

NILES HERALD-SPECTATOR



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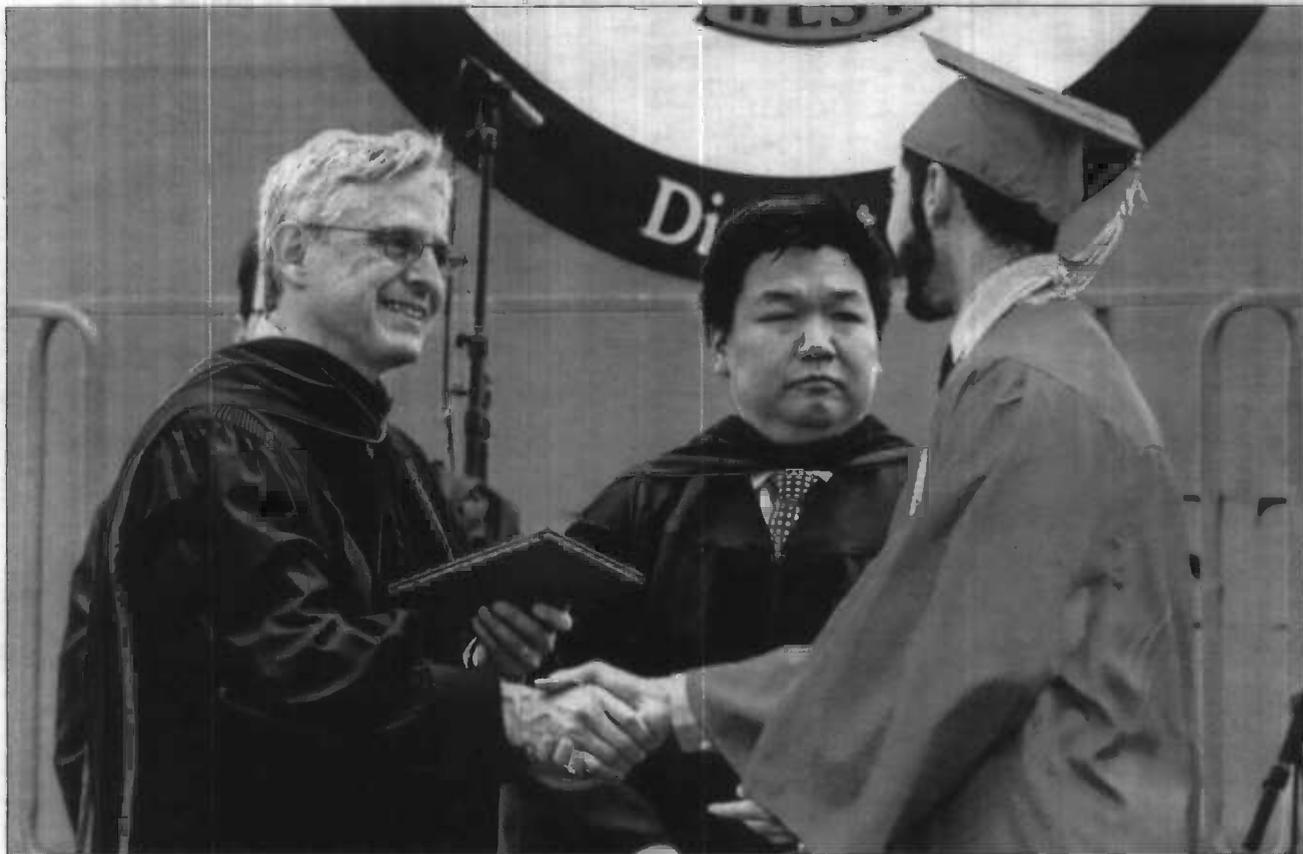
Thursday, June 2, 2016

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'Go out ... do some good'

High court nominee gives an alum's advice to Niles West students. Page 6



NANCY STONE/CHICAGO TRIBUNE

Supreme Court nominee Merrick Garland, left, hands out diplomas May 29 with board member David Ko.

GO



RAVINIA FESTIVAL

Your guide to Ravinia

What and who is new at the park this year. Page 16

SPORTS

Breaking the mold

Area coaches show a woman's place is leading in the huddle. Page 36



TIM BOYLE/PIONEER PRESS

LIVING

Father knows best

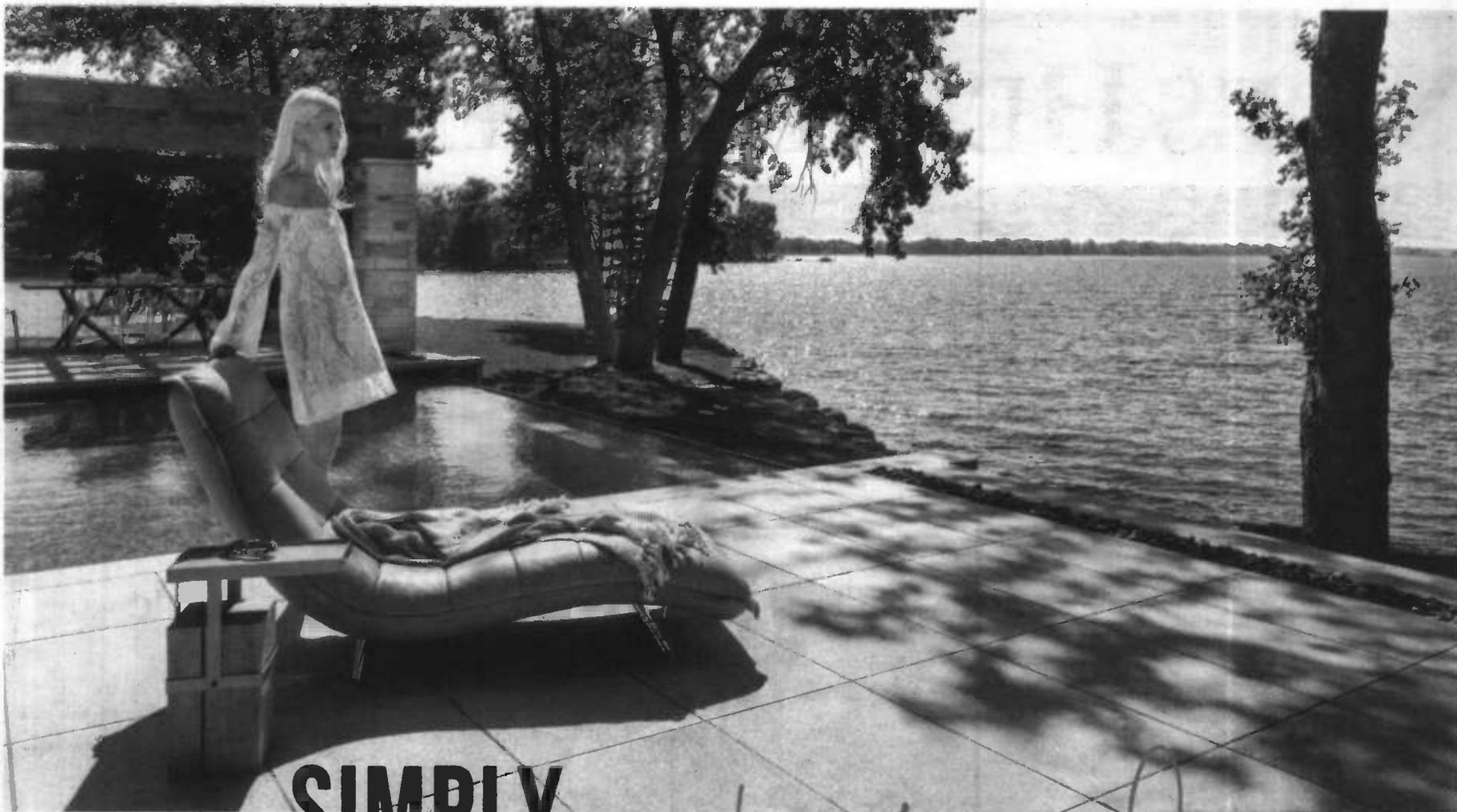
Friends and readers share wisdom from their dads with Mommy on a Shoe-string. Inside



State Rep. Laura Fine, D-Glenvlew, and her father.

LAURA FINE PHOTO

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SHOUT OUT

Stuart Jacobson, children's motivator

Stuart Jacobson, a recent Skokie resident with longer-time connections to this area, performs "The Stu Show" in which he motivates children to "be kind, be positive and read." He bills himself as speaker, humorist, songwriter and sociologist. Pioneer Press recently asked him a series of questions.

Q: Where do you perform your show?

A: I perform "The Stu Show, Be Kind Be Positive and Read" at elementary schools, libraries and festivals.

Q: Where did you grow up?

A: Morton Grove.

Q: How long have you lived in Skokie?

A: I just moved into a Skokie condo two months ago.

Q: Pets?

A: My Yorkie of 18 years, Louie, just passed.

Q: What book are you currently reading?

A: I am currently reading "Autobiography of Mark Twain."

Q: First job?

A: I worked at the Lincoln Village movie theaters.



PIONEER PRESS STAFF

Jacobson

Q: As a kid, what did you want to be when you grew up?

A: Exactly what I'm doing now — an entertainer delivering a positive message.

Q: A movie you'd recommend?

A: "Stormy Weather" starring Lena Horne, Bill "Bojangles" Rob-

inson, Cab Calloway, Fats Waller, Ada Brown, the Nicholas Brothers and so many other great talents that have since passed on.

Q: Words of wisdom?

A: My mantra is from a great lyric written in 1945 by the late Johnny Mercer. "You have to accentuate the positive, eliminate the negative, latch onto the affirmative and don't mess with Mr. In-Between."

Q: What song best sums up Skokie for you?

A: "Niles North Fight Song" — my alma mater.

Q: Favorite local restaurant?

A: A tuna sandwich at Kaufman's Delicatessen.

Q: What is an interesting factoid about yourself?

A: I wake up every day, look out my bedroom window, find the bright side of the sun, which there always is one, and say to myself, "today is going to be a beautiful day." If you feed your brain that provoking message every morning, you are programmed for the rest of the day. Try it.

— Pioneer Press staff

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Connecting Communities

Grads told to 'go out ... do some good'

High court nominee gives an alum's advice to Niles West students

BY ANGIE LEVENTIS
LOURGOS
Chicago Tribune

Supreme Court nominee Merrick Garland on Sunday bid the graduates of his alma mater Niles West to "go out and do some good in the world" in his second noteworthy commencement address at the Skokie high school.

"When you are facing the unanticipated twists and turns that life shall surely take, when the bad things happen, it should be of tremendous solace to get outside yourself and focus on someone else," he said to the crowd of roughly 4,000 filling the football stadium. "Instead of taking a selfie, turn the camera around. You know, the way we used to take pictures? You will have a much more fulfilling life by turning your focus outward to helping others."

Garland stood on that same football field 46 years ago as valedictorian at his own commencement ceremony, giving a speech that President Barack Obama recounted when he announced Garland's nomination to the Supreme Court on March 16.

It was 1970, the student speaker before Garland had launched into a tirade of the ongoing Vietnam War and someone cut off the sound system. Tossing aside his prepared remarks, Garland instead began his address by defending freedom of speech.

Niles West Principal Jason Ness introduced Garland at Sunday's ceremony, praising the alum as a role model for the Class of 2016 not just for his achievements, but for his intelligence and humility.

Then Garland joked that he would begin his speech the same way he did some four decades ago.

"I may not agree with

what you say, but I will defend to the death your right to say it," Garland said, evoking laughter from the crowd. "Especially if you say such nice things about me."

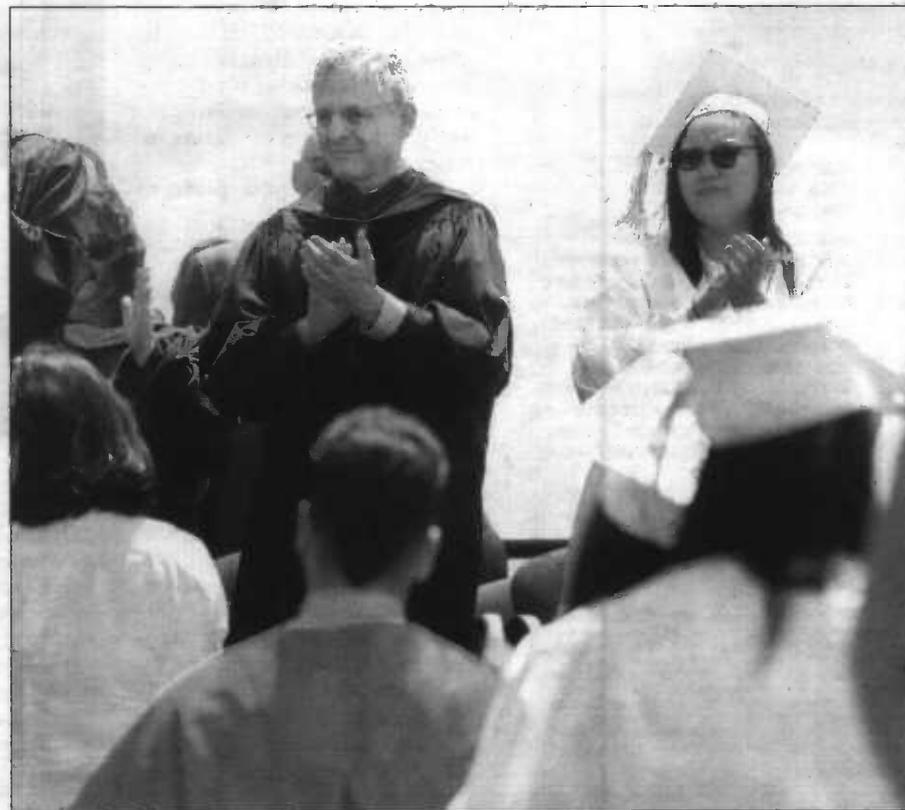
At the start of the ceremony, Garland smiled in a black graduation gown near the front of the procession leading the 650 graduates in red and white caps and gowns onto the football field as the school orchestra played "Pomp and Circumstance." His wife, Lynn Garland, and daughter Becky, as well as his sister, Jill Roter, of Northbrook, also looked on from seats to the right of the stage.

Garland, who grew up in Lincolnwood, was nominated to fill the Supreme Court vacancy following the death of Justice Antonin Scalia but faces stiff Republican opposition, some calling for a delay until the next president takes office. He now serves as chief judge of the U.S. Court of Appeals in Washington, D.C.

"The most personally rewarding experiences of my career have not been the high-profile cases I've investigated or the legal disputes I've resolved," he said, but the time spent tutoring Washington elementary school students in reading and math. He praised Niles West's literacy center where students serve as tutors in a community so diverse that roughly 90 languages are spoken.

While the future is unpredictable, he told the graduates that Niles West prepared him by providing a sense of community and lasting friendships.

He thanked several of his old teachers by name, including Lincolnwood Mayor Gerald Turry, a retired Niles West educator. He noted that many of his high school friends are his closest friends today, including



NANCY STONE/CHICAGO TRIBUNE

Supreme Court nominee Merrick Garland, left, a graduate of Niles West High School who delivered this year's commencement speech at his alma mater, watches as graduates of the Skokie school file in on May 29.

his college roommate who dissuaded him from his intended career in medicine because he wasn't that great at math.

"When big decisions have to be made, when bad things happen, you don't have to handle them alone," he said, adding that bad things do happen even to good people, citing the Oklahoma City bombing, for which he oversaw the prosecution's case in 1995.

"But the weeks I spent in Oklahoma City investigating the bombing also made me see how important community, friends and family are when bad things happen," he said, describing how neighbors came together to provide basic resources following the tragedy.

"I know that a similar spirit runs through the communities of Lincolnwood, Skokie, Morton Grove and Niles."

Garland noted that many things have changed in the past four decades or so since his graduation, recalling that the typewriter was cutting-edge technology and Paul McCartney was about the same age as Taylor Swift is today. The students at Niles West had a tie-dye spirit day last week, whereas when Garland went to school, "every day was tie-dye day," he said, laughing.

"It's every much as big a thrill and an honor to speak at your graduation as it was to speak at mine," he said. "The four years I spent at West were the basis for the career I've had and the kind of person I am today."

Afterward, as the graduates and their relatives milled around the football field hugging and congratulating one another, several students said they found the address funny and relatable.

"It was very inspiring to

know he came from the same school we did, he came from the same places we did," said graduate Eddie Krueger, of Niles.

Graduate Alfie Quavo Thomas, of Skokie, said Garland gave him his diploma and shook his hand.

"It was pretty hard to believe," he said. "It's something I'll never forget."

Lincolnwood resident Mary Liapis Athans, mother of graduate John Athans, said she was grateful the kids got to see "what they can achieve in the future, with perseverance.

"It's like someone from the neighborhood achieved such high goals, and they can do the same," she said.

A public address by a Supreme Court nominee is fairly uncommon, said Trevor Parry-Giles, a professor of political communication at the University of Maryland and author of the book "The Character of

Justice: Rhetoric, Law and Politics in the Supreme Court Confirmation Process."

"It's certainly unusual for nominees, but then again, this is an unusual process," he said, referencing Senate confirmation hearing delays.

Parry-Giles added that the setting and prepared nature of the remarks make the event pretty safe politically.

"A high school graduation is much more neutral and community-based, and not seen as quite as political as you might have in other public venues, even a college or university," he said. "So it's a safe space to give a speech."

Vikram David Amar, dean of the University of Illinois College of Law, said it can be beneficial for a nominee to share their personal narrative with the public.

"I think it's better for nominees to get out and show they are real people and not just a two-dimensional character," he said. "It's good for the process and for the public. It's good when we hear their voice, see their face."

When Garland attended Niles West, he was elected president of the student council and took part in a litany of school clubs, including debate, National Honor Society and various theater groups. He was also named "most-intelligent" by his peers his senior year.

Prior to the ceremony, former classmate Donald Silvert, a patent attorney from Northbrook, said it's fitting that Garland is coming full circle to speak again at Niles West.

"I think he's the perfect guy to provide some insight and humor and guidance to a group of new graduates coming out of a great school," he said.

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BRIAN L. COX/PIONEER PRESS

Niles North High School graduate, Jinbin Cao, right, with his parents at the Niles Township High School Board of Education May 24 meeting.

Niles North grad awarded Millennium Scholarship

BY BRIAN L. COX
Pioneer Press

For Niles North High School graduate, Jinbin Cao, Chicago deep dish pizza ranks up there with learning that he'll be getting "a free ride" on his UIC college tuition and grad school thanks to being named a recipient of the 2016 Gates Millennium Scholarship.

"Today is one of my greatest honors," Cao told the Niles Township High School Board of Education during its May 24 meeting.

Cao and his mother came to the Chicago area from China in February, 2014. Cao hit the books at Niles North and tried to learn English as his mother worked a minimum wage job and his father continued working in China.

"It was a hard time for me at the beginning," Cao said. "I studied hard every day. Hopefully all my efforts pay back."

The Gates Millennium Scholars Program is funded by a grant from the Bill & Melinda Gates Foundation and was established in 1999 to provide academically outstanding minority high

school students with financial need an opportunity to complete an undergraduate college education in any discipline area of interest, according to the group's website.

"I have to share this honor with those who have helped me a lot, given the occasion."

— Jinbin Cao, Niles North High School graduate

Niles North school counselor Dave Shafron, told the board that Cao was one of only 1,000 from across the country awarded the scholarship out of 50,000 who applied. He said Cao will be entering an honors electrical engineering program at UIC in the fall and that the scholarship will cover his undergraduate tuition and will pay \$30,000 per year in tuition toward a graduate degree.

"That's very impressive," Shafron said.

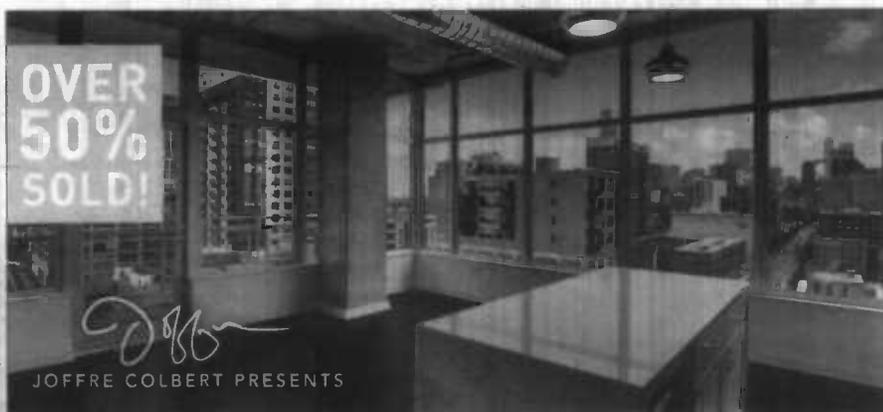
Cao said his father made the journey from China for Cao's Niles North high school graduation and both parents were also at the May 24 board meeting with their son.

Cao told the board he knew very little English when he arrived at the high school that cold February day in 2014. He said along the way he has developed a love for deep-dish pizza and a passion for learning and studying. He also thanked the teachers and others in the school district who helped him along the way.

"I have to share this honor with those who have helped me a lot, given the occasion," he said. "I appreciate that."

According to a press release from the Bill & Melinda Gates Foundation, the class of 2016 will be the final group of Gates Millennium scholars. The program after this year will have met its goal of awarding scholarships to 20,000 students with low income backgrounds, the release said.

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



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The 2016 Taste of Park Ridge Main Stage Sponsor once again, is the Bredemann Family of Dealerships. Bredemann has established a remarkable reputation for service and quality, celebrating over 100 years of exceeding expectations in the automotive industry.

There are three new VIP sponsors for this year's Taste. Groot Industries, the new Waste Collection Service for Park Ridge, is pleased to participate in an event that they recognize is dear to the hearts of Park Ridge residents and business owners. Local State Farm Agent Neal Salah moved his family to Park Ridge several years ago because of his appreciation for our community. The Taste committee appreciates him stepping up to sponsor an event that he truly believes in. The third is the Olson Family. Evan and Martha Olson live in California, but Evan grew up in Park Ridge, and is passionate about his beloved hometown. The committee is thrilled that both he and Martha will appear on stage for the Opening Ceremony at 6 pm on July 14th.

Additional valued VIP Sponsors include The Park Ridge Herald/Advocate Newspaper, whose parent company, the Chicago Tribune, produces the annual Taste brochure and Advocate Lutheran General and Lutheran General Children's Hospital. The committee is also grateful to BMO Harris Bank, Christopher B. Burke Engineering, City of Park Ridge, Classic Party Rental, Cook County Commissioner Peter Silvestri, Dolly McCarthy Show, Journal & Topics Newspapers, Maine Township, the Park Ridge Chamber of Commerce, Park Ridge Psychological Services, the Park Ridge Recreation and Park District, Park Ridge Recreation and Park District Commissioner and State Senatorial hopeful Mel Thillens, Parkway Bank, Physicians Immediate Care, Rainbow Hospice, State Representative Michael McAuliffe, Xfinity, and W & R Event Services.

The Taste Committee is forever indebted to these organizations and individuals for their enthusiastic generosity.

Dozens attend public hearing on zoning code, land-use plans

BY LEE V. GAINES
Pioneer Press

Dozens of residents packed the Niles Village Hall on May 23 for a public hearing hosted by the village's Plan Commission and Zoning Board of Appeals on a proposed revamp of the city's zoning code and a new land-use plan for the section of Milwaukee Avenue between Albion and Monroe streets.

The commissioners voted 6-0 to recommend approval by the Village Board of the new zoning regulations and map, the land-use plan — dubbed the South Milwaukee Corridor Plan — and new subdivision regulations.

Bruce Sylvester, senior planner for the village, said the zoning rewrite has been in the works for past 2½ years.

Several of the residents who attended the public hearing expressed concern that the new zoning rules would force them to sell their property to a developer or prevent them from occupying their single-family residence in certain parts of Niles.

Sylvester said “the overwhelming majority of the village would be unaffected by the new (zoning) ordinance, in particular single-family residences.” The big changes in the new rules focus on Milwaukee Avenue and the buildings within a block and a half of the main road.

Sylvester said the new land-use plan is being adopted to encourage new development along Milwaukee Avenue and the

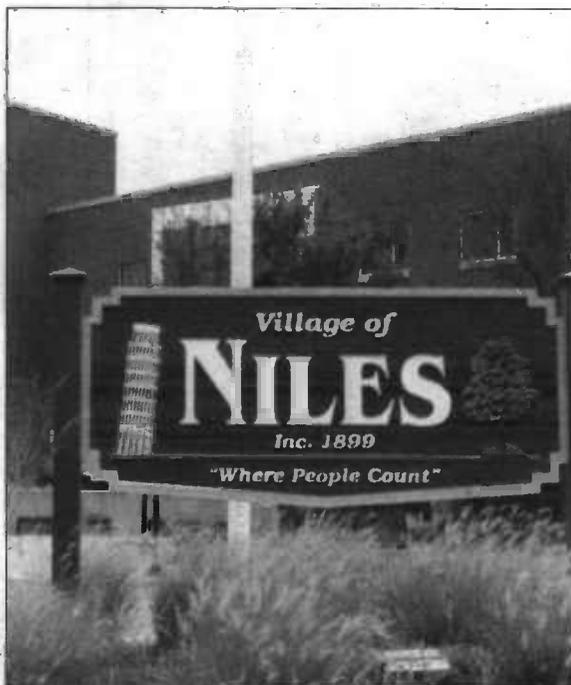
proposed commercial zoning designation for the area would allow for more intensive development while also holding any new construction to a high design and architectural standard. At the same time, he said, the new zoning designation would not negatively affect any existing residences or businesses.

“These zoning rules would not force any businesses to relocate or any businesses to close or property owners to sell,” he said.

Sylvester said he received between 70 and 80 phone calls from residents after notice of the public hearing went out. Roughly 90 percent of the time the property owners who contacted him were unaffected by the proposed changes and for the approximately 10 percent who were, Sylvester said, he explained that the changes would not negatively affect them.

As part of the proposed zoning regulations, an area called the Touhy Triangle Cultural and Entertainment District — a triangular parcel of land bordered by Touhy Avenue, Gross Point Road and Lehigh Avenue — would fall under a new zoning category titled “entertainment mixed-use,” Sylvester said. Most of the area, which is part of a tax increment financing district, is currently zoned for manufacturing, he said.

Sylvester said the village is working on a land-use plan for the area. He said village officials envision “almost a Rosemont type



JONATHAN BULLINGTON/CHICAGO TRIBUNE

Niles Village Hall was filled with dozens of residents May 23 for a public hearing hosted by the village's Plan Commission and Zoning Board of Appeals on a proposed revamp of the city's zoning code and a new land-use plan for the section of Milwaukee Avenue between Albion and Monroe streets.

of entertainment district” with the Leaning Tower of Niles at its center.

The proposed zoning designation lays “the groundwork for that area over time to become a cultural and entertainment district,” he said.

Several attendees at the hearing expressed concern over the village's intention for the Touhy Triangle.

Angelica Borromeo, a resident of the 7300 block of North Meade Avenue, a section of Chicago that extends into the Touhy Triangle, said the village's vision “doesn't work for our area.”

She said traffic in the neighborhood is already “really bad.”

Edward Adler, executive vice president of the Missner Group, a real estate management and development company, said his business has a contract on a property in the Touhy Triangle on Gross Point Road and “we do not agree with the vision of the village on that property.”

“There are 18 or 20 owners,” he said. “There's been no cohesiveness with

everybody. The plan is going to be very, very difficult to execute. For us to buy this property now is going to be very unlikely.”

Commissioners had few questions about the proposed zoning changes and land-use plan.

“The reason our questions are related to minutiae is because this is the fourth or fifth time we've seen this,” said Thomas Kanelos, the village's Planning Commission and Zoning Board of Appeals chairman.

Both Sylvester and commissioners billed the zoning revisions and the land-use plan as positive developments in the village that might spur development along Milwaukee Avenue and within the Touhy Triangle.

“What we try to do with this is expand possibilities. It doesn't really change probabilities,” Commissioner Morgan Dubiel said. “We're trying to make this as beneficial as possible to everybody.”

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

Annual Dan Horyn race set in Skokie

BY MIKE ISAACS
Pioneer Press

Organizers are hoping for one improvement when the third annual Dan Horyn's Skokie Swift 5K takes off June 5 in downtown Skokie.

The weather. Very early forecasts for that day, subject to change as the event draws closer, call for a 20 percent chance of rain — making last year's torrential downpour less likely to repeat itself.

Last year, hundreds of runners laced up shoes and ran through heavy rain falling from the skies. Luckily, the children's race, which preceded the headliner, started only when skies were threatening, but it was hard to imagine worse weather for the main event.

Still, what impressed many people including the organizers was that 700 people signed up for the race and most of them attended. According to Andrea Horyn, more than 300 people finished the race in 2015 knowing they would need one large towel to dry off afterward.

“People love this event,” she said.

The Dan Horyn's Skokie Swift 5K has quickly become a staple in the village — mostly because of the outpouring of love for popular Niles North High School English teacher and track coach Dan Horyn. Horyn died in 2013 at age 34 from esophageal cancer, leaving behind friends and family and many former students who say he was a great inspiration to them.

In its inaugural run, emcee Mark Collins said he never met Horyn, but he felt he knew him because of all the glowing testimonies he heard.

“Sometimes you don't need to meet a person to measure what they are,” he said. “You can see what a person was — what a person is — by meeting everybody they touched in their lives.”

The race every year brings out many current and former Niles North students interested in carrying on the teacher's legacy. The event's first two winners — Micah Beller and Aron Sebat — were Niles North runners.

Dan Horyn's wife, Andrea, helped create the Daniel M. Horyn Foundation with the University of Chicago Medicine Center For Esophageal Cancers. Its purpose is to raise funds for research to fight the deadly disease, she said. The annual race in Skokie raises funds for this cause.

The first run in 2014 raised more than \$30,000 for the Daniel M. Horyn Foundation, organizers said. Last year, there was an added donation from the Niles Township High School District 219 dance marathon, which generated about \$88,000 — the most ever raised in the history of the dance marathon, which benefits a different cause every year.

Dr. Victoria Villafior of the University of Chicago Medical Center For Esophageal Cancers called Dan Horyn “one of the most resilient and positive patients I have ever worked with.”

“From his colorful sock collection to the comfort he gave to those around him, he was always upbeat and strong, taking on each and every challenge during his treatment,” she said on the Dan Horyn foundation's Web Site.

The third annual Dan Horyn's Skokie Swift 5K is set for 8:30 a.m. June 5 with the 100-meter dash for children and at 9:30 a.m. for the 5K race. The event is held every year at 4901 Searle Parkway near the Illinois Science + Technology Park.

For more information or to register, go to danhorynsskokieswift.itsyourrace.com.

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ILLINOIS HOLOCAUST MUSEUM PHOTOS

The Illinois Holocaust Museum's Young Professional Committee sponsored the Inaugural Race For Humanity May 15. Funds were aimed at helping the museum to equip and empower teachers, students, and the public.

New Holocaust Museum committee debuts 5K race

BY MIKE ISAACS
Pioneer Press

There are all kinds of reasons people enter races and run as fast as they can, but the Illinois Holocaust Museum & Education Center has added one to the list: humanity.

The museum's newly-formed Young Professional Committee recently sponsored 'Race For Humanity' that began and ended outside the Skokie museum. According to the museum, more than 500 people attended the race in somewhat chilly but dry weather.

Funds raised from the May 15 event are intended to help the museum continue to equip and empower more than 150,000 teachers, students, and the public each year to speak out against prejudice, hatred and indifference, the museum said.

"This race gave families a chance to come together to help make the world a better place," said Young Professional Committee

co-chair Carly Rehbock. "It was a great opportunity for our community to gain a deeper understanding of what the Illinois Holocaust Museum is about."

Rehbock said the group wants to spread the museum's mission of "building awareness of the past, in order to prevent atrocities like the Holocaust from happening again."

In addition to Rehbock, Michael Bregman chairs the committee.

In the end, Ezra Perlow won the race's men's division in a time of 18:07 followed by Frank Cira in second place and Glenn Chernyak in third place.

Rachel Sierminski led the women in a time of 21:19 followed by Mara Dubnow in second place and Cindy Matias in third place.

The Young Professional Committee considers the race an "inaugural" event with plans to make it a regular fundraiser. The main sponsor of the event was Wintrust Community Banks, but more than a dozen other businesses or

people also provided support.

According to the museum, the Young Professional Committee's mission is to raise funds and awareness for the museum.

Working with the museum and members of the Board of Directors, who will serve as liaisons, the museum said, the committee will host "fundraising and friend-raising programs" in keeping with the mission of the museum.

"In order to remember the past, transform the future," the museum said, "the Young Professional Committee will be 'upstanders' in the community when facing contemporary issues of anti-Semitism, hatred and bigotry."

More than two dozen people currently are members of the new committee, according to the museum.

For more information on the Young Professional Committee email ypc@illh-mec or call 847-967-4850.

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POLICE REPORT

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

Niles

BATTERY

■ Erica D. King, 33, of the 1100 block of Hyannis Circle, Carol Stream, was charged with battery on May 16 after police said she struck another customer during a dispute over a shopping cart inside a store on the 8500 block of Golf Road. A 30-year-old Chicago woman told police she was in the detergent aisle when King moved her shopping cart and said, "If the cart wasn't in the middle of the aisle, I wouldn't have to move it." According to police, the victim responded that she was looking for her child who was running around and did not care that the cart was moved. Police said King approached the victim, threatened to hit her if she gave King "attitude," and then struck the victim in the left arm after the woman told King to "get out of her face." As the victim tried to walk away, King allegedly grabbed the woman by her right arm, continued arguing with her and threatened her, police said. Police reported that surveillance video from the store "confirmed the victim's version of events." King was given a June 13 court date.

■ Kayla McCann, 18, and Bryan Garbuzov, 19, both of the 1400 block of Willow Avenue, Des Plaines, were each charged with battery on May 20. According to police, McCann was accused of attacking another 18-year-old woman inside a banquet hall on the 9100 block of Milwaukee Avenue. When Garbuzov attempted to help the victim, he and McCann began fighting, police said. Both were given a June 9 court date.

■ A 31-year-old man told police that a co-worker punched him on the side of his face May 16 while they were working inside a store on the 8900 block of Milwaukee Avenue. An investigation was pending.

RETAIL THEFT

■ Lorenzo Parish, 19, of the 11500 block of South LaSalle Street, Chicago, and a 17-year-old Chicago boy were each charged with retail theft on May 17 after police said they stole a combined \$315 worth of alcohol from a store on the 7900 block of Milwaukee Avenue. Parish was also charged with felony resisting arrest, which resulted in an officer receiving cuts to his arms and legs, police said. Parish was given a June 17 court date and the 17-year-old was petitioned to juvenile court.

■ Samantha F. Williams, 33, of the first block of West Algonquin Road, Arlington Heights, was charged with felony retail theft on May 18 after police said she stole clothing from a

store at Golf Mill Shopping Center. She was given a June 8 court date.

HARASSMENT

■ A 19-year-old man told police on May 18 that an 18-year-old woman has repeatedly called his place of employment and threatened him. On May 15, he accused the woman of placing notes on his car's windshield that read, "If your [sic] reading this it's too late," police said. The woman reportedly told police that she was actually the victim of harassment by the man, not the perpetrator.

PUBLIC INTOXICATION

■ A 71-year-old Niles man was ticketed for public intoxication on May 21 after he was reportedly found on a bench on the 8700 block of Dempster Street at 3:48 p.m. He was taken to Advocate Lutheran General Hospital in Park Ridge, police said.

PROPERTY DAMAGE

■ Graffiti was discovered on a bus shelter bench and nearby electrical box on the 7500 block of North Milwaukee Avenue on May 21, police said.

■ A resident of the 8800 block of Wisner Street told police that the rear window of his car was smashed with a brick and the roof was damaged between 3 and 10 a.m. May 21. Earlier, paint had been poured on the car, the man told police.

Park Ridge

BATTERY

■ A 17-year-old Park Ridge boy was charged with battery May 15 in connection with an alleged May 4 incident at Northwest Park, 1200 N. Dee Road.

■ A 16-year-old Glenview girl was charged with battery and disorderly conduct May 18. ■ Krzysztof Dadej, 56, of the 1700 block of West Church Street, Park Ridge, was charged with domestic battery May 19.

DRUG POSSESSION

■ Matthew Haido, 24, of the first block of South Northwest Highway, Park Ridge, was charged with possession of marijuana May 20. He was given a June 23 court date.

THEFT

■ Dennis Sierociuk, 59, of the 9900 block of Norwood Street, Rosemont, was charged with retail theft May 21. He was given a June 6 court date.

■ Andrea Wagner, 38, of the 7100 block of North Overhill Avenue, Chicago, was charged with retail theft May 21.

DUI

■ A 17-year-old Park Ridge boy was charged with driving under the influence May 17. He has a June 16 court date.



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D64 seeks 'modified' elementary lunch plan

BY JENNIFER JOHNSON
Pioneer Press

Talk of an elementary school hot lunch service isn't over in Park Ridge-Niles School District 64.

School Board President Anthony Borrelli announced during a May 23 meeting that district administration has been asked to come up with a "modified proposal" of a hot lunch program that board members rejected in April.

This new proposal, Borrelli said, will "solve some of the concerns that were raised" with the original program plan.

"Those concerns were space, waste, time and cost," he told the Park Ridge Herald-Advocate. "Whatever proposal comes forward, there should be some response to those concerns."

The school board on April 25 voted 6-1 against a proposal for a district-operated hot lunch program four days per week for all K-5 students. The plan presented to the board called for \$90,000 in start-up costs, but the board was also told that the district could eventually see a surplus of about

\$69,000 annually if each elementary school student is charged \$3.75 per meal, according to a memo from Chief School Business Official Luann Kolstad.

Borrelli said he would like any new hot lunch proposal to come with a lower cost, a plan for eliminating significant waste and identification of where equipment will be stored in each school.

He said he expected administration to present the proposal during the June 27 board of education meeting, which is scheduled to be held at 7 p.m. at Jefferson School, 8200 W. Greendale Ave., Niles.

Currently, parent-teacher organizations and associations at each District 64 school have coordinated their own hot lunch days two or three times per week — using outside food service companies — in addition to a weekly pizza day fundraiser. A District 64 FAQ sheet said PTOs and PTAs will be allowed to serve food only 28 times during the next school year.

On May 23, a crowd of parents packed the Emerson Middle School multi-purpose room and

applauded when Roosevelt School third-graders Mateo Jelenkovic and Cole Mutchler told the school board they had collected more than 350 signatures from their classmates when they started a petition in support of hot lunch at their school.

"When we heard from our parents that there was not going to be hot lunch next year, we were really upset," Jelenkovic said, reading a prepared speech. "We thought many of the other students felt the same way and wanted to do something to try and ask the school board to reconsider their decision."

The students said the idea to circulate a petition was an outgrowth of talking to their principal, Kevin Dwyer. Dwyer spoke in support of a district-operated hot lunch program during the April 25 board meeting.

Some parents also spoke in support of hot lunch on May 23.

Scott Bennett of the Washington School PTO said bag lunches are often stored at improper temperatures and a school-served hot lunch would be safer for them

to eat. He also said it would eliminate the need for many children to have to make their own lunches.

"This can result in less sleep for our children, having less time or no time to eat their own breakfast, or a child missing lunch altogether," Bennett said. "Having hot lunch available is a solution to these problems."

Kim Biederman, co-president of the Roosevelt PTO, told the board there has been "a lot of confusion" regarding the hot lunch issue, including whether the PTO/PTAs at each school will be able to host their own hot lunch days next year if the district does not start its own program.

"We never knew our program was at risk," she said.

The District 64 FAQ sheet on hot lunch said a change in state health regulations will "require a certified food handler to be present when food is being served."

Park Ridge Environmental Health Officer Tim Schwarz said this is not correct. Schwarz said District 64 has a license that can be

renewed annually, allowing lunches to be served as many days as the district wishes. But, going forward, one certified food manager will be required for each school, he said, though the manager will not need to be present during the food service.

The district had been told during prior school years that certified food managers were a requirement, Schwarz said.

"They just need to have someone who is certified, but they don't have to be on site all the time," he added.

A certified food manager is someone who obtains an Illinois Manager of Food Service Sanitation certificate, Schwarz said. According to the Illinois Department of Health website, certification is granted following an eight-hour course and passage of a national exam. There is also a \$35 certificate fee, which is good for five years, according to the IDPH.

There are no changes in the city or state health codes at this time, Schwarz said.

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Niles West boys gymnasts show off championship trophy

BY BRIAN L. COX
Pioneer Press

Still walking on air after winning their first state title in any sport in almost 40 years the Niles West boys gymnastics team is showing off its hard-won hardware to locals.

They recently raised the state championship trophy during a meeting of the District 219 Niles Township High School Board of Education, prompting interim Superintendent Mark Friedman to jokingly ask the players and coaches if the trophy was "going to be like the Stanley Cup and wind its way around town?"

The Wolves won the state championship on May 13 beating favored Glenbard West High School.

"Last year, we took third place," Niles West coach Adrian Batista said. "We were able to come here and bring the trophy out. That was very exciting."

"This year, having some of the

best gymnastics in the state of Illinois coming out of the best facility in the state of Illinois we were able to bring the best trophy in the state of Illinois," he added. "It was pretty exciting."

He also said all members of the team performed well academically.

Niles West gymnast Dalai Jamiyankhuu repeated as the all-around state champion while helping his school win its first state championship in program history and the school's first state team championship in any sport since the girls basketball team won in 1979.

During the May 24 board meeting Jamiyankhuu said that the district has done as much for the gymnastics team as the team has done for the district by providing the team with an excellent training facility.

"That's the gem at West," he said.

"Within a week's span we had a Supreme Court nominee who agreed to come in and speak at the



BRIAN L. COX/PIONEER PRESS

Members of the Niles West High School boys gymnastics team brought their 2016 state championship trophy to the May 24 meeting of the D219 Niles Township High School Board of Education and posed with board members. It was the school's first state team championship in any sport since 1979.

class of 2016 commencement," said Niles West Principal Jason Ness. "We had a state championship the first time since 1979," he

added. "We had an incredible story with one of our track and field athletes. We've had amazing stories all month. You set high goals

and have high expectations."

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

Genetic counseling, testing practice opens

By JACKIE PILOSOPH
Pioneer Press

The more you know, the healthier you can be, according to Scott Weissman.

With the goal of empowering his patients through knowledge, the veteran genetic counselor recently opened Chicago Genetic Consultants, a Northbrook-based genetic counseling and testing practice.

"I feel like I'm empowering people to take control of their health by giving them a better idea of what their disease risk is," said Weissman, who spent 12 years working as a genetic counselor at NorthShore University HealthSystems. "Genetic counseling and testing can potentially prevent the disease from occurring or can help with early detection, so they have a better outcome."

Chicago Genetic Consult-

ants serves patients who have a diagnosis of a hereditary condition or a personal or family history of cancer, cardiac disease or a neurological condition, such as Alzheimer's or Parkinson's.

"There aren't a lot of preventative measures you can take for neurological issues, but if you have the information, you can make appropriate lifestyle and/or financial planning decisions," Weissman said. "For cancers, if you find out you have the BRCA gene, your risk of getting breast cancer can be as high as 60 percent, so knowing that, we would make recommendations such as increased screening or surgery or medication that reduces the risk."

Chicago Genetic Consultants also assists patients with a history of not responding to certain medications, and those who have

had a genetic test and need help interpreting the results.

"For people taking medications such as blood thinners or antidepressants, we look at your genetic makeup to determine how your body responds," Weissman said. "This way, your doctor can prescribe the right medication at the right dose for your body to respond in the most efficient way."

Catherine Wicklund is a certified genetic counselor, the director of the graduate program in genetic counseling at Northwestern University and an associate professor at the Feinberg School of Medicine. Wicklund said there can be ethical issues when it comes to genetic testing.

"You have to think about what the benefit is of knowing ahead of time," she said. "For example, Huntington's disease is a devastating neu-

rological disease with no prevention and no treatment. Some people might not want to know if they have the gene. The genetic counselor will provide you with the benefits and the cons, and then that person can make the decision. The answer is different for every person."

"There are certainly some conditions where there's nothing you can do to delay the onset of symptoms or treat or cure it," Weissman said. "For these cases, we have a discussion about the purpose of wanting to know this information and how it can impact them psychologically, emotionally, and also how it will affect their family. Part of my role is trying not to scare people, but giving them all the information needed to make the best choices for their life."

When asked why he chose to open Chicago Genetic Consultants, which is the first and only independent genetic counseling and testing practice on the North Shore, Weissman said that genetic testing is becoming more mainstream, and that more and more physicians and patients are inquiring about it.

"It can take three to five months to get an appointment in a hospital, and people want more accessibility," he said. "Insurance companies are also starting to require patients to go to counseling prior to having genetic testing."

Marla Brichta of Northbrook was a patient of Weissman's at NorthShore University HealthSystem, and said having a genetic counselor for her strong family history of breast cancer was "a guiding force."

"I am someone who is an information gatherer. I'd rather know than not know," said Brichta, 64, who in 2004 tested positive for the BRCA gene. She subsequently had preventative surgery that included the removal of her ovaries and fallopian tubes, as well as a double mastectomy. "Knowledge is power, and it empowered me to make decisions that have affected the course of my life."

"I think it's wonderful that he opened this practice. The strength of Scott's commitment made me feel safer and like I always had a resource," Brichta said. "I truly believe genetic counseling and testing made a difference for me in preventing illness and or death."

Jackie Pilosoph is a freelancer for Pioneer Press.



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Burt's Place sold

New owners using Katz's recipes and secrets

BY LOUISA CHU
Chicago Tribune

Burt's Place has been sold, and the new owners, who have no professional pizza-making experience, started making test pies last week using recipes, ingredient sources and secrets from the late founder Burt Katz.

Jerry Petrow and John Munao, former futures traders, officially take ownership of the legendary pizzeria business in Morton Grove (along with the building and side yard) on June 14, but they have started practicing on the premises with permission from the Katz family. They hope to re-open as Burt's Place by mid-July or August. But if you're in the neighborhood, they say to stop by.

"The mailman came by for a while," Munao said by phone. Specifically, he was talking from the restaurant's familiar rotary phone in the back corner family booth. "He said he's been on the route for 15 years, but coming to Burt's since he was a little kid, and his son has been asking when Burt's was opening again."

Katz owned the pizzeria with his wife, Sharon. It found worldwide fame after a 2009 visit from Anthony Bourdain for his television show "No Reservations." But the pizza master was in the business for 52 years, perhaps best known locally as the owner of the original Pequod's and creator of the signature caramelized crust style.

"His was the only deep dish pizza I ever loved," Bourdain said in the episode.

The new pizzeria partners were futures traders at the Chicago Mercantile Exchange for 25 years until the pits closed. "In February 2015, they basically sent out a press release that said they're closing the pits and they gave us like four months," Petrow said. "We worked for ourselves so there's no severance package, there's nothing. They basically said, July 2, don't come here anymore."

"We still trade but it's so different now," Munao said, "You sit at home and do nothing. You just watch these screens."

Personal loss deepened their professional loss.

"My wife passed away on Sept. 15 from breast cancer," he added.

"I read the story about how he closed, then slipped a note in his mail slot. He called me in late October and we met a bunch of times."

— Jerry Petrow, new co-owner of Burt's Place

"I always wanted to do a restaurant, and my wife always wanted me to do a restaurant. So here we go."

The project began when Petrow saw last year that Katz was closing Burt's Place.

"I read the story about how he closed, then slipped a note in his mail slot," said Petrow, who has some cooking background: He attended the Cooking and Hospitality Institute of Chicago from 2001 to 2002. "He called me in late October and we met a bunch of times."

Petrow and Munao had planned to train with Katz in the restaurant kitchen but Katz was hospitalized in January. He died April 30.

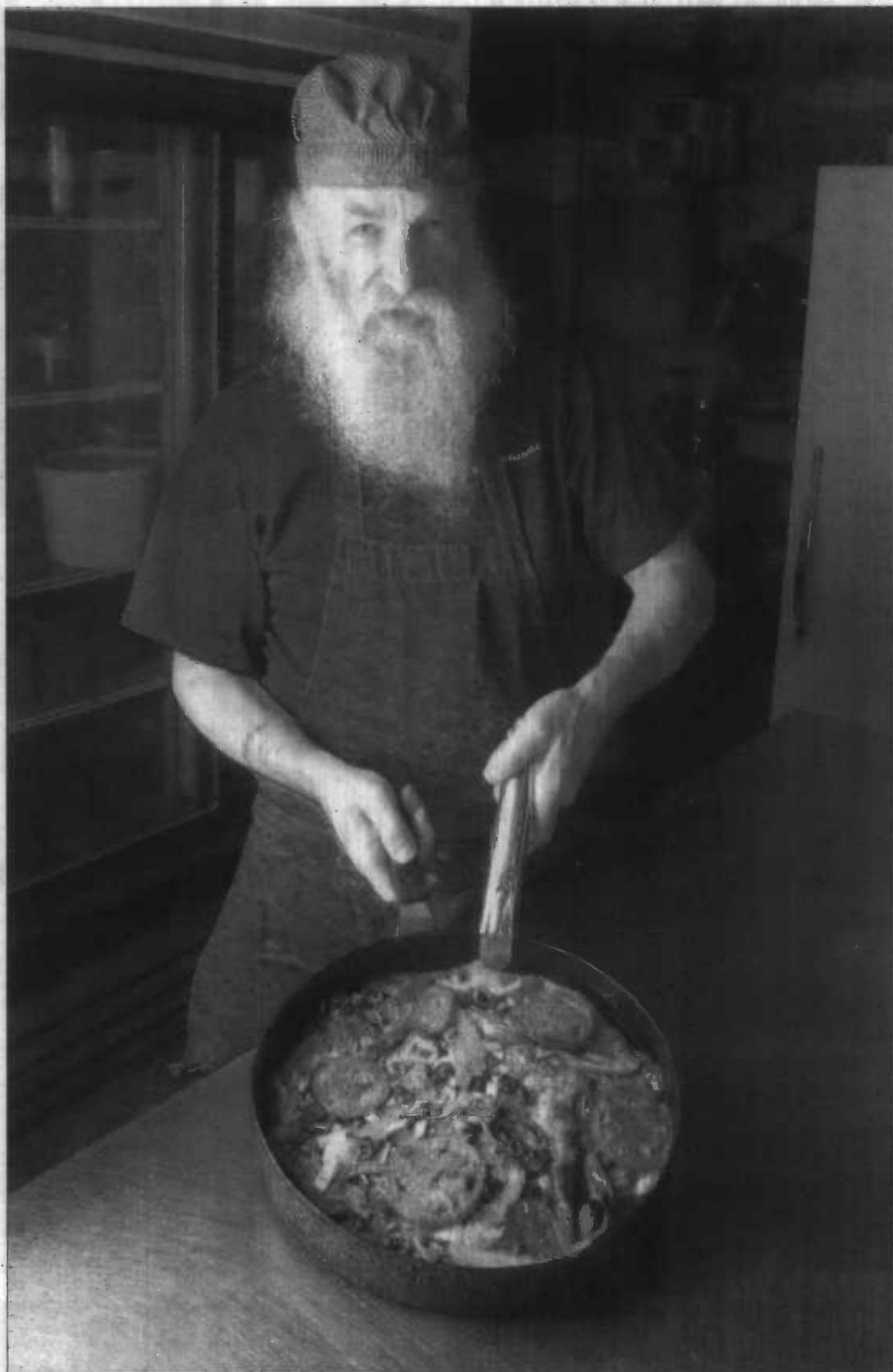
"We loved how Burt ran the place because we can start that way," Petrow added. Burt's Place was famous for its so-called ordering rules, which were widely misunderstood. They asked for pre-orders simply because Katz was the only pizza maker, who only made so much dough each day, and only had so much room in the single Blodgett pizza oven.

"If you call me up on a Wednesday to tell me what you want on your pizza on Friday there's a real good chance I'm going to be able to make it, as opposed to you showing up at 6:30 and telling me you want this thing at 7 o'clock," Petrow said.

"Everybody has been so helpful, and eager," Munao said. "They're all happy it's going to be the same type of deal."

"We're just really looking forward to keeping on and carrying Burt's torch."

Burt's Place is located at 8541 Ferris Ave., Morton Grove. The phone number is 847-965-7997.



Burt Katz in his pizza restaurant Burt's Place at 8541 Ferris Ave., in Morton Grove in 2011.

NUCCIO DINUZZO/CHICAGO TRIBUNE

OPINION

Have we forgotten how to grieve dead soldiers?



RANDY BLASER

Do we still remember how to grieve?

I ask as another Memorial Day weekend approaches and plan to spend it the way most Americans will spend the three-day weekend – with time off from work and with a barbecue or picnic.

It's a holiday. And holidays mean celebration.

But this particular holiday was meant to remember, not to celebrate. It was originally meant to honor and remember the war dead from the Civil War. Even the way to honor the dead was part of the original name for the day, in the years following the Civil War – Decoration Day. It was the day set aside to decorate the graves of the war dead.

So grieving for those who were no longer with



AARON LAVINSKY/AP

Paul Sersha, bottom left, 97, and his son, Tom, back, watch as members of the Minnesota Army National Guard Honor Guard carry the remains of Paul's brother, John P. Sersha, on May 24 to a hearse during a planeside honors ceremony at St. Paul Airport in Minneapolis.

us was a big part of Memorial Day. Nearly every family was touched by tragedy in the Civil War and so it was with World War II.

But I wonder if in our haste to enjoy a three-day

weekend – Congress changed the designation of Memorial Day from the traditional May 30 to the last Monday in May in 1971 – we have forgotten how to grieve.

Grief is typically a sentiment that most Americans want to avoid. Death and loss are typically considered un-American traits. We want to live as long as possible. We don't want to

acknowledge loss. We're strong. We go on.

Since the beginning of the wars on terror in 2001, the United States has suffered more than 6,500 war deaths. It seems like we don't hear much about those deaths.

But that doesn't absolve us from the duty to grieve for these fallen Americans. They died fighting to protect us. They gave the ultimate and final sacrifice in order that we may continue to enjoy the freedoms that we hold so dear – life, liberty and the pursuit of happiness.

It has become somewhat of a tradition to honor veterans before or during sporting events. I am not saying we shouldn't do such a thing. Sporting events draw large numbers of us together and it is good to cheer our veterans for their service and sacrifice.

But when you think about it, the growing tradition is a bit odd. Fans attend a game to be entertained. The debt or gratitude we pay a veteran is

somewhat fleeting and incidental once the umpire calls "Play ball," or the puck is dropped.

And so we have Memorial Day as a more fitting time to remember. But many of us don't.

How should we remember our war dead? What would be the greatest tribute we can give those who gave all that the nation would endure?

I believe President Abraham Lincoln said it best in his second inaugural address.

"With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, let us strive on to finish the work we are in, to bind up the nation's wounds, to care for him who shall have borne the battle and for his widow and his orphan, to do all which may achieve and cherish a just and lasting peace among ourselves and with all nations."

Randy Blaser is a freelance columnist for Pioneer Press.

Declawing cats a cruel and unusual way to love your pets



PAUL SASSONE

Everyone who shares a home with a cat has wondered whether it would be a good idea to have his cat declawed.

It sounds so benign, declaw. Just remove the claws, right? Save the furniture. Avoid those occasional painful swipes.

That's how I used to think. But my wife, the smart one in the family, set me straight. Declawing is surgery. Declawing amputates each toe at the first

knuckle, taking off bone and tendon, in addition to the claws.

Declawing can result in pain, infection and lameness.

The Humane Society of the United States and the American Society for the Prevention of Cruelty to Animals (ASPCA) strongly advise against declawing cats.

And in many places, declawing cats is illegal, Britain and much of Europe, for instance.

The Paw Project, an anti-declawing group, states that in Israel, declawing a cat is subject to up to a year in prison and a \$20,000 fine.

Here in the United States, declawing is generally a

local decision. Los Angeles and San Francisco ban declawing, but none of the 50 states has a law that bans declawing cats.

That may change. There is a bill in the New York legislature that would ban cat declawing unless it is done as a medical treatment.

Like most cat lovers, I have my share of scratches. Sometimes I misbehave and my cat has to straighten me out with a this-hurts-me-more-than-it-hurts-you swipe.

We don't have a lot of cats. My wife and I have cats one at a time. When they die, we mourn and eventually invite another cat to come live with us.

None of our cats has been declawed. It isn't worth putting a cat through that much pain for furniture, or to avoid a disciplinary swipe.

If we had declawed our cats:

How would Rutherford have managed to grab and run off with that pork chop from the kitchen counter? How would Nick have been able to play catch-the-string game? How would Jack have de-moused the house? How would Kate comb my wife's hair?

No, God gave cats claws. Who are we to change the design?

Paul Sassone is a freelance columnist for Pioneer Press.



MIKE GROLL/AP

A cat named Rublo walks in front of the podium during a news conference May 17 in Albany, N.Y. New York would be the first state to ban the declawing under a legislative proposal that has divided veterinarians.

MAMA'S GOTTA MOVE

Labor and childbirth should empower women

On May 23, I watched my sister Natalie labor for eight (of 12 total) hours and deliver a beautiful baby girl. She made it the whole way with no drugs, a feat she desired to achieve, but that she was willing to relinquish if things were not going smoothly or if the pain was too much to handle.

I'm so proud of what my sister accomplished, but before you assume this is an article praising natural childbirth and berating women who opt for an epidural, I assure you I'm not going there. I am on board with pain management and believe having choices can be empowering for a mama-to-be. However, we need to talk about the word "empower." It's a word I use when training clients. I want them to understand why they are doing an exercise, how to do it and how it should feel, because that is empowering.

If I just said, "Here's an exercise. Now do it," without explaining why or telling them where they should feel it, there is a good chance they would not care to learn the move correctly. But if I said, "We're going to do this exercise to strengthen your gluteus medius (side butt muscle), because it will help your knee track properly when you run so you don't feel knee pain. You should feel this in the side of your butt," you'd probably be more apt to master the move and practice it on your own.

The other day I realized labor is more like strength training than I ever knew. And your coaching team has a lot to do with how empowering the experience is for you.

Flashback to my own first labor, on Sept. 29, 2011: I went with a traditional



**NICOLE
RADZISZEWSKI**

doctor. I got to the hospital and was met by the most unsympathetic nurse you can imagine. She treated me like a puppy in obedience school, with commands like, "Lie down," and "Go back to your room," and refused to listen. It got to the point where she wouldn't check my cervix (despite me insisting that things felt different down there), so I had to ask another nurse to do so. At the moment she checked me, I was 9 centimeters dilated, fully effaced, with a baby at +3 in the birth canal. She had to make an emergency call for a different doctor to come from home and deliver my baby, since the one present was in the middle of performing a C-section. Like my sister, I ended up delivering my son naturally, but the experience was anything but empowering. My sister's labor was entirely the opposite. I watched as her midwife gave her cues to "breathe like Dory in Finding Nemo" - making deep, open noises to relax the pelvic floor. I witnessed my sister's frustration when she got stuck at 7 centimeters, and her midwife explained to her that this was common and that she needed to get back into a mentally relaxed state. When the midwife told everyone to leave the room, my sister was prepared to find that state - not annoyed that she was being left alone. When my sister was pushing and upset at how long it was taking (which wasn't actu-

ally long at all), her midwife explained that with each push, the baby was stretching her out so that she wouldn't tear badly. With every position change, every cervix check, every breathing cue, my sister was being empowered. She was getting information. She was given choices. She could have chosen at any time to have an epidural, and that would have been fine (she did ask at one point, and her midwife gave her full details of what it would entail), but she opted to continue without intervention. The point is, she knew not just the "whats," but also the "whys" and the "hows," which gave her as much control of her body as possible. I often hear women being told, "It's not up to you. You can't control what happens during your labor, so just listen to your doctor. In the end, all that matters is that you have a healthy baby." I couldn't disagree more.

I know that sometimes things happen during labor that women can't control. And in cases like these, labor is not empowering - no matter who is coaching you through it. But what I learned from my sister's experience and my own - and from working with new moms as a personal trainer is that many health care professionals could do a better job of empowering women. Pregnancy, childbirth and being a new mama can all be empowering, but all of these experiences can also make women feel powerless. For this to change, we need you to give us "whys" and "hows."

And by all means, we need respect. Don't you dare tell us to lie down. We're not your puppy.

Nicole Radziszewski is a freelance columnist.

Here's the recipe for summer reading

My summer fiction is going to be more escapist than normal without becoming too trite or cliché, I hope. I want to be transported out of our raucous election season and the normal but pressing worries about my young adult children to place where the characters' issues and conflicts are absorbing but won't impact my sleep.

In fact, my escapist reading has already begun, though technically I could say it has never ended since I picked up that first fairy tale book as a kid. I am going to get through all four of Elena Ferrante's Neapolitan novels, the first of which is "My Brilliant Friend," a lovely and engaging book which brought me across the Atlantic to Naples, Italy and an insular neighborhood which contains a teeming apartment complex, a school, some shops and a variety of characters each more vivid than the next.

The four books follow the life-long friendship between two girls who grow up in that apartment complex and follow two different paths. For one, the path includes education and a route out of the poverty and chaos. The other very clever, brilliant girl escapes the poverty but not the location, as best she can without formal education. There is, by the way, no small amount of controversy about Elena Ferrante, the nom de plume of the anonymous Italian writer of these popular books.

A friend recommended



SARA CLARKSON
Dateline

"A Man Called Ove" by Fredrick Backman. This novel features a late middle-aged curmudgeon who appears both bitter and sad. When some new, somewhat disruptive neighbors move next door, his world starts to change and a heart begins to bloom (again). I may feel curmudgeonly, yet that doesn't mean I want to read about my fellow gloomy Gusses. But my friend said she enjoyed this book as much or more than "The Rosie Project" by Graeme Simsion, which is one of the funniest and most enjoyable books I have ever read, so I just have to give it a try.

"Station Eleven" by Emily St. John Mandel is a more serious literary novel about a troupe of performers who have survived a devastating pandemic, leaving very few people behind. There are small pockets of humanity in various locations, and this troupe performs for them. The book weaves themes of survival with art and what endures.

"The Improbability of Love" by Hannah Rothschild features the London art and auction scene, a found masterpiece painting which our protagonist accidentally discovers, a possible love story and bad

guys in various guises and cities. The novel is supposed to be entertaining and engaging and is tangentially about art, so that is a plus as far as I am concerned. I like the cover and I like the author's name, which is Marie Semple, of another book on my list: "Where'd You Go Bernadette." Bernadette is the reclusive yet gifted mother of a high-achieving child whose father is a higher-up in a major corporation. Bernadette disappears and the child tries to find her.

Here are some other light ideas. "The Storied Life of A.J. Fikry" by Gabrielle Charbonnet Zevin. I knew this author because she wrote a Hinsdale Central required reading book entitled "Elsewhere," the name of a place that a teenage girl goes after she dies. It was highly readable and not maudlin. Both my kids enjoyed it. Her novel "The Storied Life of A.J. Fikry" is a book for readers. It is about a bookstore owner whose treasured Edgar Allen Poe poems are going missing.

Robert Galbraith's Cormoran Strike detective novels are supposed to be very good. Galbraith is, of course, the pen name of J.K. Rowling of Harry Potter fame. My mother swears by two British authors when she wants intelligent bubble gum for the brain. One is mystery writer P.D. James and the other is Penny Vincenzi who writes clever romance novels.

Happy summer and happy reading.

LETTERS TO THE EDITOR

We want to hear from you! Send your letters to the editor to suburbanletters@tribpub.com. Letters should not exceed 250 words and should include your name, phone number and address (only your name and town will be published).

READY, SET, RAVINIA

Season highlights and what's new at the park

BY DONALD LIEBENSON
Pioneer Press

"If you miss Bob Dylan, you may always regret it," a Chicago Tribune article encouraged readers in a preview of the Ravinia Festival's 1964 season. "He's a real folk singer and writes much of what he sings. A vital force in folk music." If you did happen to miss Robert Dylan — as he was billed 52 years ago at Ravinia — you finally have your second chance on June 24, provided you were able to get your hands on the instantly sold-out \$160 Pavilion or \$49 lawn tickets. (The times really have a-changed: the top Dylan ticket price in 1964 was \$2).

Dylan is not the only OMG booking scheduled for Ravinia's upcoming more than 140-event concert season that begins June 2 with a Bennett Gordon Hall performance by Concert Dance Inc. and ends on Sept. 17 with an all-day celebration of Mexico's Independence Day featuring Los Tigres del Norte. One would be hard pressed to find a more legend-studded schedule in the festival's more than century-old history. Classic rock and country doesn't get more classic than "Jersey Boys" Frankie Valli and the Four Seasons (June 12), Paul Simon (June 18), Diana Ross (July 27), Bryan Ferry (Aug. 6), Dolly Parton (Aug. 7) and John Fogerty (Aug. 25), all of whom are making their Ravinia debuts.

Three farewell tours will stop at Ravinia this season. On June 11, Garrison Keillor will host his final live Ravinia broadcast of "Prairie Home Companion" while passing the torch and the microphone to his successor, mandolinist (and die-hard Cubs fan) Chris Thile. You can say bye-bye to the Go-Gos on Aug. 19. Kenny Rogers, too, knows when to walk away, and will bring his love to town on

July 24.

As to artists whose names are synonymous with Ravinia, Wynton Marsalis will premiere on July 12 his first violin concerto, which was co-commissioned by Ravinia Festival for violinist Nicola Benedetti. Former musical director James Levine will return to Ravinia on July 23 for the first time in more than two decades for the Festival's 50th annual gala. Tony Bennett will have just turned 90 when he performs on Aug. 13. Another Ravinia mainstay, Judy Collins, returns on Aug. 18 with a program of songs by Stephen Sondheim, whose "Send in the Clowns" is one of her signature songs.

But that's not all, folks: Classic (and classical) Bugs Bunny cartoons will be screened on Sept. 11 with live musical accompaniment by the Milwaukee Symphony Orchestra. Other Ravinia movie nights are the Chicago Symphony Orchestra performing the score for "The Planets — An HD Odyssey" on July 13 and "Titanic Live" on July 29 and 30. The Chicago Philharmonic will provide the score to "The Wizard of Oz" on Sept. 10.

How did Ravinia Festival President and CEO Welz Kauffman score this season's concert coups? "Clean living and lots of prayers," he joked. But hard work as well. "It was knocking on the doors of people I felt should be at Ravinia," he said. "The best examples of that for this season are Paul Simon, Bob Dylan, Diana Ross, and James Levine."

Kauffman said he has been trying to book Simon, Dylan and Ross for the 16 years he has headed Ravinia. Timing played a part (Dylan and Simon each have new recordings), and so did luck, Kauffman insisted, but so did e-mails, phone calls and face-time. "A lot of artists have the same agents. If they come and



RAVINIA FESTIVAL

The 2016 Ravinia Festival season begins June 2 with the first outdoor concert on June 9 with Bare Naked Ladies, OMD and Howard Jones.



GEORGE PIMENTEL/GETTY

Diana Ross makes her Ravinia Festival debut on July 27.



DAVID VINCENT

Bob Dylan returns to Ravinia after 52 years for a June 24 concert.

experience Ravinia and love it, they tell all of their artists what the place is like. These artists have options. They want to know: Is the audience having a good time? What are those sculptures doing there? Are food and beverages plentiful and multi-priced? Is the sound system good? How are parking and transportation?"

Kauffman said that \$30 million has been invested in the park over

the course of his tenure. One of the newest investments, an aquatic sculpture titled Chorus, will be operational this season. Located across from the main gate, Chorus harkens back to the park's origins. "When the park opened in 1904," Kauffman said, "there were three electric water fountains in the park. A water feature on hot days would be soothing (for visitors when they enter and

leave the park)." In honor of the sculpture, several of the 2016 performances have a water theme.

Special prices for the bulk of classical music concerts (\$25 for the 3,400-seat Pavilion, \$10 for the lawn, free for high school and college students) will remain in play this season. Kauffman said some formerly narrow pathways on the lawn have been widened for easier patron flow. Another successful innovation from last season, an area located in the park's northwest corner where BBQ-grilled foods are served, will be maintained as a place for "a quiet chat" without bothering other concertgoers.

Though Ravinia's 2016 season has yet to begin, Kauffman is already considering how to top it next year. His wish list of performers grows every day. One name he will allow: Stevie Wonder. "He can play for a week, he can play a month; we'll figure it out," he said. "This is an artist of such gifts. I've asked President Obama (who attended Occidental College at the same time as Kauffman) to intercede, but that hasn't gone very far."

SPOTLIGHT

What local artists are up to

BY MYRNA PETLICKI
Pioneer Press

Here's a look at the latest news about suburban authors, actors, artists, musicians and more.

Let the games begin!

We're talking about the 30th Annual Scottish Festival & Highland Games on June 17 and 18 at Hamilton Lakes in Itasca. Several suburban residents are lending helping hands for this popular event presented by the Chicago Scots.

Committee members include Hinsdale residents Diane Singer (children's crafts) and Don Morrison (field layout co-chair); Northbrook resident Frances Gillen (Highland dance co-chair); Elmhurst resident Lori Shatava (dogs of Scotland); and La Grange resident Jackie Torrance (genealogy co-chair). For tickets, go to www.scottishfestivalchicago.org.

Take a bow: Twelve actors and 12 actresses are finalists in the Fifth Annual Illinois High School Musical Theatre Awards. The list includes Clare McLaughlin and JT Snyder of Barrington (Barrington High School); Kaitlin Feely of Buffalo Grove (Adlai E. Stevenson High School); Emily Sierra of Clarendon Hills (St. Ignatius College Prep); Emily Landreth, Tatum Langley and Erik Martenson of Elmhurst (York Community High School); Evan Donaldson of Hinsdale (Hinsdale Central High School); Zachary Keller of Lake Zurich (Lake Zurich High School); Jordan Radis of Lincolnshire (Adlai E. Stevenson High School); Katie Snyder of Northbrook (Glenbrook North High School); Max Gonzales and Rory Schrobilgen of Oak Park (Oak Park and River Forest High School); and Jack Cahill-Lemme of Park Ridge



SCOTTISH FESTIVAL AND HIGHLAND GAMES

The annual Scottish Festival and Highland Games returns to Itasca on June 17 and 18, with several local suburban people among the committee members.



ANTHONY ROBERT LA PENNA

Ryan Kitley of Oak Park stars in "Twisted Games" at Royal George Cabaret Theatre.

(Maine South High School). The finalists will participate in a full day of workshops on June 6, culminating in a performance. The top two Illinois performers (one actor and one actress) will attend the National High School Musical Theatre Awards in New York City.

Knotty problem: Ryan Kitley of Oak Park is having a rough New Year's Eve as a down and out salesman in TTKD Productions' world premiere of "Twisted

Knots" by Dale Danner. Hiring an escort turned out to be a big mistake. The show runs through June 12 at Royal George Cabaret Theatre. For tickets, go to www.theroyalgeorgetheatre.com.

Nice work: The Actors Gymnasium, based in Evanston, was given the NICE Award for Best Interactive Entertainment for the second time. The company was honored for Cirque du Flambe, which they presented as part of the 2015 National Restaurant Association Conference. The award recognizes Chicago-area members of the National Association for Catering and Events and the International Special Events Society.

Join the club — If you dare: Hinsdale native Casey Hartnett is producing "The Queens of Evil" which she says brings feminism to the slasher-horror genre. Jesse Heisel is the writer and director of the film about five women who start a club to attract men and kill the ones who display misogynistic behavior. They are raising funds through a Kickstarter campaign.

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EVENT

Author takes us on tour with the Rolling Stones

Rich Cohen delivers a personally crafted history of rock band

BY RICK KOGAN
Chicago Tribune

In 1994, Rich Cohen was a 26-year-old writer for Rolling Stone magazine living in a Greenwich Village apartment when he got a call to join a rock 'n' roll band. It was not just any band. It was the self-proclaimed "greatest rock 'n' roll band in the world," the Rolling Stones.

Just as that band is, almost inconceivably, still with us (Mick Jagger and Keith Richards are both 72 years old), it is profoundly still with Cohen and is brought colorfully and incisively alive on the pages of his new book, "The Sun & the Moon & the Rolling Stones" (Spiegel & Grau). Cohen will read from and discuss his book June 7 at Northlight Theatre in Skokie.

The Stones were bigger than big when Cohen hooked up with them, and he knew it: "I'd missed everything: 1964, 1969, 1972 — those were the years that mattered. I'd been born too late. Whatever happened had happened already. I'd spent my entire life trying to reach this party. By the time I got there, everyone was old."

But he does a masterful job of using his long-ago, two-weeks-on-the-road sojourn with the Stones to craft a book that provides an energetic and evocative history of the band; exploring the nature and meaning of creativity, celebrity and fame, and the prices paid.

Cohen was introduced to the Rolling Stones' music by his older brother. Ever since those teenage days he has been a most ardent fan



PHIL VELASQUEZ/CHICAGO TRIBUNE

Rich Cohen will speak about his book on the Rolling Stones on June 7 at Northlight Theatre in Skokie.

'The Sun & the Moon & the Rolling Stones'

What: Rich Cohen's reading and book signing

When: 7 p.m. June 7

Where: Northlight Theatre, North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie

Tickets: \$10 suggested donation at the door

Contact: www.northlight.org

and not afraid in this book to say so: "I've been told every form of art wants to be music," he writes. "For me, every form of music wants to be 'Wild Horses.'"

Cohen, who grew up in Gloucester, has gotten to know Jagger better than most. The two collaborated with Martin Scorsese on a film project, which, in the wicked ways of Hollywood, took years to come to fruition. It finally did in February with the HBO TV series "Vinyl," focused on the wild New York music scene of

the 1970s. The show, starring Bobby Cannavale, Olivia Wilde and Ray Romano, has been renewed for a second season.

Cohen has yet to hear from any of the band members about his book, or whether they have even read it. Jagger has long maintained that he reads nothing written about the band. But it is possible that Richards may eventually voice a comment.

He and Cohen live near one another in Connecticut and they occasionally see one another at a local bistro named Luc's. "I nod to him and say hello and he acknowledges me and says hello back, but it's impossible to say whether he remembers," Cohen writes.

It was Richards in fact who gave Cohen the title for his book. It was when they first met in 1994 and Richards said, "What's it like to live in a world where the Stones were always there? For you, there's always been the sun and the moon and the Rolling Stones."

FAMILY FRIENDLY

Golden opportunities to learn at Rock Swap

BY MYRNA PETLICKI
Pioneer Press

Bring your kids to a different type of rock festival, the Chicago Rocks & Minerals Society's 5th Annual Rock Swap, 1-5 p.m. June 11 at St. Peter's United Church of Christ, 8013 Laramie Ave., Skokie. There will be several activities for young people at this free event.

"The Geo Juniors will have a table and a special activity where you go around and find rocks on the different swappers tables that spell out Geo Juniors," said Jeanine N. Mielecki, treasurer and public relations chair.

The Geo Juniors, children of society members, belong to Future Rockhounds of America, an educational badge program.

Children should particularly enjoy a gold panning activity.

All ages will have fun viewing the assortment of rocks, minerals, fossils, crystals, geodes, lapidary items, handmade jewelry and more for sale.

Mielecki said parents should bring their children to the event because, "This is a great opportunity to learn about the earth sciences and also jewelry-making."

For details, call 312-623-1554 or go to www.chicagorocks.org.

Join the club

There's no cost to be a member of the Golf Mill Shopping Center Kids Club and it's a great way to entertain your children this summer. Every Tuesday, 11 a.m.-1 p.m., June 7-Aug. 9, there will be activities for ages 12 and under, including live per-



CHICAGO ROCKS & MINERALS SOCIETY

Everyone will have fun panning for gold at the Chicago Rocks & Minerals Society's 5th Annual Rock Swap on June 11 in Skokie.

formances, crafts and more at Golf Road and Milwaukee Avenue, Niles. First up is Rockstar Day on June 7.

For details, go to www.golffmill.com.

Wonderful workout

Dance, gymnastics and movement are all part of Let's Get Physical with My Gym, 10:30-11 a.m. June 11 at Morton Grove Public Library, 6140 Lincoln Ave. The program, for ages 2-6, is presented by My Gym Children's Fitness Center of Skokie.

For details, call 847-965-4220 or go to www.mgpl.org.

Read and reap

A competition begins at 11 a.m. June 4 at the Village Crossing Barnes and Noble, 5405 Touhy Ave., Sko-

kie. There will be activities at the Summer Reading Triathlon Opening Ceremony. The Triathlon, which runs through Sept. 6, offers kids in grades 1 through 6 a chance to win a free book.

For details, call 847-329-8460 or go to www.barnesandnoble.com.

Wonders never cease

Kids entering kindergarten through fourth grade in the fall can pick up basic drawing prompts, 4-5 p.m. Tuesdays and Thursdays, through August, at Niles Public Library, 6960 Oakton St. The Wonder Ground: Backyard Summer Science program is designed to encourage children to document the nature in their backyard.

For details, call 847-663-1234 or go to www.nileslibrary.org.

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—HUFFINGTON POST

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KARIE ANGELL LUC/PIONEER PRESS PHOTOS

From left: Shannon Fox of Park Ridge, a 2013 Maine South High School graduate, Elizabeth Rye of Harvard, Rory Flynn of Wilmington, N.C., screen actor Errol Flynn's daughter, and Allison Chaplin of Park Ridge

Errol Flynn's daughter speaks at Pickwick Theatre

BY KARIE ANGELL LUC
Pioneer Press

The daughter of one of golden age Hollywood's most glamorous leading men talked about her famous father at the Pickwick Theatre in Park Ridge on May 17.

Rory Flynn of Wilmington, N. C., screen actor Errol Flynn's daughter, also Flynn signed copies of her 2006 book, "The Baron of Mulholland: A Daughter Remembers Errol Flynn."

Flynn made her appearance with Tyronne Power's daughter, Taryn Power, at the last film of the series season of the Pickwick Theatre Classic Film Series. The film "Captain Blood," starring Errol Flynn (1935) was screened to a large, enthusiastic audience.

Before the screening, Flynn participated in a question and answer session with local film historian Matthew C. Hoffman.

"I love promoting him and keeping his name alive," said Flynn, who said her father was blackballed in the film industry.

"He's been a black sheep and has been overlooked by the (Oscars) Academy," she said.

"He was a bad boy as far as they (industry executives) were concerned," she said, adding that she feels they didn't appreciate his popular work. "He practically built Warner Bros. with all of the money he made for them." See more on Errol Flynn



Rory Flynn in front of the Pickwick Theatre, Park Ridge

at Rory Flynn's website, inlikeflynn.com.

Flynn described what it was like to grow up as the daughter of a celebrity, and shared stories of those years. "It's wonderful to keep his memory alive," Hoffman said. "For us, it's about bringing the past to life."

The Pickwick Theatre Classic Film Series resumes in September. See parkridgeclassicfilm.com

20TH CENTURY CLUB PRESENTS GRANTS AT 'DERBY' BENEFIT

The 20th Century Club Benefit Committee Co-Chairs Nancy Basso and Marlan Friel were among more than 180 friends and members who attended the Park Ridge Club's recent Kentucky Derby-themed benefit luncheon at Cafe LaCave in Des Plaines. Guests sported fashionable hats, sipped mint juleps and enjoyed entertainment by the cast of Maine South's production of the musical "Big Fish," and the Maine South Vocal Jazz Ensemble. The event raised \$9,000, which will benefit charitable causes, including Rainbow Hospice, donation of \$4,000; seven scholarships for Maine South H.S. seniors totaling \$4,000; Maine South H.S. Fine Arts Department, gift of \$1,000; and to five Maine East H.S. students who will receive four years of Internet reception, \$500.



JEANNINE ESPARZA

KALO FOUNDATION CELEBRATES 10 YEARS



JENNIFER JOHNSON/PIONEER PRESS

The Kalo Foundation holds an Anniversary Open House 11 a.m.-4 p.m. Saturday, June 4, at the Iannelli Studios, 255 N. Northwest Highway, Park Ridge. The Kalo Foundation of Park Ridge, founded 10 years ago, is also celebrating the acquisition of the Iannelli Studios Heritage Studios property five years ago. At 2:30 p.m. the Betsy Foxwell Resource Center will be dedicated. Betsy Foxwell was one of the founding forces of The Kalo Foundation whose vision, drive and determination were crucial to the accomplishments of the organization. The public is invited to take part in all the day's festivities. Go to kaloofoundation.org.

Share your event

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

Living

Thursday, June 2, 2016



**Mommy on a shoestring:
Readers and friends share
wise words
from dads** Page 3

2

Modern wedding wisdom

In new era, say yes to the dress
and no to the debt. Page 14

SUBURBAN COOKS

Naperville mom 'sneaks' kale into her smoothies

By Judy Buchenot
Naperville Sun

Naperville mom Sandy Bell is eager to start cooking with local fresh produce. As a member of the extended Bermes family, one of Naperville's early farm families, she has been treated to farm produce from many family gardens over the years.

Bell, 38, is a graduate of Naperville Central High School, as were her parents and grandparents. She carries on the family farm tradition with a small vegetable garden in her backyard. "I think having a garden helps get my kids interested in vegetables. I see them go to the garden, pick a bean or a tomato and eat it. They are willing to try something they saw grow," said Bell.

During the summer, Bell looks forward to attending the weekly farmers market sponsored by St. John's Episcopal Church in Naperville. She is a member of the church and proud of the market with more than 20 vendors. "We are the friendliest farmers market around," she said referring to the church members who greet market visitors and share free recipes for whatever is in season. The market will open for its fourth season on June 8 and will continue on Wednesdays for 16 weeks.

Bell is pleased to be able to share her love of gardening with other children. She was among the parents who organized the Elmwood Elementary School garden, a schoolwide vegetable garden tended by volunteer parents and students. This is the second year for the garden which has been a popular program at the Naperville school.

Bell enjoys spending time in the kitchen but with four children ranging in age from 1 to 8, she often has to rely on something that is quick and easy. One of her go-to dishes is her crock pot chicken. "I first put in some cut up potatoes, carrots and celery in the crock pot. Then I put one of my favorite rubs on a whole roasting chicken and put it on top of the vegetables. I let it cook for eight hours on low, and dinner is ready. It is really tender and juicy," said Bell.

Bell's husband, Patrick, handles the outdoor grilling which is a big help. "Mondays are usually taco



JUDY BUCHENOT/NAPERVILLE SUN

Sandy Bell gets ready to layer ingredients for her strawberry spinach salad.

Sandy's Culinary Cue

When you have fresh greens from your garden or the farmers market, wash them and allow them to dry. Then place a folded paper towel inside a large plastic bag that seals shut. Put the lettuce leaves between the sheets of paper towel in the bag. Seal and place in the refrigerator. The lettuce will keep longer using this method.

St. John's Episcopal Church Farmers' Market

Where: The church parking lot at 750 Aurora Ave., Naperville
When: 3 to 7 p.m. Wednesdays, June 8 through Sept. 21
Information: stjohns-episcopal.com

night. We get seasoned skirt steak or chicken and just throw it on the grill. It cooks really fast. Then the kids choose the toppings they like." The family has a gas grill for most of the grilling, but occasionally they pull out a small charcoal grill for a different grilled flavor.

Although she grows a few vegetables, Bell appreciates the variety at the farmers market. When

Brussels sprouts are in season, Bell loves to make roasted Brussels sprouts and beets. She peels and slices beet and cuts the Brussels sprouts in half. "I add some garlic and then toss it all in olive oil, sprinkle on some salt and pepper and roast it for 30 to 40 minutes at 400. Even the kids eat Brussels sprouts when I make them this way," said Bell.

Bell is always looking for ways to add vegetables to her children's diet. One of her clever concoctions is a "sneaky smoothie," a mix that includes berries along with Swiss chard and kale. Although the name implies stealth nutrition, Bell said she lets her children see what is in the smoothie. "If they know kale is in it, and they like it, they might be more likely to try kale in something else," she said. The smoothie is an appealing bluish purple color when finished.

With strawberries about to start appearing at the farmers market, Bell is looking forward to making her spinach strawberry salad with a creamy dressing. "It is a great side salad, but if you add cooked chicken breast or a hard boiled egg, it could really be a meal," she said.

Bell shares her recipes for sneaky smoothie and spinach strawberry salad for others to try.

Judy Buchenot is a freelance writer.

Sneaky Smoothie

Make 2 to 4 servings.

- 1/2 cup whole milk
- 1 cup plain yogurt
- 1 tablespoon honey
- 1 cup fresh blueberries
- 1 cup fresh strawberries
- 1/2 cup kale
- 1/2 cup Swiss chard
- 1 cup ice

1. Place ingredients in a blender and blend until smooth. Serve immediately. Frozen berries can be used in place of fresh but omit the ice.

Spinach Strawberry Salad

Serves four to six people.

- 1 cup mayonnaise
- 4 teaspoons apple cider vinegar
- 5 teaspoons honey
- 2 teaspoons poppy seeds
- Salt and pepper to taste
- 4 cups fresh spinach
- Half of a medium red onion, thinly sliced
- 1 cup sliced strawberries
- 3/4 cup chopped pecans or walnuts
- 1/2 cup crumbled goat cheese

1. Make dressing by placing mayonnaise, vinegar, honey, poppy seeds and salt and pepper in a bowl. Whisk together and set aside.

2. Wash and dry the spinach. In a salad serving bowl, layer in the spinach, onion, strawberries, nuts and goat cheese. Pour dressing over mixture. Toss and serve.

Father knows best

Readers and friends share wise words from dads



BETH ENGELMAN
Mommy on a Shoestring

What's the best advice your father ever gave you? Readers and friends share their dads' priceless wisdom.

■ **Melissa Wells, Naperville**, co-producer of the show, "Listen to Your Mother — Chicago": "Always do your best. Over my lifetime I've found that if something doesn't work out after I've given my all, there's not much to be upset about. When I find that I don't try hard at something, there are always regrets."

■ **Tom Livingston, LaGrange**, LaGrange Village President: "As a kid at an early age, my dad connected me to 'Aesop's Fables,' 'The Wit and Wisdom of Ben Franklin,' and works of Joseph Campbell. Throughout my years in college, Dad continued through hand-written letters to share new ideas and old axioms. I still have the letters and appreciate him leading me to so many interesting places. I appreciate this more than he knows." (Note: This is family lore. Tom Livingston is my brother-in-law. — Beth Engelman.)

■ **Michael Loeber, Glenview**, president, Loeber Motors: "One thing, among many others, my dad reinforced early on is to hire good people that will most likely make the same decisions you would."

■ **Melissa Foreman, Highland Park**, co-host "You & Me this Morning," on WCIV-TV: "My dad's best advice goes to all men with daughters and pretty much sums up my dad. (He said) To all men with daughters — remember to cheer them on every step of the way, bandage every bump and bruise, put them in the game with the boys because they are just as good, remind them when they have their hearts broken that this



COURTESY OF ELYSE FISHER

Elyse Fisher and her father.



COURTESY OF LAURA FINE

Laura Fine and her father.

is their chance to fall in love all over again, accept their spouse wholeheartedly and with joy, be present, teach them just as much about stocks and bonds as you do about love, adore her children all the same whether she gave birth to them or not, teach her that life is an adventure and do so by example, and love every minute of being her dad."

■ **David McSweeney, Barrington**, State Representative 52nd District: "My dad died

when I was a teenager. He taught me the importance of working hard and finding common ground with others. His lessons are especially relevant today as I serve as a legislator in Springfield."

■ **Elyse Fisher, Deerfield**, owner of www.accessorizemeinstyle.com: "Do something you love and enjoy. You have to wake up everyday and do it, so you better like it"



COURTESY OF MELISSA FOREMAN

Melissa Foreman and her father.



COURTESY OF MELISSA WELLS

Melissa Wells and her father.



ROBERT ASHER

Renee Redman and her father.

■ **Renee Redman, Buffalo Grove**, owner of TheStationeryStudio.com: "Be friendly with customers, work hard at what you enjoy, and everything else will take care of itself."

■ **Laura Fine, Glenview**, State Representative 17th District: "Your family is your greatest supporter. Whatever obstacles you may face, your family will be behind you and never let you fall."

PETS/ANIMALS

MY PET WORLD

Your dog's smell could actually be something medical

By Marc Morrone
Tribune Content Agency

Q: Our 2-year-old American Bulldog is a great dog, but he has always has a bad odor and his fur feels greasy. We give him a bath as often as we can but the nice smell only lasts a day or so. What can we do to keep her odor down?

— Dale Jones, Las Vegas, NV

A: I really do think that this is a medical issue. In such situations a dog like yours usually has impacted anal glands or a bad tooth that is causing the smell.

For example, if the tooth is infected and causing the dog's saliva to become smelly and the dog licks herself, then that odor will be all over her fur.

A quick fix to an issue like this is to rub dry corn starch in the dog's coat — it will get rid of the greasy feel and absorb the odor somewhat, but really a trip to your vet is in order here.

Q: We have a 4-year-old female cat. Most nights she sleeps at the bottom of our bed. As soon as we are in bed, he drags two or three of her toys from the living room, across the foray and into the bedroom and leaves them on the floor at the bottom of the bed. Then

she jumps on the bed and seems to watch them before sleeping. Since we have never had a cat that had an odd habit, I was wondering if this is unusual?

— Grace Wallace, Chicago, IL

A: This is a subject that people love to debate and everyone can tell a tale about a dog or cat that they had that performed some rather mysterious behavior for no particular reason.

Just like humans, animals have rituals. Most are governed by instinct the animal is doing it as it evolves to have a better life. Most likely the behavior that your cat is doing at night is based on the instinct of storing food. A cat that is not hungry will bury or store uneaten prey animals to be eaten later on. The cat toys represent prey animals to the cat and her instinct is telling her to store them someplace safe and in her mind the foot of the bed is the best place to keep the objects.

Domestic and wild animals will both do this, however since domestic animals have lots of free time on their hands then the behavior is not as cut and dry as it would be in their wild counterparts.

Q: I have a blue fronted amazon parrot that I got as a baby



ERIN HOOLEY/CHICAGO TRIBUNE

A dog that has a bad odor and greasy fur may be experiencing impacted anal glands or a bad tooth that is causing the smell.

last spring. Her wing feathers have always been trimmed and she spent most of her summer days outside with me as I worked in my garden. I had to keep her indoors all winter long but now I have spring fever and want to get outside again to work in the garden. How warm does it need to be outside before I can take her out with me again? We have not yet had anything here over 75 degrees.

— Kathy Burns, Hartford, CT

A: Parrots can acclimate to just about any cold temperatures. However, your bird has most likely never been in any temp lower than 65 degrees, as it's the coldest it would get in a house. Common sense would tell us that this should be the temp outdoors that our birds would feel OK. Anything under our ambient room temp that the bird has been living in would feel chilly.

Just be sure that you have the bird's wing feathers trimmed before you start to take her out-

side again, the trimmed ones from last year may have moulted out and regrown over the winter months indoors.

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



Kramee

I lived peacefully with kids, cats and a dog. Sadly, a divorce tore the family apart. I am a super sweet cat, very playful and extremely social. Of course, I come with endless purrs for everyone, even visitors. You will not be able to keep me away from any vacant lap and, of course, at night I expect to sleep in bed with you — why would you want it any different anyway? I am pretty darn perfect I am told, and besides being one of the most gentle and adorable cats, I am also very handsome.

For additional information, go to www.saveapetil.org.

chicagotribune.com/pets

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- Our adoptable animals blog featuring photos and descriptions of Chicagoland pets in need of homes.
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Insurance deducted from paychecks but coverage denied

Dear Help Squad,
Nov. 5, 2015, was my and my co-workers' last day of work at Ponderosa, as the owner closed the restaurant. I received two paychecks following the closing in which my health insurance was taken out of each.

On Nov. 27, I went for a checkup and lab work and filed a claim (for \$353.04) with Aetna Insurance. Aetna refused to pay my claim, saying I was dismissed and I no longer had coverage.

I have had to fight [with Aetna] every time I filed a claim in the past to get it paid.

Could you please get this paid? I have my pay stubs and payment refusal, as well as the statement for medical charges.

If Aetna withdrew insurance payments, shouldn't they pay? I am still unemployed, and unemployment doesn't pay much. Please help me.

Jonathan, Crown Point, Ind.

Assuming there must be a standard process for deducting insurance premiums from employees' paychecks, I reached out to Michele Thornton, health insurance consultant at Thornton Powell Insurance Financial Services in Oak Forest.

When Thornton began by saying, "So there are a few tricky components to this ..." I quickly realized this wouldn't be the case.

She explained: "It's possible the way the company worked payroll is that employees paid them back for coverage received the month prior. For example, you begin insurance on April 5 when you start, but your first pay period is May 1. When the company begins taking payroll deductions on May 1, you are actually playing catch-up. In this case, coverage would generally end the day you leave — though subsequent paychecks would still have deductions."

Thornton then presented a second scenario: "Let's say you have to wait until the next first of the month for coverage, but they begin taking deductions out of your check right away. In that case, you will almost always have coverage through the end of the month you leave." But she added: "This could get tripped up if the former employer failed to pay the last month's premium before going out of business; then



CATHY CUNNINGHAM
Help Squad

the coverage ends."

And the third option: "It's possible it was just an error; the employer paid the final month and Aetna incorrectly processed the termination date. This is the only scenario where the problem is with Aetna, and unfortunately this seems unlikely."

My next call was to Aetna, where I reached Rohan Hutchings, Aetna's communications director. He provided me this explanation: "(Jonathan's) supplemental plan (was) only effective while (he was) employed, so once the member was terminated, on 11/5, he no longer had coverage."

He explained the way Aetna bills employers differs from how employees incur their paycheck deductions. Though an employee might see two or three deductions each month, an employer is billed only once, on the 15th, for the entire month. Because Ponderosa didn't alert Aetna to its closing until Nov. 17, Jonathan incurred the full set of November deductions while Ponderosa was credited back the majority of November. Jonathan

should have received this credit from Ponderosa, but didn't.

My final calls were to Jonathan's service providers, Franciscan Alliance (FA) Physicians and PCL Alverno. I spoke with Lora Laich of client services to ask if anything could be done to assist Jonathan. She forwarded my inquiry to Steven Wojnicki, PCL Alverno's CFO and vice president of finance, who replied via email: "PCL Alverno used (Jonathan's) documentation to process a charity care write-off for the services rendered ... It is my understanding that (FA Physicians practice) will also provide a charity write-off."

Kelly Tomaszewski, FA director of service excellence, confirmed: "The charity has been processed. (Jonathan) is being contacted and will receive a letter."

Franciscan, like most hospitals, offers charity care and financial aid for patients who have difficulty paying their bills.

Need help?

Send your questions and complaints to HelpSquad@pioneerlocal.com.

Cathy Cunningham is a freelance columnist.

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ROUNDUP | SPIRITUAL



Circle of Grace

By Jan Richardson, *Wanton Gospeller Press*, 182 pages, \$16

Blessings, an ancient literary form, “illuminate the link between the sacred and the ordinary,” Jan Richardson writes in her breathtaking “Circle of Grace: A Book of Blessings for the Seasons.” Often poetic and pulsing with the rhythms of invocation and incantation, blessings “use ordinary language in ways that can become extraordinary, offering words that arrest our attention and awaken us to how the holy is at work in our very midst.”

Before carrying us through the liturgical year, blessing by blessing, Richardson writes in her introduction that a good blessing “shimmers with the mystery that lies at the heart of God.” And then, she unspools “good blessing” upon “good blessing,” one

after another shimmering, in ways that might make you weep, so tenderly, so astonishingly, do they slip into the hollows of the soul.

Richardson, a writer, artist and ordained Methodist minister, belongs among the most treasured spiritual lights on the bookshelf. Her words trace that thin line that courses the topography of the soul. She knows the way into the deepest interiority, into the mysteries of life, of grief, of wonder. Your breath will be taken, again and again. And you will return, again and again, to these pages, pulled by the magnetism of her words, her capacity for imbuing the everyday with the sacred.

A blessing, she writes, “is something wild. It leads us where we did not imagine to go, and never in a straight line.” It does so, in Richardson’s hands, by lifting the quotidian hours of our lives — the waiting for night to end, the unimagined grace of coming home — and making abundantly clear a profound holiness.

Becoming Wise
An Inquiry into
the Mystery and
Art of Living
Krista Tippett

Becoming Wise

By Krista Tippett, *Penguin Press*, 288 pages, \$28

If you, like me, read with a pen at the ready, you’ll likely run out of ink on this one. If you measure the worth of a book by the volume of scribbles you pen in the margins, the stars emphatically drawn, and the sentences underlined, Krista Tippett’s “Becoming Wise: An Inquiry into the Mystery and Art of Living” — a compendium of wisdom, at once intimate and expansive — stands a serious shot of emerging both splattered and cherished.

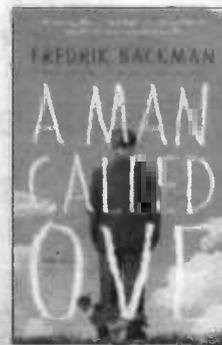
Tippett, the Peabody Award-winning radio host and National Humanities Medalist, is a master of what she terms “generous listening,” an act “powered by curiosity,” and a “willingness to be surprised, to let go of assumptions and take in ambiguity.” Sadly lacking in the modern-day public square, it’s an art Tippett has practiced and honed in her years hosting National Public Radio’s “On Being,” a program and podcast launched in 2003 as “Speaking of Faith,” in which she’s generously listened to — and deeply questioned — some of the most luminous minds on the planet.

From this lifetime of rich conversation, Tippett elicits a poetic inquiry, interwoven with memoir. What does it mean to be human? What matters in a life? What matters in death? And, in the end, wisdom is what Tippett seeks. “Wisdom leavens intelligence, and ennobles consciousness, and advances evolution itself,” she writes.

The book, called “a master class in the art of living,” draws from conversations with poet Elizabeth Alexander, physicist Brian Greene, civil rights veteran John Lewis, physician Rachel Naomi Remen, chef Dan Barber, playwright Eve Ensler, and humanitarian Jean Vanier — to name only a partial roster of her fellow seekers of wisdom.

CHICAGOLAND BEST-SELLERS

1. “**Me Before You: A Novel**” by Jojo Moyes (Penguin, \$16).
2. “**A Man Called Ove: A Novel**” by Fredrik Backman (Washington Square, \$16).
3. “**Dead Wake: The Last Crossing of the Lusitania**” by Erik Larson (Crown, \$17).
4. “**The Little Paris Bookshop: A Novel**” by Nina George (Broadway, \$16).
5. “**Everybody’s Fool**” by Richard Russo (Knopf, \$27.95).



Participating bookstores: *Barbara’s Bookstores (Chicago), The Book Cellar (Chicago), Seminary Co-op Bookstore and 57th Street Books (Chicago), Anderson’s Bookshop (Naperville), The Book Stall at Chestnut Court (Winnetka), Women & Children First Bookstore (Chicago), The Book Table (Oak Park), The Bookstore (Glen Ellyn), The Book Bin (Northbrook), Lake Forest Book Store (Lake Forest).*

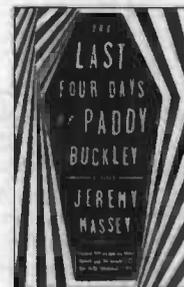
NEW IN PAPERBACK



Ty Cobb: A Terrible Beauty

By Charles Leerhsen, *Simon & Schuster*, 464 pages, \$17

Charles Leerhsen details the life of baseball legend Ty Cobb, exploring the Georgia Peach’s record-breaking career as well as controversies during and after Cobb’s career, such as accusations of overly aggressive play and how the center fielder’s reputation morphed into that of a racist after his death.



The Last Four Days of Paddy Buckley: A Novel

By Jeremy Massey, *Riverhead*, 288 pages, \$16

Undertaker Paddy Buckley is driving home one night when he strikes a pedestrian. As Paddy goes to help the dead man, he recognizes him as Donal Cullen, the brother of notorious mobster Vincent Cullen. To his dismay, Paddy is assigned to handle the funeral arrangement, which means an absurd face-to-face meeting with Vincent and his entourage.



The Quest for Mary Magdalene

By Michael Haag, *Harper*, 324 pages, \$15.99

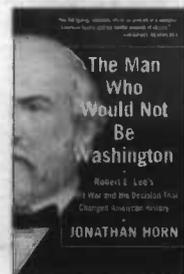
Haag looks at how perceptions of Mary Magdalene have changed since her appearances in the Gospels, which depict her as the only disciple present at Jesus’ crucifixion, burial and resurrection. Despite this, Pope Gregory I declared Mary a sinner and prostitute, a false reputation that lasted centuries until recently.



Dietland: A Novel

By Sarah Walker, *Mariner*, 316 pages, \$14.95

When you’re overweight, being noticed means being judged, so Plum Kettle avoids the spotlight until she can have weight loss surgery. Soon, however, Plum becomes involved with Calliope House, an underground community of women who reject societal norms of beauty, and becomes involved in a plot that includes a guerilla group that attacks those who mistreat women.



The Man Who Would Not Be Washington

By Jonathan Horn, *Scribner*, 370 pages, \$16

Jonathan Horn explores the life of Robert E. Lee and how Lee’s decision to lead the Confederate States Army played a unique role in shaping the legacy of George Washington, to whom Lee was related through marriage. Horn also explores how slavery is a complicating factor in the legacies of both men.

— *Jeremy Mikula*



puzzle island

For interactive puzzles and games go to chicagotribune.com/games

5/29

Theme of Variations: But with much in common

By S.N. | Edited by Stanley Newman
(stanxwords.com)

Across

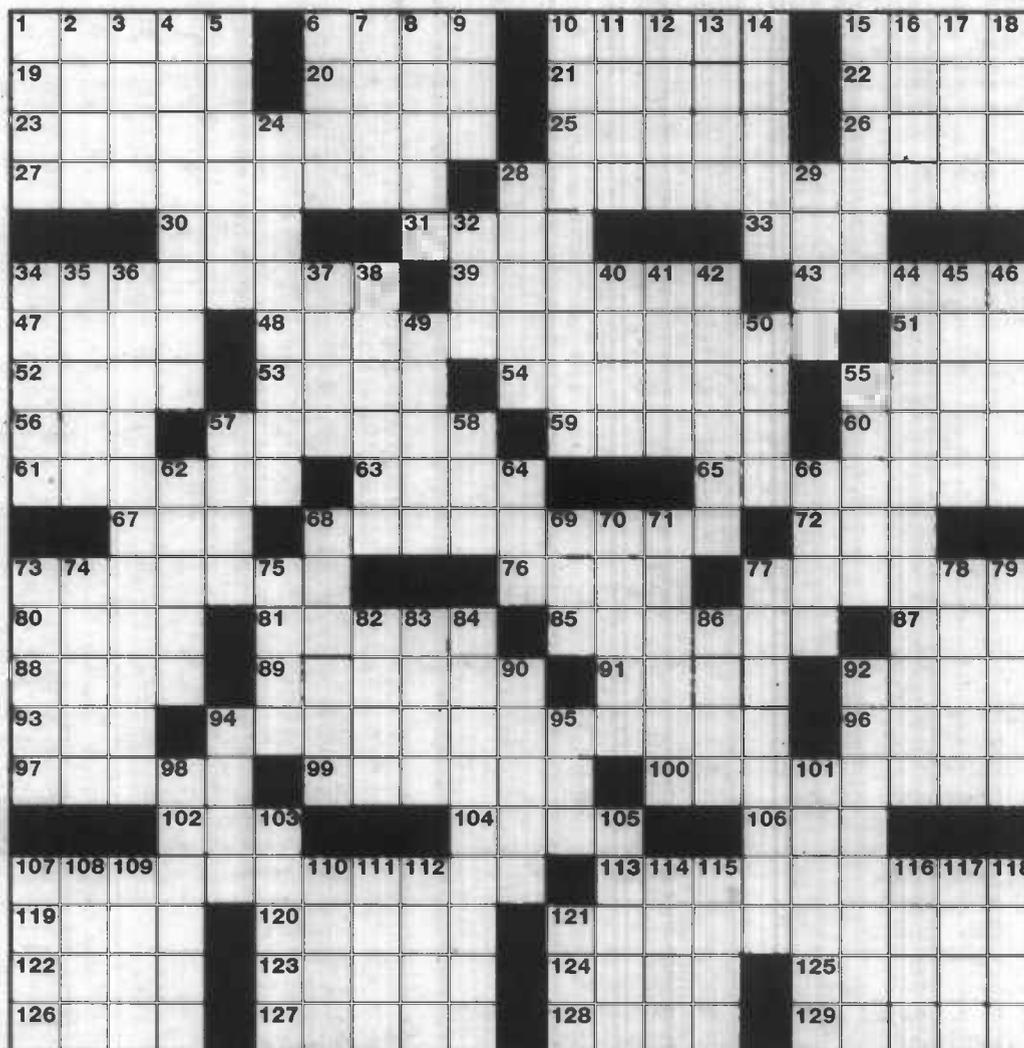
- 1 Five diamonds, perhaps
6 BOGO event
10 Light sprays
15 Top of the head
19 Cardiology concern
20 Tricky move
21 Impromptu
22 Preceder of history or hygiene
23 Being humbled
25 She might be beside herself
26 Lumber factory
27 Painless state
28 Not falling behind
30 Poetic dusk
31 Revealed, with "open"
33 Bathwater tester
34 Thing with springs
39 Appetite enticements
43 Pilot's affirmative
47 Developer's map
48 Getting a walk or hit
51 IRS shelter
52 Nevada city
53 Has a share of
54 Mentally quick
55 Rah-rah
56 Moo goo — pan
57 Talk-show talking head
59 Used for dinnerware
60 End of Caesar's boast
61 Electronic instruments, for short
63 Art sch. class
65 Exodus 19 locale

- 67 — step further (do more)
68 Snoopy's fantasy identity
72 Time delay
73 What the Statue of Freedom tops
76 Vette gauge
77 Rain garment
80 Goof off
81 Charge towards
85 "Pipe down!"
87 In the know
88 Hamlet lament
89 Disputed European region
91 — Mountains (Russian range)
92 Be audacious
93 Japanese chip maker
94 What to stop at a lot for
96 "New to you"
97 TV news anchor Van Susteren
99 Dirt spreaders
100 What decibels measure
102 Actress Farrow
104 Memo heading
106 Napoleon, in *Animal Farm*
107 Redeeming feature
113 Pet seen in *SPECTRE*
119 Arabian sultanate
120 Summing up
121 Slalom, for instance
122 It may start with Starters
123 Discernment
124 Carnival follower
125 Hair-raising
126 Former couples
127 Dumas dueler

- 128 Emotional poetry
129 Papaya products

Down

- 1 Small statue at the FDR Memorial
2 Diving bird
3 Astronomical bear
4 Heel style
5 Dry-cleaner freebie
6 UV protection figures
7 Jai —
8 Not widespread
9 Watch closely
10 Alexander's realm
11 Loafing
12 Pick up some things
13 Novelist Morrison
14 Hound's following
15 Ellen of Grey's *Anatomy*
16 42 Down solo
17 Soft mineral
18 *Glamour* rival
24 Big-hearted
28 Japanese beer
29 45th Vice President
32 "That's a relief!"
34 Digital video files: Abbr.
35 Set to rest
36 Happening
37 Stitched together
38 Mercury's winged footwear
40 Grp. in charge
41 French cleric
42 Strauss operà
44 In pursuit
45 Author Jong
46 Half-diameters
49 Nine-season CBS spinoff
50 In the mail



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

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- 55 About birds
57 Cool, in the '90s
58 Mai — cocktail
62 Works hard
64 Stick with a kick
66 Schedule opening
68 Sudden commotion
69 Mower power, perhaps
70 Carry on
71 Nickname for Beethoven's Ninth
73 Streetcar sound
74 One with a Buddy List
75 Porpoise cousin
77 Add to a gridiron heap
78 "New" employees
79 Newspaper essays
82 Depiction on Olympic medals
83 Oscar role for Whitaker
84 Squid appendages
86 It's south of Fort Worth
90 Banded rock
92 Blue denim
94 Major inconvenience
95 Former flier, briefly
98 Countdown term
101 Sad songs
103 Upset tummy
105 Unvarnished, as truth
107 To a degree
108 Co. with a Platinum Card
109 Barn ornament
110 Buzzing pest
111 Incautious
114 Start of Alaskan zip codes
115 Amscrays
116 Have empathy
117 Low-pH
118 Beachgoers' shirts
121 —-mo replay

Quote-Acrossic

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

Clues

Words

A. Breed of cattle: 2 wds.	160	15	50	86	143	167	127	34	124	68
B. Understanding	39	12	155	134	111	54	18	90	69	
C. Yield	43	91	125	71	7	164				
D. Self-important boss: 2 wds.	8	139	145	95	114	59	33			
E. Risk time	6	123	23	42	116	151	98	70	87	
F. At once: 2 wds.	49	1	73	152	40	96	148	26	135	
G. Grammy winner — Douglas	35	79	45	142	11	109	65			
H. Board game	51	121	156	89	67	14	102	5	147	32
I. Not adorned	118	78	140	46	146	66				
	154	92	3	16	106					

J. Tend or guard	57	137	130	158	110	94	38	25		
K. Accumulates and stores away	75	84	157	107	144	27				
L. Brain gland	58	10	47	166	108	36				
M. Out-of-date: 2 wds.	29	162	117	133	56	44				
N. Connects: 2 wds.	128	22	141	93	101	72				
O. Easy	24	85	2	126	112	132	52	9	76	97
P. Cuddle	131	153	64	80	119	53				
Q. Soft paper	113	103	63	37	4	81				
R. Thicken	163	122	55	17	77	60	13	88	104	31
S. Cherish	82	28	48	138	62	20				
	165	115	149	105						
T. John or Rock	100	161	30	74	120	21				
U. Business writing system	61	41	150	19	136	129	159	99	83	

1	F	2	O		3	I	4	Q	5	H	6	E	7	C		8	D		
9	O	10	L	11	G	12	B	13	R		14	H	15	A	16	I			
17	R	18	B	19	U	20	S	21	T	22	N	23	E	24	O	25	J		
26	F	27	K		28	S	29	M	30	T	31	R	32	H	33	D	34	A	
35	G	36	L	37	Q		38	J	39	B	40	F	41	U	42	E	43	C	
	44	M	45	G	46	I	47	L		48	S	49	F	50	A	51	H		
52	O	53	P	54	B	55	R		56	M	57	J		58	L	59	D		
60	R	61	U	62	S	63	Q	64	P	65	G	66	I	67	H		68	A	
69	B	70	E	71	C	72	N	73	F	74	T	75	K	76	O		77	R	
78	I	79	G	80	P	81	Q	82	S	83	U		84	K	85	O			
86	A	87	E	88	R	89	H	90	B	91	C	92	I	93	N	94	J	95	D
	96	F	97	O		98	E	99	U	100	T	101	N	102	H	103	Q		
104	R	105	S	106	I		107	K	108	L	109	G	110	J	111	B	112	O	
	113	Q	114	D	115	S	116	E		117	M	118	I	119	P	120	T		
	121	H	122	R	123	E		124	A	125	C	126	O	127	A				
128	N	129	U	130	J	131	P		132	O	133	M	134	B	135	F			
136	U	137	J	138	S	139	D	140	I	141	N		142	G	143	A	144	K	
	145	D	146	I	147	H	148	F		149	S	150	U		151	E			
152	F	153	P	154	I	155	B		156	H	157	K	158	J	159	U	160	A	
161	T	162	M	163	R	164	C	165	S	166	L	167	A						

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

By Erv Kaczmarek.
Edited by Linda and Charles Preston.
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Proliferating "P's"

BY CHARLES PRESTON

Across

- Members
- Snakes
- Mischievous children
- Negatively charged particle
- Sudden blow
- Assemble
- Good-looking
- Entreaty
- American Indian
- Drive onward
- Hard to catch
- Practice boxing
- Household gods
- Buy back
- Legal tools
- Correct
- Righteous
- Football play
- Tubular passages
- French city
- Appraises
- Word-of-mouth
- Righteous
- Inventor's protection
- Completely exhausted

- Withered
- Sun disk
- More tidy
- Point a gun
- Wine
- Sometimes the best teacher
- Charles Lamb's pen name
- Stand up
- Sea fliers
- Exchange for money
- on it!: hurry
- Cuddly individuals

Down

- Jack of TV fame
- Pay one's share
- Customary procedure
- Craggy hill
- Broke suddenly
- Thespian
- Undergarment
- Fix a road
- First-graders' books
- Assume the character of
- Confused fight

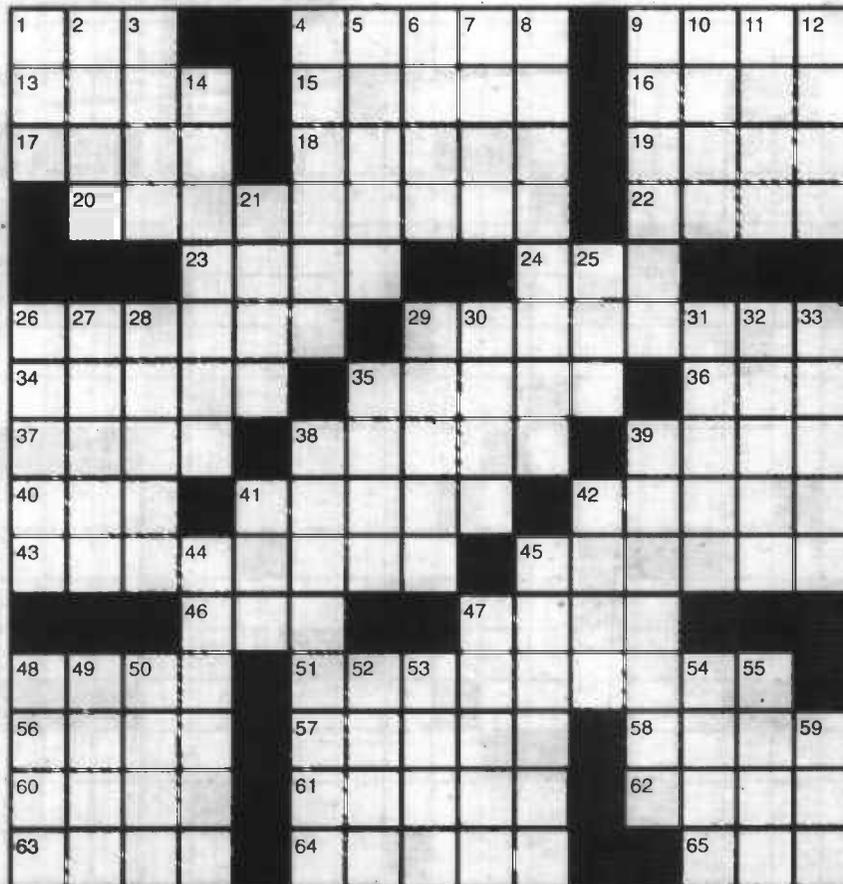
- Baker's shovels
- Guy rope
- Pack tight
- Showing tenderness
- Black cuckoo
- The ___ of the Lock*
- Large birds
- Fender mishap
- Suit part
- Followers
- Century plant
- Road rubber
- Religious image
- Welshman
- Business associates
- Calendar: abbr.
- Turned aside
- Nobleman
- Priestly garment
- Danger
- Brew, as tea
- Zoo animals
- Way out
- Church part
- Woman's name
- Cake decorator
- Army meal
- Before

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21						22			
				23					24	25				
26	27	28					29	30						
31						32					33	34	35	
36						37					38			
39				40						41				
				42					43					
						44	45			46				
47							48	49	50			51	52	53
54							55					56		
57							58				59			
60							61				62			

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Crossword



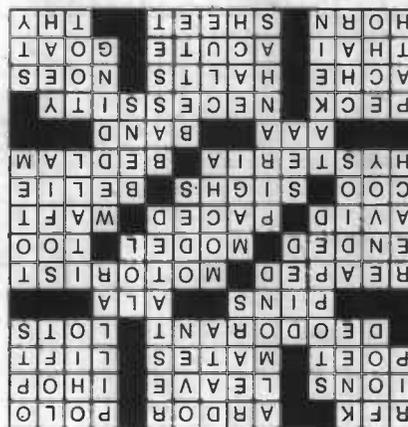
By Jacqueline E. Mathews. © 2016 Tribune Content Agency, LLC. All rights reserved.

6/1/16

- ACROSS**
- 1 Brother of JFK
 - 4 Passion
 - 9 Sport played on horseback
 - 13 Old Saturn cars
 - 15 Depart
 - 16 Pancake house
 - 17 Verse writer
 - 18 Partners
 - 19 Elevate
 - 20 BO eliminator
 - 22 Large amount
 - 23 Bowler's target
 - 24 Tuscaloosa's state: abbr.
 - 26 Gathered crops
 - 29 Driver
 - 34 Concluded
 - 35 Fashion show participant
 - 36 "Methinks thou doth protest ___ much"
 - 37 Enthusiastic
 - 38 ___ oneself; worked steadily
 - 39 Float through the air, as a feather
 - 40 Pigeon's sound
 - 41 Exhales audibly
 - 42 Misrepresent
 - 43 Frenzy
 - 45 Pandemonium
 - 46 Battery size
- DOWN**
- 1 ___ up; shred
 - 2 Vittles
 - 3 Patella's place
 - 4 Nut variety
 - 5 Raises, as kids
 - 6 Facts & figures
 - 7 Large kitchen appliance
 - 8 Said again
 - 9 Large post
 - 10 Dayton's state
 - 11 Upper room
 - 12 ___ for; selects
 - 14 Discontinued
 - 21 Breathed one's last

- 47 Musical group
- 48 Actor Gregory
- 51 Something essential
- 56 Prolonged pain
- 57 Goes no further
- 58 Negatives
- 60 Language of Bangkok
- 61 Like an angle less than 90°
- 62 Farm animal
- 63 Brass instrument
- 64 Item in a bed linen package
- 65 Your, to Shakespeare

Solutions



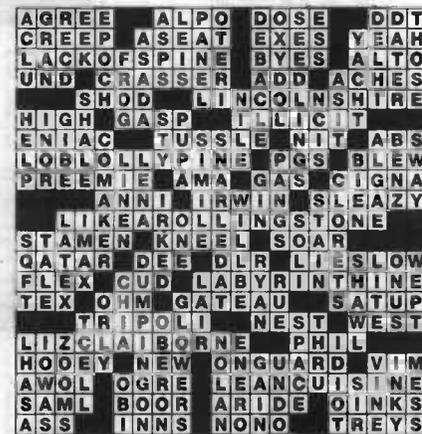
- 25 Texter's giggle
- 26 Finally arrive at
- 27 Foreign diplomat
- 28 Bye, in Spain
- 29 Caffè ___; Starbucks drink
- 30 Elegant poems
- 31 Know-___; smarty-pants.
- 32 Bulgaria's capital
- 33 Tribal pole
- 35 Three kings of biblical fame
- 38 Predatory fishes
- 39 Marriage rite
- 41 Caribbean ___
- 42 Stein & Stiller
- 44 Give shelter to
- 45 ___ hound; hunting dog
- 47 Ms. Midler
- 48 Lane
- 49 Reverberate
- 50 Scorch
- 52 Apiece
- 53 Helpful hint
- 54 Sound the horn
- 55 Slangy reply
- 59 Pig's home



puzzle island solutions

Last week's crosswords

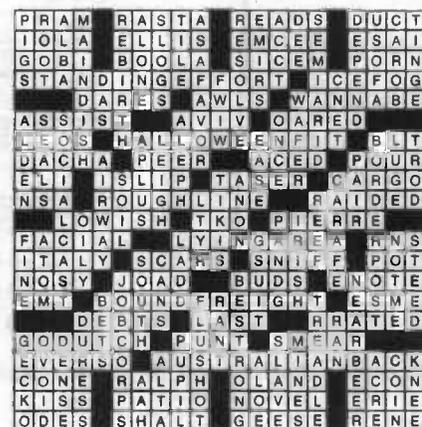
"Between the Lines"



"Sail Away!"



"Holding Out"



Last week's Quote-Acrostic

(JILL) LEPORE: THE NEW YORKER
MAG(azine): Harold Ross launched the New Yorker, which he described — in a prospectus, in the original issue and on posters pasted all over New York — as the magazine that is not edited for the old lady in Dubuque.

Last week's Sudoku

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

This week's Jumble

INFORM TAMPER HELMET
HOLLOW ENOUGH SWITCH-

He hadn't won the Indy 500 yet, but the —

**WHEELS WERE
IN MOTION**

**chicago
tribune.com
/games**

Interactive puzzles and games

Yoga and divorce – a perfect marriage

There are two types of people, in my opinion: those who love yoga, and those who haven't tried yoga.

Why do I say that? Because honestly, although I don't show up at yoga class half as much as I should, there's nothing not to love about the practice that is referred to not as a sport, but rather as a philosophy or a way of life.

I'm not qualified to list the hundreds of physical, mental and emotional benefits of doing yoga, but as a relationship expert, I do feel like I can say with authority that I believe yoga offers tremendous relief during situations of severe relationship stress.

That includes people going through a divorce or those already divorced.

So when I found out about a group of men and women on the North Shore who are mostly divorced and who practice yoga together on Tuesday nights and then go out for dinner afterward, I decided to track them down to talk about how deep breathing and downward dogs contribute to healing after the end of a marriage.

"Yoga for me was a life game changer," said Steve LaKind, of Evanston, a commercial real estate broker who has practiced yoga for a decade and who went through a divorce two years ago. "Divorce is very consuming, and it's in your head a lot, so when you go to yoga, the goal is to get out of that place for awhile. It's similar to what drugs and alcohol do for some people."

Kira Maar is the yoga instructor who teaches the class, which takes place at Evolution Yoga in Glenview, and then rolls over into dinner somewhere in the neighborhood.

Maar, a divorced mom of two who has taught yoga for eight years, said she started the Tuesday night class with some friends who were interested, and it grew by word of mouth.

"Instead of being depressed or sitting around thinking about what would have been, we are in the moment in the way we enjoy our yoga and our company," said Maar, whose typical Tuesday night class attracts around a dozen students. "It is a path you need to go on to avoid ending up



JACKIE PILOSSOPH
Love Essentially

"If more people did yoga and meditation, there would be a lot less antidepressant prescriptions written."

— Steve LaKind, of Evanston

caught in the past and in the expectations of what life should be."

Calling her group, "my happy place," Maar said the connection they all feel stems from being similar-minded people who have gone through similar things in life. She also said everyone happens to be really, really funny.

"We laugh so much. We laugh all the time. Hysterically," she said. "That's not to say we don't discuss heavy stuff. We do. But we all want to see lightness, so if the moment gets tense, someone will crack a joke and suddenly it becomes funny and maybe more manageable."

Allison Elias, of Glenview, is recently divorced, and said her yoga classmates have been very supportive, using humor to help ease her anxiety.

"There were a lot of times I'd come to class stressed and the group would make jokes and get my mind off my stress," said Elias. "The practice itself gets you to clear your mind. You can't do yoga and worry about your problems at the same time. It's impossible."

"The biggest shock for me was realizing my kids weren't going to be with me every day. That was the hardest part," said Scott Gardner, of Northbrook, about his divorce. "So during the time I would have been spending with my kids, doing yoga helped me be present and not stress out about it."

As a divorced person, I can attest to the devastation, loneliness, fear, anger, frustration and all the other emotions that come with a marital split. But I truly believe two of the biggest sources of comfort and relief from those emotions are exercise and laughter, which pretty much describes Maar's class.

"They're all super, smart people, and they all bring something unique to the table, so when we all come together, it's explosive," Maar said. "You have to be spontaneous and free flowing in your thinking if you want to be happy."

"If more people did yoga and meditation, there would be a lot less antidepressant prescriptions written," LaKind said.

Jackie Pilossoph is a freelance columnist.

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HEALTH

Relaxation techniques can relieve tension headaches



DR. ANTHONY KOMAROFF
Ask Doctor K

Dear Doctor K: I suffer from awful tension headaches. Could mind-body techniques help to prevent or relieve them?

Dear Reader: Tension headaches are the most common type of headache. Many people describe the sensation as a dull tightness or pressure that feels like a band wrapped tightly around the head.

Unlike migraine headaches, a tension headache is steady. It doesn't throb. Also, it typically starts by hurting around the entire head. In contrast, migraine headaches tend to start on just one side of the head, often near the temple or eye. Mind-body therapies can help with tension headaches.

Tension headaches are probably the result of abnormal pain sensors in the tissues of the scalp. These sensors appear to be more sensitive, and more likely to send pain signals to the brain. Also, in people with repeated tension headaches, the pain-sensing parts of the brain also seem to become more sensitive to pain signals. Why all this happens is uncertain.

Mind-body therapies include meditation, relaxation techniques, yoga, hypnosis, stress management and biofeedback. These therapies lower stress, which is a widely accepted trigger of headaches. They also promote healthier lifestyle habits, such as getting adequate sleep, which can help to keep headaches at bay.

About half of all headache sufferers use some



MARCELA BARSSE/GETTY

Mind-body therapies can help with tension headaches.

type of mind-body technique to alleviate the pain. Which techniques will be most useful for you will depend on your personal preferences, but in general, for tension headaches, relaxation techniques and muscle biofeedback seem to help the most:

Relaxation techniques:

These can relax your muscles and ease tension, which should help reduce headache pain. No single relaxation technique works better than the others. Experiment until you find the approach that helps you the most. Whichever technique you choose, it will work only if you do it on a regular basis. Daily is best. Options include:

- Deep diaphragmatic breathing. This involves breathing so that your abdomen (rather than your chest) expands with each breath.
- Meditation. You learn to turn your attention inward rather than being distracted by outside events.
- Visualization. You imagine a peaceful scene that relaxes you.

Biofeedback: With biofeedback you use a machine to monitor specific

body functions. The machine translates these readings into a blinking light, a beeping sound or some other signal. You can gauge how your body is reacting by observing these signals. You then learn relaxation exercises and thought patterns to change and control those reactions.

Say, for example, that tension in your shoulder or neck muscles causes or worsens your tension headaches. You will learn to recognize tense muscles and effectively relax them.

Two types of biofeedback are commonly used to manage headaches:

- Surface electromyography measures electrical activity in a muscle through small metal plates that are placed on the skin.
- Thermal biofeedback measures finger temperature.

Biofeedback should be done only with the help of a skilled professional. Ask your doctor for a referral.

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.

PEOPLE'S PHARMACY PRESCRIPTIONS AND HOME REMEDIES

Coconut oil may be good for heart health after all

By Joe Graedon and Teresa Graedon
King Features Syndicate

Q: I'm confused about the health benefits, or lack thereof, of coconut products. Are they helpful or harmful?

A: For years, nutrition experts warned that coconut oil contained saturated fat and therefore would raise cholesterol and put people at risk for heart disease. A study published in *The BMJ* (April 12, 2016) questions the hypothesis. A reanalysis of data collected between 1968 and 1973 found that people eating corn oil in place of saturated fat did have lower cholesterol, but they were no less likely to have heart attacks.

Coconut oil appears to raise good HDL cholesterol and lower triglycerides. It also may help control blood sugar (*Indian Journal of Pharmacology*, May-June 2010). A Brazilian study found that giving people with heart disease extra-virgin coconut oil helped them reduce their waist circumference and raise their beneficial HDL cholesterol (*Nutricion Hospitalaria*, Nov. 1, 2015).

Q: As I understand it, Prilosec is useful for Barrett's (and gastroesophageal reflux disease). It helps heal irritation in the esophagus that could lead to cancer. But it seems there is no conclusive evidence that using Prilosec prevents cancer.

I read that melatonin does just as good a job at healing the body. Apparently, it takes about 30 days. You can even take it with Prilosec, and that will make it easier to get off the acid suppressor.

I plan to gradually reduce my dose of Prilosec by taking melatonin.



WHOLE FOODS

Coconut oil appears to raise good HDL cholesterol and lower triglycerides.

A: A pilot study found that melatonin, alone or in combination with omeprazole (Prilosec), "is a promising therapeutic agent for the treatment of gastroesophageal reflux disease. It is an effective line of treatment in relieving epigastric pain and heartburn" (*BMC Gastroenterology* online, Jan. 18, 2010). A review of other studies concludes that melatonin supplements can speed ulcer healing (*Current Pharmaceutical Design*, Vol. 20, No. 30, 2014).

Q: What are your views on turmeric for arthritis?

A: Many readers have reported that turmeric helps their joint pain. A review of clinical trials found that turmeric-based products were better than placebo and about as effective as NSAIDs such as ibuprofen or naproxen (*Journal of Evidence-Based Complementary and Alternative Medicine* online, March 14, 2016).

One study that showed benefit compared 1,500 mg of turmeric extract to 1,200 mg of ibuprofen per day (*Clinical Interventions in Aging* online, March 20, 2014). The researchers prepared the extract themselves to provide 250 mg of curcuminoids per dose.

We are sending you our "Guide to Alternatives for Arthritis," which discusses turmeric. Anyone who would like a copy, please send \$3 in check or money order with a long (No. 10), stamped (68 cents), self-addressed envelope to: Graedons' People's Pharmacy, No. AA-2, P.O. Box 52027, Durham, NC 27717-2027. It also can be downloaded for \$2 from our website: www.peoplespharmacy.com.

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

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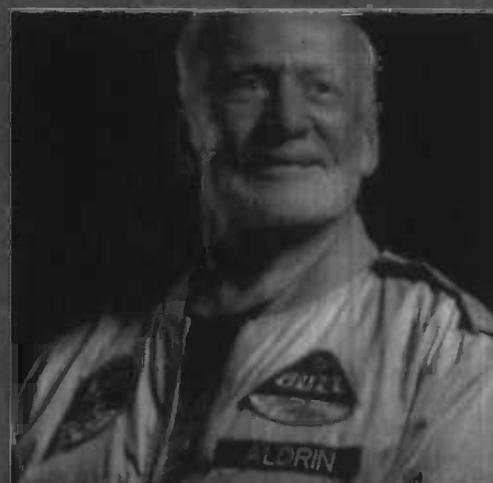
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Marilynne Robinson



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Tracy K. Smith



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Wedding wisdom for new generation

In new era, say yes to the dress and no to the debt

By Joanne Cleaver
Tribune Newspapers

"I just wanted a blog-worthy wedding," said Kristin Joy, founder of Bridentity Crisis, a wedding blog that resulted from her experiences reconciling bridal fantasy with reality.

Her parents had other ideas, grounded in the amount of money they felt they could devote to their daughter's September 2012 wedding. Though she and her family thought they had an understanding about the budget, they discovered they didn't when a session with their florist deteriorated into argument and tears.

"It's tough when you are wrapped up in the wedding bubble," said Debra Scharf, Joy's mother and a teacher. She and Joy's father (the couple are divorced) picked up much of the wedding cost; Scharf splurged on her only daughter's gown, borrowing against her retirement savings. "I won't miss the money down the road, but I will have the wedding memories forever," she said, but added that the initial planning process was defined by sticker shock.

The traditional guidelines — that the bride's parents pay for the entire wedding, and the groom's parents pay for the rehearsal dinner — are long gone. Couples expect to pay for about half of the cost of their weddings, according to industry research. Parents of the brides typically kick in about 40 percent, and the parents of the groom pick up the rest.

Now, the new rules are giving way to even newer pragmatism: that wedding expenses be considered in the context of the parents' and couple's long-term financial goals and responsibilities. Welcome to the era of "say yes to the dress and say no to the debt."

Two seismic forces are colliding over discussions about venues, cake and music: the ever-spiraling range of possibilities and desires fueled by endless social media sharing, and the cruel reality that many middle-aged parents are struggling with such financial pressures as college costs, stagnant earnings, the need to save for their retirements and barely recovered home equity.

The average cost of a wedding nationally last year was \$32,641, according to a survey by wedding website The Knot.

That translates to at least \$13,000 if the parents of the bride pay the neotraditional 40 percent.

Parents who haven't thought about wedding costs since they got hitched decades prior blithely assume that \$20,000 can cover the whole shebang, says Chicago



JAMIE GRILL/GETTY

Pick your priorities and budget accordingly, said Rick Brewer, a wedding industry consultant. That means looking at the three to four major budget categories, including the venue, dress, flowers and music.

wedding planner Shannon Gail Clemonds, who had a career in financial administration before opening her firm 10 years ago.

"People have to pool resources," she says. "We are managing three budgets: each family's and the couple's. And I've seen a lot charged to credit cards."

Wedding professionals urge families to sit down and have an honest discussion about their financial priorities and how the wedding fits in. But setting the budget isn't the same thing as sticking to it.

About 84 percent of couples spend more than their budgets, according to research by Promise Financial, a Hoboken, N.J., company that lends to marrying couples and to industry vendors. Its research found that couples who planned to spend about \$20,000 ended up spending 45 percent more — \$29,000.

WeddingWire, a content and research company for consumers and the industry, has found that 1 in 4 married couples borrow an average of \$10,000 for their weddings, not including credit card debt. New research from Consumers Union, which publishes Consumer Reports, found that 11 percent of bridal families took out loans, most of them borrowing against their retirement or investment accounts.

Therein lies the business opportunity for Promise, which realized that many couples' pre-wedding cash crunch is over the moment they open their cards on the big day.

"Vendors ask you to put down deposits, everything's due before the wedding and every vendor has different terms," said Brad Vanderstarren, president of Promise. "It puts a big, one-time burden on the bride and groom and parents."

Having chipped in for her son's wedding, Janet Pechota was well aware of wedding costs when she and her husband learned that daughter April was engaged. She assumed that they'd be pulling money from savings to pay for the day, even though, at the time, Pechota was on the brink of retiring from her health care administration job. And Pechota also braced for over-the-top expectations from her daughter, an accomplished consumer with a strong sense of style. Pechota said her own expectations were shaped by excess she'd observed as a wedding guest.

"We've been to weddings where you could see that they bought everything the industry wanted to sell them," she said.

Her daughter, now April Ortiz, had other ideas.

"We work. We do well for ourselves," Ortiz, a logistics manager at a major retailer, said of her and her husband. "My friends are in the same boat. We're in our early 30s, and we're getting married and expect to pay for it. I've heard horror stories of people expecting to get money from their parents, and then their parents can't come through with it. I didn't expect anything. They have

their own priorities."

The Ortizes engineered a wedding at a loft-style bar for 75 people for about \$40,000. April Ortiz intuitively adopted the point of view consistently recommended by wedding industry insiders: Decide on three or four priorities and concentrate resources on those things, recognizing that other items will be scaled down or out. The Ortizes didn't bother with a rehearsal dinner or a rehearsal.

"We all know how to walk in a straight line," April Ortiz said of her bridal party. Instead, money that might have gone for a rehearsal dinner went to brunch with siblings, and a simple cake freed up money for a blowout round of late-night appetizers.

Pechota did insist on paying for the wedding dress. "I told her, 'You'd be hurting me if I can't pay for the dress. I've been thinking of this since I looked in your face when you were a minute old. You can't take this away from me,'" she recalled telling April.

That explains the emotional underpinnings of parents' dilemmas: They want to celebrate their children's happiness but must reconcile that with their financial realities.

Larry Ginsburg, a partner in the Chicago office for accounting firm Plante Moran, talks with people about money for a living. But he quickly discovered that no spreadsheet could contain the dynamics that shaped the wedding of his daughter Samantha in October.

The families and couple had to review their individual priorities and see what kind of event they wanted and what kind of event they could support, he recalled.

"From the parents' point of view, it's important to share what you really can do," he said. Given that so many middle-aged couples are still coping with the financial fallout from the past 10 years, it's important to "not make any assumptions" about what any couple or individual can pay for, he added.

"The parents have to assess their future, and this five-hour event shouldn't affect that," Ginsburg said. "You should be proud to make a sensible decision that you won't regret tomorrow. The wedding is about starting them off in the right way, with no baggage."

Kristin Joy came around to that point of view as her wedding plans crystallized. She said she reined in some of her over-the-top dreams and started concentrating on the things she'd always believed were most important: her relationships with her family and her hope for a joyous start to a new stage of life. "I was so fixated on these images," she said, "that I didn't realize that life doesn't happen in an Instagram post."

Joanne Cleaver is a freelancer.



VHT STUDIOS PHOTOS

Winnetka home with elevator, billiard room: \$4.15 million

ADDRESS: 505 Sheridan Rd. in Winnetka

ASKING PRICE: \$4,150,000

Listed on May 19, 2016

Six-bedroom, 6-full, 2-half bath home on a large lot near Lake Michigan. The first floor features a living room with fireplace, dining room, kitchen with large island, family room with coffered ceilings and a billiard room with wet bar and adjacent office. The master bedroom has a balcony, 2 walk-in closets and dressing room. A recreation room with fireplace, wet bar, theater, 6th bedroom and wine cellar are found on the lower level.

Agent: Sherry Molitor of Berkshire Hathaway HomeServices KoenigRubloff, 847-204-6282

At press time, this home was still for sale.



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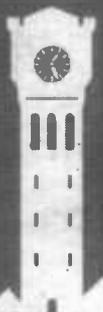
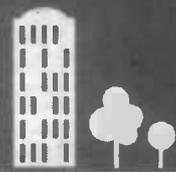
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1217 S Old Wilke Rd, # 101, Arlington Heights	Patrick V Tlangson	Millz Trust	04-28-16	\$125,000
1108 W Northwest Hwy, Arlington Heights	Tha V Ratsavongsy	Rita Jo Klabe	04-28-16	\$151,500
902 N Beverly Ln, Arlington Heights	Jeff Arce & Brian Shelin	Kendall Developments Inc	04-27-16	\$219,500
10 S Dunton Ave, # 206, Arlington Heights	Austin Hedley & Kathy Hedley	Kbso Llc	04-28-16	\$245,000
1636 Fox Run Dr, Arlington Heights	Minoru Robert Inoue & Mayoo Hyun Inoue	Grote Trust	04-28-16	\$249,000
10 S Dunton Ave, # 305, Arlington Heights	Brianna Elsass	Arlington Lofts Llc	04-28-16	\$250,000
322 N Harvard Ave, Arlington Heights	Edward J Reler & Diane A Reler	Thaddeus W Koziatek	04-28-16	\$270,500
926 N Illinois Ave, Arlington Heights	Jeffrey J Polanzi	Serc Llc	04-28-16	\$286,500
714 E Wing St, Arlington Heights	David M Sweas & Molra Lee Herbert	Giacomo Visconti	04-28-16	\$320,000
2404 N Drury Ln, Arlington Heights	Annette Difino	Lois W Washburn	04-28-16	\$332,000
107 N Rammer Ave, Arlington Heights	Teig A Vandam Rutsch & Nicholas M Kutsch	Brian G Nutt	04-28-16	\$360,000
120 S Pine Ave, Arlington Heights	Drew Livingston & Jami Livingston	Brian C Czaplowski	04-27-16	\$375,000
516 W Ashford Ln, Arlington Heights	Richard D Bishchoff Jr & Christine Bischoff	Millnd Thombre	04-28-16	\$442,000
1033 E Viator Ct, Arlington Heights	Daniel P Parisi & Jessica G Parisi	Dougherty Trust	04-28-16	\$462,000
150 Lake Blvd, # 163, Buffalo Grove	Margaret Gerber	Steven Walowitz	04-27-16	\$147,500
573 Carriageway Dr, Buffalo Grove	Eric V Ochocki & Anna C Ochocki	Cara C Judy	04-28-16	\$380,000
1258 Mill Creek Dr, Buffalo Grove	Brian Amos & Jaclyn Amos	Roy Hardin	04-27-16	\$410,000
9001 Golf Rd, # 3F, Des Plaines	Lucian Gansen	Gus Galanski	04-27-16	\$99,000
722 Graceland Ave, # 308, Des Plaines	Anita Birtnowska	Anita Bortnowska	04-27-16	\$140,500
1629 Sycamore St, Des Plaines	Nancy Garcia & Sonia Parra	Fifth Third Mortgage Co	04-27-16	\$153,000
992 E Thacker St, Des Plaines	Florea Vanclu	Mary Mcshane	04-28-16	\$175,000
700 Graceland Ave, # 501, Des Plaines	Sang Ho Lee & Nancy Han	Albert Chaharbakshi	04-28-16	\$195,000
9452 Ironwood Ln, Des Plaines	Anita Shrestha & Ajay Shrestha	Hasmukh Kothari	04-27-16	\$195,000
515 Elizabeth Ln, Des Plaines	Abraham Thomas & Jilisy Kurian	Joy Galvez	04-27-16	\$301,000
954 Walter Ave, Des Plaines	Sean Massa	Jonathan M Hollister	04-27-16	\$390,000
2426 Hastings Ave, Evanston	Stephen R Dunn & Tatyana V Dunn	William L Kath	04-27-16	\$360,000
23 Salem Ln, Evanston	Mark R Hulse & Amanda M Hulse	Laurel Omert	04-28-16	\$475,500
2759 Broadway Ave, Evanston	Christopher Shiple & Molly Shiple	Henry Zane Robbins	04-28-16	\$571,000
3147 Grant St, Evanston	Scott Peters & Suzanne K Torrey	Michael G Bruner	04-28-16	\$600,000
2005 Ammer Ridge Ct, # 201, Glenview	Kimberley A Shikami	Meferd Trust	04-28-16	\$165,000
1216 Raleigh Rd, Glenview	Jeff Kurtzweil & Leanne Kurtzweil	Heritage Equities Llc	04-27-16	\$1,245,000
1431 Shine Cir, # 20, Inverness	Mike Seroni	Savio Lobo	04-27-16	\$360,000
7929 Linder Ave, Morton Grove	Muriel Gunawardana	Deutsche Bank Natl Tr Co Ttee	04-28-16	\$205,000
6125 Elm St, Morton Grove	Raymond Warren & Jennifer Arnold	Cjgun Corp	04-27-16	\$310,000
8926 Mason Ave, Morton Grove	Christopher V Muscat & Christina C Muscat	Francisco J Rodriguez	04-28-16	\$315,000
9020 Mason Ave, Morton Grove	Francisco J Rodriguez & Tanaina Santa	Wojciech K Adamczyk	04-28-16	\$429,000
502 W Huntington Commons Rd, # 245, Mount Prospect	Dominic Busco	Angelo Malles Estate	04-27-16	\$77,000
1101 S Hunt Club Dr, # 408, Mount Prospect	Gancho Ganey	Marlo Herrera	04-27-16	\$142,000
310 N Maple St, Mount Prospect	Marcin Kwasnik	Nz Reo Inventory Corp	04-28-16	\$165,000
810 S Elmhurst Rd, Mount Prospect	Yuriy Havryshchuk & Olena Havryshchuk	Dzukan Trust	04-27-16	\$278,000
11 S Wille St, # 107, Mount Prospect	Vincent A Perns & Judith Perns	Michael J Thirty	04-27-16	\$300,000
521 N Eastwood Ave, Mount Prospect	Stanford J Saler & Jessica S Frank	Joanne Clevenger	04-28-16	\$302,000
719 S Chris Ln, Mount Prospect	Timothy E Simpson & Lucila Joanna Simpson	Astor Street Realty Llc	04-28-16	\$524,500
8220 N Oleander Ave, Niles	Tudor Dranga & Anula Dranga	Christine M Miller	04-28-16	\$216,000
3252 Sanders Rd, # 9C, Northbrook	Muris Silic & Izeta Silic	Okin Davis	04-27-16	\$105,000
1491 Shermer Rd, # 201B, Northbrook	Patrick M Ratliff & Brittany L Ratliff	Susan S Surek	04-28-16	\$193,500

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2819 Brindle Ct, # 6B, Northbrook	Dmitriy Dzhulay	Vitaliy Kunin	04-28-16	\$292,500
3445 Sorrel Dr, Northbrook	Inna Seshko & Ihor Seshko	Alex Kalin	04-28-16	\$429,000
1844 Sunnyside Cir, Northbrook	Alexandra C Deiger & David R Deiger	Jerry Neiberg	04-27-16	\$570,000
1942 Thornwood Ln, Northbrook	Halina Kolasa	Drh Cambridge Home Sinc	04-27-16	\$892,500
10 Hickory Ln, Northbrook	Andrew Stevenson & Lorena Stevenson	David R Clemens	04-27-16	\$972,500
1473 N Winslowe Dr, # 304, Palatine	Jadwiga Dreflich	Primestar Fund II Trs Llc	04-28-16	\$41,000
1709 E Shannon Ln, Palatine	Pedro Gines & Diega Escamilla	Heidi M Upman	04-28-16	\$103,000
225 S Rohlwing Rd, # 102, Palatine	Maria Yanet Salgado	Mario Torres Marroquin	04-28-16	\$118,000
647 N Deer Run Dr, # 4 A 2, Palatine	Jenna Asta	Reginald W Wiedman	04-28-16	\$155,000
1586 E Citadel Ct, Palatine	Barry Ching Cheung & Lai Na Lei	Richard Bacalis	04-28-16	\$247,000
1446 E Katie Ln, Palatine	Gregory Roberts	Wieslaw Urbaniak	04-27-16	\$286,500
17 E Moseley Rd, Palatine	Joan Bone	Amber D Leslie	04-27-16	\$370,000
1367 W Deer Ct, Palatine	Brian G Lister	David J Siciarz	04-27-16	\$377,000
1008 S Parkside Dr, Palatine	Manoj Kumar & Shanth Banerjee	Stolzie Trust	04-28-16	\$385,000
210 N Knight Ave, Park Ridge	Kostadin Manahov & Pavlina Manahov	Glen A Connor	04-28-16	\$353,000
601 Wesley Dr, Park Ridge	Steve Kachniewicz & Haidee Kachniewicz	Investments Llc	04-27-16	\$450,000
1308 S Prospect Ave, Park Ridge	Justin Edwards & Nicole Edwards	Robert Breslow	04-27-16	\$475,000
1816 Linden Ave, Park Ridge	Joseph M Bosco & Giorgina M Bosco	Mertes Trust	04-27-16	\$490,000
299 S Northwest Hwy, Park Ridge	Jeffrey L Olin & Debra A Olin	Brighton Venture Llc	04-28-16	\$521,500
1720 Newton Ave, Park Ridge	Jeremy A Netzel & Daniele Netzel	Charles Michael Clark	04-28-16	\$651,000
200 N Northwest Hwy, Park Ridge	Theodore Louis Constan & Stacy Hronopoulos Constan	Hinkley Park Development Llc	04-28-16	\$746,000
1043 Cove Dr, # 136B, Prospect Heights	Scott Pearson & Ashley Blume	Marian Jedras	04-28-16	\$125,000
1550 Sandpebble Dr, # 116, Wheeling	Benjamin B Trukman	Vladimir Ulynykh	04-28-16	\$114,000
453 Harmony Dr, Wheeling	Semion Kristhal & Irina Kristhal	Monika Sirko	04-27-16	\$160,000
33 Laurel Trl, Wheeling	Seth Misellers & Sala O Sellers	Vmcj Group Inc	04-27-16	\$220,000
35 Brier St, Winnetka	Thomas T Plain & Kale J Zicafoose	Brian K Beeler	04-27-16	\$760,000
1067 Cherry St, Winnetka	Brett Thomas Williamson & Margaret Nowlin Williamson	Harreld N Kirkpatrick Iii	04-27-16	\$930,000
8542 W Catherine Ave, # 4E, Chicago	Ruben Hurtado	Grzegorz Kruk	04-27-16	\$125,000
5000 N Busse Ave, Chicago	Stephen F Bosnyak Iii	Fannie Mae	04-28-16	\$220,000
2501 N Newland Ave, Chicago	James Cordero	Doroteo Bahena	04-27-16	\$305,000
7811 W Balmoral Ave, Chicago	Aaron Rauf Tan & Zeynep Tanriseven	Rafal Andrzej Lipowski	04-28-16	\$320,000
8125 W Farragut Ave, Chicago	Peter Lesny & Michelle Lesny	Charles A Schauer	04-27-16	\$327,000
7000 W Berwyn Ave, Chicago	Brenda Kujawski	Moulodge Kamel	04-28-16	\$340,000
6082 N Nassau Ave, Chicago	Giovanni Perez & Margaret Perez	Terrance P Rellily	04-28-16	\$387,000
7255 W Coyle Ave, Chicago	Christopher A Wallace & Kristie K Reba	Thomas P Herling	04-28-16	\$435,000
6209 N Newark Ave, Chicago	Jason Derec	Jason Trust	04-28-16	\$475,000
420 N Oriole Ave, Chicago	James L Tucker & Natalie A Tucker	Todd Kos	04-27-16	\$530,000
9123 Lamon Ave, # B, Skokie	Michael Schultz & Louis Sacks	Gallegos Trust	04-28-16	\$140,000
5251 Galitz St, # 305, Skokie	Yasmeen Khan & Aslam Hayat Khan	Aleksandr Reydenan	04-27-16	\$173,500
8542 McCormick Blvd, # 2601, Skokie	Sophia Parks & Daphne Campbell	Federal Home Loan Mtg Corp	04-27-16	\$185,500
9560 Gross Point Rd, # 508B, Skokie	Ronit Flesch	Janusz Habrowski	04-27-16	\$255,000
8235 Keystone Ave, Skokie	Elbert R Regacho & Elizabeth Regacho	Ravindra Nari	04-28-16	\$302,000
4939 Elm St, Skokie	Rodrige V Peralta & Joy Peralta	Bakir Zec	04-28-16	\$307,500
4542 Howard St, Skokie	Judex Norbe David & Sheldon H Natenberg	Rocco A Lafronza	04-27-16	\$385,000
10138 Hartford Ct, # GC, Schiller Park	Kiril Zlatarski	Judicial Sales Corp	04-28-16	\$37,500
4354 Atlantic Ave, Schiller Park	Eillen Rodriguez	Fannie Mae	04-27-16	\$175,000
3720 Madison St, Bellwood	Jorge Ortiz	Anthony Gipson	04-27-16	\$120,000
1924 S 13th Ave, Broadview	Jaroslav Tyszuk	Us Bank Na Trustee	04-28-16	\$46,500

This list is not intended to be a complete record of all real estate transactions.
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PALATINE

Five-bedroom, three-bath Regency model built in 2000 in the Wexford subdivision. Gourmet kitchen with island, hardwood floors, deck, vaulted ceilings and mostly finished basement. Pursuant to short sale. Near schools.

Address: 624 W. Slippery Rock Drive
Price: \$645,000
Schools: Fremd High School
Taxes: \$17,912.53
Agent: Phyllis Collinet, CENTURY 21 McMullen



MOUNT PROSPECT

Four-bedroom, 2.5-bath brick Colonial built in 1989. New doors and furnace, hardwood floors, freshly painted interior, full basement with rec room, family room with fireplace, garage. Near schools.

Address: 2133 W. Haven St.
Price: \$530,000
Schools: Rolling Meadows High School
Taxes: \$12,027
Agent: Audrey George, Fred & Mark "The A Team," Coldwell Banker Residential Brokerage



GLENVIEW

Four-bedroom, 2.5-bath red brick Colonial. Living room has molding, hardwood floors and fireplace. Family has built-in bookshelves, new roof and water heater in 2014. Patio and landscaped yard.

Address: 1148 Terrace Lane
Price: \$675,000
Schools: Glenbrook South High School
Taxes: \$10,543
Agent: Kathleen Doron, Coldwell Banker Residential Brokerage Glenview



GLENCOE

Five-bedroom, 2.5-bath renovated and expanded Colonial. Open floor plan, sun room and living room with fireplace, main floor family room and new washer and dryer. Near library, Metra, schools and beach.

Address: 612 Vernon Ave.
Price: \$657,000
Schools: New Trier Township High School Northfield
Taxes: \$16,854
Agent: Fleischman Home Team, Coldwell Banker Residential Brokerage Wilmette

Listings from Homefinder.com



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Thursday, June 2

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. Once uploaded, the photos are posted online. 10 a.m. All week, Des Plaines History Center, 781 Pearson St., Des Plaines, free, 847-391-5399

Hidden Art of Trees: The Hidden Art of Trees showcases some of the Midwest's most talented wood artisans and the materials that inspire them. The grain, the color and even random defects in the wood motivate these artists to create some of the most stunning and unique furniture and bowls. 8 a.m. All week, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

"Death of a Streetcar Named Virginia Woolf: A Parody": 7:30 p.m. June 2, 3 p.m. and 7:30 p.m. June 3 and 2 p.m. and 6 p.m. June 4, Saturday 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. Glencoe Golf Club, 621 Westley Road, Glencoe, free, 847-409-5526

Live Music: Chad Berardi: Chad Berardi taught himself to play guitar at the age of 14 while attending New Trier High School, and began singing during his college years. After a college baseball career, and stints in various bands around Cincinnati, he moved back to Chicago in the spring of 2002. He joined The Paramours that year, and played various high-profile shows around the city. 7:30 p.m. Reach Yoga, 688 Vernon Ave, Glencoe, free

So Your Wife Wants You To Try Acupuncture: Does your wife/girlfriend/mom want you to try acupuncture? Why not try it at Glenview's new craft brewery Ten Ninety over a Zen Pale Ale? Northshore Acupuncture Center,

will be providing a complimentary stress relief acupuncture treatment. Advance reservations recommended. 7 p.m. Ten Ninety Brewing Company, 1025 N. Waukegan Road, Glenview, free

BookBites Reading Social: Co-sponsored by the Niles Public Library, "The Paris Wife" by Paula McLain is the next book selection. Visit website for details. 7 p.m. Hackney's Glenview, 1514 E. Lake Ave., Glenview, free, 847-729-7500

Riders for Research Happy Hour-Chicago Harley Davidson: Call to RSVP this event presented by Hadassah, Chicago Harley Davidson and Merrill Lynch, to raise awareness for Hadassah's ground-breaking medical research in Israel. Enjoy hors d'oeuvres, a simulated HD motorcycle ride and live music by JUNK. 6:30 p.m. Chicago Harley Davidson, 2929 Patriot Blvd., Glenview, free, 847-205-1900

Lincolnwood Summer Concert Series: This concert series is a perfect way to enjoy warm summer nights in June and July, featuring live music, free children's activities and bingo with great prizes. The weekly event is located near the big tent in front of the Proesel Park Family Aquatic Center. 6 p.m. Proesel Park, 7055 Kostner Ave., Lincolnwood, free, 847-677-9740

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. Thursdays, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

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

The World In 2016: Crisis and Opportunity: Jim Kenney reflects on worrisome hot spots, political trends, socio-economic portents, religious tensions and reasons for optimism. Over three weeks, he will discuss African contradictions, Latin American challenges, Asian transitions, and European anxieties, as well as the three great powers - China, Russia, and the U.S. - and ask how their changing dynamics might play out in the year ahead. 10 a.m. North Shore Senior Center, 161 Northfield Road, Northfield, \$30 (NSSC members); \$30 (non-members), 847-784-6030

WYO's Annual Spring Benefit: The event includes dinner, a cash bar, musical performances, auctions, raffles and

a networking experience. All proceeds go toward the Winnetka Youth Organization, who have provided local teens with youth leadership, recreational and service-oriented programming since 1969. 7 p.m. The Happ Inn, 305 Happ Road, Northfield, \$90 per person; \$160 for two, 847-446-0443

Rockin' In the Park 2016: This concert series features the music of classic cover bands. The weekly concerts occur every Thursday from June 2 through Sept. 1 with food and beverage tents on the park's great lawn and a musical fireworks display after every show. 7 p.m. MB Financial Park at Rosemont, 5501 Park Place, Rosemont, free, 847-349-5554

Independent Bookstores are Alive and Kicking: Representatives from The Book Stall, in Winnetka, Bookends & Beginnings, Evanston, and Women & Children First, Chicago, gather for a panel discussion about the current state of independent bookstores. 7 p.m. Wilmette Public Library, 1242 Wilmette Ave., Wilmette, free, 847-274-7784

HIT180: A low-impact, high-intensity cardio and strength fitness class. Go to www.hit180fit.com for more information and to register. The first class is free, but please register three hours before the class. 5 a.m. All week, Hit 180 Fitness, 193 Northfield Road, Winnetka, First class free, 224-216-2086

Friday, June 3

Summer Kick-off Celebration: This is a showcase of all of the Bensenville Park District's wonderful summer programs. Schedule includes: 5-8 p.m.: complimentary Water Park fun, DJ, games, prizes, Community Showcase; 5-5:45 p.m. and castle contest; 6-6:30 p.m. lifeguard safety demonstration; 6:30-7 p.m.: relay races; 7-8 p.m.: hoola hoop and limbo contests and aqua fitness; At dusk: movie "Finding Nemo" on the Hill in the Water Park. Other services and programs such as parties, rentals and swim lessons are available. 5 p.m. Bensenville Water Park, 1100 W. Wood St., Bensenville, free, 630-766-7015

"Barefoot In the Park": Neil Simon's Tony Award winning romantic comedy produced by the Guild Theater. 7:30 p.m. June 3 and June 4, Leela Arts Center, 620 Lee St., Des Plaines, \$15-\$25, 847-220-2919

Healing Touch for Animals Course Level I: Healing Touch for Animals or HTA is a holistic approach using energy

and intention to improve the health and well-being of animals and strengthen the bond between owner and their pet. Registration details at www.healingtouchforanimals.com/ProductDetails. 6 p.m. June 3 through June 5, Older Adult Services, Advocate Lutheran General Hospital, 9375 W. Church St., Des Plaines, see registration website, 847-373-9255

Davina and the Vagabonds: 7 p.m. SPACE, 1245 Chicago Ave., Evanston, \$15-\$27, 847-492-8860

Michael Giabicki: 10 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 Friday, Raydiant Day, 1400 Greenleaf St., Evanston, \$11 drop-in. \$80 unlimited class pass., 847-869-6477.

Baroque Band presents: L'Arte del Violino: "Rock star" virtuoso violinist Pietro Locatelli performs. 7:30 p.m. June 3 and June 4, Nichols Concert Hall, Music Institute of Chicago, 1490 Chicago Ave., Evanston, \$17-\$39, 312-235-2368

Evanston Made: The Evanston Art Center (EAC) is excited to partner with Evanston Made, a month-long celebration of the arts in Evanston designed to create opportunities for artists to engage with the community. The accompanying exhibit, Evanston Made: Works by Evanston Creatives, will be hosted at EAC from June 3rd to June 30th. The exhibit will feature works by over 80 local artists in the first floor gallery space and even more in the second floor gallery spaces. 9 a.m. Evanston Art Center, 1717 Central St., Evanston, free, 847-475-5300

5Rhythms Dance: Come explore the 5Rhythms Dance - a movement meditation to music. 7:30 p.m. June 3 and June 7, Foster Dance Studios, 915 Foster St., Evanston, \$15; \$10 for students and seniors, 847-869-0250

GLEnergy presents Hats Off to Music: This one-woman musical experience features the multi-talented performer Kirstin Synnstedt, who sings and accompanies herself on the piano while sharing amusing anecdotes about her extensive hat collection and the people connected to the hats. Please register at glenviewpl.org/register or call. 1 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free,

Turn to Calendar, Next Page

Calendar, from Previous Page
847-729-7500

Drop-In Chess Club for Up to Grade 8: Volunteer chess instructor Steve Levenson teaches fundamentals and strategy. Children under age eight must be accompanied by an adult. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

The Arts of Life: 'Cuz I'm Fancy fine art exhibition: The event showcases fresh artwork from The Arts of Life collective. A live dramatic performance from the studio's artists takes place, and there is a 7 p.m. screening of the documentary film "Life and Where I'm At: The Life and Work of Veronica Cuculich." 6 p.m. The Arts of Life, 1963 Johns Drive, Glenview, free, 847-486-0808

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

Gentle Yoga: Space in each session is limited to the first 50 people. Yoga instructor Olga Rudiak leads a series of yoga sessions 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

Parisian Salon Concert: Violinist Consuelo Lepauw and pianist George Lepauw perform works of Beethoven and Debussy. Consuelo and George are surrounded by their musician friends for a festive opening of this summer season. 7 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Young Family Storybook Shabbat and Ruach Shabbat: Two parallel services and stories for infants to 8-year-olds, and grades 1-6. For more information contact dmoore@bethshalomnb.org or call. 6:45 p.m. Congregation Beth Shalom, 3433 Walters Ave., Northbrook, free, 847-498-5352

Share The Warmth: Join a group of warm, friendly, supportive women (men welcome) to prepare one-of-a-kind fleece blankets for chemo patients. Add a crocheted edge to fleece and send free blankets to new adult chemotherapy patients. 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

Legendary Ladies of Jazz: A journey of musical memories with classic songs by Gershwin, Arlen, Adler and more as performed by legends like Ella Fitzgerald, Dinah Washington, Gloria Lynne, Lena Horne, Sophie Tucker and Pearl Bailey. 7:30 p.m. Skokie Theatre, 7924 N. Lincoln Ave., Skokie, \$25, 847-677-7761

Beginning Bridge Lessons at Malinckrodt Center: This class is ideal for those who might have played in the past and need a refresher course. Also, learn duplicate conventions if you wish to play at a higher level. 10 a.m. Malinckrodt Center, 1041 Ridge Road, Wilmette, Center members \$90; non-members \$100, 847-256-9623

Friday Funnies: Comedy Series: Hosted by media veteran and author Jennifer Weigel, features several comedic talents from the Chicago area. 8 p.m. Wilmette Theatre, 1122 Central Ave., Wilmette, \$15; two for \$25., 847-251-7424

Saturday, June 4

Maryville 5K Family Fun Run/Walk: Join us for our 5K Fun Run or 1-Mile Family Walk. Proceeds benefit Maryville Therapeutic Residential Programs Tap House Grill of Des Plaines will host the post-run party. 9 a.m. Maryville Academy, 1150 N. River Road, Des Plaines, \$35 (Per Person); \$120 (Per Family), 847-294-1982

Polyglots Toastmasters meeting: This is not a language school, but a place where you can speak and listen to German and, above all, have a good time with those at all levels and ages. Go to www.polyglotstoastmasters.org/ and their meetup at www.meetup.com/Polyglots-Toastmasters-German-speaking/. Please email andrew.weiler.uiuc@gmail.com for the current location, as sometimes they meet at places other than the Des Plaines Library. Oakton Place, Des Plaines, IL. 9:30 a.m. Des Plaines Public Library, 1501 Ellinwood Street, Des Plaines, free, 847-827-5551

Evanston Farmers Market: Shop for fresh produce, meat, cheese, baked goods, flowers and more from 51 vendors. Please note: Dogs are not allowed at the market (service animals accepted). LINK cards are accepted. 7:30 a.m. Oak Avenue and University Place, 1090 University Place, Evanston, free, 847-448-8045

William Bell and Band: Featuring John Leventhal. 8 p.m. SPACE, 1245

Chicago Ave., Evanston, \$22-\$42, 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

Annual Backyard Botanicals Sale: Members of the Highland Garden Club of Evanston are selling perennials from their own gardens. They also answer questions and provide experienced advice. Garden Tool Sharpening takes place from 10 a.m. until noon. There is on street parking and a parking lot nearby. 9 a.m. Independence Park, 2000 Central St., Evanston, purchase vary, 847-448-4311

The Arts of Life: Instrument of My Hands art exhibit: The Arts of Life North Shore announces this fine art exhibit. The month-long exhibit coincides with the city of Evanston's "Evanston Made" event beginning June 3. A reception with artist talk happens on June 9 from 6 to 7:30 p.m. at the Gallery OTR. It is also included in Evanston Made's artist studio tour on June 4 from noon until 5 p.m. Over The Rainbow Association Gallery, 2040 Brown Ave., Evanston, free, 847-486-0808

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 Sculfield 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. An adult must accompany participants. 10:30 a.m. June 4 and June 5, Mitchell Museum of the American Indian, 3001 Central St., Evanston, \$3 kids, \$5 adults, 847-475-1030

"My Fair Lady": Phonetics professor Henry Higgins makes a wager that he can transform Eliza Doolittle, an un-

refined, Cockney flower girl, into a lady. The Light Opera Works cast includes Nick Sandys as Professor Henry Higgins and Elizabeth Telford as Eliza Doolittle. 8 p.m. June 4, 2 p.m. June 5 and June 8, Cahn Auditorium, 600 Emerson St., Evanston, \$34, 847-920-5360

Wendy & DB at World Environment Day: Wendy & DB love to get kids singing, wiggling, jumping, dancing and just having a great time. 11 a.m. Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

2016 Glencoe Grand Prix: Annual cycling race. Proceeds from the event benefit the Glencoe Educational Foundation that supports not only special educational projects in Glencoe, but also supports education programs and schools around the Chicagoland area. \$500 prize for masters category winners. 8 a.m. Downtown Glencoe, Green Bay Road and Park Avenue, Glencoe

Musical Fit Club with Scribble Monster: Children receive a healthy dose of laughter and get the chance to stretch their imaginations before finishing the workout with an all-out dance party. Go to www.northbrook.info. 10 a.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Sensory Family Movie Finding Nemo: Sensory-friendly screenings are designed for children with special needs. The environment is welcoming toward kids who need to move around, talk and sing during the screening. 2 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Legendary Ladies of Jazz: A journey of musical memories with classic songs by Gershwin, Arlen, Adler and more as performed by legends like Ella Fitzgerald, Dinah Washington, Gloria Lynne, Lena Horne, Sophie Tucker and Pearl Bailey. 7:30 p.m. Skokie Theatre, 7924 N. Lincoln Ave., Skokie, \$25, 847-677-7761

Holistic Health Fair: Learn about and sample a variety of life-enhancing modalities from highly skilled local practitioners, including sound meditation, yoga, counseling, reiki, aromatherapy, dance therapy, reflexology, skin care, acupuncture, chiropractic care, digestive health and more. 1 p.m. North Branch Yoga, 8056 N. Lincoln Ave., Skokie, free, 815-814-1319

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.

Turn to Calendar, Next Page

Calendar, from Previous Page

10:30 a.m. Saturday, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4800

Warming House Youth Center Annual Benefit: Come out to enjoy a spring evening in support of local teen programs. The event features appetizers and a dinner buffet, complementary bar, a silent auction, with sports packages such as Cubs tickets and excellent wine collections. 7 p.m. Michigan Shores Club, 911 Michigan Ave., Wilmette, \$100, 847-256-5288

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

Saturday Night Ballroom Rumba Lesson and Social Dance: Join host Vito Magrone for a fun-filled, summer-themed party. Hawaiian shirts or other (appropriate) tropical attire is encouraged. The group dance lesson is at 7:30 p.m.; social dance at 8 p.m.; DJ Sandia plays waltz, tango, swing, cha cha, hustle, rumba, salsa, samba, foxtrot and more. 7:30 p.m. Just Dance Studios at Georgetown West, 301 S. Prospect Ave., Wood Dale, \$10, 630-542-7644

Sunday, June 5

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

"Room": This is a rated R film, and the story is about a kidnapped mother and son. They escape from a room in which they have endured prolonged imprisonment. Breaking free, they experience a dramatic homecoming. 1:30 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Get Out And Go Treasure Hunt: Search for hidden clues while exploring the natural areas of Gallery Park and Fuller Air Station Prairie. Pick up your treasure map at Park Center; no advance registration necessary. 10 a.m. Glenview Park Center, 2400 Chestnut Ave., Glenview, free, 847-724-5670

Monday, June 6

Book Bables: Songs, games, story time and free play for babies ages 2 and younger with a caregiver. 10:15 a.m.

Evanston Public Library - North Branch, 2026 Central St., Evanston, free, 847-448-8600

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

Tech Talk: Join this Internet user discussion group a monthly Q&A for exploring websites, apps, social media, online searching and the library's electronic resources. Bring your mobile device with you to learn how to access library resources on the go. New members are welcome, so just drop in. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Page Turners: "Us" is a 2014 novel by English author David Nicholls, and this group has their book selections available at the Reader Services Desk one month prior to meetings. 1 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

hoopia, 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. 10 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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

Book Discussion "Ethan Frome": Isabel Soffer leads a discussion of "Ethan Frome" by Edith Wharton. A man trapped in a loveless marriage to a hypochondriac older woman falls for her cousin, who helps around the house, but when the wife fires her, the lovers make a pact with tragic consequences. 10 a.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

From Page to Stage Parody Satire and Mash Up: Lake Forest College English Professor Dr. Benjamin Goluboff presents an informative lecture that contextualizes "Death of a Streetcar Named Virginia Woolf: A Parody" by examining the rules and conventions of comedy, parody, and satire, and exploring the emerging art and culture of "mash-ups." This is cosponsored by the Friends of the Library. 7 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Memoir Writing: Take part in a non-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 writing 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

Manhattan Medlum Thomas John: Medium Thomas John "The Manhattan Medium" shares stories with Emmy award winning journalist Jennifer Weigel about his years of being able to talk to the dead. Audience members will then be treated to spontaneous readings by Thomas. 7 p.m. Wilmette Theatre, 1122 Central Ave., Wilmette, \$35 in advance; \$40 at the door., 847-251-7424

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

Tuesday, June 7

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

Let's Talk @ Lunch: At this drop-in program, participants can talk through the issue of racism, and practice honest conversation skills by looking at our own experiences in light of what we're learning about how racism affects us all. 1:30 p.m. YoFresh Yogurt Cafe, 635 Chicago Ave., Evanston, free, 847-864-8445

Exploring Chicago Botanic Garden: Meet us at the Lenhardt Library, located in the Regenstein Center of Chicago Botanic Garden, for a special library tour and gallery talk on the exhibition, Language of Flowers: Floral Art and Poetry. This program is only available for ITPLD cardholders. Must show ITPLD card at the Chicago Botanic Garden Gatehouse and provide your registered name for free parking. Limit: 40. 2 p.m. Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-459-4100

Tuesday Morning Music: Garden visitors can enjoy free hour-long meditative musical performances on Tuesday mornings in the McGinley Pavilion overlooking Evening Island. After the concert, visitors can board a 25-minute narrated tour on the Bright Encounters Tour, a close-up view of the gardens on the main island, or the Grand Tram

Tour, an overview of the Garden's history and highlights. 10 a.m. Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

Smile and Rhyme Drop-In Storytime Ages Two and Up: Miss Fran shares stories, rhymes, and songs in the Cafe. Stay for a snack and to chat after the program. Children must be accompanied by an adult. 10:30 a.m. Heinen's Grocery Store, 1020 Waukegan Road, Glenview, free, 847-729-7500

Swim for the Win Diana Nyad's Amazing Triumph: At age sixty-four, Diana Nyad swam 111 miles from Cuba to Florida. This epic feat of both endurance and human will is the aquatic equivalent of climbing Mt. Everest. Book dramatist Jenny Riddle tells Diana's story of living out one's dreams, no matter what one's age. Please register at glenviewpl.org/register or call. 7 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

MGPL On The Go With MGPL Prologue: Catch us at the Civic Center, for a monthly talk about upcoming events at the library, books and e-books, movies, mobile devices and more. We will answer questions about the library and register you for a library card. 11 a.m. Morton Grove American Legion Civic Center, 6140 Dempster St., Morton Grove, free, 847-965-4220

Converting Your VHS Home Movies: Have old home movies on VHS that you want to convert to a DVD or digital format? The staff can show you how in their new Digital Media Lab. 6 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

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

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. Parking is free with validation. 7 p.m. MB Financial Park at Rosemont, 5501 Park Place, Rosemont, free, 847-349-5556

Turn to Calendar, Next Page

Calendar, from Previous Page

Wednesday, June 8

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

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

Concerts in the Park: Bring your dinner, folding chairs and lawn blankets and enjoy these shows guaranteed to please young and old alike. The Jackman Park Gazebo is located at Lehigh Ave. and Prairie St. Entertainment schedule: June 8 - Glenview Concert Band; June 15 - Fool House; June 22 - Second Hand Soul Band; June 29 - Soda; July 6 - Pirates Over 40; July 13 - Wild Daisy; July 20 - Bopology; and July

27 - Final Say. 7 p.m. Jackman Park, 1930 Prairie St., Glenview, free, 847-724-5670

Antiques and Collectibles: Join Lincolnwood Library at Liberty Bank for this fun and informative presentation that helps attendees discover the "cash in their attic." Guests are invited to bring one item for appraisal. To reserve your spot for an appraisal call Liberty Bank at 773-489-4458. 10 a.m. Liberty Bank, 6666 N. Lincoln Ave., Lincolnwood, free, 847-677-5277

Chess Club: Whether you're a skilled player looking for a challenge or a beginner interested in learning new skills, all are welcome at this new, weekly Chess Club. Chess sets and clocks provided. 7 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

"Austin Powers International Man of Mystery": The Library's Classics on Wednesday Film Series features spoofs in June. Join us for a free showing of "Austin Powers: International Man of Mystery." 1 p.m. and 7:30 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Knitting Studio and Workshop: Each Wednesday afternoon, Certified Knit-

ting Instructor Mary Staackmann provides personalized instruction, answers any questions about knitting, and perhaps gets you started on a new project. Bring your supplies or project in progress. 1:30 p.m. North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-784-6060

The Royal Treatment Design Workshop: Bring your window treatment questions and challenges to this informative and interactive workshop. The trained design consultants help attendees find beautiful solutions that really work. 5:30 p.m. Ethan Allen, 10001 Skokie Blvd., Skokie, free, 847-675-0560

Travel to Cuba with JCC 20s and 30s: Join JCC 20s and 30s on their second mission to Cuba, June 8-16, 2016. Program includes visits with the Cuban Jewish community, tours of Havana and Cienfuegos, cultural exchange with leaders of the community and more. 3:15 p.m. JCC Chicago - Mayer Kaplan JCC, 5050 Church St., Skokie, \$2,999, 847-763-3629

Canasta Lessons: Learn to play the new Canasta at the Mallinckrodt Center of the Wilmette Park District. The class meets once a week for five weeks. Participants learn the basics and receive

written rules. Different fees are based on membership to Mallinckrodt Center or not. 10:15 a.m. Mallinckrodt 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 in 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

Concerts in the Park: Beth Hillel Congregation Bnai Emunah, presents Mizmor L'Dorot a concert fundraiser for Beit Musica Initiative. The concert is in memory of congregant Mike Rosen and will feature Cantors Alberto Mizrahi, Ben Tisser, Laurie Akers and Susan Lewis. Conducted by Cantor Pavel Roytman. Also, Kol Zimrah, the Jewish Community Singers, North Shore Chamber Players and the BHCBE Teen Choir. 7:30 p.m. Beth Hillel Congregation Bnai Emunah, 3220 Big Tree Lane, Wilmette, \$36 per person, 847-256-1213

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

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Now playing

**"The Angry Birds Movie" ★★☆☆**

PG, 1:37, animated

If you've ever played the mobile video game Angry Birds, you might have found yourself wondering — why am I sling-shooting cartoon birds at grinning green pigs? Why are these birds so angry? What have the pigs done to deserve this destruction? "Angry Birds," the movie, is here to fill in that back story and provide motivation for the avian rage. The film, directed by Clay Klitsch and Fergal Reilly, proves to be more than just a gimmick,

and doesn't skimp on any of the quirky wackiness that you might expect from a film about blob-shaped, flightless birds battling pigs. — *Katie Walsh*

**"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*

**"Neighbors 2: Sorority Rising" ★★☆☆**

R, 1:32, comedy

With "Neighbors 2: Sorority Rising," writers Andrew Jay Cohen and Brendan O'Brien have flipped the script, creating a feminist party classic that's completely current and doesn't skimp on any of the wild humor. Chloe Grace Moretz, Kiersey Clemons and Beanie Feldstein play college freshmen who want to party on their own turf and by their own rules. So they find their own house, formerly the Delta Psi house next door to 30-something

parents Mac (Seth Rogen) and Kelly (Rose Byrne). Isn't it time that the ladies got their own rollicking, foul-mouthed, THC-soaked party movie? — *K.W.*

**"The Nice Guys" ★★☆☆**

R, 1:56, action

It's set in 1977, in smoggy, porny, skeezy LA. Private eye Holland March (Ryan Gosling) teams up with thug-for-hire Jackson Healy (Russell Crowe). Mission: to find a girl whose disappearance relates to the opening-scene death of a porn star. Many will get exactly what they wanted from "The Nice Guys": violence, wisecracks, a couple of choice sight gags, plus the usual angry-mismatched-buddy-cops-but-not-really-cops routine.

Shane Black's a talented genre writer, but nothing that happens in "The Nice Guys" hasn't happened in a hundred other LA stories. — *M.P.*

**"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 slightly clinical. That said: The movie's pretty good. Director Jon Favreau's voice cast for the animals is tiptop, from Bill Murray's sloth bear, Baloo, to Idris Elba's adversarial tiger, Shere Khan. There's a real person on screen too; Neel Sethi plays Mowgli. Favreau has a knack for

straight-ahead pacing and for tightening the screws (the movie is 81 percent life-and-death peril and 19 percent comic relief) without being maniacal about it. — *M.P.*

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DEATH NOTICES

*We extend our condolences to the families
and loved ones of those who have passed.*

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Death Notices

Mallory, Max

Max Peter Lofstrom Mallory, 22, Evanston, IL, passed away May 20, 2016, while undergoing advanced treatment for testicular cancer. Max was the son of Chuck Mallory, formerly of Madison, MO, and Joyce Lofstrom, formerly of Kansas City, MO. He grew up in Prairie Village, KS, Denver CO, and Park Ridge, IL. He graduated from Maine South High School in 2011 and University of Wisconsin-Whitewater in May 2015. He worked at Mobile Mesh Video Games. Max had been fighting testicular cancer since October 2015.

He is survived by his parents, Chuck Mallory, Evanston, IL, and Joyce Lofstrom, Des Plaines IL; brother, John-Mark Mallory, Des Plaines, IL; step-brother, Will Thompson; stepfathers Jim Peine and William Thompson Sr.; grandmother, Elsie Mallory, Madison, MO; and many aunts, uncles, friends and cousins. In lieu of flowers/gifts, mail donations to Cancer Wellness Center, 215 Revere Drive, Northbrook IL 60052, or donate online in the name of Max Mallory at CancerWellness.org/donate. Services from 4-6 p.m., Saturday, June 4, Unitarian Church of Evanston, 1330 Ridge, Evanston, IL.

Sign Guestbook at chicagotribune.com/obituaries



Porikos, Ruth

Ruth Porikos, 76, of Highland Park, died May 26, 2016. Ruth was born in Boone, Iowa to Melvin and Frances (Johnson) Josephson. Ruth was an accomplished concert pianist and organist. She graduated with an undergraduate degree from Wheaton College, and received two Master's Degrees from Northwestern University in Concert Organ and Piano. Ruth was the long time organist at Union Church of Lake Bluff, Temple Judea Mizpah, Trinity Methodist Church, and was also an accompanist for the Swedish Glee Club. Ruth also worked at Evanston Township High School. Ruth is survived by her husband Stavros, daughter Elizabeth, and grandchildren Stavros, Sofia, Alexandra, and Apollonia. Visitation will take place on Tuesday, May 31, from 5:00-8:00 pm at Wenban Funeral Home, 320 Vine Ave, Lake Forest. A funeral service is planned for Wednesday, June 1, at 10:00 am, at Union Church of Lake Bluff, 525 E Prospect Ave, Lake Bluff. Burial will take place in Boone, Iowa on Thursday, June 2. In lieu of flowers contributions may be made in Ruth's name to Turning Point Ministries, PO Box 3838 San Diego, CA 92163. Information at Wenban Funeral Home 847-234-0022 or www.wenbanfh.com.



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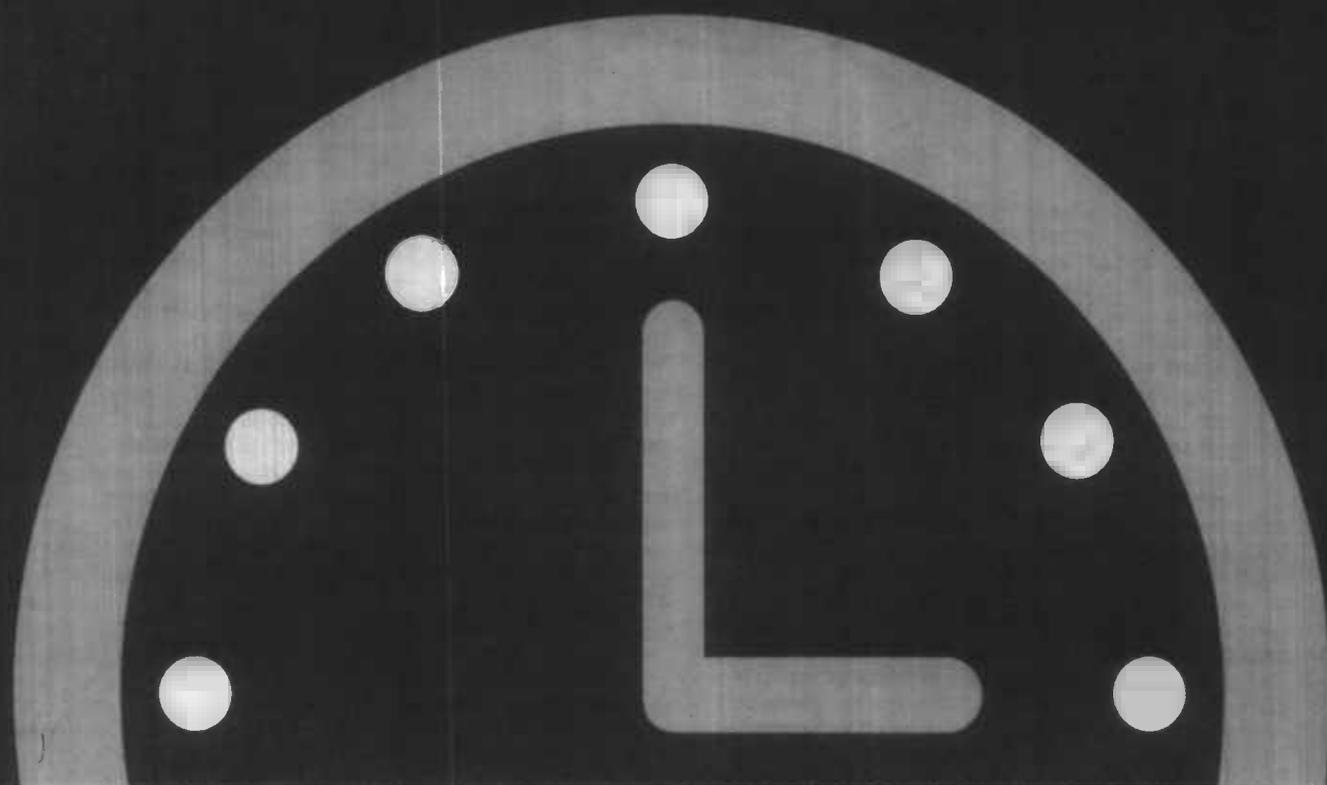
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What's in a car name? Deciphering jumble of letters, numbers

BY JENNY KING
Tribune Newspapers

What's in a name, especially if it is a mix of letters and numbers?

Makers of luxury and near-luxury vehicles are leading the way in complex names, choosing and frequently changing the alphanumeric badges on many of their models.

They're not doing it just to spin the publicity wheel and keep models fresh in buyers' minds. Automakers are realigning their model designations to establish a common language in the linguistically complex global market.

While it may seem confusing, alphanumeric designations help buyers — and sellers — identify vehicle classifications. Mercedes-Benz's G classification encompasses its family of sport-utility vehicles and crossovers and comes from the word *Gelaendewagen*, which loosely translates to all-terrain vehicle.

Brand names such as Acura, Infiniti, Lincoln, BMW and others precede the alphanumerics and carry more weight. This increases focus on the master brand for communication efficiencies, says Susan Broniardzyk, marketing professor at the University of Texas.

"Most common words are already trademarked and so automotive companies would need to resort to fictitious names (Kodak) or add or change a letter (Lyft)," Broniardzyk says.

While the alphanumerics that follow the brand are a distinct language, there is some overlap.

Cadillac attack

Cadillac phased out the XTS full-size sedan for the CT6. CT models stand for Cadillac Touring, followed by a digit that indicates the model's position in the range. Like many luxury automakers, Cadillac is

applying the "X" designation to a new breed of crossovers.

The iconic American brand is not new to this kind of naming, but like the competition it has shuffled the deck to meet its lineup needs. It's also running out of prestigious-sounding names.

"We need more names," says General Motors spokesman David Caldwell.

Cadillac will launch 11 new products between now and 2020, Caldwell says.

"Many are completely new entries; some are new versions of existing ones," Caldwell says.

The 2017 Cadillac XT5 replaces the STX crossover. A smaller XT3 is planned. Anyone would be able to determine which is likely to be larger and more premium, he says. Cadillac's supersize Escalade SUV will remain Escalade due to its name recognition.

Infiniti, to a Q

A few years ago Infiniti adopted Q and QX to identify its cars and utility vehicles. The first Infiniti bowed in 1989 as the Q45. Over the years Nissan's luxury brand wandered through the alphabet, co-opting E, F, G, I, J and M before returning to Q.

"We wanted to expand our line, especially at the upper end," says Infiniti spokesman Kyle Bazemore. When the decision to simplify names was reached, many letters were already in use, he says.

Infiniti passenger cars now begin with Q, followed by an engine size, though the number does not describe liters or cubic inches. QX refers to its crossover utility vehicles.

Letter-number names simplify marketing and add predictability, says Lopo Rego, associate professor of marketing at Indiana University.

"Customers may perceive strong attributes in a



SANDOR UJVARI/EPA



FABIAN KIRCHBAUER/BMW

Makers of luxury cars have been streamlining alphanumeric designations to simplify model recognition across the brand, despite a proliferation of crossovers and hybrids that are expanding their product lines.

complex name," Rego says. Perceived quality is what matters, he adds.

Bewildering motor words

One of the most complex naming systems belongs to BMW.

"Ours are niche cars," explains Wayne Youngblood, client adviser at BMW of Rochester Hills in Shelby Township, Mich. Youngblood remembers in the early '80s selling BMWs in the 3-, 5-, 6- and 7-Series.

Those series still exist, but they have been joined by the 1-, 2- and 4-Series, a family of X utility vehicles and now electric and plug-in hybrid models.

There are so many configurations, each with its distinct numbers and letters, that it's impossible to condense them into, say, a 3-Series sedan, which, as a coupe, has become a 4-Series.

Letters precede and follow numbers. One of the letters at this point remains standard: x equals all-wheel drive; uppercase X

refers to the BMW's family of utility vehicles.

What is an X5 xDrive40e iPerformance? It's a thing. X still stands for the X family of utility vehicles; 5 is from the midsize 5-Series family. Also, xDrive refers to BMW's all-wheel-drive system; 40e had indicated BMW's new plug-in hybrid drivetrain until March, when BMW added "iPerformance" to describe its plug-ins.

Jonathan Griffin is the answer man, or "Genius," at BMW of Rochester Hills. BMW encourages its deal-

ers to have a staff Genius on board to answer complicated customer questions and help them personalize their cars.

"We can spend two hours or more with a single customer," he says, adding that customers often leave the dealership, consider the information, then return to talk about the purchase itself.

BMW's long names "may confuse buyers but they make BMWs unique," says Indiana University's Rego.

MKContinental?

Like the Cadillac Escalade, Lincoln nameplates such as Continental and Navigator have significant name recognition not only for existing customers but also in the general knowledge of those not as familiar with the brand, says Lincoln spokesman Sam Locricchio.

Lincoln uses MK initials for several models, but not for the revived Continental.

"It wasn't pure nostalgia for (using) Continental," he says. "Many of the younger luxury buyers today don't have the deep-rooted knowledge about what Continental was."

He says the 2017 version marries history with the latest technology.

There are more than 300 nameplates on the road, and it's only the tip of the iceberg, says George Peterson at AutoPacific in Tustin, Calif. Expect huge proliferation in the future, he says.

Streamlined alphanumerics help organize the brand for consumers and employees, though not without a learning curve.

Peterson says the additions and subtractions in alphanumerics had even corporate spokespeople confused at auto show introductions. "Executives couldn't keep up with the names," he says.

Jenny King is a freelancer.



ROBERT DUFFER/TRIBUNE NEWSPAPERS

The Infiniti QX80 is one of the largest full-size SUVs but, inside, is smooth and quiet.

Infiniti QX80 a luxury beast

BY ROBERT DUFFER
Tribune Newspapers

Some objects are larger than they appear: pro basketball players, locomotives, the Grand Canyon.

Add the Infiniti QX80 to the larger-than-life list. So large it didn't fit in a 2 1/2-car garage; so large my 9-year-old said to paint it green and put a gun on top; so large the passengers needed grunts, handles and hoists to climb aboard. It outsizes the GM competition in height and headroom, so it could comfortably fit a starting NBA basketball team with a sixth man or a coach. The only larger full-size SUVs are the extended versions of the GMC Yukon and Ford Expedition.

It isn't just humongous, it's luxurious, with soft, quilted leather seats, fine ash wood on the dash and doors, dual in-seat screens, and heated and ventilated midrow seats.

But largely, front to back, top to bottom, Infiniti's best-selling SUV is large.

From the outside it's loud. On startup, the 5.6-liter V-8 engine yawns for a good few minutes before gearing up to snarf down some dinosaur juice. Paired to a seven-speed automatic transmission, the beautiful beast generates 400 horsepower and 431 pound-feet of torque,

2016 INFINITI QX80 LIMITED Luxury SUV

Price as tested:

\$88,850

Base price: \$88,850

Mpg: 13 city, 19 highway

Engine: 5.6-liter V-8 in all-wheel drive

Transmission: seven-speed automatic

Parting shot: Large animals went extinct for a reason. Large vehicles take note.

good enough to tow 8,500 pounds, or the opposing team and its staff.

Once inside, it is remarkably smooth and quiet for a frame typically used on pickups.

The body-on-frame construction, which once upon a time distinguished SUVs from cars when SUVs were SUVs and crossovers were limited to the basketball court, has all sorts of noise-deadening elements that make it sound, if not move, much lighter than its 5,900-pound body. Independent double-wishbone suspension on both axles also gives it a more cushioned, carlike feel, while also

helping it stay more planted on the road.

While the QX80 is off-road capable, the 22-inch black wheels, running-board lighting and cushy interior might make owners think twice about mucking up their \$90,000 mammoth.

Soft leather pads the Limited trim, from door handle hoists to the truffle-brown steering wheel. The wide, quilted seats are all kinds of comfortable, yet lack the lumbar flexibility of other luxury models. In trucklike fashion, the center console is about as wide as a seat and was repeated in the second row in our seven-seat configuration.

Access to the unpromised third row is handled with a latch that may need adult activation for the smallest passengers. Those grade-school types are fully consumed by the third row, which can offer some road-trip serenity up front. Built-in dual screens in the seat backs also deliver serenity now.

The ride is nice, if you can stomach the guilt. An assault on nature comes naturally for a vehicle this large, especially when it averages less than 13 mpg around town and 16 mpg at speeds over 60 mph.

The QX80 allows for living large in luxury, but it's a load.

rduffer@tribpub.com

Better to drive old Camry to death than buy new



BOB WEBER
Motormouth

Q: I am driving a 1998 six-cylinder Toyota Camry with 123,000 miles. It runs well but leaks oil, yet I don't even need to add oil between oil changes. My local mechanic asked me if I would rather have leaking oil or a car payment. Given its age, should I be concerned that parts will soon not be available?
— M.J., Western Springs, Ill.

A: With a car of this vintage, you may have some difficulty finding some parts. But it is such a popular model that you need not worry. What is more likely is an expensive repair in your future. Sure, that money would make a down payment on a new car, but new cars lose nearly 25 percent of their value during the first 12 months. Keep in mind that the cost of insurance and other things may also be higher on a new ride. You won't get much for your

old car, so it may be better to drive it until it dies of old age.

Q: I had a similar problem with a Honda several years ago like B.W. from Downers Grove (Ill.) whose interior got uncomfortably hot on sunny days. My solution was simple and free: I put a folded washcloth over the sun sensor on the dash. The color matched the dash, and it was handy for dusting the instrument cluster too.

— Larry, Roselle, Ill.

A: We could not resist running this simple, clever (and cheap) solution.

Q: I have a 2005 Lexus LS430 with 165,000 miles. I have replaced a transmission with a Lexus rebuilt for \$4,500. I have replaced a radiator and water pump. The car is in excellent running condition. Can you predict if the car will last over 200,000 miles without any major repairs?
— S.G., Fullerton, Calif.

A: Nope. We lost our Magic 8 Ball. We do not know about your driving style or your maintenance habits. All we can say is

that if you pamper your car, it will probably last beyond 200,000 miles.

Q: When turbochargers first appeared, changing the engine oil required a special procedure: cranking the engine with the ignition off to allow the oil to get to the turbo's bearings. Failing to do so, spinning the turbo with dry bearings, could damage it. Is this still required today?
— E.B., North Aurora, Ill.

A: The procedure you describe was never really essential. The big deal was shutdown. Owners were instructed to let the engine idle for 30 seconds to allow the turbo to cool down. If shut down hot, the oil would coke and clog the oil passages, thereby eventually starving the bearing of lubrication. Technology has come a long way, and you shut down a turbo-charged engine just like a naturally aspirated engine. But letting it cool certainly does not hurt.

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



TOYOTA

It may make economic sense to continue driving an old car like a 1998 Toyota Camry.

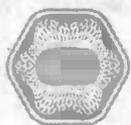
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ATHLETE OF THE YEAR



BRIAN O'MAHONEY/PIONEER PRESS

Meet your winner!

Tyler Tsagalis, football. Senior at Notre Dame.

Tsagalis, the November winner, helped the Dons win a conference football title for coach Mike Hennessey, who had never captured one in his 29 seasons at the helm.

Despite falling to Marist in the first round of the playoffs, Tsagalis remembered the special conference title game.

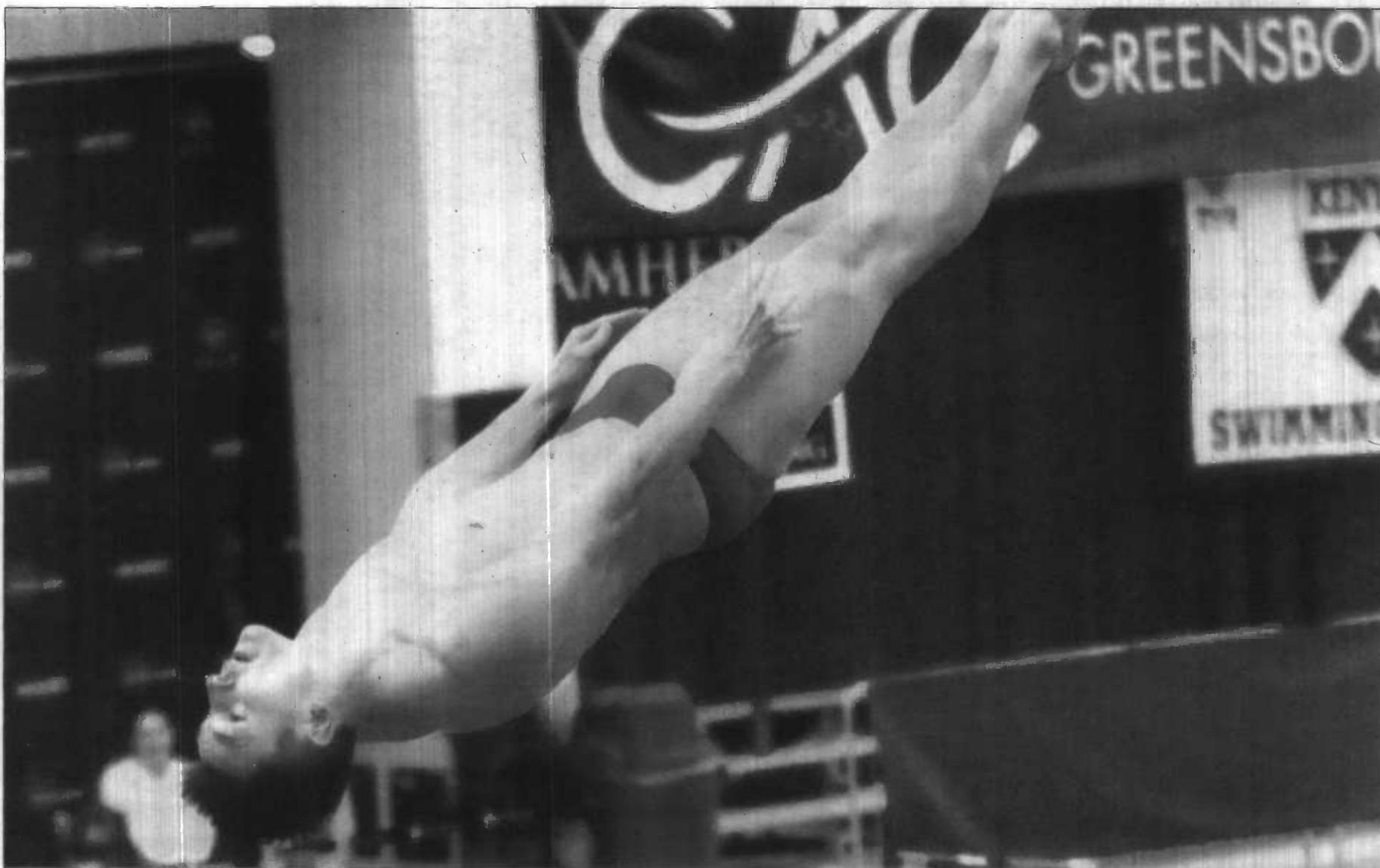
"To win the conference championship for coach Hen and finish (the regular season) 8-1, I don't think I'll ever forget that."

Tsagalis set program records for passing yards (1,970) and touchdown passes (18) in a season, ran for 667 yards and nine touchdowns, and is committed to play at South Dakota.

COUNTRY
FINANCIAL

PRESENTS:

**HIGH SCHOOL
ATHLETE
OF THE MONTH**



DENISON ATHLETICS/HANDOUT

OPRF graduate Ben Lewis won an individual diving championship on the 1-meter board and helped the Denison men's swimming and diving team win a Division III national title.

COLLEGE NOTES

Lewis' diving helps Denison win national title

BY NICK BULLOCK
Pioneer Press

A remarkable individual performance by Denison senior diver **Ben Lewis** helped the men's swimming and diving team take home an NCAA Division III national championship, the third in the program's history.

The Oak Park-River Forest graduate took first place in the 1-meter dive (555.35 points) and second in the 3-meter dive (529.55 points). Lewis was voted the Division III national diver of the year after the meet.

Also on the team were sophomore **Kevin Benson**, from Glenbrook South, and senior diver **Nathan**

Lightman, a Vernon Hills graduate.

Frommer receives conference tennis honor

Casey Frommer, a Highland Park graduate and freshman on the Carthage College women's tennis team, was recently named College Conference of Illinois and Wisconsin women's tennis player of the week.

Frommer received the award after she and her doubles partner defeated their No. 1 doubles counterparts from Lake Forest College 8-6.

She followed that up with a 6-2, 6-4 win at No. 2 singles.

Frommer finished the season with a 27-9 singles record and a 19-10 doubles record.

Fellow Carthage College women's tennis player **Eliza Barter** is a Loyola graduate. The junior compiled a 24-12 doubles record and a 9-10 singles record on the season.

Burnside, Grant contribute on playoff run

A pair of local athletes powered the Rose-Hulman baseball team to

the NCAA Division III Central Regional championship round, where the team fell to Wisconsin-Whitewater on May 21.

Freshman outfielder **David Burnside**, a Glenbrook North graduate, was one of the team's offensive leaders. In 45 games for the Fightin' Engineers, Burnside hit .314 with a .420 on-base percentage and a .487 slugging percentage. He also collected two home runs, 27 RBIs and a team-leading 19 doubles.

Ian Grant, a sophomore pitcher and Libertyville graduate, pitched 171 innings in relief for the Fightin' Engineers. He compiled a 3.63 ERA and 13 strikeouts in 14 appearances.

Rose-Hulman ended the season with a 32-13 record, going 13-2 on the road and 18-6 in the Heartland Collegiate Athletic Conference. The Fightin' Engineers also won the conference tournament championship with a 7-6 win against Earlham College.

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

Nick Bullock is a freelance reporter for Pioneer Press.

LEADERS OF MEN

Female coaches share their experiences at the helm of high school boys programs

BY SAM BRIEF
Pioneer Press

Dillon Forester was hit by a truck.

Now the senior captain of the North Shore Country Day boys tennis team, Forester's accident happened his freshman year while he was walking in a crosswalk, about a week before preseason tennis practice began. He had never played tennis before and didn't know coach Nazlie Green.

"I wasn't able to show up to practice," said Forester, who suffered only minor injuries and missed two weeks. "When I came back, she was so incredibly caring and sad that it happened to me. I didn't even know her, and she just made me feel extremely welcomed. Out of all the coaches I've had in my life — and I play three sports at North Shore and have played many before — she's been the best I've ever had."

As the San Antonio Spurs and Buffalo Bills have added women to their coaching staffs, female coaches working with male athletes have gained attention. At Chicagoland high schools, female coaches are in charge of boys tennis, volleyball and swimming programs, among others. However, Green downplayed the significance of her gender.

Green said members of the boys team are almost chivalrous to her at times, and that she hasn't really faced any mistreatment from other coaches because of her gender.

"My gender doesn't affect the way I coach," said Green, who coaches the boys and girls tennis teams at North Shore. "I love coaching the girls because it's so important for them to see a strong female role model. ... At the same time, I relate to the boys. To a certain extent, they have more of a competitive nature. That side appeals to me as well."

In high school, Green had a record of 151-0 in dual meets and was ranked as high as the 11th best female in the country in the USTA's 18-and-under rankings. She played at Northwestern and

she finished with a career record of 39-1 in Big Ten matches.

"There are few people — male or female — I've ever met who are better than she is," North Shore Country Day athletic director Patrick McHugh said.

Green's skill and experience helped Forester develop into a member of the Raiders' lineup.

"My freshman year, it was a senior and (coach Green) were talking about me," said Forester, who played No. 1 or No. 2 doubles as a senior. "They were saying how they see something in me and how if I'm willing to put in the work, they'll help me to bring my tennis game further. I mean, I had never picked up a racket before freshman year. If she didn't put me under her wing, I would never see myself where I am today."

Historically, at the high school level, most boys volleyball coaches tended to be female — the sport was seen as more female-driven. According to Sue Ellen Haak, boys volleyball coach at New Trier, men coaching the sport is a relatively new trend.

"I think men are very comfortable nowadays working with women," Haak said. "And I have a longer tenure than many of the male coaches in the state, so I don't feel (disrespect) at all. I feel like my opinion is respected. ... I've been very fortunate. I have not felt that (disrespected) in a very long time."

"I'm 5-foot-3. So I'm a smaller-stature person, and when I was new on the scene it was easy for other coaches or club volleyball coaches or even players to think that they know more than me. It was easy to question me. I knew I had to establish a reputation, so I worked hard at that."

Cindy Dell, the boys swimming coach at Lake Forest who has coached Olympians such as Matt Grevers and Conor Dwyer, felt that like Haak she had to earn the respect of her fellow coaches.

"I'm a stickler," Dell said. "Nobody treats me differently because I'm a woman. I'm a pretty old-school coach — hard to the core. I'm there any time my swimmers



BRIAN O'MAHONEY/PIONEER PRESS

Lake Forest boys swimming coach Cindy Dell hugs Dylan Boyd during the medal presentation for the 200-yard freestyle at the state finals on Feb. 27 in Evanston. Boyd won the race.

need me, and they know that. ... I've been around for a long time and I know a lot of people. It's part of my blood, and I'm very passionate about it."

Peter McCormick swam for Dell at Lake Forest until graduating in 2013 and says most of his coaches throughout his career were women.

"It's funny, we had a male assistant coach," McCormick said. "You would think that the male coaches would be harder on you. But Cindy was always the one that was harder on us and we had a greater respect for her than the male assistant. And that had nothing to do with gender — that

was just their coaching styles."

Coaches and athletes repeatedly say that respect is at an all-time high and gender is becoming less and less relevant in coaching. But obstacles remain.

"It's hard to get over that hump," Fenwick boys volleyball coach Kate Whitman said. "It's hard for female coaches to look to someone as a role model — watch for other women doing it. We don't get to see it enough, so it's kind of a cycle."

"Why is it not a big deal to see a man coaching a women's team, but it's still so unusual to see a woman coaching a men's team? I don't know if there's an answer to

that."

She said someone might make the argument that a woman has never played at the men's level and doesn't understand the game as well, or that high school male athletes won't listen to female coaches.

"Saying that is not giving enough credit (to female coaches), but it's also not giving enough credit to the male athlete," Whitman said.

Sam Brief is a freelance reporter for Pioneer Press.

Twitter @sambrief

BOYS TRACK AND FIELD STATE MEET NOTEBOOK

Barr wraps up Niles North career with fourth-place finish

BY JON J. KERR
Pioneer Press

The Niles North boys track and field team had high hopes for the Class 3A state meet at Eastern Illinois in Charleston.

"We thought we could get 19 or 20 points if we had a great day," coach Paul Swanson said.

Niles North had a good meet, not great. The Vikings finished in a four-way tie for 20th place with 13 points.

The Vikings' 4x200-meter relay team and four individuals competed in the preliminary heats on May 27. The 4x200 relay, Leandro Oaing (110 hurdles) and Richard Azunna (110 hurdles) made it into the next day's finals.

Oaing crossed the finish line in 14.69 seconds in the 110 hurdles finals on May 28 and took sixth. Azunna finished ninth (15.12). The 4x200 team of seniors Craig "Dutch" Dawkins, Nelson Mafany, Azunna and Barrington Wade placed eighth (1:28.95).

"From a sprint and hurdles angle, this was a season we battled with injuries and adversity," Swanson said. "I'm pleased our guys could rally at the end of the season and get into the finals."

Martin Barr, the school record holder in the 3,200, placed fourth in the 3,200 in his final meet as a Vikings runner with a time of 9:14.74.

"It would have been great to win, but I gave it my all and I'm happy with how I finished," Barr said.

Mafany (triple jump) and Romario Gayle (long jump) did not advance out of the prelims.

Maine East

Senior Torrain Haughton entered the Class 3A boys track and field state meet with the seventh fastest time in the 800-meter run. He left the meet with a seventh-place finish.

Haughton ran a personal-record time in the prelims, crossing the finish line in 1 minute, 53.18 seconds on May 27. It was the third fastest preliminary time. But the next day, Haughton could not repeat the performance and finished in 1:54.91.

"It's rough to run those back-to-back," Haughton said. "When I

was starting out (on May 28) I got boxed in and had to find my way out. It takes a lot of energy to get around people."

The other Maine East athlete to compete in Charleston was senior Tim Gurdzibeev in the pole vault. He cleared 13-0, but didn't advance to the finals.

Northridge

Of all the accomplishments in Peter Conroy's life, placing 12th in the 3,200-meter run at the Class 1A boys track and field state meet on Saturday, May 28, might be one of the less noteworthy.

Conroy, a junior, finished in 10 minutes, 2.64 seconds. He leads an active life when not running. Conroy volunteers with Little City, a residence campus for individuals with developmental and intellectual disabilities in Chicago. He recently helped organized a school blood drive, plays the trumpet in the school band and maintains a 96.4 GPA.

"As impressive of a runner as Peter is, he is even more impressive in regards to volunteering," Knights coach Mike Egle said. "He also displays incredible school leadership as a junior."

Niles West

Junior Frankie Santa ran the 800 meters at the Class 3A boys track and field state meet, but did not get out of the preliminary round on Friday, May 27. Santa ran a time of 1 minute, 59.70 seconds, finishing eighth in his heat.

He was the lone Wolves athlete to compete at the state meet in Charleston.

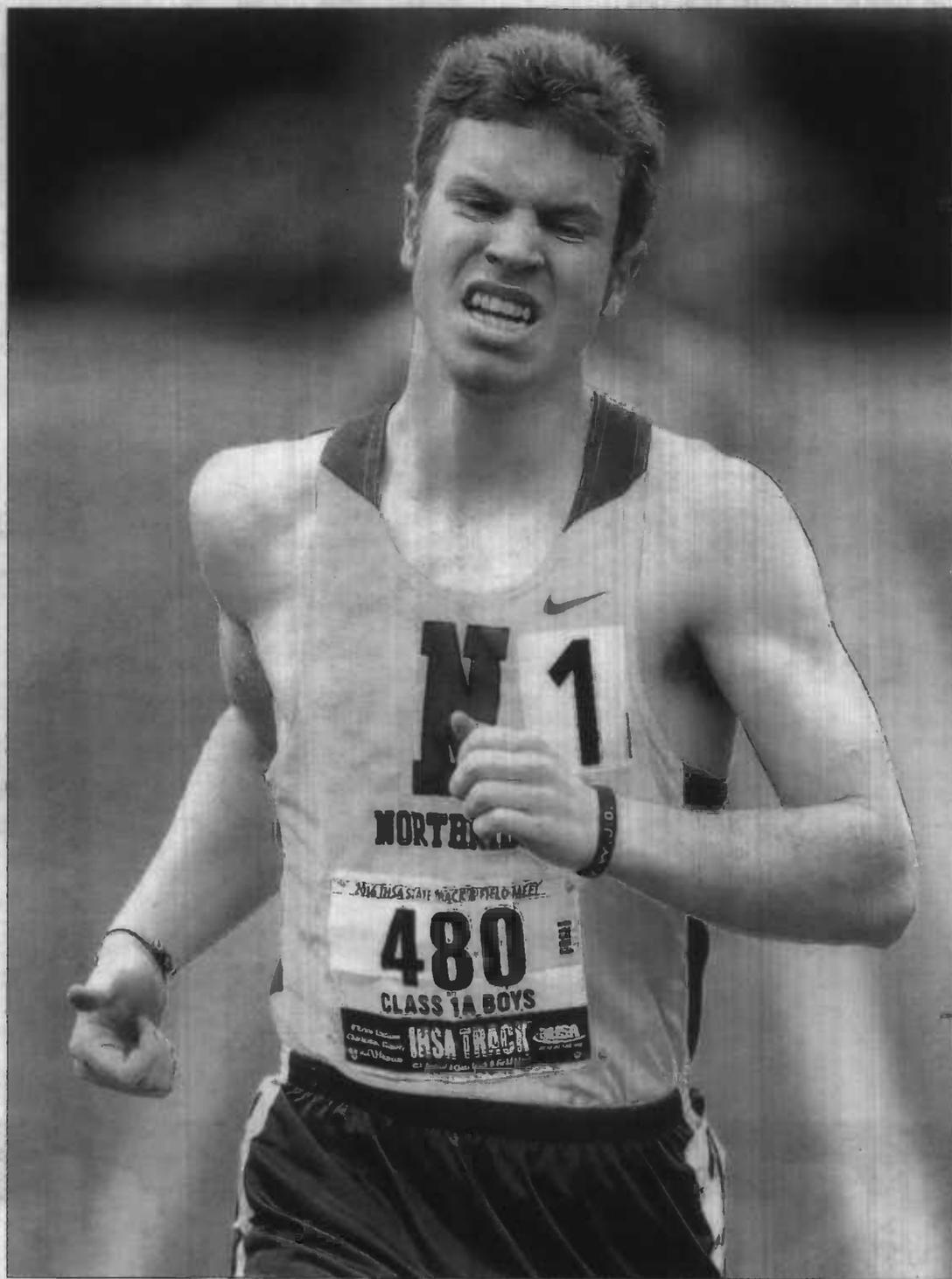
Ridgewood

Ridgewood sent two field participants to the Class 2A boys track and field state meet.

In the triple jump finals on May 28, junior Alex Rice, came in 12th with a jump of 42-2 1/4.

Senior Peter Malec did not make it out of prelims in the high jump the previous day.

Ridgewood's 4x100-meter relay team of senior Erdis Kreka, senior Giuliano Vommaro, senior Erick Mangal and Rice didn't advance out of their preliminary heat after finishing in 44.19 seconds.



BRIAN O'MAHONEY/PIONEER PRESS

Northridge's Peter Conroy races in the 3,200-meter run during the Class 1A boys track and field state meet on May 28 in Charleston.

onds.

Maine South

Maine South's Reese Jordan crossed the finish line of the

1,600-meter run finals in 4 minutes, 20.84 seconds, which was good for a seventh-place finish at the Class 3A boys track and field state meet. He was the only Hawks representative to compete

in Charleston.

Jon J. Kerr is a freelance reporter for Pioneer Press.

Twitter @preppioneer



Sprint to the finish

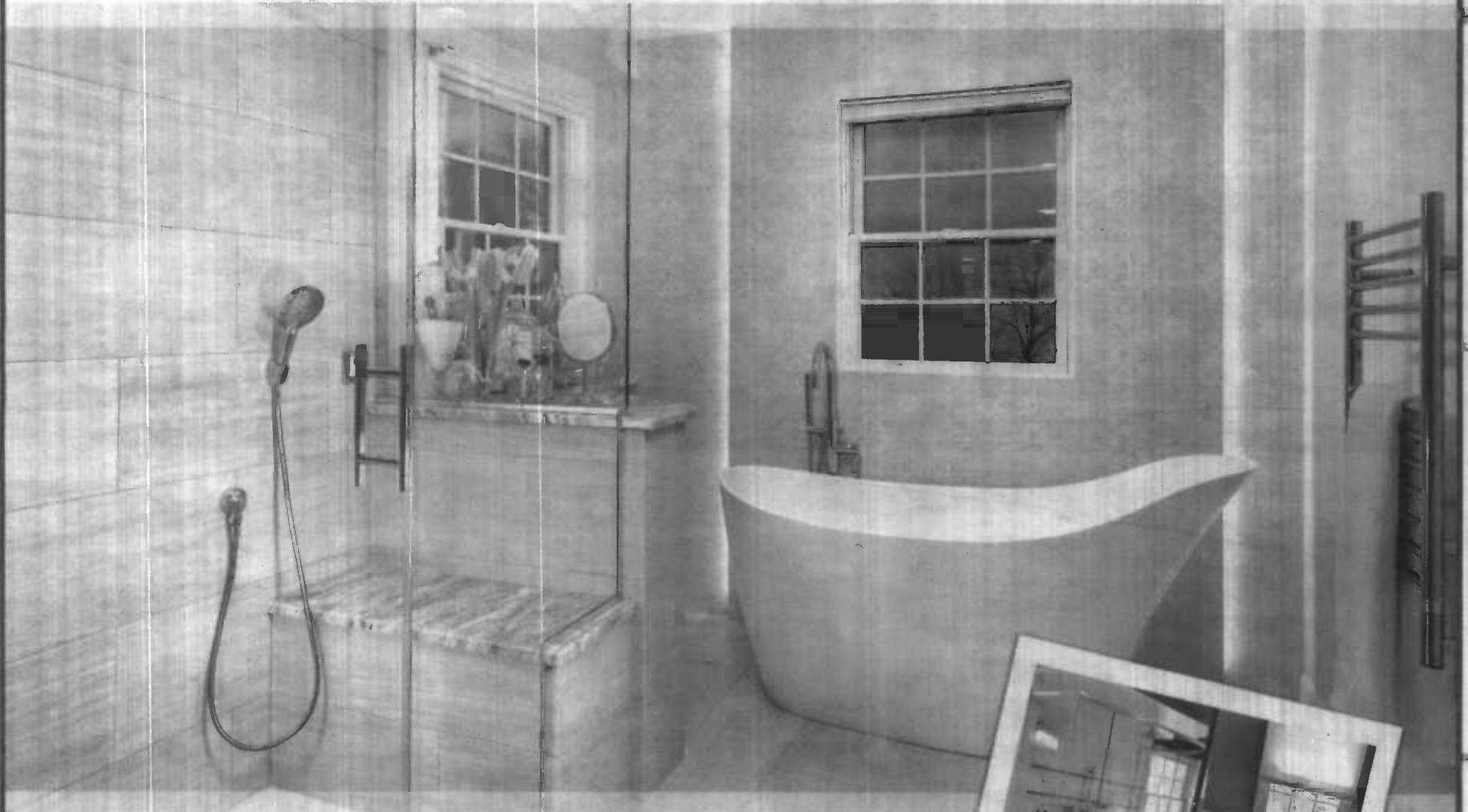
Area boys track and field athletes conclude their season at state meet in Charleston. [Page 37](#)

Niles North's Richard Azunna, left, and Bloom's Jaquon Burns run in the 110-meter hurdles prelims at the Class 3A boys track and field state meet on May 27 in Charleston.

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