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

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

GO

Festive fun in the sun
Check out our guide to the 2016 summer festival season. Pages 22-25

SPORTS SPECIAL FOCUS

Concussions in soccer
Coaches, doctors, trainers and players adapt to new information about brain injuries. Pages 50-53

LIVING

Build the best burger
May is National Burger Month, and chefs from local restaurants including Palmer Place in La Grange and Tim Shanahan's in Forest Park offer tips for making the best burger. Inside
Summer is coming soon.

Start imagining the possibilities in your own backyard. Get your free backyard planning guide at YARDCOMETRUE.COM

Techo-Bloc Building dream backyards with spectacular paving stones.

Techo-Bloc paving stones offer the industry's largest collection of shapes, textures, and colors to match any style.
Let us help you with your rehabilitation and skilled nursing care needs.

We’ve been there when you need us and will care for you as part of our family. Whether you need post-hospital Rehabilitation or Skilled Nursing Care, we can offer you the full continuum of care.

- Fresh, chef-prepared cuisine daily
- Charming Skilled Nursing & Rehab center
- Comprehensive therapies including physical, occupational and speech
- Short term stays available to give the primary caregiver peace of mind and rest that they need
- Excellent reputation in the community
- 5 Star Medicare Rated community

CALL US AT 847-686-2989 FOR A PERSONAL LUNCH AND TOUR TODAY!
Serving the community since 1991.
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 so 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 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
YOUR CHOICE!

$195
YOUR CHOICE!
Serta MEMORY FOAM QUEEN MATTRESS OR
PILLOW TOP QUEEN MATTRESS
Each, pc, sold in sets only

$500
IF YOU BEAT OUR PRICE!
See store for details

THE BIGGEST MEMORIAL DAY SALE!
EVER!

SAVE!
50% OFF
+ EXTRA
10% OFF STOREWIDE
HURRY SALE ENDS TUESDAY!

FREE DELIVERY ON EVERYTHING - 2 HOUR DELIVERY! - SUNDAY DELIVERY NOW AVAILABLE!

RECEIVE UP TO A $400+INSTANT CASH
3

GET UP TO $300+FINANCING
2

1-800-To-Dream (863-7326)
www.americannmattress.com
Locally Owned

Military, Veterans, Service Members & College Students 15% DISCOUNT With valid ID. Some exclusions may apply. See store for details.

Military, Veterans, Service Members & College Students 15% DISCOUNT With valid ID. Some exclusions may apply. See store for details.
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 honored 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 Racosen.

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.

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.

eleventis@tribpub.com
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 2,000 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.

Lee V. Gaines is a freelance reporter for Pioneer Press.
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 Joanne 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 institutions 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 deal 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's 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 make 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 stricter 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 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.

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" basis.

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

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 based 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 support 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 disobeys 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 collision—"(Vallejo) failed to balance the risk to the general public and passengers.”

—Lawsuit filed by Kowalyk and Newberry

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.
Ij G

'G

lo

does not constitute a finding of guilt; only a

Nues and Morton Grove police department

suspended license and was "still paying

said Durakovic admitted to having a

block of Touhy Avenue at 3:53 a.m. Police

May 8 following a traffic stop in the 7100

ence and driving on a suspended license on

with aggravated driving under the influ-

of Howard Street, Chicago, was charged

DUI

He has a June 23 court date.

He stole $176 worth of groceries from a

store in the 5700 block of Touhy Avenue.

Nues

store in the 8500 block of Golf Road.

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

did not constitute a finding of guilt; only a

Nues and Morton Grove police department

suspended license and was "still paying

said Durakovic admitted to having a

block of Touhy Avenue at 3:53 a.m. Police

May 8 following a traffic stop in the 7100

ence and driving on a suspended license on

with aggravated driving under the influ-

of Howard Street, Chicago, was charged

DUI

He has a June 23 court date.

He stole $176 worth of groceries from a

store in the 5700 block of Touhy Avenue.

Nues

store in the 8500 block of Golf Road.

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

legal fees for his prior DUI arrest." He has a

May 20 court date.

Marlene Hutton, 54, of the 3000 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, ac-

cording 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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

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

about a delay in getting a table and kicked a

rode away.

then allegedly punched in the face and

close to him, police said. The victim was

reportedly thought the car had gotten too

ENTIRE STORE SALE

All General Merchandise & Apparel

10% - 30% off* original ticketed price

SAVE at LEAST 10% off original ticketed price Your Grocery and Health & Beauty Care Purchase!

Certified Angus Beef Porterhouse or T-Bone Steaks

$6.99/lb

Blueberries 1 Pint Container

2 for $4.00

Meijer 8.5 oz. Potato Chips & Kettle Chips

$1.99

Coke 24-pack Coke & Diet Coke only

$5.99

Grocery Specials Valid 3 Days Only May 19th - May 21st, 2016

This location only: 9000 W. Golf Rd., Niles

STORE HOURS: 6AM-9PM

This location no longer honors any advertised pricing for food or general merchandise items other than the pricing shown in this ad.

*Storewide Discounts Exclude Alcohol, Tobacco, Bottle Deposit, Prescriptions, Park & Entertainment Tickets, Lottery, Postage, Prepaid Phone, Gift and Entertainment Cards, License & Taxes, One Hour Photo, Photo Finishing Services, Prepaid Debit Cards & Reload Packs, SIMPLR Protection Plans, In-Store Businesses, Customer Service Desk Services, and Previous Purchases.
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

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 story telling 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. "Even some of the kids in class don't know WMTH as a whole," Strom 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.
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.
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 FerroFountain 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; said 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 because of him.

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 your grandfather has saved all of these people and how I'm here today because of him."

— Arielle Salomon, granddaughter of Abram Salomon

Sugihara was born, an original travel list in the Sugihara Memorial Museum in Yaotsu, Japan, where Sugihara was born, announced last December that he was 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."

"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, DC, and New York on this trip as well as other places in the world before, officials said.

"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 5,300 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 absorbed that section along with the plaque of Vashem's permanent exhibition.

"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.

"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 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 5,300 transit visas.

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 your grandfather has saved all of these people and how I'm here today because of him."

— Arielle Salomon, granddaughter of Abram Salomon

The grandchildren on both sides of this story knew because of him.

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 your grandfather has saved all of these people and how I'm here today because of him."

— Arielle Salomon, granddaughter of Abram Salomon

The grandchildren on both sides of this story knew because of him.

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 your grandfather has saved all of these people and how I'm here today because of him."

— Arielle Salomon, granddaughter of Abram Salomon

The grandchildren on both sides of this story knew because of him.

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 your grandfather has saved all of these people and how I'm here today because of him."

— Arielle Salomon, granddaughter of Abram Salomon

The grandchildren on both sides of this story knew because of him.

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 your grandfather has saved all of these people and how I'm here today because of him."

— Arielle Salomon, granddaughter of Abram Salomon

The grandchildren on both sides of this story knew because of him.

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 your grandfather has saved all of these people and how I'm here today because of him."

— Arielle Salomon, granddaughter of Abram Salomon

The grandchildren on both sides of this story knew because of him.

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 your grandfather has saved all of these people and how I'm here today because of him."

— Arielle Salomon, granddaughter of Abram Salomon

The grandchildren on both sides of this story knew because of him.
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 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 that 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 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 Streifel, 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 Tarsia Lopez.

akukulka@tribpub.com
Twitter @akukulka11

Better Service for the Village of Niles

Wherever you’re headed in Niles - to work or school, shopping or dining - it’s now easier to get there with Pace.

Improvements to the Niles Free Bus System (Pace routes 410, 411, and 412) include new early morning service, 30-minute frequency throughout the day, every day, and convenient transfers at golf Mill Mall and Village Crossing Shopping Center.

The weekday Pace schedule is now timed better to match school and work hours. Saturday and Sunday schedules are identical.

Find out how you can enjoy this more frequent, more direct Niles service. Better service. Every day. And still free.

For information call 847-364-Pace, or visit PaceBus.com.
BACKYARD TENT SALE
FRIDAY MAY 20TH & SATURDAY MAY 21ST
10:00AM - 5:00PM
LOCATED IN THE PARKING LOT BEHIND ENAZ HIGHLAND PARK
60-80% OFF
BIGGEST SAVINGS OF THE SEASON!
*All sales final.

ENAZ
ENAZ in Highland Park
44K Central Avenue
Highland Park, IL 60035
phone: 847.333.6466
M-F 10-6 | Sat 10-5 | Sun 12-4

Share your suburban events on Metromix.com
1 Start at chicagotribune.com/calendar.
   You will be directed to Metromix's online calendar.
2 Create an account or sign in and share your event.
   Signing up with Metromix is free and you can share unlimited events.
3 Confirmation: Metromix will notify you via email when your event is posted.

Questions?
Email metromix@metromix.com

m

NEWS

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

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 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."
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 at age 12. She was first diagnosed when she was 12.

Palermo was recruited to 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.

“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.

“Am really excited to go and meet with patients from around the world and talk about what works at their hospitals,” she said.

antonioper@chicagotribune.com

For the connections she hopes to make.

Is it time for your colonoscopy?

Call us regarding our Direct Access program you may be able to bypass the consult, saving you time and money.

To learn more, visit our website www.glendeno.com or call us at (847) 686-3784.

www.GlenEndo.com

The Glen Endoscopy Center

2551 Compass Road, Suite 115
Glenview, IL 60026

Meet Our Physicians:

Douglas R. Adler, M.D.
Ronald Bloom, M.D.
Kenneth D. Chi, M.D.
Harsh Gupta, M.D.
Jeffrey M. Jacobs, M.D.
Yolanda Johnson, M.D.
Slawomir Marecik, M.D.
Nina Merel, M.D.
John Park, M.D.
Baseer Qazi, M.D.
Karen Sable, M.D.
Alan Shapiro, M.D.
John Vainder, M.D.
Jonathan Williams, D.O.

*Accepting most insurances.
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 Heineken USA. “Knowing that he’s going to have the opportunity to stay home with our little one, it helps me get over the stress of arranging day care as she returns to her travel-heavy job.

As more companies beef up their parental leave benefits amid heightened 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, toymaker 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 57,000 employees in Chicago.

Online parenting resource 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 75 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 weakening, 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.

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.
OPINION

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 Americans don’t have? 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.

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 leave 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 scheme is perfect.

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, dump 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 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.

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.
We know your favorite spot better than your spouse

Reintroducing Chicago's original entertainment guide

Experience the new Metromix.com, now on all of your devices. With entertainment listings that cover the city and the suburbs, we're your go-to source so you can spend less time planning, and more time doing.

metromix.com

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 amagically 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 than usual, or fold laundry while you're 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, make date night a 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.

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/mamasgetmovin.
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 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 or 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 bittersweet 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 the 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."

"My father never really shared much about his military service, until he saw his portrait hanging on the wall."

Every hero has a story. With tremendous pride, Belmont Village celebrates the service and sacrifice of our resident veterans through American Heroes galleries nationwide. Featuring stunning portraiture and gripping narrative, the galleries depict the unique wartime experiences that forever solidified Belmont Village veterans as heroes of their generation. Always on our minds. Forever in our hearts.

BELMONT VILLAGE

SENIOR LIVING

Distinctive Residential Settings | Chef-Prepared Dining and Bistro
Premier Health and Wellness Programs | Award-Winning Memory Care
Professionally Supervised Therapy and Rehabilitation Services

The Community Built for Life.®

belmontvillage.com

BUFFALO GROVE | GLENVIEW
OAK PARK | GENEVA ROAD

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

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.skoickleicultures fest.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 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.Taste ofDesPlaines.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 Commedia troupe, Actors Gymnasium and Open Studio in the parking lot opposite Vogue Fabrics, 718 Main St. Go to 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.chicagocornerson.com/event.cfm?eid=314.

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

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; 2-7 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.

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 botanical 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.

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 line-up: 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., Mitchell, 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.

Irish American Heritage Festival, July 8-10, O'Brien Park, 4626 N. Knox Ave, Chicago. 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, $8 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...
Now playing to June 12

NORTHLIGHT THEATRE
847.673.6300 NORTHLIGHT.ORG

GO

FESTIVALS

Soak up some summer fun

Taste of Park Ridge takes place July 14-16.

District Arts and Crafts: Hours are 11 a.m.-9 p.m. Sunday. The festival includes food, live music, and local food. Free admission and parking. Go to www.lincolnwoodfest.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. Features works by more than 100 juried artists in a variety of medium. The fest 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.

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.
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.

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.

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: 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 Rosario 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.

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. Admission: before 5 p.m., $5; after 5 p.m., $10; kids 12 and under are free; online ticket special $3 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.TopChicag.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. ARRA; Saturday: 12:30 p.m., Artistry in Motion; 2:30-4 p.m., Hillbilly Rock Stars; 5-7 p.m., 7th Heaven. Free admission and parking. Go to 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.

-Staff report
Growing, giving and gaming has been our vision the past 25 years. Since the beginning, Potawatomi has entertained guests while giving back. From a world-class bingo hall to a premier entertainment destination, featuring gaming, seven restaurants, an event center, theater, hotel and more, Potawatomi Hotel & Casino has been a proud member of its community. We’re celebrating 25 years in the game, and we couldn’t have done it without you.

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.

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) 663-1234 or go to www.chicagobotanic.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.

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) 329-0460 or go to www.barnesandnoble.com.
LARRY ROESCH

CHRYSLER DODGE JEEP
RAM PROMASTER

JEEP MONTH!

UNPRECEDENTED INCENTIVES AND FACTORY REBATES...
TOO MANY TO MENTION on ALL 2015 AND 2016 NEW JEEPS!

0% FOR 84 MONTHS*

BIG SELECTION OF JEEPS! OVER 1000 NEW AND USED VEHICLES!

QUALITY PRE-DRIVEN VEHICLES!

2004 JEEP
WRANGLER SPORT
Stk.#111177
$12,993

2011 CHEVY
CAMARO 1LT
Stk.#11489A
$14,993

2011 Toyota
4Runner Trail
Stk.#112760
$30,993

2014 Dodge Ram
Promaster 3500
Stk.#11257146
$31,293

1997 CHEVY
CAMARO
Stk.#140771
$17,993

2006 JEEP
WRANGLER SAHARA
Stk.#15U727
$19,993

2014 Dodge Ram
Promaster 3500
Stk.#156890
$34,993

2008 JEEP
WRANGLER SAHARA
Stk.#15J727
$19,993

2008 Ford Mustang
Shelby GTS500
Stk.#156890
$39,993

2006 Ford Mustang
Shelby GT500
Stk.#156890
$64,000

FINANCING AVAILABLE REGARDLESS OF HISTORY! NO CREDIT - BAD CREDIT - ALL APPLICATIONS ACCEPTED!

200 W. Grand Ave. in Elmhurst
888-912-1333
www.driveroesch.com

*On select models to qualified buyers $11.88 per $1000 fin, offer ends 5/31/2016.

Se Habla Espanol and Mówimy Po Polsku
New senior program at Summit starts with crazy hats

PIioneer 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.summittofuptown.com, call 847-825-1161 or check the Summit Facebook page.

Music, memories as Northwest Choral Society marks 50 years

PIioneer 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 Lombardo 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 for information.

See www.nwchoralsociety.org
A proud ‘mediocre mom’

Karen Alpert’s humorous take on parenting has made her a best-selling author.
Baker goes extra mile for quality treats

By Judy Buchenot

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, 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 Sun 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 bread. “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, Phgra or Anchor are all good butter (brands) with higher butter fat.”

One of her personal favorite desserts is 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 soaks 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 appreciate 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 1/2-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.


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.
Building the best burger

From waiver-form hot to five-flavor fantastic

By Veronica Hinke
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.

The 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 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 steakily-flavored burger," co-owner Dean Timson said.

And there are plenty of other 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.
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 lifesize “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.”

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.”

Now, with the paperback 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 bench.

“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 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.”

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

chicagotribune.com/pets

PET OF THE WEEK

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 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.
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 to customer service and a supervisor had contacted her to resolve her issue.

After a few days with no progress, I contacted senior corporate relations manager Meghan Sporleder. For six days, Sporleder “continued 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 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.

Cathy Cunningham is a freelance columnist for Pioneer Press.

New sunroom, new fun room

INTRODUCING A NEW LOCAL YOUTH PROGRAM:

E TOWN SOCCER CLUB

- Evanston-based competitive soccer program for kids aged 8-13
- NO TRYOUTS REQUIRED
- One practice and one game per week during fall and spring seasons
- Licensed coaches that emphasize fun and skill building

Brought to you by the Evanston Soccer Association
For more information and to register for E-Town Soccer Club please go to teamevanston.org
**CHICAGOLAND BEST-SELLERS**

2. "The Little Paris Bookshop: A Novel" by Nina George (Broadway, $16).
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**
"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 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
The Way We Wore: Fashion statements of the past

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

Across
1 Ad agency clients: Abbr.  60 Hotel offerings
2 Locket shape  61 Paving full attention
3 Pointy-eared dog  62 "Jet on ____ français"
4 Medical ctr.  63 More miffed
5 Bravery  64 Works with a plane
6 Toon explorer  65 "This is a surprise!"
7 Sushi ingredient  66 Ukrainian figure skater
8 Unfolds, in verse  67 Plot-twist giveaways
9 1940s girls' fashion  68 "Fraid I can't dance"
10 "Smart" guy  69 Experiments
11 1950s women's fashion  70 Implied but understood
12 It might be an indie  71 1960s men's and women's fashion
13 Persevere  72 Cul-de-
14 Straight talk  73 Member of the mackerel family
15 Auto wheel alignment  74 Some lodge members
16 Symbol on viola  75 Solitary
17 2000s women's fashion  76 Literary or musical work
18 Motel review phrase  77 Member of the mackerel family
19 Hold in reserve  78 Brink
20 Give the eye to  79 Some Yugoslavs, today
21 DC-based alliance  80 Prima ballerina
22 It might be an indie  81 Carey
23 "Smart" guy  82 "Fraid I can't dance"
24 Grounded bird  83 Katherine of Grey's Anatomy
25 1950s women's fashion  84 Italian Renaissance rhymer
26 Washer contents  85 Strongroom
27 Memoirs, for instance  86 Lost feathers
28 Scented like cones  87 Brink
29 Nefarious  88 Some Yugoslavs, today
30 Go astray  89 "Fraid I can't dance"
31 1970s men's and women's fashion  90 DC baseballer
32 Sew loosely  91 Touring band's aide
33 Fruit letter  92 "Fraid I can't dance"
34 Ne'er-do-wells  93 "Fraid I can't dance"
35 Roman god of beginnings  94 Left Bank's "thanks"
36 "Jet on ____ français"  95 Marine conservation pioneer
37 "Jet on ____ français"  96 Toto
38 "Jet on ____ français"  97 "Fraid I can't dance"
39 Director Kurosawa  98 "Fraid I can't dance"
40 1970s men's fashion  99 "Fraid I can't dance"
41 Feign feelings  100 "Fraid I can't dance"
42 "Fraid I can't dance"  101 "Fraid I can't dance"
43 University of Miami team, in headlines  102 "Fraid I can't dance"
44 Across and colleagues  103 "Fraid I can't dance"
45 "Fraid I can't dance"  104 "Fraid I can't dance"
46 "Fraid I can't dance"  105 "Fraid I can't dance"
47 "Fraid I can't dance"  106 "Fraid I can't dance"
48 "Fraid I can't dance"  107 "Fraid I can't dance"
49 "Fraid I can't dance"  108 "Fraid I can't dance"
50 "Fraid I can't dance"  109 "Fraid I can't dance"
51 "Fraid I can't dance"  110 "Fraid I can't dance"
52 "Fraid I can't dance"  111 "Fraid I can't dance"
53 "Fraid I can't dance"  112 "Fraid I can't dance"
54 "Fraid I can't dance"  113 "Fraid I can't dance"
55 "This is a surprise!"  114 "Fraid I can't dance"
56 "Fraid I can't dance"  115 "Fraid I can't dance"
57 "Fraid I can't dance"  116 "Fraid I can't dance"
58 "Fraid I can't dance"  117 "Fraid I can't dance"
59 "Fraid I can't dance"  118 "Fraid I can't dance"
60 "Fraid I can't dance"  119 "Fraid I can't dance"
61 "Fraid I can't dance"  120 "Fraid I can't dance"
62 "Fraid I can't dance"  121 "Fraid I can't dance"
63 "Fraid I can't dance"  122 "Fraid I can't dance"
64 "Fraid I can't dance"  123 "Fraid I can't dance"
65 "Fraid I can't dance"  124 "Fraid I can't dance"
66 "Fraid I can't dance"  125 "Fraid I can't dance"
67 "Fraid I can't dance"  126 "Fraid I can't dance"
68 "Fraid I can't dance"  127 "Fraid I can't dance"
69 "Fraid I can't dance"  128 "Fraid I can't dance"
70 "Fraid I can't dance"  129 "Fraid I can't dance"
71 Italian bowling  130 "Fraid I can't dance"
72 Implements  131 "Fraid I can't dance"
73 Generous bestowal  132 "Fraid I can't dance"
74 Business card abbr.  133 "Fraid I can't dance"
75 Dust speck  134 "Fraid I can't dance"
76 Financial report preparers  135 "Fraid I can't dance"
77 "Fraid I can't dance"  136 "Fraid I can't dance"
78 "Fraid I can't dance"  137 "Fraid I can't dance"
79 "Fraid I can't dance"  138 "Fraid I can't dance"
80 "Fraid I can't dance"  139 "Fraid I can't dance"
81 "Fraid I can't dance"  140 "Fraid I can't dance"
82 "Fraid I can't dance"  141 "Fraid I can't dance"
83 "Fraid I can't dance"  142 "Fraid I can't dance"
84 "Fraid I can't dance"  143 "Fraid I can't dance"
85 "Fraid I can't dance"  144 "Fraid I can't dance"
86 "Fraid I can't dance"  145 "Fraid I can't dance"
87 "Fraid I can't dance"  146 "Fraid I can't dance"
88 "Fraid I can't dance"  147 "Fraid I can't dance"
89 "Fraid I can't dance"  148 "Fraid I can't dance"
90 "Fraid I can't dance"  149 "Fraid I can't dance"
91 Hwys.  150 "Fraid I can't dance"
92 Solemn affirmation  151 "Fraid I can't dance"
93 Starter like con-  152 "Fraid I can't dance"
94 "Fraid I can't dance"  153 "Fraid I can't dance"
95 "Fraid I can't dance"  154 "Fraid I can't dance"
96 Spun yarn  155 "Fraid I can't dance"
97 Abolishes  156 "Fraid I can't dance"
98 Keep _ (persevere)  157 "Fraid I can't dance"
99 "Fraid I can't dance"  158 "Fraid I can't dance"
100 "Fraid I can't dance"  159 "Fraid I can't dance"
101 Shakespearean prince  160 "Fraid I can't dance"
102 "Fraid I can't dance"  161 "Fraid I can't dance"
103 Feel poorly  162 "Fraid I can't dance"
Be Prepared
BY CHARLES PRESTON

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

Clues

A. Sharp-edged hand tool
B. Melodic
C. 'Queen of rock' Linda
D. Tiny amount; 2 wds.
E. Touched by your Muse
F. Troublemaker
G. Brilliant
H. Pink Panther producer
I. Pipedream
J. Sage
K. Badenov's babe
L. With no effort
M. Bug
N. Polpouri
O. Fluke
P. Tasty auto part?
Q. 'Nisha' is part of his drawings
R. Excessive
S. Toddler
T. He won exactly 300 games
U. Congrats
V. One of the flock
W. Caesar, for one

Words

67 25 135 160 101 123
6 20 71 94 54 33
102 142 14 129 2 40 44 83
91 165 66 24 53 125 155
15 158 27 145 45 134 114 95
121 72 93 84 109 32 58 19 146
1 47 147 92 105 64 115
31 164 18 119 60 107 82
112 163 69 124 148 137 61 85
144 130 73 22 79
154 4 86 162 103 127 48
128 139 149 90 70 57
118 13 56 153 141 78 98
9 61 151 106 23 89 132
96 150 46 81 110 35 7 136 66 21
37 143 122 80 138 28 43 62 167 159
99 30 38 11 111 26 126 50
87 75 49 16 3 36
106 12 120 166 55 42 97
140 157 41 100 17 63 116 34
168 152 8

Sudoku

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

Last week's answers appear on the last page of Puzzle Island
© 2016 Tribune Content Agency, LLC. All rights reserved.
Secret Retreat

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

Across
1 Playground provocation 71 Resort with a Forum Tower
5 Campus org. founded in 1906 75 CBS forensic series
9 Existing 76 Sammy Davis Jr.'s only #1 hit, with "The"
14 Capers 78 Short staffer?
19 Religion of most Iranians 79 Send payment
20 Stops allowing 81 Weymouth of Talking Heads
21 Complete 82 Like clarinet music
22 Greenland native 84 Clarinet kin
23 "Time for a shindig!" 87 "Drinks are _!
25 "Common Sense" 88 Otherwise
27 Chichén Itzá builder 89 "Movin' _": "The Jeffersons" theme entry
28 Basque city with a Guggenheim Museum 91 Rages
30 Make up your mind 94 Match part
31 "Bus Stop" playwright 95 Big name in Russian ballet
32 Juice unit 97 Coal unit
34 Knitting choices 99 L.A. Galaxy's group
35 People's Choice Award winner for Favorite TV Drama, 2008-2011
37 Remarkable thing, in old slang
41 Winged stingers
43 _ Plaines 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
60 They may be about nothing
61 Jacket material
62 Drops the ball
63 Top story
65 Move a muscle
66 Wall Street regular
67 Some might vote in it
69 Broad shoe size
70 Time of life
71 "Time for a
75 Complete
76 Stops allowing
78 Short staffer?
77 Chinese menu
80 Cal. column
81 Weymouth of Tasting Heads
82 Like clarinet music
84 Clarinet kin
87 "Drinks are _!
88 Otherwise
89 "Movin' _": "The Jeffersons" theme entry
91 Rages
94 Match part
95 Big name in Russian ballet
97 Coal unit
99 L.A. Galaxy's group
100 Gardner of film
101 Reason for
102 Vinegary
103 Chinese menu
104 Reason for
106 _ Joe
107 Tick away
108 "I don't think so"
109 Wascally wabbit
110 Whence Saint Teresa
111 Phone book no.
112 Ship stabilizer
113 Unruly do
114 Mice move on them
115 Simon of Broadway
116 Official emblem
117 Its initials became its name in 1999
118 Emotional blog entry
119 Natl. Merit Scholarship
120 Acid test substance
121 Find a job for
122 Canada's smallest prov.
123 Reporter's entreé
124 Airport NW of the Gateway Arch
125 Retreat hidden in nine puzzle answers

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.

Across
1 Playground provocation 71 Resort with a Forum Tower
5 Campus org. founded in 1906 75 CBS forensic series
9 Existing 76 Sammy Davis Jr.'s only #1 hit, with "The"
14 Capers 78 Short staffer?
19 Religion of most Iranians 79 Send payment
20 Stops allowing 81 Weymouth of Talking Heads
21 Complete 82 Like clarinet music
22 Greenland native 84 Clarinet kin
23 "Time for a shindig!" 87 "Drinks are _!
25 "Common Sense" 88 Otherwise
27 Chichén Itzá builder 89 "Movin' _": "The Jeffersons" theme entry
28 Basque city with a Guggenheim Museum 91 Rages
30 Make up your mind 94 Match part
31 "Bus Stop" playwright 95 Big name in Russian ballet
32 Juice unit 97 Coal unit
34 Knitting choices 99 L.A. Galaxy's group
35 People's Choice Award winner for Favorite TV Drama, 2008-2011
37 Remarkable thing, in old slang
41 Winged stingers
43 _ Plaines 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
60 They may be about nothing
61 Jacket material
62 Drops the ball
63 Top story
65 Move a muscle
66 Wall Street regular
67 Some might vote in it
69 Broad shoe size
70 Time of life
71 "Time for a
75 Complete
76 Stops allowing
78 Short staffer?
77 Chinese menu
80 Cal. column
81 Weymouth of Tasting Heads
82 Like clarinet music
84 Clarinet kin
87 "Drinks are _!
88 Otherwise
89 "Movin' _": "The Jeffersons" theme entry
91 Rages
94 Match part
95 Big name in Russian ballet
97 Coal unit
99 L.A. Galaxy's group
100 Gardner of film
101 Reason for
102 Vinegary
103 Chinese menu
104 Reason for
106 _ Joe
107 Tick away
108 "I don't think so"
109 Wascally wabbit
110 Whence Saint Teresa
111 Phone book no.
112 Ship stabilizer
113 Unruly do
114 Mice move on them
115 Simon of Broadway
116 Official emblem
117 Its initials became its name in 1999
118 Emotional blog entry
119 Natl. Merit Scholarship
120 Acid test substance
121 Find a job for
122 Canada's smallest prov.
123 Reporter's entreé
124 Airport NW of the Gateway Arch
125 Retreat hidden in nine puzzle answers

By David L. Hoyt and Jeff Knurek © 2016 Tribune Content Agency, LLC. All rights reserved.
By Jacqueline E. Mathews. © 2016 Tribune Content Agency, LLC. All rights reserved.

**Crossword**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>31</td>
<td>32</td>
<td>33</td>
<td>34</td>
<td>35</td>
<td>36</td>
<td>37</td>
<td>38</td>
<td>39</td>
<td>40</td>
</tr>
<tr>
<td>41</td>
<td>42</td>
<td>43</td>
<td>44</td>
<td>45</td>
<td>46</td>
<td>47</td>
<td>48</td>
<td>49</td>
<td>50</td>
</tr>
<tr>
<td>51</td>
<td>52</td>
<td>53</td>
<td>54</td>
<td>55</td>
<td>56</td>
<td>57</td>
<td>58</td>
<td>59</td>
<td>60</td>
</tr>
<tr>
<td>61</td>
<td>62</td>
<td>63</td>
<td>64</td>
<td>65</td>
<td>66</td>
<td>67</td>
<td>68</td>
<td>69</td>
<td>70</td>
</tr>
</tbody>
</table>

**Solutions**

**“Sunday Business”**

<table>
<thead>
<tr>
<th>SPUDS CASE</th>
<th>MUM</th>
<th>HANOI ORIGINATES</th>
<th>ALIEN PANORAMAS</th>
<th>WET CURB OMAHA</th>
</tr>
</thead>
<tbody>
<tr>
<td>BETA CANE</td>
<td>BEMIRE CANISTER</td>
<td>ATONE TOPIC ALE</td>
<td>CURD IT'S DUDE</td>
<td></td>
</tr>
<tr>
<td>ODE BONE SHOED</td>
<td>RESTAURANT ROUND</td>
<td>RESTO DINNER</td>
<td>GOO GORE</td>
<td></td>
</tr>
<tr>
<td>OEGE TAL</td>
<td>PLATE AONE YET</td>
<td>REVENUT SHEBA</td>
<td>OVERSTATE TUTOR</td>
<td></td>
</tr>
<tr>
<td>AIR STEM STONE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**“Communication Update”**

<table>
<thead>
<tr>
<th>29 Self-confidence</th>
<th>30 Female relative</th>
<th>31 Chris of tennis</th>
<th>32 Wash off soapsuds</th>
<th>33 Look of contempt</th>
</tr>
</thead>
<tbody>
<tr>
<td>35 “As ye sow, so shall ye”</td>
<td>38 Like a braggart</td>
<td>39 Baby waterbird</td>
<td>41 TV maker of the past</td>
<td>42 Little Prince</td>
</tr>
<tr>
<td>43 Young George's dad</td>
<td>44 Fencing swords</td>
<td>45 Hot and humid</td>
<td>47 Ore seeker</td>
<td>49 TV's &quot;One Life to...&quot;</td>
</tr>
<tr>
<td>50 Hawaiian lutes, for short</td>
<td>52 Ashur</td>
<td>53 Ceremony</td>
<td>54 &quot;...completion; almost finished&quot;</td>
<td>55 kick off of; find humorous</td>
</tr>
</tbody>
</table>

**“They're At Work”**

<table>
<thead>
<tr>
<th>COMFY</th>
<th>SPAT</th>
<th>DONAR</th>
<th>CODA</th>
<th>TRADING</th>
<th>PAPER</th>
<th>TAP</th>
<th>TAE</th>
<th>ELOPE</th>
<th>WINK</th>
<th>YELLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALA</td>
<td>SERINE</td>
<td>SPACER</td>
<td>JERK</td>
<td>SOUP</td>
<td>PHONES</td>
<td>DAVE</td>
<td>ON</td>
<td>NAP</td>
<td>STOOL</td>
<td>LACK</td>
</tr>
<tr>
<td>ON</td>
<td>SEEM</td>
<td>THE</td>
<td>APPEAL</td>
<td>ON</td>
<td>UN</td>
<td>ACT</td>
<td>VN</td>
<td>PLAN</td>
<td>OR</td>
<td>PLATE</td>
</tr>
<tr>
<td>ON</td>
<td>PAPA</td>
<td>ARIS</td>
<td>START</td>
<td>LULU</td>
<td>MAITS</td>
<td>SAD</td>
<td>TEND</td>
<td>MANS</td>
<td>VSEN</td>
<td>PON</td>
</tr>
<tr>
<td>SNE</td>
<td>NAP</td>
<td>LAM</td>
<td>AGRE</td>
<td>MERO</td>
<td>OGLE</td>
<td>CUR</td>
<td>TID</td>
<td>MEAN</td>
<td>EED</td>
<td>TRAPS</td>
</tr>
</tbody>
</table>

**“They're At Work”**

| 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**

<table>
<thead>
<tr>
<th>2</th>
<th>6</th>
<th>3</th>
<th>9</th>
<th>4</th>
<th>7</th>
<th>1</th>
<th>8</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>9</td>
<td>1</td>
<td>8</td>
<td>5</td>
<td>6</td>
<td>2</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>8</td>
<td>5</td>
<td>7</td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>9</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>6</td>
<td>4</td>
<td>5</td>
<td>2</td>
<td>9</td>
<td>1</td>
<td>8</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>5</td>
<td>3</td>
<td>8</td>
<td>1</td>
<td>6</td>
<td>9</td>
<td>7</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>9</td>
<td>2</td>
<td>4</td>
<td>8</td>
<td>7</td>
<td>5</td>
<td>3</td>
<td>6</td>
<td>1</td>
</tr>
<tr>
<td>7</td>
<td>1</td>
<td>6</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>5</td>
<td>9</td>
<td>8</td>
</tr>
</tbody>
</table>

**This week's Jumble**

<table>
<thead>
<tr>
<th>WICKED</th>
<th>VOLUME</th>
<th>SWITCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>HINDER</td>
<td>SPRUCE</td>
<td>LOCKET</td>
</tr>
</tbody>
</table>

When it came to buying guitars, he—

KNEW HOW TO PICK 'EM
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.

"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 in 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 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. **Imag“e 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 - 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!
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

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 been living 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 AskDoctorK.com., or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.

Marijuana brings relief; Nexium labeling puzzles

By Joe Graedon and Teresa Graedon

**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 more 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 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 Nexum 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.
Upgrading Chicagoland one backyard at a time

Suddenly the most popular spot in the house is outside. Whether it’s a pergola, patio cover, or sunroom, garden living is good living. Especially when it’s affordable, customizable and the job is done right the first time. When you work with us, you get the local experts who make dream homes come true.

Beat the spring rush with our spring special
847-616-5932
MAINSTREETREMODELING.COM

SPRING SPECIAL
20% OFF PROJECTS CONTRACTED BY MAY 31, 2016
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 Hersh-ey's syrup bottle -- at the same time!"

Alpert, author of the blog Baby Sideburns and the 2013 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 that you're drowning 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 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 "crazy" 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 the 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 with it. 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 at 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."

Alpert 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."

n schoenberg@tribpub.com
Twitter @nschoenberg
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 ½ 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.
The Midwest's Largest Outdoor Literary Festival

WHAT'S YOUR STORY?

JUNE 11-12

PRINTERSROWLITFEST.ORG

150 BOOKSELLERS | 150 AUTHORS | PROGRAMS FOR CHILDREN AND ADULTS | FREE ADMISSION | @PRINTERSROWFEST | #prlf16

SOUTH DEARBORN STREET, CONGRESS TO POLK AND HAROLD WASHINGTON LIBRARY CENTER
Look forward to bath time

Complete bathroom remodels starting at $76/month.

Call or visit our website for a complimentary consultation.

(847) 268-2170 | ReviveDB.com

Visit Our Bathroom Design Showroom

6919 N. Lincoln Ave
Lincolnwood, IL
Monday - Friday: 10-5
Saturday: 10-4

*Payment based on home equity line amount of $18,999 @ Prime + 1.24% (Prime is currently 3.50%), 4.74% APR, 120 month term, $76/month interest-only payment. Principal is due by end of term but may be paid back prior without penalty. Interest rates are subject to change without notice and assume qualifying credit. Income, equity and property type. Your particular interest rate may be higher or lower and can be subject to increase during the loan term based on changes to the Prime rate up to a maximum of 25.99% APR. Financing is provided by a third party bank.
<table>
<thead>
<tr>
<th>ADDRESS</th>
<th>BUYER</th>
<th>SELLER</th>
<th>DATE</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1117 S Old Wilke Rd, #404, Arlington Heights</td>
<td>Stephanie M Florenzo</td>
<td>Emil Chwoloski</td>
<td>03-31-16</td>
<td>$2,500</td>
</tr>
<tr>
<td>2319 N Olive St, #2C, Arlington Heights Glenview</td>
<td>Elsa Pourshahbaz</td>
<td>Konstanty Jasiornek</td>
<td>04-11-16</td>
<td>$950,000</td>
</tr>
<tr>
<td>28 E Algonquin Rd, #202, Arlington Heights</td>
<td>Rajendran Ramesh</td>
<td>Linda David</td>
<td>04-04-16</td>
<td>$118,000</td>
</tr>
<tr>
<td>1905 N Central Rd, #20A, Arlington Heights Glenview</td>
<td>Francesc I Nasser</td>
<td>Kathleen O'Sullivan</td>
<td>04-04-16</td>
<td>$120,000</td>
</tr>
<tr>
<td>1526 W Windsor Dr, #201, Arlington Heights</td>
<td>Jordan Samardzija</td>
<td>Michael Karans</td>
<td>04-04-16</td>
<td>$125,000</td>
</tr>
<tr>
<td>1110 Kennicott Ave, Arlington Heights</td>
<td>Daniel Sants &amp; Danielle Sants</td>
<td>Donald E Berg</td>
<td>02-31-16</td>
<td>$400,000</td>
</tr>
<tr>
<td>1624 N Dale Ave, Arlington Heights</td>
<td>Andreg Langlands &amp; Tracy Langland</td>
<td>Shae Trust</td>
<td>04-11-16</td>
<td>$455,000</td>
</tr>
<tr>
<td>1208 N Kennicott Blvd, Arlington Heights</td>
<td>Timothy P Costello &amp; Ana P Costello</td>
<td>Joy Trust</td>
<td>04-11-16</td>
<td>$650,000</td>
</tr>
<tr>
<td>409 W Maude Ave, Arlington Heights</td>
<td>Glorv V Van Cura &amp; James A Van Cura</td>
<td>Dn Cambridge Homes Inc</td>
<td>04-04-16</td>
<td>$805,000</td>
</tr>
<tr>
<td>3 Villa Verde Dr, #302, Buffalo Grove</td>
<td>Barbara Toth &amp; Laslo Toth</td>
<td>Judicial Sales Corp</td>
<td>04-04-16</td>
<td>$50,000</td>
</tr>
<tr>
<td>1151 S Shepard Dr, Buffalo Grove</td>
<td>Martin Huyckier</td>
<td>Lake County Sheriff</td>
<td>04-11-16</td>
<td>$75,000</td>
</tr>
<tr>
<td>160 Woodstone Dr, Buffalo Grove</td>
<td>Donald Galloway Jr &amp; Wendi D Galloway</td>
<td>Carol S Kuzmich</td>
<td>04-06-16</td>
<td>$260,000</td>
</tr>
<tr>
<td>570 Cobblestone Ln, Buffalo Grove</td>
<td>Sabrykrishnan Loganathan &amp; Nitha Ambalakshmi</td>
<td>Vm M Boxerman</td>
<td>04-07-16</td>
<td>$385,000</td>
</tr>
<tr>
<td>980 Shambhala Ln, Buffalo Grove</td>
<td>Ivan Stolarz</td>
<td>Barbara A Pataky</td>
<td>04-07-16</td>
<td>$430,000</td>
</tr>
<tr>
<td>952 Providence Ln, Buffalo Grove</td>
<td>Zachary M Keller &amp; Julia L Keller</td>
<td>Aaron Buterman</td>
<td>04-07-16</td>
<td>$400,000</td>
</tr>
<tr>
<td>1249 Perry St, #103, Des Plaines</td>
<td>Yu Sunk Ok &amp; Doo Young Shin</td>
<td>Minho Cusentino Wegener</td>
<td>03-31-16</td>
<td>$113,000</td>
</tr>
<tr>
<td>453 Asles St, #2A, Des Plaines</td>
<td>Margareta Mencloch</td>
<td>Vivian Adriansa Mendez</td>
<td>04-11-16</td>
<td>$370,000</td>
</tr>
<tr>
<td>1456 Willow Ave, Des Plaines</td>
<td>Salvador Hernandez Ramirez &amp; Consuelo Aroce Lomelin</td>
<td>Norman W Randall</td>
<td>04-11-16</td>
<td>$370,000</td>
</tr>
<tr>
<td>203 S Walnut Ave, Des Plaines</td>
<td>Andrew Reyes</td>
<td>Fannie Mae</td>
<td>04-04-16</td>
<td>$135,000</td>
</tr>
<tr>
<td>701 S Patrick Ln, #308, Des Plaines</td>
<td>Alina B Kieslak</td>
<td>North Shore Holdings Ltd</td>
<td>04-11-16</td>
<td>$125,000</td>
</tr>
<tr>
<td>900 Gulf Rd, #11A, Des Plaines</td>
<td>Matthew Mukenschnaib &amp; Kandy Mukenschnaib</td>
<td>Federal Home Loan Mfcp Corp</td>
<td>04-11-16</td>
<td>$275,000</td>
</tr>
<tr>
<td>736 E Algonquin Rd, Des Plaines</td>
<td>Joyce A Van Der Kolk</td>
<td>Sergio Collazo</td>
<td>03-31-16</td>
<td>$180,000</td>
</tr>
<tr>
<td>906 Center St, #107, Des Plaines</td>
<td>Brett Huffman &amp; Celeste Huffman</td>
<td>Nemaja Stojanovic</td>
<td>04-04-16</td>
<td>$160,000</td>
</tr>
<tr>
<td>590 Lee St, #203, Des Plaines</td>
<td>Chintan M Shah</td>
<td>Michelle A Taylor</td>
<td>04-11-16</td>
<td>$215,000</td>
</tr>
<tr>
<td>656 Pearson St, #402, Des Plaines</td>
<td>Tushar Parvani</td>
<td>Serf Trust</td>
<td>03-31-16</td>
<td>$217,000</td>
</tr>
<tr>
<td>1417 S Walnut Ave, Des Plaines</td>
<td>Jolynn Lopez &amp; Amarelys Sgarra</td>
<td>Nikolay Todorov</td>
<td>03-31-16</td>
<td>$225,000</td>
</tr>
<tr>
<td>1247 Evergreen Ave, Des Plaines</td>
<td>Steve Lindberg &amp; Holly Decher</td>
<td>Jason Holloway</td>
<td>04-04-16</td>
<td>$300,000</td>
</tr>
<tr>
<td>2141 Ridge Ave, #4, Edgewater</td>
<td>Tianyu Ji &amp; Xinya Yang</td>
<td>Noelle Krim</td>
<td>03-31-0</td>
<td>$110,000</td>
</tr>
<tr>
<td>856 Hinman Ave, #303, Edgewater</td>
<td>George Amaozky</td>
<td>Deutsche Bank Natl Tr Co</td>
<td>03-31-16</td>
<td>$1,230,000</td>
</tr>
<tr>
<td>2278 Madison Pl, Edgewater</td>
<td>Christopher M Eccher &amp; Ilana Eccher</td>
<td>Debra K Jansz</td>
<td>03-31-16</td>
<td>$172,000</td>
</tr>
<tr>
<td>2332 Central St, #407, Edgewater</td>
<td>Evelyn M Siders</td>
<td>Pavel Shustak</td>
<td>03-31-16</td>
<td>$195,000</td>
</tr>
<tr>
<td>1929 Sherman Ave, #103, Evanston</td>
<td>Michael J Luchuk &amp; Ellen L Vanzanten</td>
<td>Steffenk Trust</td>
<td>03-31-16</td>
<td>$229,000</td>
</tr>
<tr>
<td>910 Oakton St, #2, Evanston</td>
<td>Nathan M Thomas &amp; Karolyn J &amp; Hall &amp; Sternley</td>
<td>Jerry Kevinh Loft</td>
<td>03-31-16</td>
<td>$234,000</td>
</tr>
<tr>
<td>7724 Southpoint Rd, Evanston</td>
<td>Nestor K Bravna &amp; Pralarka Stnemy</td>
<td>Benjamin J Gray</td>
<td>04-11-16</td>
<td>$324,000</td>
</tr>
<tr>
<td>8837 Forestview Rd, Evanston</td>
<td>Matthew A Zorein &amp; Genevieve Cumeau</td>
<td>Jeffrey R Simpson</td>
<td>04-04-16</td>
<td>$338,000</td>
</tr>
<tr>
<td>613 Custer Ave, # A, Evanston</td>
<td>Mark Kundeis</td>
<td>Scott Horwitz</td>
<td>04-11-16</td>
<td>$350,000</td>
</tr>
<tr>
<td>2304 Maple Ave, Evanston</td>
<td>Richard Costick</td>
<td>Howard Hartenstein</td>
<td>03-31-16</td>
<td>$515,000</td>
</tr>
<tr>
<td>2641 Prairie Ave, Evanston</td>
<td>Paul Sexton &amp; Shana Sexton</td>
<td>Todd Murphy</td>
<td>04-11-16</td>
<td>$516,000</td>
</tr>
<tr>
<td>906 Maple Ave, Evanston</td>
<td>James D Wood</td>
<td>Mark S Sweeney</td>
<td>03-31-16</td>
<td>$550,000</td>
</tr>
<tr>
<td>2715 Harrison St, Evanston</td>
<td>Katherine Collo &amp; Paul M Collo</td>
<td>David D Vries</td>
<td>04-11-16</td>
<td>$665,000</td>
</tr>
<tr>
<td>2518 Ridgeway Ave, Evanston</td>
<td>Joris Coopmans &amp; Jennifer Haines</td>
<td>Christopher B Powers</td>
<td>04-11-16</td>
<td>$645,000</td>
</tr>
<tr>
<td>1270 Lyons St, Evanston</td>
<td>Ji Won Park &amp; Seth Klein</td>
<td>Gregory M Taucher</td>
<td>04-11-16</td>
<td>$725,000</td>
</tr>
<tr>
<td>1271 Dodge Ave, #B, Evanston</td>
<td>Lillian A Matzino &amp; Richard S Dydek</td>
<td>Bank of New York Mellon Trust</td>
<td>03-31-16</td>
<td>$750,000</td>
</tr>
<tr>
<td>703 Forum Sp, #409, Glenview</td>
<td>Athenia Amanam &amp; Hestas V Veph</td>
<td>Theo Investments LIC</td>
<td>04-11-16</td>
<td>$159,000</td>
</tr>
<tr>
<td>3100 Hewes St, Glenview</td>
<td>Douglas Smith</td>
<td>Bryan McGraw</td>
<td>03-31-16</td>
<td>$250,000</td>
</tr>
<tr>
<td>3360 Hewes St, Glenview</td>
<td>Shared K Patel &amp; Kajal Patel</td>
<td>Stefan R Mazzu</td>
<td>03-31-16</td>
<td>$280,000</td>
</tr>
<tr>
<td>37 James Ct, Glenview</td>
<td>Ronald W Keck &amp; Sandra E Keck</td>
<td>Malika Hushchack</td>
<td>03-31-16</td>
<td>$576,000</td>
</tr>
<tr>
<td>1933 Sallan Dr, Glenview</td>
<td>Peter J Carras &amp; Marcy Lynn Caron</td>
<td>Development Solutions Gin Lic</td>
<td>04-11-16</td>
<td>$745,000</td>
</tr>
<tr>
<td>2244 Wilson Ln, Glenview</td>
<td>Christopher S Olivier</td>
<td>Development Solutions Gin Lic</td>
<td>04-11-16</td>
<td>$1,166,000</td>
</tr>
<tr>
<td>404 Fordell Rd, Glenview</td>
<td>Leander Mokli &amp; Lubov Tochka</td>
<td>Ad Orange Group Lic</td>
<td>03-31-16</td>
<td>$1,166,000</td>
</tr>
<tr>
<td>3 Fallsbark Blvd, Hawthorn Woods</td>
<td>Antha Zdulka &amp; Prabiram Shankaran</td>
<td>Pulte Home Corp</td>
<td>04-04-16</td>
<td>$56,000</td>
</tr>
</tbody>
</table>

This list is not intended to be a complete record of all real estate transactions. Data compiled by Record Information Services [630-557-1000, 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

DESPLANES
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 butler's pantry. Mud/laundry room with built-in cubbies off kitchen. Upstairs holds four bedrooms and storage space. Master has vaulted ceilings, two wall-in closets, double vanity, whirlpool tub and separate shower. Wood deck and fenced backyard.
Address: 2619th St.
Price: $474,900
Schools: Wheeling High School
Taxes: $13,080
Agent: Julie Cox/Baird & Warner Northwest 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
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. 10 a.m. All week, Des Plaines History Center, 791 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 wide array of 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 Scharf, and Douglas Stapleton. Each of the artists chosen by curator Marilyn Prop uses the transformative power of collage, an accumulation of material 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 the museum's 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, $5 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 distinctive 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, 8:30 p.m. May 22. Writers Theatre, 325 Tudor Court, Glencoe, 875-880, 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 2 p.m. 11 a.m. Thursday, 1 p.m. Thursday, 3 p.m. Thursday, 3 p.m. Thursday, Glencoe. Club, 621 Westley Road, Glencoe, free, 847-409-5526

Internet Essentials: Learn about browsers, search engines, basic vocabulary, searching strategies and finding information, call Ezra-Habonini, the Senior Resource Specialist. 7 p.m. Park Ridge Community Library, 20 S. Prospect Ave., Park Ridge, free, 847-677-5277

People and Trees: A Growing Relationship: Glenview residents can celebrate the size, importance and grandeur of all of our regional trees have some distinctive and celebrated characteristics. 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, 847-677-5400

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 the 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 a linguistic expert Henry Higgins who bets he could transform Eliza into a proper lady who speaks proper English. 2 p.m. Niles Township Jewish Congregation, 4000 W. Pratt Ave., Morton Grove, free, 847-965-4220

Wonder Ground Open Lab: Look, touch, 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: 8 p.m. to 10 p.m. at the Evanston Public Library, 1703 Orrington Ave., Evanston, free, 847-475-5300

Interviewing: Gain the knowledge and skills to succeed in the job search process. 7 p.m. Saturday, 8751 N. Milwaukee Ave., Niles, free, 324-543-7158

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 ever-popular "Israel Story" podcast. Register at event website, 7:30 p.m. Temple Beth Israel, 3001 W. Dempster St., Skokie, $10 suggested donation, 847-675-0951

Food Drive in Skokie: Donations of canned goods and dry food products to fill the shelves of the Niles Township Food Pantry. All cans can be dropped off at Walgreens. For further information, call Ezra-Habonim, the Niles Township Jewish Congregation office at 847-675-4141. Midnigh, 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, Marcie Seifert, says the shop opens to the public with "Beautiful gifts to bring to Passover as well as crystal glassware, books, photo albums, spice boxes, yads, challah covers, challah boards and kiddush cups for Shabbat." 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

Turn to Calendar, Next Page
John Hall Homes has perfect communities with the quality, unique style and luxurious ambiance to match. Come visit our model homes and uncover the lifestyle you've been looking for.

SILENT OAKS IN ST. CHARLES
3 lots left
Homes from $1.25m to $3.5m

GROVE ESTATES OF OSWEGO
Luxury you deserve
Homes from $649,000

HIGHLAND WOODS IN ELGIN
Homes available now
Homes from $475k to $850k

630.618.2470  johnhallhomes.com
Your dream home is waiting.
2020 Dean Street, Suite A. St. Charles, IL 60174
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

Nia: Holistic dance fitness: With Nia develop flexibility, agility, mobility, strength and stability in your body. 11 a.m., Mondays, Wednesdays and Fridays. Raydient Day, 1400 Greenleaf St., Evanston, $11 drop-in, 887-869-6477

Put Your Best Foot Forward: The Parkinson Wellness Recovery Brain-Body Trainings is for people with Parkinson’s disease and those who care for them. 10 a.m., Wednesdays, Fridays and Sundays, Glenview Public Library, 2400 Chestnut Ave., Glenview, $10-$15, 847-520-0630

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, 847-272-3850

S9Rhythms Dance: Come explore the S9Rhythms 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, 847-669-0280

GlenViewings Film Series “The Big Short”: Just drop-in and see this movie that delivers with a well-acted, scathingly 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, 130 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, 130 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, 130 Glenview Road, Glenview, free, 847-729-7500

PARKwood Wellness Recovery Brain-Body Trainings: Brain-Body Training/PWRI is Parkinson-specific exercise, scientifically designed to target symptoms of PD. It includes boxing training for endurance, agility and stability. The instructor is Drew Suriniki, an exercise physiologist. 10 a.m., Tuesdays, Wednesdays and Fridays, Glenview Park Center, 2400 Chestnut Ave., Glenview, $10-$15, 847-520-0630

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 Great Decisions Briefing Book. Next meeting: Middle East, rise of ISIS, the future of Kurdistan, the Koreas, the United Nations, climate change, and Cuba. 7:30 p.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 morning. 9 a.m., Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-5127

T'ai Chi for Arthritis and Chronic Conditions: T’ai 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, 847-692-3979

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 and their meetup at meetup.com/Polyglots Toastmasters-German-speaking. Please email andrewweiler94@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 Elinwood 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

Steele 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 I0 Theater, a silent auction and a 2016 Inspiration Award presentation to Stacy Ratner, co-founder of the Chicago Literary 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 Han-nah. 9 a.m., St. Matthews Episcopal Church, 2120 Lincoln St., Evanston, 847-733-9660

Signature Entertainment Presents: “The Gospel According to...:” Sandra Howard leads an open discussion of Reptiles show, face painting and music. 7:30 p.m. and 9:30 p.m., SPACE, 1245 Chicago Ave., Evanston, free, 847-996-0609

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 power-ups, witches and warp tubes. 4:30 p.m. and 7:30 p.m., May 21 and p.m. May 22, Actors Gymnasium, 927 Noyes St., Evanston, $12-$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, Glencoee, 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, 847-773-7554

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. 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 Mastroson, Dave DiNaso’s Traveling World of Reptiles show, face painting and more. 10 a.m. Liberty Bank, 6666 N.

Turn to Calendar, Next Page
Upgrading Chicagoland
one kitchen at a time

Get your cooking space winter-ready with
more room to entertain, an updated look or a
reorganization of the essentials. Main Street
Remodeling ensures each job is affordable,
customizable and is done right the first time.
When you work with us, you get the local
experts who make dream homes come true.

Beat the spring rush
with our spring special
847-616-5932

MAINSTREETREMODELING.COM

SUNROOMS
PERGOLAS
KITCHENS
ADDITIONS
BATHROOMS
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 Lights: Community leadership group boasts 80 members and meets every Tuesday, 7:45 a.m. Hilton Garden Inn Chicago North Shore/Evanston, 1818 Maple Ave., Evanston, free

Tuesday Morning Music: Garden visitors can enjoy free hour-long medi-
tative 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 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 Al-
bert Mayes portrays Iris Apfel, a quick-witted 93-year-old outsized pres-
ence 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 prepare your documents 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 selec-
tion of appropriate retirement benefits, picking the right health insurance and Medicare programs, etc. For more in-
formation and to make an appointment, call Kathy Gaeding at CJE SeniorLife, 773-508-1054. 9:30 a.m. Evanston 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
Upgrading Chicagoland one bathroom at a time

Freshen up the most used room in the house with new shower walls, doors, fixtures and more. We make sure each job is affordable, customizable and is done right the first time. When you work with us, you get the local experts who make dream homes come true.

Beat the spring rush with our spring special

847-616-5932

MAINSTREETREMODELING.COM

SUNROOMS
PERGOLAS
KITCHENS
ADDITIONS
BATHROOMS
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 spellbinding 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

Building Healthy Habits: Take part in movement exercises in this class as well as 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 630 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

Have an event to submit? Go to chicagotribune.com/calendar
MOVIES

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" ★★ ½
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 Reel (Peele). But then one night, Reel’s place is ransacked and Keanu is cat-napped. The rest of the movie follows Reel and Clarence (Key) on an odyssey of feline retrieval that puts them in direct conflict with anaviolent and wearying script. — M.P.
Tell your Loved One's Story

Include a photo of your loved one.

Call 866.399.0537 or visit: placeanad.tribunesuburbs.com
Get stories by the week and hour
Visit us online for more community news to help you make informed decisions around the clock.

Chicago Tribune
chicagotribune.com/suburbs
Place an Ad Online

GO TO:
placeanad.tribunesuburbs.com
What a woman wants

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

BY BOB WEBER

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 8 percent reported in 1998.

"Women continue to embrace motorcycle riding 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 92 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 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, 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's 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: 71 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: 381 lbs.
Seat height: 27.6 in.
MSRP: $6,999

**INDIAN**

Model: Indian Scout Sixty
Engine: 761 cc (46 CID)
Fuel capacity: 5.1 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 cc (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
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 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.

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 supplement 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.

BY ROBERT DUFFER
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

Bad vibrations: Steering shakes stir up car owner

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 is around 1,250. I took it to the dealer and they loosened the exhaust and engine mounts, etc. The vehicle is 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."


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 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.


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 through noon on May 26 to make your pick.

The finalists

- Niki Ahlstrand, Maine East
- Conor O'Neill, Notre Dame
- Tyler Tsagalis, Notre Dame
- Barrington Wade, Niles North
- Jon Arenas, Maine South
- Caleigh Pistorius, Maine South
- Martin Barr, Niles North

Good Luck to the BOYS AND GIRLS WATER POLO, GIRLS TRACK AND BASS FISHING in this weekend's IHSA State Finals!
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:
CHICAGOTRIBUNE.COM/ATHLETES
Glenbrook North, Grod end Maine East's season

**By Dan Shalin**

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).

Maine East's Rachel Koshy attempts a backhanded shot while being defended by Glenbrook North's Anne Rosdahl.

---

Maine East's Majka picks up two wins at state

**By Heather Rule**

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.


"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 Deja, 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 @PioneerPress
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 Scekic 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.

Niles West's Lauren Patt battles for control of the ball.

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 goalkeeper Tony Dynek tries to make a save during the Glenbrook South Sectional quarterfinal against Evanston on Wednesday, May 11.

Niles West's George Spiratos scores during the first quarter against Evanston.
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, starting at age 9.

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, and 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 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 pommeled 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 saw 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.

"He 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.

"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 backflips (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 Dumiuru 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

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 boys is because girls have become more honest about their symptoms, researchers said. Boys are more likely to play through concussions, which can lead to more severe injuries if not properly treated.

- Barrington's Michayla Herr (7) heads the ball on a corner kick as Buffalo Grove's Georgette Topallis (13) and Dani 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 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.

Twitter @VanDrilSports

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.
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 had 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 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 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..."
“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.

"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.

Twitter @VanDrilSports
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.
ACT NOW! RATES INCREASE 06.01.16
Preview Center Opens May 20

826 W. Touhy @ Cumberland
847.802.9826

ffc.com/parkridge

East Lakeview - Gold Coast - Halsted & Belmont - Lincoln Park - Oak Park
Old Town - South Loop - Union Station - West Loop - PARK RIDGE
**GORGEOUS “WOODLANDS” CONDO!**


**HURRY BEFORE IT’S GONE!!**

Skokie...Just Listed! Super solid 7 room brick Ranch in convenient location within steps to Jane Stenson School & playground! Large living room/dining room combination. 3 nice size bedrooms. Spacious eat in kitchen. Full unfinished basement awaits your finishing touches. Hardwood floors throughout living room, dining room & bedrooms. 2½ car all face brick garage. Updates include furnace, central air & refrigerator 2012. Freshly painted, brand new concrete front walkway. Roof, fascia, soffits & gutter guards approx. 10 years old. Only $249,900

**PRICE JUST REDUCED!!**

Skokie... The Best of “Devonshire!” Sparkling Clean & Absolute “Move In Condition!” New décor/painting + newly refinished oak floors throughout. Huge living/dining room with custom Plantation shutters. 3 brs & 2 full updated baths on main floor. Large eat in contemporary white kitchen with 2 ovens & ceramic tile backsplash. Exceptionally large lower level family room(35x13 + 18x11). Huge laundry room + storage area. Large rear yard (60' x 132' lot). Super convenient to Devonshire Park/Pool & The Award Winning Devonshire School! Only $299,000