evanston Legend: The Art of Peggy Lipschutz:** The City of Evanston sponsors a month long show of the paintings and drawings of Peggy Lipschutz with an Opening Reception between 2-5 p.m. on Oct. 4, with musicians including Rebecca Armstrong, Peggy Browning, Mark Dvorak, Maura Lally and Kristin Lems. 10 a.m. All week, Noyes Cultural

Arts Center, 927 Noyes St., Evanston, free, 773-816-4716

**Hidden Art of Trees:** Beyond the bark, wood is a naturally expressive medium; all of our regional trees have some distinct and celebrated characteristics. The Hidden Art of Trees showcases some of the Midwest's most talented wood artisans and the materials that inspire them. 8 a.m. All week, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

**"Death of a Streetcar Named Virginia Woolf: A Parody":** 7:30 p.m. May 19 to May 21, 3:30 p.m. May 21, 2 p.m. and 6 p.m. May 22. Writers Theatre, 325 Tudor Court, Glencoe, \$75-\$80, 847-242-6000

**Learn how to play 6 Wicket American Croquet:** North Shore Croquet Club or NSCC offers free coaching sessions and practice to learn 6 Wicket American Croquet on Wednesdays, Thursdays, and Saturdays at 11 a.m., 1 p.m., and 3 p.m. 11 a.m. Thursday, 1 p.m. Thursday, 3 p.m. Thursday, Glencoe Golf Club, 621 Westley Road, Glencoe, free, 847-409-5526

**Internet Essentials:** Learn about browsers, search engines, basic vocabulary, searching strategies and finding your way around a website in this hands-on class. A Glenview Library card is required to register by calling. 10 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**People and Trees A Growing Relationship:** Glenview residents can celebrate the size, importance and grandeur of trees to be honored by nominating them for registry in the Village's Heritage Tree program. Come learn about this program and the many ways we can help Glenview's trees thrive. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**StoryWalk Pete the Cat and His Magic Sunglasses:** Stroll, bounce, hop, or better yet, bike along the path to read about Pete the Cat and his friends. The StoryWalk Project was created by Anne Ferguson of Montpelier, VT and was developed in collaboration with the Vermont Bicycle and Pedestrian Coalition and the Kellogg-Hubbard Library. 9 a.m. May 19 to May 21. Gallery Park, 2001 Patriot Blvd., Glenview, free, 847-729-7500

**Glenview Senior Center Annual Garage Sale:** The East Wing (Glenview Senior Center) hosts their annual spring garage sale. Stop in for better items, books, jewelry, clothing, linens,

housewares, toys and much more. All proceeds benefit programming at the senior center. 9 a.m. May 19 and May 20. The East Wing Glenview Senior Center, 2400 Chestnut Ave., Glenview, free, 224-521-2580

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

**"Between the Lines Sweetland" by Michael Crummey:** A short book synopsis: 69-year-old Moses Sweetland, refuses to move from the tiny island of Sweetland. The Canadian government is offering a resettlement package -- but only if everyone leaves. 10 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**iPhone and iPad Photography:** Do you know all the capabilities of your device's camera? This hands-on workshop is about how to take, edit and share photos with your iPhone or iPad. 7 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**Hot Ticket: "Star Wars: Episode VII - The Force Awakens":** Three decades after the defeat of the Galactic Empire, a new threat arises. The First Order attempts to rule the galaxy and only a ragtag group of heroes can stop them, along with the help of the Resistance. 2 p.m. and 6:30 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**"My Fair Lady" Singalong:** A cockney flower girl, Eliza Doolittle, meets linguistic expert Henry Higgins who bets with his friend that within six months he could transform Eliza into a proper lady who speaks proper English. 2 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Wonder Ground Open Lab:** Look, touch, tinker, and play with an intriguing array of science-oriented curiosities in this new space designed especially for kids. Activities are repeated each week from Tuesday to Thursday. 4 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Karaoke:** A's Karaoke Bar has karaoke every day from 8 p.m. to 4 a.m. 8 p.m. A's Karaoke Bar, 8751 N. Milwaukee Ave., Niles, free, 224-534-7158

**Park Ridge Fly Tying Club Meetings:** Chicago Fly Fishers Club meet at 7 p.m. Thursdays from October through May. Demonstrations of fly tying are performed by an experienced demonstrator. 7 p.m. Park Ridge Community Church, 100 S. Courtland Ave., Park Ridge, free, 847-823-3164

**Legends of Laughter II: The Comedy Teams Film Series:** This ten-film series showcases the great movie comedy teams of the 1930s, '40s and '50s. Doors open at 6:30 p.m. for patrons of all ages to enjoy. 7 p.m. Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-720-3209

**Tucker Beathard Official Pre-Party:** Join us for the official "Somewhere on a Beach" pre-party. Plus, we'll be giving away tickets for the "Somewhere on a Beach" Tour at the Hollywood Casino Amphitheatre. 9 p.m. Thursday, Joe's Live Rosemont, 5441 Park Place, Rosemont, free

**Live Podcast of Israel Story at Temple Beth Israel:** Temple Beth Israel hosts the first-ever Chicago Live performance of "Israel Story," the global podcast phenomenon modeled after "This American Life." Register at event website. 7:30 p.m. Temple Beth Israel, 3601 W. Dempster St., Skokie, \$10 suggested donation, 847-675-0951

**Food Drive in Skokie:** Requesting donations of canned goods and dry food products to fill the shelves of the Niles Township Food Pantry. All foods can be dropped off at Walgreens. For further information, call Ezra-Habonim, the Niles Township Jewish Congregation office at 847-675-4141. Midnight, all week long. Walgreens, 3945 W. Dempster St., Skokie, free, 847-675-4141

**Skokie Synagogue Re-Opens Gift Shop:** The chairperson of the Gift Shop, Marcy Feinberg, says the gift shop opens to the public with "Beautiful gifts to bring at Passover as well as crystal glassware, books, photo albums, spice boxes and yads, challah covers, challah boards and kiddush cups for Shabbas." 10:30 a.m. All week, Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, free, 847-675-4141

**Skokie Photographic Society:** The group meets on the third Thursday of each month. All levels of photographic skill are welcome. 7:30 p.m. Skokie Village Hall, 5127 Oakton St., Skokie, free, 847-677-8324

**Interviewing:** Gain the knowledge and

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**Calendar, from Previous Page**

confidence necessary to enter an interview fully prepared, dressed appropriately and ready to engage in an effective conversation with the interviewer. To register for Career Moves workshops, go to [jvschicago-syhum.form-stack.com/forms/career\\_identity](http://jvschicago-syhum.form-stack.com/forms/career_identity). Fees are \$10 per workshop for Career Moves Clients; or \$20 per workshop for non-clients. 1 p.m. Goldie Bachmann Luftig Building, 5150 Golf Road, Skokie, \$10-\$20 per workshop, 847-745-5460

**The Gospel According to...:** 7:30 p.m. May 19, 8 p.m. May 20, 2:30 p.m. and 8 p.m. May 21 and 2:30 p.m. May 22. Northlight Theatre, 9501 Skokie Blvd., Skokie, \$15-\$51, 847-673-6300

**Special Exhibition Three Years, Eight Months, and Twenty Days: The Cambodian Atrocities and the Search for Justice:** Learn about the Cambodian genocide and the current trials to bring the perpetrators to justice, 40 years later. 10 a.m. All week, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4835

**Friday, May 20**

**Comic Taylor Mason:** Comedian, ventriloquist and a Chicago favorite Taylor Mason brings his funny show for two nights only at Leela Arts Center in Des Plaines. 7:30 p.m. May 20 and May 21. Leela Arts Center, 620 Lee St., Des Plaines, \$15-\$25, 847-220-2919

**Nick Moss Band and Guy King Band:** 8 p.m. Friday, SPACE, 1245 Chicago Ave., Evanston, \$15-\$25, 847-492-8860

**Nia: Holistic dance fitness:** With Nia develop flexibility, agility, mobility, strength and stability in your body. 11 a.m. Mondays, Wednesdays and Fridays. Raydiant Day, 1400 Greenleaf St., Evanston, \$11 drop-in. \$80 unlimited class pass., 847-869-6477

**Ring 43 Magic Club Meeting Evanston:** Members compete in annual close-up magic contest. 7:30 p.m. Presence Saint Francis Hospital, 355 Ridge Ave., Evanston, \$5 for guests. Admission cost may be applied to Ring 43 membership, 947-272-3850

**5Rhythms Dance:** Come explore the 5Rhythms Dance - a movement meditation to music. 7:30 p.m. May 20 and May 24. Foster Dance Studios, 915 Foster St., Evanston, \$15; \$10 for students and seniors, 847-869-0250

**GlenViewings Film Series "The Big Short":** Just drop-in to see this movie that delivers with a well-acted, scath-

ingly funny indictment of its real-life villains of the big banks for their lack of foresight and greed during the credit and housing collapse of the mid-2000s. 2 p.m. and 6:30 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Craigslist:** Navigate the ins and outs of online classified ads on this popular website. This class focuses on buying/selling, searching rental ads and avoiding scams. A Glenview Library card is required and registration by calling. 10 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Stuffed Animal Slumber Party:** Bring a stuffed animal, enjoy a craft and special bedtime stories, then tuck in your friends, kiss them goodnight and say goodbye. 6:30 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Parkinson Wellness Recovery Brain-Body Training:** Brain-Body Training/PWR! is Parkinson-specific exercise, scientifically designed to target symptoms of PD. It includes boxing training for endurance, agility and stability. The instructor is Drew Surinsky, an exercise physiologist. 10 a.m. Mondays, Wednesdays and Fridays. Glenview Park Center, 2400 Chestnut Ave., Glenview, \$10-\$15, 847-502-0630

**Great Decisions In Foreign Policy:** Gary Midkiff facilitates this discussion group that meets every other week to explore in-depth the topics featured in the year's 2016 Great Decisions Briefing Book, including: the Middle East, the rise of ISIS, the future of Kurdistan, migration, the Koreas, the United Nations, climate change, and Cuba and the U.S. 9:30 a.m. North Shore Senior Center, 161 Northfield Road, Northfield, \$95 NSSC member; \$115 non-member, 847-784-6030

**Duplicate Bridge:** The senior center offers a friendly bridge game every Friday morning. 9 a.m. Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-5127

**Tai Chi for Arthritis and Chronic Conditions:** Tai Chi is a gentle, low impact approach to fitness that can help ease the pain and stiffness of arthritis, increase flexibility, muscle strength, heart and lung activity, posture and help balance to prevent falls. 1:30 p.m. Park Ridge Park District- Centennial Activity Center, 100 S. Western Ave., Park Ridge, \$63 member; \$69 guest, 847-692-3597

**Quench Your Palette:** This is a two hour art class where you can sip your favorite beverage while the experienced instructor shows you step-by-step how

to make a masterpiece you can display in your home. 6 p.m. Park Ridge Chamber of Commerce, 720 Garden St., Park Ridge, \$30, 847-825-3121

**Two Way Crossing:** 10 p.m. Joe's Live Rosemont, 5441 Park Place, Rosemont, \$10

**Saturday, May 21**

**Polyglots Toastmasters meeting:** If you speak German or want to keep it fresh or improve it, visit this club. Go to [polyglotstoastmasters.org](http://polyglotstoastmasters.org) and their meetup at [meetup.com/Polyglots-Toastmasters-German-speaking/](http://meetup.com/Polyglots-Toastmasters-German-speaking/). Please email [andrewweiler.ui-uc@gmail.com](mailto:andrewweiler.ui-uc@gmail.com) for the current location, as sometimes they meet at places other than the Des Plaines Library. 9:30 a.m. Des Plaines Public Library, 1501 Ellinwood St., Des Plaines, free, 847-827-5551

**Evanston Farmers Market:** Shop for fresh produce, meat, cheese, baked goods, flowers and more from 51 vendors. LINK cards are accepted. 7:30 a.m. Oak Avenue and University Place, 1090 University Place, Evanston, free, 847-448-8045

**Ricky Skaggs and Kentucky Thunder:** 7 p.m. and 9:30 p.m. SPACE, 1245 Chicago Ave., Evanston, \$28-\$58, 847-492-8860

**Stearns Music Institute Program for Music and Strings:** This concert is open to the public and is in honor of Abe's 80th birthday. 7:30 p.m. Nichols Concert Hall, Music Institute of Chicago, 1490 Chicago Ave., Evanston, free, 847-905-1500

**Wordplay An Ingenious Evening Of Improv:** The gala evening at the Evanston Art Center, features an elegant cuisine, an improv performance from Chicago's iO Theater, an eclectic silent auction and a 2016 Inspiration Award presentation to Stacy Ratner, co-founder of the Chicago Literacy Alliance. 6 p.m. Evanston Art Center, 1717 Central St., Evanston, \$95 in advance, \$105 at the door, 773-543-2784

**Overeaters Anonymous:** Overeaters Anonymous meets Saturdays. Newcomer meeting on the last Saturday of the month. For information, call Hannah. 9 a.m. St Matthews Episcopal Church, 2120 Lincoln St., Evanston, free, 773-996-0609

**Signature Entertainment Presents: LOL Saturday:** Adult Comedy every Saturday night hosted by Comedy legends Tony Sculfield and Mark Simmons. National Headliners with movie and television credits on stage. 9 p.m.

Chicago's Home of Chicken & Waffles, 2424 W. Dempster St., Evanston, \$15 adult advance; \$20 at the door, 847-521-6434

**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. 10:30 a.m. Mitchell Museum of the American Indian, 3001 Central St., Evanston, \$3 kids, \$5 adults, 847-475-1030

**Another Castle Spring Youth Circus:** The Actors Gym Youth Circus Ensemble is at it again with an original fantasy/video game mashup, featuring goblins and powerups, witches and warp tubes. 4:30 p.m. and 7:30 p.m. May 21 and 3 p.m. May 22. Actors Gymnasium, 927 Noyes St., Evanston, \$12.50-\$15, 847-328-2795

**Glencoe Junior Kindergarten Community Fun Fair:** Families can enjoy a giant slide, pony rides, bouncy houses, games, a DJ, cotton candy, hot dogs, pizza and more. 10 a.m. Henry J. Kalk Park, Park Avenue and Green Bay Road, Glencoe, free, 847-835-4455

**Napleton Lincoln Glenview Test Drive for Misericordia:** Test drive one of the new Lincoln vehicles and help raise \$20 per test drive for Misericordia. 9 a.m. Napleton Lincoln Glenview, 1610 Waukegan Road, Glenview, free, 877-407-3554

**National Missing Children's Day:** With the help of Glenview Police Officers and Elsa and Spiderman, we will be handing out custom Child ID Kits for families and lots of child safety information. These kits contain vital information for parents and children in the event a child goes missing. There will also be a balloon release to honor missing children. 11 a.m. Glenview Police Department, 2500 E. Lake Ave., Glenview, free, 847-901-6145

**Laura Doherty & The Heartbeats:** 11 a.m. The Book Market at Hangar One, 2651 Navy Blvd., Glenview, free, 847-904-7304

**Family Spring Fest by Liberty Bank:** Liberty Bank is celebrating the warm weather with a Family Spring Fest event packed with activities and fun for the whole family including live music performance by musicians from The Old Town School of Folk Music, a Magic Wonder Show by Magician Sean Masterson, Dave DiNaso's Traveling World of Reptiles show, face painting and more. 10 a.m. Liberty Bank, 6666 N.

Turn to Calendar, Next Page.

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SUNROOMS



PERGOLAS



KITCHENS



ADDITIONS



BATHROOMS

**Calendar, from Previous Page**

Lincoln Ave., Lincolnwood, free

**Get Hooked Crafts Paper Flowers:** Create beautiful and colorful flowers using tissue and crepe paper. The supplies are provided, but registration is required. 10 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**National Readathon Day:** At the library, every day is a reading day, but during National Readathon Day, come find some time for marathon reading and play. Participate in a variety of bookish activities: listen to a story, get cool book suggestions, take a silly picture with your favorite book and win bookish prizes. 10 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**Khoury & Chami Duo:** Duo Hanna Khoury on violin and Hicham Chami on qanun share some of the heritage of traditional/classical Oriental music. 2 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Anime and Manga Club:** Gather with fellow fans to watch and discuss anime and manga, draw fan art, make cosplay costumes. 2 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Harry O'Brien Spring Dash:** Come join in the 6th Annual Harry O'Brien Spring Dash by walking the 1.5 loop or 5K run, which starts at the Park Ridge Senior Center. To register, contact: Sheri Roche obrienrunwalk@aol.com. 8 a.m. Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, contact via obrienrunwalk@aol.com, 847-825-3121

**Park Ridge Garden Club Plant Sale:** Choose from a beautiful selection of annuals, hanging baskets, perennials, herbs, vegetables and member grown plants. Garden themed craft vendors are also featured. 9 a.m. Hodges Park, 20 S. Prospect Ave., Park Ridge, free, 773-589-2621

**Jackson Michelson:** 10:30 p.m. Joe's Live Rosemont, 5441 Park Place, Rosemont, \$10

**Midwest Real Estate Investors Expo:** Learn with top leaders from around the country. Complimentary real estate investor expo created and hosted by an accredited investor and real estate agent from California. 9 a.m. Embassy Suites O'Hare and Rosemont, 5500 N. River Road, Rosemont, free, 314-301-9594

**Play "Minecraft" in a Movie Theatre:** In this four-week series, Super

League brings together gamers of all ages for a fun, social, face-to-face gameplay experience on the big screen with superhero themed maps and mods in a custom "Minecraft" adventure called, Rise of Heroes. 10 a.m. Muvico Rosemont 18, 9701 Bryn Mawr Ave., Rosemont, \$60, 000-000-0000

**Niles Township Free Paper Shredding:** Niles Township is sponsoring a free, drop and go paper recycling, with a limit of two small "banker boxes" or shopping bags per attendee. Noon. Niles Township Government, 5255 Main St., Skokie, free, 847-673-9300

**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. Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4800

## Sunday, May 22

**The Fabulous Thunderbirds:** 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$25-\$55, 847-492-8860

**Evanston Children's Choir Spring Concert 2016:** Join directors Gary Geiger, Ellen Morris and Bryan Johnson with pianist Ellen Morris as they lead the entire Evanston Children's Choir in their annual multi-cultural celebration of songs from around the world. 4 p.m. Unitarian Church of Evanston, 1330 Ridge Ave., Evanston, free, 847-733-0814

**"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. 10:30 a.m. Mitchell Museum of the American Indian, 3001 Central St., Evanston, \$3 kids, \$5 adults, 847-475-1030

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

**Free Bird Walk:** Walk around Kent Fuller Air Station Prairie and learn about the birds found on the prairie. Bring bird field guides, binoculars and dress appropriately for the weather. Children under 8-years-old must be accompanied by an adult. 9 a.m. Kent Fuller Air Station Prairie/The Tynner Center, 2400 Compass Road, Glenview, free, 847-299-6096

**Critic's Choice "Son of Saul":** The film, "Son of Saul" is rated R, and is in

Hungarian with English subtitles. The story-line is about the horror of 1944 Auschwitz, a prisoner forced to burn the corpses of his own people finds moral survival upon trying to salvage from the flames the body of a boy he takes for his son. 2 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

## Monday, May 23

**Book Babies:** Songs, games, story time and free play for babies ages 2 and younger with a caregiver. 10:15 a.m. Evanston Public Library - North Branch, 2026 Central St., Evanston, free, 847-448-8600

**Live Bluegrass, Roots and Folk:** Every Monday in the pub, The Mudflapps perform. 8 p.m. The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

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

**Exam Cram:** This is for ninth through twelfth graders. Registration is requested, and drop-in is welcome. Come study for your final exams with Lincolnwood Library at Meatheads. Free fries, drinks and WiFi provided by Meatheads. 6 p.m. Meatheads, 6734 N. Lincoln Ave., Lincolnwood, free, 847-677-5277

**Knitting Roundtable for Adults:** Ronnie Rund, an expert knitter, shows attendees how to knit or how to solve knitting challenges. Bring one's current projects and needles. 2 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**MGPL Kids: Monday Morning Playgroup:** Drop-in play time for preschoolers with a parent or caregiver to introduce young children to the library in a low-key, unstructured session. Call 847-929-5102 or go to [mgpl.org](http://mgpl.org) for more information. 10:30 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

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

**LEGO Club:** For students in kindergar-

ten through eighth grades to join in this club on the fourth Monday of each month to create masterpieces at this new LEGO Club. 4:30 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

## Tuesday, May 24

**Dom Flemons:** 7:30 p.m. SPACE, 1245 Chicago Ave., Evanston, \$12-\$22, 847-492-8860

**Rotary Club of Evanston Light-house:** This community leadership group boasts 80 members and meets every Tuesday. 7:15 a.m. Hilton Garden Inn Chicago North Shore/Evanston, 1818 Maple Ave., Evanston, free

**Tuesday Morning Music:** Garden visitors can enjoy free hour-long meditative musical performances on Tuesday mornings in the McGinley Pavilion overlooking Evening Island. After the concert, visitors can board a 25-minute narrated tour on the Bright Encounters Tour, a close-up view of the gardens on the main island, or the Grand Tram Tour, an overview of the Garden's history and highlights. 10 a.m. Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

**Tuesday Night at the Movies Iris:** Legendary 87-year-old filmmaker Albert Maysles portrays Iris Apfel, a quick-witted 93-year-old outsized presence on the New York fashion scene. Just drop-in for this viewing. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Word 2010 Styles, Tables and Images:** Learn how to work with styles, pictures and tables to take your document beyond basic formatting. 2 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**CJE Senior Life Counseling:** Resource Specialists provide counseling to adults 60 years and older, their families, and caregivers on topics such as: the selection of appropriate retirement benefits, picking the right health insurance and Medicare programs, etc. For more information and to make an appointment, call Kathy Gaeding at CJE SeniorLife, 773-508-1054. 9:30 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Movies, Munchies and More Film: "The 33":** "The 33" is an emotional drama detailing the daring real-life rescue of 33 Chilean miners who were trapped in the San Jose Mine for 69 days in 2010. The cast includes: Antonio Banderas, Rodrigo Santoro, and Martin

Turn to Calendar, Next Page

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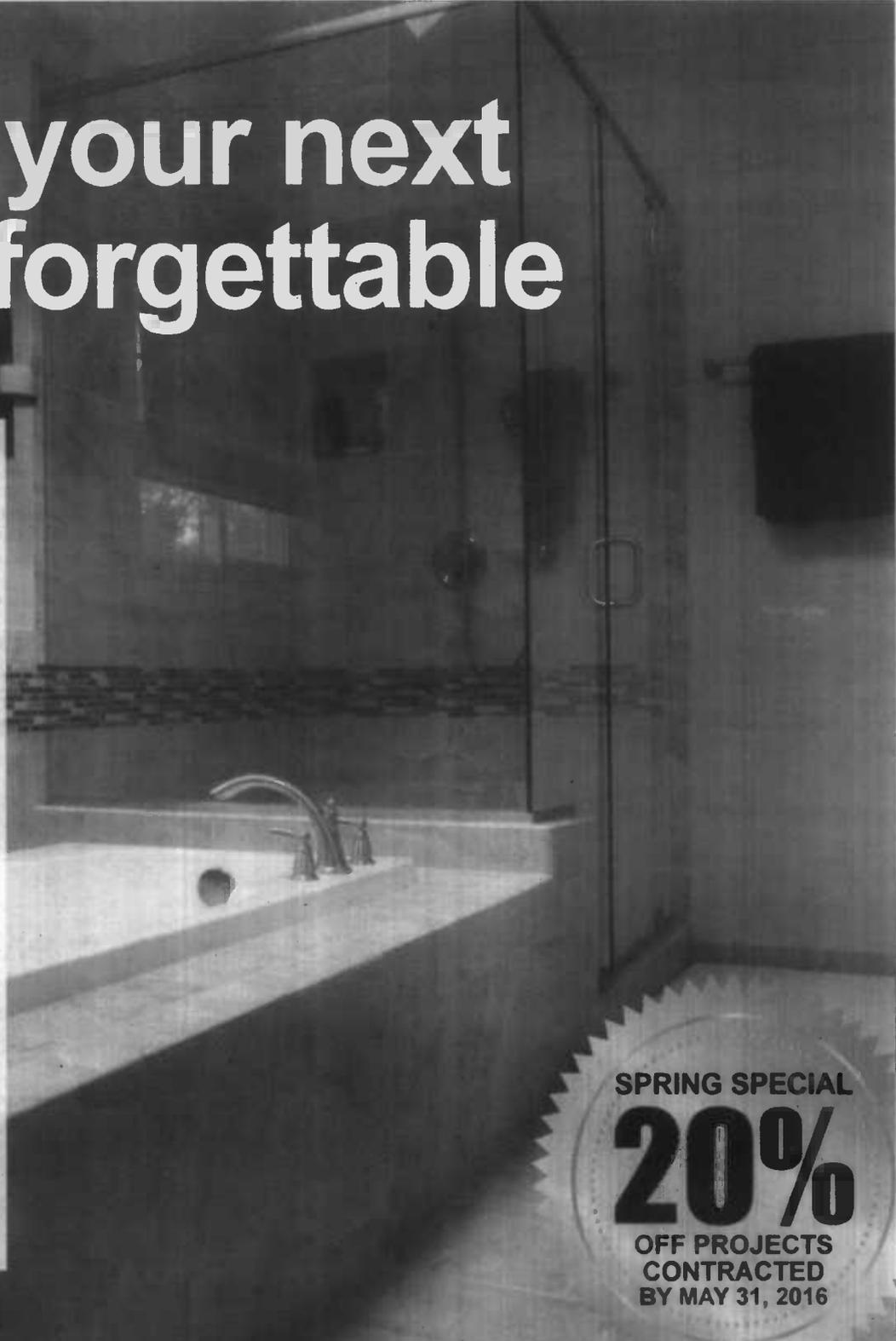
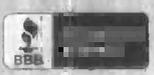
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ADDITIONS



BATHROOMS

*Calendar, from Previous Page*

**Sheen.** 11:30 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**Tech Help Drop-in Android Devices:** Drop-in with your device any time during this session and get assistance from a librarian. Please bring your device account information. 2 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**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. St. John Brebeuf Parish Church, 8307 N. Harlem Ave., Niles, free, 702-806-8421

**Beginning Spanish I:** This 8-week class will teach you the basic fundamentals to express yourself in Spanish through statements, questions and with fundamental vocabulary. 10 a.m. North Shore Senior Center, 161 Northfield Road, Northfield, \$79 (NSSC members); \$95 (non-members), 847-784-6030

**The Fall of the Ottomans: A Medieval-Modern Hinge:** The entry of the

Ottoman Empire into the World War in 1914 added a powerful new religious complication to what had until then been a struggle among Christian nations. It's a complex tale, told in spell-binding fashion by Eugene Rogan, author of "The Arabs." 1 p.m. North Shore Senior Center, 161 Northfield Road, Northfield, \$40 (NSSC members); \$52 (non-members), 847-784-6030

**Yoga for the Rest of Us:** Our certified yoga instructor accommodates individual needs through the use of chairs, blocks, bolsters and other props to help you develop a more mindful awareness of your body and a sense of overall well-being in this 8-week class. 9 a.m. North Shore Senior Center, 161 Northfield Road, Northfield, \$75 (NSSC members); \$89 (non-members), 847-784-6030

**Building Healthy Habits:** Take part in movement exercises in this class as well as work from "Building Healthy Habits" book. Register in advance by calling the Centennial Activity Center. 2:30 p.m. Park District-Centennial Activity Center, 100 S. Western Ave., Park Ridge, \$50 member; \$55 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. Park Ridge Nonprofit Center, 720 Garden St., Park Ridge, \$5 per session, 847-720-4170

### Wednesday, May 25

**Trashcan Sinatras:** 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$25-\$50, 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. Found Kitchen & Social House, 1631 Chicago Ave., Evanston, free, 847-868-8945

**Preschool Story Time:** Stories and songs for children ages 3-5 and a caregiver. 10:30 a.m. Evanston Public Library, 1703 Orrington Ave., Evanston, free, 847-448-8610

**Evanston Girl Scout Sing-Along:** The Evanston Girl Scout Service Unit is hosting a fun-filled night of sing along songs, pizza and sweet treats. Popular

local musician, Paula the Bard, will lead an incredible evening of Girl Scout songs. 6:30 p.m. Oldershaw Hall, 806 Ridge Ave., Evanston, \$2

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

**Intro to Excel:** Learn simple formatting and entering/editing data. Registration limited to six. Prerequisite: Must be experienced and comfortable with computer, keyboard and mouse. 7 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**Conversations with Authors: Jim Frazier** talks about efforts being made on behalf of Illinois Gold Star Families. Historian and author Arnie Bernstein discusses his book "Swastika Nation." Book signing follows courtesy of The Book Stall. 12:15 p.m. Skokie Theatre, 7924 N. Lincoln Ave., Skokie, \$10, 847-677-7761

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## Now playing

**"Captain America: Civil War" ★★★**

PG-13, 2:27, action

Early in "Captain America: Civil War," a botched Avengers anti-terrorist mission in Nigeria leads to many civilian casualties. Should the Avengers be reined in and subjected to stronger federal oversight? Among the gang, some vote yes. Others, notably Captain America (Chris Evans), refuse to comply with United Nations oversight. This causes a rift and leads rather neatly to the internal strife and intramural civil war of the title.

Nothing in "Civil War" takes your breath away. But almost everything in it works on its own prescribed terms, and the quiet moments register. — *Michael Phillips*

**"The Jungle Book" ★★★**

PG, 1:51, drama

I have a hard time loving any movie dominated by ultra-crisp photorealistic animation designed to look real, not animated. That sort of realism often feels slightly clinical. And it's a substantial caveat when it comes to Disney's new live-(ish) action version of "The Jungle Book." That said: The movie's pretty good. Director Jon Favreau's voice cast for the animals is tiptop, from Bill Murray's sloth bear, Baloo, to Idris Elba's adversarial tiger,

Shere Khan. There's a real person on screen too; Neel Sethi plays Mowgli. Favreau has a knack for straight-ahead pacing and for tightening the screws (the movie is 81 percent life-and-death peril and 19 percent comic relief) without being maniacal about it. — *M.P.*

**"Mother's Day" ★**

PG-13, 1:58, drama

It seems there's no stopping Garry Marshall's cinematic rampage on our nation's treasured holidays. This time, Julia Roberts, Jennifer Aniston, Kate Hudson and Jason Sudeikis, among others, are subjected to an inter-connected, fake heartwarming Mother's Day-themed story. There are a few tossed off lines about the irreplaceability of a mother's love, but nothing feels sincere. "Mother's Day" is a total mess, but what's truly offensive is that they didn't even try to make this cynical, post-Sunday brunch cash grab even remotely watchable. Your mom deserves so much better this Mother's Day. — *Katie Walsh*

**"The Huntsman: Winter's War" ★★★**

PG-13, 1:54, drama

How do you solve a problem like Kristen (Stewart)? If you're the filmmakers of "Winter's War," you write Snow White out of the sequel to "Snow White and the Huntsman." The script acrobatics result in a bizarre prequel/sequel mashup where Snow White doesn't show up in her own fairy tale. The film focuses on two of the best elements from the first film: Charlize Theron's wickedly beautiful and scheming Ravenna, a queen who desires power

and to be the fairest of them all, and Chris Hemsworth's ruggedly hunky ax-throwing huntsman, Eric. — *K.W.*

**"Keanu" ★★ 1/2**

R, 1:40, comedy

"Keanu" stars two extremely funny people, Keegan-Michael Key and Jordan Peele. The movie is funny for 45 to 50 minutes. Then it's strained and abrasive and too devoted to action-movie tropes for 45 to 50 minutes. I can recommend the first half. We meet the kitty star of "Keanu" in the prologue, when the prized pet of a ruthless drug lord ends up on the doorstep of Rell (Peele). But then one night, Rell's place is ransacked and Keanu

is cat-napped. The rest of the movie follows Rell and Clarence (Key) on an odyssey of feline retrieval that puts them in direct conflict with anvient and wearying script. — *M.P.*

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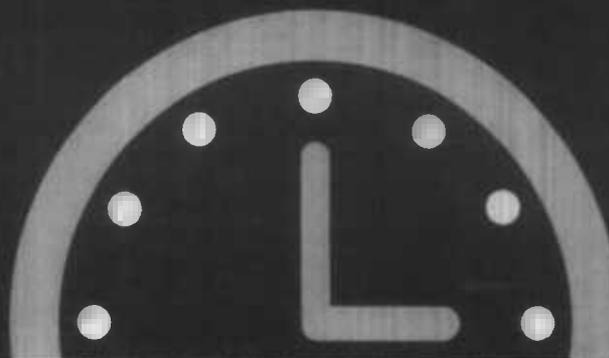
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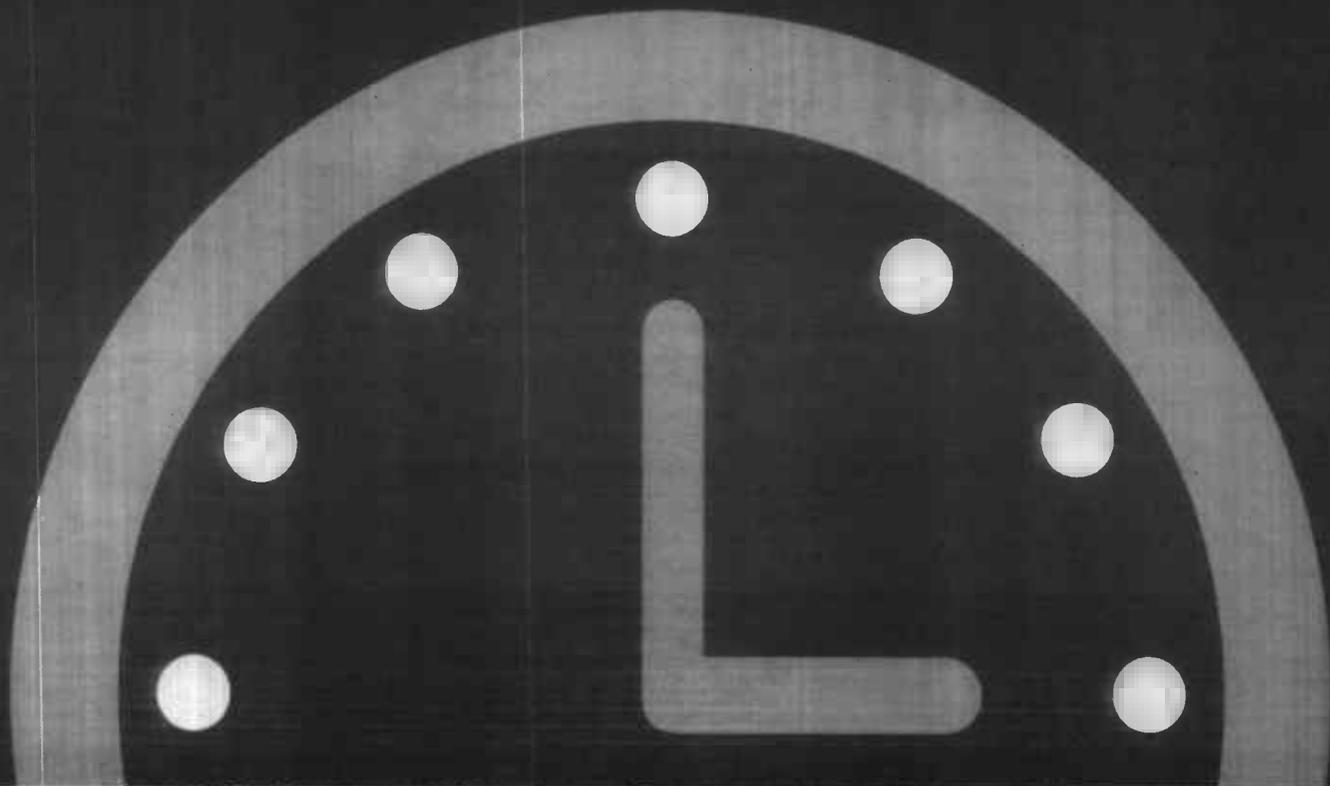
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# What a woman wants

## Female riders drive motorcycle growth; brands build bikes to fit their frames

BY BOB WEBER  
Tribune Newspapers

Are you thinking about getting a motorcycle? Does a bike appeal to you more than a bouquet on Mother's Day? You are not alone.

Female motorcycle ownership is at an all-time high, according to the latest data from the Motorcycle Industry Council. The council's latest Motorcycle Owner Survey found that women account for 14 percent of all U.S. motorcycle owners, well up from the 8 percent reported in 1998.

"Women continue to embrace motorcycling like never before," said Sarah Schilke, national marketing manager of BMW Motorrad USA and chair of PowerLily, a group made up of female motorcycle industry professionals. "Of the 9.2 million owners, more of them are women than we've ever recorded. In fact, the number of female owners more than doubled from 2003 to 2014. And among the more than 30 million Americans who swung a leg over a motorcycle and rode at least one time in 2014, a quarter of these riders were women."

Among younger generations of owners, the percentage of women is even higher. Slightly more than 17 percent of Gen X owners, and 17.6 percent of Gen Y owners, are women. Women make up 9 percent of boomer motorcycle owners.

The survey also revealed what type of bikes women prefer. Cruisers, smaller road bikes that typically allow riders to sit upright with feet extended forward in a comfortable riding position, are the choice of 34 percent of female riders.

The median age for female motorcyclists is 39,



"The number of female owners more than doubled from 2003 to 2014," says Sarah Schilke of BMW Motorrad USA.

versus 48 for males, and new bikes are preferred over used by 57 percent of female riders.

Experts generally agree that motorcyclists should start with a smaller bike, like the kind used in the Motorcycle Safety Foundation Basic Rider Course. Passing this course is sufficient to obtain a motorcycle operator's license in most states.

"I plan to buy my first motorcycle early this summer," said Lauren Rankin, 26, of Chicago.

"I'm a short girl," Rankin

said, "so I am looking at a Harley-Davidson Sportster SuperLow. I want something that I am comfortable on and that's not too heavy, especially for my first bike. Some women are intimidated by motorcycles, so a smaller bike helps instill confidence."

An important specification for many women riders, who often have shorter legs than their male counterparts, is the seat height. Safely stopping depends on being able to put at least one foot fully on the ground.

Some riders are not comfortable on two wheels, so one three-wheeler is included in our roundup.

"My brother introduced me to riding when I was a teenager. I was immediately enamored with the feeling of complete freedom and sense of adventure when riding. It's like riding awakened my senses. I was hooked," said Joan Wise Bryden, 57, from Springfield, Mo.

Like many first-time riders, Bryden started with a smaller bike. "My first motorcycle was a 500 cc

Honda, which I bought when I was 25 years old," she said.

"I switched from two wheels to a Can-Am Spyder in 2011. I wanted to go on a long solo ride, and the Spyder sounded like a great option because it balances performance, stability and technology. As an engineer, who craves all of that, it was a perfect choice, and I haven't looked back since."

Bob Weber is the *Motor-mouth* columnist and a freelance writer.

### Bikes marketed to women

A selection of 2016 model-year bikes marketed, in part, to women riders.

**BMW**  
Model: F 800 GT  
Engine: 798 cc (50 CID)  
Fuel capacity: 3.9 gal.  
Weight: 509 lbs.  
Seat height: 31.5 in.  
MSRP: \$11,890

**CAN-AM**  
Model: Spyder F3  
Engine: 1,330 cc (82 CID)  
Fuel capacity: 7.1 gal.  
Weight: 850 lbs.  
Seat height: 26.6 in.  
MSRP: \$19,649

**HARLEY-DAVIDSON**  
Model: Sportster SuperLow  
Engine: 883 cc (54 CID)  
Fuel capacity: 4.5 gal.  
Weight: 565 lbs.  
Seat height: 27 in.  
MSRP: \$8,499

**HONDA**  
Model: Shadow Aero  
Engine: 745 cc (46 CID)  
Fuel capacity: 3.7 gal.  
Weight: 650 lbs.  
Seat height: 25.9 in.  
MSRP: \$7,499

**KAWASAKI**  
Model: Vulcan S  
Engine: 649 cc (40 CID)  
Fuel capacity: 3.7 gal.  
Weight: 498 lbs.  
Seat height: 27.8 in.  
MSRP: \$6,999

**INDIAN**  
Model: Indian Scout Sixty  
Engine: 976 cc (61 CID)  
Fuel capacity: 3.3 gal.  
Weight: 558 lbs.  
Seat height: 25.3 in.  
MSRP: \$8,999

**SUZUKI**  
Model: Boulevard S40  
Engine: 652 cc (40 CID)  
Fuel capacity: 2.8 gal.  
Weight: 381 lbs.  
Seat height: 27.6 in.  
MSRP: \$5,499

**TRIUMPH**  
Model: America  
Engine: 865 (53 CID)  
Fuel capacity: 5.2 gal.  
Weight: 509 lbs.  
Seat height: 27 in.  
MSRP: \$8,399

**YAMAHA**  
Model: V Star 250  
Engine: 249 cc (15 CID)  
Fuel capacity: 2.5 gal.  
Weight: 326 lbs.  
Seat height: 27 in.  
MSRP: \$4,340



E. JASON WAMBSGANS/TRIBUNE NEWSPAPERS

Volvo's all-new XC90 three-row SUV is a stunning semiautonomous plug-in hybrid.

## Volvo's plug-in is taste of future

BY ROBERT DUFFER  
Tribune Newspapers

Most new-car debuts are a whole lot of hype wrapped around four wheels and some steel. The 2016 Volvo XC90 is not one of those.

The exterior is understated refinement. There isn't anything jaw-dropping about one particular feature, but front to back there is a consistency that bestows confidence. Some luxury models try too hard, with menacing grilles and coupelike roof lines that reek of the kind of arrogance that says "Because I can." The XC90 is gorgeous in its oneness.

The balance carries through on the inside. Real wood trim fills the doors, center console and dash, contrasting with nappa leather trim on the lower parts.

The center controls consist of a small band of buttons, including one for the glove box, and above it, a tablet-sized touch screen that controls everything, from the digital owner's manual to the self-perpendicular park function. Like Tesla's large touch screen, Volvo's system doesn't leave you wanting dials and knobs.

The three seats in the second row all come on their own track, making them versatile in accommodating seven passengers or reconfiguring the space for road trips. The second row also gets its own climate controls.

### 2016 VOLVO XC90 T8 INSCRIPTION 3-row plug-in hybrid SUV

Price as tested:

**\$83,010**

Base price: \$68,100

#### Fuel economy:

53 mpg combined;  
25 mpg combined

**Engine:** 2-liter  
supercharged turbo  
four-cylinder

#### Transmission:

Eight-speed automatic  
in all-wheel drive

**Parting shot:** Volvo's  
global push starts here.

The seats can collapse to make a table or footrest for third-row passengers, or the latch on the top of the seat slides it forward for easy access to the third row. The latch is too firm for most grade-schoolers to activate on their own, which is disappointing. The lack of power folding seats, available in the Ford Explorer or Honda Pilot, is an odd oversight. The third row has decent shoulder and hip room, but legroom and headroom is best for kids. Adjusting the second-row seats will let the XC90 fit six adults comfortably for shorter journeys.

Once on the road, the XC90's hybrid powertrain is quiet, smooth, and effortlessly powerful. The electric motor supple-

ments a direct-injection 2-liter engine that utilizes both a supercharger and a turbocharger in generating 400-horsepower and 472 pound-feet of torque. All that machinery is heavy, but at just under 4,400 pounds the XC90 is lighter than the BMW X5 and other luxury SUVs.

Six drive modes in the all-wheel-drive family hauler are accessible via a scroll bar on the center console. At low speeds, there is an off-road function we did not test. Power mode ratchets up the torque and strips off all that domestic civility, so you can feel how the supercharger and turbo slough off any concerns about the car's weight. Volvo claims a 0-60 mph time of 5.8 seconds. Fun.

We had more fun spending our time in Pure mode, which provides up to 19 miles of all-electric range in silent operation. In the near future, when most cars come with a plug-in option to optimize around-town use, they should look at the XC90 as a model. It can be almost unnoticeable, or owners can geek out with the heavy regen braking to squeeze more juice out of each mile. Based on how much the XC90 has evolved from the last iteration, Volvo is showing off its new luxury status as a global contender in a greener, semiautonomous automotive world.

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Twitter @DufferRobert

## Bad vibrations: Steering shakes stir up car owner



BOB WEBER  
Motormouth

**Q:** Last December, I purchased a 2016 Nissan Rogue and from day one I've been experiencing excessive vibration in my steering wheel and some lesser vibration in the accelerator pedal. This occurs when I gradually accelerate to maintain any speed between 25 and 50 mph and when the rpm are around 1,250. I took it to the dealer and they loosened the exhaust and engine mounts, let the engine cool down, and then re-tightened the mounts. This procedure did nothing to mitigate the vibrations. Nissan's response to my complaint that their solution didn't work is "the vehicle is operating as designed."

— K.A., Naples, Fla.

**A:** One of our pet peeves is when service managers throw their hands in the air and claim, "they all do that." Prove it. Bring a few similar models around for us to test drive.

**Q:** When planning not to use a vacation home car for three to five months, is it sufficient just to install and use a disconnect switch on the negative battery terminal to avoid draining the battery? This would stop the vehicle systems from slowly draining the battery, but would the battery lose its charge anyway over this amount of time?

— D.P., Chicago

**A:** Your battery will self-discharge if left unattended. The longer you



NISSAN

The Nissan Rogue was redesigned for model year 2014. It uses a continuously variable transmission. The owner of a 2016 model feels excessive vibration in the steering wheel.

leave it, the more damage occurs to the battery. Lead sulfate crystals build up on the plates in the battery, eventually preventing it from being recharged. A sulfated battery cannot be brought back from the grave despite the claims that some additives will resurrect it. And, no, an aspirin will not help, despite what your grandfather says.

**Q:** My 1998 Jeep Wrangler has always been garage-kept and has less than 60,000 miles on it. Because I put less than 5,000 miles on it every year, I am not required to get an emissions test. Is there any benefit to getting an emissions test just to gauge its "respiratory health"? I have tracked its gas mileage from when it was bought, and nothing seems out of the ordinary.

— B.M., Wayne, Pa.

**A:** The data link under your dash offers a ton of information. However, the inspectors are looking only for issues that may cause increased tailpipe junk. In other words, submitting to the emissions inspection

reveals nothing of value to you. If you are looking for a complete work-up, kind of like an MRI for your vehicle, you need to see a car doctor — a qualified automobile technician with the proper diagnostic scanner to do a full analysis.

**Q:** I have a 10-year-old Acura MDX with 60,000 miles. I have been told it needs sway bar links and bushings, both inner tie rods and new spark plugs. The car runs fine. I bought the car new and have had regular maintenance. Is this usual for the age and/or mileage?

— R.B., Wilmette, Ill.

**A:** It would be unusual to need that much front-end work unless you hit 60,000 potholes. Have a trusted technician put the car on a lift and inspect it. As for your spark plugs, they are expected to go 100,000 miles, but there is no harm in changing them sooner.

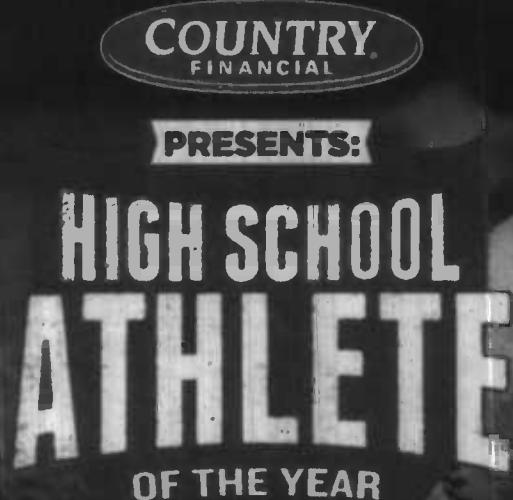
Send questions along with name and town to Motormouth, Rides, Chicago Tribune, 435 N. Michigan Ave., Fifth Floor, Chicago, IL 60611 or motormouth.trib@verizon.net.

# The polls are open!

It's time to vote for your Community Choice Athlete of the Year! Visit [chicagotribune.com/athletes](http://chicagotribune.com/athletes) through noon on May 26 to make your pick.

## The finalists

- Niki Ahlstrand, Maine East
- Conor O'Neill, Notre Dame
- Tyler Tsagalls, Notre Dame
- Barrington Wade, Niles North
- Jon Arenas, Maine South
- Caleigh Pistorius, Maine South
- Martin Barr, Niles North



### Community Choice Awards

The Athlete of the Year "Community Choice Awards" are almost here!! Vote for your area's favorite athlete from the years' past winners. Polls go live on May 19th.

Vote at:  
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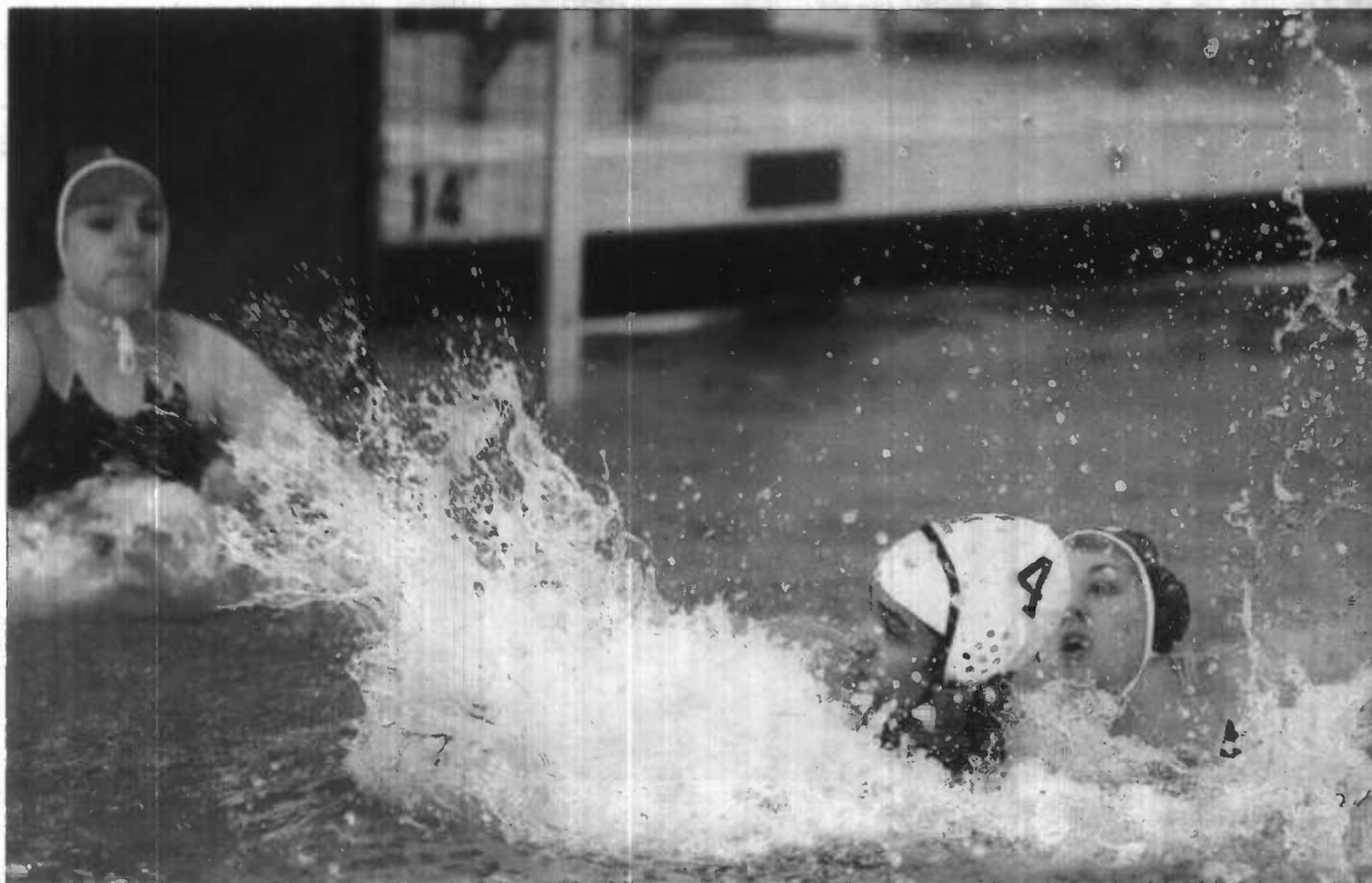
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TRACY ALLEN/PIONEER PRESS PHOTOS

Maine East's Rachel Koshy attempts a backhanded shot while being defended by Glenbrook North's Anne Rosdahl.

## Glenbrook North, Grod end Maine East's season

BY DAN SHALIN

Pioneer Press

Patti Grod scored a season-high five goals and added four steals in the Glenbrook North girls water polo team's 10-7 win over Maine East in the Glenbrook South Sectional first-round game on Tuesday, May 10.

Grod, a senior, brought her team-leading goal total to 70 for the eighth-seeded Spartans (6-18 after the win).

Glenbrook North's victory over the ninth-seeded Blue Demons (8-20) in Northbrook also may be remembered for the outstanding play of Glenbrook North junior goalkeeper Shari Markowitz. She had 12 saves, including a couple of fourth-quarter, point-blank stops on shots from Maine East junior Rachel Koshy (four goals).

Dan Shalin is a freelance reporter for Pioneer Press.

Twitter @Pioneer\_Press



Maine East's Annette Mikolajczyk blocks the passing lane of Glenbrook North's Rokšana Zelkowskl. The Spartans defeated the Blue Demons 10-7 in the first round of the Glenbrook South Sectional on May 10 at Glenbrook North.

## Maine East's Majka picks up two wins at state

BY HEATHER RULE

Pioneer Press

Maine East senior Gloria Majka, a first-time qualifier for the badminton state tournament, had an unenviable draw. She faced Hinsdale Central freshman Cindy Tang, a 5-8 seed, in her first-round match.

Majka lost 21-11, 21-8 on Friday, May 13, in Charleston.

"Obviously battling some butterflies," Maine East coach David Howley said. But Majka came back and won two consolation-round matches, beating Stagg's Leeza Bodnar 21-13, 21-12 and Palatine's Kamila Czyszczonek 21-16, 21-6. Majka's tournament ended in the third round of the consolation bracket when she suffered a 21-17, 21-15 loss to Naperville North's Grace Chen.

"She was in the match the whole way," Howley said. "That match could've gone either way."

Majka missed the state tournament by just a couple points last year, but she got to tag along as a hit-around player with Philo Deeja, Maine East's lone state qualifier in 2015. As a result, she knew what to expect this year, Howley said.

Majka spent three years on the Maine East team and has "always had a good power game," Howley said, referring to her smashes and high clears. This year, she added a dimension to her game by working on softer shots and drop shots. It seemed to pay off at state, according to Howley.

"Those were working very, very well for her," Howley said.

Majka's ability to stay focused and determined during matches are two of her other strengths, Howley said. Throughout the season, Majka came back to win matches in which she found herself down after the first game, according to Howley.

"She's just got a lot of grit out there," Howley said. "She really doesn't let anything bother her. It's just been really impressive to see her come back from those things."

Heather Rule is a freelance reporter for Pioneer Press.

Twitter @hlrule

# Both Niles West teams lose in sectional tournament

BY RYAN NILSSON

Pioneer Press

The Niles West boys and girls water polo teams combined to win one game in the Glenbrook South Sectional tournaments.

The Niles West boys, the fifth seed, beat fourth-seeded Evanston 22-4 in the sectional quarterfinals on Wednesday, May 11, but lost to New Trier 12-3 in the semifinals on Friday, May 13. Danilo Scekcic paced the top-seeded Trevians with four goals.

The Niles West girls suffered a 13-3 loss to third-seeded Loyola in the sectional quarterfinals on Thursday, May 12. Lauren Patt scored two goals for the Wolves, the sixth seed.

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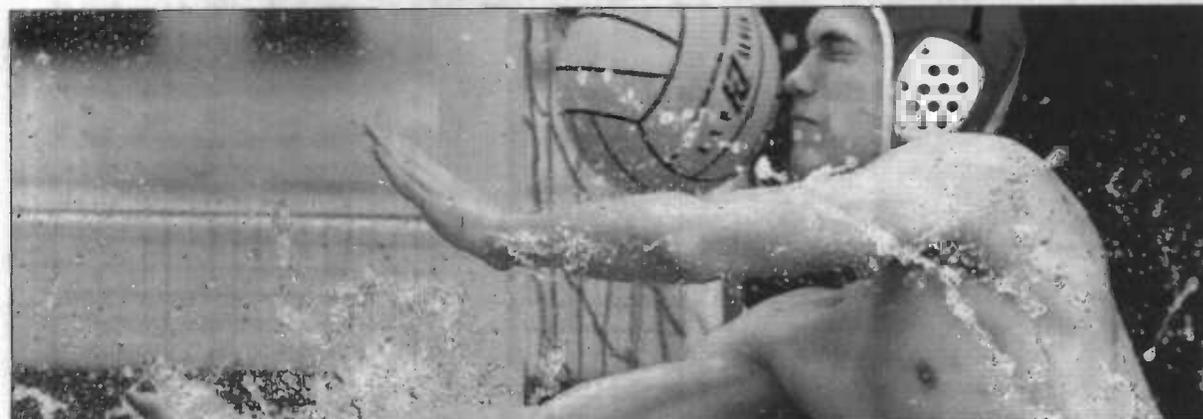
Niles West's Lauren Patt battles for control of the ball.

BRIAN O'MAHONEY/PIONEER PRESS PHOTOS

Niles West's Abby Logsdon defends Loyola's Ellie Murphy (13) during the first quarter of the Glenbrook South Sectional quarterfinal on Thursday, May 12.



Niles West's George Spiratos scores during the first quarter against Evanston.



Niles West goalkeeper Tony Dynek tries to make a save during the Glenbrook South Sectional quarterfinal against Evanston on Wednesday, May 11.

# GOING THE DISTANCE

Niles West senior was introduced to gymnastics in his native Mongolia at age 9

BY ERIC VAN DRIL  
Pioneer Press

The best high school gymnast in Illinois began his gymnastics career in Ulaanbaatar, Mongolia, staring up at a rope.

Dalai Jamiyankhuu was 9 1/2 years old at the time. His first taste of gymnastics took place days after a Mongolian gymnastics coach visited his school, in search of athletes who would be well-suited for a sport that wasn't well known in Jamiyankhuu's birth country.

Jamiyankhuu signed up to try out.

The tryout was simple. Jamiyankhuu and other prospective gymnasts visited a gymnasium, where they were asked to climb a rope.

With the gymnastics coach and others looking on, Jamiyankhuu took his first steps as a gymnast.

"I was the fastest one (up the rope)," Jamiyankhuu said. "That's how I got started."

This past weekend, Jamiyankhuu was halfway around the world — in Hinsdale, to be exact — and won his second straight Illinois state championship in the all-around. He also led the Niles West boys gymnastics team to its first state team championship in program history.

In the eight-plus years since Jamiyankhuu climbed that rope in Mongolia, a lot has changed. He moved to the United States in 2007 in the pursuit of a better education and a better life, he said. His parents had already moved to the U.S. Jamiyankhuu has gone from knowing no English to being fluent in it. He is on the verge of graduating from Niles West and poised to enroll at Illinois-Chicago, where he is expected to compete on the Flames gymnastics team.

Jamiyankhuu also has become the best high-school gymnast in Illinois by working tirelessly.

"I started when I was 10, which is actually late for gymnastics. You want to start when you're around



BRIAN O'MAHONEY/PIONEER PRESS

Niles West's Dalai Jamiyankhuu performs on the still rings during the state meet on May 13.

5," Jamiyankhuu said. "I was a late bloomer, I would say, but I worked. I go to my club (Lakeshore Academy) and practice gymnastics seven days a week. The only holidays I take off (are) New Year's, Christmas and maybe Thanksgiving. Other than that, I work year-round."

Jamiyankhuu excels on each apparatus, including strength events like pommel horse, still rings, parallel bars and horizontal bar. Part of the reason are the tricks he's learned and done consistently for years, but another is his physical fitness.

"Conditioning is the most important thing," Jamiyankhuu said. "I save 30 minutes at the end of each practice to do strength."

Jamiyankhuu uses his body weight to do a variety of strength-building exercises, including pull-ups and push-ups. At Niles West, he and his teammates worked on strength and conditioning at the end of practices together, including on Saturdays.

"Since it's not a school day, we can stay a little later, so we have fun with the conditioning," Jamiyankhuu said. "We have relay races. You run towards the end of the floor, you do a certain amount of strength skills — like 10 push-ups — and you have to run back and tag your teammate. We try to integrate fun things into our practices, so it's not just boring strength skills."

That is just one way Niles West's gymnasts have benefited from having Jamiyankhuu in their practices over the last four years. He's also provided inspiration.

"It was pretty cool watching him," Niles West senior David Thai said when asked what it was like when he first saw Jamiyankhuu as a freshman. "I was like, 'I want to learn that.' I kind of pushed myself to go towards him."

Thai, who finished fourth in the state on still rings (8.90), added: "Whenever he came to practices, our level stepped up each time. We just kept trying to strive to be better."

Niles West coach Adrian Batista agreed with Thai, but added that Jamiyankhuu might not have reached quite the same level without his teammates cheering for him. The Wolves, including Jamiyankhuu, were loud throughout each one of their meets. They constantly cheered for one another.

"He feeds off of the team," Batista said. "It becomes a great circle of energy. It's back and forth. He can't do it without the team, and the team can't do it without him. If you see him compete without the team, he's great, but he's better with those guys yelling for him."

Jamiyankhuu agreed. Cheering for others helps him get focused and excited, he explained.

"When ... my team pushes me on, all of the pressure goes away," Jamiyankhuu said.

Shortly after Jamiyankhuu repeated as all-around champion on Friday, May 13, he put his first-place medal around his little sister's neck and hugged his father. Moments later, Jamiyankhuu was asked what he'll remember the most about his high school career.

Jamiyankhuu chose three team-based events. Winning a team state championship was high on the list, Jamiyankhuu said.

"I would say all of the cheering," Jamiyankhuu added, "and all of the fun memories I had in practice."

Eric Van Dril is a freelance reporter for Pioneer Press.

Twitter @VanDrilSports

# Niles West gymnasts capture state title

BY ERIC VAN DRIL  
Pioneer Press

The Niles West boys gymnastics team left the state meet at Hinsdale Central on Friday, May 13, carrying a first-place trophy with it back to Skokie.

The Wolves became state champions earlier in the night by edging favorite Glenbard West 154.750-154.400. Niles West was led by Dalai Jamiyankhuu, who repeated as the all-around state champion. The senior was crucial in helping Niles West win the first state championship in program history — and the school's first state team championship in any sport since the girls basketball team won in 1979.

"It feels amazing. We've been wanting this for the whole year," senior David Thai said. "Our final goal was to hit everything, 100 percent, and that's exactly what we did."

Jamiyankhuu finished with a 55.35 in the all-around, which was almost two points better than second-place finisher Satchel Hudson (53.65) of Dundee-Crown. But the Wolves couldn't have won a state championship without the other members of the team nailing their routines in the highest-stakes meet of the season.

"No matter how good Dalai is, if the second and the third (scores) ... aren't good, we can't win," Niles West coach Adrian Batista said. "Dalai was able to pull it off (in the all-around by hitting all six routines), but it was all about the team. It's always been that. I told them at the beginning of the year, I said, 'Our goal is to win state. Our goal is to be the best we can be.' We've showed it every meet. ... It was impressive. And these kids deserve it. They worked their butts off."

In addition to the state championship trophy and first-place medals, many of Niles West's gymnasts returned to Skokie still in possession of videos on their phones they sometimes watch together as a group.

Some of the videos are about three years old, at this point. They were shot when the members of Niles West's large senior class were freshmen, still working on basic tricks during their first seasons of gymnastics.

"It's fun to laugh at ourselves,"

senior Mitchell Byron said. "We started out not very good."

Those videos, now, are proof of how much the team has grown in the years since. They're also proof of what hard work, skill development and a tight, energetic team atmosphere can result in.

"We watch (the videos) as a team. The guys pull up what they did as a freshman (or as a) sophomore, and see how they've evolved," Batista said. "They were doing bad back-offs as (freshmen), now they're doing double backs and sticking it. Now they're winning state finals. It's amazing."

Jamiyankhuu was magnificent on each apparatus on Friday, March 13, but Niles West's other gymnasts turned in outstanding performances all meet long.

Senior Nick Ng, for example, went wild when he stuck his Tsukahara pike on vault. Batista called it the best vault of Ng's life. He earned an 8.85.

The Wolves went five-for-five on both floor exercise and high bar. They started the meet on high bar, and senior Dumitru Mutul came through with what Batista called the best high-bar routine he's ever done. He earned a 6.70.

"Every tenth counted," Batista said. "And they knew that."

Later in the meet, Mutul scored an 8.05 on still rings. He was followed by Byron (8.65) and Jamiyankhuu (9.15). In between Byron and Jamiyankhuu was Thai, who wowed the crowd at Hinsdale Central with his strength, stamina and execution on still rings. He earned a 9.55.

"Freshman year, I came in and David, he was not the weakest, but not the strongest guy," Jamiyankhuu said. "His rings were nothing special. The growth he had in four years, it's amazing."

That has been the case for seemingly almost every member of Niles West's state championship-winning team. Fittingly, all the gymnasts' names will be engraved on the state championship trophy that will remain at Niles West for years and years to come.

"We're still celebrating the third-place (finish) we had last year, and now we get the big trophy," Batista said. "(This) is something we're going to be able to celebrate for a long time."

**"When these hits occur, they're with bigger force. We see this across the board in most sports."**

— Dr. Jeffrey Mjaanes, an orthopedic physician who serves as the medical director of Chicago Sports Concussion Clinic at Rush University Medical Center

# MORE QUESTIONS THAN ANSWERS

Concussion research makes progress, but findings are far from finished

BY ERIC VAN DRIL | Pioneer Press

*The ways in which concussions have been diagnosed, treated and studied have been evolving for years. The following highlights some of the truths, trends, myths and future steps regarding concussions in girls soccer.*

## What we know

### ■ Fast, physical play elevates concussion risk.

Girls soccer players have changed over the last 20 years, Loyola coach and FC United girls director Craig Snower said.

They're bigger, stronger and faster. As a result, they're able to strike a soccer ball with more force. Winning 50-50 challenges also remains an integral part of the game, Libertyville coach Andy Bitta added, meaning that players who are bigger and faster approach the ball — and another player — with more momentum than they used to.

"When these hits occur, they're with bigger force. We see this across the board in most sports," said Dr. Jeffrey Mjaanes, an orthopedic physician who serves as the medical director of Chicago Sports Concussion Clinic at Rush University Medical Center. "The other thing, which I think is interesting, is we live in a fairly aggressive and violent society. If you look at the sport of soccer, it has become much more aggressive and physical over the last 10-20 years. Unfortunately, I think that's another reason why we're having more injuries — not just more concussions."

An important aspect of keeping players safe on the field, Mjaanes said, is a strict adherence to the rules of fair play.

### ■ During recovery, only so much rest is beneficial.

When returning from a concussion, it's important for an athlete to begin the process of active recovery — not go into a dark room and do nothing for days.

"You take people and do that and they actually become worse," Mjaanes said. "After that, really trying to get them back to normal life, get them back to school, get them back to a low-level of activity seems to be very beneficial."

### ■ Soccer headbands don't solve the problem.

Both Mjaanes and Dr. Elizabeth Pieroth, a neuropsychologist and associate director of the sports concussion program at NorthShore University HealthSystem and a member of the U.S. Soccer Concussion Task Force, said that padded headbands that have become popular in girls soccer in recent years haven't been proven to be effective at reducing the frequency, or severity, of concussions.

"You can get a concussion from the top of your head, or hit in the jaw, or the cheek — or even with a blow to your body and shaking your head," Mjaanes said. "Clearly, the headband is not going to help you in any of those situations."

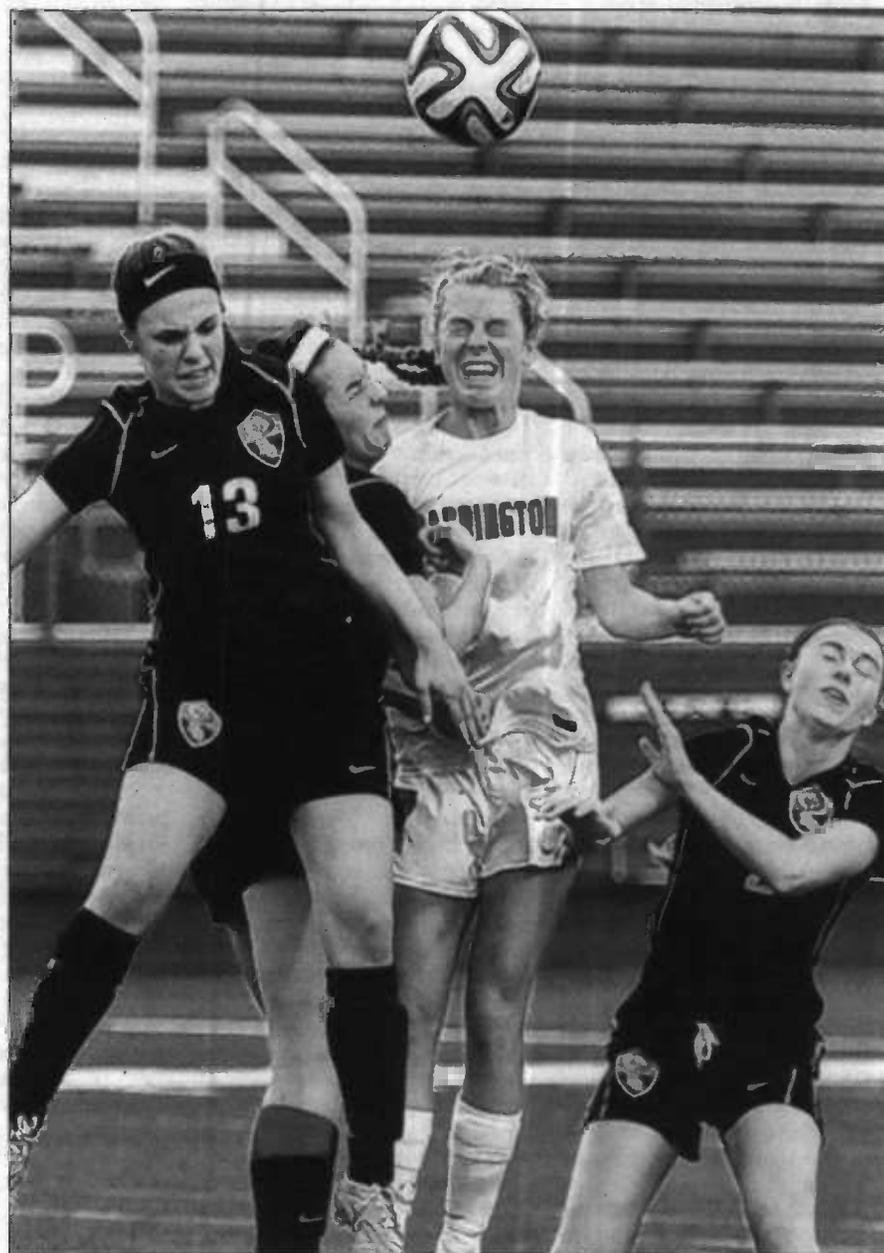
"The problem that we have is there is research indicating that when you put headbands or other things on these kids, they tend to play more aggressively because they feel like they have a level of protection," Pieroth added. "That's problematic. We don't want to give kids a false sense of security, particularly for a product that doesn't reduce their rate of injury."

## What we think we know

### ■ Girls soccer players are 'more honest' about concussion symptoms than boys.

A study published by the Journal of the American Medical Association Pediatrics last year found that girls soccer players suffered 4.50 concussions per 10,000 athlete exposures. In the same study, boys soccer players suffered 2.78 concussions per 10,000 athlete exposures. One athlete exposure was defined as a single practice or game.

The reason why girls soccer players suffer concussions more frequently than



TIM CARROLL/PIONEER PRESS

Barrington's Michayla Herr (7) heads the ball on a corner kick as Buffalo Grove's Georgetown Topalis (13) and Danl Bleichman (20) collide with her during the Mid-Suburban League title game on May 11. U.S. Soccer has banned headers for players 10 and younger in an attempt to reduce concussions.

boys soccer players is still unclear, Mjaanes said.

"We're not 100 percent sure why," he said. "Some of the theories were that women might have weaker necks in respect to men. So when you get hit in the head and your head kind of wobbles back and forth on the neck, if the neck is thinner or weaker, there might be more movement of the head, and therefore the brain.

"It seems that the most likely explanation, however, is women are probably just more honest about their symptoms — more likely to report symptoms. That's probably the reason ... the rate is higher in girls than in boys."

■ **Restricting headers at the youth level likely will reduce risks.**

The measures taken by U.S. Soccer to ban headers for players age 10 and younger — and limit them for players age 11-13 — should decrease the likelihood of concussions and make young players safer.

Pieroth said she thought the 10-and-under ban was a positive step, as did Mjaanes.

"Children have a much higher head-to-body ratio, so their heads are relatively large compared to their bodies," Mjaanes said. "When you have small children, you're talking about a fairly large head on a fairly weak neck. They don't have the neck musculature at that age to prevent their head from shaking as well.

"Another reason why younger people may be more susceptible is children have a hard time endorsing their symptoms of concussions. A lot of diagnosis is based on symptoms. So if a 9-year-old really can't tell (us) exactly what they're feeling, ... are they feeling in a fog? That (description) may mean nothing to a 9-year-old. It can be hard for them to verbalize what they're feeling, which can then be hard to diagnose the concussion."

## What we don't know

■ **Is there a connection between CTE (Chronic Traumatic Encephalopathy) and soccer, as there is between the brain disease and football?**

In 2014, Patrick Grange was the first soccer player diagnosed with CTE after the former Illinois-Chicago and New Mexico player's death in April 2012. Earlier this year, former U.S. Soccer player Brandi Chastain announced that she intends to donate her brain for CTE research.

As of now, CTE can only be diagnosed after death.

Can playing soccer for years lead to CTE? Much more research is needed to answer that question.

■ **How many concussions are too many?**

There isn't a concrete number of concussions that signals it's time to stop playing. The decision for an athlete to stop playing a contact sport is more nuanced than that.

An athlete suffering migraine headaches is a giant red flag, Pieroth said, and there are

**"The problem that we have right now is the marketing is ahead of the science ...**

**(parents) don't know what's legitimate and what's valid."**

— Dr. Elizabeth Pieroth, a neuropsychologist



many others signs that an athlete might have experienced a dangerous amount of head trauma.

"We don't really know the answer to how many concussions are too many concussions. I think there's lots of variability there," Mjaanes said. "It kind of depends on the magnitude of force, the type of concussions, the symptoms the athlete had, how many the athlete had. Are (the concussions) getting closer and closer together? Are they happening with less and less force? Are the symptoms taking longer and longer to clear? Are they having symptoms between?"

■ **Could there be a catch-all diagnosis?**

Can a scientist, or multiple scientists, develop a diagnostic tool — one that, as Pieroth said, can provide a definitive diagnosis of a concussion and indicate when an athlete has recovered from a concussion?

There are products such as a blood-serum test — where an athlete's finger is pricked on the sideline — that claim to be able to do so. Other products and methods look at eye movement or balance, Pieroth said.

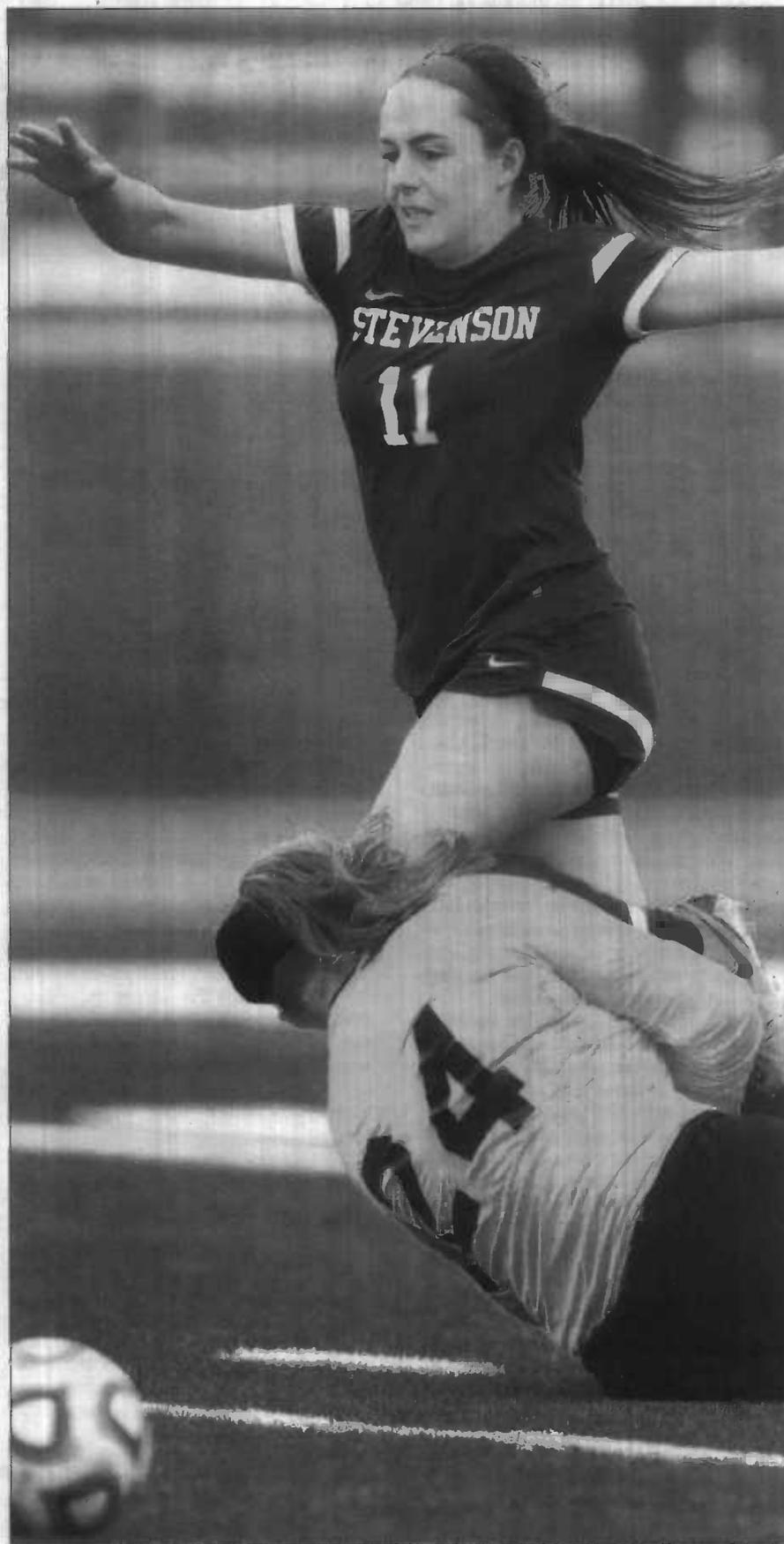
However, a one-size-fits-all diagnostic test for concussions currently does not exist.

"The problem that we have right now is the marketing is ahead of the science," Pieroth said. "There are way too many companies who are putting products to market — making a lot of claims because they're not under FDA approval, so they can make those claims — that are making a lot of claims that they diagnose or they treat concussions. It's very overwhelming for parents because they don't know what's legitimate and what's valid. They're just being told this by a good marketing department.

"We are not there yet, but there's lots of great research."

Eric Van Dril is a freelance reporter for Pioneer Press.

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BRIAN O'MAHONEY/PIONEER PRESS

Stevenson's Savannah Kruse collides with Wauconda goalie Ally Magiera during the North Suburban Conference championship game on May 10. In girls soccer, 51.3 percent of concussions are due to player-to-player contact, the Journal of the American Medical Association Pediatrics reported in 2015.

# HEAD CONTROL

Concussions in girls soccer lead to changes in training, diagnosis and prevention

BY ERIC VAN DRIL  
Pioneer Press

A lot has changed since Libertyville girls soccer coach Andy Bitta began the Wildcats' program in 1981.

The Illinois High School Association state tournament wouldn't come into being until 1988, with only 98 schools participating. Now, there are 415 Illinois high schools competing for one of three state championships.

Besides the sport's growth, perhaps the biggest change in recent years is how coaches, trainers and administrators treat head injuries.

"If the kid would have a headache (years ago), you'd say, 'Sit out 20 minutes, let's see how you feel,'" Bitta said. "The kid would say, 'Oh, I feel a little bit better, coach. I can go back in.' Now, that's not going to happen.

"Now we know it's a bruise to the brain, and (a headache) is the main symptom of a concussion. Our knowledge of what can cause a concussion is so much greater now than it used to be."

Concussions have grown in relevance over the past six or seven years, Bitta said, as football concerns have spilled over into other sports and researchers have revealed more about the symptoms and risks.

"That's the foremost thing: knowing what a concussion is, knowing what the symptoms are and reporting it immediately to their coach or the athletic trainer. That's the biggest step that we have," Lyons athletic trainer Bob Fichter said. "Unfortunately, there are still some athletes out there who might think, 'Well, it's only a headache. It's dizziness.' They don't know that even becoming slightly lethargic, that's a sign of a concussion and you need to report that immediately."

The brain becomes more vulnerable to trauma after suffering an initial brain injury. A rare condition called second-impact syndrome can cause immense brain swelling and death if someone suffers a second concussion shortly after the first. What's much more common, however, is if an athlete suffers a second concussion before the first has healed, his or her symptoms usually take a lot longer — days, weeks, sometimes months — to heal.

Heading a ball is the most common form of physical contact in soccer involving the head. U.S. Soccer banned headers for children 10 and younger last November and placed limits for players ages 11-13 on the amount of heading in practice. The act itself of striking the ball with the forehead isn't

*"The kid would say, 'Oh, I feel a little bit better, coach. I can go back in.' Now, that's not going to happen.*



— Andy Bitta, Libertyville girls soccer coach

necessarily the leading cause of soccer-related concussions, but situations with two players jumping to head the same ball increase the risk of dangerous contact to the head.

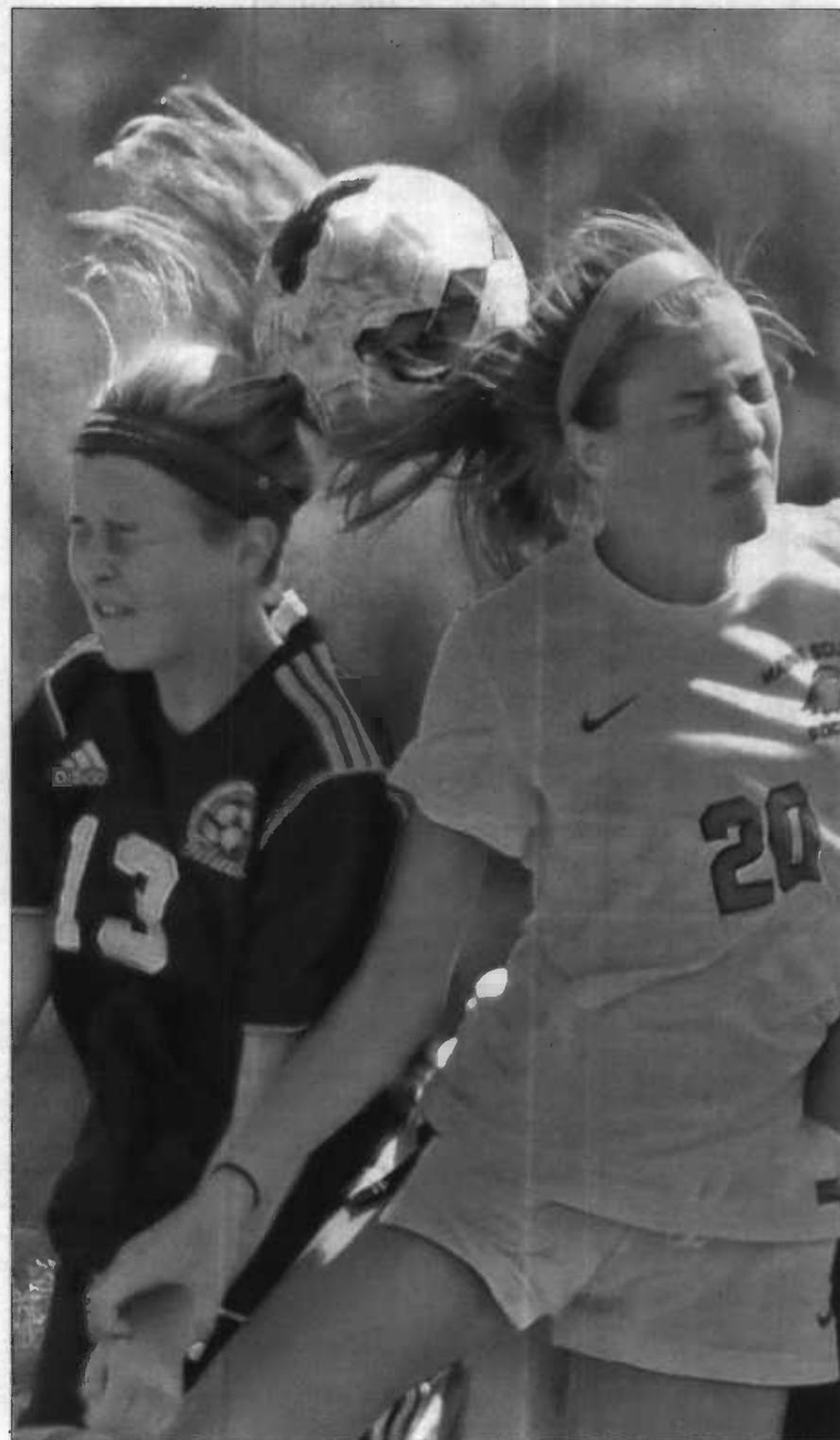
"It turns out the vast majority of those concussions happen from athlete-to-athlete contact," said Dr. Jeffrey Mjaanes, an orthopedic physician and medical director of Chicago Sports Concussion Clinic at Rush Medical Center. "Is it the ball striking the front of the head, and a player heading the ball purposely that causes the concussion? In the vast majority of cases, it is not that. What it is is in the act of heading, you actually get elbowed in the head, a shoulder to the head or something like that. That is actually the more likely way to get a concussion."

## The importance of protocols

An athletic trainer is almost always on the sideline of high school soccer games. Coaches and referees are also trained on identifying potential concussions.

Coaches who suspect a player might have a concussion are expected to substitute the player out of the game immediately — a precaution Bitta and other area coaches said they take seriously.

"We do need coaches and parents to understand concussions because athletes do hide these injuries," said Dr. Elizabeth Pieroth, a neuropsychologist and associate director of the sports concussion program at NorthShore University HealthSystem. "If coaches are aware of the signs of (when) somebody is struggling with a concussion, they're more likely to pull them out, put them in an evaluation. We also really need to make sure we have athletic trainers available



JON LANGHAM/PIONEER PRESS  
Maine South's Annika Schmidt, right, goes up for the ball with Glenbrook South's Allie Boland on April 23.



JAMES C. SVEHLA/PIIONEER PRESS

Lyons' Keira Frese and OPRF's Anna Edelbuettel compete for the ball in a game on April 7. According to the Journal of the American Medical Association Pediatrics, one quarter of concussions in girls soccer occur during header situations.

**"If you don't teach them the correct way to do it, and if you don't practice it, then you're leaving yourself open for more kids to get hurt."**

— Mike Taylor, St. Viator girls soccer coach on heading the ball



in these sports. We need somebody who's properly trained ... to do a sideline assessment."

Players also have become more informed about concussions in recent years. They are required to watch a video prior to the season as well as sign a concussion information sheet that includes a list of symptoms. Parents must sign the form, too.

At Ridgewood, athletic trainer Cherlyne Carlos leans on her background as an athlete and her relationships with many of the Rebels' athletes to encourage honesty both during the concussion evaluation process and after it.

"Even with an ankle (injury), they want to play. They feel like they're letting their team down if they don't play," Carlos said. "I just have to make sure that I kind of gain that trust. I tell them, 'As an athlete myself, I know how you feel, but in order for us to move on from this — and you not to be dealing with this for a longer period of time, or an unnecessary period of time — we kind of need to be honest with each other.'"

During a concussion evaluation, athletic trainers look for symptoms such as a headache, slurred speech, nausea, delayed recall, confusion, issues with concentration or balance, and how eyes react to light.

After athletes are diagnosed with a concussion, they enter the concussion protocol, which begins with rest. Once they are symptom-free, the return-to-play progression gradually builds up from light exercise to a return to practice in a non-contact capacity and then a full return to play. Symptoms can re-surface during any of those stages.

After diagnosing a concussion, Fichter sends Lyons' athletes home with a concussion information sheet. It includes situations where players need to go to the emergency room.

"We give them a list of nine or 10 different scenarios where their concussion symptoms get worse," Fichter said. "If there's an increase in their drowsiness, if there's a worsening headache, if there's any nausea, if the pupils are not the same size, weakness in the arms, slurred speech ... then they should go immediately to the hospital."

It's also critical, Fichter said, for people who come into contact with an athlete throughout the day — parents, teachers, supervisors, coaches, trainers — to know that he or she has suffered a concussion. That awareness helps concussed athletes monitor their behavior.

There are exceptions, but when athletes are symptom-free, they are often able to return in about a week.

The improved awareness, education and communication about concussion diagnosis and player safety have helped ensure more athletes are being removed from harm's way and entering the concussion protocol.

"For most people, they should recognize that the vast majority of concussions are going to heal and resolve on their own," Mjaanes said. "And actually in a fairly timely fashion."

## Preventative measures

Veteran soccer coaches such as Bitta, Loyola's Craig Snower and St. Viator's Mike Taylor all stress proper technique when heading the ball.

"If you don't teach them the correct way to do it, and if you don't practice it, then you're leaving yourself open for more kids to get hurt," said Taylor, whose team goes through a progression of headers from various distances to reinforce safe heading technique.

Snower's under-14 team with FC United, where he's the girls soccer director, has a drill where the players start on the ground and work on their head motion and how to use their arms to be able to protect themselves. This helps ensure Snower's players don't wildly flail their arms, which can lead to unnecessary blows to the head.

Snower then focuses on connection and follow-through. He stresses for his players to head the ball instead of letting the ball hit them. Doing so helps brace the body for impact and avoid whiplash.

What's changed for Snower in the last five to 10 years is the way he works on heading the ball in practices. His offense and defense will no longer work on restarts against live competition on the practice field.

"We don't put the two side-by-side because we're trying to avoid head-on-head injuries," Snower said.

New Trier strength and conditioning coordinator Jim Davis also has worked with the girls soccer team on exercises that strengthen neck muscles and increase core stability.

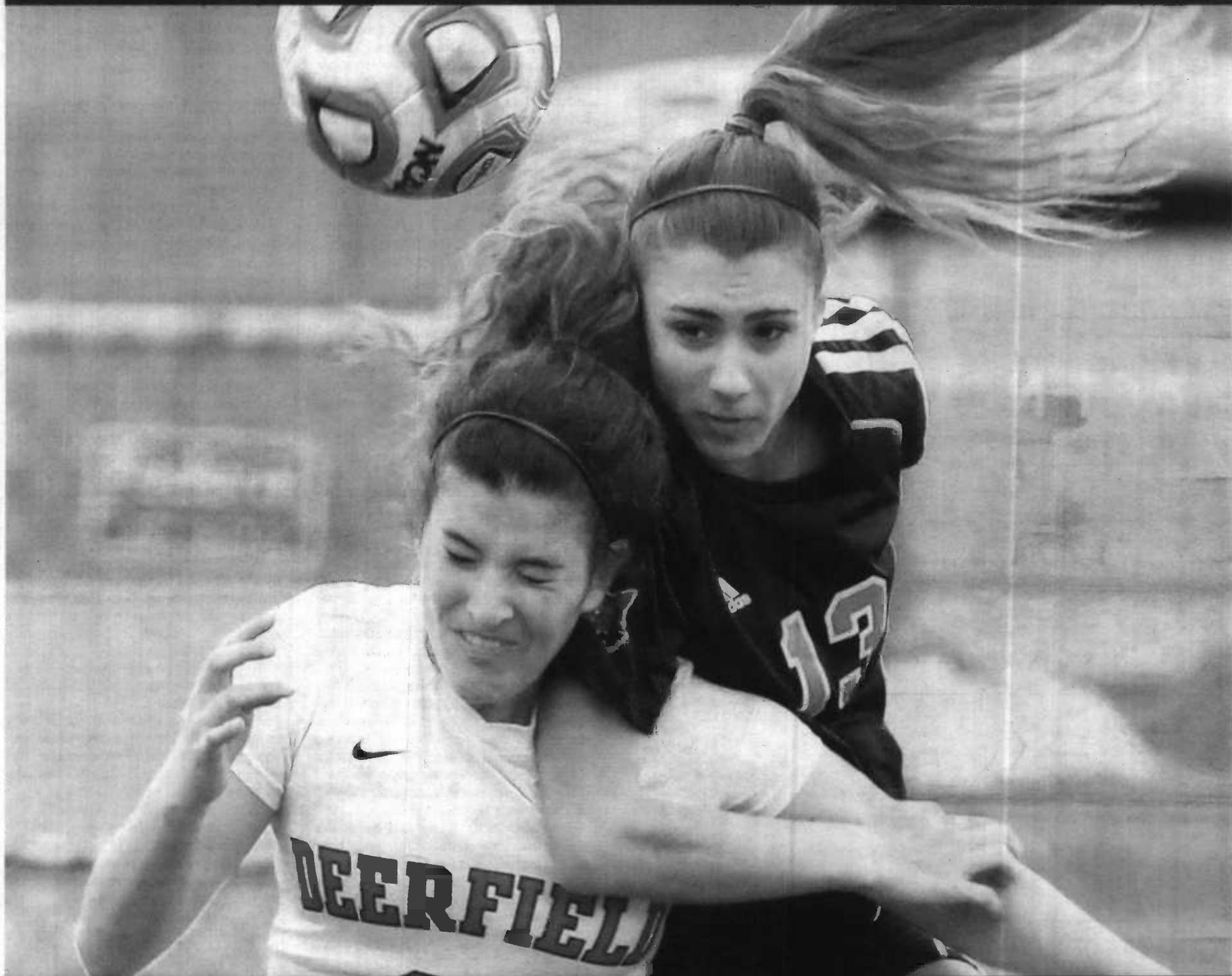
"The better a position your body is in upon impact, the lower your risk of concussion becomes," Davis said. "The more braced you are, physically, the more that whiplash effect is minimized — (and) the more you minimize the impact."

*Eric Van Dril is a freelance reporter for Pioneer Press.*

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# COMING TO A HEAD

A closer look at the diagnosis, treatment and prevention of concussions in girls soccer. Pages 50-53



Evanston's Hadley Bushala (13) goes up for the ball against Deerfield's Shae Feldman (21) during the CSL title match on May 10 in Deerfield.

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