D219 announces superintendent

OPRF top administrator to join district. Page 6

SPORTS

Heading downstate

Area athletes qualify for boys track and field state meet. Page 39

LIVING

Rain or shine, it's luau time

Even if the weather doesn't cooperate, these recipes for coconut-coated shrimp and tiki burgers make for a great menu theme for Memorial Day. Inside

Your guide to upcoming events

Don't miss out these Summer Fun activities, including the Tempel Lipizzans performances, kids' Second City summer camps, the Lake Forest Festival and much more. Inside
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Bushra Amiwala, Niles North senior

While some soon-to-be high school graduates are unsure where their path into adulthood will lead, Niles North High School senior Bushra Amiwala found her calling in social activism when the Council on American Islamic Relations recently asked her to speak at a rally against anti-Muslim sentiment.

The positive response to her speech drew from the 500 spectators who gathered in downtown Evanston for the event last December only reinforced Amiwala’s confidence in her decision to continue working as a community service activist in her college years.

The Skokie native shares her goals for the future with the Pioneer Press.

Q: What are your college plans?
A: I will be attending DePaul University in the fall as a Community Service Scholar, and as of right now I’m on a business track.

Q: Any fears about leaving high school?
A: As much as I love and am going to miss high school, I think Niles North has done a great job preparing me for the journey which college will be. I am extremely excited to be attending DePaul, and regardless of what my career path ends up being, I hope it somehow ties into helping others and bettering the world.

Q: What’s your favorite high school memory?
A: When I was invited to be the student speaker at the rally against Islamophobia. It was really exciting to see all of the people come out to help support Muslim people in the community.

Through this I was invited to speak at many interfaith peace summits, and recognized by NorthShore University HealthSystem as a “BridgeBuilder” awardee, it was sort of like my 15 minutes of fame. It also sparked my interest in social justice and creating a better tomorrow. Also, my junior year, my partner and I won the Harvard University Debate competition and were recognized as the Junior Varsity Champions. Both were really exciting moments in life, sorry I couldn’t pick!

Q: What are your plans this summer?
A: I will be interning for Sen. Mark Kirk this summer. I also will be volunteering at the Niles Food Pantry the days I am not interning.

Q: Who has been your biggest inspiration so far in life?
A: My mom. She is one of the most caring and encouraging people in my life, hands down. She is such a hard worker, and is the one who drives me back and forth, encouraging me to get involved. Also, my AP government and politics teacher, Mr. Sharma, he was awarded the Golden Apple. Mr. Sharma has really sparked my passion for community service and giving back and has really pushed me to be my best. Because of him, I am really interested in education and someday would like to return to Niles North to carry on his legacy.

— Natalie Hayes, Pioneer Press
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Oak Park administrator hired as new D219 superintendent

Board feels Isoye will ‘bring some great things’

BY BRIAN L. COX
Pioneer Press

The Niles Township High School District 219 Board of Education on May 19 voted to hire Steven Isoye as its new superintendent, a step that will help the district move forward following a difficult year in which the last superintendent resigned following an internal investigation, officials said.

"Any time there's any kind of issue that you go through in the past and you turn the corner it is a nice process," the board's president, Mark Sproat, said after the May 19 vote. "I feel that Dr. Isoye will bring some great things to the district." 

Isoye has served as superintendent of Oak Park and River Forest High School District 200 since 2010, was principal of Maine East High School in Park Ridge from 2007 to 2010 and was named 2010-2011 Illinois high school principal of the year by the Horace Mann/Illinois Principals Association. Since 1998, he has served on the board of trustees for the Illinois Math and Science Academy, according to District 219 officials.

"I am excited to have this opportunity to serve the Niles Township high schools community and the Board of Education," Isoye said in a statement. "I am thrilled to work with an excellent group of educators, staff and students. I realize that I will need to take the time to listen and learn, but, given the support for schools I see from your community, the possibilities are endless."

District 219 has been without a permanent superintendent since late last year when then-superintendent Nanciann Gatta and John Heintz, the district's assistant superintendent for operations and chief legal officer, left the district following an internal investigation into administrator spending habits and perks.

Niles North High School Principal Ryan McTague is leaving the school at the end of the school year to become the superintendent of McHenry School District 156. Officials had previously said they would not be naming a new principal until a new superintendent was found.

Before becoming principal at Maine East, Isoye was principal of Warren Township High School's freshman-sophomore campus in Gurnee, where he also served as head of the Division of Science, Industrial Technology and Family and Consumer Sciences from 2000 through 2003, official said. They said that while at Highland Park High School from 1997 to 2000, Isoye served as science department chairman. In 1998, he was named the Illinois state teacher of the year by the Illinois State Board of Education and received the Milken Educator Award. Prior to taking on administrative roles, Isoye taught science at Deerfield High School, The Latin School in Chicago and Loyola Academy in Wilmette.

"That was very important, that he was a teacher, that he has gone through the ranks," Sproat said.

The 17-page contract the board signed off on during its May 19 meeting states that Isoye will serve as "interim superintendent" from May 23 to June 30, and as superintendent beginning on July 1 through June, 2019. He will be paid $250,000 annually with benefits.

The performance-based contract also includes a list of superintendent goals including, presenting a comprehensive recommendation to the Board of Education to increase student performance on standardized and curriculum-based measures in science and math through implementation of the STEM initiatives identified in the 21st century schools program and within the academic program of the district's schools.

In addition, it says Isoye will present a comprehensive recommendation to the board to facilitate professional development and collaboration time for educators during the school year, facilitate implementation of the recommendations contained in March and April reports to the board, present a recommendation for a written fund balance philosophy to the board and present a recommendation for a written employee compensation philosophy to the board.

"It was a great process," Sproat said of the district's nationwide superintendent search. "We had wonderful input from the community and from the students and the teachers."

He also said one of Isohyet's first tasks will be to help hire a new principal for Niles North to replace McTague.

"He's going to have to jump into that right way," Sproat said. "He's got the keys handed to him. That is the decision of the superintendent."

"He is a very level-headed intelligent gentleman who brings the whole package to the district," he added. "You can tell he cares about the students and staff. That's something that will really radiate amongst the whole community."

Brian L. Cox is a freelance reporter for Pioneer Press.
Niles library director seeks board diversity

BY LEE V. GAINES
Pioneer Press

The director of the Niles Public Library District said she'd like to see more diversity among the membership of the library's Board of Trustees.

Susan Lempke told trustees at a meeting May 18 that she'd like the opportunity to reach out to potential candidates to fill a recently vacated seat on the board. Trustee Danette O'Donovan Matyas, who also serves on the Niles Village Board, announced her resignation from the library board at a meeting last month.

"It's a very homogenous board. You are very much in the same demographic. I would really like to see the board become a little more diverse," Lempke said.

Board President Linda Ryan agreed with Lempke's suggestion. She said "it could be nice to get someone from the north end (of the district) or a different ethnicity or age or whatever."

Lempke also expressed concern about "people putting themselves forward offering to become a trustee and then being turned down."

"Whenever anyone is rejected for something they offered to do, they don't feel very good," she said.

Trustee Karen Dimond said she was fine with Lempke reaching out to potential candidates, but believes the position should be open to anyone interested in serving.

"I don't like to see people get rejected, but frankly you can't have a thin skin and be on the library board," Dimond said.

There was some initial disagreement among the trustees on the process of choosing a candidate to fill the one year remaining of Matyas' term.

Lempke suggested the board discuss the process and potential candidates for the seat in executive session following the advice she had received from the board's attorney.

"If we're going to talk about people, candidates, that should be done out here," Trustee Carolyn Drblik said.

Though the board agreed not to name anyone specifically, the members settled on a tentative selection process in open session. Lempke advised the board to create a nominating committee made up of herself and two board members to vet the candidates who submit letters of intent.

Ryan suggested a committee be established only if more than five people express interest in the post.

Drblik adamantly disagreed with the nominating committee concept.

"I don't think it's fair for you to turn away applicants because you decided they weren't good enough," Drblik said. "I think they should all have an opportunity to be interviewed. The community already thinks this is a secret society."

Trustee Tim Spadoni offered a compromise all board members accepted.

"I would say that all the applications, all the letters of intent, should go by all the board members. I would be more comfortable with the board reading all the applications and resumes and the board deciding on the top four or five candidates to interview," he said.

Ryan said the library district would issue a notice that the board is seeking interested candidates to fill Matyas' seat. She said the board would review the submitted letters of intent and resumes next month, interview candidates in July and appoint someone to fill the post in August.

"I personally believe any board member should be a frequent patron of the library," Spadoni said. "That would be great to see in a letter of intent."

People interested in serving out the remainder of Matyas' term are welcome to submit a letter to trustees detailing their past relevant experience, why they would like to serve on the board and whether or not they use the library. The letters can be sent via email to trustees@nileslibrary.org, or addressed to Lempke, Niles Public Library District, 6960 Oakton St, Niles, IL 60714. To be considered for the post, applicants must live in the Niles Public Library District, which includes the village of Niles, most of unincorporated Des Plaines and unincorporated Glenview.

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

Niles library to decide on IMRF alternative

BY LEE V. GAINES
Pioneer Press

Niles library officials are expected to make a decision next month on whether or not to enroll employees in a state pension fund.

Library Director Susan Lemple and board President Linda Ryan have previously said a decision is needed to make the best retirement plan for employees.

Pritz, a state pension fund, and the Illinois Municipal Retirement Fund are two possible options.

Pritz, which has been paying into the fund for years, has contributed $6 million to the fund in the past five years.

Pritz said he expects to make a decision in the coming weeks on the pension fund.

Pritz said he expects the board to make a decision in the coming weeks on the pension fund.

The decision will end what has been a nearly year-long investigation into retirement options for the library district's employees.

The library is currently offering employees a defined contribution plan and a 401(a) plan.

Under the 401(a) plan, employees would be required to contribute 4.5 percent of their annual salary to the fund.

Under the defined contribution plan, employees would be required to contribute 7.5 percent of their earnings to the fund.

Pritz said board members indicated they would like to phase out the practice of allowing employees to take retirement money as salary.

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The library would need to contribute 8.12 percent of employees' salaries for the first two years of enrollment in the defined contribution plan.

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Under the defined contribution plan, employees would be required to contribute 7.5 percent of their earnings to the fund.

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Non-residents now welcome to participate in Niles library programs

BY LEE V. GAINES
Pioneer Press

Patrons from outside the library are now welcome to participate in its programs after the library's Board of Trustees voted May 18 night to amend its policy.

The board voted 4-1 to approve the change. Trustee Carolyn Drblik voted against the amendment, saying the library should be for the benefit of Niles taxpayers.

Library Director Susan Lemple said patrons from outside the district would only be allowed to participate in library programs after in-district patrons had been accommodated. She said the village is trying very hard to attract people to Niles and the library is a key component in that effort.

Some of the library's programs are well-attended while others might only attract a few in-district patrons, Lemple said.

"I would rather leave it in the hands of staff to determine where there is no room to be sharing with other people," she said.

Drblik criticized the amendment and suggested the library alter its program offerings if attendance is lagging.

"We need to remember we're established here for all the Niles taxpayers," Drblik said. "Maybe if you have small enrollment in these programs, you need to re-think whether the programs you're providing are what residents want."

Lemple and library board President Linda Ryan argued that other area libraries have an open door policy.

Lemple said there's a perception among Niles patrons that they're having to share their library with other people, but they're not realizing other people are also going and sharing things in other libraries.

Ryan said she surveyed Chicago, Skokie and Des Plaines public libraries and all said they allow patrons from outside their districts to participate in their programs. She said Skokie indicated that very occasionally it offers a program specifically for Skokie residents.

Drblik cited the Park Ridge Public Library as an example of an area library that charges fees to outside patrons who participate in certain programs.

She also criticized Lemple for not providing her with detailed data on the costs associated with library programming.

"You're not sharing that information with me," she said to Lemple. "You're refusing to give me the information I ask for, so it seems very secretive." If we're going to put on a program we should be able to determine after it was over if it was successful based on who attended and how much it cost.

Lemple said library staff have kept a close eye on what was spent on program-
Niles Sports Authority set to close after bankruptcy filing

BY LEE V. GAINES
Pioneer Press

Sports Authority is set to close all of its 450-plus stores across the country, including the location on Dempster Street in Niles, after the bankrupt company wasn't able to secure a buyer, according to a new court filing.

The Colorado-based retailer filed for Chapter 11 bankruptcy in March with the intention to sell or close 140 of its locations, including its 28 stores in Illinois. Sports Authority was unable to reach a deal with lenders and creditors and was sold at auction.

Sports Authority has operated out of that location for at least a decade. "The Sports Authority on Dempster Street is in a pretty high-traffic strip mall. I would anticipate that when it closes there's probably going to be significant interest in the space. I think the Michaels and the Big Lots there do very well," she said.

She said store closings of this magnitude can have a negative impact on sales tax revenue for municipalities, but given the popularity of the area, she's confident there would be interest from other businesses in leasing the space.

The economic development coordinator for Niles, Ross Klicker, said he's waiting for confirmation of the closings from Sports Authority before he'll believe the Niles store is actually going to shutter.

"I've seen things like this come up in the past few weeks and they haven't been true," he said. "If it is true, we'll be sad to see them go and we'll work diligently with the landlord to get a suitable replacement in for the space."

He estimated that the store occupies a space in the 40,000- to 50,000-square-foot range. Klicker said the loss of the store would negatively affect sales tax revenue in the village, but could not say to what degree.

Relocating sales will begin at Sports Authority locations next week.

The sporting goods chain, like other big-box retailers, has struggled in recent years with competition from online sales and in the brick-and-mortar environment.

"I don't think the closings is indicative of a local economy as it is a national, global economy," Schneider said. "A lot of those stores have to be hurt by Internet sales and competition. It's unfortunate. I know there's a lot of jobs at stake. ... You certainly don't want to see large stores like that sit vacant."

The company was founded in Fort Lauderdale, Fla., in 1987, purchased by Kmart in 1990 and bought by a private equity firm in 2006.

Sports Authority reported $3.5 billion in revenue last year and employs 16,000 people, according to Forbes magazine. Representatives from Sports Authority declined to comment.

Lee V. Gaines is a freelance reporter for Pioneer Press.
The following items were taken from local police department reports. An arrest does not constitute a finding of guilt.

**Niles**

**DRUG POSSESSION**
- Alejandro Casas, 24, of the 1800 block of West Estes, Chicago, was charged with possession of drug paraphernalia and disobeying a police officer on May 15 following a traffic stop in the 9000 block of Milwaukee Avenue. According to police, the officer who conducted the stop smelled marijuana inside Casas' car and ordered the driver to exit. Initially, Casas allegedly refused to exit the car, but reportedly did so when other officers arrived.

**RETAIL THEFT**
- Gabriel Bandy, 27, of the 2600 block of Louis, Franklin Park, was charged with retail theft on May 10 after police said he stole a bottle of cologne from a store at Golf Mill Shopping Center.
- Kenneth Nykvist, 58, of the 3900 block of West Fullerton, Chicago, was charged with felony retail theft on May 10. Police said he was accused of stealing 29 DVDs and CDs valued at $706.72 from a store in the 8500 block of Golf Road.
- Senada Alibasic, 39, of the 8600 block of Waukegan Road, Morton Grove, was charged with retail theft on May 12 after police said she stole 14 pairs of underwear, a pair of pants and three men's shirts from a store at Golf Mill Shopping Center.
- Eric Wheeler, 19, of the 6600 block of Maple, Morton Grove, was charged with felony possession of a controlled substance and retail theft on May 14. According to police, Wheeler stole a video game controller and a phone screen protector from a store in the 8500 block of Golf Road. Pils identified as anti-anxiety medication were found in Wheeler’s possession though he did not have a prescription for them, police said.

**DUI**
- Garry Hardesty, 46, of the 300 block of Linder Avenue, Northfield, was charged with driving under the influence on May 14. According to police, Hardesty was found asleep behind the wheel of his car, which was stopped on Howard Street at 6:20 a.m.

**DISORDERLY CONDUCT**
- A 36-year-old Glenview woman was charged with public intoxication May 11 after an employee at King Spa, 897 Civic Center Drive, told police she was drinking in the locker room, being disruptive and refusing to leave the establishment.

**HARASSMENT**
- Police said a 14-year-old girl reported on May 12 that a male she friended on a social media site obtained a video of her changing her clothes and threatened to post the video online if she stopped talking to him. An investigation was pending, according to police.

**BURGLARY**
- A 75-year-old woman told police she found a bedroom ransacked on May 9 after two men came to her home asking to collect payment for work done to a fence. Police said the woman was briefly outside with one of the men, leaving her front door unlocked.
- A business in the 6300 block of Gross Point Road was ransacked and a laptop computer was reported stolen May 15 during a burglary, police said.

**BURGLARY TO VEHICLE**
- Tools were reported stolen from a van parked between midnight and 6 a.m. on May 14 in the 7700 block of Oriole Avenue.

**Skokie**

**BURGLARY**
- A PlayStation gaming console was reported stolen from a home in the 4800 block of Elm Street on May 11. Police said someone entered the home through a kitchen window.

**THEFT**
- Items were reported missing from three unlocked lockers between May 9 and 11 at X-Sport Fitness in the 3400 block of Touhy Avenue.
- A registration sticker was reported missing from a vehicle on May 11. Police said the vehicle was parked in the 9100 block of Kilpatrick Avenue, and the sticker was stolen sometime between March 25 and May 9.
- Someone stole a wallet that was accidentally left on top of an ATM machine May 9 at the Chase bank in the 8001 block of Lincoln Avenue, police said.
- A wallet that was left at the AMC Theater in the 7000 block of Carpenter Road was stolen sometime between May 10 and 11, police said. A credit card that was in the wallet had been used at several locations, police said.
- A rear tire of a Ford parked in the 4900 block of Louise Avenue was reported stolen on May 11.
- A spare tire was stolen from a vehicle parked in the 7400 block of McCormick Boulevard sometime between May 10 and 11, police said.
- An 11-year-old from Skokie was arrested on theft charges in the 4800 block of Oakton Street on May 10, police said.

**ATTEMPTED USE OF COUNTERFEIT CASH**
- Police said a man tried to use a counterfeit $100 bill at the Ace Hardware store in the 5900 block of Oakton Avenue on May 11. A cashier declined the bill, and the man fled, police said.

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Skokie cops win local dodgeball tournament

BY KARIE ANGELL LUC
Pioneer Press

The Skokie Police Department took to headquarters bragging rights with their May 21 win of the Braggers Cup tournament, which earned in Niles at the Northshore Law Enforcement Athletic Tournament.

Four police departments, including Niles, Morton Grove, Lincolnwood and Skokie officers, competed with members of the Cook County State's Attorney Office (Skokie District 2) in a Saturday evening dodgeball competition at Sky High Sports Trampoline Park in Niles.

Sponsored by the Niles Fraternal Order of Police Lodge #138, the event was planned to bring together members of local law enforcement communities for a night of fun, according to Tony Scipione, a detective with Niles police.

"Let's be honest, it's a very stressful job we have," said Scipione, who is also FOP Lodge #138 secretary and event organizer. "This is for cops to get together and let off some steam."

Teams pelted each other on trampolines with dodgeballs while one person wore a camcorder attached to a headband to record the game. "I'm not that active lately," Sam Rannochio of Skokie police, said with a smile. "I thought I was going to have a heart attack!"

The big takeaway for the Skokie Police Department from the dodgeball tournament that took place May 21 at Sky High Sports Trampoline Park in Niles.

NORTHSHORE LAW ENFORCEMENT
ATHLETIC TOURNAMENT

The Braggers Cup
"Success is not final, failure is not fatal; it is the courage to continue that counts."
The Thin Blue Line

The annual fellowship event will feature other athletic activities besides dodgeball.

"It's great," said Shane Long, a Skokie police officer. "It's the first of many events, so I'm happy."

Save the date for Bike Niles Fest

BY KARIE ANGELL LUC
Pioneer Press

Cycling season is here so save the date for Bike Niles Fest on June 11 in its fourth year in Niles.

The Bike Niles Fest takes place from 9 a.m. until 1 p.m. at Notre Dame College Prep, 7855 Dempster St., and offers family-friendly activities and amenities.

Expect a Division BMX Stunt Team Show, Safety Town, a bounce house, balloon original vendors, complimentary food, face painting, fitness contests, giveaways and more! Proper bike helmet fitting will be provided as well.

Bikers of all ages and skill levels can experience cycling the Amlin Memorial Route.

More than 300 people are expected to attend and the fest is open to all, officials say.

"It's definitely good to have events like this," said Amelio Notardonato of Norridge, who brought his family May 19 to the Niles Family Fitness Center. "It's good to keep awareness out there."

After an early evening of swimming on May 19, Notardonato and his wife, Maria, spoke with Carl Maniscalco, director of the Niles Family Fitness Center, about bike safety.

Maniscalco said Chicago has more than 200 miles of protected bike lanes. He said there are many things cyclists should remember before biking, such as making sure they will be seen by motorists.

"I always recommend wearing bright clothes," he said.

And while it is tempting, Maniscalco said no one should wear iPhone or electronic device ear buds while cycling.

"You have to hear the environment, even more so on the road." KARIE ANGELL LUC is a freelance reporter for Pioneer Press.
Purple Hotel property developer's plans nixed

Village threatens legal action after missed deadline

BY NATALIE HAYES
Pioneer Press

Lincolnwood has threatened legal action against a Skokie real estate developer over the long-delayed redevelopment of the former Purple Hotel property, a village official said last week.

Holland & Knight, the law firm that represents Lincolnwood, served North Capital Group on May 16 with a 30-day notice of intent to, in part, force the developers to restore the barren 8.5-acre triangular piece of land at Lincoln and Touhy avenues, according to Village Manager Tim Wiberg.

The papers were served a day after the company defaulted on a May 15 deadline, Wiberg said. The deadline was imposed by the village in February and required Neal Stein, principal at North Capital, to show proof he had secured a loan needed to resolve a pending bankruptcy lawsuit and finance construction costs for a $135 million shopping center including residential, office and hotel space.

"Stein represented that he had obtained a construction loan for approximately $117 million and that closing on the loan was imminent," Wiberg said. "Unfortu-nately, May 15 came and went, and I still haven't received any indication from North Capital Group relative to the status of their loan."

Stein, who did not immediately return calls seeking comment, last appeared publicly at a Feb. 16 Village Board meeting. The village during that meeting granted several extensions to a pre-development agreement with North Capital on pre-construction restoration costs, including the removal of concrete foundations left behind when the historic Purple Hotel was demolished in 2013.

Aside from legally binding North Capital Group to restore the property with landscaping and foundation removal, the passing of the May 15 deadline cancels the development agreements previously approved by the village, according to Wiberg.

"If they intended to move forward with their development now, they would be back at the beginning," Wiberg said in an email. "We provided them a 30 day notice, until June 15, to comply with all our property maintenance standards, (and) if after June 15 they have not complied with our property maintenance standards, we will begin the enforcement process."

Natalie Hayes is a freelance reporter for Pioneer Press.
Mental Health Court opts for rehabilitation over jail time

BY MIKE ISAACS
Pioneer Press

Something feels decidedly different — less formal and certainly more supportive — in Judge Lauren Gottainer Edidin’s Skokie courtroom.

“Keep reporting and let us know how you’re doing,” the judge told one woman who came before her.

“You changed your hair a little bit. It looks nice,” she told another.

“You’re doing great,” she gently said to the next one.

“You’re such a nice person — people like to be around you,” Edidin said, smiling at a young man having a difficult time.

Cook County Mental Health Court sessions are packed — just like the judge’s usual morning case call. But here there are no pleas or stern pronouncements from the bench, no sentencing or confrontational prosecutor versus defense lawyer, no objections over some sharp lawyer verbiage.

Mental Health Court is about helping people get the treatment they need — not only so they won’t continue to commit crimes, but so they can lead healthier and happier lives, Edidin said.

“What we’re trying to do is stabilize these individuals — many of whom have become disenfranchised from friends and family,” Edidin said. “And they’re alone.”

According to Cook County, the first two Mental Health Courts were established in 2004 at State Street and California Avenue in the city; since then, more such courts have formed in Skokie, Rolling Meadows and Maywood.

Many of those entering Mental Health Court have co-occurring alcohol or substance abuse disorders, according to the county. Instead of spending months or years in jail, county officials said, participants get a Mental Health Court probation sentence and undergo compulsory medical, psychiatric and substance-abuse treatment.

Jeanna Fazzalaro of Evanston said she thought she would spend a couple years in jail after her 2015 arrest for violating a no contact order. Instead, she entered Mental Health Court.

“Many are self-medicating with illegal substances and, therefore, are committing crimes. Before this,” she said, “what would we do with someone who had 10 retail thefts? The courts weren’t looking to treat. We have refocused and are trying to address individuals and their needs as best we can.”

Current and former Mental Health Court participants have expressed how compassionate and helpful Edidin has been in setting them on a better course. The judge herself notes, however, that “it takes a village.” Social workers, lawyers and others are instrumental parts of the process, she said; they work together as a team.

Shelley Sutker-Dermer, presiding judge of the Second Municipal District in Skokie, seconded that, “They have done a phenomenal job. I’m very proud of them.”

According to Cook County, 896 people were admitted to Mental Health Court from its inception through the end of last year — 155 of them in Skokie. Ninety-three in Skokie had completed the program successfully, 62 were currently active in the program at the time.

If it were up to many of those who work in Mental Health Court, those numbers would even be higher.

Assistant Public Defender Stephanie Schlegel said there are many people sent to jail who should be in programs like this one or even out of the criminal justice system entirely.

“Some should be in the civil system,” she said, “if they’re that severely ill, they need to be handled by the Department of Human Services.”

On occasion, she said, she defends a client who is actively psychotic and who might have committed a horrible crime. Schlegel said she knows that person is not going to get enough proper therapy waiting for trial in an Elgin jail.

That isn’t to say Mental Health Court is a panacea without bumps in the road, according to those running it. Some who came before Edidin during a recent session clearly were not in a good place; one even expressed thoughts of suicide.

“There are going to be ups and downs,” Edidin said, “Some are going to test positive. There are going to be violations. You have to sort of expect that, work with that. Is their medication working? Is their therapy working?”

Even so, she calls Mental Health Court “probably one of the most rewarding things a judge can do.” And the reason why is best reflected during those two emotional graduation ceremonies every year, she said.

“You believed in me,” one graduate said, picking up her certificate.

“If it wasn’t for Mental Health Court, I’d be dead by now,” said another.

Fazzalaro distinctly remembers sitting in a holding cell with a bleak and uncertain future, she told those at the ceremony.

“Because they took me in Mental Health Court and treated me compassionately,” she said, “I feel I have learned so much about how to be a less blaming person. I feel I will never repeat the actions that got me sent to jail in the first place.”

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Skokie’s Festival of Cultures draws estimated 27,000

BY KARIE ANGELL LUC
Pioneer Press

The Skokie Festival of Cultures at Oakton Park in Skokie, a two-day weekend festival starting May 21, drew an estimated 27,000 attendees during the 26th year of the annual event, officials said.

“It takes a village,” said Pamela Zeid of the Skokie Park District and operations chairperson of the festival committee.

The festival featured 33 cultures, she said. Visitors could enter booths where numerous countries were represented with costumes, artifacts and more.

Skokie’s diversity of cultural backgrounds is celebrated annually at the event, Zeid said.

“When people think of diversity, there’s a political connotation to it and that’s not what this is about,” Zeid said. “It’s about celebrating what makes everyone different.”

Nearly 100 volunteers helped to make the weekend possible, Zeid said.

The event included stage performances and festival fare. The collection of flags set on display in wood chips drew the curious of all ages.

“I love coming here,” said Althea Coakley of Skokie. “It's wonderful seeing everyone come together.”

“I like it,” said Chris Georges of Morton Grove. “It brings people together.”

David Hanna of Skokie lives nearby.

“I enjoy it because you see so many different cultures,” Hanna said. “It’s not something you see every day.”

Karie Angell Luc is a freelance reporter for Pioneer Press.
Two former Skokie School District 73.5 teachers — Shelley Nizynski Reese, left, and Jen Cook — are returning to Skokie for a fundraiser for impoverished children of Ghana.

A Better Life for Kids returns to Skokie with golf event

MIKE ISAACS
Pioneer Press

Last August, two departing Skokie School District 73.5 teachers who helped inspire their students to reach out and help impoverished Ghanaian children half a world away said goodbye during a fundraiser outside the Skokie Public Library.

Shelley Nizynski Reese, a second grade teacher at Middleton School who founded A Better Life For Kids, and Jen Cook, a McCracken Middle School teacher who aligned her students with the same cause, were moving on.

The students sang “Shine A Light,” a song written by singer and songwriter Wendy Morgan using their own words and reflecting the need to help children less fortunate. The song was recorded and sold with proceeds going to A Better Life For Kids.

Nizynski Reese’s nonprofit returns to Skokie in June to raise funds for the same important cause.

A Better Life For Kids bills the fundraiser as “Mini Golf For Good,” a morning of miniature golf and other activities from 9 a.m. to noon June 4 at Skokie Sports Park, 3459 Oakton St.

The proceeds from the event will help educate children in Ghana, according to A Better Life For Kids. In addition to golf, the event will include contests, games, raffles, glitter tattoos and more.

The teachers also expect to see former students and families for the first time since they left District 73.5. They changed jobs, they said, but their devotion and passion for keeping A Better Life For Kids and its mission thriving hasn’t changed.

Nizynski Reese went to Ghana alone more than a decade ago, just as she was beginning her job in Skokie. She bonded with children there and carried with her their urgent need for help and support upon her return.

She said on repeated occasions her heart broke seeing the children’s struggle with such limited resources. “I knew I had to do something to help,” she said.

Cook did not know Nizynski Reese then, but she was in the early years of overseeing an after-school service learning club, Aiding Children Together. Only when she got to know Nizynski Reese’s mission did students become more engaged and passionate in helping others, Cook said.

Cook left teaching in Skokie to work for a company called Umba, which supports social justice, service learning and helping kids on a path toward graduation and better citizenship, she said. She began working at Sullivan High School in Chicago’s Rogers Park neighborhood.

Nizynski Reese left her job to join her parents as they extended their current business by opening a retail store called Encouragement Place. She became charged with selecting children’s lines of books, toys and gifts so they are taught important social and emotional skills among other duties.

In both cases, they said, A Better Life For Kids has remained a high priority.

For more information on the Mini Golf For Good fundraiser, visit www.abetterlifeforkids.org.

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Advocate Health Care opens 56 Walgreens clinics

Locations spread throughout Chicagoland area

BY TODD SHIELDS
Pioneer Press

Advocate Health Care recently revealed a new concept, as the provider started to open 56 clinics inside Walgreens stores located in Buffalo Grove, Lake Zurich, Lincolnshire and elsewhere across the Chicago area.

The in-store health care offices provide physicals and vaccinations, as well as treatment for common illnesses, injuries, cold and flu, ear infections, strep throat, migraines, pink eye and rashes, said Liz Donofrio, manager of public affairs and marketing at Advocate Good Shepherd Hospital in Barrington.

Advocate staff at the centers also can treat bronchitis, upper respiratory infections, sprains and strains, she said. Most of the sites will be open from 9 a.m. to 7 p.m. Monday through Friday, and from 9 a.m. to 4 p.m. on weekends.

Patients can walk in for help or make same-day appointments. On May 18, customers at a Walgreens store in McHenry saw the new concept during a grand opening and ribbon cutting event for the Advocate Health Care Clinics.

Jen Frey, a McHenry resident, understands raising children can be unpredictable at times. "I have three kids, and they never get sick when it's convenient," Frey said. "So with the expanded hours here, I can just walk in and get help for my kids' health care needs."

Anthony Weston, a family doctor at Advocate Medical Group in Crystal Lake, said two nurse practitioners will staff the Walgreens clinic in McHenry, and he will be overseeing patient care.

"The main issue at Advocate is that we try to get patients access when and where they need care," he said. "Mostly we can get that done in our primary care offices, but having these clinics is a good safety net."

Employed by Advocate Medical Group, certified nurses and medical assistants staff the clinics. People do not have to be Advocate patients to receive care.

Electronic health record and billing systems at Advocate also are available at the clinics, according to Advocate. For instance, clinic patients have "24/7" connectivity to a portal for scheduling appointments, viewing medical records and test results, talking to physicians and refilling prescriptions, according to the provider.

Advocate Health Care clinics in Walgreens include locations in Lake Zurich, Lincolnshire, Oak Park, River Forest, Park Ridge, Morton Grove, Libertyville, Buffalo Grove and Arlington Heights, according to Advocate.

Addressing the new concept, Karen Lambert, president of Advocate Good Shepherd Hospital, said Walgreens "is one of the most popular retail pharmacy in the nation." According to an Advocate news release, many clinic services have a flat $89 fee, and the clinics accept the same "broad" health care insurance accepted at all Advocate Medical Group.

Karen Lambert, president of Advocate Good Shepherd Hospital, speaks at the grand opening of Advocate Health Care Clinic in the McHenry Walgreens.

are you a local business owner that needs help with advertising? I can help.
give me a call.
Maine East High School's graduation ceremony took place May 22 at the Rosemont Theatre in Rosemont.

A total of 524 students made up Maine East's class of 2016, according to Maine Township High School District 207 spokesman Dave Beery. The ceremony immediately followed Maine South High School's graduation.

Student speakers included Phil Hua-Pham, senior class president, and Ashton Smith.

Representing the top 1 percent of their graduating class were Maine East's Maine Scholars Joshua Daniel, Monica Mastalerz, Gina Oshana, Shneri B. Patel, Arjun Patel and Yash Patel.

— Jennifer Johnson, Pioneer Press

Just over 570 students walked across the Rosemont Theatre stage to accept their diplomas May 22 during Maine South High School graduation ceremonies.

Student speakers from the class of 2016 were senior class President Emma Ahlbeck and Maine Scholars Christina Karlson, Julia Araneta, Isabella Goldman, Lauren Grove and Gina Johnson.

Other end-of-the-year senior activities included Great America Grad Night on May 14, an overnight adventure at the theme park; senior breakfast, held on May 19 at Avalon Banquets in Elk Grove Village; and prom, with a theme of "The Enchanted Garden," on May 20 at the Donald E. Stephens Convention Center.

— Jennifer Johnson, Pioneer Press
Can we still have a Great Society?

Randy Blaser

In the spring of 1964, President Lyndon B. Johnson came to the campus of the University of Michigan to give the commencement address to the graduating seniors. It was here that he gave the students of that generation a mission — to achieve for our nation what he termed "The Great Society."

It was quite a vision.

"The Great Society rests on abundance and liberty for all," LBJ told the graduates. "It demands an end to poverty and racial injustice, to which we are totally committed in our time. But that is just the beginning."

The Great Society, Johnson said, would be built in three places — "in our cities, in our countryside and in our classrooms."

Johnson predicted that by 2014 the U.S. population would reach 400 million. He was wrong. It was estimated at 321 million by 2015. But he was absolutely correct when he said that four-fifths of the population would live in urban areas.

With that move, Johnson said the task was to rebuild the cities. He then cataloged the ills of America's urban areas, including urban blight, lack of housing and highways choked by traffic. Sound familiar?

Johnson said, would be built in three places — "in our cities, in our countryside and in our classrooms."

President Lyndon Johnson signs the Medicare Bill into law while former President Harry S. Truman, right, observes during a ceremony at the Truman Library in Independence, Mo. At rear are Lady Bird Johnson, Vice President Hubert Humphrey, and former first lady Bess Truman. When Johnson signed Medicare and Medicaid into law, Americans 65 and older were the age group least likely to have health insurance.

"Worst of all expansion is eroding the precious and timeless values of community with neighbors and communion with nature," Johnson said. "The loss of these values breeds loneliness and boredom and indifference."

And something else: Our cities prepared for college work. In a 2012 study, the ACT found that 60 percent of high school graduates were not fully prepared for college work.

But they were prepared to demand safe spaces, trigger warnings and to protest speakers whose ideas differ from their own. So much for exploring the farthest reaches of thought and imagination.

It is clear Johnson's dream exceeded our grasp. In many ways, the Great Society transformed the lives of most Americans. Fair housing, voting rights, clean air and clean water, money for the arts are all part of the Great Society.

Yet it is clear it failed in many other ways, perhaps a victim of its own ambition. Many cities are much worse off today than they were in 1964. So are many urban schools.

The issue is not whether we want to have a Great Society, I think we agree that we do. The issue is how do we get there.

In 1964, Donald Trump graduated from high school and Hillary Clinton was a high school junior. The issue is still before us. Which road will we take?

Randy Blaser is a freelance columnist for Pioneer Press.

Discovering the true meaning of Memorial Day

Paul Sassone

There is no one left to mourn him. That melancholy thought came to me as I noticed Memorial Day is almost upon us.

In marking Memorial Day, I once wrote a column about my uncle. Uncle Vincent was a pilot who was shot down and killed over Sicily in World War II. I wrote that Uncle Vincent's life mostly never was. He never married, never had children, never had a career. His potential never was realized.

What he left was pain and memories for the family who loved him. In my grandparents' house, there was a glass case in the corner of the living room. Lovingly displayed in the case were photos of Vincent flanking the Purple Heart my grandparents had received in exchange for the son they sent to war.

And even decades later, my mother would weep at the mention of her brother's name. For my family the death of Vincent was an open wound, a wound that never healed.

But though the memory was an ache, Vincent still lived in his family's memory.

But now, those family members are gone. The people who actually knew Vincent no longer exist to keep his memory alive, to mourn him.

Fortunately, there still is Memorial Day.

And for the first time, I think I really understand, really feel, the importance of that day.

Time passes. Those who mourn die, and thus the men and women killed in war might be forgotten.

Memorial Day ensures those who gave their lives battling for us are not forgotten. Their sacrifice is remembered and honored.

On Memorial Day, the entire United States.

Memorial Day is more than a day off from work, a parade and hot dogs on the grill. Not that there is anything wrong with enjoying the day. The pursuit of happiness is one of the goals our war dead died for.

There were 405,399 Uncle Vincents in World War II. And thousands and thousands more who died in our other wars. They deserve to be remembered and mourned.

And as long as there is Memorial Day they will be remembered.

Who mourns Uncle Vincent and all those others? The entire United States.

Paul Sassone is a freelance columnist for Pioneer Press.
TV cancellations put 'Friday Night Lights' cast members back under spotlight

It's make or break season in the TV business.

Loyal viewers have started to find out if their favorite network shows will march on to another season or end up on the cutting room floor. For some shows, such as "The Simpsons," which FOX renewed for what seems like the 27th year in a row, getting the network's back under spotlight is automatic. But if you're walking across ABC's cutting room floor, you better bring a big broom. Viewers of the network's heavyweight dramas "Nashville" and "The Family" may have been caught off guard by sudden announcements about both shows being canceled. While "Nashville" stuck it out for a multi-season run, depicting turmoil of country music superstars on and off stage, "The Family," a show about a political family in Maine being reunited with their kidnapped son after 10 years — or so it seemed — was just getting started before ABC pulled the plug.

These two shows also feature stars from, what I feel, was one of the best shows in recent years, "Friday Night Lights." Actress Connie Britton went from the dusty fields of Dillon, Texas, and became a TV country music star on "Nashville," while actor Zach Gilford stepped off the gridiron as the Dillon Panthers' quarterback to become the wayward son of a politician who usually was found in a local bar at closing time. The fact that both actors quickly resurfaced on other shows after FNL rode into the sunset shows how effective they are at portraying completely new characters and convincingly viewers that they really are the people they pretend to be. What helped FNL was an equally good supporting cast and great story lines that often went way beyond high school football.

Both outgoing shows on ABC started strong, but sort of lost that "pull-me-back" factor to sustain their opening gate buzz. A part of the issue might have been a lack of viewers connecting with the supporting actors around the main stars — something FNL enjoyed throughout its run. Now that Britton and Gilford are open for new roles, they perhaps could join the rest of their former cast mates for a FNL high school reunion special? But if that's not in the cards, seeing them in new shows will definitely draw attention and hopefully land them in a show with more staying power.

Eric Scott is a freelance columnist for Pioneer Press.

Don't let summer's wonders slip away

In the annual march of time, winter's late-afternoon darkness has been replaced by late-evening spring sunsets. Frogs call out from nearby fields and ponds. Birds actively forage for their young ones still in the nest. Even pesky wasps and ants signify the season has turned.

It's always at this time of year that summer's bounty of blessings is most appetizing, laying out before us with the hint of lazy days in the sun and breezy starlit nights that carry strains of music from countless outdoor concerts.

Summer embraces every one of our senses.

When I was young, summer vacation had very little structure. My brothers fit the door running after breakfast, often not to be seen again until I, as the eldest sister, was forced to hunt them down for dinner.

There was no indoor lollygagging in most households then. If you didn't head outside on your own accord, mom would issue orders to vacate the premises. Apparently that skill was passed down to me, because recently my youngest recounted the story of how I kicked her out to play one summer day, only to find her sitting on the front porch sulking. She swears I then barked out the question, "What are you doing just sitting on MY porch?"

Guess I was in no danger of being nominated for Mother of the Year that year.

However, that porch-sitting episode was becoming an obsolete summer activity as my children grew up. Unencumbered schedules gave way to day and sleepover camps, some of which were eight weeks long. Boy, what I would have done to enroll my kids in any kind of sleepover camp.

We took a trip to a local YMCA camp that had one-week sessions, still pricey for our budget but doable with some sacrificing. After a very vocal dissent by all three Lenhoffs over everything from the condition of the sleeping quarters to the idea of being together for a full week, the subject was shelved for good.

Of course, as children age and we endured the infamous summer before college, I realized with bittersweet emotion that the time had come when I no longer had to finagle sleepover camp, they were basically leaving the nest for good.

Today, kids have a pretty structured calendar of events during the summer. Sometimes those activities take up as much time as the school year.

At this point each year as we sit at the horizon of Memorial Day, I always hope that everyone finds windows of time to do nothing but recline on a lounge chair, sip lemonade, marvel at the shape of clouds and connect with the unique gift that is summer.

It slips away quickly, so don't allow regrets.

Pat Lenhoff is a freelance columnist for Pioneer Press.
Awaiting the sounds of summer
Check out the season's outdoor concerts

Grab your lawn chairs and blankets and keep this guide handy all summer long to find outdoor concerts.

DES PLAINES


Des Plaines Fall Fest, Sept. 16-18, Lake Park, 2200 Lee St., between Howard and Touhy Ave., 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, bag tournament, country fair tent, food, beer, wine, car show and more. Music lineup: Friday: 6:30-6 p.m., American English; 9-10:45 p.m. ARRA; Saturday: noon, Sol Azteca Folkloric Ensemble (SAFE); 2-3 p.m., The Stingrays; 4-5:30 p.m., Gina Glocksen Band; 6:30-8 p.m. Heartache Tonight; 9-10:5 p.m. SEM- BLE; Sunday: 12:30 p.m., Artistry in Motion; 2-3 p.m. Hillbilly Rock Starz; 5-7 p.m. 7th Heaven. Free admission, free parking. Go to fallfestdesplaines.org.

EVANSTON


NILES


MORTON GROVE

SPOKEN FOUR

NILES


RIVER GROVE

Wednesday Night at the Gazebo Concert Series, 7:30-9 p.m. June 22 to Sept. 7 at River Front Park, Grand Avenue and Ditka Drive. June 22: The Pond Hawks (Monkeys

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Concerts, from Page 21


ROSEMONT


SKOKIE


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 (6127 Oakton Street). Go to the website for automobile parking provided by local businesses. Hours are Friday 6-10 p.m., Saturday 11 a.m.-10 p.m., Sunday noon-8 p.m. Features hours of live music, a large carnival midway, a 5K Run, Kids’ Half Mile Race, 50/50 raffle, classic movies at the historic Skokie Theatre, a children’s stage and kids activities, a classic auto show, bingo, a Sponsor and Community Resource Fair, 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 Outiders, 5 p.m.; Tribusaurus, The Police, 6:30 p.m. Admission is free. Go to www.backlotbash.com.

Staff report

Blue Oyster Cult performs at Skokie’s Backlot Bash Aug. 26.

ROBERT BAHMER

HEARTACHE TONIGHT

Eagles tribute band Heartache Tonight performs in Rosemont Aug. 11.

A guide to farmers markets

BY ELIZABETH OWENS-SCHIELE

Chicago Tribune

Farmers market season has arrived! Numerous markets have started selling wares and more will pop up around the city and suburbs in June.

SUBURBAN MARKETS

Listed alphabetically by town name

Des Plaines: Ellinwood Street, between Plummer and Loe streets, 3 p.m.-7 p.m. Fridays, June 17-Oct. 7.

Evaston: Downtown Evaston Farmers Market, University Place and Oak Avenue, 7:30 a.m.-1 p.m. Saturdays, May 7-Nov. 5; West End Ethnic Market, Evaston High School parking lot, Church Street and Dodge Avenue, 8:30 a.m.-3 p.m. Saturdays (dates to be determined); Ridgeville Market, Ridge Avenue and South Boulevard, 8:30-7 p.m. Wednesdays, June 1-Oct. 5; McGaw YMCA Market, 1000 Grove St., 7 a.m.-1 p.m. Wednesdays (dates to be determined).

Glenview: Wagner Farm: 1510 Wagner Road, 8 a.m.-noon Saturdays, June 25-Oct. 8.

Morton Grove: 6210 N. Green Bay Road; June 16 to Sept 29, 8 a.m.-2 p.m. Sundays.

Ravenswood Farmers Market: 4900 N. Damen Ave; May 25 to Sept 14; 4 p.m. to 8 p.m. Weekly market every Wednesday.

Thurdays

Daley Plaza Market: 50 W. Washington St., May 12 to Oct 27; 7 a.m. to 3 p.m.

Downtown – Willis Tower Farmers Market: 233 S. Wacker Drive, July 14 to Oct 17; 7 a.m. to 3 p.m.

El’s Cheesecake Farm Stand and Fresh Market: 6701 W. Forrest Preserve Drive, June 16 to Aug 25, 7 a.m. to 1 p.m.

Lincoln Square Eve-

CHICAGO MARKETS

Markets are listed by days of the week. For more information, go to chicagofarmersmarkets.us.

Mondays

Loyola University Chicago Farmers Market: 6640 N. Sheridan Road; June 6 to Sept 19, 3-7 p.m.; Sept. 26 to Oct 10, 2:30 to 6:30 p.m.

Tuesdays

Downtown – Federal Plaza Farmers Market: Adams Street and Dearborn Parkway, May 17 to Oct 25; 7 a.m. to 3 p.m.

Lincoln Square Farmers Market: 2301 W. Leland Ave; June 7 to Oct. 25; 7 a.m. to 1 p.m.

Wednesdays

Chicago Botanic Garden's Windy City Harvest Lawndale Market: 3750 W. Ogden Ave; July 6 to Oct. 5, 9 a.m. to 1 p.m.

Edison Park Farmers Market: 6739 N. Northwest Highway; weekly June through August, dates TBD; 4-6 p.m.

Green City Market: Lincoln Park: south end of Lincoln Park at Lincoln Avenue, between Clark Street and Stockton Drive; May 7-Oct. 27, 7 a.m. to 1 p.m.; also Wednesdays.

Ravenswood Farmers Market: 1510 Wagner Road, 8 a.m.-2 p.m. Sundays.

Printers Row Farmers Market: Polk and Dearborn streets; June 25 to Oct 29; 7 a.m. to 1 p.m.

Sundays

Jefferson Park Farmers Market: 4820 N. Long Ave.; June 12, 26; July 10, 24; Aug. 14, 28; Sept. 11, 25; Oct. 9, 23, 10 a.m. to 2 p.m.

Logan Square Farmers Market: 3107 W. Logan Blvd; May 15 to Oct 30, 10 a.m. to 3 p.m.

Portage Park Farmers Market: Berteau and Central avenues; June 5 to Oct 2, 10 a.m. to 2 p.m.

Events
Is your teen an introvert?

Ryan Anderson didn't think much about food until he landed a position with Natural Direct, an Aurora based company specializing in local natural food distribution. He became familiar with dairy products straight from Kilgus Farm in Fairbury. He began to appreciate fresh eggs from the Amish farmers and meat from pasture-raised cattle.

“I began to understand that it is more about what is not in the food that should be important,” said the Oswego resident, referring to the lack of antibiotics, pesticides and chemicals missing from naturally raised meats, vegetables and dairy. “I also found out about humane treatment of animals and how important it is to support local farms.”

This new knowledge led him to start cooking in a true farm-to-table style. “I enjoy cooking so much that I thought about going to school to learn more but I like what I am doing now,” the 29-year-old said. He currently serves as the company’s operations manager, but in the past, he traveled to the farms to pick up produce.

“I have spent time at a lot of the farms, and it seems like a simpler way of life. I remember going to an Amish Farm to pick up eggs one summer. When I got there, about six little kids ran up to the dock where we pick up the eggs. I noticed that they were all barefoot. I asked the farmer why they didn’t have shoes on and he told me ‘they haven’t earned shoes.’ The kids don’t start wearing shoes until they start helping on the farm. All of the kids wanted to help load the eggs. It was interesting.”

Anderson recalls that his father did a lot of cooking. “My mom was a nurse, so she worked long hours, so he took over some of the cooking.” History has repeated itself because about one year ago, Anderson married Hayley, a nurse at Loyola Hospital.

“I like to cook for her. Breakfast is my favorite meal to make. We both love big breakfasts,” he said. Their favorite breakfast is a hearty serving of fried potatoes with sausage and an egg-filled breakfast burrito.

Secret to his fried potatoes is using a Caribbean Jerk spice mix — a blend of crushed red pepper, thyme and allspice. Anderson said other spice blends can be used. He also dices the potatoes so that they cook more quickly. His wife likes to have her potatoes served on a bed of baby lettuce. Sometimes, Anderson changes the potatoes from a side dish into a main dish by simply putting a nice runny poached egg on top.

The breakfast burrito, which he has named Babe’s Burrito in honor of his wife, who loves the dish, uses seitan, an all-natural meat substitute derived from wheat. The product is found in some larger grocery stores as well as natural food stores. “It tastes a lot like meat but is really low in carbs and fat,” Anderson said. Chorizo or pork sausage can be used in place of the seitan if desired.

Babe’s Burrito is made with goat cheese crumbles, one of Hayley’s favorite cheeses. However, Anderson prefers using a mix of smoked cheddar and Mexican cheeses for his burrito. “You can really pick your own favorite cheese,” he said.

To give the burrito texture, Anderson lightly fries the filled burrito in coconut oil. The flour tortilla becomes crispy, which provides a delightful crunch to the breakfast specialty. “I like to top it with Sriracha sauce, but that can be skipped,” he said referring to the hot chili sauce.

Anderson shares his recipes for others to try for a hearty and memorable breakfast.

Judy Buchenot is a freelance writer.
Island menu brightens cookout

Sweet coconut shrimp with chili drizzle

Canola oil for frying
1 pound jumbo shrimp - 10-12 per pound
2/3 cup flour
1 teaspoon salt, plus extra for sprinkling
1/2 teaspoon pepper
2 eggs
1 teaspoon hot sauce (I used sriracha)
2/3 cup panko bread crumbs
2/3 cup sweetened coconut
1/4 cup sweet-chili sauce, divided
1 Tablespoon black sesame
2 scallions, snipped

1. Peel and devein the shrimp leaving the tails intact (or ask your fish monger to do it for you). Set up a 3-step breading station: place the flour in a small bowl and season with the 1 teaspoon of salt and the pepper. Crack the eggs into a second bowl and mix well with the hot sauce. In a third bowl combine the coconut and the bread crumbs.

2. Pour canola oil into a medium high-sided skillet to a depth of 2 inches and heat to 375 degrees (a bread cube will sizzle on contact). Dredge the shrimp in the seasoned flour. Shake off the excess and dip into the beaten egg before coating with the coconut mixture.

3. Fry the shrimp in batches for 3 minutes until deeply golden brown and cooked through. Drain on paper towel and sprinkle with salt. Drizzle the hot shrimp with 1/4 cup of the sweet chili sauce and sprinkle with the sesame and scallions. Serve the remaining sauce on the side for dipping.

Follow your fried shrimp with a batch of casual tiki burgers with island-inspired toppings such as ham, pineapple and pepper jack cheese. I served my teriyaki-spiked cheeseburgers on sweet rolls with a bright red cabbage and orange slaw dressed with little more than a splash of rice wine vinegar.

Go on — force yourself to believe you can have a warm and sunny day. Make a mess of mai tais, fire up the tiki torches, grill some pineapple and host your friends for an easy Memorial Day bash with an island flair.

TO GRILL THE PINEAPPLE FOR THESE SUNNY BURGERS PLACE IT DIRECTLY ON THE GRATES OF A MEDIUM HOT GRILL FOR ABOUT 2 MINUTES PER SIDE. MAKES 8 BURGERS.

FOR THE BURGERS:
2 pounds ground beef
1/2 cup minced sweet onion
1 Tablespoon teriyaki sauce
1/2 teaspoons kosher salt
1/4 teaspoon pepper
4 Tablespoons sweet chili sauce (divided)
1/2 cup chopped fresh cilantro
8 slices of deli ham or griddled Canadian bacon
8 slices of pepper jack cheese

FOR SERVING:
3 scallions, snipped
1 red pepper, thinly sliced
8 slices of fresh pineapple, grilled
Teriyaki mayo (recipe follows)
8 sweet Hawaiian hamburger buns, toasted

FOR THE TERIYAKI MAYO:
1 cup mayo
1 Tablespoon teriyaki sauce
2 garlic cloves, minced
1 scallion, snipped
1/2 teaspoon black pepper

1. To prepare the teriyaki mayo: Mix all the ingredients in a small bowl. Cover and refrigerate until ready to serve. The mayo can be made a day in advance.

2. To prepare the burgers: Quickly mix the beef, minced onion, teriyaki sauce, 1 Tablespoon sweet chili sauce, salt and pepper in a medium bowl. Form the meat into 8 equal patties: do not overwork the meat or your burgers will be tough.

3. Prepare a medium hot grill. Grill the burgers for 3 minutes on each side and flip. Glaze the top of each burger with the sweet chili sauce and sprinkle with the cilantro. Top each burger with a slice, of ham and a slice of pepper jack cheese. Cover the grill and allow to cook until the cheese has melted, about 1 minute. You should aim for 6-7 minutes total cooking time — this recipe assumes it will take 2 minutes to glaze and top the burgers.

4. To serve: Spread a toasted bun with teriyaki mayo. Transfer the burger to the bun and top with a piece of grilled pineapple and a sprinkling of scallion and sliced red pepper.
**MY PET WORLD**

**Picking the right collar for your dog**

By Marc Morrone
Tribune Content Agency

Q: Our lab/pit mix puppy is now 8 months old and we got a metal choke collar to stop her from pulling when we walk her. However even with it on she will pull ahead of us until she actually starts to choke and cough and yet she never seems to get the idea. How is this supposed to work? Does it not bother her when it gets so tight around her neck? — Brad Williams, Macon, GA

A: A choke collar actually should be called a training collar. The objective with it is not to choke the dog but to get its attention when they start to pull away. It needs to be put on the dog so that when you give it a yank it tightens up and then quickly releases. You do not want it to tighten around the neck.

Personally, one should only use these collars when they have the time, the patience and the knowledge to use them properly. I think a better solution for your dog is a gentle leader or head halter. These collars go around the face as a halter and the leash is attached to a ring under the dog's jaw. If the halter is fitted correctly then when the dog pulls ahead the lead turns him or her around so that the dog is now facing you.

Be sure to get the type of gentle leader that attached to the dog's collar. Some dogs have been able to get the leaders off themselves. It also helps if you first practice with the gentle leader on the dog indoors until you and the dog are comfortable.

The only problem that I have seen with the gentle leader is it resembles a muzzle to some people, so you may get some funny looks as you walk the dog but your shoulders will be thanking you.

Q: My bunny and guinea pig seem to shed constantly. In the past I have seen that you advised giving flax seed oil to dogs and cats to cut down on shedding. Does this work on bunnies and guinea pigs as well? — Jennifer Castro, Allentown, PA

A: I actually have tried this on my own small mammal pets — I sprayed the oil on their salad greens to see if it makes a difference. However, when I sprayed the flaxseed oil on the greens the bunnies and guinea pigs would either eat around the oil or not touch the greens at all. Thus far it seems that the only thing I can do to make a difference is to comb and brush them every single day. If any other readers out there have found another solution to the shedding issue of bunnies and guinea pigs, I would be happy to hear from you.

Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.

**PET OF THE WEEK**

The puppy invasion has started, resistance is futile! After all, how can you resist any of our cute mugs? Our Mommy and foster family were really busy with 10 of us. We all had a blast, doggie mommy and human family taking care of us, kids playing with us and of course we also had each other for fun and “pile napping.” We are now ready for a family of our own. If you are ready for the extra work and patience that comes with having a puppy as a new family member, and to continue the great work our foster family did with us, then let’s meet soon!

For additional information, please visit www.saveapetil.org.
Tips to lower data, battery usage

My recent column featuring my son's cellphone data-gobbling issue prompted readers to share some of their own data- and battery-saving tips.

Wi-Fi settings

Set your iPhone to only use Wi-Fi when using apps, email and browsing the web. If you wish to "Turn off cellular data to restrict all data to Wi-Fi, including email, web browsing and push notifications" (Apple's own verbiage) go to "Settings" -> "Cellular" -> then toggle the "Cellular Data" button to off. This will enable the phone to make and receive phone calls and text messages over the data network, but nothing else.

Location services

One reader noticed she was burning through her battery by noon each day and couldn't figure out why. When she took her phone to her service provider, she was advised of the following steps to resolve the issue. Start by accessing "Settings," select "Battery," then identify which apps have been draining the most juice from your battery over the past 24 hours. The individual noticed that her Maps app was responsible for nearly 90% of her battery usage. Once the culprit was identified, she went to "Settings" -> "Privacy" -> "Location Services," then changed the "Share My Location" setting for her Maps app from "Always" to "While Using." (The other option is "Never") While on this screen, "Location Services" can be adjusted for every app loaded to your phone.

Disable Wi-Fi assist

The following tip is another that would have saved my son much anguish and money as he attempted to stream a live NBA game over public Wi-Fi. A Help Squad reader suggested that, "There is another switch that should be turned off for data conscience users. It is called Wi-Fi Assist." When turned on, this function allows your phone to automatically transition to data when Wi-Fi cuts in and out. If you don't want streaming to occur outside of Wi-Fi, go to "Settings" -> "Cellular" -> "Wi-Fi Assist" (at the very bottom of the page). Toggle the "Wi-Fi Assist" button to off.

Turn off frequent locations

Another reader pointed out a very discreet iPhone feature that left him feeling a bit like, "Big Brother is always watching me." It's a function called Location Services, and when turned on, this feature lists the locations you most often frequent, along with map views of these destinations and the time you arrived and left each. Does this leave you feeling a bit unsettled? If so, here's how you disable this Apple data-collecting feature. From "Settings," go to "Privacy" -> "Location Services"-> "System Services" -> "Frequent Locations." To clear your Frequent Locations history, tap "Clear History" at the bottom. Once you've done this, go to the top and toggle off "Frequent Locations."

Need help?

Send your questions, complaints, injustices and column ideas to Help Squad at pioneerlocal.com. Cathy Cunningham is a freelance columnist for Pioneer Press.

CORRECTION

The headline for the May 19 Help Squad column incorrectly referred to an HSA (health savings account). In fact, the column was about health reimbursement accounts (HRAs). Also, the attribution for John Barkett, Willis Towers Watson (parent company of OneExchange) director of exchange solutions policy affairs, was incomplete. Pioneer Press regrets these errors.
The Second Life of Nick Mason

By Steve Hamilton, Putnam, 304 pages, $26

As fertile as Chicago is for crime fiction, it isn't often that an outsider captures the underside of the local scene as memorably as Steve Hamilton does with "The Second Life of Nick Mason," the terrific first installment in a projected series. An upstate New Yorker whose Alex McKnight series is set in his native Michigan, Hamilton is right at home on the South Side, where his hard-edged protagonist spent his formative years among the Irish and Polish in Back of the Yards and Canaryville, stealing cars and committing petty crimes. Refusing to rat on a friend who killed a DEA agent during a final big score gone bad, Mason is sentenced to a long term in an Indiana maximum security prison.

After five years inside, he is unexpectedly sprung by a powerful inmate who uses his outside connections to get the conviction reversed — after Mason agrees to do his bidding as a "free" man. Set up in a swank Lincoln Park pad, Mason barely has a chance to test the couch when he receives directions to kill a man in a motel room — or have his ex-wife and the daughter he is desperate to see harmed. Now living the good life in the soccer-happy suburbs, they don't want to have anything to do with him — until they do. Loudly promoted on social media, the novel more than lives up to its hype. In so doing, it introduces a promising second life for Hamilton as well.

Don't You Cry

By Mary Kubica, Mira, 320 pages, $26.99

In "Don't You Cry," Chicago-area author Mary Kubica's follow-up to "Pretty Baby," Quinn, a flakey single Windy City girl with ADHD, is thrown into a tizzy by the sudden disappearance of her roommate Esther. Why would Esther have left her cell phone on her bed? Why would she have run a classified ad soliciting a new roommate? And why — cue the theme from the film thriller "Single White Female" — would she have had the locks changed? Meanwhile, an hour or so away in a lakeside Michigan town, Alex, a lonely 18-year-old local who could have gone to college on a full scholarship but stayed behind, becomes obsessed with a mysterious female customer at the coffee shop where he washes dishes. She keeps staring out the window at the psychiatrist's office across the street. He follows her to the lake, where she semi-skinny dips in the frigid water, and to the abandoned house she stays in, where the ghost of a temperamental 5-year-old girl is said to appear. Oh, the twists domestic lives can take. The book tells us, pilling on strange circumstances as it waxes accusingly on bad parenting: moms who leave, dads who stay but drink, children who aren't protected from hazardous foods. "Don't You Cry" threatens to jump the tracks after the two stories converge. The tricky outcome isn't nearly as satisfying as the nervy build-up. But Kubica, a writer of vice-like control, keeps the temperature of her prose near freezing, the better to chase any possibility of cheap sentiment.

CHICAGOLAND BEST-SELLERS

1. "Dead Wake: The Last Crossing of the Lusitania" by Erik Larson (Crown, $17).


5. "The Sympathizer: A Novel" by Viet Thanh Nguyen (Grove, $16).

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

Jacksonland

By Steve Inskeep, Penguin, 421 pages, $17

Inskeep explores how John Ross, a mixed-race Cherokee politician, opposed Andrew Jackson's Indian Removal Act of 1830 by making use of the United States' legal system. Ross championed the causes of the Five Civilized Tribes that were removed during the Trail of Tears, taking their cause all the way to the Supreme Court.

Syrian Dust: Reporting from the Heart of the War

By Francesca Borri, translated by Anne Milano Appel, Seven Stories, 221 pages, $16.95

Borri documents her experiences reporting on the Syrian civil war, in particular the continued fighting in Aleppo. Borri reports on how civilians are the true victims of the war, forcing women, children and others to hide in graves and scavenger rubble for fire material.

Seveneves: A Novel

By Neal Stephenson, William Morrow, 870 pages, $17.99

After a catastrophic event on Earth forces humanity to seek survival outside the atmosphere, only a handful of survivors remain. Some 5,000 years later, the descendants of those survivors number 3 billion in seven distinct races and choose to embark on a similarly bold journey: a return to the vastly transformed Earth.

Among Heroes

By Brandon Webb with John David Mann, NAL Caliber, 257 pages, $16

Webb reflects on eight Navy SEALs he served with who were killed in action, including Matthew Axelson, who was killed during the "Lone Survivor" mission, Glen Doherty, who was killed in Benghazi in 2012, and Chris Campbell, Heath Robinson and J.T. Tulis, who were among the casualties of the Chinook helicopter that was shot down in Afghanistan in 2011.

Orient: A Novel

By Christopher Bollen, Harper Perennial, 628 pages, $16.99

The small town of Orient finds itself gripped by two mysterious deaths that occurred on the same day: a local caretaker found in open water and an animal corpse on the beach. With rumors abound, Orient native Beth seeks to uncover the truth by enlisting the help of Mills, an orphan with a hazy past of whom the locals are suspicious.

— Jeremy Mikula
Between the Lines: Not quite as subtle as it sounds

BY MARK MCCAIN | EDITED BY STANLEY NEWMAN

Across
1. Share a view
2. Dog Chow alternative
3. Medicine given
4. Silent Spring subject
5. Move quietly
6. Have... (plop down)
7. Eristwhile pairs
8. Informal concurrence
9. Timidity
10. Top seeds' rewards
11. Part below mezzo
12. Mekel conjunction
13. More uncoy
14. Kick in
15. Dull discomfort
16. Fitted with footwear
17. Isaac Newton's birthplace
18. Weather system
19. Sudden inhalation
20. Not lawful
21. 1940s computer
22. Bit of a scrap
23. Petty peeve
24. Chuck beneficiaries
25. Very common American tree
27. Spent frivolously
28. Early arrival, for short
29. Dec bloc
30. Furnace fuel
31. Humana competitor
32. Years in Nero's reign
33. Novelist Shaw
34. Contemptible
35. 1965 Dylan tune
36. Move to the music, maybe

Down
1. Rights org.
2. Family nickname
3. Rubber stamp abbr.
4. Cartoon scream
5. Geologist's time span
6. Snakes in hieroglyphics
7. Luau accessories
8. Assembly of experts
9. SNL vet Cheri
10. Epic failure
11. Venerable detergent
12. New plants
13. Poohbop shape
14. India's capital territory
15. Rubber stamp on a roller
16. Ones over yonder
17. Roasted, in taquerias
18. America's Cup contender
19. Green hopper
20. "Odd... may seem..."
21. Petroleum source
22. Giza's river
23. Long-running CBS drama
24. Pitch in
25. "...out?" (poker query)
26. Heckle
27. Setting a few minutes into The Wizard of Oz
28. Future butterfly
29. Loan guarantor
30. Colorful comparison
31. Threatened audibly
32. Oxygen producers
33. German auto pioneer
34. Move to the music, maybe

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Quote-Acrostic

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

Clues

A. Felt:
   optimistic: 147 43 109 23 95 131 16 55
   65 6 80 89

B. Letter
   101 90 120 111 57 72 159

C. Contact
   over a distance: 50 36 4 14 136

D. One who
   takes advantage
   99 54 83 26 13 123 13 48
   134 74 141

E. Annoy:
   4 wds.
   140 154 44 19 1 94 105 51 130 82 68
   31 125 150

F. Made
   uniform: 87 157 58 78 11 67 119 29 137

G. Southern
   USA: 3 wds.
   86 32 114 53 76 152 155 17 9 126
   59 139 158 62 20

BY CHARLES PRESTON

Sail Away!

Across
1  Summer spot
5  Religious grp.
9  Histories
14  Lily plant
15  Spanish seaport
16  Pertaining to a sacred Roman court
17  Shipping agent
19  Muse
20  Lizard
21  Garb
22  Belt
23  Crafts
25  Cut
26  Offer
27  Refrigerator item
29  Lifeboat equipment
32  Berth
35  Sumac
36  __ Alto
37  Musicians in the brass section
39  Feature of Southern Spain
41  Misplays
42  Informal promises
44  Phenomena caused by the moon
45  Fixed

46  Complain
47  Associated with pas
48  Australian export
50  Fellow traveler
55  Armadillo
57  __ of woe
58  Injure
59  Ore deposit
60  Way back
62  Twin crystal
63  Egyptian sacred disk
64  Before: prefix
65  Different
66  Make over
67  Bonnet dwellers

Down
1  Hangouts
2  Up in the rigging
3  Le __ d'Arthur
4  Seat
5  Prevented
6  Accountant
7  Push forward
8  Employees on 23 Across
9  Magician's word
10  Important duct
11  Ship's side
12  Colloquial farewell
13  Overflow
18  Idolize
24  Backs
25  Partly: prefix
28  Miss
30  Wings
31  Sea in Antarctica
32  Western indigines
33  Orifice
34  Division of a crew
35  Predecessor of the late
36  Solid glass with parallel sides
38  Old gold coin
40  Storehouses
43  Where the Adirondacks are
46  Fuel transport
47  Up-country city, according to the Italians
49  Clerical cape
51  Ran fast
52  Gentle
53  Small pie: Fr.
54  White-tailed birds
55  Adjunct of military hardware
56  Lowland product
57  Distant
61  Label
"A hot Cuban babe," is how Bob Sirott described his wife of 17 years, Marianne Murciano.

I had the pleasure of sitting down recently with the husband-wife broadcasting duo and hearing their love story, what it's like to be a local celebrity couple and what they're up to these days.

Their story began in 1993, when Murciano moved here from Miami to anchor the Fox morning show, "Good Day Chicago." Shortly after her arrival, the station hired well-known, veteran news anchor Bob Sirott as managing editor and co-anchor of the show, which they renamed "Fox Thing In The Morning."

"When we first met, I was kind of scared of Bob," said Cuban-born Murciano, who grew up in Miami and worked there as a news reporter for over a decade. "Everyone was talking about what a big deal it was that he was going to be working here, and I was thinking, 'Who the hell is Bob Sirott?'"

Murciano said when they began anchoring together, Sirott did not speak to her unless they were on air.

"He seriously would not look at me or talk to me unless the camera was rolling," she said. "I'd say, 'How was your weekend?' and he'd say 'Save it' meaning save the conversation for the show."

"I was completely focused on the show and intent on making sure it was a success, so that's where my mind was," said Sirott, who has been a reporter on many Chicago radio and TV stations since 1980, probably best known for WMAQ's "First Thing In The Morning" with Allison Rosati in the early 1990s.

At the suggestion of their news director, Murciano asked Sirott out for breakfast, with the goal of breaking the ice. What happened?

"We started having fun and getting into good conversations about life," Murciano said. "We had a lot in common. I had two young children and my marriage was falling apart. I was separated and so was Bob."

Ask anyone who watched "Fox Thing In The Morning" for the next couple years and they will tell you they watched the co-anchors falling in love. Murciano and Sirott were married in 1999 and have a teenage daughter together.

"We were friends first and then the love came," Sirott said. "She was outgoing and friendly and warm and sensitive. I loved the way she was with people."

"He made me laugh and still does," Murciano said. "In 2000, WFLD split up the anchors for the morning show, but husband and wife have been popping up as co-anchors on various Chicago radio and TV shows. This includes their two-year run as midday hosts on WGN that ended last fall."

When asked what it was like to work together, Murciano said the two have always enjoyed it, and that she and her husband have never felt a competitiveness in their professional careers.

"If Bob got hired and it didn’t include me, I would still be so happy," she said. "His success is my success."

"I was so proud of her on Sept. 11," Sirott said. "She ended up broadcasting live for most of the day, and she did an amazing job."

So what are they doing now?

As they continue radio and television anchoring gigs, the two just launched Suso's Fork, Susosfork.com, a Cuban lifestyle and cooking website. Wait till you watch some of their cooking videos. To someone like me, who loves to eat but is a not talented in the kitchen, it's inspiring.

The last question I asked Bob and Marianne was: "What makes your marriage work?"

"For me, it's a continuous process of learning to be more self-aware," Sirott said. "It’s learning how to be with someone while you make yourself a better person. Go ahead and have the argument. It's healthy!"

"It's acting like you are still dating, no matter how long you've been married," Murciano said.

To use Sirott's famous line, "And one more thing," I will say this: Having been in the broadcasting industry (and having been fired once), I can attest to how cutthroat that business really is. It isn’t for wimps.

I'm sure things haven’t always been perfectly rosy for the couple. But getting to know them, it seems they have endured the pressure, survived the ups and downs, and bonded together through it all. They are as cheerful as they've always been, whether they're on the radio or TV, or at home making Cuban nachos.

Jackie Pilossoph is a freelance columnist.

Jackie Pilossoph
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Specialist may discover cause of student's dropping grades

By Dr. Anthony Komaroff, Ask Doctor K

Dear Doctor K: My middle-schooler spends a lot of time studying. But his grades have dropped, and I see him getting more and more frustrated. What could be going on, and what can I do?

Dear Reader: Many children have problems with schoolwork or homework at one time or another. These problems usually do not last long. But if your son is still getting poor grades (C or below) despite working hard, it could be a sign that your son has a learning disability or some other problem that needs help.

A child may have a problem that needs attention if he or she:

- Is easily distracted, loses his focus when doing homework and has difficulty completing it.
- Works hard in all subjects, but is much better in some than in others.
- "Forgets" to bring homework home.
- Doesn't seem to care about schoolwork.
- Complains of being bored all day at school.

A learning disability is a problem with reading, writing, math or memory skills in a child who has the intelligence, opportunity and motivation necessary to learn.

There are many causes of school problems. Vision or hearing problems, for example, may make it hard for a child to read, to hear the teacher or to do schoolwork. I remember one patient whose 10-year-old was doing poorly. It turned out that he had a serious loss of hearing in one ear that had never been diagnosed. That, plus the fact that he was shy and always sat in the back of the classroom, made it hard for him to hear the teacher.

Another cause of poor grades that has nothing to do with mental capacity is spending too much time on extracurricular activities. This can leave a child too tired to do homework properly.

Yet another cause is boredom, in someone with extraordinary intelligence. We recently celebrated yet another example of the genius of Albert Einstein (the discovery of the gravitational waves that he predicted). It's worth remembering that pretty much every class in grade school and high school bored him, and his grades were lackluster.

Attention deficit hyperactivity disorder (ADHD) can lead to poor grades. ADHD makes it difficult to learn in school or to finish homework. Treatment can improve this considerably.

If your child is having problems in school, work with his teachers and his pediatrician. Ask the school to evaluate your child. By law, public schools must provide free evaluation and treatment for children suspected to have problems that may interfere with learning. Schools must also put together an Individualized Education Program (IEP). An IEP outlines a plan for addressing these problems.

Ask your son's pediatrician if he might benefit from seeing a hearing, vision or other type of specialist. The pediatrician may recommend someone who specializes in identifying learning disabilities. Also ask about specialized learning therapy or medication that could help.

Learning problems can be improved in most kids. Unless their trouble is that they are bored geniuses - in which case, we can learn from them!

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.

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High-flavanol cocoa may increase good cholesterol

By Joe Graedon and Teresa Graedon

Q: I started using CocoaVia after listening to a People's Pharmacy radio show about the benefits of chocolate. I used it for six weeks before my annual physical.

I don't know if the CocoaVia was the cause, but my HDL cholesterol had jumped from 58 to 78, and my LDL had dropped considerably.

My doctor wrote "fantastic" on the lab report she sent me.

I am hoping someday to get off my blood-pressure medicine, lisinopril, by losing weight, exercising more and continuing to take CocoaVia. Do the chocolate studies say anything about it lowering LDL and raising HDL?

A: CocoaVia is a standardized high-flavanol cocoa. A review of 10 studies found that cocoa products, especially chocolate, significantly lowered total and LDL cholesterol (European Journal of Clinical Nutrition, August 2011).

A recent mouse study found that supplementing the animals' diets with cocoa improved their cholesterol levels and reduced the amount of plaque in their aortas (Mediators of Inflammation online, Feb. 15, 2016).

Your personal experience is consistent with the results of another study in which giving cocoa flavonoids every day lowered blood pressure, total cholesterol and LDL cholesterol, while it raised good HDL cholesterol and improved blood-vessel flexibility (British Journal of Nutrition, Oct. 28, 2015).

Q: My niece is a doctor. Since thyroid problems run in our family, we asked her about T3 for thyroid. She says it is very dangerous. T3 only lasts in your system for half an hour and gives you a high. If you have heart problems, too much can give you a heart attack. She doesn't know of any evidence demonstrating that anyone is unable to convert T4 to T3, so regular Synthroid should work for everyone.

A: The thyroid gland produces both T4 (levothyroxine) and T3 (triiodothyronine). Only T3 is active in body tissues and is responsible for cellular metabolism. The body makes T3 from T4 by removing one iodine atom with an enzyme.

Many people with sluggish thyroid glands do well on just levothyroxine (Levoxyl, Synthroid, Tirosint, Unithroid). Some individuals, however, have a genetic variation that can influence the efficiency of T4 to T3 conversion (Endocrine Connections, December 2015). Using TSH (thyroid stimulating hormone) as the standard measure of thyroid function won't always show what is happening with T3. You will find far more detail about this topic and why some doctors prescribe T3 along with T4 in our downloadable, 25-page "Guide to Thyroid Hormones," available at www.peoplespharmacy.com.

Too much T4 or T3 can lead to heart problems or anxiety and insomnia. That's why it is so critical to get thyroid hormone doses adjusted properly.

Q: I have been using milk of magnesia (MoM) on my underarms nearly all my life. When I was in my early teens, I started to develop body odor. My mother gave me a deodorant, but two days later I got a bad, burning rash in my armpits.

The doctor advised me that I am allergic to deodorants and told me to use MoM instead. I have done so ever since, for the past three decades.

A: Many readers have told us that milk of magnesia reduces body odor without irritating delicate armpit skin. We suspect it makes the skin less hospitable to bacteria that produce unpleasant aromas.

In their column, Joe and Teresa Graedon answer letters from readers. Send questions to them via www.peoplespharmacy.com.
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By Nara Schoenberg
Tribune Newspapers

Quiet, shy and better at solving complex math problems than speaking before a group, Davis wasn't the most obvious choice for student council president.

"Who is this guy?" students said when his campaign posters went up.

But the eighth-grader really cared about making his school a better place, and, like many introverts, he was an excellent observer.

He'd noticed that many kids were bothered by lunchtime seating arrangements and that they liked to turn to one another for academic help, so he put together proposals for flexible lunchtime seating and a peer-to-peer tutoring program, wrote a speech and gathered up the courage to deliver it in class after class.

His rival was one of the most popular girls in the school, but, in the end, students voted for Davis' thoughtful solutions to real-life problems.

"He figured out a way to take his very serious-minded, thorough-minded approach to life and make it work for him," says Susan Cain, author of the new book for tweens and teens "Quiet Power: The Secret Strengths of Introverts."

Cain, who sparked the modern introvert acceptance movement with her blockbuster 2012 best-seller, "Quiet: The Power of Introverts in a World That Can't Stop Talking," says that adolescence is a particularly tricky time for introverts, who prefer interacting with close friends to socializing in crowds, and who need to recharge their social batteries with quiet downtime.

"That is probably the single hardest age in the life span of an introvert," she says of adolescence. "When you're younger, you're less self-conscious. When you're older, you have a lot of freedom to craft a lifestyle that works for you."

But when you're a teen or a tween, confident, noisy extroversion is the ideal, popularity is applauded and quiet contemplation is viewed with suspicion by both teachers and students.

"School in itself is kind of an all-day cocktail party with no alcohol," Cain quips.

Still, she says, there are ways that introverts can chart their own course, succeeding in an extroverted world while remaining true to themselves.

Among her suggestions for young introverts:

- Talk openly with your friends about how you like to socialize and spend your time.
- What are your needs? What are theirs? How can you compromise? You don't want them to get hurt or angry if, say, you feel the need to retreat to the library during lunch period.
- Find your passion. Everyone can benefit from finding a favorite activity, but a passionate interest serves a special role for introverts. We tend to get very excited about our interests, an excitement that motivates us to break out of our comfort zones and speak up, contribute and take a stand.
- Draw on your strengths. Davis didn't try to be like the extroverted candidate when he ran for student council president; he let her call for more parties while he figured out how to advocate for ideas he really cared about.
- Be open to extroverts. Introverts often work well with extroverts, who recharge their batteries by socializing and gravitate to larger, louder gatherings. In Davis' case, it was his extroverted cousin, a cheerleader, who urged him to run for student council president. She brought outspoken confidence and broad social experience to the table, and he saw his potential.

For an introvert, adolescence can be one of the most challenging periods of life.

Susan Cain, whose 2012 best-selling book launched the introvert awareness movement, wants to help quiet kids

Are you an introvert?

Adapted from "Quiet Power: The Secret Strengths of Introverts." For more information, go to Cain's website, Quiet Revolution (www.quietrev.com).

Some introverts are shy; some are socially confident. Some are terrified by public speaking; some embrace it. But they do have important traits in common. To find out if you might be an introvert, ask yourself these questions:

- Do you prefer spending time with a few close friends rather than a group?
- Do you prefer to express yourself in writing?
- Do you prefer deep conversations to small talk?
- Do you feel drained after hanging out with friends, even when you had a really good time?
- Can you dive into a project or activity for hours at a time without getting bored?
- Do you like to think before you speak?
- Do you feel a little uncomfortable when you're the center of attention?
- Would you prefer a weekend with nothing scheduled to a weekend with too much scheduled?

The more questions you answer "yes" to, the more likely you are to be an introvert. Take the complete quiz at www.chicagotribune.com/introvertquiz.
Contemporary home near downtown Naperville: $809,900

ADDRESS: 707 Center St. in Naperville
ASKING PRICE: $809,900
Listed on May 4, 2016
This 2,894-square-foot space has four bedrooms, 3 1/2 baths and a full basement with 9-foot ceilings. Highlights include a gourmet island kitchen with 42" custom furniture-finished cabinets, family room with fireplace, private study with boxed ceiling and formal dining room. Upstairs, the master bedroom suite features two walk-in closets and a private bath with freestanding tub and separate shower. A Jack-and-Jill suite and princess suite are also on the second floor. An oversized, two-car garage and outdoor deck complete the home.
Agent: Deborah Murphy of Emerald Homes, 224-778-0367

At press time, this home was still for sale.

chicagotribune.com/homes | Visit us online for exclusive Home of the Day photo galleries, plus views of other featured homes and real estate stories.
The Midwest's Largest Outdoor Literary Festival

WHAT'S YOUR STORY?

JUNE 11-12

PRINTERSROWLITFEST.ORG
A brand new pirate ship awaits young swashbucklers at the Splash Pad in Prospect Park.

FAMILY FRIENDLY

Pirates ahoy! and more at Park Ridge's Prospect Park

BY MYRNA PETLICK
Pioneer Press

Your family can enjoy the changes at Park Ridge Park District's Prospect Park, 733 N. Prospect Ave., during a Grand Opening, 9:45 a.m.-noon May 28.

"Prospect Park when it was the Youth Campus had 12 buildings. We've kept five of them," said Margaret Holler, manager of marketing and public relations.

"We built some new structures. We have the Paula Hassell O'Connor Community Building that will be available for private rentals." It will also be used for camp programs.

"We have a new Splash Pad that's pirate-themed and a performing arts pavilion which will not be open until 2017 because the grass needs to grow," Holler said.

Marching orders

Find a place along the route to view the annual Lincolnwood Memorial Day Parade, starting at 10:20 a.m. at the corner of Cicero and Pratt avenues, and traveling to Proesel Park's Madeline's Garden, 7055 N. Kostner Ave. There will be a ceremony around 11 a.m. in the garden.

For details, call 847-692-5127 or go to www.parkridgeparkdistrict.com.

The gang's all here

Charlie Brown is in love with the Little Red-Haired Girl in "The Peanuts Movie," which features all the familiar Peanuts characters from Peppermint Patty to Snoopy and Woodstock.

For details, call 847-677-9740 or go to www.nileslibrary.org.

More than music

The Wind Gypsies will rock Proesel Park, 7055 N. Kostner Ave., 7-8:30 p.m. June 2 as part of the Lincolnwood Summer Concert Series. Family fun begins at 6 p.m. with inflatables, face painting and activities for kids.

For details, call 847-677-9740 or go to www.lincolnwoodil.org.
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.
Red carpet 'Tonys Night' to benefit Skokie Theatre

BY MYRNA PETLICKI
Pioneer Press

Guests will walk a red carpet and be photographed by paparazzi at Skokie Theatre's Tony Awards Night Gala on June 12.

The glamorous evening was inspired by a party that Skokie Theatre owner Wendy Kaplan threw several years ago on the night of the New York Tonys. "I invited a certain amount of people and then everybody told somebody and it became this giant pyramid scheme," the Deerfield resident recalled. "Suddenly, my house was overfilled with bodies and every TV in the house was on. I decided they really liked it." Moving the Tony party to the theater and making it a benefit seemed like a logical step.

"We do a lot of musical theater, whether it's our own shows or bringing in other people's shows or cabaret shows that feature Broadway show tunes," Kaplan explained. "It all fits."

"It's Broadway's biggest night. It's very theatrical," said Managing Director Wayne Mell of Deerfield. He lauded Skokie Theatre's homage to the event, noting, "It gives everybody a chance to take out their finery and do something a little different than the normal dinner-dance."

Mell will host the proceedings. He reported that in the lobby, "There will be complementary champagne and hors d'oeuvres on one side and some raffle prizes to peruse on the other."

The appetizers are being catered by Village Inn Pizzeria, Sweety Pies Bakery will cater desserts. The Tony Awards program will be shown on the theater's large screen. During commercial breaks, there will be live performances of Broadway songs, with Johnny Rodgers serving as musical director and accompanist. At press time, the roster of entertainers included Ellen Winters, Sally Staats, Laura Freeman and Daryl Nitz, among others.

Partygoers can win a big prize by correctly guessing the most Tony winners. Proceeds of the event will go to Skokie Theatricals, a 501(C)3 nonprofit. They will be used to supplement children's education programs, help build awareness of the theater in the community and maintain the historic building, including providing equipment for performances.

Daryl Nitz, who has produced over a dozen shows at the Skokie Theatre — with several more in the works — is an enthusiastic supporter of the organization. He frequently praises the comfortable facility with its wonderful acoustics as well as the diverse programming offered. "Both Wendy and Wayne really have a sense of the community in Skokie," Nitz said. Hopefully, many members of that community will put on their best party clothes and walk the red carpet June 12.

Share your event

We want to publish your photos. To submit, visit community.chicagotribune.com or email sburrows@pioneerlocal.com.
The Gold Standard

The Gold Standard

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Lincolnwood...New Listing! Superb quality constructed 7 room brick Bi-level is affordably priced & conveniently located! Clean, Sharp and Move in Condition!
Large living rm + separate dining rm. Huge 17' eat-in kitchen. 3 large brs & 2 ½ baths. 25' lower level rec room. Many upgrades include: new roof(tear off)-2012; new windows-2003; new concrete sidewalk-2015; new stoop and railing-2013; new attic fan and insulation-2008; new dryer-2013; some new copper water pipes 2010, gas grill; April-Air humidifier and flood control pump. Won't Last at...

$329,000

PARK VIEW SCHOOL DISTRICT 70!
Morton Grove...Fabulous 6 room Ranch convenient to everything location! Huge living room, separate dining room and bedrooms with hardwood floors. Eat-in kitchen with stainless steel range & refrigerator. Full basement with walkout to fenced yard & dog run. Many updates include Roof 8 years, Windows 7 years, Hot water heater 5 years, Furnace 2 years, New copper piping in bath & Fresh Paint 3 years. Side apron for parking. Near transportation, schools, shopping, parks, pool & bike/bridle trails and much more!

$269,900

“FERRIS HOUSE” TOWNHOME!
Morton Grove...Just Listed! Superb, Rarely available 2 story Townhome in outstanding location near Metra, bus, forest preserve, bike trails, park, pool & Park View School! 2 bedrooms and 1 ½ baths. Spacious kitchen with breakfast bar and patio doors leading out to large deck. Hardwood floors in living room/dining room. Freshly painted. Wood burning fireplace in living room. Spacious bedrooms, lower level rec room and laundry room. 2 assigned parking spaces in rear of complex. Located in Park View School District #70! Call for appointment!

$259,000

BUILDER/REMODELER/HANDYPERSON SPECIAL!
Des Plaines...New on the Market! Unique property on huge 72 x 151 x 47 x 40 x 126. Huge potential for a builder or remodeler. Great opportunity to rehab home or even build your dream home. Value is in the land. Many new constructed homes in the surrounding area. Excellent location, walking distance to high school. Home needs work. 7 room Cape Cod with 3 bedrooms and 3 baths. Main floor family room, laundry room and enclosed porch. Attached 2 car garage. Call for more information. Asking price...

$232,000
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<th>ADDRESS</th>
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LAKE BLUFF
Three-bedroom, two-bath home built in 1957 and renovated within last four years. Kitchen has granite countertops and stainless steel appliances. Wet bar in family room, bi-level deck. Near downtown, parks, golf course, rec center and Metra.
Address: 44 W. Center Ave.
Price: $449,900
Schools: Lake Forest High School
Taxes: $6,559
Agent: Mary Dallas Cole, Griffith, Grant & Lackie

WILMETTE
Four-bedroom, 2.5-bath home, built in 1928, in east Wilmette. Family room with fireplace, dining room with view of yard, attached heated garage, rec and play rooms. Near both Evanston and Wilmette shopping, schools, beach, CTA and Metra.
Address: 125 Dupee Place
Price: $749,000
Schools: New Trier High School
Taxes: $13,547
Agent: Sfc Team, Coldwell Banker Residential Brokerage Winnetka

ARLINGTON HEIGHTS
Address: 1407 E. Fleming Drive
Price: $449,900
Schools: Buffalo Grove High School
Taxes: $10,769
Agent: Anne Kaplan, Coldwell Banker Residential Brokerage The Groves

BUFFALO GROVE
Address: 1134 Harvard Lane
Price: $359,900
Schools: Wheeling High School
Taxes: $8,675
Agent: Mila Tsarfas, RE/MAX Villager

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to set up a private tour or visit Sale Center between 11am - 4pm. Bring in this ad and receive a special gift from Heritage Harbors Team after completing a tour.

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Thursday, May 26

"Rent": This rock musical is filled with iconic songs including "Seasons of Love," "Take Me or Leave Me" and more. The story centers around a group of artists trying to make it in New York during the height of the AIDS epidemic and the struggles they face, both professionally and personally. 7:30 p.m. Thursday, May 26, 8 p.m. Friday, 7 p.m. Saturday, 3 p.m. Sunday, 1 p.m. Wednesday, Metropolis Performing Arts Centre, 111 W. Campbell St., Arlington Heights, previews $30; regular run $38, 847-577-2121

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, 781 Pearson St., Des Plaines, free, 847-391-5399

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

A Podcast Listening Pre-Party: Tech Help: Attend the pre-party tech help session to learn how to set up your mobile device (Android or Apple) to access any podcasts that catch your fancy. 6 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

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

"Death of a Streetcar Named Virginia Woolf: A Parody": 7:30 p.m. May 26, 8 p.m. and 9:30 p.m. May 27 and 2 p.m. May 28, Writers Theatre, 325 Tudor Court, Glencoe, $75-$80, 847-242-6000

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

Spark Park grades K-2: Young Einsteins needed for hands-on explorations of STEAM topics. Space is limited, so register by calling. 4:30 p.m. Glenview Public Library, 1390 Glenview Road, Glenview, free, 847-729-7500

Meet Violet Jessop, Titanic Survivor: Crew member Violet Jessop survived the sinking of the Titanic and then, four years later, the sinking of the Britannic, Titanic's sister ship. Historical interpreter Leslie Goddard brings Violet to life with unforgettable, behind-the-scenes stories from the most glamorous luxury liners of their day. 7 p.m. Thursday, Eisenhower Public Library District, 4613 N. Oketo Ave., Harwood Heights, free, 708-867-2299

Sunset Ridge School District 29 Celebrates: Help pay tribute to longtime teachers at a reception for: Robin Bell, Barbara Golumb, Mady Lewis-Kaplan, Barbara Rosenbloom and Kenneth Smith is held at 7:45 p.m. in the Middlefork small gym, immediately following the annual Spring Sing. The other at 6:30 p.m. May 18, Sunset Ridge School, 7 p.m. Middlefork School, 405 Wagner Road, Northfield, free, 847-881-9400

Park Ridge Fly Tying Club Meetings: Chicago Fly Fishers Club meet at 7 p.m. Thursdays from October through May.

The members have an opportunity to tie the same pattern using tools and materials provided by the club. 7 p.m. Park Ridge Community Church, 100 S. Courtland Ave., Park Ridge, free, 847-823-1501

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. 7 p.m. Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-720-3209

Save A Star's Drug Disposal Program: Save A Star Drug Awareness Foundation's Drug Disposal Program box is in the lobby of the Park Ridge Police Department. Accepted are prescription medications, (including controlled substances), all over-the-counter and pet medications, vitamins, liquids and creams. Call 847-579-1300 ext. 146. 9 a.m. All week. Park Ridge Police Department, 200 Vine Ave., Park Ridge, free

Karaoke Thursdays: Enjoy some great pizza and sing a tune or two. 7 p.m. Perry's Pizza and Ribs, 711 Devon Ave., Park Ridge, free, 847-823-4422

Maggie Rose with Machaela Sullivan: 8:15 p.m. Joe's Live Rosemont, 5441 Park Place, Rosemont, $10

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

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

The Great Jewish Family Festival: This Lag B'omer celebration for the entire family includes a fair with rides, games and hands-on activities; an all-you-can-eat food court; shows and concerts; an evening bonfire experience. This event is brought to you by Lubavitch Chabad of Illinois & Chabad Center. Purchase your all-inclusive wristband in advance at the website. 4 p.m.
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**Calendar**

**Westfield Old Orchard, 4905 Old Orchard Shop Center East Ring Road, Skokie, 847-677-1770**

"Fiddler on the Roof": Based on "Tevye and His Daughters" and other tales by Sholem Aleichem, the story centers on Tevye, the father of five daughters and his attempts to maintain his Jewish religious and cultural traditions. 7 p.m. May 26, 12 p.m. and 3:30 p.m. May 28. JCC Chicago - Mayer Kaplan JCC, 5050 Church St, Skokie, $6-$16, 847-763-3500

**Linkedin 2:** For participants with 50 percent or more profile completion that describes the more advanced uses including networking, researching companies and applying for jobs. To register for Career Moves workshops, go to jvschicago-syhum.formstack.com/forms/career_identity. To learn more about the workshops, go to jvschicago.org/career-moves-workshops-and-events, call 847-745-5460 or email andrealevasseur@jvschicago.org. Fees are $10 per workshop for Career Moves Clients; or $20 per workshop for non-clients. 9:30 a.m. Goldie Bachmann Luftig Building, 1510 Golf Road, Skokie, $10-$20 per workshop, 847-745-5460

**Kat Victoria stars in "All Love Pearl!"** Kat Victoria returns to Skokie Theatre in "All Love, Pearl," a musical journey and an intimate look at the love life of one of the world's most humorous and beloved entertainers, Pearl Bailey. 8 p.m. Skokie Theatre, 7924 N. Lincoln Ave, Skokie, $20, 847-677-7761

**The Gospel According to...:** Turn to Calendar, Next Page

**Friday, May 27**

**Barefoot in the Park:** Neil Simon's Tony Award winning romantic comedy produced by the Guild Theater. 7:30 p.m. May 27 and May 28, 3 p.m. May 29. Leela Arts Center, 620 Lee St, Des Plaines, $15-$25, 847-220-2919

**Steve Moakler:** With special guests Shelby Skidmore and Greg Bates. 8 p.m. SPACE, 1245 Chicago Ave., Evanston, $15-$27, 847-492-8860

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

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

**Honor the Fallen 22 Mile Run March:** This march is honor to the fallen and raise as much awareness as possible along the route. All money raised through fundraising is donated to Chicago Veterans, a non-profit organization which has helped hundreds of local military families. 7 a.m. Veterans Memorial Park, 299 Park Ave, Glencoe, donations are accepted, 773-491-2927

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

**Gentle Yoga:** Space in each session is limited to the first 50 people. Yoga instructor Olga Rudik leads a series of yoga classes for improved physical strength, relaxation and mental clarity. Exercises are done in a chair or standing not on the floor. 9:30 a.m. and 11 a.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**Share The Warmth:** Join a group of warm, friendly, supportive women (men welcome) to prepare one-of-a-kind fleece blankets for chemo patients. A basic crochet stitch can be taught if needed. Bring lunch. Donations are welcome to this 501(c)(3) non-profit organization. 9 a.m. North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-293-6755

**The Hidden Gold of Unknown Op-**

**Du ral:** This classic explores a rarefied repertoire, hopefully, for the delight and enlightenment of all who attend. 10 a.m. North Shore Senior Center, 161 Northfield Road, Northfield, $10 NSCC member, $13 non-member, 847-784-6090

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

**Tai Chi for Arthritis and Chronic**

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

**Women in Business Networking**

**Breakfast:** There are plenty of new tactics and tools and a lot of them are free to create the awareness you need for your business. Check out the Chamber website for more information on this event at www.parkridgechamber.org/events. Fees: $10 members with RSVP, $15 prospective members and members without RSVP. 8:30 a.m. Park Ridge Chamber of Commerce, 720 Garden St., Park Ridge, $10-$15, 847-828-3212

**Beginning Bridge Lessons at Mal-**

**linckrodt Center:** This class is ideal for those who might have played in the past and need a refresher course. The class meets weekly for six weeks. 10 a.m. Mallinckrodt Center, 1041 Ridge Road, Wilmette, Center members $90, non-members $100, 847-256-9623

**Saturday, May 28**

**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

**TDF:** Tony Lucca, Jay Nash, Matt Duke: 8 p.m. SPACE, 1245 Chicago Ave., Evanston, $18-$32, 847-492-8860

**FUSE:** Studio: Drop-in with friends to wire LEDs, compose a ringtone, build an amp, mix chemicals to make gel beads, navigate a robot obstacle course and more. For grades six to 12. Midnight, Evanston Public Library, 1703 Orrington Ave., Evanston, free, 847-448-8600

**Overeaters Anonymous:** Overeaters Anonymous meets Saturdays. No dues, fees or weigh-ins. For information, call Hannah. 9 a.m. St Matthews Episcopal Church, 2120 Lincoln St., Evanston, free, 773-996-0609

**Signature Entertainment Presents:** LOL Saturday: Adult comedy every Saturday night hosted by comedy legends Tony Scaliford and Mark Simmons. National headliners with movie and television credits on stage. Awesome venue with full bar and dinner menu. 9 p.m. Chicago's Home of Chicken & Waffles, 2424 W. Dempster St, Evanston, $15 adult advance; $20 at the door, 847-521-6434

**“Animal Arts and Seasonal Stories”:** “Animal Arts & Seasonal Stories” are recommended for children ages 5 and up, but there is no minimum age requirement. Activities are offered at varying levels of difficulty and interest to engage the entire family. 10:30 a.m. May 28 and May 29, Mitchell Museum of the American Indian, 3001 Central St., Evanston, $3 kids, $5 adults, 847-475-1030

**Ascend:** The 15/16 Professional Circus Training Showcase: Come see how a year of dedication, creativity and teamwork can change the world of theatre, circus, and beyond. Our showcase provides Pro-Training students with the opportunity to perform in front of our audience as well as agents, casting directors and other established working professionals in theater and circus. 7:30 p.m. May 28 and 3 p.m. May 29, Actors Gymnasium, 927 Noyes St., Evanston, $15, 847-328-2795.

**Tefilla Yoga:** Bring your own mat and dress appropriately for Tefilla Yoga, a prayerful yoga. 11 a.m. Congregation Beth Shalom, 2433 Walters Ave, Northbrook, free, 847-998-4100

**Park Ridge Farmers Market:** Shop for fresh produce, soap, olive oils, flowers, pickles, pasta baked goods and meat. The weekly market also features live music and kids activities. Help give back to the community by bringing canned goods to the market to donate to the New Hope Food Pantry. 7 a.m. Prairie Avenue and Main Street, 15 Prairie Ave., Park Ridge, free, 847-309-2433

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Preserving Survivor Stories: Ask Holocaust Survivor Pinchas Gutter any question you would like, and “natural language” technology software will respond as if Pinchas were in the room. 10:30 a.m. Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4800

Northfield Farmers Market: Enjoy a casual morning shopping for vegetables and fruits, plants, flowers, cheeses, pastries, coffee and gourmet items. Cooking demonstrations are given by local chefs. 7:30 a.m. Northfield Farmers’ Market, 6 Happ Road, Winnetka, free, 847-446-4461

Sunday, May 29

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

God Bless America For those who gave their all Concert: Directed by Phyllis Scott, The Musical Revue presents a USO style concert filled to the brim with songs from a special time in America’s life, the end of World War II - a time when America was filled with hope, and joy, and possibilities. 4 p.m. Glenview Community Church, 1000 Elm St., Glenview, free, 847-724-2210

First Michigan Engineers War Re-Enactors: The First Michigan Engineers War Re-Enactors reprise their role as U.S. soldiers of the 19, 20 and 21st Century. There is a bugle call of a WWII US Army display in front and training exercises outside the Center, from 1:30 to 2 p.m. The Niles Historical and Cultural Center, 8970 N. Milwaukee Ave., Niles, free, 847-830-0160

Monday, May 30

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

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

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

MGKL Kids: Monday Morning Playgroup: Drop-in play time for preschoolers with a parent or caregiver to introduce young children to the library in a non-structured session. Call 847-929-5102 or go to mgkl.org for more information. 10:30 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

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

Ballroom Dance Classes: Come enjoy a basic ballroom dance class at 6:45 p.m., and an intermediate class at 7:45 p.m. Bernard Weinger JCC, 300 Revere Drive, Northbrook, $10 per person, 847-572-2227

Memoir Writing: Take part in a no-pressure, supportive environment to start writing your memoir in this 6-week class. Each week we will read a few samples of great writers, go through exercises and spend time sharing our work as a group. 10 a.m. North Shore Senior Center, 161 Northfield Road, Northfield, $59 (NSSC members); $69 (non-member), 847-784-6030

Patriotic Pooches Dog Wash: Gather your furry friends and get them washed while you wait to show them off at the Winnetka Memorial Day Parade. Dogs will be shampooed, towel-dried and released back to you sporting a star-spangled bandanna. 9 a.m. The Hadley School for the Blind, 700 Elm St., Winnetka, $10 small; $12 for medium; $15 large dogs, 847-800-5459

Tuesday, May 31

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

Supervision Group: Chicagoland's credentialed music therapists are invited to this networking event. 6:30 p.m. Dempster Street Theatre, 2008 Dempster St., Evanston, $5, 847-448-8337

State Fair Pop-Up Art Fair: July 3-5, 10 a.m. to 5 p.m. Main Street Park, Arlington Heights, free, 847-255-8700

Building Healthy Habits: To achieve permanent weight loss, an individual must develop a lifestyle of healthy habits. Take part in movement exercises in this class as well as work from “Building Healthy Habits” book. Register in advance by calling the Centennial Activity Center, 2:30 p.m. Park Ridge Park District - Centennial Activity Center, 100 S. Western Ave., Park Ridge, $50 member; $55 guest, 847-692-3597

Country in the Park 2016: This concert series features some of Nashville’s most popular emerging country music artists. “Country in the Park” concerts occur every Tuesday throughout the summer. Guests can enjoy food and beverage tents on the park’s great lawn and a musical fireworks display after select performances. 7 p.m. MB Financial Park at Rosemont, 5501 Park Place, Rosemont, free, 847-349-5556

Wednesday, June 1

Chair Yoga: Poses are done seated on a chair or the chair is used for support during standing poses, forward and backward bends, side extensions, leg and arm stretches and balancing. 11:30 a.m. Wednesday, Our Savior's Lutheran Church, 1224 N. Arlington Heights Rd., Arlington Heights, $3 donation, 847-255-8700

District 212 Hosts 2016 Leyden Eagles Golf Outing: District 212 hosts the 2016 Leyden Eagles Golf Outing, with a four-person scramble and includes 18 holes of golf with a cart and dinner. Noon, White Pines Golf Club, 500 W. Jefferson St., Bensenville, $125 per person, 630-945-5721

Bensenville Farmers Market: Shop for fresh produce and specialty foods from a variety of vendors. 5:30 p.m. Railroad Avenue and Center Street, Bensenville, free, 630-766-8200

Tal Gamilel: Part of the Israeli Jazz Festival 7:30 p.m. SPACE, 1245 Chicago

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CALENDAR

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Wendy and DB Concert for Kids:
Wendy & DB's original songs encourage children to use their imaginations, teach musical basics like melody and rhythm and show kids how to have fun with words. 10 a.m. Park Ridge Public Library, 20 S. Prospect Ave, Park Ridge, $3, 847-925-3123

Canasta Lessons: Learn to play the new Canasta at the Malhinckrodt Center of the Wilmette Park District. The class meets once a week for five weeks. Participants learn the basics and receive written rules. 10:15 a.m. Malhinckrodt Center, 1041 Ridge Road, Wilmette, $50 members, $60 non-members, 847-256-9623

Senior High Youth Group: For all youth grades 9 to 12 to enjoy fun and friendship while engaging meaningful discussions and service learning opportunities. The evening starts with a tasty dinner, sometimes chicken, sometimes pasta or pizza, 6:45 p.m. First Congregational Church of Wilmette, 1125 Wilmette Ave., Wilmette, free, 847-251-6660

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

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MOVIES

**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 looks and feels misguided, 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 tip-top, 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

**Money Monster** ★★½
R, 1:38, drama
Cable TV personality and financial guru Lee Gates, played as a belligerent, self-loathing whirlwind by George Clooney, is preparing for his show “Money Monster.” A disgruntled and now broke investor (Jack O’Connell) sneaks onto the soundstage and onto the show itself. Brandishing a pistol, he holds Lee hostage, slaps an explosives-laden vest on him and threatens to blow up the studio. I don’t need my thrillers to behave like documentaries, but after a strong and confidently paced setup, the hostage situation struggles to maintain momentum and credibility. That said, “Money Monster” never quite messes up completely. Clooney provides the glue. Jodie Foster’s direction, aided by cinematographer Matthew Libatique’s sharp, clean light, is the most fluid and well-considered of her career. — M.P

**The Darkness** ★½
PG-13, 1:33, horror
A family beset by autism, bulimia, alcoholism and extramarital canoodling squares off against the world-ending prophecies of Anasazi canyon-dwellers in this kitchen-sink horror movie so over-the-top that even the actual kitchen faucet runs mysteriously. At some point in the production process, co-writer/director Greg McLean must have believed he was making John Cassavetes’ “Poltergeist,” but this odd fusion of psychodrama and supernatural hokum gets away from him. Though better cast and considerably more ambitious than a typical PG-13 frightfest, “The Darkness” succumbs to the bloodless shocks and assaultive sound effects that plague its generic peers. — Scott Tobias, Variety

**Mother’s Day** *
PG-13, 1:58, drama
It seems there’s no stopping Garry Marshall’s terrifying cinematic rampage on our nation’s treasured holidays. This time around, Julia Roberts, Jennifer Aniston, Kate Hudson and Jason Sudeikis, among others, are subjected to an interconnected, fake heartwarming Mother’s Day-themed story. Sure, most of the characters are parents, but it’s only nominally about motherhood. 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. — Katie Walsh
Waldman, Margie 'Marge'
née Pluss, 93, of Highland Park, Ill., and originally of Blythe, CA, April 3. Daughter of the late Mary and Daniel Pluss and beloved wife of the late Jerome Waldman, MD, mother of Steven and Carol Waldman and the late Janet Waldman, loving grandmother of Brady Jerome Waldman and Rory Ben Waldman Sapir, and avid tennis player, umpire, and gardener. Memorial service in late August; contact Carol at 847-946-4948. Memorial contributions in lieu of flowers to the Nature Conservancy.
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Senior drivers confront proliferation of bells and whistles in new vehicles

By Mary Chapman
Tribune Newspapers

Before settling on a new 2014 Ford Edge SE, Cynthia Manson resisted sales pressure to move up to a trim level that had, along with a bigger price tag, more onboard technology and available options.

The lower-grade SE suited her fine. Although the newly retired Manson could have afforded a more loaded vehicle, all she required was a CD player for road-trip music and her beloved audio books, plus a navigation system. And, remote start would come in handy on chilly mornings.

At her age, she said, simplicity is best.

"I think when you have too much stuff, like automatic braking and lane departure warning and all that, you begin to rely on it too much and you lose your focus," said Manson, 70, a former Chicago bus driver.

It's hard to avoid too much technology. New vehicles feature an ever-growing array of gizmos, a lot of which are standard.

"The velocity of technological change is only going to continue and will accelerate," said Joseph Coughlin, director of the AgeLab at the Massachusetts Institute of Technology.

The proliferation of technology is confusing to anyone, not just seniors, which is why the National Highway Safety Council recently launched the "My Car Does What?" website, which simplifies advanced safety features into an interactive guide. But seniors might stand to benefit the most from using such technology.

Organizations such as AAA and AARP offer ways to help older drivers understand technology related to safety, ergonomics and comfort.

For example, AAA has a list of recommendations, including active safety systems, which use cameras and sensors to alert drivers of looming danger; adaptive headlights, which swivel in the direction the steering wheel is turned; automatic crash notifications; automatic high beams; blind-spot warning; drowsy-driver alert systems; keyless entry; adjustable steering wheels and pedals; power seats; and motorized trunk lids.

While such technology often is considered a convenience by younger drivers, it can help senior drivers remain safe and comfortable.

According to AAA, nearly 90 percent of motorists 65 and older have health issues that may affect driver safety. The number of licensed drivers ages 65 to 69 rose more than 15 percent from 1993 to 2014; for the 70-and-older set, it rose 43.6 percent, according to the University of Michigan Transportation Research Institute.

The Institute for Highway Safety projects that by 2030 there will be 53.7 million drivers 70 and older, up from 30.1 million.

The proliferation of bells and whistles in new vehicles, and the emphasis on safety technology related to older drivers who rely only on instruments are problematic too," he said. "I've found that people who have driven for a while have learned how to drive and learned how to drive well."

Car shoppers should try to keep a vehicle for a week or so before buying it, or at least have a comprehensive walk-through. Lachnit urged.

"People only buy cars about every six years, and a lot can change in that time," she said.

That's exactly what worries Jane Garcia, 68, who soon must replace her trusty 1999 Lincoln Continental with a vehicle that will likely be chock-full of unfamiliar innovation.

"My husband keeps asking me when I'm going to buy a car, but I don't know about all that new stuff," said Garcia, chairwoman of LaSed, an economic development organization in southwest Detroit.

"Me, I just want to get in and get to my location."

Rachel Churches, 89, of Novi, Mich., had similar trepidations. She liked the roominess, high fuel economy and ease of entry and exit of the 2015 Ford C-Max wagon she considered buying, but she was intimidated by all the sensors and gauges that accompany hybrid technology.

Because hybrid and electric cars are so quiet, Churches once nearly walked away from her vehicle without turning it off. The vehicle's alert had saved her.

"Now, I love it," Churches said. "My kids were surprised when I bought the car, and I surprised myself too."

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Mary Chapman is a freelance writer.
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Haughton, Gurdzibeev come to love track in new home

BY DAN SHALIN
Pioneer Press

Maine East's Torrain Haughton emigrated from Montego Bay, Jamaica, just before high school, and he considered himself a soccer player and a gymnast before finding his true calling on the track.

Teammate Tim Gurdzibeev arrived from Ossetia, a region in western Russia, as a sophomore, and was convinced to give track a try by his math teacher Scott Schultes, the coach of the boys team.

This weekend, both seniors will complete their high school careers at the Class 3A state track and field meet in Charleston.

Haughton cruised to victory in the 800-meter run at the Loyola Sectional on May 19 crossing the finish line in 1 minute, 54.58 seconds. He will look to build on his fifth-place finish at last year's state meet.

According to Haughton, Sandburg senior Chris Torpy will be one of his main competitors at state.

"My goal is to win state," Haughton said. "I beat (Torpy) in the prelims last year, but he finished a spot ahead of me in the final. I'm in better shape and hopefully I can see him again and beat him."

Schultes said he's expecting a strong performance from Haughton, a runner he said is immensely talented and one of the hardest working athletes he's ever coached.

"Whatever I've asked him to do, running a two-mile time trial, competing in cross country, (Haughton) did everything. I asked the best he could, and never questioned or doubted a thing," Schultes said. "And he does things in practice (athletically) that are almost scary, they are so good."

Gurdzibeev finished fourth in the pole vault at the sectional, clearing a qualifying height of 13-7.

Maine East pole vaulter Tim Gurdzibeev celebrates qualifying for state on his way down from clearing 13-7 during the Class 3A Loyola track and field sectional on May 19 in Wilmette.

Schultes said Gurdzibeev's development has been impressive since he's had to balance school, track and field and his job at a local restaurant.

"He's had to work hard to help support himself and his family, and it was hard to make the commitment to do track," Schultes said. "But I know it's a passion and I'm proud he decided to stick it out (Gurdzibeev) is trying to balance a lot (while) at the same time getting better in a technical and difficult event like pole vault."

Maine East (15 points) finished 13th at the 16-team sectional.

Dan Shalinn is a freelance reporter for Pioneer Press.

Cram ends Carreion's bid for state berth

BY ERIC VAN DRIL
Pioneer Press

Maine East freshman Don Carreon was in the midst of a four-set match when his left calf cramped up.

"I thought I was going to beat him until I felt that," said Carreon, pointing to his calf.

Carreon, who earned a 5-6 seed in one of the state's toughest sectionals, was playing very well at the time.

Carreon and Maine South sophomore Danilo Kovacevic were in the middle of a point when Carreon suffered the injury.

"I thought I was going to beat him until I felt that," said Carreon, pointing to his calf.

Carreon moved Kovacevic, a 1-4 seed, around the court at times by dictating points with his serve and left-handed forehand.

He continued playing shortly after suffering the injury and receiving treatment, but retired down 4-3 on Friday, May 20.

Although Carreon was forced to retire, he said he's optimistic that he can qualify for the state tournament later in his career. Three of the four singles qualifiers at the Niles West Sectional were seniors this year, with Kovacevic being the exception.

A key to qualifying is to work on "my fitness because I don't want this to happen again," Carreon said.

Eric Van Dril is a freelance reporter for Pioneer Press.

Twitter @VanDrilSports
Long-time Wolves coach Campbell dies on day of sectional

BY DAN SHALIN
Pioneer Press

A moment of silence was held at the end of the Class 3A Loyola boys track and field sectional to honor former Niles West coach Ron Campbell, who passed away earlier that day after a long battle with cancer. Campbell, who coached boys track and field and cross country, was 77 years old.

A Niles West teacher and coach for over 35 years, Campbell retired in 1998 and was inducted into the Niles West Athletic Hall of Fame in 2015.

Niles West coach Chris Vivone said there was symbolism in Campbell's death coming on May 19, one of the biggest days for local track and field athletes.

"He was the biggest fan of track and field, whether it was the Olympics, collegiate or high school," Vivone said. "When it came to Niles West track and cross country there was no bigger fan for the boys and girls."

Vivone, who has been the coach since 2003, said Campbell remained involved in the program for years after his retirement, serving as a volunteer coach and mentor, working as a meet official and maintaining boys and girls track archives for the entire Central Suburban League.

For several years, the school has hosted the Ron Campbell Invite cross country meet, and this past year, Niles West changed the name of its annual indoor meet to the Ron Campbell Indoor Invite.

Campbell is survived by Donna, his wife of over 50 years, three daughters and 11 grandchildren.

Dan Shalin is a freelance reporter for Pioneer Press.

Tubic, Weiss well-suited to be doubles partners

BY ERIC VAN DRIL
Pioneer Press

The high school tennis careers of Niles West's Aleksa Tubic and Dan Weiss ended on a Saturday, May 21, when they lost 6-4, 6-2 to New Trier seniors Wyatt Mayer and Ricky Mayer at the Niles West Sectional.

Tubic and Weiss' styles of play suited each other well. So too did their personalities on the court.

"He's really even-keeled," said Weiss, who plans on studying at Northwestern in the fall. "He doesn't get phased by anything. Sometimes I have a little temper. I get a little frustrated. I think it's good to have someone there that is always just moving forward."

Tubic and Weiss were paired together as freshmen. The two played No. 4 doubles in 2013, but split time between playing singles and doubles with other partners the next two seasons. They then picked up right where they left off this year, according to Weiss.

In this Oct. 31, 2015, photo, Niles West's Frankie Santa (406) competes at the Class 3A Lake Park Sectional in Roselle.

In this May 21, 2015, photo, Niles West's Dan Weiss hits a shot during the New Trier Sectional tournament in Winnetka.
New Trier senior Tara Smart and Oona Jung-Beeman ended their careers at the Class 3A girls track and field state meet, but not before leaving their mark on the Class 3A girls track and field state meet.

In the final race of the entire girls high school track season on May 21, in Charleston, Smart and Jung-Beeman were part of a Tarkians 4x400-meter relay team that finished third with a school-record time of 3 minutes, 56.41 seconds. The other two members of the team were freshmen Marne Sullivan and junior Kate Holly.

Earlier in the day, Smart had earned all-state honors by finishing ninth in the 400 (1:04.09), but she said there was something particularly satisfying about getting the job done in the relay.

"Individual running is difficult and (earning all-state) is rewarding because of that," said Smart, who plans to run track at North Dakota State next season. "When you're running within a team on the relay, there is something special about it, and it's a lot more rewarding (than individual honors)."

New Trier's 4x800 relay team of sophomore Savannah Nohoch, freshman Caroline Trullenbrod, junior Grace Fagan and senior Kelli Schmidt finished fifth (8:19.04), and Tarkians junior Caroline Fix came in 26th in the 3,200 (11:20.78).

New Trier (13 points) tied for 24th in the state.

Niles West

After Niles West became the only local team to receive a trophy at the state meet on May 21, the Wolves coaches and athletes celebrated at a Thai restaurant in Charleston.

Niles West finished third, out of three teams, in the state's new unified division, which is for teams with wheelchair and able-bodied athletes at the state meet.

Freshman Danielle Dimaria, who has spina bifida, competed in the wheelchair 100-, 200- and 400-meter races on May 21. Her top performance came in the 100 as she finished third out of four competitors in 26.61 seconds.

In the fall, Niles West boys sprint coach Mike Leaks mentioned to girls coach Mark Medland that he had seen Dimaria moving quickly down the school hallway.

Medland mentioned the idea of joining the team to Dimaria, who said she was initially reluctant to participate.

"My family wanted me to do it, but I was a little scared at first," said Dimaria, who had to get a special racing wheelchair. "I am happy that I started doing it. It was a good decision."

Cheering on Dimaria in Charleston were her parents, Mel and Dan, several other family members and her Niles West teammates who participated in the Class 3A state prelims on May 20.

"It's just amazing, I'm very happy," Dimaria said. "(State) was a good opportunity to go on the track and win a trophy for my high school."

Glennard West finished first in the unified division, and Metamora was second.

Loyola

Ramblers senior Kathryn House moved past the bitter memories of her last two appearances at the Class 3A state meet by finishing sixth in the 1,600-meter run in a season-best time of 5 minutes, 15.45 seconds on May 21.

House was tripped during the 1,600 prelims as a sophomore and it happened again in the 1,600 finals as a junior. She finished both races, but ended up missing finals in 2013 and missed all-state by one spot last year after finishing 10th.

"She just had bad luck," Loyola coach Chris Jon Simon said. "Over her four years (getting tripped) happened twice, it just happened twice in a row in the state championships in her two biggest races. But she's very mature and was focused on not letting that creep into her mind. Obviously it could have."

House, who plans to run track and cross country at Michigan, said she tried to use the past as motivation this year rather than allowing it to add pressure or fear.

"Honestly, I didn't really think about it at all this year," said House, a Chicago resident. "I definitely remember (what happened), but I didn't think about it. This was a good way to finish."

House scored all four of Loyola's points, and the team tied for 44th in the state.

Maine South

The Hawks' 4x800-meter relay team earned all-state honors by finishing ninth (9:19.04), and 'Frevians junior Schmidt finished third with a school-record time of 11:20.78.

The finals group featured the team's third in as many years. "The question was whether or not to make the switch and go for a lower time," Hawks coach Jeff Downing said. "We were 12th going into finals, thought maybe we could go faster. We ran about the same time, but it was enough to get the last medal."

Maine South junior Maddie Dingle finished 27th in the 3,200 (11:22.07), Maine South (1 point) tied for 70th in the state.

Maine East

Sophomore Jenna Parra competed in the high jump at the Class 3A state prelims on Friday, May 20, but did not clear the opening height.

Ridgewood

In Class 2A, Ridgewood sophomore Vicky Ignacik finished sixth in the 1,000-meter hurdles (14.89 seconds). She earned the school's first all-state medal since Beth Bandalolo came in fifth in the high jump in 1998.

Lisa Lingren, who took sixth in the long jump in 1998, is the only other Rebels athlete to medal at the girls track and field state meet. Ignacik's best time entering the Lisle Sectional on Thursday, May 12, was 16.30. But she ran a 15.69 at the sectional, followed that up with a 15.36 in the Class 2A state prelims on Friday, May 20, and then improved upon it with the finals the next day.

"It's outstanding. I don't know what else to say," Ridgewood coach Tony Guagenti said. "To go from PRing at sectional, and (nine days) later going even faster. That's a pretty good week when you're dropping 1.41 seconds off your time."

Ignacik scored all of Ridgewood's points (4), and the Rebels tied for 45th in Class 2A.

North Shore

Country Day

In the Class 1A state prelims on Thursday, May 19, junior Katie Glew ran in the 800- (2 minutes, 24.57 seconds) and 1,600-meter runs (5:22.35). She didn't reach the final in either race.

Alex Hemmer caps standout year for Lake Forest softball

BY NICK BULLOCK

Pioneer Press

The Lake Forest College softball team recently concluded its season with a Midwest Conference title and a run to the NCAA Division III regional championship. Led by a group of seven area athletes, the Foresters finished the season 30-14 overall and 18-2 in conference play. The MWC regular season title was the team's third in as many years.

Alex Hemmer, a senior catcher and Mundelein graduate, was named Midwest Conference player of the year as well as a first team all-conference selection. She led the team in batting average (.397), on-base percentage (.471) and slugging percentage (.664), and was third in home runs (5) and stolen bases (six).

Teammate Jenny McTague, a junior pitcher from Glenbrook North, also made the all-MWC first team. McTague threw two no-hitters during the season and finished with a 2.77 ERA and 93 strikeouts in 131.1/3 innings. She started 22 games and appeared in seven more in relief, compiling a 12-2 record, plus three saves.

Sally Snarski, a senior first baseman and Carmel graduate, was an offensive force for the Foresters. She finished the season with a .363 average, 470 on-base percentage and .613 slugging percentage. Her seven home runs tied her for the team lead, and her 27 RBIs were second-most on the team.

Barrington graduate Vasi Panos was a senior second baseman for the team. She played in 41 games. Junior outfielder Sam Rosenfeld, a Barrington alumna, played in 20 games for the Foresters. Niles West's Jillian Rashid, a sophomore first and third baseman, played in 16 games for the team. Dani Szychowski, a Hersey graduate from Prospect Heights, was also on the team.

Fenwick alum finishes in top 10 in D3 men's golf

Fenwick graduate Tim Tynan was named the Illinois Wesleyan men's golf team's most valuable player for this season.

The senior took 10th place at the 2016 NCAA Division III tournament with a four-round 299, just four shots off the lead.

Tynan put together a 73.8-stroke average in 27 rounds this season.

Also on the team were senior Trevor Jay, from Hinsdale Central, sophomore Jackson Wiech, a Carmel graduate, and freshman Nick Carlson, a St. Viator graduate.

Have a suggestion for the College Roundup? Email Nick Bullock at bullockpioneerpress@gmail.com.
Finishing strong

Area athletes excel at girls track and field state meet. Page 41
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