

# NILES HERALD-SPECTATOR

\$1.50

Thursday, July 7, 2016

nilesheraldspectator.com

## Hollywood homecoming

Skokie native, '2 Broke Girls' actor, to perform at Niles North. Page 5



DARREN MICHAELS PHOTO

Jonathan Kite, left, appears in an episode of "2 Broke Girls" on CBS. Nearly 20 years after he graduated from Niles North High School, Kite returns to the scene of his adolescence to film his first comedy special.

GO



GARY HODGES PHOTO

### Shifting gears

Kohl Children's Museum exhibit shows how Operation, Etch-a-Sketch and other toys work. Page 21

SPORTS



ELISE AMENDOLA/AP

### Going green

Former Maine East, Niles North standout Abdel Nader drafted by Celtics. Page 36

ST. HARALAMBOS

**BIG  
GREEK  
FOOD  
FEST**  
OF NILES

SAINT HARALAMBOS GREEK ORTHODOX CHURCH INVITES YOU TO  
**THE BIG GREEK FOOD FEST OF NILES**  
7373 CALDWELL AVENUE, NILES, ILLINOIS  
PHONE (847) 647-8880

FRI., JULY 15 - 5 PM TO MIDNIGHT

SAT., JULY 16 - 3 PM TO MIDNIGHT

SUN., JULY 17 - 3 PM TO MIDNIGHT

ADMISSION: \$2.00

ATM AVAILABLE

FREE PARKING

WE HAVE FREE ADMISSION ON FRIDAY.  
SATURDAY & SUNDAY FREE ADMISSION 3-5PM.  
DONATION WILL BE ACCEPTED.

**CHILDREN UNDER 12 FREE!**  
**SENIOR CITIZENS over 65 \$1.00**

- HOME-MADE GREEK FOOD!
- LOUKOUMATHES AND PASTRIES!
- GREEK APPETIZERS AND LEG OF LAMB DINNER!
- IMPORTED GREEK WINE!
- FESTIVAL DANCERS AND COOKING CLASSES!
- KID'S CORNER!

**GRAND RAFFLE!**

FIRST PRIZE:  
A NEW 2016 AUDI A3!

OR A NEW  
HARLEY DAVIDSON OR \$20,000!

SECOND PRIZE: \$ 2000

THIRD PRIZE: \$ 1000

FOURTH PRIZE: \$ 500

FIFTH PRIZE: \$ 500

# NILES HERALD-SPECTATOR

nilesheraldspectator.com

Jim Rotche, General Manager

Phil Jurik, Suburban Editor

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

Georgia Garvey, Managing Editor

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

## Local News Editor:

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

## Local Sports Editor:

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

## ADVERTISING

Display: 312-283-7056

Classified: 866-399-0537

Email: suburban.class@tribpub.com

Legals: suburban.legal@tribpub.com

Obituaries: 866-399-0537

or suburban.obit@tribpub.com

## SERVICE & NEW SUBSCRIBERS

Phone: 847-696-6040

Email: circulation@pioneerlocal.com

## Customer Service Hours

Mon.-Fri.: 6 a.m.-5 p.m.

Sat.-Sun.: 7 a.m.-12 p.m.

**ADVERTISING TERMS AND CONDITIONS:** Acceptance of ads by Publisher is expressly conditioned on and subject to the following terms. "Publisher" means this publication, its parent(s), subsidiaries and affiliates. Advertiser agrees that Publisher's liability in relation to any act, omission, failure to publish, or error in the publishing of any ad will not exceed the amount paid for such ad. Under no circumstances will Publisher ever be liable for any indirect, consequential or special damages, or any other costs arising out or related to any act, omission, failure to publish, or error in the publishing of an ad. It is the sole responsibility of the Advertiser to check the correctness of each insertion. Publisher reserves the right to limit the amount of advertising, to edit, or reject any copy, and to cancel any advertising at its sole discretion without notice. Advertiser agrees to indemnify and hold Publisher harmless from and against any liability, loss or expense (including reasonable attorneys fees) arising from any claims resulting from publication by Publisher of the Advertiser's ads.

## MAILING ADDRESS

435 N. Michigan Ave.  
Chicago, IL 60611

## PUBLICATION INFORMATION:

Niles Herald-Spectator is published 52 issues per year by Chicago Tribune Media Group, 435 N. Michigan Ave., Chicago, IL 60611. Single copy: \$1.50. One-year subscription: \$52.00. Includes Sunday Chicago Tribune. In-county only. New subscriber starts require email address. If for some reason you choose to cancel, please note that a refund processing fee may apply.

Vol. 68, No. 23

## SHOUT OUT

# Rich Cohen, writer from Glencoe

Author Rich Cohen grew up in Glencoe, where he frequented stores such as Wally King's, Ray's Sports Shop and Wienecke's Hardware.

Now a Connecticut resident, he has written about growing up in Glencoe, the 1985 Chicago Bears and, most recently, "The Sun & The Moon & The Rolling Stones," about his experiences with the iconic band.

**Q: What were those days like at those shops in Glencoe?**

**A:** I always tell my son that the amazing thing about Glencoe when I was a kid was it like a dream of communism paid for by my parents. You could walk into any shop in Glencoe and take anything you want, and basically on your way out the door say, "charge it" and your parents got the bill a month later.

**Q: What would some people be surprised to know about Mick Jagger and Keith Richards?**

**A:** That friendship to me was always the center of rock and roll, and the center of the music I cared about. When I first got there I was



PASCAL PERICH

Writer Rich Cohen in his home in New York.

shocked to discover that none of that was real. Maybe it had been real once upon a time, but by the time I got there they didn't really like each other and they had nothing to do with one another. They were never together unless they were on stage. They rode to and from shows in separate vehi-

cles.

**Q: The Rolling Stones are still going strong after all these years. How do you account for that?**

**A:** It's what they do. They do that or they do nothing. It is what keeps them alive.

**Q: What did you learn about Buddy Ryan (the former Bears defensive coordinator who died June 28) from the subjects you interviewed for the 1985 Bears book?**

**A:** (Former Bears owner and coach) George Halas made the quarterback the coach on the field. Buddy Ryan realized the quarterback was too important, and you could decapitate an offense by removing the quarterback, and that became the Bears strategy in the mid 1980s. So it all tied together in a Chicago way.

—Daniel I. Dorfman, Pioneer Press

*Shout Out is a weekly feature in which we get to know and introduce our readers to their fellow community members and local visitors throughout suburban Chicago.*



## TASTE OF PARK RIDGE

JULY 14, 15, 16

www.tasteofparkridge.com

THE TASTE OF PARK RIDGE COMMITTEE ANNOUNCES THE MUSICAL LINE-UP FOR 2016  
**Bredemann Main Stage**

### THURSDAY, JULY 14, 2016

4:15 pm: Park Ridge musicians, **THE BROWN/HOWARD BAND**, uniquely combining blues, rock, and jazz.

6:15 pm: Park Ridge's **TEN FOOT TAIL**, liberally spinning complex jazz riffs over a classic rock format.

8:30 pm: **THE BOY BAND NIGHT**, pays tribute to pop music's iconic boy band acts, including Backstreet Boys, Boys 2 Men, N Sync, One Direction, and more.

### FRIDAY, JULY 15, 2016

3:15 pm: Park Ridge teens **STATE 56**, delivering distinctive interpretations of classic rock songs.

5:00 pm: Park Ridgeans, **GINGER ROAD**, conventional rock music fare, drenched in a rich, country-flavored marinade.

6:45 pm: **CENTERFOLD** spirited classic rock material by artists like Pat Benatar, Heart, Adele, and more.

9:00 pm: **7TH HEAVEN** will "rock the house" spearheaded by their signature "30 songs in 30 minutes."

### SATURDAY, JULY 16, 2016

1:00 pm: **ACOUSTIC SOUL GENERATION** led by Father Matthew Kowalski of St. Paul of the Cross.

3:30 pm: Park Ridge group, **SOUTHERN PIKE**, playing classic rock standards and more.

5:00 pm: Home grown **DOUG JAMES AND THE POCKET** with their frenetic blend of rock, funk, and blues.

6:45 pm: Chicago's own **ELIMINATOR** bone-crunching rock/blues/boogie of Texas band ZZ Top.

9:00 pm: **LIBIDO FUNK CIRCUS**. Every musical genre from Motown to disco, to today's danceable grooves are covered by this talented, fun-focused ensemble.

In addition to the gastronomical delights at the Taste of Park Ridge, be sure to sample a hearty helping of musical magnificence. Three days and nights of terrific tunes, exploring an eclectic assortment of musical genres, should satisfy your musical appetite. For further Taste details, please visit the Taste website at [tasteofparkridge.com](http://tasteofparkridge.com).

## Book Online and Save on Midway Airport Parking

TO RECEIVE YOUR FREE DAY

Book online at [www.mdwpark.com](http://www.mdwpark.com)

and enter code **MDWPARK**

OR

Call 866-922-7275

and mention **MDWPARK**

Guarantee your airport parking now!

**10% OFF**  
with a three day  
minimum stay

**Indoor Rate**

**\$12.50\***

**Per Day**

**Outdoor Rate**

**\$10.50\***

**Per Day**

Conveniently  
located, right off  
I-55 airport exits,  
only a few minutes  
from the Midway  
terminal

- ✓ We are located 1 1/2 miles from Midway Airport, just a short ride to the terminal.
- ✓ 24/7 Continuous shuttle operation, door-to-door service.
- ✓ Our shuttles run on demand, no waiting.
- ✓ 24/7 Fully fenced & patrolled lot with a state-of-the-art camera system.

### COMPARE

Airport Indoor Rate \$32.00/day  
Airport Outdoor Rate \$15.00/day



5200 West 47th Street  
Forest View, IL 60638  
(888) 720-7275

\*Additional taxes apply. May not be combined with other discounts.

YOU'RE  
WELCOME  
TO STAY  
& PLAY

at  
Lincolnwood  
Place



*Town Hall Meeting*  
**THURSDAY, JULY 21ST**  
2:00pm to 3:00pm

Mayor Jerry Turry and State Representative Lou Lang will be here to address local and state government topics with time for Q&A. Light refreshments served.

*10th Annual  
Sounds of Summer Concert*

**SATURDAY, JULY 30TH**  
1:45pm Open Seating

2:00pm Performance begins

Enjoy an intimate concert in our beautiful courtyard featuring the Lincolnwood Youth Strings Orchestra. Refreshments will be served.

**Free admission.**

RSVP AT 847-686-2986 AND TO LEARN ABOUT  
OUR GOLD WAITLIST PROGRAM TODAY!

**LINCOLNWOOD PLACE**  
*a Senior Lifestyle community*

INDEPENDENT LIVING | ASSISTED LIVING  
SKILLED NURSING | REHAB  
7000 N. McCORMICK BLVD.  
LINCOLNWOOD, IL 60712  
[WWW.SENIORLIFESTYLE.COM](http://WWW.SENIORLIFESTYLE.COM)



# DCFS: Skokie facility cited for violations

Child under center's care wandered away

BY LEE V. GAINES  
Pioneer Press

A Skokie day care was cited by the Illinois Department of Children and Family Services for numerous rule violations after a 23-month-old child in the facility's care managed to slip away unnoticed by staff in late May.

Niles resident Jorina Fontelera Miller said her daughter, Julianne, was able to leave the Mosaic Early Childhood Center at 4023 Dempster St. through an opening between the facility's playground and a recently installed fence surrounding the adjacent First Bank and Trust at Dempster and Crawford Avenue. Both Miller and the owner of Mosaic, Nisha Bhojani, confirmed that the incident occurred about 11 a.m. May

26 while children were being moved from the day care's exterior playground back inside the building.

In an emailed statement to parents, Bhojani said the day care put up new fencing on the evening following Julianne's disappearance near the playground's entrance and exit "so that children are no longer able to access the gap that was created by the bank's fence. This is an extension to the existing fence Mosaic already had around its playground."

Additionally, she wrote, the facility implemented new head count procedures that require children to be counted before leaving the playground and again when they return to the classroom. Staff members will be required to record and sign a new counting log every time children are counted and additional employees will be assigned to assist with the transition between class-

room and playground, Bhojani wrote.

Miller said, on the day of the incident, her daughter wandered through the bank's parking lot, down an alley running parallel to and between Keystone and Crawford avenues. A resident on Keystone discovered Julianne in an alley, guided her to the backyard of a residence the little girl said was hers and then realized she required further assistance, Miller said.

The Keystone resident and another neighbor took Julianne door to door, asking whether she belonged to those residents before eventually bringing her to the day care. One of the neighbors reported the incident to Skokie police.

Skokie police Officer Eric Swaback said the report was noncriminal and required no additional investigation by his department. He said the incident was investigated by DCFS.

In total, Miller said, her daughter was missing from the day care for 20 to 30 minutes.

"From my understanding, no one (from the day care) went out to look for her," she said.

According to documents posted on the DCFS website, the day care was cited for numerous rule violations on May 27 — a day after Julianne's brief disappearance from the facility. One of the rules violated includes the stipulation that no child should be left unattended at a state-licensed day care. The facility has until the end of June to come into full compliance, according to DCFS documents.

Veronica Resa, deputy director of communications for DCFS, said Mosaic has already remedied the issue by putting up a barrier to make sure no children are able to slip through the same gap Julianne discovered.

"Unfortunately, the child

got through a natural barrier that apparently no child has gone through before," Resa said. "It was quickly remedied." She added that DCFS will step up its monitoring of Mosaic.

She said the incident was alarming to the department because "children's safety is paramount to everything we do." Resa added, however, that the department believes Mosaic, which is accredited by the National Advancement of the Education of Young Children (NAEYC), is working with DCFS investigators "in good faith and coming into compliance."

"They are not a problematic day care," she said. Resa said DCFS did not impose any monetary fines on the day care as a result of the rule violations.

Miller said she was "livid" when she discovered staff at the facility had lost track of her daughter.

"Accidents happen, sure, but you would think if a

toddler disappears from your group, you would start looking for the child ... really I'm just in shock or I was in shock that they could be so negligent," she said. Miller said she immediately took her daughter, who had attended Mosaic for about a year prior to the incident, out of the day care and has since found another facility to care for her.

Miller said the incident should not have happened in the first place had Mosaic been following the proper rules and procedures from the start.

"If it takes something bad happening for them to change their ways, is it worth the wait? They should be proactively looking at their staff or their set up to make sure their kids are safe," she said. "Maybe more visits from DCFS will change that."

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

## 'Sixteen Candles' home is listed for \$1.5 million

BY BOB GOLDSBOROUGH  
Chicago Tribune

The six-bedroom brick house in northwest Evanston where the 1984 classic teen comedy "Sixteen Candles" was filmed was listed earlier this month for \$1.499 million.

Located in a neighborhood that has been popular with filmmakers over the years, the 3,250-square-foot house, at 3022 Payne St., was selected by writer-director John Hughes to be the home of the film's main character and her family.

The current owners paid \$1.25 million for the house in 2006. After buying it, they gave it a new kitchen, updated its baths, redecorated it and added an outdoor terrace to the rear of the



VHT

The Evanston home used in "Sixteen Candles" was built in 1931 and has five baths.

house, complete with an outdoor kitchen and a flat-screen TV.

"Even if (the movie) hadn't been filmed here, it still would be a great house," listing agent Jill Blabolil of @properties told Elite Street.

Built in 1931, the house has five baths, an attached two-car garage, two fireplaces, a media room on the third floor and a kitchen with a breakfast room.

Bob Goldsborough is a freelance reporter.



UNIVERSAL CITY STUDIOS

A six-bedroom house in Evanston served as the home for Molly Ringwald's character, left, in 1984's "Sixteen Candles."

# Skokie native and '2 Broke Girls' actor, Jonathan Kite, to perform at Niles North

BY LEE V. GAINES  
Pioneer Press

Nearly 20 years after he graduated from Niles North High School, Jonathan Kite, who stars on the television show "2 Broke Girls," is returning to the scene of his adolescence to film his first comedy special, according to the producers for the project.

Kite, a Skokie native, will perform in the 800-seat Niles North High School auditorium for two shows scheduled for 7 and 9:30 p.m. July 9, according to a news release. The event is restricted to attendees who are 21 or older.

"I want to perform my first special on a stage that really means something to me. High school is where I decided to go into the arts professionally, and the lessons learned at Niles North were some of the first major steps I took towards achieving that goal," Kite wrote in an email.

Kite, who graduated from Niles North in 1998, said he's remained in touch with his high school mentor and theater director, Timothy Ortmann, over the years.

"One afternoon at lunch, I proposed the idea of doing this special and asked if (Ortmann) would be interested in helping me set this up with Niles North. Without hesitation, he offered his support and blessing," Kite wrote.

The actor, comedian and impressionist said he plans to film interviews with a group of students selected by Ortmann before taping his special. Kite will ask the students what they want to do when they grow up, and he plans to use the footage from the interviews in the final cut of his special, according to a new release.

"I was the theatre direc-



TIMOTHY ORTMANN

Jonathan Kite, in orange, plays Petey Fisk in Niles North High School's production of "Greater Tuna," as a student.

tor when Jon was in school here, and he and I have kept in touch over the years," Ortmann wrote in an email. "When stand-up comedians tape a live show, they typically choose the comedy club where they got their start — to the place that feels like their comedy-home. We were honored to find that, for Jon, home was here at Niles North."

Kite, who plays the character Oleg Golishevsky on the CBS comedy "2 Broke Girls," wrote that his classroom experiences at Niles North helped him to direct his "frantic energy" into a creative foundation and structure that he could build upon in his future career.

The actor wrote that he also wanted to meet the students whose stage he would be sharing.

"We are all connected because we have performed there. I am a big believer in respecting and acknowledging the generations that have come before and after the institutions of which I am a part," Kite wrote.

Rick Gieser, publicist for

Chicago's Zanies Comedy Club — which will be helping to produce the special — said the high school's auditorium is an excellent venue for taping a comedy special.

"It is state of the art and is equipped with equipment and tools that many professionals would be envious of," he said. "It's a beautiful theater."

Kite has appeared in dozens of national commercials and was chosen by Jamie Foxx to perform as an original cast member on FOX's short-lived sketch comedy show "In the Flow With Affion Crockett."

Kite received a bachelor's degree in theater acting from the University of Illinois Urbana-Champaign, studied improv with Second City and moved to Los Angeles to pursue an acting career in 2003, according to his bio on the CBS website.

Tickets for the comedy special cost \$25 and can be purchased online at [Zanies.com](http://Zanies.com) or by calling 847-813-0484.

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

**FREE**  
INSTALLATION  
with any  
Gas Log Purchase  
See store for details

**FIREPLACES PLUS**  
Visit our virtual showroom  
@ FiresideCollection.com

*Boulevard* **EMPIRE**

Top Brands

Vent-Free

Fireplace Accessories

Napoleon Fireplaces

(847) GAS-LOGS  
Hargrove Gas Logs

Stone Accessories

Look to FireplacesPlus for Chicagoland's finest fireplaces and accessories,  
including glass doors, screens, and the area's best selection of gas logs.

**Two Convenient Locations to Serve You Better**

700 North Milwaukee Ave  
Vernon Hills, Illinois 60061  
(847) 549-6700

200 West Ohio Street  
Chicago, Illinois 60654  
(312) 587-7587

# Morton Grove Days honors local police

BY KARIE ANGELL LUC  
 Pioneer Press

Morton Grove Days opened July 1 at 4 p.m. at the American Legion Memorial Civic Center.

An estimated 20,000 people were expected to attend, said Paul Minx of Morton Grove, president of Morton Grove Days.

"It's an honor to serve as president knowing this event goes back to the 1920s," said Minx.

Funds raised support the Independence Day fireworks, the 2:30 p.m. parade and other events. Anything leftover benefits civic programs, Minx said.

This is the first year that Morton Grove Mayor Dan DiMaria has served as Morton Grove Days enter-

tainment co-chair.

"It was a blast," DiMaria said with a smile.

DiMaria assured that grounds are monitored by Morton Grove Police as a safe place to celebrate.

"I'm very confident of our police," DiMaria said, adding Morton Grove police officers, this year's parade marshals, were to be recognized in a tribute during the festival's opening ceremonies.

A collection pass-around was planned for people to consider donating to help restore the Doughboy World War I statue at the Morton Grove Public Library, DiMaria said.

*Karie Angell Luc is a freelance reporter for Pioneer Press.*



KARIE ANGELL LUC/PIONEER PRESS PHOTOS

About 9 a.m. on July 1 at Morton Grove Days in Morton Grove, a cyclist meanders through the midway before the event opens for the village's annual celebration.



Left, Tom Blackwell, an amusement company professional from Florida, is back in Chicagoland setting up on July 1 at Morton Grove Days. Blackwell grew up in Glenview.



About 9:30 a.m. on July 1 at Morton Grove Days in Morton Grove, Cindy LoGiudice, a passerby, stops to view the rides before the celebration begins.

# Niles North grads land in machinist program

By BRIAN L. COX  
Pioneer Press

Recent Niles North High School graduate, Erik Olivares, said that when he left the school for the last time this June he was looking for an alternative to the often expensive tuition that comes with earning a college degree.

With the help of a scholarship from the Symbol Training Institute in Skokie, Olivares and two other recent high school grads are enrolled in a nine-month machinist program they hope will allow them to avoid hefty tuition fees and college debt while also preparing them for something many college grads can only dream about: immediate placement in the job market.

"I want to be able to get a job," said Olivares, 18, who lives in Skokie. "I want to be able to support myself."

Olivares and another

Niles North graduate are both enrolled in the machinist training program at STI thanks to a joint scholarship program offered by the STI, the HAAS Scholarship foundation and a group called Manufacturing Next, said STI Executive Director Diana Peters.

"They are already in class," she said. "They're learning how to program, set up and operate computerized manufacturing machinery."

She said the \$9,000 program is a good fit for graduating high school students who do not view college as something they want to spend their time or money on.

Students are trained on computerized numerical control machines, including lathes and milling machines as well as other state-of-the-art manufacturing machinery, Peters said.

"Manufacturing compa-

nies from all different industries have these machines," she said, "automotive, aerospace, food manufacturing, you name it."

"Any type of manufactured company would have these computerized advanced manufacturing machines," she said.

Olivares said he might still go to college one day to study mechanical engineering, but added that he sees his training at STI as something that is preparing him for whatever comes next, be it secondary education or the workplace.

"The learning curve is pretty easy," he said. "So far we've learned how to make washers. The parts really don't matter. What we're doing is learning how to use the tools. I wanted to get a job before getting onto college."

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

# Man threatened to burn home, girlfriend, cops say

By NATALIE HAYES  
Pioneer Press

A Niles man was charged with attempted aggravated arson after police said he poured gasoline in the backyard of his home and then threatened to light himself and his girlfriend on fire June 26.

Harvey E. Moore, 43, of the 6500 block of Ebinger Drive, was charged with attempted aggravated arson after his girlfriend fled the home with the couple's two children and told police she feared he would harm them, Niles police said in a news release.

Police said Moore was upset when he came home

drunk shortly before 3 a.m. Police said the 39-year-old woman reported that Moore picked up a can of gasoline from the back porch and held it in her direction while threatening to light both of them on fire.

He then poured gas on the back porch and told her he was going to burn the house down, police said.

Moore had fled the home by the time police arrived but was taken into custody about 2 hours later when he went back to the home and called the woman to say he was there to pick up some of



Moore

his belongings, police said.

He was taken into custody and remained in jail June 29 in lieu of \$100,000 bail, according to Sophia Ansari, spokeswoman for the Cook County Sheriff's Department.

He is scheduled to appear in court July 19 at 10:30 a.m. in Room 105 at the Skokie Courthouse.

Police said the Illinois Department of Children and Family Services was conducting an investigation.

Natalie Hayes is a freelance reporter for Pioneer Press.

## NILES HERALD-SPECTATOR

### Buy Two Ads, Get One Free

This special offer is for new advertisers OR advertisers increasing their current media spend.



Contact Cosmina

today to get started:

Cosmina@chicagotribune.com

312-883-9619

CHICAGO TRIBUNE  
media group

## POLICE REPORT

The following items were taken from the Niles Police Department reports. An arrest does not constitute a finding of guilt.

### OBSTRUCTION

■ Serguei Pirkhalo, 42, of the first block of MacArthur Court, Buffalo Grove, and Aleksey Pirkhalo, 38, of the 700 block of North Cypress Bridge, Lake Zurich, were charged with obstruction on June 24 in connection with a hit-and-run investigation in the 8200 block of Golf Road. When it was determined that Serguei Pirkhalo had actually been driving the car involved in the crash, he was also charged with driving on a revoked license, police said.

### RETAIL THEFT

■ Wallid Awshana, 31, of the 7800 block of Nordica Avenue, Niles, was charged with felony retail theft on June 19 after he was accused of stealing fencing and a tool from a store in the

900 block of Civic Center Drive. The items were valued at \$239.71, police said.

■ Shawn Smith, 43, of the 200 block of Porter Court, Bartlett, was charged with felony retail theft on June 20 after police said she stole \$19.64 worth of lipstick from a store in the 8500 block of Golf Road.

■ Carl Kalas, 54, of the 4000 block of Oakley Avenue, Chicago, was charged with retail theft on June 21 after he was accused of stealing \$115 worth of clothing from a store at Golf Mill Shopping Center.

■ Rita Johnson, 21, of the 300 block of East Kensington Avenue, Chicago, and Fantacia Bishop, 19, of the 11400 block of South Forrestville Avenue, Chicago, were each charged with felony retail theft on June 22. According to police, the women were apprehended by security of a store at Golf Mill Shopping Center after they allegedly stole \$697 worth of clothing. Bishop

was also charged with assault, police said. A security agent told police Bishop implied she had a weapon and began running out of the store. A responding police officer stopped Bishop and took her into custody near Church Street, police said.

■ Malgorzata Gorska, 43, of the 9400 block of Bay Colony, unincorporated Maine Township, was charged with retail theft on June 23 after she allegedly stole \$302 worth of cosmetics from a store at Golf Mill Shopping Center.

### ORDER VIOLATION

■ Elzbieta Lozowska-Golebiewska, 41, of the 7800 block of Oleander Avenue, Niles, was charged with violating a court order of protection on June 21. Police said the order had just been issued that day.

### DUI

■ Francisco Mendez, 50, of the 2900 block of North

Kilbourn, Chicago, was charged with driving under the influence on June 20 following a traffic stop in the 7700 block of Caldwell Avenue at 11 p.m. According to police, Mendez's car was observed to have "new and extensive front end damage."

### PUBLIC INTOXICATION

■ A 31-year-old Park Ridge man was cited with public intoxication on June 19 after he was reportedly found on the ground of a parking lot in the 8600 block of Dempster Street at 9:36 p.m. Police said the man was uncooperative with officers, and his wife was contacted to take him home.

■ A 59-year-old man from Niles was cited with public intoxication June 19 after police found located him in a parking lot in the 8600 block of Golf Road. He was taken to Advocate Lutheran General Hospital.

■ A 49-year-old Glenview

man was cited with public intoxication on June 20 after police responded to a parking lot at Golf Mill Shopping Center at 3:20 p.m. According to police, the man had a small cut near his eye and said he hurt himself when he fell. He was driven home by police after refusing to be transported to the hospital, police said.

■ A 31-year-old Chicago man was cited with public intoxication on June 24 after police were called to the 6800 block of Milwaukee Avenue at 5:15 p.m. The man was taken to Presence Resurrection Medical Center.

### THEFT

■ Police said a 2016 Chrysler minivan was reported stolen June 18 after a car dealership in the 9400 block of Milwaukee Avenue learned the woman who had purchased it used a falsified driver's license. According to police, attempts

to contact the woman were unsuccessful because the information she had provided the dealership was fraudulent. The minivan was reportedly entered into the state's theft database.

■ A cellphone was reported stolen June 19 after it was left unattended while charging on a table at King Spa, 809 Civic Center.

■ Boxes of allergy and heartburn medication valued at \$673.23 were reported stolen from a store in the 9600 block of Milwaukee Avenue on the night of June 19, police said.

■ A man reported that his 35-year-old daughter stole his car June 24 from the 9000 block of Terrace Drive. According to police, this was the second time she had taken the car.

■ A bicycle valued at \$150 was reported stolen June 21 from a backyard in the 7700 block of Nordica Avenue. The owner told police he saw a man fleeing with the bike around 10:15 a.m.

### SILENT OAKS IN ST. CHARLES

3 lots left

Homes from \$1.25m to \$3.5m

### GROVE ESTATES OF OSWEGO

Luxury you deserve

Homes from \$649,000

### HIGHLAND WOODS IN ELGIN

Homes available now

Homes from \$475k to \$850k

Your dream home is waiting.



**JOHN HALL**  
CUSTOM HOMES

630.618.2470

johnhallhomes.com

2020 Dean Street, Suite A.  
St. Charles, IL 60174

Dream MORE  
Build SMARTER  
Live BETTER



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

# TURN THE HOUSE YOU HAVE INTO THE HOME YOU WANT

Home remodels by Airoom



Designed and remodeled by Airoom.

## Kitchen Remodels • Home Additions • Custom Homes • Bathroom Remodels

Our Design-Build process means seamless planning and execution. We handle everything so that you don't have to. We offer financing, a 10-year installation warranty, and a 15-year structural warranty.

Call or visit our website for a complimentary design/pricing consultation.

**(847) 268-2199 | [AiroomHome.com](http://AiroomHome.com)**



Visit Our State Of The Art Home Design Showroom  
6825 North Lincoln Avenue, Lincolnwood, IL Mon-Sat: 9-5, Sun: 11-4

# July 7-28 Nordic walking classes planned

Lincolnwood's Centennial Park to offer cardio workout course

BY NATALIE HAYES  
Pioneer Press

While Nordic walking is all the rage in some European countries, the Finnish walking sport has yet to gain the same widespread popularity in the U.S.

An Evanston fitness instructor is hoping to change that, however, by offering Nordic walking classes to North Shore residents who want to engage in a little physical activity that offers a better cardio workout than walking, but without the heavy impact running has on the knee joints.

The Lincolnwood Parks and Recreation Department will debut Nordic walking for the first time when Wendy Harmening hosts a four-class program at Centennial Park, 6801 McCormick Blvd., from July 7-28.

The class meets for weekly hour-long sessions on Thursdays from 7 to 8 p.m.

Harmening will lead walkers through the park on hour-long walks designed to strengthen mus-

cles in the legs, chest, arms and abs. The movements also help to regulate breathing and improve circulation throughout the body, class instructor Harmening said.

"Some students are more interested in the endurance aspect of Nordic walking, while others want to increase their physical fitness capabilities," she said.

"It's easily adaptable, and everyone can go at their own pace, so it's the kind of activity where you can go out and have conversations and meet other people."

Using specially-designed poles, Nordic walkers move through grass, sand, concrete or virtually any outdoor terrain in a simple walking motion, but the movement of the poles adds an additional workout for the upper body, providing a full-body cardio and strength-training workout.

Harmening, a 48-year-old Minnesota transplant, brought her passion for Nordic walking with her when she moved to the Chicago area three years ago.

After being unable to find any Nordic walking programs in the area, she earned her certification as a Nordic walking instructor through the American Nordic Walking Association in



LINCOLNWOOD PARKS DEPARTMENT

The Nordic walking class will meet for weekly hour-long sessions on Thursdays from 7 to 8 p.m.

2014 and opened her own business, North Shore Nordic Walking.

An added bonus of Nordic walking, Harmening said, is that the activity doesn't require much equipment other than a pair of Nordic walking poles. The poles differ from regular trekking poles because they attach to the hand with a glove-like strap that provides the traction to propel the body forward.

Harmening supplies the

pole for her students, who should show up for the classes dressed in gym shoes and comfortable clothing.

For those who aren't sure what to expect, Harmening said her classes are targeted to women over 40 — both non-athletes who want to engage in a new health-promoting physical activity, and athletes or former athletes who want a low-impact way to build endurance.

"The motion is very similar to cross-country skiing where you're swinging your arms and using the sticks to move yourself forward to get an upper-body workout," Harmening said.

"What I like most is that you can dial up the upper-body effort to get a great workout without having to increase your walking speed," she said.

Although the sport tends to attract more women than men — which Harmening

explains due to women's tendency to choose walking as a cardio activity more often than men — her classes are open to anyone, male or female, as long as participants are 16 or older.

Classes for Lincolnwood residents cost \$40, and non-residents pay \$50.

Registration is available on the village of Lincolnwood's website.

Natalie Hayes is a freelance reporter for Pioneer Press.

## Advocates: HUD counseling grant will help homeowners

BY KATHY ROULIFFE  
Pioneer Press

A \$15,070 grant from the U.S. Department of Housing and Urban Development will allow Winnetka-based Open Communities to continue offering mortgage counseling to financially strapped homeowners who find themselves facing or heading toward foreclosure, Open Communities officials said this month.

The grant was part of \$42 million in housing counseling grants awarded by HUD to groups nationwide, in-

cluding \$890,000 to Illinois agencies, according to a June 21 HUD announcement.

Roughly 150 people a year approach Open Communities, a fair housing and community justice advocacy group, to ask for help with mortgage difficulties, according to Michael Stumpf, a housing counselor with the agency. Between 25 and 30 percent of that number eventually work with the agency over a period of months to get relief, such as loan modifications, he said.

"Sometimes people are coming to us when they're at a place where they're expecting to become behind (on paying their mortgage). Sometimes they've just gotten a foreclosure summons, and sometimes they've been in foreclosure for months," he said.

Counseling efforts include educating homeowners about their options and about fair lending regulations that can help them, he said. Open Communities can refer clients to other legal and financial resources if that becomes necessary.

Stumpf said he can also help clients navigate court processes if their case has reached that level.

"We definitely do a lot of one-on-one guidance because mortgage finances can be truly labyrinthine," Stumpf said.

Open Communities can help clients in creative ways, such as connecting them with other clients who might need housing and who are part of the agency's shared housing program, the group's communications director, Jes Scheinplug, said: "Hooking them

up can give (the homeowner) the extra income they need, and the other client a home for themselves."

People get referred to Open Communities for mortgage counseling in several ways, Stumpf said. Banks and other mortgage lending agencies will send mortgage holders who are facing difficulty to the organization, he said, while some homeowners contact it after seeing Open Communities listed as a housing counseling agency on the HUD website.

Open Communities' mortgage counseling services are open to anyone in need who is able to undertake an in-person interview to start the counseling process, Stumpf said. Most homeowners he works with come from Evanston, Skokie and Morton Grove, with a few from the New Trier Township area.

For more information on Open Communities' housing counseling and other programs, go to [opencommunities.org/](http://opencommunities.org/).

[kroutliffe@pioneerlocal.com](mailto:kroutliffe@pioneerlocal.com)

# Niles receives grant for community garden

BY LEE V. GAINES  
Pioneer Press

Niles is moving forward with construction on its first community garden thanks in part to an \$8,000 grant.

The village announced it received the grant from Commonwealth Edison and Openlands, a conservation organization focused on the Chicago region, late last month.

Assistant Village Manager Hadley Skeffington-Vos, said the award is a 50/50 matching grant. She said sponsors and the village will need to contribute an additional \$8,000 to fund construction of the garden.

The community garden will occupy a site at 7087 N. Franks Ave., just south of

the Niles Public Services building on top of the remains of a former playground at Jozwiak Park. The garden, dubbed Farm on Franks, will be managed by the village and maintained and improved by volunteers, according to the village website.

Skeffington-Vos said construction hopefully be completed by the fall.

"Once the village raises enough sponsorship to make Farm on Franks a reality, it will need plenty of volunteers to build 26 garden beds," the village's website states. Volunteers will also be needed next year to maintain the garden.

Twenty-four plots will be available for rental in January of next year, according to the village website. The

plot will be three feet tall to ensure that volunteers don't need to kneel down to do their work. The produce generated from the inter-generational plot will be donated to the Niles Food Pantry.

Anyone interested in renting a plot will be required to pay a \$20 fee. Gardeners will also be required to follow a set of guidelines for maintaining their bed, according to the website.

Businesses interested in sponsoring the garden are encouraged to contact Skeffington-Vos by Aug. 31. For more information, go to <https://www.vniles.com/910/Farm-on-Franks>.

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

# District 207 to host public meetings on schedule proposal

BY JENNIFER JOHNSON  
Pioneer Press

Meetings have been set for parents to learn about plans to create a new type of class schedule at Maine Township High School District 207 schools.

The meetings will take place July 19 at Maine South High School, 1111 S. Dee Road in Park Ridge; July 20, at Maine East High School, 2601 W. Dempster St. in Park Ridge; and July 21 at Maine West High School, 1755 S. Wolf Road in Des Plaines.

All three meetings will begin at 6 p.m.

The meetings will center on a proposal to create a hybrid class schedule.

If adopted by the school board, the new schedule probably would not take

effect until at least the 2018-19 school year, Superintendent Ken Wallace said.

The proposal as it stands now calls for an eight-period day, three days per week, with four-period days on Tuesdays and Wednesdays. Classes held on Tuesdays and Wednesdays would be 90 minutes long each; classes held on Mondays and Fridays would be 50 minutes each; and classes on Thursdays would meet for 46 minutes each, according to a sample schedule provided by the district on its website.

Classes meeting on Tuesdays would not be the same as the classes that meet on Wednesdays, the schedule shows.

Wallace told Pioneer Press last month that it is

believed the proposed schedule will "improve academic and social/emotional support for our students," in part by providing more time for career and college counseling on the block schedule days. Those days also include "an extended period class of approximately 90 minutes" that can be used for "deeper inquiry learning opportunities, lab experiment opportunities and/or extended practice opportunities in many performing fine arts classes," according to the district.

More information can be found at [www.maine207.org](http://www.maine207.org) under the "D207 Schedule Recommendation FAQ" tab.

[jjohnson@pioneerlocal.com](mailto:jjohnson@pioneerlocal.com)  
Twitter @Jen\_Pioneer

# GREAT STORY- TELLER?

Build some character: start a blog



[chicagonow.com/pitch](http://chicagonow.com/pitch)

CHICAGO  
NOW

# Hemingway-themed events headed to Oak Park

By CAITLIN MULLEN  
Pioneer Press

With Oak Park hosting the International Hemingway Society's biennial conference for the first time, a litany of events tied to one of the village's most famous residents is scheduled for the month.

## "At Home in Hemingway's World"

The week-long conference — "At Home in Hemingway's World," which runs from July 17-22 — will celebrate and discuss Ernest Hemingway, whose 117th birthday is July 21. The conference has been held every other year for 34 years in locations that have a connection to Hemingway.

John Berry, chairman of the board of directors for the Hemingway Foundation of Oak Park, said the conference is expected to draw more than 325 scholars and Hemingway devotees from around the world.

"There seems to be sort of an endless stream of scholarship around Hemingway, not only as an author but as a person," Berry said.

The conference includes about 50 panels addressing various Hemingway-related subjects, Berry said. Some of the highlights include a keynote talk from Tim O'Brien, author of "The Things They Carried," as well as Ken Burns collaborators Lynn Novick, Sarah Botstein and Geoffrey Ward.

"The reason they're here is they're preparing to do a four-hour documentary on Ernest Hemingway to be aired on PBS in 2020," Berry said, "so that's a pretty big deal."

Many of the conference events are free and open to the public, or can be attended by purchasing a ticket, Berry said. For more information on the International Hemingway Society's conference, go to [www.hemingwaysociety.org](http://www.hemingwaysociety.org).

## Hemingway Foundation of Oak Park fundraiser

Closing out the week is the Hemingway Alive in Oak Park event from 7 to 10 p.m. July 23 at

the Oak Park Public Library, which serves as the annual fundraiser for the Ernest Hemingway Foundation of Oak Park.

The event is separate from the conference, "but we hope some of the conference folks will stick around for it," Berry said.

"This is the endcap of everything that's happening the week before," said Mary Jane Neumann. A foundation board member, Neumann lives in Hemingway's boyhood home, at 600 N. Kenilworth Ave., in Oak Park, where the event's after-party will be held.

"There's Hemingway the author and Hemingway this larger-than-life presence," Neumann said. "What's unique about Oak Park is this is the town that shaped him."

The event will feature live music, food from local vendors, a silent auction and more. Neumann said they'll announce the winners of the short story contest — for which more than 70 people submitted stories — and the Hemingway Foundation scholarship, which awards an incoming senior at Oak Park and River Forest High School a \$1,000 college scholarship and a mentorship with the foundation's writer-in-residence.

Another key part of the event: the unveiling of 3D plans for a writing center on the property of the Hemingway birthplace, 339 N. Oak Park Ave.

Tickets are \$85 for the event at the library, and \$125 for the library event plus after party at 600 N. Kenilworth Ave. For more information, go to [www.ehpop.org](http://www.ehpop.org).

## "Hacking Hemingway"

David Seleb, executive director of the Oak Park Public Library and board member for the Hemingway Foundation of Oak Park, said the library is nearing the end of a grant period that began last summer, and finalizing the process of uploading digitized Hemingway archives, referred to as "Hacking Hemingway."

An \$86,900 grant from the Illinois Secretary of State and State Librarian Jesse White provided the opportunity to have hundreds of photos and other archival documents from the foundation and the library made digital and viewable through the Illinois Digital Archives. The archives offer a glimpse into the lives of young



HEMINGWAY FOUNDATION OF OAK PARK

This photo shows Ernest Hemingway in 1918 in Oak Park. The village is hosting the International Hemingway Society's biennial conference for the first time and a litany of events tied to one of its most famous residents is scheduled for the month.

Hemingway and his sister, Marceline, in the early 1900s in Oak Park.

As the Hemingway Alive in Oak Park event will take place on the library's third floor, where special collections reside, it'll offer the first public viewing of the archives and an opportunity to talk about the digitization process, Seleb said.

As soon as the special collections team learned of the grant, curator of special collections Leigh Tarullo said they wanted to find a way to involve local students and bring the archives to life.

"We wanted it to be more than just placing those items up on the Internet," she said.

Alex Nall, digital learning resident for the grant, said students at Julian and Brooks middle schools drafted six-word stories and created digital comics from Hemingway baby photos.

"A lot had heard of Hemingway, but some of them had no clue that he lived right down the street or went to the same school," Nall said.

Emily Reiher, resident archivist for the grant, said all of the close to 300 archival items have been digitized; about 80 items have been uploaded to the Illinois Digital Archives, with two more uploads containing scrapbook items like school and artwork and other

## Faces of Hemingway

Oak Park Art League exhibit inspired by all things related to local author. See Page 18

Hemingway childhood artifacts still to come. The process should be complete by the July 23 fundraising event, she said.

"What's really fascinating about these artifacts is we can start to see Marcelline's and Ernest's voices as writers," Reiher said.

Nall said all student work is being uploaded to the Hacking Hemingway page, and more than 300 of the students' six-word stories will be printed in a publication called "In Your Time." For more information, go to [www.oppl.org/collections-download/special-collections/hacking-hemingway](http://www.oppl.org/collections-download/special-collections/hacking-hemingway).

## Oak Park Art League events

The "Moveable Feast" exhibit, featuring artwork by Hemingway's mother, Grace Hall Hemingway, and art inspired by the work, home and life of Hemingway, will be on display from July 8 to Aug. 5 at the Oak Park Art League, 720 Chicago Ave. in Oak Park. An opening reception will be held July 8. For more information, go to [www.oakparkartleague.org](http://www.oakparkartleague.org).

## Hemingway District events

Businesses within the Hemingway District will participate in a sidewalk sale from July 14 to 17, and many restaurants will have Hemingway-related specials, said Jim August, president of the business district board and owner of The Irish Shop.

Additionally, the Hemingway 8K Running of the Bulls will begin at 7:45 a.m. July 16 adjacent to Scoville Park. A kids Running of the Bulls will be held at 9 a.m. in Scoville Park.

For more information, go to [www.hemingwaydistrict.com](http://www.hemingwaydistrict.com) or [www.hemingway8k.com](http://www.hemingway8k.com).

Caitlin Mullen is a freelance reporter for Pioneer Press.

# Community invited to 'color Park Ridge purple'

BY JENNIFER JOHNSON  
Pioneer Press

Field School parents are inviting the Park Ridge community to pay tribute to 7-year-old Kate Babich, who died suddenly June 27 while attending a cheerleading camp.

The "Ribbons for Kate" campaign encourages people across the city to "color Park Ridge purple for Kate" by tying dark purple ribbons around trees outside their homes and businesses in remembrance of the little girl and to show love and support to her family.

Ribbon tying was to begin July 1, organizers and family friends Kristin Gustashaw, Elizabeth MacDougall, Julie Tiu and Julie Vanderpoel said in a community letter.

Purple was Kate's favorite color, the organizers said.

"We were getting a lot of

phone calls from people asking, 'What can we do?'" Vanderpoel said.

Plans for the tribute began with a group of about five friends, but by last week, more than 600 people had expressed interest in participating, Vanderpoel said.

"We have been seeing tremendous support from people reaching out to other Field families, wanting to know what they can do to help," Vanderpoel said. "I know they really appreciate that everyone is so caring and so supportive."

Organizers are advising the community to hang ribbons only on trees on their property or parkway, and to remove them by July 15.

Another community event to help support the Babich family is also in the planning stages, said Margie Figgins, of the Field School PTO.



JENNIFER BABICH

Field School parents are inviting the Park Ridge community to pay tribute to 7-year-old Kate Babich, who died suddenly June 27 while attending a cheerleading camp.

Vanderpoel described Kate, who had recently completed 1st grade at Field School, as a "spunky" and

"super cool" girl who played on a soccer team and loved sports.

"She also loved to dance,"

Vanderpoel said. "She was extremely active in the Park Ridge community in sports and dance."

As of June 30, the cause of Kate's death remained undetermined, with the results of further medical tests pending, said Becky Schlickerman, spokeswoman for the Cook County Medical Examiner's Office.

According to the Park Ridge Police Department, Kate was attending a summer cheerleading camp for kids in grades 2-5 in the field house at Maine South High School when she complained she was not feeling well and collapsed.

Paramedics received the call of a medical emergency at the school at 11:56 a.m. and arrived just under 3 minutes later, according to a report from the Park Ridge Fire Department. The report indicates that advanced

life support was provided to Kate and she was taken to Advocate Lutheran General Hospital in Park Ridge. She was pronounced dead at 12:59 p.m., according to the medical examiner's office.

In a private Facebook message June 26, Kate's mother, Jennifer, said the family appreciated the kind thoughts from others.

"We would like to thank everyone in our community for their support," she said in the message.

The message received an outpouring of responses on the Park Ridge Herald-Advocate's Facebook page, with more than 130 commentators offering words of condolence and prayers.

Chicago Tribune staff reporter John Keilman contributed.

jjohnson@pioneerlocal.com  
Twitter @Jen\_Pioneer

**DONVEN**  
H.O.M.E.S

LIFESTYLE. LUXURY. CONVENIENCE.  
IN PREMIER LEMONT

THIS IS  
MAINTENANCE-FREE  
LIVING.

VIEW OUR BEAUTIFUL  
MODEL HOMES  
TODAY.

CALL NOW.  
630-701-6568

**WOODGLEN**  
FROM THE MID \$400'S

MODEL HOME:  
931 Woodglen Lane  
Lemont, IL 60439



**ASHBURY WOODS**  
FROM \$414,000

MODEL HOME:  
1549 Ashbury Circle  
Lemont, IL 60439



COME TO OUR OFFICE.

DAILY  
10:00 A.M. TO 5:00 P.M.

SUNDAY  
11:00 A.M. TO 5:00 P.M.

donvenhomes.com



## Share your suburban events on Metromix.com

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

## Questions?

Email [metromix@metromix.com](mailto:metromix@metromix.com)



## NEWS



DANIEL I. DORFMAN/PIONEER PRESS

Ryan Anderson of the Midwest Pesticide Action Center talks about the importance of bees June 23.

# Environmental groups tout importance of bees

BY DANIEL I. DORFMAN  
Pioneer Press

Bees can be annoying at the family picnic and no one wants to be stung, but their presence is necessary for food production, according to environmental advocacy groups that spoke at the Glencoe Community Garden on June 23.

Members of Environment Illinois and the Midwest Pesticide Action Center used the community garden, just east of Green Bay Road, as the background to speak about the importance of bees and their role in pollinating food. Speakers said there are a shrinking number of colonies, which can cause problems for the food supply.

"We are concerned about foods that we associate with summer fun, such as watermelon, strawberries, lemonade and ice cream," said Marc Facchini, a field manager for Environment Illinois. "These are all threatened by the decrease of the bee population."

Bees pollinate 71 of the 90 crops that supply 90 percent of the world's food,

according to Facchini.

"If we don't save the bees, our summer barbecues and picnics will be much less robust and delicious," Facchini added.

Environmental groups believe global warming and bee habitat destruction — which comes with the construction of homes and roads along with the use of neonicotinoids, which are pesticides, have contributed to a decrease in bee colonies.

But the speakers said homeowners can take some relatively simple steps to create a friendlier atmosphere for bees, starting with changes in lawn maintenance:

"Bees really like environments that have a lot of flowers and have a lot of nutritional value," said Ryan Anderson, program and communications manager for the Midwest Pesticide Action Center. "For the most part, a lot of our lawns lack that nutritional value. When you have this lack of soil and plant life diversity in your lawns and gardens, you create favorable conditions for a lot of pathogens, viruses and parasites that

attack bee colonies."

Anderson said deep root growth of any plant life — specifically in turf grass — is important.

"Deep root growth allows plants to expend more energy on stem and leaf growth so they can resist attacks by fungi, pathogens and insects," Anderson said.

Anderson added there are other measures property owners can take to allow for bee safety, including mowing a lawn no lower than three inches, limiting watering and using organic fertilizer. All of this should be done while deploying natural pesticides and spot spraying, instead of the massive blanket use of pesticides.

"This is all about changing behavior, which is very tough," he said.

Anderson said having a beautiful lawn isn't as important as protecting the environment.

"If you can develop some tolerance for having some dandelions, that can be beneficial for bees and other pollinators," he said.

Daniel I. Dorfman is a freelance reporter.

# Students build electric guitars

Unusual New Trier summer course is not just for musicians

BY BRIAN L. COX  
Pioneer Press

New Trier High School student Jack Petito recently finished building a customized electric guitar as part of a unique summer course that he said ties in well with his plans to study aerospace engineering in college.

"I love guitars and I love engineering, so it seemed like a perfect course," said Petito, who lives in Wilmette and has been playing guitar for several years.

"You don't even need to know how to play guitar," he said. "I know some people in this course who don't know how to play guitar, yet it's still so much fun to build a guitar. You get a finished product that looks cool and you can be like, 'I built that.'"

The three-week summer school

enrichment class at New Trier is simply called Guitar Making, but instructor Jason Boumstein said it is about much more than making a musical instrument.

"It's touching the base on many different disciplines," said Boumstein, NTHS department chair for applied arts.

"Within applied arts, we have engineering, architecture, design technology, and it also brings music into what we do, with the maker experience," he said. "They go through the design process using software. They redevelop an electric guitar, and the end product is a customized electric guitar."

The 15 students in the class also make a customized amplifier and a pick holder.

"As someone who came in with very little knowledge of the technical sides of a guitar, especially an electric guitar, I've learned a lot and also have grown in my confidence with power tools and complicated software," said NTHS student Sarah Pazen, who lives in

Wilmette.

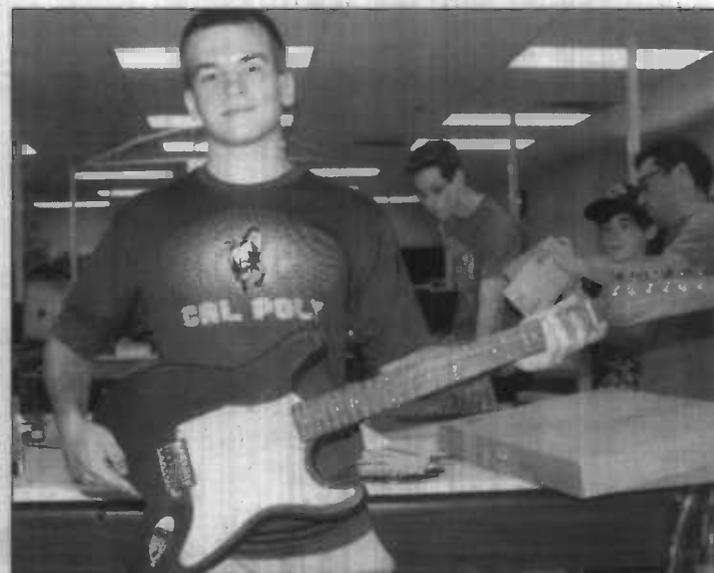
The 16-year-old also said she plays several musical instruments and was drawn to the course because she was "interested in learning how to use all the tools that are housed in the school."

She said she hit a snag when trying to decide how to stain the body of her guitar, but ended up with a look she is happy with.

"I couldn't decide between two stains, and I decided if I put a stripe on one, down the middle, that would probably be very interesting, so I did it," she said.

Boumstein said problem solving is just one aspect of the class, which isn't just for musicians.

"It's an exploratory maker experience where students get to be creative, tinker, manipulate and then design," he said. "It's meant to explore, heighten your passions and develop new skills. It's great to see all the students be very collaborative, push themselves, take risks and try new things. They've grown in creative confidence."



BRIAN L. COX/PIONEER PRESS

New Trier High School student Jack Petito, 16, shows off an electric guitar he built at the school as part of a summer guitar making course. The course touches on engineering, architecture and design technology, as well as music.

Petito said he plans to plug his guitar into his new amp and crank up the volume.

"I'm going to play it good," he grinned. "I love Rush, Yes, Led

Zeppelin, AC/DC, all those good rock bands."

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

BEST SUMMER EVER! MUSIC • Festivals • seafood boils  
BEACH GEAR and 61 can't miss events

# CHICAGO

the  
**Pet Lover's Guide**  
to CHICAGO

→ LUXURY SPAS ←  
feline-friendly  
BARS  
fabulous  
DOG PARKS  
and  
ABSOLUTELY  
EVERYTHING  
you need to know  
to keep your  
FURRY FRIENDS  
HAPPY



DUCK DUCK  
GCAT → chef Zbard's  
chinese opus

DISCO  
DEMOLITION  
THE SECRET HISTORY

THE CULT  
NEXT DOOR  
scandal in Hinsdale

checking MANN's the Frenchie with more  
Instagram followers than the Chicago Cubs

## THE PET LOVER'S GUIDE TO CHICAGO

From the dog-friendliest joints to the most extreme ways to pamper your kitten, we've got all your animal needs covered.

ON NEWSSTANDS NOW

Subscribe at 800-999-0879  
or [chicagomag.com/access](http://chicagomag.com/access)

# Residents sweet on new gluten-free bakery

## Son's illness gives owner impetus

By Jackie Pilosoph  
Pioneer Press

If you take a bite of a warm, freshly baked cinnamon roll from Glenview's new bakery, Sweet Ali's, your teeth will sink into the creamy frosting as your tongue hits the gooey cinnamon swirl. The last thing you'll be thinking is that what you are eating is gluten-free, and that is exactly what owner Ali Graeme is aiming for.

"I want people to be able to walk in here and say, 'I want one of those' and not read a label, and then have it taste as good or better as any other bakery," said Graeme, a mother of two, who opened the first Sweet Ali's six years ago in her hometown of Hinsdale, followed by the Glenview location in early June.

Located on Waukegan Road between Lake Street and Glenview Road, Sweet Ali's sells freshly baked goods that include breads, cupcakes, cookies, pies, cakes and breakfast items. Everything in the store is gluten-free, and some items are dairy-free, soy-free and vegan.

"We take gluten recipes, swap out the flour to gluten-free, see how it performs, and from there modify it," Graeme said. "I've always baked, but more than anything, I'm methodical, and I enjoy trial and error and making the smallest incremental changes that can have a really good impact on the final product."

Sweet Ali's also sells gluten-free flour blends for baking, as well as mixes for baking cakes, brownies and pizza crust. Additionally, the store carries a variety of gluten-free frozen items that include pastas, pizza,



JACKIE PILOSSOPH/PIONEER PRESS PHOTOS

"I want people to be able to walk in here and say, 'I want one of those' and not read a label, and then have it taste as good or better as any other bakery," said Sweet Ali's owner Ali Graeme.



Sweet Ali's, on Waukegan Road between Lake Street and Glenview Road, sells freshly baked items that include breads, cupcakes, cookies, pies, cakes and breakfast items.

quiche and dough.

The former options trader said she got started in the business nine years ago, when her son, then 12, was diagnosed with celiac disease.

"I had to start reading labels and making everything from scratch, and it

was totally overwhelming," she said. After Graeme began reading and learning more about celiac disease to help her son, she realized she had symptoms of celiac disease, too, and was soon tested and diagnosed with the condition.

Graeme said she and her



"The word gluten-free wasn't a well-known word until the past few years," said Sweet Ali's owner Ali Graeme, left, with the company's social media manager, Dallas Tomlin.

son tried several gluten-free foods that were on the market and didn't like any of them. She said she also didn't care for any of the gluten-free flour blends that were on the market at the time, so she came up with

her own blend and began baking brownies, banana bread and cookies that were a surprisingly big hit.

"My kids' friends would come over and eat them, and they loved the taste and didn't know the difference,"

she said. "People started telling me I should market them."

Starting in a commercial kitchen in Burr Ridge, Graeme began creating individually wrapped baked goods. It didn't take long before she landed a huge account: the Indiana University cafeteria, which launched Sweet Ali's huge wholesale business. A short time later, she opened her Hinsdale bakery and moved the wholesale side to that location.

Jennifer Bruns is a Northbrook mom of two. She and both of her children have celiac disease.

"I have been going to Sweet Ali's in Hinsdale since it opened," Bruns said. "It is by far the best bakery out there. We buy their doughnuts, cupcakes, cookies, snack mix, pies and pound cakes. You also can't go wrong with any of the lunch items they have."

Graeme attributes the large growth of her business partially to the country's growing awareness of the importance of changing eating habits to manage and treat chronic illnesses.

"The word gluten-free wasn't a well-known word until the past few years," she said. "Doctors are getting more informed and educated, and they are testing for gluten intolerance and seeing that autoimmune diseases and digestive issues can be managed equally, if not more effectively, with diet than with pills."

"My kids have options now," said Liz Hirsch of Glenview, whose 10-year-old twins both have celiac disease. "This is a place where they don't have to worry about getting sick, and they can just order what they want and enjoy it. It just feels good."

To learn more, go to [www.sweetalis.com](http://www.sweetalis.com).

Jackie Pilosoph is a freelance reporter for Pioneer Press.

# Plenty to do in Chicagoland this summer

It's the middle of summer and time for summer vacation.

If you're going away for a week or two, your plans are set. But if

you're hanging around the Chicago area, there is a ton of stuff for you to enjoy. In this great city, you really don't have to go far to have some summer fun.

Here are some ideas to keep your Chicago stay-cation full of fun all summer:

## Hit the beach

Chicago's lakefront is one of the world's great cityscapes and you are really missing out if you don't hit the beach in the summer. Pick a favorite beach and spend some time soaking up the sun.

My favorites have always been North Avenue and Foster Avenue beaches. But you can learn to sail at Montrose and the suburbs also have some great lakefront property, from Evanston to Waukegan.

## Summer carnivals, rides and more

A big part of growing up in Chicago was attending the summer neighborhood carnival. There's nothing like munching on cotton candy and then taking a ride on the Tilt-A-Whirl. My favorite was the parish carnival at



RANDY BLASER

St. Stanislaus Kostka Church. You drive right past it going south on the Kennedy Expressway toward Division Street.

But a neighborhood carnival is just a small taste to tide you over the big fun. It used to be Riverview, but these days a trip to Six Flags Great America is the only way to experience the big amusement park fix without leaving home. New this year is the Battle for Metropolis ride.

## Visit the zoo

Chicago has two outstanding zoos and both offer different and satisfying experiences. Brookfield Zoo just west of Chicago is famous for exhibits that recreate a more natural habitat for the animals. Lincoln Park Zoo is a walk through a beautiful park with a zoo thrown in. Enjoy either or both this summer.

## Enjoy the ballpark

Batter up, summer is time for baseball in Chicago! This season it's a good bet that the North Sider Chicago Cubs will be playing for a trip to the World Series come October. On the South Side, the White Sox are struggling to stay at .500 but have the best pitcher in



PHIL VELASQUEZ/CHICAGO TRIBUNE

Five Mexican gray wolf puppies were born in April at the Brookfield Zoo.

baseball in Chris Sale.

The best option is to see both clubs at home on the same day.

This year, the only date for the day/night Cubs and Sox home doubleheader is Sept. 15, when the White Sox play Cleveland at 1:10 p.m. and the Cubs play Milwaukee at the Friendly Confines at 7:05 p.m. Take the Red Line to see them both.

## Iconic architecture

Chicago is a great city for architecture fans and there is no better way to see the city than from the Chicago River.

The river architecture tour is a trip that never gets old, especially on a clear warm summer day. And you'll see the city from a rare perspective.

If you like to bike, you can ride along the lakefront or pedal along one of the many forest preserve trails. You can also kayak on the Chicago River or Des Plaines River. How about salmon fishing out in Lake Michigan? There are plenty of charter companies that will take you out on the lake and let you haul in your limit.

## Museums

Chicago has great museums. Take your pick of the Historical Society, Museum of Science and Industry, the Field Museum, Shedd Aquarium or the Art Institute for the big venues. But don't miss the smaller museums either, like the Peggy Notebart Nature Museum, National Museum of Mexican Art and the DuS-

able Museum of African American History.

## Volo Auto Museum

If you don't mind going outside Chicago, take a trip to Volo's Auto Museum, or the Railway Museum in Union to get a glimpse of the way we used to traverse the neighborhoods.

## History re-enactment

And if you prefer living history, check out the Civil War Days in either Wauconda July 9-10 or July 22-24 in Lombard, where amateur historians called re-enactors dress as soldiers in blue and gray and give a live presentation of Civil War camp life and battles.

## Drive-in movies

Summer evenings in the city used to conclude with a night at the drive-in. Those car friendly-theaters are long gone for the Chicago area, but you can still see a movie in the park. Every Tuesday night through Aug. 30, you can view a film at Millennium Park, including a double feature on July 19 of "Moonstruck" and "Silence of the Lambs."

Yes it is summer in the city and there is plenty to do to make it fun and lasting. Now get out and play!

Randy Blaser is a freelance columnist for Pioneer Press.

# Fickle felines and reading to dogs

Every once in a while it's good to be told that you are doing something right.

I read in the pet advice column here that it is more healthful for cats

to be fed a regular diet of canned cat food than dry cat food. And that's what my wife and I feed Kate, our cat. Not that cats are shy about letting you know when they don't care for what you feed them. If we fail to guess what flavor of food Kate has a yen for that day and give her the wrong food, she will do her best to bury



PAUL SASSONE

it under the newspapers beneath her dish.

Cats are particular, to put it mildly. My wife (not manly me of course) has a cat calendar with

different cats for each day. One of the cats in the calendar wakes its human companions up every day at 3 a.m. and insists on drinking water out of the human's palm.

We never would so spoil our cat. Kate drinks water the old-fashioned way: We fill a glass with ice and cold water. We then put the glass on the bathroom sink.

Kate hops onto the sink, sniffs to make sure the ice hasn't melted, then drinks.

Isn't that how you cat lovers do it?

Speaking of animals, I recently wrote a column about programs in which people read to dogs. One such program, in which kids read to dogs, helps the youngsters improve their reading skills. Another program, in which adults read to abused dogs, makes the dogs less fearful and thus more adoptable. I added that I knew of no such programs in Illinois.

Dumb.

I should have learned by now that as soon as I write something



NUCCIO DINUZZO/CHICAGO TRIBUNE

Sunny, a 1-year-old stray who was rescued last year by animal control workers, plays at Paws Chicago.

like that, I will be informed to the contrary.

Carole Yuster wrote to tell me about K-9 Reading Buddies of the North Shore, a group she founded and of which she is executive director.

This animal-assisted literacy

program serves several North Shore school districts, as well as libraries in Deerfield, Glencoe, Wilmette, Highwood and Northbrook. There also are pre- and after-school programs. To find out more about the group, go to Facebook.com/K9RBNS.

Raye E. Janousek of Evanston wrote to say there is a group called SitStayRead in which volunteers read to Chicago public school children from low-income areas and in which the kids read to dogs. To find out more, go to SitStayRead.org.

Thanks very much for the information. Happy to know I was mistaken.

Paul Sassone is a freelance columnist for Pioneer Press.

## How Illinois' credit problems cost you millions



DAVID RUTTER

A civics teacher from my elementary childhood once detailed for me the nature of basic money management. She was too smart to ever forget.

She preached a fundamental fiscal lesson that Illinois government has forgotten, or consciously pretends does not exist. You probably have forgotten it, too.

The biggest personal financial investment of your life, the Benedictine nun told me, probably will be the mortgage on your home.

And the second biggest investment in your entire life, she noted, will be the interest payment on that mortgage.

If you buy a house for \$50,000 (the quaint amount that nice houses once cost), the compounded interest will be \$50,000 extra. Do the math, she said. So I did. And darn if she wasn't right.

I never forgot that. Franciscans had a way of speaking uncomfortable truths.

Normally, none of us pays much attention when financial rating services drop the Illinois government bond rating. That's because it happened 13 times during Pat Quinn's governorship and now twice in Bruce Rauner's reign.

It's an ubiquitous burden — like interest on your mortgage — but invisible only if you ignore the cost. Like mortgage interest, the bill always comes due. You always pay.

So if you ever wondered whether the immovable objects and irresistible forces of a failed state government actually cost you anything, the answer is yes. Yes, it does.

Bad credit cost you \$12 million extra two weeks ago on one loan. This is not fake bookkeeping, accrued money, it's actual money.

On June 9, Moody's Investors Service and S&P Global Ratings lowered Illinois' credit rating, which already was the worst in the country.

When the state borrowed \$500 million this week for construction projects, the interest was \$12 million higher than any other state in the country.

While the governor hoots loudly that bond sellers trust and love Illinois, that's because the state's financial engine almost is too big to fail. Lenders figure they always will get their money back, but you must pay them a bonus for your own mismanagement. At least the mismanagement by your hired hands in Springfield.

Bad credit always is expensive. Look at your Visa bill.

If Moody's bounces the credit rating downward again, it will cost you for every dollar Illinois had borrowed for the past 30 years. The state could incur \$130 million in penalties by violating a 2003 agreement promising to maintain an investment-grade credit rating.

As Moody pointedly counseled, the argument is between Rauner and Madigan and has nothing to do with the state's underlying economic vitality. Intransigent political warriors just make it seem as though one of them must win in order to save a sinking ship.

But big lenders say there's nothing wrong with Illinois, other than contusions from political fist-fighting. It can pay for the government it purchases.

Says Moody's analysis: "We estimate that pushing the individual income tax rate to 4.75 percent from the current 3.75 percent and the

corporate rate to 6 percent from 5.25 percent would generate about \$4.8 billion of additional revenue in the year starting July 1."

As long as Rauner and Madigan define success as thwarting the other, the state dances the limbo. But stalemate implies nothing is happening, and that's not quite true.

They are taking money out of your wallet every day. When the state borrowed in January, low rates kept the bill down, but the state paid for its credit reputation.

Lenders love Illinois because our state Constitution makes repaying those bonds a primary legal obligation. As long as Illinois takes in tax dollars, the lenders will get repaid first.

So Rauner calls Madigan corrupt, and Madigan says Rauner serves the moneyed elite. They might both be right about the other, and their mudwrestling certainly makes for more interesting headlines than arcane bond news.

As the Institute for Government and Public Affairs at the University of Illinois noted two weeks ago, the \$12 million-added bond bill hardly was the worst news. If Illinois had the same credit rating it had 10 years ago, taxpayers would have saved \$70 million.

And that's just one loan. The desire for loaning money in a ravenous bond market makes Illinois a good bet because of lucky timing.

Illinois right now is looking at \$4 billion in infrastructure maintenance — roads, bridges — that bonds will finance.

While Madigan and Rauner scuffle, those bonds will cost you hundreds of millions more than they would a decade ago.

As my Benedictine mentor told me decades ago, that's real money out of your real pocket.

David.Rutter@live.com

## Bike vacation a success, even with cushioned shorts



SUSAN DUBIN

You know how things can seem like a great idea and then when you start the fabulous idea, you might change your mind? Well, last week, I went on vacation to Traverse City, Mich., and Mackinac Island with my husband, Bill, and my son, Andrew.

We decided to ride our bicycles around both towns and the waterways as much as possible. I pictured our family zooming along the lakes with the wind rushing through our hair without a care in the world.

I couldn't wait to get started. Before we left, we made sure our bicycles were in top shape. I bought a lovely silver bell and a matching helmet since I couldn't find my old helmet, along with a light for nighttime riding and a rearview mirror. All of it matched really well with an attached handlebar bag, which Andrew calls an overnight bag. It keeps my water, hand sanitizer, sunscreen, glasses, tissues and cellphone.

Now that I looked the part, I was all set.

Bike riding on the first day included the beautiful Sleeping Bear Dunes National Lakeshore, located near Traverse City. About five minutes into a trail ride, I suddenly was reminded why I had wanted a new bicycle seat because it was highly uncomfortable — and that's putting it mildly. I remembered how I had forgotten to upgrade the seat because I hadn't rode my bicycle for the past few years. Uh-oh!

I wished myself luck as I adjusted my rearview

mirror and kept riding. Maybe the extra "natural" padding I had acquired since the last time I rode my bike would help me out a little bit, I thought. Being a total trooper, I decided to continue the ride with minimal complaints. But when I finally got off my bicycle, I felt like Alice in that scene from the "Brady Bunch" episode, where she gets off her mule after riding it to the bottom of the Grand Canyon, barely being able to wack.

I wondered how I was going to continue riding for the next four days. I kept asking myself, "What would Alice do?"

That evening, we visited a local bike shop to browse seat padding options. Although the salesperson had no idea about Alice from the "Brady Bunch," he understood my plight, and he recommended a cushioned pair of shorts that actually was a liner a person wears under his or her pants. How ingenious! This way, no one sees the padding. Even though Andrew was mortified at the thought of his own mother wearing something that looked like a diaper, I bought it anyway. I wore it during the rest of the bike rides during the trip.

While on a new bike path the following day, Andrew informed me that I rode at an embarrassingly slow speed, where little children and really old people passed me up. I didn't really care, though, since I was having loads of fun. I could barely keep up with Bill and Andrew, so I just relaxed at my own leisurely pace and let them go ahead of me. The worst part was going up the hills. Many times, I would excitedly start riding up a hill and then lose steam halfway through.

I actually had to walk my bike up hills numerous times during the trip. Each



BILL DUBIN

Susan Dubin with her husband, Bill, and son, Andrew, at Arch Rock in Michigan.

time, Andrew and Bill stood at the top with expressions that read, "Really?" I assured them I was not the only one walking up these steep, or not-so-steep hills, and I pointed out several other hill-walkers of all ages throughout the trip. One of the trails on Mackinac Island had so many, never-ending hills, twists and turns, I seriously thought someone was going to have to rescue me. It finally ended, and then the best part of all happened. The entire way down was like one big spiral, so we got to coast the whole way. I felt like screaming "whoooooooooooo!" the entire time, but I refrained.

While we parked our bikes, a policeman came up to us and said, "Thank you for being safe and for wearing helmets." Then he gave us coupons for apples or ice cream at McDonald's. How cool is that? You might be surprised by this, but I did not choose the apples.

All in all, my vacation ended up to be one of my favorites. The cushioned shorts really only helped me somewhat, but I persevered the whole time. I was so proud of myself for sticking with our biking idea and trying something new. If they make couch cushions as bicycle seats, I'm for sure in!

Susan Dubin is a freelance columnist for Pioneer Press.

# EFFORTLESS BATHROOM REMODELING

by **Revive**



Call for a complimentary consultation

(847) 268-2195 | [ReviveDB.com](http://ReviveDB.com)

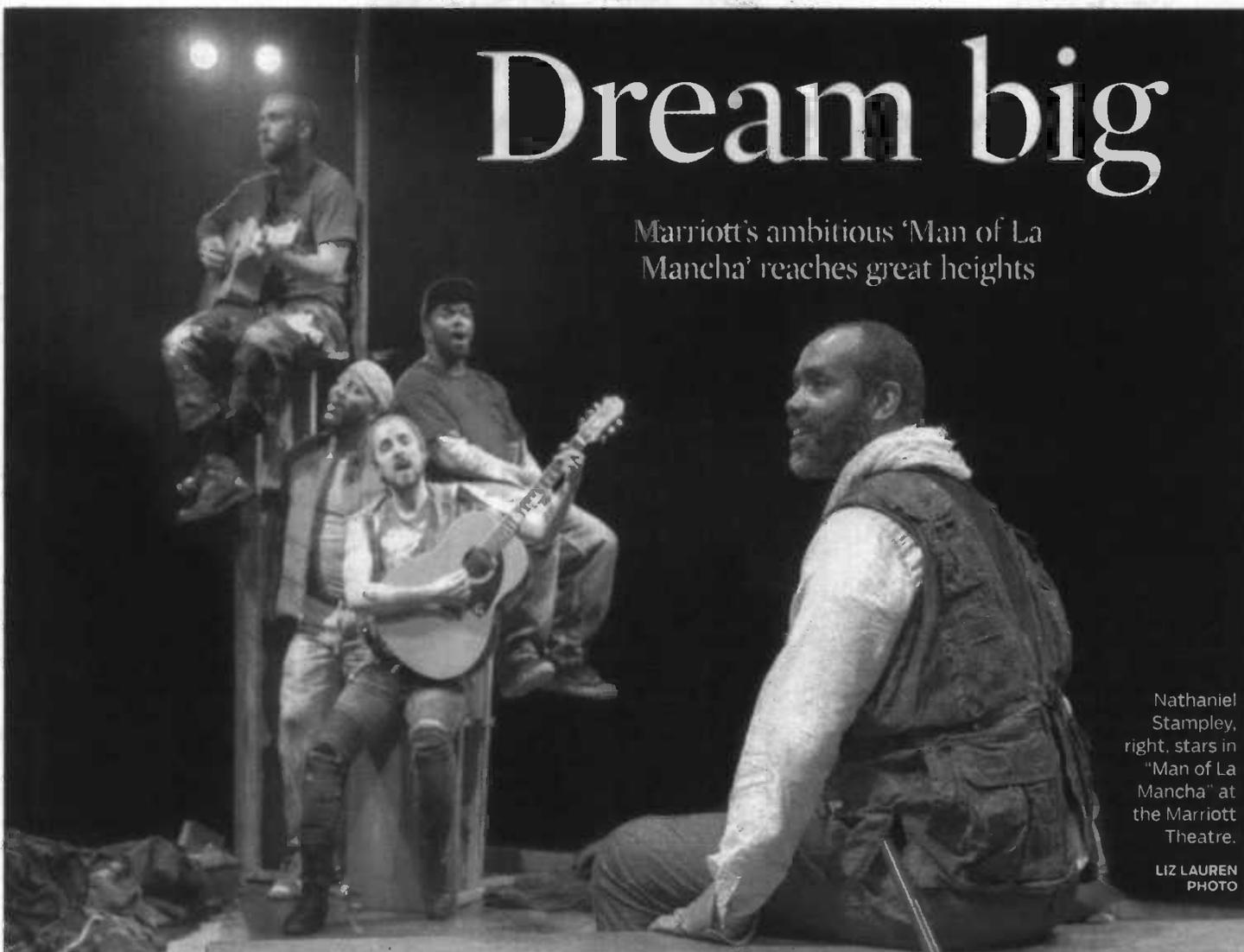
**Revive**<sup>®</sup>  
designer bathrooms

Visit Our Bathroom Design Showroom

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

Serving Cook, Lake, Dupage, Kane and Will Counties





# Dream big

Marriott's ambitious 'Man of La Mancha' reaches great heights

Nathaniel Stampley, right, stars in "Man of La Mancha" at the Marriott Theatre.

LIZ LAUREN PHOTO

**BY CHRIS JONES**  
Chicago Tribune

Rolling into a Skokie Dunkin' Donuts — please do not judge — on the way back from the Marriott Theatre's atypically audacious new production of "Man of La Mancha" on Wednesday night, I glanced up at CNN. "Politics in an age of terror," the crawl practically screeched. Severe, substantial, self-serving faces filled the screen. I watched for a few minutes. There was much tilting at windmills.

Miguel de Cervantes — that formidable linguist and razor-sharp satirist of 17th century Spanish literature — would no doubt have been amused at the fusion of rabid commentary, a multicultural clientele and powdered sugar. He likely would have noted that there is little new about an age of terror, merely changes in form and in who is terrified the most. But if, like me, you had walked into that

establishment with "The Impossible Dream" still ringing in your ears, I think you would have felt the absence of Don Quixote, too. Quite profoundly so.

That's because the 1964 musical — book by Dale Wasserman, music by Mitch Leigh, lyrics by Joe Darion — is not an adaptation of "Don Quixote," per se, nor of Cervantes' real life, but a transformation of Cervantes' themes of comedic self-deception into the possibility of romantic optimism. It is written for Broadway, after all. Actually, a great production of this work — and Nick Bowling's radical, contemporized, profoundly ambitious effort for the Marriott falls into that category — makes it clear that dreaming the impossible dream is really the only logical choice we have, given the finality and rapidity of our deaths. As Nathaniel Stampley's Don Quixote notes early in the piece to his loyal Sancho (the self-effacing Richard Ruiz), there is a solution for every-

thing else. But not that.

Listen to the political discourse now, of course, and you rarely hear of the righting of unrightable wrongs or the fighting for rights without question or pause. Too idealistic for the moment. Take the Brexit crew in the United Kingdom: It has been much easier for these partisans to articulate what they were escaping from than describe what they wish to move toward. By contrast, Cervantes' Don Quixote is all about chasing the perfect future — whatever we decide it to be. As they sing in the show, "To Each His Dulcinea."

Which brings me to Danni Smith, who happens to be doing the best work of her Chicago career in that very role, transforming the typical musical lead role into a fierce, feminist revolutionary. Smith is costumed by Nancy Missimi to look like a bartender in a biker bar — shaved head and all. The men who pursue her are very much her physical

ized it if, like me, you remember the Robert Goulet tour — all kind hearts, coronets, great hair and bravura baritones — but "Man of La Mancha" actually is all about the contrasts of earth and sky: captivity versus freedom; love versus violence; hope versus death.

Chicago has a distinguished history of very powerful productions of this piece — at Light Opera Works in 2012, featuring James Harms, who plays the padre here with great poignancy, and, memorably, at Court Theatre in 2005, wherein the actor Steve Wallem sang "To Each His Dulcinea" so beautifully I can hear it still.

But I think Bowling has found things those other, more stylized shows did not. With the help of a simple but inspired design from Jeffrey D. Kmiec — who creates a look no Marriott subscriber will have seen before — he obviously persuaded his producers to finally take some real risks and embrace the profound changes in musical theater. It has paid off beautifully, including the jettisoning of the intermission, which intensifies everything, even if it's a stretch for some.

Bowling has forged an outer frame of notable degradation, with the prisoners led by the unstinting Craig Spidle, rooting the show in a really intense reality to which the ensemble actors — the likes of Andrew and Matt Mueller and Lillian Castillo, among others — fully commit. It took the opening night audience members a while to buy into what was transpiring, but once they were won over by the musical interpretations they opened themselves up to the ideas. Palpably so.

Stampley, who is at the heart of the show, embraces the enigma of his role — although I kept wanting him to reveal more colors, to peel away more and more layers as the show progressed. He only goes so far, but it's still a very likable and lovely performance. The final scenes, when Don Quixote confronts his failing mind — a kind of 17th century version of Alzheimer's, you might say — are, for me, anyway, almost unbearably honest, revealing things in Wasserman's book you did not know were there, with Smith's love and protection all the more powerful for the length of the voyage she has had to take.

Her knight is worth it, you feel. So is this show.

## 'Man of La Mancha'

**When:** Through Aug. 14  
**Where:** Marriott Theatre, 10 Marriott Drive, Lincolnshire  
**Running time:** 1 hour, 50 minutes  
**Tickets:** \$50-\$55  
**Contact:** 847-634-0100;  
[www.marriotttheatre.com](http://www.marriotttheatre.com)

and spiritual inferiors in this production — but all that power among the idiots has forged a loneliness, which leads her to Mr. Tilting at Windmills. What else is she going to do? Here is a man who has sought her, dreamed her, sung her. A consummation devoutly to be wished.

Smith's blunt and furious determination, which lends this character inestimable substance, lives simultaneously with her rich interpretation of Leigh's lush and romantic music, which is this production's most formidable weapon. You may not have real-

# Living

Thursday, July 7, 2016

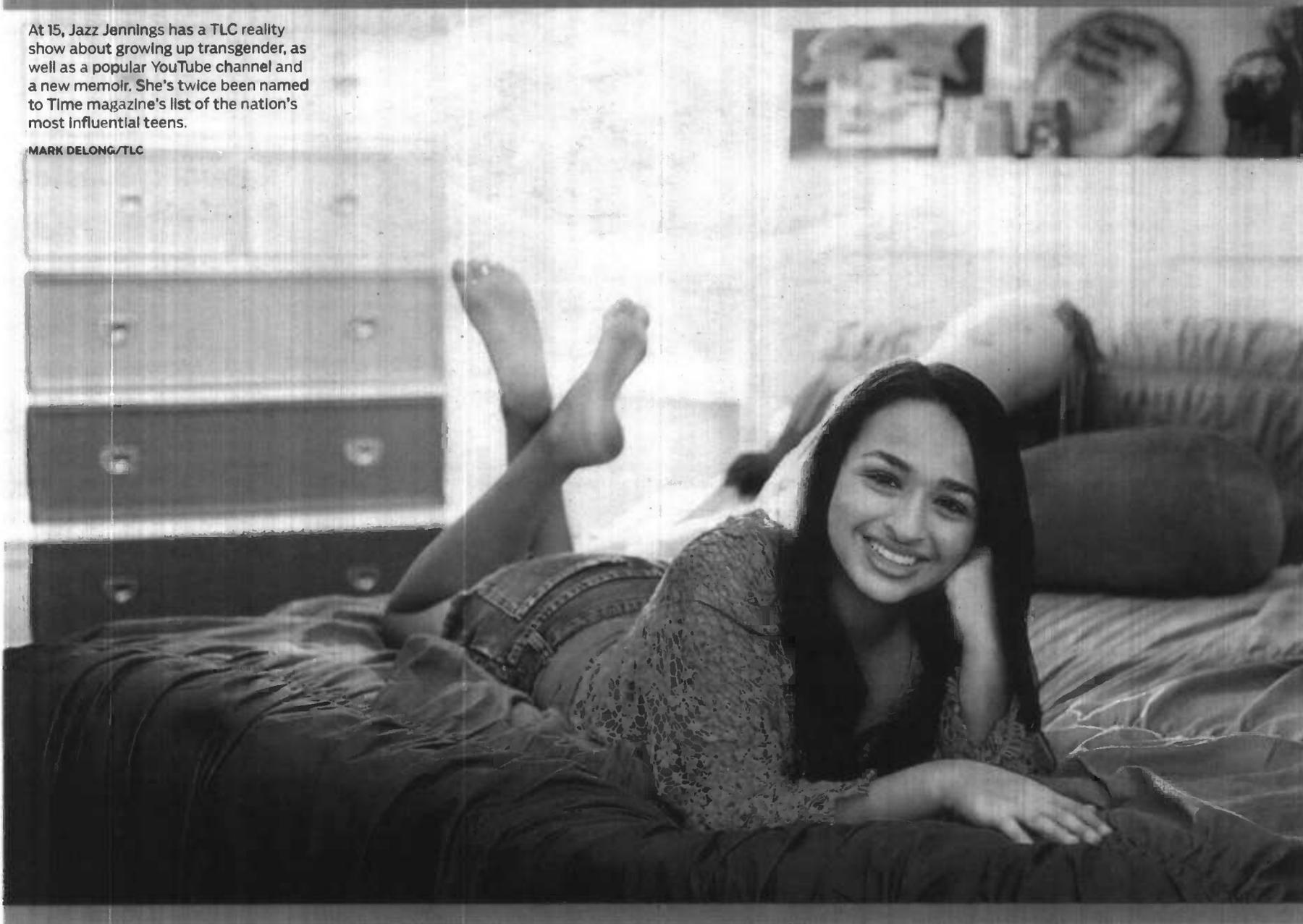


**Mommy on a shoestring: Lakes, campsites offer many outdoor activities** Page 3

2

At 15, Jazz Jennings has a TLC reality show about growing up transgender, as well as a popular YouTube channel and a new memoir. She's twice been named to Time magazine's list of the nation's most influential teens.

MARK DELONG/TLC



## Life as a transgender teen

Reality show star Jazz Jennings opens up in candid memoir 'Being' Jazz: My Life as a (Transgender) Teen.' Page 14

## SUBURBAN COOKS

# Herbs can eliminate your need for a salt shaker

Farm owner suggests rethinking food seasoning

By Judy Buchenot  
The Courier-News

There are many kitchens where the salt and pepper shakers are well worn but the herbs rarely come off the shelf except to add oregano and basil to spaghetti sauce. Liz Fiorenza, who owns and farms Wind Ridge Herb Farm in Caledonia, suggests rethinking how to season food by reaching for herbs before the salt shaker.

Her products are popular in many natural food shops such as Green Box Boutique in Woodstock, Potash Markets in Chicago and Village Peddler in Hinsdale. They will also be available at Marmion's seasonal Abbey Farms in Aurora, which opens later this summer. "I have become an anti-salt person," said Fiorenza. "I tell people to use your plants and you won't miss salt."

Fiorenza, who is a nurse, became interested in herbs about 10 years ago when she was searching for relief for several health issues from allergies to joint pain and weakness. She first visited her doctor where she underwent numerous tests that did not provide any answers. She then decided to try alternative medicine. She began using various herbs and turned her health around within two months.

She started being more selective about her food and reading labels carefully. "I saw that many of the mixes I used were filled with salt and artificial ingredients," said Fiorenza. She began experimenting with growing her own herbs and making mixes without salt, sugar and allergens. As she began to experience success, she decided to start selling her herbs and mixes.

She said that many people are unaware of the variety of herbs. "I have almost 500 varieties," she said. "Right now I have over 20 flavors of mint like grapefruit mint, orange mint, ginger mint. Everyone is interested in the different flavors of mint for their mojitos," she said, referring to the cocktail made by muddling mint leaves.

"Basil is popular too. I have more than 20 varieties of basil — lemon basil, lime basil and blue spice basil, which has a vanilla-like flavor and is more of a dessert basil," said Fiorenza. "There are so many different flavors and it is up to personal taste which you like best." Many summer farmers markets offer bunches of unusual flavors of fresh herbs.

She said everyday items such as potatoes can suddenly become more exciting with the addition of herbs. "Try sprinkling thyme, parsley or basil on vegetables or sage and rosemary onto roasted potatoes. One of my favorites is winter savory, which



JUDY BUCHENOT/COURIER-NEWS

Simply adding herbs to potatoes can create a flavorful change to a familiar dish.

## Liz's Culinary Cue

When adjusting a recipe to use fresh herbs in place of dried herbs, remember to use more fresh than dried. Usually, the measurement of dried herbs is doubled for using fresh herbs.

has a kind of black pepper taste but without the bite. It is great in soups and stews. Lemon thyme is great too because it can go on eggs or just about anything."

Simple things such as cottage cheese or sour cream can be made more interesting with the addition of herbs.

"Mix just about any herb with butter to spread on bread. You can still use garlic but try adding dill, thyme or oregano too," said Fiorenza.

Although she does not claim to provide medical advice, she said some herbs not only add flavor but have been known as remedies. "Sage has been known to relieve a sore throat. Rosemary is known for increasing blood flow to the brain for better memory. Lavender is relaxing. You can add herbs to dishes or make a tea with herbs," she said. To make an herb tea, simply drop about one teaspoon of dried herbs into boiling water, cover and let steep for a few minutes. Strain the mixture and then enjoy. If using fresh herbs, first twist the leaves to allow the oils to seep out more easily into the hot water.

She urges others to start an herb garden of their own, even if it is only in a window box or a couple of pots. "Fresh herbs are really easy to grow. The great thing about herbs is that after you cut them to use

them, they grow back again. You can also bring in herbs to grow indoors in the winter. Potted herbs in your home smell nice also. It is really so much fun to snip off fresh herbs and then sprinkle them over food." She suggests starting with oregano, thyme, sage and rosemary, which can be grown in the same container. Mint is also easy to grow but requires more water and has a tendency to spread so she suggests putting mint in a separate pot.

Fiorenza emphasized that there are no rules when it comes to herbs. "If you like oregano, add a lot. If you don't like it that strong, add less. I don't like oregano in my spaghetti sauce and so I took it out."

Experiment with flavor combinations. One of her best-selling products is a mixture she created for a spicy vinegar. She combined horseradish, Habanero peppers and chives with apple cider vinegar. "My husband thought it would be terrible but it turns out to be one of our best sellers. Once you learn the flavors of herbs, you can come up with your own herb combinations."

Fiorenza shares a few of her simple recipes using fresh or dried herbs for others to try.

Judy Buchenot is a freelance writer.

## Lavender lemonade

- 1 cup boiling water
- 1 teaspoon dried lavender flowers
- 1 gallon prepared lemonade

Add lavender flowers to boiling water. Cover and remove from heat. Allow to stand for 10 minutes. Strain liquid and add to prepared lemonade. Chill until ready to serve.

## Rosemary roasted potatoes

Makes 2 servings.

- 1 pound russet potatoes
- 2-3 tablespoons olive oil
- 4 teaspoons fresh or 2 teaspoons dry rosemary leaves
- sea salt
- pepper

1. Peel and thinly slice potatoes. Set aside. Pour olive oil into a rimmed baking dish and spread. Sprinkle rosemary over olive oil. Place potato slices on top of the rosemary and oil. Turn potatoes to coat with oil. Bake at 350 degrees for 15 to 20 minutes until tender. Sprinkle with sea salt and pepper and serve. Recipe can also be made with sage instead of rosemary.

## Lemon thyme chicken

Makes 2 servings.

- 2 bone-in chicken breasts
- olive oil
- 2 teaspoons dried lemon thyme or 4 teaspoons fresh lemon juice

1. Remove skin from chicken breast. Wash and pat dry. Rub breasts with olive oil to coat. Sprinkle with lemon thyme. Place in a baking dish and bake at 350 degrees for 45 to 60 minutes until done.

2. You can use boneless chicken breasts but reduce cooking time to 30 minutes. If unable to find lemon thyme, add ½ teaspoon of lemon juice to olive oil before rubbing it onto the chicken. Use regular thyme in place of the lemon thyme.

# Find free fun in nearby forest preserves

Lakes, campsites offer many outdoor activities



**BETH ENGELMAN**  
Mommy on a Shoestring

Summer is here, so it's time to get outside and play.

You and your kids will benefit from a dose of fresh air. Studies show that outdoor play helps relieve anxiety and depression while bolstering a person's ability to concentrate. Most important, outdoor activities are a great way to spend quality time as a family. So say good-bye to the "I'm bored blues" with activities that are free or at a reasonable cost in your local forest preserves.



FOREST PRESERVES COOK COUNTY

Learn the basics of living outdoors in Camping 101 offered at Camp Reinberg in Palatine.



JOHN KONSTANTARAS/LAKE COUNTY FOREST PRESERVES

Stand Up Paddleboarding is easy to learn and fun to do on Independence Grove's 115-acre lake.

## Stand-Up Paddleboarding

SUP (Stand Up Paddleboarding), alone or in tandem, is all the rage and it's easy to see why. Exercise enthusiasts love the challenging workout. SUP requires strength, balance and concentration. Beginners relish its simplicity. SUP is relatively easy to learn and master. Independence Grove in Libertyville rents paddleboards and lifejackets in two-hour increments, allowing visitors ample time to enjoy the sport and explore the Grove's 115-acre lake. More about paddleboard rentals and other boating opportunities at [lcfpd.org/marinas](http://lcfpd.org/marinas).



FOREST PRESERVE DIST. DUPAGE

Fishing is available at many forest preserve lakes, including Silver Lake at Blackwell Forest Preserve in Warrenville, above, or Herrick Lake in Naperville.



FOREST PRESERVES COOK COUNTY

Have an overnight in a tent camp at Dan Beard Forest Preserve in Northbrook.

campsites' cabins, available for rent throughout the season. Learn more at [fpdcc.com/camping](http://fpdcc.com/camping).

## Fishing

Take advantage of Illinois's bounty of fish and teach your kids patience, persistence and determination. Herrick Lake in Naperville and Silver Lake in Blackwell Preserve in Warrenville are just two local forest preserve sites for fishing. Please note: Visitors 16 and older must have an Illinois sport fishing license (available at the Illinois Department of Natural Resources). Be sure to read up on the state's fishing guidelines, which include information about the area's catch and release



FOREST PRESERVE DIST. DUPAGE

Try archery to train your hand-eye coordination and have fun outdoors.

policy. More at [dnr.illinois.gov](http://dnr.illinois.gov).

## Zipline Course and Treetop Obstacle Course

What was once an activity reserved for exotic vacations is now available in Western Springs. Bemis Woods has recently opened a brand new treetop adventure that promises to be both exhilarating and challenging while also giving guests a birds-eye view of the surrounding areas. The treetop adventure includes five zip lines, a double "Tarzan" swing, numerous rope ladders, bridges, trapezes and more. To find out more and to book your adventure see [fpdcc.com/recreation/zip-line](http://fpdcc.com/recreation/zip-line).

## Birding

"This is the summer of birding," says Shelley Davis, president of the Forest Preserve Foundation. Davis and her young son are avid bird watchers. If you haven't tried birding, the preserves of Cook County are making it more fun now than ever with an ongoing competition that encourages participants to "see great birds, visit amazing places and make a meaningful connection with nature." For more go to [fpdcc.com/2016-big-year](http://fpdcc.com/2016-big-year).

## Archery

Channel your inner Robin Hood in Warrenville at the Blackwell Forest Preserve. The archery area has three ranges: a beginner range with enclosed safety netting, an advanced range with standard FITA targets up to 90 meters and an inter-

## Camping

Have you ever wanted to go camping but didn't know where to start? Many forest preserves including Camp Dan Beard in Northbrook and Camp Reinberg in Palatine offer introductory camping classes, organized family outings and evening campfire activities. You can also rent gear (flashlights, sleeping bags, tents, binoculars, etc.) Interested in camping but prefer four solid walls? Check out the

## PETS/ANIMALS

## MY PET WORLD

## The myth of owning a Siberian husky

By Marc Morrone  
Tribune Content Agency

**Q: My son loves wolves and he wants to get a Siberian husky but I heard that since they look like wolves they act like them too, and that they can turn on you, and be unpredictable. I wanted to know your opinion on this.**

— *Cindy Greco, Las Vegas, NV*

**A:** Actually if you placed a wolf next to a Siberian husky, you would see that they do not resemble each other as much as you think they do. Huskies are smaller, have shorter legs and snout, and a tail that can curl up over the back.

The biggest difference between huskies and wolves — and this applies to all breeds of dogs — is in the way they think of us. Dogs always view us as providers and think of us as essential to their survival. A wolf that has been socialized to be with humans views us only as an equal.

When man domesticated the northern wolves thousands of years ago and tried to have them pull sleds, the last thing in the world they wanted was an animal that acted like a wolf. Any one of these early dogs that had any wolf-like traits was not kept and thus never got to pass its genes down to the next generation. Only those that were calm and tractable were kept; thus their puppies acted the same way and after generations the domestic dog came about.



STACEY WESCOTT/CHICAGO TRIBUNE

Siberian huskies may resemble wolves, but they are domesticated dogs that do not have the same traits as the wild animals.

So do not worry about the temperament of a husky as they make delightful pets. The only issue I must warn you about is that they need lots of exercise. If you do not exercise them enough, they will do it themselves and this usually means they will end up running about your house like a lunatic.

They also need lots of bushing

and combing to help with the shedding that their thick fur produces. So if your son is willing to exercise the dog and do the brushing, then I see no reason why he should not be allowed to have one.

**Q: Recently you printed an article about how some cats do better on canned food rather**

**than dry food and I wondered what your thoughts were on dog food?**

— *Robert Baum, Chicago, IL*

**A:** These questions always cause a lot of controversy as there are many different answers and there are many different animals involved.

Years ago when I used to go to the Westminster Kennel Club dog show at Madison Square Garden, I would talk to the breeders of all the prize winners. I went every year for 22 years and I always asked what they fed their dogs. Each year the answer was varied and different — some ate frozen food, some ate canned food and some ate dry food.

However, all the dogs there were prize winners and the best of their breed no matter what food they were fed. So that proves that each dog is an individual and a dog can be a prize winner no matter the diet.

However, what I have noticed from my own feeding of dogs over the last half-century is that a dog on a diet of dry food will definitely have larger stools than dogs on just canned food or raw foods. Dogs on a raw diet have very small stools and dogs on a canned food diet fall somewhere in between. It has been my own experience that a dog on a raw or canned food diet sheds less and has cleaner teeth than dogs on dry food.

So you ask for my opinion and here you are: It is certainly not the definitive word on the situation —

it is up to you to determine what works best for your pet.

**Q: We got a betta fish for my boss' desk — he is in a little five-gallon tank with a filter and a heater and has two cherry shrimps as companions. When we bought the fish the pet store gave us little pellets and when we looked on line it said to feed bettas frozen or live blood worms. He definitely likes the worms better than the pellets, but we wondered why the pellets are sold if the fish do not like them?**

— *Jenny Glassman, Orlando, FL*

**A:** Bettas in nature will eat small insects floating near the surface of the water and that is why he likes the blood worms so much — it is a more natural diet for them.

However, in nature they would be eating many different types of insects. The pellets have all the proper vitamins and minerals that the fish needs so the answer here is to give him the pellets as a staple and as a treat you can also give him the bloodworms to promote a bit of variety.

*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](mailto:petxperts2@aol.com); please include your name, city and state.*

## PET OF THE WEEK



Scooby

Scooby is a sweet and lovable two-year-old, 57-pound, Am Staff / Bull Terrier-mix looking for a loving guardian. Scooby knows the commands sit, down paw, other paw and takes treats very gently from your fingers. He is also housebroken as well as crate-trained, and is extremely friendly with people. Because he still enthusiastically jumps up on people, he's probably best in a home without small children and with someone willing to continue his training. To meet and possibly adopt Scooby, please contact Joanne at 630-231-6860 or Sue at [sjsindel@gmail.com](mailto:sjsindel@gmail.com) or 630-964-8535. His adoption fee of \$250 benefits the rescued pets of Cry For Help Rescue. He is currently being kenneled in West Chicago.

## chicagotribune.com/pets

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

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



# Will Medicaid errors mean \$4K tax penalty?

Dear Help Squad,  
I hope you can help us get the documents we need so our health insurance is not canceled.

For 2015, we signed up for medical insurance through the health care marketplace. The agent who assisted us determined our income level qualified my wife and me for coverage under Illinois Medicaid, which we continued throughout 2015.

In fall 2015, I obtained part-time employment. As a result of the additional income, my wife and I no longer qualified for Medicaid, so we enrolled with Blue Cross Blue Shield through the Illinois health care marketplace for 2016. Due to our income level, we obtained credits for a premium reduction.

However, there were two conditions that had to be met:

1. Proof of income, which we provided.
2. Notice of creditable coverage from the Illinois Department of Human Services/Medicaid that would verify that, based on our income and request to cancel, we were no longer covered under Illinois Medicaid for 2016. We've repeatedly tried to obtain

verification of that cancellation since January.

Twice I called Medicaid and asked that our coverage be canceled. The first agent said it may take a while; I should call back to verify. When I called back in February, I was told there was no record of our request, so they put through a second cancellation request. I called back to verify, and again there was no record of our request. I was additionally told this was something I could not do over the phone! We needed to go to our local Medicaid office to cancel in person.

So, on April 22, we stood in line at the local office in Aurora, completed the necessary forms and handed them to the representative, who placed them in a box. Now, more than a month later, nothing! I have been calling and leaving messages, but am not optimistic I will hear back.

In the meantime, we continue to receive final notices from the Illinois health insurance marketplace stating we will lose our



**CATHY CUNNINGHAM**  
Help Squad

credits if we fail to supply the cancellation letters from Illinois Medicaid.

Please help! It should not take six months to get a piece of paper out of a state agency.

Roy, Oswego

I contacted the Centers for Medicare & Medicaid Services' Chicago Regional Office, where I reached external affairs representative Gregg McAllister. McAllister put a CMS caseworker directly in touch with Roy. Everything seemed to be moving along quite nicely. Said Roy: "She found the issue and said it was totally on their side. She then sent me a letter noting the Medicaid cancellation date and I uploaded it to the state site."

Excellent! It sounded as though things were resolved. Then, two days later:

"Spoke with a marketplace supervisor this morning. The problem is the cancellation letter Medicaid provides does not name individual coverage recipients, but only says 'family.' They need something

that will provide proof that Catherine is not covered, and seem to have an issue with understanding that my wife is family.

"Now here's the bombshell that hit us like a ton of bricks: I just learned that we have been covered by Medicaid during the entire time I have been trying to cancel it. As a result, there may be a huge impact on our taxes because we qualified for tax credits under the marketplace plan we selected! We may owe upwards of \$4,000!

"It appears that the burden of proof is on me to provide dates and the names of the representatives I spoke to on all the calls I made to Medicaid to cancel the coverage, which I do not have. I can't believe this!"

Check back to learn if the government program tasked with providing health insurance to low-asset individuals like Roy and his wife ultimately winds up costing them thousands of dollars in penalties.

**Need help?**

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

Cathy Cunningham is a freelance columnist.

**SILENT OAKS IN ST. CHARLES**

3 lots left

Homes from \$1.25m to \$3.5m

**GROVE ESTATES OF OSWEGO**

Luxury you deserve

Homes from \$649,000

**HIGHLAND WOODS IN ELGIN**

Homes available now

Homes from \$475k to \$850k

Your dream home is waiting.



**JOHN HALL**  
CUSTOM HOMES

630.618.2470

[johnhallhomes.com](http://johnhallhomes.com)

2020 Dean Street, Suite A.  
St. Charles, IL 60174



Dream MORE  
Build SMARTER  
Live BETTER

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

## ROUNDUP | CHILDREN'S BOOKS



## Hensel and Gretel: Ninja Chicks

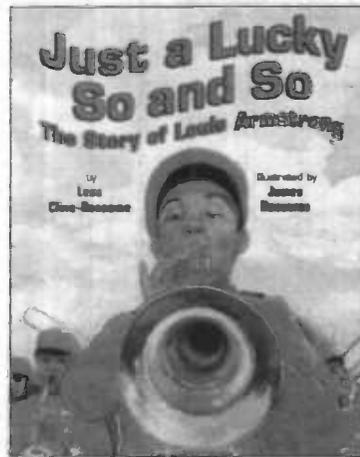
By Corey Rosen Schwartz and Rebecca J. Gomez, illustrated by Dan Santat, G.P. Putnam's Sons, \$17.99, ages 5-8

The limerick-based text is witty and fun; I particularly liked the line, "The fox said 'Surrender? / No way, chicken tender! / Your cheap little threats are absurd!'" But the action-filled illustrations by Caldecott Medal winner Dan Santat are the real selling point here. Santat, author of "The Adventures of Beekle," again creates a remarkably rich and self-sufficient imaginary world, here with the emphasis on elaborately choreographed ninja moves and the keen injustice of the predator-prey relationship.

When we first meet feisty chicks Hensel and Gretel, their mother has gone missing, under mysterious circumstances. The chicks train in ninjutsu, running across rooftops in twilight, "Crouching Tiger, Hidden Dragon"-style, then track their fox nemesis into the inkiest and most mysterious of dark forests, with trees reimagined from Chinese manuscripts and dreamy undertones of jade and turquoise.

The fox is an angular orange predator with a delectable, wicked-witch vibe and a dash of Looney Tunes intensity. The chicks are fluffy, pink-cheeked cherub-birds with killer moves. Everyone flies through the air with

the greatest of ease, the drama heightened by cinematic perspectives and bold lighting. I don't want to give too much of the plot away, but I can say that your little ninjas will want you to read this story again and again, and, with art like this, you'll be happy to oblige.



## Just a Lucky So and So: The Story of Louis Armstrong

By Lesa Cline-Ransome, illustrated by James Ransome, Holiday House, \$16.95, ages 6 to 10

This book doesn't coddle kids — and that's a good thing. Modern parents will have a little explaining to do regarding that "switch from the chinaberry tree" that kept little Louis in line, but they'll be more than compensated by a tale that captures the talent, grit and hard-earned lucky breaks that made Armstrong a jazz legend.

The text crackles with energy from the first: "In New Orleans, Louisiana, in a part of town outside of Storyville, tucked in a corner called Back o' Town, in a section nicknamed The Battlefield, Little Louis Armstrong was born, black and poor and lucky."

Sent away to the Colored Waif's Home for Boys at age 11, Louis is miserable, but manages to get a musical education in the institution's band, an important step toward the international fame we see at the end of the book.

Vivid watercolors capture our hero's dizzying rise, and the fierce beauty of his

humble beginnings. You'll want to stop and savor the light shining through a tattered curtain that wraps baby Louis and his mother in a sunny embrace, and the insouciant slouch of a street-smart young Satchmo, ready for anything as he bounces a shiny red apple in his outstretched hand.

### CHICAGOLAND BEST-SELLERS

1. "Circling the Sun: A Novel" by Paula McLain (Ballantine, \$16).
2. "A Man Called Ove: A Novel" by Fredrik Backman (Washington Square, \$16).
3. "Me Before You: A Novel" by Jojo Moyes (Penguin, \$16).
4. "The Girls: A Novel" by Emma Cline (Random House, \$27).
5. "Alexander Hamilton" by Ron Chernow (Penguin, \$27).

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



#### Slade House: A Novel

By David Mitchell, Random House, 257 pages, \$16

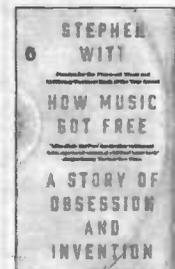
Every nine years since the late '70s, an invitation is extended to a Londoner to visit a mysterious estate called Slade House, located just down the road from a working class pub in a narrow alley. But by the time guests are invited in by the house's residents — a mysterious brother and sister — it's already too late to turn back.



#### Golden Age: A Novel

By Jane Smiley, Anchor, 450 pages, \$16

The conclusion to Smiley's Last Hundred Years trilogy finds the Langdon family in 1987 as they face challenges at home and abroad: economic crisis, political ambition, personal disputes, sibling rivalry, deployment to the Persian Gulf and managing the family as it transitions into the 21st century.



#### How Music Got Free

By Stephen Witt, Penguin, 320 pages, \$16

Witt explores the history of pirating music in the digital age through a series of interwoven narratives. Witt offers the stories of Napster and other peer-to-peer sites that created a haven for piracy, a North Carolina factory worker who leaked nearly 2,000 albums over a decade, and the German engineers who invented the MP3.



#### Driving Hungry

By Layne Mosler, Vintage, 309 pages, \$16

Culled from her blog Taxi Gourmet, "Driving Hungry" is Mosler's memoir of her food journeys through Buenos Aires, New York City and Berlin. Mosler dishes on meals eaten as well as her conversations with cab drivers and the unique people in each city.



#### Thank You, Goodnight: A Novel

By Andy Abramowitz, Touchstone, 355 pages, \$16

Life is dull for Teddy Tremble, the former lead singer of Tremble whose one-hit wonder "It Feels Like a Lie" propelled them to temporary stardom. When Teddy gets a call from an old friend, he contemplates reuniting Tremble for one last go — even if the members haven't spoken in 10 years and their only remaining fans reside in Switzerland.

— Jeremy Mikula



# puzzle island

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

7/3

## In Rotation: At various speeds

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

### Across

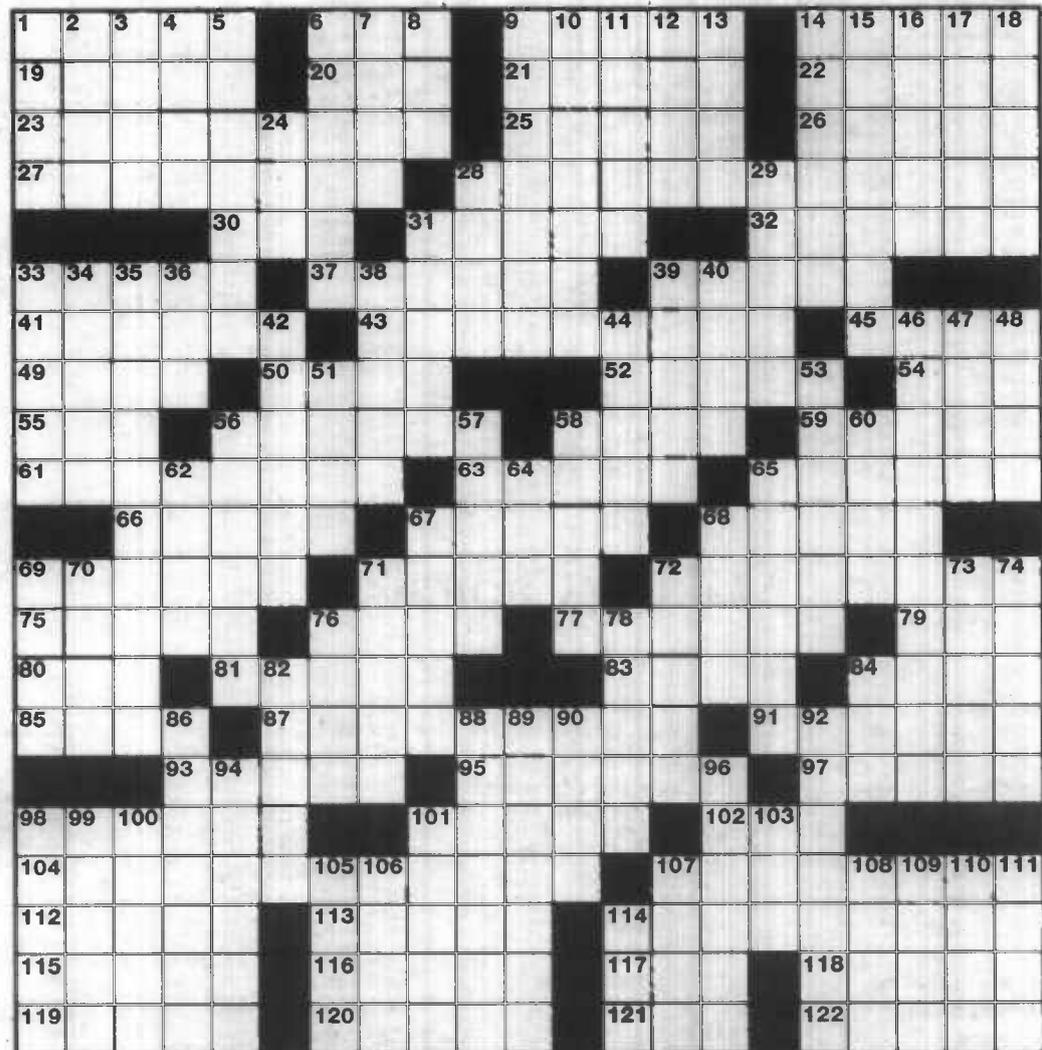
- 1 Moral code  
6 Curator's deg., often  
9 Facebook page entries  
14 Walk through a puddle  
19 Bit of help  
20 Verizon subsidiary  
21 Decide to take part  
22 Part of a long poem  
23 ... on a stage  
25 Sandra's *Speed* costar  
26 Crop up  
27 Town near the tallest Eastern Alp  
28 ... at a carnival  
30 Hoop group  
31 Deep sleeps  
32 Break one's word  
33 Banquet host  
37 Emphatic refusal  
39 Video game pioneer  
41 Former *Today* cohost  
43 ... on an office desk, a while back  
45 Surveillance network, for short  
49 Yale students  
50 Fund-raising dinner  
52 Dentist's directive  
54 Floral garland  
55 Fam. member  
56 Expose, as a fraud  
58 Brewpub servings  
59 Standard partner  
61 Testimonial dinners, e.g.  
63 On the outs  
65 Poet Federico — Lorca

- 66 Evenings, on marquees  
67 Fissure  
68 Yankee great Jeter  
69 Enter cautiously  
71 December temp  
72 Just okay  
75 Crockett's weapon  
76 Pixar blockbuster  
77 Skirt companion  
79 Act like  
80 #5 baby girl name for 2014  
81 Show indifference  
83 Hungarian statesman Nagy  
84 Ending for exist  
85 — souci (carefree)  
87 ... on the road  
91 Coordinated  
93 Hold dear  
95 "Knock it off!"  
97 Twig homes  
98 Mideast land  
101 Off the topic  
102 Superlative suffix  
104 ... in the kitchen  
107 Optometrist's offerings  
112 Unpleasantly wet  
113 Fortune 100 insurer  
114 ... at the  
115 *Ratatouille* rat  
116 *I Love Lucy* surname  
117 Self-esteem  
118 Eleanor, to Teddy  
119 Was snooty  
120 Demean  
121 TV anchor Dobbs  
122 Treacherous one

### Down

- 1 Flows away

- 2 With precision  
3 Ian of *The Hobbit*  
4 Peace Prize city  
5 Less lax  
6 Rum drink  
7 *Happy Days* nickname  
8 Just like  
9 1990s card fad  
10 Do business  
11 Red-carpet walkers  
12 Barely visible  
13 Nestled in  
14 Tennis official  
15 Of few words  
16 When prompted  
17 Swindled  
18 Massive bunch  
24 Umbrella part  
28 Uni- relative  
29 Unwritten exams  
31 "Over There" composer  
33 Navratilova rival  
34 Certain runner  
35 ... in the living room  
36 — for *Evidence* (Grafton novel)  
38 Unenviable grade  
39 Wasn't at one's best  
40 New Mexico art town  
42 In fifth grade, quite possibly  
44 C sharp alias  
46 ... on the front of  
47 Hatcher or Garr  
48 Passport endorsement  
51 Fivers  
53 Few and far between



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

© 2016 Creators Syndicate. All rights reserved.

- 56 Assigned tasks  
57 Ceramists' ovens  
58 Britcom, briefly  
60 Triple-decker treat  
62 Actress Jessica  
64 After-tax  
65 Announcement before "go"  
67 Airplane's freight  
68 Morose  
69 Times to remember

- 70 Tough-to-please actress  
71 Recipe verb  
72 Stir-fry request  
73 Footnote abbr.  
74 Freezing temps  
76 Frequent debater of 2016  
78 USN officer  
82 — Selassie  
84 Shoebox letters  
86 Bit of glitter  
88 Lessees

- 89 Disoriented  
90 Cowboy gear  
92 Hospital staffers  
94 Made pinker, perhaps  
96 Attention getter  
98 Norwegian playwright  
99 Replay speed  
100 Kelly's former TV partner  
101 Opposite of infra-  
103 Glimpse

- 105 *Rendezvous With* — (Clarke novel)  
106 Telly network  
107 So  
108 Marked, as a questionnaire box  
109 Field of expertise  
110 Goopy dirt  
111 Peter Pan adversary  
114 Oscar actor Benicio — Toro

## 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. Just great!

151 133 90 6 48 31 117

B. Race car

54 8 105 41 141 129 32 163

C. Mountains of Italy

92 126 46 144 157 106 36 82 72

D. Confused

20 9 94 158 136 65 53 122

E. Woo

108 60 17 153 138 40 119

F. Brought down to earth

142 33 152 110 88 168 63

G. Eccentric

147 156 81 66 114

H. Guiding principle

85 134 109 3 29 39 162 149 67

I. Having natural charm

44 59 102 154 87 35 10

J. Optimistic

51 124 61 28 12

K. Unthinking routine

118 148 84 2 91 55 166 19 137 96

L. Eats

113 100 78 71 14 57 135 42

M. Commpit

27 93 132 52 104 75

N. Perspicacious

89 171 70 47 26 160 5 120 107 37

O. Two-bit

101 80 68 43 127 22

P. Deep feelings

74 62 112 15 38

165 1 139 86 99 24 172

Q. Braille, Bobbles and Bloody Mary, e.g.

69 125 13 58 146 97 116

R. The Texas Troubadour

111 25 45 159 123 7 73 140 169 56

S. Resplendent

103 16 128 50 76 11 164

T. Site of most of the world's volcanoes: 3 wds.

77 95 49 145 4 161

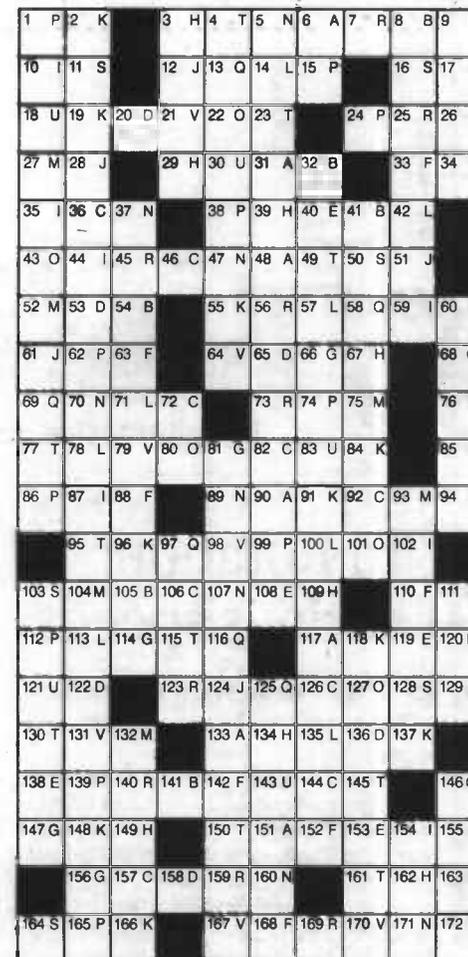
150 130 115 23

U. Restorative

18 30 121 143 83

V. Careful management

79 98 34 64 21 131 167 170 155



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

By Robert O'Neill.  
Edited by Linda and Charles Preston.  
© 2016 Tribune Content Agency, LLC. All rights reserved.

## Making Capital?

BY CHARLES PRESTON

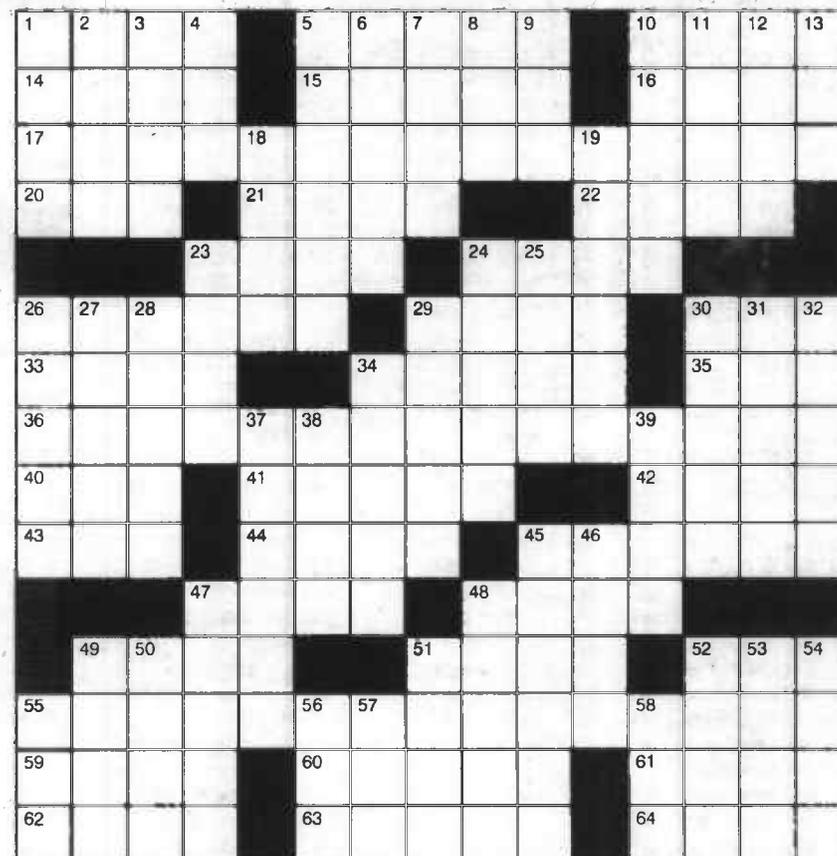
## Across

- French novelist
- Sloping passages
- Charles or May
- Ring stone
- Obliterate
- Stadium
- Italian looper?
- Compass pt.
- Tyler
- Spring period
- Soft drink
- Burn
- Herod's dancer
- European capital
- Steal
- Cut
- acid
- Finnish port
- Canadian conflict?
- Regret
- Eastern princes
- French river
- Goof
- Streamlets
- Outwitted
- Delicate
- Ditch

- Cornbread
- Farm vehicle
- Scoundrel
- Yugoslav educational institutions?
- of Man
- Vibrate
- Fierce feline
- Objective
- Transported
- Sign of sorrow

## Down

- Ripped
- Set — : attack
- Plucky
- Cordoba cheer
- Do cobbler work
- Antilles island
- Miss Pickford
- Greek letter
- Kobe coin
- Show fear
- English river
- Segment
- Hardwood
- Tiny bit
- Look
- Stupor
- Slaves
- Where Sligo is
- Supply
- A Rubenstein
- Capacity unit
- Uncouth chaps
- Object petty.
- Corpulent
- Presented
- Salty
- More watchful
- Asian river
- Beginning
- March or smile
- Curse
- Benefactor
- Billiard stroke
- Money, in Morelos
- Earthen jar
- Welshman, for one
- Dissolute man
- mater
- Mighty monarch
- Dipper
- Skillful
- Pair
- Make a choice



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

© 2016 Creators News Service.

# First Cuts

BY MARK McCLAIN

EDITED BY RICH NORRIS AND JOYCE NICHOLS LEWIS

## Across

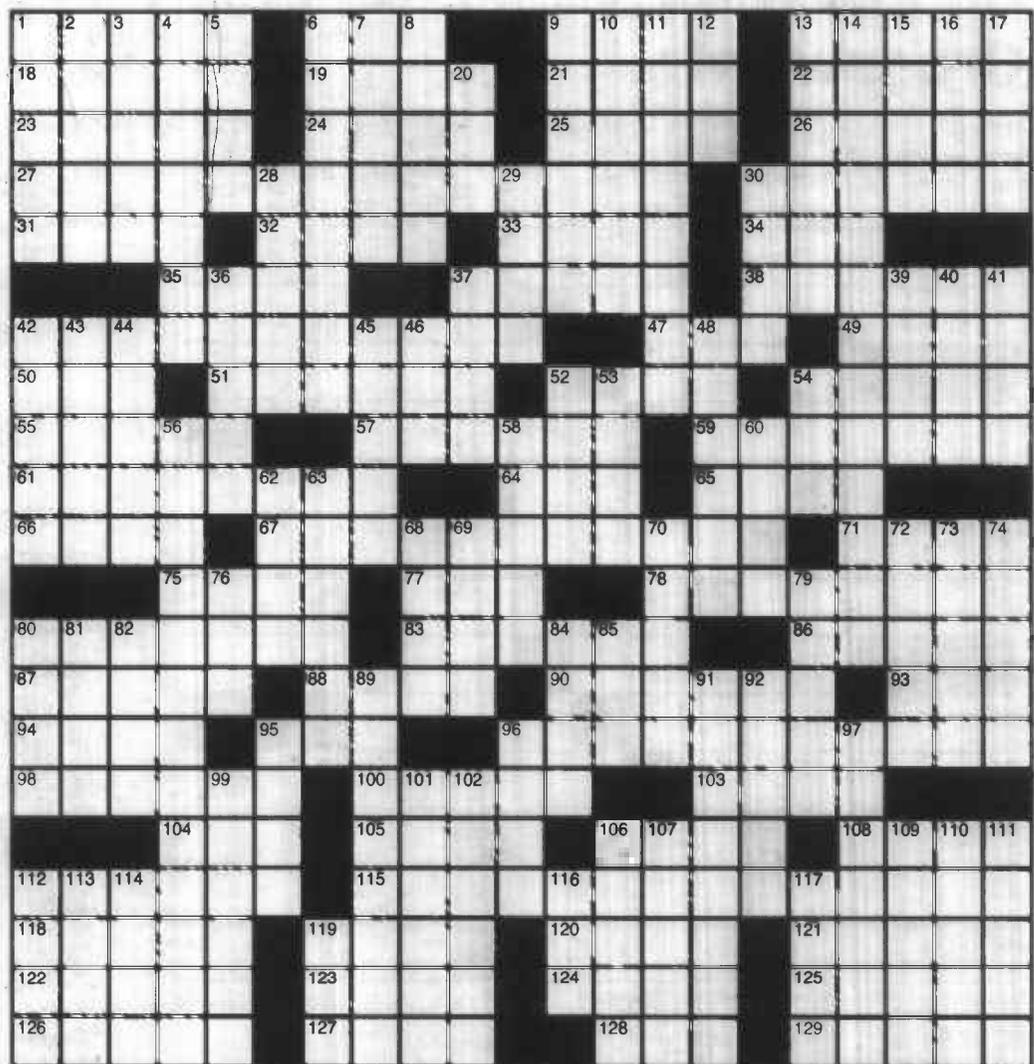
- 1 "Voilà!"  
 6 Midday refresher  
 9 "Monday Night Football" ailer  
 13 Note-to-self paper  
 18 Dealt with a squeak  
 19 Busy as —  
 21 West Point mascot  
 22 ORD, on luggage tags  
 23 Clobbered, old-style  
 24 Wine bottle info  
 25 Sticking point?  
 26 Hard to spot  
 27 Something to deal with?  
 30 Fence crossings  
 31 "We agree completely!"  
 32 Brewer's kiln  
 33 Pay attention to  
 34 Lady lobster  
 35 Like granola bars  
 37 Rene of "Nightcrawler"  
 38 Beyond belief  
 42 Olympic sport since 1988  
 47 Sickly  
 49 View from Catania  
 50 It beat out Madrid as host city for the 2016 Olympics  
 51 Unisex wrap  
 52 Back  
 54 Sonoran flora  
 55 Brand that evolved from Standard Oil of Indiana  
 57 Needles  
 59 Bummed  
 61 Salon indulgence  
 64 Old hand  
 65 Tracy Marrow's stage name  
 66 Road or gang ending  
 67 Music in a shell  
 71 Carnival stop  
 75 Red options, briefly  
 77 Organ with a drum  
 78 Thought-out  
 80 Misery  
 83 Coca-Cola brand  
 86 Gale's 40, on the Beaufort scale  
 87 Sam of "Jurassic Park" films  
 88 Breyers shelfmate  
 90 Not effective  
 93 MLB line score letters  
 94 Forum attire  
 95 Air pressure meas.  
 96 Mouse feature  
 98 Rudely sarcastic  
 100 Some entryways

- 103 Operate with a beam  
 104 Rapper — Wayne  
 105 Falco of "The Sopranos"  
 106 Certain language unit  
 108 Montand of cinema  
 112 Make a decision  
 115 More than an idea  
 118 Ladder units  
 119 Houston player, to fans  
 120 Penzance pad  
 121 Site of Theban ruins  
 122 Paraplegic "Glee" teen  
 123 119-Across, since 2013  
 124 Dog seller  
 125 Artist with the album "25"  
 126 Voting groups  
 127 "The Swiss Family Robinson" author  
 128 Barfly  
 129 "... your laments, / Wherewith you now — King Henry's hearse": Shak.

## Down

- 1 Puccini heroine  
 2 Sideline greeting  
 3 Tie the knot on the fly  
 4 Vitamin A form  
 5 Steinbeck title place  
 6 Skeptic  
 7 Provides a false alibi for  
 8 Rush drummer Neil  
 9 Handles the intros  
 10 Swells  
 11 Trivialize  
 12 Dvorák's "— World Symphony"  
 13 Ease  
 14 Domino effect  
 15 Training guide?  
 16 "Rule Britannia" composer  
 17 Strokes  
 20 Big time  
 28 "Ya — believe!": 1973 Mets catchphrase  
 29 Like so  
 30 Avoid  
 36 "Zeus and the Tortoise" storyteller  
 37 Baltic port  
 39 Permanently mark  
 40 It will get you a hand

- 41 Let go, with "off"  
 42 Mine vehicles  
 43 Point toward  
 44 Wilderness Road pioneer  
 45 Away  
 46 Nashville-to-Louisville dir.  
 48 Look up to  
 52 Maidenhair, e.g.  
 53 Dream Team org.  
 54 Cedar Rapids college  
 56 Begging the question  
 58 52-Down cell  
 60 Numerical prefix  
 62 Drops back  
 63 Short races  
 68 Stand up to  
 69 Diner and sleeper  
 70 Rhyme writer's Muse  
 72 Sleep soundly?  
 73 River in Hades  
 74 Ranger of the '50s  
 76 Suffer  
 79 Distorts  
 80 Hill builders  
 81 Its atomic number is 10  
 82 Prefix with byte  
 84 Army E-7s  
 85 Despicable character  
 89 Forthwith  
 91 Response to a doorbell  
 92 West Texas grassy plain  
 95 Pulitzer-winning WWII journalist  
 96 An article may be written on it  
 97 1968 #1 hit with a four-minute coda  
 99 Chocolate bites  
 101 Loves a bunch  
 102 Many nonvoters  
 106 Nine-time Grand Slam singles champ  
 107 Author Calvino  
 109 Nettled  
 110 French school  
 111 Spread  
 112 Chesapeake delicacy  
 113 Attack with, as insults  
 114 Not bamboozled by  
 116 Outlying mail rte.  
 117 Prove untrustworthy, in a way  
 119 A kind of one appears in this puzzle's seven longest answers



Last week's answers appear on the next page

© 2016 Tribune Content Agency, LLC.

## Jumble

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

HOYTER  
 NZEEES  
 THOSEO  
 DEMPIE  
 AGETOE  
 LUDFON

Check out the new, free JUST JUMBLE app.

PRINT YOUR ANSWER IN THE CIRCLES BELOW



This week's answers appear on the next page

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

## Sudoku

7/3

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

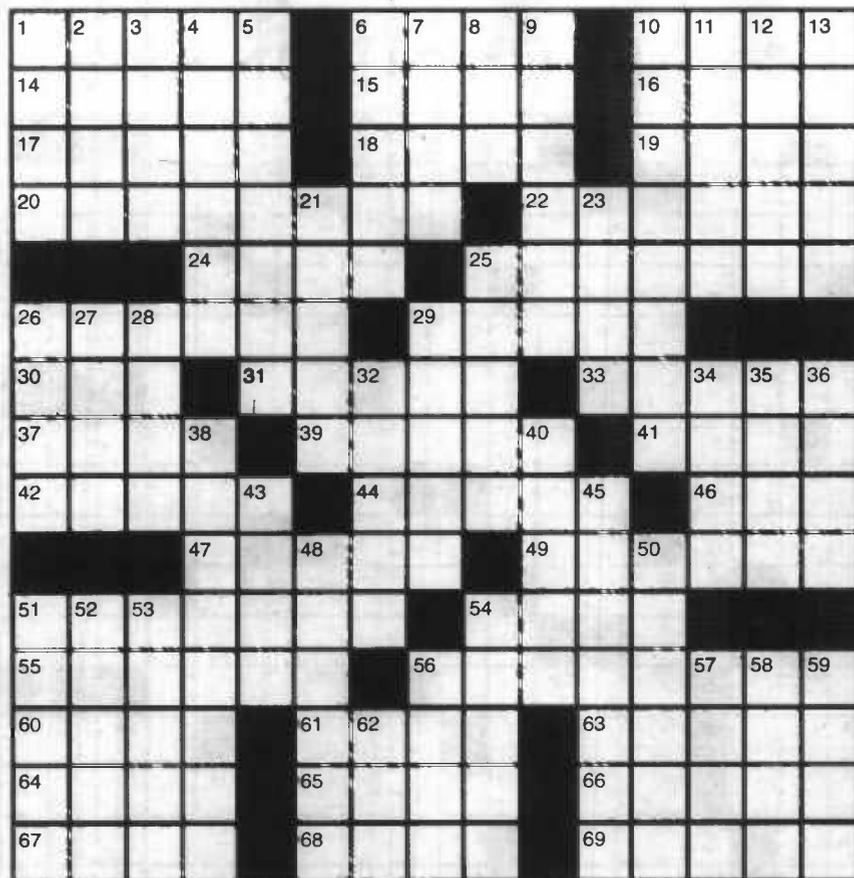
Level: **1 2 3 4**

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

Last week's answers appear on the next page

By The Mephram Group © 2016. Distributed by Tribune Content Agency, LLC. All rights reserved.

# Crossword



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

7/6/16

## ACROSS

- 1 Day or Roberts  
6 \_\_\_ and groan;  
complain  
10 Chair or stool  
14 \_\_\_ which way; in  
all directions  
15 Climb \_\_\_; mount  
16 Egg on  
17 Hose problems  
18 King toppers  
19 Cat's sound  
20 Chafe  
22 Actor Dennis  
24 Break the \_\_\_ to;  
inform  
25 Ardent fan  
26 Riddle; mystery  
29 Heston role  
30 Craving  
31 "Blue \_\_\_"; Irving  
Berlin hit  
33 Whiplash sites  
37 Dines  
39 Finished  
41 Sword fight  
42 Hang limply  
44 High-powered  
surgical beam  
46 Gopher's peg  
47 Baked donut-  
shaped roll  
49 Looked at  
51 Barber's offering  
54 Long car, for  
short

## DOWN

- 55 Set on fire  
56 Cloudiness of  
the eye lens  
60 Give up land  
61 Puncture  
63 Bring upon  
oneself, as a  
penalty  
64 Make sweaters  
65 Roofing piece  
66 India's first  
Prime Minister  
67 Stick around  
68 \_\_\_ down the  
river; betray  
69 In \_\_\_; chic
- 1 Sandwich shop  
2 Go \_\_\_; review  
3 Fanny  
4 Vexing  
5 "All \_\_\_ go!";  
signal to proceed  
6 Trenches around  
castles  
7 \_\_\_ more; again  
8 Suffix for alien or  
invalid  
9 Has a snack  
10 Not  
\_\_\_ to happen;  
accidental  
11 Burst  
12 See eye to eye  
13 \_\_\_ Haute, IN

## Solutions



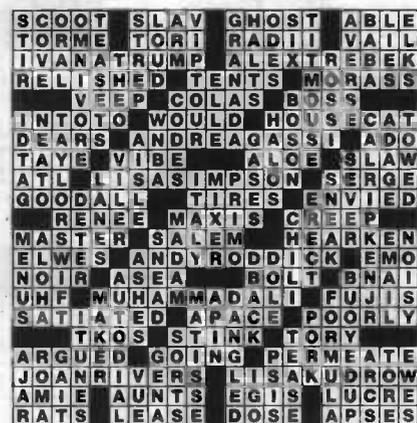
- 21 Not sleeping  
23 Kiln  
25 Prescribed  
amounts  
26 Black-\_\_\_ peas  
27 Close by  
28 3 \_\_\_ 15 is 5  
29 Olympics prize  
32 Narrow waterway  
34 \_\_\_ as a button  
35 \_\_\_ over; faint  
36 Luge vehicle  
38 AA goal  
40 Left-hand ledger  
entry
- 43 Treaty  
45 Doesn't leave  
48 Visitors  
50 Stinging insect  
51 2006 American  
Idol winner  
52 Representative  
53 Calcutta's land  
54 Can wrapper  
56 \_\_\_ for;  
summon  
57 Sore  
58 Ringlet  
59 \_\_\_-blue; loyal  
62 Even score



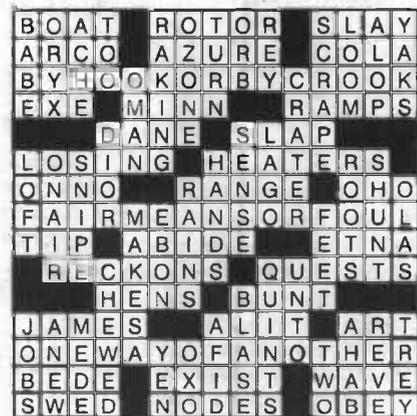
# puzzle island solutions

## Last week's crosswords

### "Moo's Clues"



### "Alternatives"



### "Vice Versa"



## Last week's Quote-Acrostic

ART BUCHWALD: I DON'T DRIVE:  
Americans are a broadminded people.  
They'll accept the fact that a person  
can be an alcoholic, a dope fiend, a wife  
beater, and even a newspaperman;  
but if a man doesn't drive there's  
something wrong with him.

## Last week's Sudoku

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

## This week's Jumble

THEORY SOOTHE GOATEE  
SNEEZE IMPEDE UNFOLD

The evening weatherman was  
worried that the new meteorologist  
would —

STEAL HIS  
THUNDER



## Independence in a marriage — it's not an oxymoron

As we grill burgers, play ball in the yard with our kids and spend time with friends and family on July 4, we will be celebrating our country's independence; something that in 1776 took courage, hard work and relentless determination to fulfill our dream of being self-sufficient and free.

But while independence remains the essence of America, I think sometimes people lose sight of how important this characteristic is when it comes to romantic relationships and marriage.

In other words, a good, healthy romantic relationship can benefit greatly from spending time apart and pursuing separate interests.

Telling a couple they need to be independent might sound like an oxymoron, since people get into committed relationships for companionship and because they are attracted to the idea of sharing a life with someone they love.

But ironically, I think independent people end up having the best romantic relationships out there.

When I brought up the subject to one of my favorite life coaches, Lisa Kaplin, her immediate response was to bring up a quote from the 1996 megahit movie, "Jerry Maguire."

"I always think of the line, 'You complete me,' which I find horrifying because the truth is, your partner is not responsible for completing you," said Kaplin, a psychologist who has been in practice for 17 years. "We are responsible for our own development and happiness, and our partner should support us and help us, but not be responsible for us."

Kaplin, who offers both individual and couples relationship coaching, said a lack of independence puts a strain on a committed relationship or a marriage.

"If a person feels like he or she has to take care of their spouse all the time or entertain that person, or is responsible for his or her happiness, that's a lot of pressure," she said.

That kind of pressure can lead to resentment, disappointment, a lack of respect and even boredom.

On the flip side, being in a relationship



JACKIE PILOSSOPH  
Love Essentially

**"If a person feels like he or she has to take care of their spouse all the time or entertain that person, or is responsible for his or her happiness, that's a lot of pressure."**

— Lisa Kaplin, life coach

with someone who is independent makes him or her very attractive, as it can reveal self-confidence, creativity and success. That's the kind of stuff that makes someone pretty darn attractive, in my opinion.

"People think independence means 'I don't need you,' but that's not true," Kaplin said. "It means, 'I don't need you to survive, but I do need and want you in my life.'"

Here are five tips Kaplin and I came up with for being independent of your spouse:

1. It's good to have common friends, but have some friends that are just yours. Spend time with them without your partner. Golf buddies and book club friends are good examples of friends who can be just your friends.

2. Have your own hobbies and interests, so you

aren't feeling like you are always doing things for him (or for her), but rather because you are finding true enjoyment from it.

3. Find and follow a passion. Don't lose sight of dreams and long-term goals you had before you got married. If you become very successful at something you love doing, your spouse will benefit immensely from it too, possibly financially, but more importantly because you will be happy autonomously from him or her.

4. If you wish to take a girls trip or play poker with the guys, explain to your spouse how healthy it is to spend time apart, and make sure he or she is secure with it, and even feels good about it. Plan a date with him or her for a future weekend.

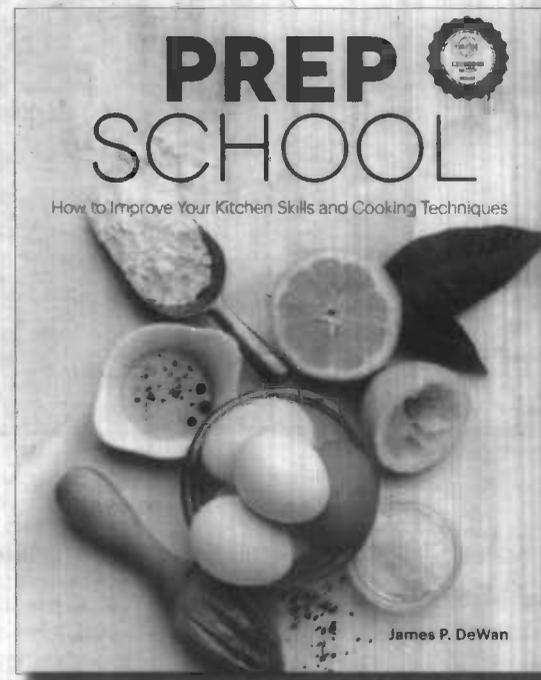
5. If you are the one whose spouse wants the girls trip or the poker night, let him or her have their freedom. Love them enough to trust them and make sure they are guilt-free, knowing you are happy they are going.

Why not spend this Fourth of July celebrating not just America's freedom, but the self-assurance, pride and empowerment that come with your independence — which will keep your marriage full of fireworks!

Jackie Pilossoph is a freelance columnist for Chicago Tribune Media Group.

## Trib Books

LIBRARY



Tribune columnist James P. DeWan

teaches you how to:

Slice, Dice, Whip, Poach, Carve, Roll, Roux, Braise,  
Brine, Stuff, Spatchcock  
And more!

NOW IN PAPERBACK!

GET IT TODAY AT  
[CHICAGOTRIBUNESTORE.COM/](http://CHICAGOTRIBUNESTORE.COM/)  
PREPSCHOOLBOOK

Chicago Tribune

## HEALTH

# Losing weight will help improve sleep quality



**DR. ANTHONY KOMAROFF**  
Ask Doctor K

**Dear Doctor K: I'm overweight. My doctor told me, among other things, that losing weight would help me sleep better. What's the connection?**

**Dear Reader: It's true.** Losing weight, especially in your belly, improves the quality of sleep if you are overweight or obese.

A number of studies have shown this to be true. In one study, researchers followed people who lost an average of 15 pounds over six months. About 15 percent of the weight loss was in their bellies. The weight loss was associated with improved sleep quality.

What's the connection? For one thing, excess body weight, especially in the neck, increases the likelihood of developing obstructive sleep apnea. This condition occurs when your airway becomes blocked, either completely or partially, while you sleep. It causes you to stop breathing, sometimes hundreds of times per night.

Not surprisingly, sleep apnea disrupts your sleep. It also puts you at risk for other conditions, including stroke and high blood pressure. So, one possibility is that weight loss reduces the risk of sleep apnea and improves sleep quality.

Another likely reason that weight loss leads to improved sleep is linked to diabetes. Weight loss reduces your risk of getting diabetes. And diabetes increases your risk of get-



M. SPENCER GREEN/AP

Losing weight in the belly is a logical way to improve not only sleep but also overall health.

ting restless leg syndrome, which disrupts your sleep. Weight reduction might also reduce the frequency of those sleep disorders, thereby improving sleep quality.

We don't yet know why losing belly fat in particular is associated with improved sleep. We do know, however, that certain belly fat, called visceral fat, is associated with heart disease, dementia, breast and colon cancers, and asthma. Probably, this is because belly fat cells produce hormones that have negative health effects.

Losing weight in the belly seems a logical way to improve not only sleep but also overall health. Unfortunately, it's difficult to target weight loss to the belly alone. But generally, if you lose weight, some of this will come from belly fat.

The answer to losing weight, improving sleep and losing belly fat winds up being overall weight loss through good old-fashioned exercise and a healthy diet. Take it slowly. Aim for 150 minutes of moderate-intensity physical activity (like swim-

ming or brisk walking) each week. You don't have to do five 30-minute workouts. More frequent but shorter exercise sessions, such as three 10-minute brisk walks instead of one 30-minute walk, will have the same impact.

You also need to cut back on calories. The lasting effects of combining exercise and weight loss will go far beyond improving your night's sleep and well into a healthy future.

I once encouraged a patient to join a group program for losing weight. I explained to her all of the health benefits of losing weight — the lower risk of heart disease, stroke, diabetes, breast and several other forms of cancer. She was dubious. After she lost 25 pounds, she told me: "I'm still not convinced this is good for my health. But I finally like the way I look. Plus, I'm sleeping like a baby."

*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

## What are pain options if doctor is wary of opioids?

By Joe Graedon and Teresa Graedon  
Kling Features Syndicate

**Q: After much trial and error, my doctor and I finally found a medication (Vicodin) that helps my severe neck arthritis as well as my debilitating migraines. I had to change doctors when mine retired. The new one initially had no problem prescribing the Vicodin that I have been using cautiously for at least five years.**

**Then, with no explanation, he said he would not give me any additional scripts for Vicodin, and I had to find someone else who would. That hasn't happened. I have never abused Vicodin in any way. I feel that, like so many others, I am suffering because of the ones who do abuse opioids.**

**A:** We have heard from hundreds of people like you who are in chronic pain that was well-controlled on an opioid medication like hydrocodone (Lortab, Norco, Vicodin). When the Drug Enforcement Administration moved such medications from Schedule III to Schedule II, it became far more difficult for people to get these pain relievers.

The goal was noble: to prevent abuse and deaths from narcotic overdose. Other federal agencies, such as the Food and Drug Administration and the Centers for Disease Control and Prevention, also have come out against long-term opioid use for chronic pain.

As a result, many physicians have become reluctant to prescribe these drugs, even when patients are in excruciating pain.

Unfortunately, there are not a lot of alternatives. NSAIDs like ibuprofen and naproxen can be useful in



CHRISTOPHER ROBBINS/DIGITAL VISION

Vicodin can be an effective treatment for migraines, but physicians have grown reluctant to prescribe it.

some cases but may not alleviate severe pain. They also come with their own serious side effects. You may need to consult a pain specialist.

**Q: I am 76. At my recent checkup, all my blood tests were within normal range, including triglycerides, HDL, LDL, total cholesterol and glucose. I take lisinopril for blood pressure and metformin for diabetes.**

**My doctor prescribed simvastatin "as a preventative to heart attack and/or stroke." I've heard statins can have bad side effects, such as liver damage or muscle pains, and I do not want to take any more medication than needed. If all my numbers are within normal range, is it necessary to take a statin?**

**A:** People who have had a heart attack or a diagnosis of heart disease may need a statin, but there is a great deal of controversy over whether healthy older people such as yourself benefit from such medications. A review of research on statins and survival reveals that otherwise healthy people taking drugs like atorvastatin, pravasta-

tin and simvastatin live roughly three extra days after several years of treatment (BMJ Open, Vol. 5, Issue 9, 2015).

The statistics on this are a bit complicated, but suffice it to say the benefits for older people may not be as great as your doctor thinks. We are sending you our Guide to Cholesterol Control and Heart Health so you can discuss other approaches to maximizing your heart health. It can be downloaded for \$2 from our website: [www.peoplespharmacy.com](http://www.peoplespharmacy.com).

**Q: I swim every day for exercise and frequently get swimmer's ear infections. I tried making my own remedy of half vinegar and half alcohol, but it didn't work well. A product called Swim-EAR solved the problem. It is 95 percent alcohol and 5 percent anhydrous glycerin.**

**A:** Thanks for the tip. Others may benefit from your experience.

*In their column, Joe and Teresa Graedon answer letters from readers. Send questions to them via [www.peoplespharmacy.com](http://www.peoplespharmacy.com).*



LIFESTYLE. LUXURY. CONVENIENCE.  
IN PREMIER LEMONT



**WOODGLEN**  
FROM THE MID \$400'S

**MODEL HOME:**  
931 Woodglen Lane  
Lemont, IL 60439



**ASHBURY WOODS**  
FROM \$414,000

**MODEL HOME:**  
1549 Ashbury Circle  
Lemont, IL 60439



**THIS IS  
MAINTENANCE-FREE LIVING.**

**VIEW OUR  
BEAUTIFUL MODEL HOMES TODAY.**

**CALL NOW.  
630-701-6568**

**COME TO OUR OFFICE.**

**DAILY  
10:00 A.M. TO 5:00 P.M.**

**SUNDAY  
11:00 A.M. TO 5:00 P.M.**

[donvenhomes.com](http://donvenhomes.com)



# Life of a transgender teen

Jazz Jennings opens up in candid memoir

By Nara Schoenberg  
Tribune Newspapers

At age 15, Jazz Jennings is a fresh-faced poster girl for transgender rights, with two Barbara Walters interviews to her credit, as well as a children's book, a popular YouTube channel and an award-winning TLC reality show, "I am Jazz."

She's met President Barack Obama, who told her, "I'm proud of you," and chatted with Jennifer Lawrence.

But her refreshingly candid new memoir, "Being Jazz: My Life as a (Transgender) Teen," paints a more nuanced picture, adding bouts of depression, awkward first kisses and brushes with bullying to the upbeat "be true to yourself" narrative that fans have come to know and love.

"I think it was really necessary that we added those aspects of my life because it really resonates with the fact that I'm just a normal person," Jennings said by phone. "Just like everyone else, I'm not perfect; I go through challenges as well."

Jennings writes that she always knew she was a girl trapped in a boy's body. As a toddler, she rearranged her onesies to look like dresses. At age 2, she asked her mom when the Good Fairy was going to wave a magic wand and transform her into a girl.

Her mom, Jeanette, who has a master's degree in clinical counseling, did some research and discovered that Jazz was showing strong signs of gender dysphoria, or a very deep and pervasive dissatisfaction with your birth gender. Mental health professionals



MARK DELONG/TLC

Jazz, lower center, has been living as a girl since age 5, with support from her parents, Jeanette and Greg, sister Arl and twin brothers Sander and Griffen.

used to try to change young children with gender dysphoria, but now they often help them live as their desired gender.

With the support of a therapist, Jazz started dressing as a girl at home, but her parents held off on letting her wear dresses outside their home because of concerns about her safety.

Finally, when Jazz turned 5, her parents told her she could wear a sparkly girls bathing suit at her birthday party.

"It was the happiest day of the first five years of my life," Jazz writes in the memoir. "There was no nervousness or fear about how people might react. I couldn't stop smiling because everyone would finally see my real, authentic self in such a beautiful bathing suit."

When "20/20" contacted the Jenningses in response to a local newspaper article, they at first said no to an interview. They eventually agreed after Jazz's mom became convinced that an interview could help other families, and they got assurances that their privacy would be protected.

Barbara Walters came to the Jenningses' home in Florida, talked to Jazz in her bedroom and recorded her singing a song from "Rodgers + Hammerstein's Cinderella." Jazz's life didn't change much when the special aired in 2007, but her parents got a flood of mail from parents of other transgender children.

Jazz went on to be named one of Time magazine's Twenty-Five Most Influential Teens of 2014. In April, her TLC show shared the GLAAD Media Awards'

best documentary series honor with Caitlyn Jenner's "I Am Cait." And on Sunday, Jazz is scheduled to appear as the youngest grand marshal ever at the New York City Pride march, which celebrates gay, lesbian, bisexual and transgender rights.

Both in writing and in conversation, Jazz is cheerful, confident and seemingly unstoppable. When she and her third-grade best friend had a falling out, Jazz walked up to another pal and asked, "Hey, do you want to be my new best friend?" The girl said yes, and Jazz marched on, excelling in class and on the soccer field and enjoying the support of her parents and doting older siblings, Ari, Griffen and Sander.

In sixth grade she was about to watch a play with her class when she heard



RANDOM HOUSE

Jazz Jennings talks about bullying and depression in her new memoir, "Being Jazz: My Life as a (Transgender) Teen."

**"Just like everyone else, I'm not perfect; I go through challenges as well."**

— Jazz Jennings

the boy directly in front of her say, "Have you heard of this boy in the sixth grade that thinks he's a girl? I think his name is Jazz or something."

"Hello," Jazz responded. "I'm sitting right behind you. Don't talk crap about me!"

Asked where she gets the strength to speak up for herself in situations like that, Jazz laughed: "I honestly have no idea. You have to know when *not* to do that," she said. In the case of the boys at the play, a teacher was nearby, which helped. Jazz told the teacher, who made the boys change seats.

Jazz writes about how she dealt with a bout of depression when she was 12, and how an antidepressant helped her feel better. She doesn't get depressed

because she's transgender, she writes; there's a family history of depression on her mother's side.

Toward the end of the book, she writes about battling depression again as a teenager and the "existential dread that there is no meaning to life, that nothing matters because everyone dies someday and we're all just insignificant specks floating through the great unknown."

She's much happier now, she said in the interview. She and her school friends have drifted apart, but she has great friends outside of school: "I love them so much, and I can just be myself around them, so that's very important to me."

Academics remain important to her, too, with her mother kidding her (during a conference call with the Tribune) about her perfectionism: "Sometimes she gets upset if she gets like a 97, instead of 100."

"No! That's not true," Jazz said. "That was me in middle school; now I think an A's an A."

Her mom paused, not buying it: "You like a high A."

"It's a good trait!" Jazz said, laughing. "In college it's a different system, with A-minuses and A-pluses. I'm going to be prepared for that."

Jazz, a 10th-grader, says she isn't sure what the future holds for her, but she knows she wants to continue sharing her story.

"I always say I want to leave this world in a better state than when I arrived, and I continue to live by that message," she said. "So I'm going to do what I can to make the world a better place, but also just make sure that I'm happy as well."

nschoenberg@tribpub.com  
Twitter @nschoenberg

## DREAM HOME



MEGAN CHAFFIN PHOTOS

# Georgian-style home in Kenilworth: \$2.09M

ADDRESS: 523 Greenwood Ave. in Kenilworth

ASKING PRICE: \$2,099,000

Listed on June 6, 2016

New-construction home on large lot featuring formal living and dining rooms, office and family room with high ceiling. Eat-in kitchen has white custom cabinetry and top-of-the-line appliances. Five bedrooms include the master suite with luxurious bath and closets. Lower level has two recreation rooms, wet bar, wine cellar and sixth bedroom. Professionally landscaped yard overlooks blue-stone and tumbled brick paver patios.

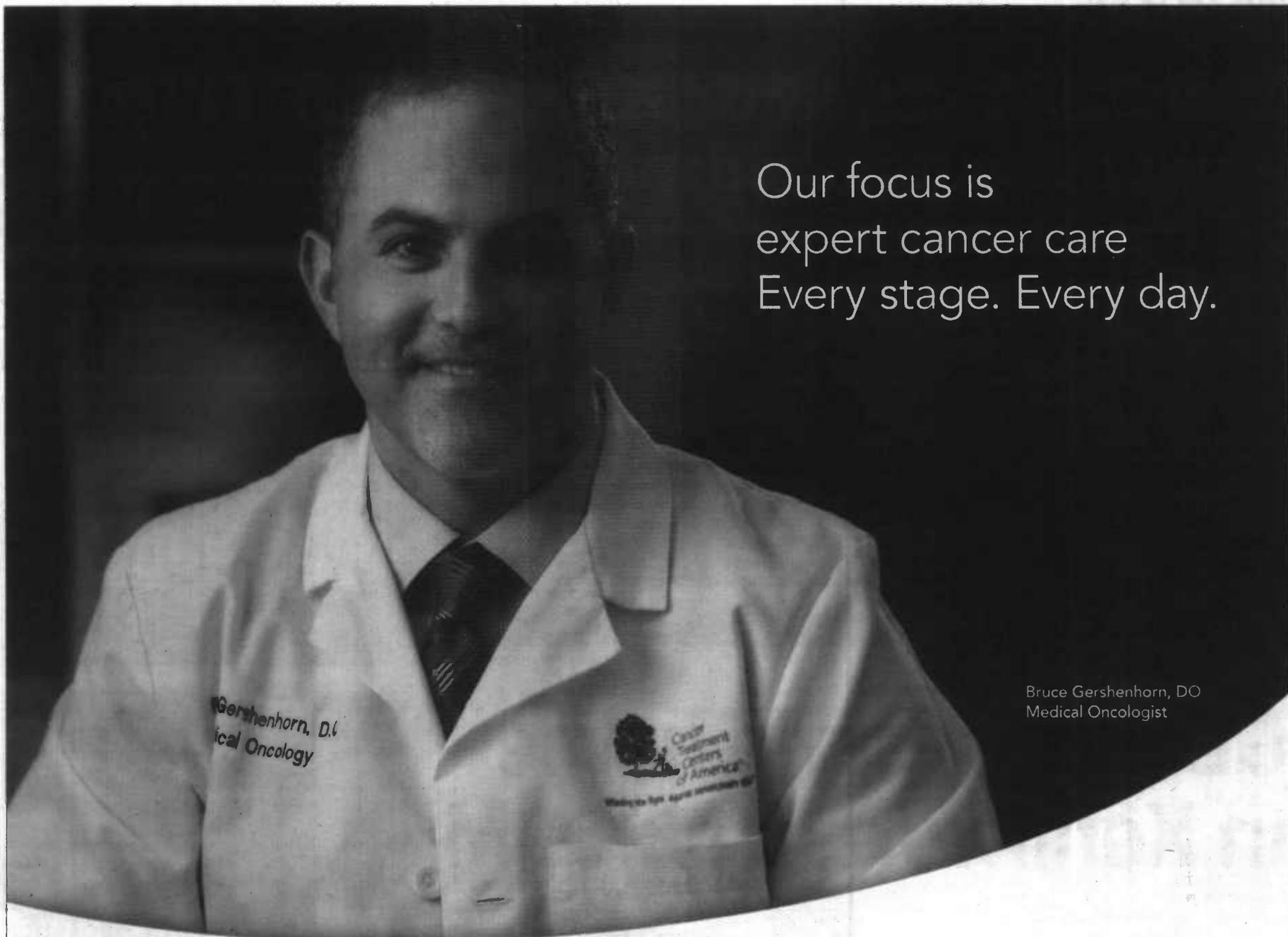
Agent: Jody Savino of The Hudson Company, 312-286-4404

*At press time, this home was still for sale.*



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

Visit us online for exclusive Home of the Day photo galleries, plus views of other featured homes and real estate stories.



Our focus is  
expert cancer care  
Every stage. Every day.

Bruce Gershenhorn, DO  
Medical Oncologist

At Cancer Treatment Centers of America®, treating cancer isn't one thing we do—it's the only thing we do. With state-of-the-art technologies and precision cancer treatment, our experts diagnose patients and develop a thorough treatment plan. A plan that not only attacks the cancer, but also offers evidence-based therapies to help reduce side effects.

If you've been diagnosed with cancer, or are already undergoing treatment, and are unsure about your options, talk to the experts at CTCA® in suburban Chicago. Our team can recommend a treatment plan customized to fight your specific cancer and help you get back to living your life.

[cancercenter.com/chicago](http://cancercenter.com/chicago) • 888-811-6574



Cancer  
Treatment  
Centers  
of America®

at Midwestern Regional Medical Center

## MUSIC

# Concert benefit honors late jazz great Buddy Charles

Show will feature bawdy, comedic material

BY MYRNA PETLICKI  
Pioneer Press

Expect some big surprises at this year's annual benefit honoring the late beloved pianist and singer Buddy Charles. Organizer Scott Urban chose the theme "Songs I Never Thought I'd Hear in Church."

That's a bold move by Urban since the annual benefit is held at St. Isaac Jogues Church, the church that Charles attended.

"Father Andrew Luzcak is a fun priest," Urban said. "He's so cooperative with us and he likes the unusual. He's a huge showtune fan so he likes some of the bawdy stuff of Cole Porter, Stephen Sondheim and others."

Besides, you can't question success. Each year, Urban selects a cast of cabaret notables who sing without pay. The hall is packed every year and all of the proceeds are given to the church.

Although Urban gave his cast leeway in selecting songs, he did give them some guidelines. He told them their numbers should be "something you wouldn't normally hear in church but not explicit."

Urban plans to sing "King Herod's Song" from "Jesus Christ Superstar," Tom Lehrer's "Oedipus Rex" and possibly, "A Humble Hollywood Executive" by Cole Porter.

The cast also includes Joel Barry, Anne Pringle Burnell, Mark Burnell, Steve Heliotes, Ernie Lane, Paul Marinaro, Bob Mooreen, Jeanne Scherkenbach, Bob Solone, Pat Greis (Mrs. Buddy Charles) and the Rev. Andrew Luzcak.



ANNE BURNELL PHOTO

Anne and Mark Burnell are among the cabaret artists who will perform in the benefit concert, "Songs I Never Thought I'd Hear in Church" at St. Isaac Jogues in Niles.

## Buddy Charles Benefit

When: 3 p.m. July 10  
Where: St. Isaac Jogues Church, 8149 W. Golf Road, Niles  
Tickets: \$20 donations; beverages and snacks will be sold  
Contact: For reservations, call Delores Stanton, 847-966-1180

Mark and Anne Burnell were still deciding on their song selections at press time. "There will definitely be some dirty songs," Mark Burnell playfully promised.

Each of the three performers has fond memories of the times they spent with Charles.

Urban's favorite was sitting and talking with Charles and another friend during the entertainer's breaks. "The conversations covered any subject you could possibly think of," Urban said. "Frequently, they were very funny remarks."

Pianist Mark Burnell's favorite memory of Buddy

Charles is when Charles played at a club called the Acorn on Oak Street. "I'd go there after wherever I was playing because he played so late — until 3 in the morning," Mark recalled. "In the late hours, it would be more and more musicians listening to Buddy. He would do endless sets and everybody would sit in. It was a great musical jam network and party, and incredible fun." It also was like a master class in performing, Mark indicated. He declared that Buddy Charles was "my musical godfather."

Anne Burnell's favorite memory of Charles is his marathon performance at their wedding luncheon reception, which was held at a blues bar where Mark and Anne were performing. "No musician was booked," Anne said. "Buddy came having not slept all night." He performed with the couple's bass player and drummer.

"They were playing endless sets," Anne recalled. "It was an afternoon that went into an evening. It was the longest reception ever."



GARY HODGES PHOTO

The inner workings of the classic game, Operation, is included in the exhibit "Toys: The Inside Story" now at the Kohl Children's Museum.

## EXHIBIT

# Tinker with your toys

Mechanics behind classics such as Etch-a-Sketch, Operation revealed

BY DONALD LIEBENSON  
Pioneer Press

The Kohl Children's Museum isn't playing around with "Toys: The Inside Story," an interactive exhibit that runs through Sept. 4. And neither, at the moment, is 4-year-old Mason Van Patten, who is staring intently at two Jack-in-the-Boxes. One is your traditional Jack in the Box; turn the handle round and round until the encased clown makes his surprise emergence. The other, outfitted with a camera on the inside, is hooked up to a monitor that displays how the toy's worm gear and cam mechanism work together.

"He likes toys a lot," his father beams. "He likes to take everything apart so he can (put it back together)."

Originally exhibited at the Montshire Museum of Science in Norwich, Vt., "Toys: The Inside Story" features more than 10 different stations at which visitors witness firsthand how pulleys, gears, circuits

"Toys: The Inside Story"

When: Through Sept. 4  
Where: Kohl Children's Museum, 2100 Patriot Blvd., Glenview  
Contact: 847-832-6600; www.kohlchildrensmuseum.org

and linkages bring favorite toys to life. It also encourages children to think out of the (Jack-in-the) box.

"It's a great introduction to engineering," says Vito Gioia, director of visitor experiences. "It's fascinating to watch kids become completely engaged. They want to touch everything and make everything work. The parents are having just as much fun. Some of it is nostalgia, and some of it is their own fascination with how these things work. Everybody is learning something."

"Toys: The Inside Story" is brimming with low-tech delights and for visitors of a certain age, the nostalgia factor is a powerful force. One of the workstations revives a classic toy of old, Mr. Machine, now a circuit-free curiosity, but in its heyday, very high-tech with its clear plastic that

allowed views of the toy's linkages and cams propelling it forward. For added fun, a video replays the 1960 TV ad with its classic jingle ("Here he comes/ Here he comes/Greatest toy you've ever seen...").

Another retro favorite, still in operation, is Operation, which offers an object lesson in open and closed circuits, switches and circuit boards. As part of this game station, visitors are challenged to keep a circuit open while maneuvering a ring along the peaks and valleys of a metal rod without touching it. Failure to do so closes the circuit and sets off a buzz that will be familiar to anyone who has botched one of the game's delicate procedures, such as "remove funny bone."

Another still beloved toy whose inner workings are on display is the iconic Etch-a-Sketch. A representative transparent pattern tracer demonstrates how 14 pulleys guide the drawing tip.

Other familiar toys featured in the exhibit include Hungry Hungry Hippos and Dr. Duck. All the displays feature signs with definitions that introduce basic science and engineering concepts.

# FREE Movies in the Park

Thursday, July 14, Sundown at Lorel Park  
8135 Lorel Ave.

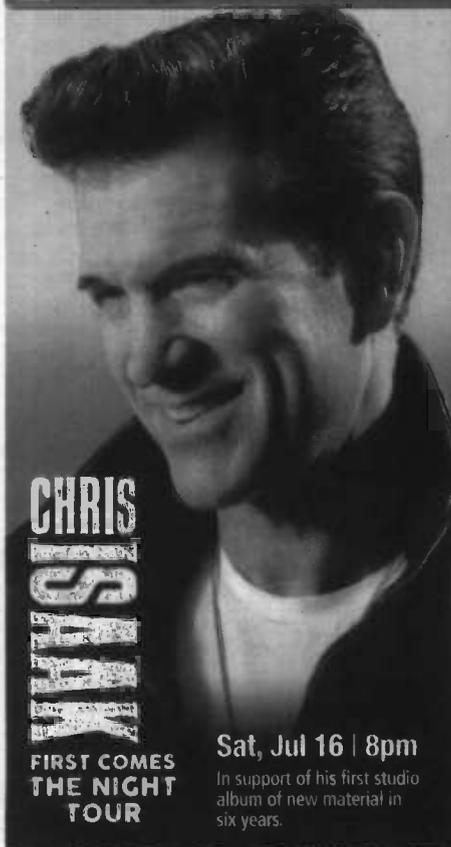


Coming Soon:  
Thursday, August 11  
Frozen

Pack up the kids, blankets and lawn chairs and head to Lorel Park for an evening of free family fun. Movies will begin at sunset.

SKOKIE  
PARK DISTRICT  
SkokieParks.org

20 NORTH SHORE CENTER'S FEATURE SERIES 2016-17 SEASON



CHRIS  
ISAAC

FIRST COMES  
THE NIGHT  
TOUR

Sat, Jul 16 | 8pm

In support of his first studio album of new material in six years.



Lisa  
Lampanelli

Brash, bold & never afraid, she always offers a raucous & raunchy performance you won't easily forget.

Fri, Jul 22 | 8pm

NORTH SHORE CENTER FOR  
THE PERFORMING ARTS IN SKOKIE



2016-17 SEASON SPONSOR  
WINTRUST  
COMMUNITY BANK



847.673.6300  
NorthShoreCenter.org



SKOKIE PARK DISTRICT

Flapjacks and fun in the great outdoors July 10 at Emily Oaks Nature Center, Skokie.

## FAMILY FRIENDLY

# Flapjack feast at Emily Oaks

BY MYRNA PETLICKI  
Pioneer Press

The flapjacks will be hot, fresh and plentiful at the annual Pancake Breakfast in the Woods, 8:30 a.m.-noon July 10 at Emily Oaks Nature Center, 4650 Brummel St., Skokie.

Facility Manager Lee Hansen reported that they will be serving the "tried and true" menu again this year. "We're still doing the all-you-can-eat pancakes," she said. "You can put syrup or strawberries on them. We've got turkey sausage, orange juice and coffee."

At each table, there will be coloring sheets for nature bingo. There will be several other activities for youngsters.

Families can take a walk and see painters having a Brush with Nature. "There will be artists on the grounds doing plein air painting," Hansen explained. "They'll have their easels set up so people can come by and watch them."

The cost for food and activities is \$7.50 for adults; \$5.50 for children under 10. Tickets can be purchased at

the door or online.

For details, call 847-674-1500, ext.2500 or go to [www.skokieparks.org/emily-oaks-nature-center](http://www.skokieparks.org/emily-oaks-nature-center).

## Play then stay for Final Say

Your kids can have fun with an inflatable while you play bingo for free, 6-8:30 p.m. July 14 at Proesel Park, 7055 N. Kostner Ave., Lincolnwood.

Starting at 6:30 p.m. children can get their faces painted for free. At 7 p.m. live music begins with Final Say performing everything from classics to Top 40 hits. The event is part of Lincolnwood's Thursday Night Summer Concert Series.

For details, call 847-673-1540 or go to [www.lincolnwoodil.org](http://www.lincolnwoodil.org).

## Singer is chicken

...or so it will seem when musician John Duggleby performs dressed in a full chicken suit during "Boogie in the Barnyard," 11:30 a.m.-noon July 14 at Skokie

Public Library, 5215 Oakton St. The drop-in event is for ages 2-6 with an adult.

For details, call 847-673-7774 or go to [www.skokie.library.info](http://www.skokie.library.info).

## Chill in the air

An extremely cool science show is promised during Fermilab Presents: Mr. Freeze Science in Action, 2-3 p.m. July 16 at Morton Grove Public Library, 6140 Lincoln Ave. Fermilab's cryogenics expert will be freezing things.

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

## More cool fun

Who knew you can throw a snowball, freeze your face or make a snowman in summer?

It will all be happening at "Winter in July" at the Centennial Aquatic Center, 1515 W. Touhy Ave., Park Ridge, 12:30-4:30 p.m. July 9. The all-ages event is free with daily admission fee.

For details, call 847-692-5129 or go to [www.prparks.org](http://www.prparks.org).

# Rev up your appetite for Niles' Greek fest



**LAURA PAVIN**

It started small, offering some homemade souvlaki, gyro sandwiches and a modest selection of spirits. Now, 37 years later, the Annual Big Greek Food Fest of Niles is the largest of its kind in the northwest suburbs, says chairman Perry Giannopoulos.

"It gets really crowded," Giannopoulos said.

Between 13,000 and 17,000 people are expected to flood St. Haralambos Greek Orthodox Church in Niles for the fest this year, running July 15-17. When that time comes, the church will be ready with an expansive menu longtime fest-goers know and love, along with some new, delicious extras.

Main dishes will include moussaka, dolmades, Athenian chicken, souvlaki, pastitsio, and roasted leg of lamb — the menu's newest addition. For dessert: Baklava, loukoumathes (honey puffs), Greek coffee and a slew of other sweet treats and drinks. The gyros will have their own booth.

What makes the fest so special — and so popular — is the quality of the food, Giannopoulos said. Except for the gyros, all of the dishes are still homemade.

"The community really pulls together for this," Giannopoulos said. "All of our food is hand-prepared here at the church."

Making enough food to feed the thousands, however, takes some home-grown miracles. Those happen in the weeks before the fest, which church volunteers spend mainly in the kitchen, working with 3,000 lbs. of pork, 1,000 lbs. of Mediterranean octopus, 440 lbs. of ground beef, 300 lbs. of Greek loukaniko (sausage) and 45 cases of chicken, among other meats and ingredients.

Once prepared, the Greek specialties are frozen, then thawed and reheated for the festival.

Boula Andrews, a volunteer at



LAURA PAVIN/PIONEER PRESS PHOTOS

Volunteer Georgia Dsembrils fills grape leaves with a rice-meat mix, creating dolmades for the Annual Big Greek Food Fest of Niles.

the festival for 30 years, picked thousands of grape leaves to make the dolmades, those grape leaves stuffed with ground meat and rice that are cooked in a tangy egg-lemon sauce. As head volunteer, she's in and out of the kitchen constantly.

"It's a lot of hours, but the church really benefits from this," Andrews said.

Proceeds from this year's event will help the church build a new youth center, kitchen, chapel, classrooms and several other spaces, all of which are part of a \$6 million expansion to accommodate its growing community.

While the focus will be on the food, the fest will also feature cooking classes, live music from Rythmos, traditional Greek dance

## Big Greek Food Fest

**When:** 5 p.m. to midnight July 15; 3 p.m. to midnight July 16; 3 p.m. to midnight July 17

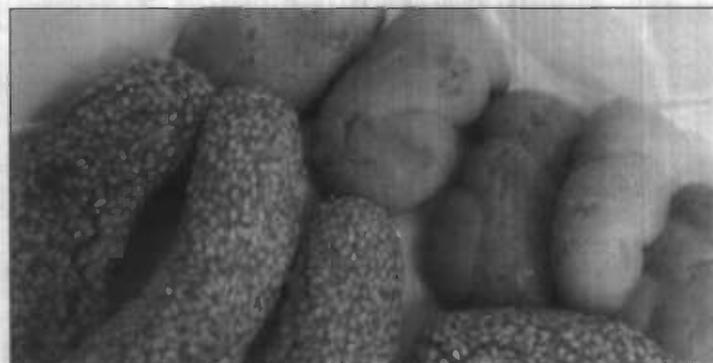
**Where:** St. Haralambos Greek Orthodox Church, 7373 Caldwell Ave., Niles

**Cost:** Free before 5 p.m.; free for children under 12; \$1 for senior citizens; \$2 general admission

**Information:** [biggreekfoodfestofniles.org](http://biggreekfoodfestofniles.org)

performances, children's entertainment, and a raffle for one of three prizes: a 2016 Audi A3, a Harley-Davidson motorcycle, or \$20,000 cash.

"It's a really great time," Giannopoulos said.



Greek cookies will be available during the Big Greek Food Fest

## Share your event

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

ADDRESS	BUYER	SELLER	DATE	PRICE
3300 N Carriageway Dr, # 416, Arlington Heights	Oleg Botnari & Cristina Levo-deanscaia	Chicago Title Land Trt Co Ttee	05-27-16	\$118,000
338 W Mlner St, # 2A, Arlington Heights	Pete Tsilipetros	McGovern Trust	05-27-16	\$130,000
1120 W Nichols Rd, Arlington Heights	Bryan Joseph Klau & Elizabeth Hope Klau	Oleg Klementiev	05-27-16	\$350,000
115 S Brighton Pl, Arlington Heights	Vladimir Deronja & Jelena Deronja	Nebin Trust	05-27-16	\$450,000
721 W Maple St, Arlington Heights	Kiyoun Cho	Deborah H Dezonna	05-27-16	\$505,000
151 W Wing St, # 303, Arlington Heights	Inderjit Gill	David S Hefter Jr	05-27-16	\$629,000
190 Old Oak Dr, # 151, Buffalo Grove	Oksana Lukhnova	Jean S Bress	05-27-16	\$125,500
403 Covington Ter, Buffalo Grove	Randall Prueitt	Knowing Trust	05-27-16	\$170,000
328 Cherrywood Rd, Buffalo Grove	Jesse L Peeples III & Keia E Peeples	Shelton Trust	05-27-16	\$300,500
770 Kenilworth Ct, Des Plaines	James Peterson	Michael J Kelly	05-27-16	\$168,000
1653 Spruce Ave, Des Plaines	Zdravko Nakov & Candy Rombaon	Herbert Jacobsen	05-27-16	\$221,000
751 W Millers Rd, Des Plaines	Deanna G Launius & Patrick Launius	Launius Trust	05-27-16	\$237,500
451 Debra Dr, Des Plaines	Darin L Franklin & Angela S Franklin	Ralle Trust	05-27-16	\$259,500
1017 Marshall Dr, Des Plaines	Dinalyn Guibao	Grandview CapitaLlc	05-27-16	\$275,000
10046 Holly Ln, Des Plaines	Pranav Patel & Nikhil Patel	Kim Trust	05-27-16	\$368,500
747 Ridge Ave, # 400, Evanston	Amy E Koester	Eugene Bujdei	05-27-16	\$150,000
9408 Monticello Ave, Evanston	James Carlson & Moira Carlson	M Daniel Finn	05-27-16	\$880,000
706 Cobblestone Cir, # D, Glenview	Deuk Kyoon Yoo & Haesook Baek	Julie Son	05-27-16	\$110,000
605 Waukegan Rd, # 2A, Glenview	Zur Kreimer & Lidia Kreimer	Nationstar Mortgage Llc	05-27-16	\$175,500
336 Harlem Ave, Glenview	Molly Rose Kilgore & Mke Kilgore	Elizabeth A S Giannini	05-27-16	\$315,000
430 Wilmette Ave, Glenview	Dmitriy Sandler & Victoria Sandler	James Carlson	05-27-16	\$1,030,000
3410 Yorkshire Ct, Hoffman Estates	Jim Kokias & Athena Kokias	Santino Cannizzaro	05-27-16	\$385,000
470 Inverway, Inverness	Olena Nikitina	Jason R Doiland	05-27-16	\$580,000
8515 Marmora Ave, Morton Grove	Javier Porras & Manchi Sha	Thomas V Kobylinski	05-27-16	\$489,000
220 Autumn Ln, Mount Prospect	Lenuta Funduianu & Cristian Funduianu	Richard R Benson	05-27-16	\$485,000
7031 W Touhy Ave, # 205, Niles	Pedro Rosa	Sherlock Trust	05-27-16	\$220,000
3810 Mission Hills Rd, # 403, Northbrook	Allan Goldstein & Marsha Goldstein	Ellis Trust	05-27-16	\$427,500
2525 Virginia Ln, Northbrook	Purevsuren Baatarsuren	Joan B Levin	05-27-16	\$470,000
1467 Elm Ave, Northbrook	Jordan M Mackey & Molly E Mackey	Arthur L Conat	05-27-16	\$550,000
3900 Oak Ave, Northbrook	Andrew E Margolis & Elana F Margolis	Dragan B Radivojevich	05-27-16	\$829,000
817 N Coolidge Ave, Palatine	Chuck Tuttle & Patricia Tuttle	Michael P Bauer	05-27-16	\$50,000
11 E Dundee Quarter Dr, # 106, Palatine	Darshan Pamma	Rehman Nawaz Khan	05-27-16	\$60,000
1471 N Winslowe Dr, # 304, Palatine	Inna Cherneha	Patryk Pieta	05-27-16	\$63,000
1282 N Grove Ave, Palatine	Anuradha Kakarala & Dasagranti Shanmugam Suresh Kumar	Maria L Pequeno	05-27-16	\$65,000
1100 E Randville Dr, # 108, Palatine	David S Breese	Chris Echols	05-27-16	\$73,000
99 W Hamilton Dr, # 46, Palatine	Brian Jones Holman	Jacob J Smetana	05-27-16	\$205,000
636 Forestview Ave, Park Ridge	Jeffrey J Romanek & Michelle N Romanek	Djl Consulting & Property Ma	05-27-16	\$389,000
818 E Old Willow Rd, # 206, Prospect Heights	Paul Makhael Khibo	Malgorzata Minikiel	05-27-16	\$60,000
1135 Pleasant Run Dr, # 711, Wheeling	Michael Stanton & Catherine Stanton	Charlie D Kang	05-27-16	\$67,500
1155 Silverwood Ct, # C2, Wheeling	Scot Howat	Leslie Stoken	05-27-16	\$141,000
124 Woodbine Ave, Wilmette	Timothy A Boebel & Erin L Hallar	Philip C Geiger	05-27-16	\$740,000
1165 Ash St, Winnetka	Carl Hardie & Rebecca Hardie	Harashima Trust	05-27-16	\$800,000
317 Glendale Ave, Winnetka	Henry Baby III & Emily K Baby	Thomas A Reynolds IV	05-27-16	\$1,075,000
986 Asbury Ct, Winnetka	David Gottlieb & Marissa Gottlieb	Natasha Lichtenberg	05-27-16	\$1,357,500
1732 Papoose Rd, Barrington	Deadra J Albercht Frasch	Michael W Corcoran	05-26-16	\$172,000
6 Cross Timber Rd, Barrington	Roman Drobny & Eliza Drobny	Us Bank Na Trustee	05-12-16	\$560,000
653 Alida Dr, Cary	Donald J Neri	Javier Garcia	05-06-16	\$115,000
59 Oak Valley Dr, Cary	Lauren M Gaitsch	Leslie A North	05-18-16	\$118,000
443 Krenz Ave, Cary	Matthew Ryan Nulle	Daniel P Rezac	05-11-16	\$148,500
1108 E Danbury Dr, Cary	Francene Smrt	Ernest Heide Estate	05-10-16	\$165,000

ADDRESS	BUYER	SELLER	DATE	PRICE
34 W Margaret Ter, Cary	Per David Skaire & Laura Jean Skaire	William T Smith	05-10-16	\$180,000
1201 W Lake Dr, Cary	Gretchen Lee Laursen	Brian E Johnson,	05-18-16	\$197,000
412 Candlewood Trl, Cary	Carol Kanne	Quinn R Ewert	05-18-16	\$200,000
423 Galway Dr, Cary	John M Wesolowski & Katie M Wesolowski	Robert J McIntyre	05-18-16	\$248,500
610 Knollwood Dr, Cary	Mark A Robinson & Rasilinda Robinson	Jason B Seiller	05-16-16	\$250,000
353 Oakmont Dr, Cary	Michael Alan Bulava & Rebecca Bulava	Bradley J Bedoe	05-06-16	\$280,000
17 Tealwood Ct, Cary	Michael J Glines & Susan Glines	Larry P Lynn	05-18-16	\$282,500
355 Oakmont Dr, Cary	John P Simonsen & Leslie G Simonsen	Donald C Salus	05-05-16	\$298,500
385 Geneva Ln, Cary	Alex Gunnar & Anamaire Vazquez	Kyle Braasch	05-23-16	\$315,000
319 Foxford Dr, Cary	Justin Kahn & Jenifer Kahn	David R Waite	05-18-16	\$315,000
367 Merion Dr, Cary	Andrius Eringis & Nicole Eringis	Charles C Leonard III	05-13-16	\$333,000
386 Sterling Cir, Cary	Christopher Bays & Jill Bays	Clifford R Kroening Jr	05-23-16	\$376,500
7420 S Rawson Bridge Rd, Cary	William S Jeschke & Tara A Jeschke	Bruin Trust	05-20-16	\$765,000
314 Tee Ln, Carpentersville	Miriam E Santillan Ceja	Gabriel Ouran	05-17-16	\$105,000
817 Salem Ln, Carpentersville	Elenta Zavala & Celeste Vasquez	Miguel M Zabala	05-10-16	\$108,000
1536 Amarillo Dr, Carpentersville	Carlos Paz	Wilmington Trust Na Trustee	05-26-16	\$108,500
14 Birch St, Carpentersville	Juan M Salcedo & Gildardo Borrera Muclas	Adrian Acevedo	05-17-16	\$119,500
1907 Cherokee Rd, Carpentersville	Rocio Ugalde & Juan A Ugalde	Andriana Kanlic	05-10-16	\$127,000
2406 Tomahawk Ct, Carpentersville	Elizabeth Perez Lopez	John Levitt	05-19-16	\$128,000
8001 Sierra Woods Ln, Carpentersville	David T Malinger	Saleem Mohammed	05-10-16	\$132,000
3369 Blue Ridge Dr, Carpentersville	Diana C Brown	Gt Properties Of Illinois Llc	05-25-16	\$141,500
2112 Limestone Ln, Carpentersville	Lesly Nava Munoz	Anthony G Wiler	05-11-16	\$145,000
141 Pecos Cir, Carpentersville	Jose G Reyes Herrera	Dgdb Llc Series Iv	05-13-16	\$145,500
6733 Slate Dr, Carpentersville	Katarzyna Folak	Phuc Dinh	05-11-16	\$151,000
1942 Cobblestone Dr, Carpentersville	B Kim & Alex S Kim	Todd M Blanken	05-20-16	\$156,000
7006 Lowell Dr, Carpentersville	Claudia Tapia & Evan E Ramirez	Gods Green Earth Inc	05-24-16	\$167,500
1806 Endicott Cir, Carpentersville	Henry Valero & Rosemary Valero	Prizm Real Estate Investments	05-25-16	\$170,000
303 N Lord Ave, Carpentersville	Robert Brownfield	Gary Noel	05-26-16	\$183,500
2502 Quail Cv, Carpentersville	Brant Jones	John J Vanko	05-20-16	\$230,000
3208 Drury Ln, Carpentersville	Jason Hitchings & Amy Hitchings	Dino M Calabrese	05-17-16	\$255,000
5752 Breezeland Rd, Carpentersville	Yolanda Byrd & Willie Mae Clark	Pnc Bank Na	05-17-16	\$256,500
4805 Cedarledge Ct, Carpentersville	Shula Nangombe Aviles	Christopher D Whitaker	05-24-16	\$272,000
4808 Cedarledge Ct, Carpentersville	Amos Twanslay Anderson Jr	Eddie D Combs	05-10-16	\$316,000
130 E Grand Ave, # 306, Elmhurst	Justyna Glowicka	Jvm Star Properties Llc	05-25-16	\$115,500
3N515 Willow Rd, Elmhurst	Ioan Smahon & Estera Smahon	Roger W Grant Sr	05-31-16	\$221,000
195 E North Ave, Elmhurst	Gregory Silverstein & Simeren Silverstein	Sergel Working	05-25-16	\$236,000
703 S Spring Rd, Elmhurst	Justin Hertel & Kelly Hertel	Daryl L Unnasch	05-26-16	\$262,500
816 N Indiana St, Elmhurst	Ethela Arenas	John M Walsh	05-25-16	\$280,000
860 S Linden Ave, Elmhurst	Evan K Lantz	Jessica A Beaman	05-31-16	\$340,000
257 N Walnut St, Elmhurst	Kevin J Flanagan & Autumn E Flanagan	Robert V Demski	05-26-16	\$359,500
716 S Fairfield Ave, Elmhurst	John Larkin & Kuen Larkin	Biddle Trust	05-31-16	\$374,000
225 N Willow Rd, Elmhurst	Steven W Ainge & Christie Hal T Ainge	Trung Van Nguyen	05-27-16	\$380,000
281 W Madison St, Elmhurst	Andrew J Knap & Lauren K Knap	David Horning	05-31-16	\$395,000
877 S Euclid Ave, Elmhurst	Vladimir Ivetic	John M Sweeney	05-31-16	\$420,000
471 E Adams St, Elmhurst	Nicholas Lowry & Joanna Lowry	David Plesh	05-31-16	\$451,000
247 N Illinois St, Elmhurst	Paul D Kreiter & Melissa A Kreiter	Christopher A Ratliff	05-27-16	\$550,000
440 S Fair Ave, Elmhurst	Mark C Tomlinson	May & Fair Llc	05-26-16	\$650,000
143 N Berteau Ave, Elmhurst	Henry R Govekar & Colleen M Govekar	Matthew Rafferty	05-26-16	\$677,000
681 W Mary Ct, Elmhurst	Jon Hilbert & Amy Hilbert	Cartus Financial Corp	05-26-16	\$690,000
775 S Chatham Ave, Elmhurst	Christian Ewald & Erin Ewald	David J Zablouil	05-26-16	\$770,000

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



**MUNDELEIN**

Four-bedroom, 2.5-bath home built in 1999. Brand new foyer flooring, kitchen, baths and driveway. Family room with fireplace, English basement, deck off kitchen. Near parks and shopping.

**Address:** 1171 Franklin St.  
**Price:** \$349,900  
**Schools:** Mundelein High School  
**Taxes:** \$9,620  
**Agent:** Barb Schroeder, Coldwell Banker Residential Brokerage The Groves



**NORTHBROOK**

Four-bedroom, 2.5-bath split-level built in 1967 on tree lined cul-de-sac. Hardwood floors throughout, custom-built closets, 2.5-car garage. Near shopping and expressway.

**Address:** 1252 Alleghany Lane  
**Price:** \$565,000  
**Schools:** Glenbrook North High School  
**Taxes:** \$10,383.47  
**Agent:** Diane Mockenhaupt, Baird & Warner Northwest Suburban



**DES PLAINES**

Three-bedroom, 2.5-bath Colonial with stone entry built in 1996. Newly remodeled kitchen, living room fireplace, two-car attached garage, brick patio. Short distance north of O'Hare Airport.

**Address:** 183 W. Algonquin Road  
**Price:** \$309,000  
**Schools:** Maine West High School  
**Taxes:** \$6,553  
**Agent:** Dick Neswold, Berkshire Hathaway HomeServices KoenigRubloff Realty Group



**WILMETTE**

Three-bedroom, 1.5-bath Mid Century Modern home built in 1956. Recently replaced mechanicals and roof, freshly painted, full basement with rec room.

**Address:** 3527 Walnut Ave.  
**Price:** \$449,000  
**Schools:** New Trier Township High School Northfield  
**Taxes:** \$4,142  
**Agent:** Carol Munro, Coldwell Banker Residential Brokerage Winnetka

Listings from Homefinder.com

**CHICAGOLAND THEATRE DIRECTORY**



Dead Writers Theatre Collective presents  
**Importance of Being Earnest**  
 Directed by: Jim Schneider  
 Tickets on sale now: 773.935.6875 LIMITED RUN! July 1-31  
 The Athenaeum Theatre www.athenaumtheatre.org



Enjoy the Theater Tonight

To advertise in the Chicagoland Theatre Directory, please call  
**312-222-2487**

**CHICAGOLAND THEATRE DIRECTORY**

*Area Houses of Worship*

Call 312.283.7023 to place your ad

**Christian Church**

**St. Luke's Christian Community Church**  
 9233 Shermer Rd., Morton Grove  
 Sunday Worship & Sunday School - 10 AM  
<http://www.stlukeccc.org/>  
 Handicapped-Accessible  
 Rev. Elizabeth Jones

**United Church of Christ**

**St. Peter's United Church of Christ**

Oakton & Laramie, Skokie  
 847-673-8166  
[www.stpeteruccskokie.org](http://www.stpeteruccskokie.org)  
 Sunday Worship 10AM  
 Sunday School 9AM  
 (Sept. thru May)  
 Rev. Richard Lanford  
 Childcare Provided  
 Air Conditioned Sanctuary

**Jewish**

**Devar Emet Messianic Synagogue**

7800 Niles Ave., Skokie 847-674-9146  
[www.devaremet.org](http://www.devaremet.org)  
 Join Us for Shabbat Services at 10 am  
 "A Community of Jews who believe and teach that Yeshua (Jesus) is the Promised Jewish Messiah."

**TO ADVERTISE**

**PLEASE CALL**

**312-283-7023**

**KOL EMETH**

Conservative Egalitarian Congregation  
 Rabbi Barry Schechter  
 5130 W. Touhy - 847-673-3370  
[www.kolemethskokie.org](http://www.kolemethskokie.org)

**TO ADVERTISE**

**PLEASE**

**CALL**

**312-283-7023**

# COMMUNITY CALENDAR

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

## Thursday, July 7

**Eric Hutchinson:** With Nick Howard. 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$25, 847-492-8860

**Society Artwork In Residence Program:** The Evanston Art Center launches an inaugural "artwork-in-residence" program, inviting six artists to "move in" to the second floor of the center's project space for 4-week residencies. From June 2016 to March 2017, the Art Center proudly hosts artists: Adriana Kuri Alamillo, Judith Brotman, Joseph Cruz, David Giordano, Kirsten Leenaars and Pedro Valez. Each of the artists chosen by curator Jessica Cochran address the residency theme Society during their stay. 9 a.m. Evanston Art Center, 1717 Central St., Evanston, free, 847-475-5300

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

**Contemporary Native Women Opening Doors to Change:** Join the Mitchell Museum for the opening of its latest exhibit, "Contemporary Native Women Opening Doors to Change." Welcoming reception at 1 p.m., curator led tour at 2 p.m. and a panel discussion from 3-4:30 p.m. 1 p.m. All week, Mitchell Museum of the American Indian, 3001 Central St., Evanston, \$3 kids, \$5 adults and Tribal members free, 847-475-1030

**Evanston Legend: The Art of Peggy Lipschutz:** The City of Evanston sponsors a month long show of the paintings and drawings of Peggy Lipschutz with an Opening Reception between 2-5 p.m. on Oct. 4, with musicians including Rebecca Armstrong, Peggy Browning, Mark Dvorak, Maura Lally and Kristin Lems. 10 a.m. All week, Noyes Cultural Arts Center, 927 Noyes St., Evanston, free, 773-816-4716

**Summer Camp at the Actors Gym-**

**naslum:** Begin your day with a rigorous warm-up, followed by training and workshops in circus and aerial arts, physical theatre and drama, and dance. Students learn juggling, tumbling, static trapeze, Spanish web, tightwire, stilts, and more; take fun-filled field trips; and create and perform their own circus-theatre performance at the end. 9 a.m. All week, Actors Gymnasium, 927 Noyes St., Evanston, \$1,180 (per session); \$2,275 (both Sessions), 847-328-2795

**Summer History Tours at The Grove:** Take a tour of the historic buildings with costumed interpreters who show guests what pioneer life was like in Northern Illinois over 150 years ago. The tours are free and include demonstrations plus fun activities for kids. 11 a.m. All week, The Grove, 1421 Milwaukee Ave., Glenview, free, 847-299-6096

**BookBites Reading Social:** The book selections are available at the Reader Services Desk one month prior to meetings, and discussion is on "The Museum of Extraordinary Things" by Alice Hoffman. This is co-sponsored by the Niles Public Library and new members are always welcome, so just drop in. Go to facebook.com/nilesglenviewbookbites for details. 7 p.m. Hackney's Glenview, 1514 E. Lake Ave., Glenview, free, 847-729-7500

**Little Bearfoot In The Park Concerts:** Join us Thursday mornings in July for the Glenview Park District's summer entertainment series for kids. Our whimsical, interactive and delightful entertainers provide a fun filled outing for your whole family. 10:30 a.m. Glenview Park Center, Gallery Park Amphitheater, 2500 Chestnut Ave., Glenview, free, 847-724-5670

**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

**Summer Storytime In Madeleine's Garden:** For ages birth to five with a caregiver. Bring a blanket and enjoy 30 minutes of stories and outdoor activities. 10 a.m. Proesel Park, 7055 Kostner Ave., Lincolnwood, free, 847-677-5277

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

**Book Discussion:** This group meets on the first Thursday of each month. 1 p.m. Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-5127

**Wiggle While You Walk on the Library Lawn:** From now through August, you are invited to take a Story-Walk® featuring the book "Wiggle" by Doreen Cronin. This energetic book about an animated dog who wiggles in a variety of funny situations is worth imitating. There are also interactive features added like hula hoops, maracas and a special surprise inside the library. 9 a.m. All week, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

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

**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

**German Stammtisch:** The group meets on the first and third Thursday of each month in the community center to practice German and learn about German culture. For all experience levels, from native speakers to beginners. 1 p.m. Oakton Park Community Center, 4701 Oakton Street, Skokie, free

**My Son the Waiter A Jewish Tragedy:** Comedian Brad Zimmerman brings the laughs to Chicago in "My Son the Waiter: A Jewish Tragedy." A hilarious and inspiring story about the grit and passion required to make it as an artist and the sweet rewards that come from never giving up on your dream. 2 p.m. and 7:30 p.m. July 7, 8 p.m. July 8, 2 p.m. and 8 p.m. July 9, 2 p.m. July 10, North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie, \$40-\$50, 847-673-6300

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

**Illinois Holocaust Museum Private**

**Group Tour:** Registration is required before you meet the Lincolnwood Library at the Illinois Holocaust Museum for a private group tour of the special exhibition Nazi Olympics Berlin, 1936. This exhibition coincides with the 80th anniversary of the Berlin Olympics and features the athletes, controversy, and pageantry surrounding the 1936 Games. 11 a.m. Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-677-5277

## Friday, July 8

**Hawaiian Luau:** Dine at the Tiki Hut concession stand and picnic area, to enjoy a special menu of pulled pork and grilled Hawaiian burgers, along with the usual concession options, which are available for purchase. The Barefoot Hawaiians perform all the various forms of Polynesian, Hawaiian, and Tahitian dance as well as the specialty dances of neighboring islands. You may bring your own chairs and wear your swim suit if you wish to swim. 3 p.m. Bensenville Water Park, 1100 W. Wood St., Bensenville, Regular Water Park admission fees apply; free to passholders, 630-766-7015

**Des Plaines Farmers' Market:** City of Des Plaines Farmers' Market is every Friday, open until 7 p.m. on Ellinwood Street starting at Lee Street. Available are fresh produce, olive oil, bird houses and birdseed, food storage containers, green products and more. 3 p.m. Des Plaines Public Library, 1501 Ellinwood St., Des Plaines, free, 847-827-5551

**Aubrie Sellers:** 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$12-\$22, 847-492-8860

**The Ben Hecht Show:** 8 p.m. July 8, 5 p.m. and 8 p.m. July 9, 3 p.m. July 10, Piven Theatre Workshop, 927 Noyes St., Evanston, \$30-\$35, 800-838-3006

**Your Hearing Health Intro to Chicago Hearing Society:** Dr. Gima Vergara, AuD F-AAA, Clinical Audiologist from the Chicago Hearing Society, provides a comprehensive overview of the auditory system and the new technology available to those with hearing difficulty. A discussion of the Chicago Hearing Society's services are available to the deaf and hard of hearing follows, including the free amplified telephone program, youth programs and social services. 1 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Drop-In Chess Club:** Volunteer chess

Turn to Calendar, Next Page

Calendar, from Previous Page

instructor Steve Levenson teaches fundamentals & strategy. If possible, please bring your own chess set. Children under age 8 must be accompanied by an adult. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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

**Joseph And The Amazing Technicolor Dreamcoat:** Glenview Theatre Guild presents its summer 2016 production of "Joseph and the Amazing Technicolor Dreamcoat." 7:30 p.m. July 8 and July 9. Glenbrook South High School, 4000 W. Lake Ave., Glenview, \$20 in advance, \$22 at the door. For groups, call 847-299-5124, 847-604-3411

**Storytime at Lincolnwood Town Center:** Join Lincolnwood Library at the Lincolnwood Town Center in Center Court for a storytime for children aged birth to age 5. 10:30 a.m. Lincolnwood Town Center, 3333 W. Touhy, Lincolnwood, free, 847-677-5277

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

**Cody Johnson:** 8:45 p.m. Joe's Live Rosemont, 5441 Park Place, Rosemont, \$10

**Musical Picnic with Wendy and DB:** Wendy & DB love to get kids singing, wiggling, jumping, dancing and just having a great time. Bring a sack lunch, a blanket and the whole family to Village Green for a picnic with live music. Noon, Skokie Public Library, 5215 Oakton St., Skokie, free, 847-673-7774

**Monika Ryan The Originals:** Internationally acclaimed jazz singer and songwriter Monika Ryan performs her music, featuring David O'Rourke on guitar, Chris White on piano and Joe Policastro on bass. 8 p.m. Skokie Theatre, 7924 N. Lincoln Ave., Skokie, \$25, 847-677-7761

**Family Shabbat Under the Stars:** A picnic dinner begins at 6 p.m. followed by outdoor service at 7 p.m. The tables and chairs, drinks, and paper goods are supplied, but please bring your own picnic dinner. 6 p.m. Temple Judea

Mizpah, 8610 Niles Center Road, Skokie, free, 847-676-1566

**Saturday, July 9**

**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 excepted). LINK cards are accepted. 7:30 a.m. Oak Avenue and University Place, 1090 University Place, Evanston, free, 847-448-8045

**Bun E. Carlos:** With The Mixture. 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$17-\$32, 847-492-8860

**Overeaters Anonymous:** Overeaters Anonymous meets Saturdays. New-comer meeting on the last Saturday of the month. 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. 9 p.m. Chicago's Home of Chicken & Waffles, 2424 W. Dempster St., Evanston, \$15 adult advance; \$20 at the door, 847-521-6434

**Joanne Koenig-Macko three near death experiences:** Joanne Koenig-Macko is an internationally known artist, spiritual coach, author and dynamic lecturer. Come hear how three intense near-death experiences changed her life forever. 2 p.m. Evanston Hospital - Frank Auditorium, 2650 Ridge Ave., Evanston, \$20, 847-251-5758

**Glenview Farmers Market:** They bring fresh fruit, vegetables, eggs and flowers, beef, bison, pork and poultry. Several vendors offer made-to-order crepes, wraps, egg sandwiches, smoothies and coffee. Also, look for jams, jellies, baked goods and Alaskan salmon. Enjoy a horse-drawn wagon ride or visit the animals while you're at the farm. 8 a.m. Glenview Farmers Market, 1510 Wagner Road, Glenview, free, 847-657-1506

**Improv Playhouse presents The Emperor's New Clothes:** Join in the fun and enjoy a hysterical twist on the classic Hans Christian Andersen tale, guaranteed to have the entire family laughing. Please register at [glenviewpl.org/register](http://glenviewpl.org/register) or call. 2 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Storytime with Construction Abe:** Pardon the dust, as Lincolnwood Library undergoes renovation. But stop in for a storytime and see the construction in progress. 11 a.m. Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 847-677-5277

**Chair Yoga:** Join certified yoga instructor Bri Maloney from North Branch Yoga for a relaxing and invigorating yoga class. No experience necessary; wear comfortable clothes. Chair yoga is best for those with limited mobility or balance issues. 9:30 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**The Surreal 1920's:** This is for ages 8 to 12-years-old to come and explore the 1920s through the dreamscapes of the Surrealist Movement. Children have the opportunity to play a 1920s parlor game, that develops drawing skills, tour the museum's 1920s exhibit and create their own Surrealist collages. 1 p.m. Morton Grove Historical Museum, 6148 Dempster St., Morton Grove, \$15 for Morton Grove residents; \$19 for non-residents, 847-965-0203

**Morton Grove Farmers Market:** Shop for locally produced fruits and vegetables, flowers, crafts, baked goods, pantry items, body products and more at this weekly market. Extras include live music and entertainment for kids. 8 a.m. Dempster Street and Georgiana Avenue, 6210 Dempster St., Morton Grove, free, 847-750-6436

**Second Saturday Breakfast Bingo:** Kids and families are welcome to enjoy some breakfast treats as everyone plays Bingo. Enjoy a kick start to one's weekend with a morning of family fun at the library. 9:30 a.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Monthly meeting of Essential Tremor Group of Northbrook:** Individual people who have been diagnosed with Essential Tremor meet monthly to discuss issues connected to Essential Tremor. 10 a.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-564-1777

**Wildflowers and Conserving Water, Bees and Beauty:** Chapman Kelley, award-winning artist and wildflower advocate, gives an inspiring presentation on wildflowers, native plants and how they conserve water and sustain bees. Carol Freeman also shares her wonderful nature photography. Sponsored by Citizens Act to Protect Our Water and Nuclear Energy Information Service. 2 p.m. Lutheran Church of the Ascension, 460 Sunset Ridge Road, Northfield, \$10, 847-730-3947

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

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

**Sunday, July 10**

**Royal Southern Brotherhood:** 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$20-\$36, 847-492-8860

**A Midsummer Night's Dream:** This July, Muse of Fire Theatre Company presents a wild riot of whimsy with "A Midsummer Night's Dream" under the summer sun. Bring a blanket, stretch out in the shade and join the ensemble in a twisted tale of lamenting lovers, furious fairies, asinine actors and a genuine jackass. 3 p.m. Ingraham Park, 2100 Ridge Ave., Evanston, free

**Do Not Submit: A Storytelling Open Mic:** Second Sundays of the Month. Local event that is pressure free night for storytellers from zero to decades of experience to connect, share stories, and hone their craft. 5:30 p.m. The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

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

**Staged reading of "Our Town":** Members from Glenview Community Church will present a staged reading of Thornton Wilder's "Our Town" as part of the year long celebration of the 75th anniversary of the church. The inter-generational cast will be directed by Attea drama teacher, Debby Shellard. "Our Town" follows the daily life of Grover's Corner's citizens. 7 p.m. July 10 and July 11, Glenview Community Church, 1000 Elm St., Glenview, free, 847-724-2210

**"The Revenant":** This movie is rated R and is about a frontiersman on a fur trading expedition in the 1820s. Oscar-winner for Best Actor (Leonardo DiCaprio), fights for survival after being

Turn to Calendar, Next Page

# AUCTIONS

Call 312.283.7008 to place your ad

# Antiques & Collectibles

Call 312.283.7073 to place your ad

## ANTIQUÉ VINTAGE MARKET July 9 & 10

Plus! POSTCARDS & PAPER

NEW HOURS: SATURDAY 9-4  
SUN. 9-3 / \$7

• LAKE COUNTY FAIRGROUNDS •  
GRAYSLAKE, IL 1060 E. PETERSON RD.

★ WHEATON...LEGENDARY-MASSIVE ★

ALL-NIGHT ★ FLEA ★  
MARKET

SAT. AUG. 20 • (3PM-3AM)/\$7  
(COUNTY FARM & MANCHESTER)

• DuPage County Fairgrounds •

WHEATON, IL • 715-526-9769

www.zurkopromotions.com

Tour Buses & New Vendors Welcome!

BRADY BUNCH CAST REUNION!

\$1.00 off w/this AD!

## TO ADVERTISE

## CALL

## 312-283-7008

## ANTIQUÉ VINTAGE MARKET July 9 & 10

Plus! POSTCARDS & PAPER

NEW HOURS: SATURDAY 9-4  
SUN. 9-3 / \$7

• LAKE COUNTY FAIRGROUNDS •  
GRAYSLAKE, IL 1060 E. PETERSON RD.

★ WHEATON...LEGENDARY-MASSIVE ★

ALL-NIGHT ★ FLEA ★  
MARKET

SAT. AUG. 20 • (3PM-3AM)/\$7  
(COUNTY FARM & MANCHESTER)

• DuPage County Fairgrounds •

WHEATON, IL • 715-526-9769

www.zurkopromotions.com

Tour Buses & New Vendors Welcome!

BRADY BUNCH CAST REUNION!

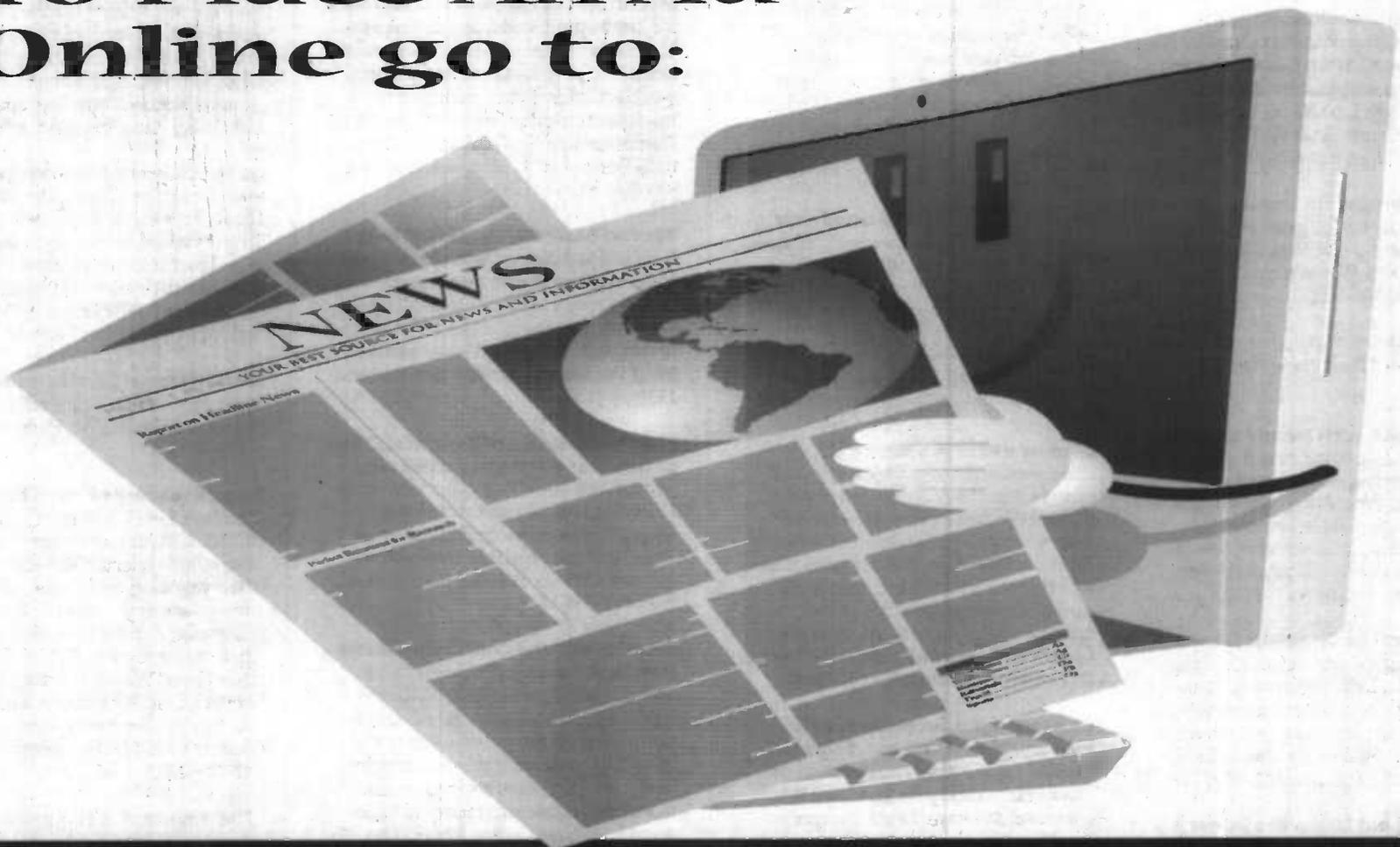
\$1.00 off w/this AD!

## TO ADVERTISE

## CALL

## 312-283-7082

## To Place An Ad Online go to:



[placeanad.tribunesuburbs.com](http://placeanad.tribunesuburbs.com)

**Calendar, from Previous Page**

mauled by a bear and left for dead by members of his own hunting team. A casual audience-led discussion follows matinee screenings, so just drop in. 1:30 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Conversation with Local Author Jim Finn:** The author of "Remembering Chicago's Jews," Jim Finn discusses his motivation and research on the early years of Jewish Chicago, 1832-1920, and how he published his encyclopedia. 2 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Second Sunday Family Program is The Great Scott:** The Great Scott's magic is sure to amaze and delight audiences. Every routine in this hysterical, interactive show ties into the world of sports, but sporty and non-sporty alike will laugh. 2 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Pet Blessing:** Bring your pet to the church for a pet blessing outside on the west lawn. All friendly pets are invited on a leash or in a carrier, or you can bring a picture of your pet to be blessed. 11:15 a.m. St. Luke's Lutheran Church, 205 N. Prospect Ave., Park Ridge, free, 847-825-6659

**Monday, July 11**

**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

**The Mudflapps live every Monday:** The Mudflapps sing and play their hearts out every Monday in the pub from 8 p.m. until 12 a.m. Food and drink served late. 8 p.m. The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

**ACT Prep Test for Grades 9-12:** Professional tutors from College Nannies and Tutors of Glenview guide participants through a practice ACT test. This is a great way to gain testing experience in a relaxed environment, as three hours are allowed to complete the test and one hour to review the answers. Bring pencils and a calculator and register at [glenviewpl.org/register](http://glenviewpl.org/register) or by calling. Noon, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Page Turners:** Book selections are available at the Reader Services Desk one month prior to meetings. Currently

reading and discussing, "The Boston Girl" by Anita Diamant. New members are always welcome, so just drop in. 1 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Ralph's World:** Welcome Grammy-nominated, kiddie rock star Ralph Covert back to Glenview for this special, one night only, all-ages show. This is co-sponsored by The Glen Town Center. 7 p.m. The Book Market at Hangar One, 2651 Navy Blvd., Glenview, free, 847-729-7500

**Adult Book Discussion:** This Lincolnwood Public Library District book discussion at 90 Miles Cuban Cafe features "A Land More Kind Than Home" by Wiley Cash. 11 a.m. 90 Miles Cuban Cafe, 3333 W. Touhy Ave., Lincolnwood, free, 847-677-5277

**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

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

**Minecraft Monday:** Students in grades 3-5 are welcome to register to try their hand at this monthly MineCraft Monday challenge. The group meets in the new computer training lab on the lower level. 4:30 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**Money Matters Discussion:** Chris Valentine from Edward Jones can help you reach your financial goals. Learn the relationship between interest rates and bond prices, tax advantages of municipal bonds and how bonds help you weather fluctuating markets. 10 a.m. Park Ridge Park District - Centennial Activity Center, 100 S. Western Ave., Park Ridge, Free for STAR Members; \$2 for guests, 847-692-3597

**Tuesday, July 12**

**Chicago Jazz Orchestra Live Recording Session:** Come be a part of this historic night as the sights and sounds of The Chicago Jazz Orchestra are captured on this evening of live recording at Evanston SPACE. The CJO is Chicago's oldest professional jazz

orchestra in continuous operation and one of the oldest jazz repertory orchestras in the country, Jeff Lindberg. 7:30 p.m. SPACE, 1245 Chicago Ave., Evanston, \$15-\$25, 847-556-9756

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

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

**Smile & Rhyme drop-in storytime:** Miss Fran shares stories, rhymes, and songs in the Cafe. Children must be accompanied by an adult. Just drop in. 10:30 a.m. Heinen's Grocery Store, 1020 Waukegan Road, Glenview, free, 847-729-7500

**Career Counseling Appointments July:** Six 30-minute appointments are available for participants to consult with a career expert. This is for resume help and job search strategies for any stage of their career. Call extension 7700 or visit the Reference Services Desk to register. 9 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**"Sounds of Silence" Turns 50 Music of Simon and Garfunkel:** Register at [glenviewpl.org/register](http://glenviewpl.org/register) or call, for a live performance celebrating the 50th anniversary of Simon & Garfunkel's famous album and the songs that influenced a generation. Enjoy an intimate evening of music and memories with Tommi Zender and Phil Angotti. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Summer Storytime In Madeleine's Garden at Proesel Park:** Bring a blanket and enjoy 30 minutes of stories and outdoor activities geared toward birth through five-year-olds. The children must be accompanied by a caregiver. No registration is required, but in case of rain, storytime is canceled. 10 a.m. Proesel Park, 7055 Kostner Ave., Lincolnwood, free, 847-677-5277

**Storytime at the Pool:** Enjoy a brief, poolside story with a librarian during the first afternoon safety break each Tuesday. 12:45 p.m. Proesel Park Family

Aquatics Center, 7055 N. Kostner Ave., Lincolnwood, free, 847-677-5277

**Health Benefits & History of Kefir:** Learn how Lifeway Foods, headquartered in Morton Grove, made kefir into a popular health food now found in grocery stores across the U.S. and U.K. Enjoy samples of a variety of kefirs and learn the health benefits of kefir and prebiotic including healthy digestion, immunity & weight management. 7 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**Machline Destruction and Steam-punk Rebuild:** Join in this two-day workshop where you can destroy classic machinery and then craft the pieces into steampunk jewelry and art. 3:30 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**Summer Kids Club:** Golf Mill Shopping Center Kids Club returns every Tuesday this summer. The mall has a full schedule of fun, educational and interactive activities planned for children ages 12 and under. 11 a.m. Golf Mill Shopping Center, 239 Golf Mill Center, Niles, free, 847-699-1070

**3D Printed Selfie:** Learn how to use Microsoft Kinect as a 3D scanner to create a 3D printed selfie. 7 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

**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

**Understanding the Islamic World:** Over four weeks, Jim Kenney explores questions, which are critical for a real understanding of the Islamic world. He will compare and contrast western views of religion, the state and pluralism with those that characterize Muslim culture. 1 p.m. North Shore Senior Center, 161 Northfield Road, Northfield, \$40 NSSC members; \$52 non-members, 847-784-6030

**Country in the Park 2016:** "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

**Great Books Discussion Group:**

Meets on the second Tuesday of each month to discuss some of the best books in the English language. For more information on joining, call 847-673-1814. 7 p.m. Skokie Public Library, 5215 Oakton St., Skokie, free, 847-673-7774

**Wednesday, July 13**

**Music in the Park and French Market:**

Favorite Bensenville restaurants sell dinner and dessert items, for dinner in the park prior to the concert. Early in the evening, there are free games, giveaways, photo-booths and a caricature artist. Each concert night includes a Classic Car Show and a 50/50 split-the-pot raffle that benefits local charities. 5:30 p.m. Downtown Bensenville, 12 S. Center St., Bensenville, free, 630-766-8200

**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

**Big Thief:** 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$10, 847-492-8860

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

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

**The Music Room David Bowie The First Five Years:** Join AV librarian Michael White and explore the first five years of David Bowie's music career, from his 1967 self-titled debut album to the 1972 landmark "The Rise and Fall of Ziggy Stardust and the Spiders from Mars." 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**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: 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

**Wednesday Worship and Cook Out:** Join at the church for worship and a meal. Worship begins outside (weather permitting) in the East Parking Lot at 6 p.m. with dinner to follow. Bringing lawn chairs is encouraged, but attendees may use folding chairs available. 6 p.m. Holy Trinity Lutheran Church, 2328 Central Road, Glenview, free, 847-724-6060

**Summer Walking:** Wednesday evenings at 6:30 p.m., meet at the park bench outside the east wing of the Glenview Senior Center to walk together through and around the Gallery Park. 6:30 p.m. Glenview Senior Center, 2400 Chestnut Ave., Glenview, free, 847-446-4300

**Commit to Get Fit Improve in Every Aspect of Your Life:** Author Laura Dion-Jones helps attendees discover a strategy that helps motivate them to commit to making desired changes in their lives. 6:30 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free,

847-663-1234

**Northbrook Farmers Market:** Shop for farm fresh fruits, veggies, cheese, baked goods and more at this not-for-profit community farmers market. 7 a.m. Cherry Lane and Meadow Road, Cherry Lane and Meadow Road, Northbrook, free

**Bridge Class Beginning Bridge:** This series of lessons is for those who have never played bridge or haven't done so for a very long time and have forgotten how to bid and play. Come and learn the most stimulating partnership card game around. 12:30 p.m. Park Ridge Park District- Centennial Activity Center, 100 S. Western Ave., Park Ridge, \$75 member; \$79 guest, 847-692-3597

**Networking Luncheon features Active Shooter on Premise:** Presented by Cmdr. Jason Leavitt, Park Ridge Police Department, "Active Shooter on Premises, what do you do?" will be held from 11:30 a.m. to 1:30 p.m. 11:30 a.m. Park Ridge Chamber of Commerce, 720 Garden St., Park Ridge, \$20 members, \$25 prospective members and walk-ins, 847-825-3121

Have an event to submit? Go to [chicagotribune.com/calendar](http://chicagotribune.com/calendar)

**CERTIFIED**  
asthma & allergy  
friendly



# asthma & allergy friendly™ CLEANING SERVICES



**BEYOND CARPET CLEANING**  
CARPET | TILE & GROUT | HARDWOOD | UPHOLSTERY  
AIR DUCT | 24 HOUR EMERGENCY WATER SERVICES  
**1-800-STEEMER® | stanleysteemer.com**



**\$20 OFF**  
**ANY CLEANING SERVICE**

ORDERS OF \$150 OR MORE

Cleaning Completed By 7/31/16

Promo Code: **20NP**

asthma & allergy friendly™ Certification applies to Carpet, Tile & Grout, and Hardwood Cleaning services only. ASTHMA & ALLERGY FRIENDLY and ASTHMA & ALLERGY FRIENDLY LOGO are Certification Marks and Trademarks of ALLERGY STANDARDS LIMITED. The ASTHMA AND ALLERGY FOUNDATION OF AMERICA is a Registered Trademark of AAFA. Minimum charges apply. Not valid in combination with other coupons or offers. Must present promo code at time of service. Valid at participating locations only. Residential only. Cannot be used for water emergency services. Certain restrictions may apply. Call for details.

## Now playing

**"Finding Dory" ★★**

PG, 1:43, animated

This satisfying follow-up to the 2003 smash "Finding Nemo" amplifies the defining characteristic — short-term memory loss — of Dory, the blue tang fish voiced with subtle warmth and unerring comic timing by Ellen DeGeneres. Dory fin-twists, gently, Marlin (Albert Brooks) and Nemo (Hayden Rolence) into aiding her in her search for the parents she only periodically recalls. The quest takes the trio to the coast of California and

the Marine Life Institute. The open ocean is the reward for Dory, along with reuniting with her parents, and I felt slightly jerked around in getting to the reward part. The visual personality of the movie is fantastically vivid and bright; the story itself, less so. — *Michael Phillips*

**"Independence Day: Resurgence" ★**

PG-13, 2:09, sci-fi

From the metallic shell of the 1996 smash "Independence Day," director Roland Emmerich has pulled a seriously lousy sequel, dripping with alien goo and incoherence. There's a new, bigger UFO, 3,000 miles in diameter, which is just dumb. When your UFO is 3,000 miles wide, your movie threatens to lose all sense of dramatic scale. You can up the ante all you like, and wipe out world landmarks. But if your witty asides aren't witty, your digital effects look like so much else you've seen the last few years and your editing juggles plotlines so ineptly ... then you have a movie like this. Characters keep talking about comas and boredom and how tedious reunions are, and you know exactly what they mean. — *M.P.*

**"Central Intelligence" ★★**

PG-13, 1:54, comedy

"Central Intelligence" is the kind of movie that sends you from the theater smiling, because you're glad it's over. Dwayne Johnson and Kevin Hart play high school acquaintances rejoining 20 years after graduation to cavort through a thicket of spy nonsense. National security agents appear, shots are fired and the unmatched duo is on the run. Johnson and Hart are performers of trustworthy charisma, but their personal appeal hits its limits

in this film. "Central Intelligence" is a chase movie that goes nowhere, but from which there's no escape. — *Collin Covert, Star Tribune*

**"The Shallows" ★★**

PG-13, 1:27, horror

Shot in a style suggesting a Sports Illustrated swimsuit issue video shoot gone wrong, "The Shallows" belongs almost entirely to Blake Lively, who plays Nancy, a resourceful medical student from Texas vacationing in Mexico. There is a great white shark in the area, however, feeding on a dead whale. Nancy, who sutures her own shark bite wound with a couple of handy earrings, finds herself stranded on a rock, with the tide coming in and only an

injured sea gull for conversational company. We're strictly in three-C's territory with this one: character stuff (grieving, doubts, family), cleavage and chomping. — *M.P.*

**"Free State of Jones" ★★ 1/2**

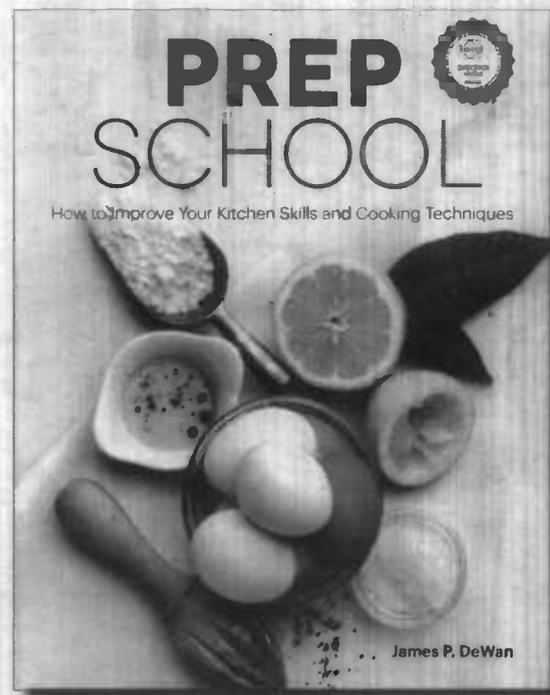
R, 2:19, drama

Matthew McConaughey plays Newton Knight, a pro-Union Mississippi native who marshaled a guerrilla war against his own side, the Confederates, with troops that included deserters and runaway slaves. Knight managed to prevail over the Confederates in Jones County, Miss., and declare the county the Free State of Jones. Often in "Free State of Jones," we feel like visitors to a historical re-enactment site. Everything looks and feels

fresh-scrubbed and somewhat staid. Director Gary Ross' smooth, steady film is just interesting enough to make you wish it were a lot grittier and better. — *M.P.*

## Trib Books

LIBRARY



Tribune columnist James P. DeWan  
teaches you how to:

Slice, Dice, Whip, Poach, Carve, Roll, Roux, Braise,  
Brine, Stuff, Spatchcock  
And more!

**NOW IN PAPERBACK!**

GET IT TODAY AT  
[CHICAGOTRIBUNESTORE.COM/](http://CHICAGOTRIBUNESTORE.COM/)  
PREPSCHOOLBOOK

Chicago Tribune

Mike started with a  
team of specialists  
who treat only cancer.

Mike Fincham  
Colon Cancer Patient

At Cancer Treatment Centers of America®, treating cancer isn't one thing we do—it's the only thing we do. With state-of-the-art technologies and precision cancer treatment, our experts diagnose patients and develop a thorough treatment plan. So patients like Mike get a plan that not only attacks his cancer, but also offers evidence-based therapies to help reduce his side effects.

If you've been diagnosed with cancer, or are already undergoing treatment, and are unsure about your options, talk to the experts at CTCA® in suburban Chicago. Our team can recommend a treatment plan customized to fight your specific cancer and help you get back to living your life.

[cancercenter.com/chicago](http://cancercenter.com/chicago) • 888-811-6574

© 2016 Rising Tide



Cancer  
Treatment  
Centers  
of America®

at Midwestern Regional Medical Center

No case is typical. You should not expect to experience these results.

BEST SUMMER EVER! MUSIC • Festivals • seafood boils  
BEACH GEAR and 61 can't miss events

# CHICAGO

the **Pet Lover's Guide** to CHICAGO

JULY 2016

→ LUXURY SPAS ←  
feline-friendly  
BARS  
fabulous  
DOG PARKS  
and  
ABSOLUTELY  
EVERYTHING  
You need to know  
to keep your  
FURRY FRIENDS  
HAPPY



DUCK DUCK  
GOAT → CHEF IZARD'S  
CHINESE OPUS

DISCO  
DEMOLITION  
THE SECRET HISTORY

THE CULT  
NEXT DOOR  
Scandal in Hinsdale

starring Menny, the Frenchie with more  
Instagram followers than the CHICAGO CUBS

## THE PET LOVER'S GUIDE TO CHICAGO

From the dog-  
friendliest joints  
to the most  
extreme ways  
to pamper your  
kitten, we've got  
all your animal  
needs covered.

**ON NEWSSTANDS NOW**

Subscribe at 800-999-0879 or [chicagomag.com/access](http://chicagomag.com/access)

# Where's my (insurance) break?

Most car buyers paying extra for safety devices aren't getting discounts on their rates — yet

BY TOM KRISHER  
Associated Press

After hearing good things about the latest in crash-prevention technologies, you decided to add automatic emergency braking to your new car.

The feature costs north of \$2,000 on most vehicles. Yet even though data show it can prevent crashes, the discount from your insurer is likely to be zero.

Most insurers aren't yet ready to give a break to car owners who invest in automatic braking or other new electronic technologies such as lane departure warning or blind-spot detection. Many companies are still compiling their own data to confirm that the devices stop crashes, while others say automakers don't always make it clear which models have the new technologies.

Of the 11 biggest U.S. auto insurers, only two offer discounts for the new electronic devices. But experts say that because they are so effective in reducing crashes, it's just a matter of time before widespread rate cuts arrive.

"We certainly are seeing significant effects from automatic emergency braking," says Russ Rader, spokesman for the Insurance Institute for Highway Safety, an industry research group. "To the extent that vehicles get into fewer crashes, that will ultimately be reflected in the rate you pay."

Among big insurers, only Hartford Insurance Group and Liberty Mutual Insurance Cos. offer discounts



ISTOCK

for automatic braking, which uses cameras and radar to spot objects in the way and slow or stop vehicles if the driver doesn't react. Other companies say they're studying claims data before offering specific discounts. Many say the discounts are baked into overall rates on cars equipped with automatic braking that crash less often.

An IIHS study released this year found that 40 percent of rear-end crashes would be cut if all cars had automatic braking. That means about 700,000 crashes would be prevented annually, based on 2013 crash data.

The government and most major automakers have agreed to make autonomous braking standard on

most cars by 2022. Among other new electronic safety features, lane-departure warning hasn't been as effective, while blind-spot detection shows promise in early data, Rader says.

One reason why all insurers do not offer discounts is because automatic braking isn't on that many vehicles. The consulting firm IHS estimates that it will be on 21 percent of the vehicles produced in North America this year. Also, insurers have a hard time verifying if cars actually have the devices. When insurers check a car's vehicle identification number, they usually see a list of features. But electronic safety devices aren't included by most automakers. Insurers say they're

working with car companies to include them.

Once expensive and limited mainly to high-priced luxury cars, automatic braking is now more affordable and included on more mainstream vehicles. This year, automatic braking is standard equipment on 17 of 194 of the most popular models in the U.S. and available on 71 others. Toyota is making it standard on nearly all new Lexus and Toyota models by the end of next year. While most companies include it as part of more expensive packages, Toyota lowered prices for the feature as an option on 2016 models to \$300 from \$635.

Insurance companies also are trying to determine whether the radar sensors

## 5 ways to save money on car insurance

Only a few auto insurance companies offer discounts for new electronic safety devices such as autonomous emergency braking. But there are other ways you can save money on insurance:

**Compare companies:** Get at least three quotes before you choose a company, and check every year or so to see if your company is still competitive. But make sure you're comparing the same coverage levels.

**Raise deductibles:** You can save 15 to 40 percent on your premium by increasing the amount you pay before insurance takes over.

**Reduce coverage:** On older cars, cut comprehensive and collision coverage and just get liability insurance. Check the car's value online at kbb.com. Generally it makes sense to drop collision and comprehensive on cars worth less than \$1,000. Collision coverage pays for damage to your car if you cause a crash. Comprehensive coverage pays for theft of your car or damage to it by an event other than a crash such as fire or vandalism.

**Check insurance costs before buying a car:** Some models, such as sports cars, have higher insurance costs. Others cost more to repair after a wreck, so they cost more to insure. Cars with good safety records and established safety features such as electronic stability control and anti-lock brakes usually come with lower costs. Check with your agent or company.

**Ask about discounts:** Insurers want to keep good drivers because they don't make claims. So ask about discounts for a driving record with no tickets over three years. Discounts also are available for a strong credit rating, driving a limited number of miles or being a longtime customer.

**Sources:** Insurance Information Institute, Insure.com, Progressive.com

and cameras used in automatic braking could drive up repair costs. On many models, the sensors are mounted in front-end emblems or bumpers, said Justin Herndon, a spokesman for Allstate Insurance. "Something that used to cost 60 or 70 bucks for an emblem to be replaced now can cost a couple grand," he says.

Still, The Hartford has determined that automatic braking is worth a cut in rates, which could help entice drivers to get the new features. The company cuts up to 3 percent of the annual premium on cars with automatic braking and other devices. Currently the discount is only in five states — Illinois, Ohio, Minnesota, Oklahoma and

Arkansas — but could be expanded, said spokeswoman Julia Zweig.

"Safety technologies are becoming more widely available and are expected to improve driver safety and reduce the likelihood of collisions," Zweig said in an email.

Liberty Mutual said it couldn't state the size of the discounts because they vary by feature and driver and may vary by state.

Hartford's discount works out to only about \$30 per year on the average annual insurance premium of about \$1,000. But the discounts could grow as more vehicles get automatic braking as standard equipment, and insurance companies see in claims data that it reduces crashes.



ROBERT DUFFER/TRIBUNE NEWSPAPERS

The Buick Cascada convertible looks great, but its congested center stack is a problem.

## Sleek ragtop a control freak

BY ROBERT DUFFER  
Tribune Newspapers

The Buick Cascada is a Pop-Tart. It looks great on the outside, but the inside is jammed with junk.

The main problem with the sleek convertible is the congested center stack. There are 13 buttons for climate control, two dials for temperature, 22 buttons for multimedia, another half dozen for safety systems, and the lock/unlock button is sandwiched at the top, below the recessed touch screen that is nearly unreachable.

The Cascada is the only pure convertible without a coupe or sedan counterpart, and it is aimed for the vast majority of car buyers who don't place a premium on performance.

It uses a 1.6-liter turbocharged four-cylinder engine with direct injection that goes nowhere fast, hitting 60 mph in just under nine seconds. It weighs just shy of 4,000 pounds, more than most crossovers. The weight largely stays up front in the front-wheel driver that, along with a bland six-speed automatic, adds up to a shrug behind the wheel.

The turbo is meant more for economy than power. We averaged 29 mpg highway, 2 mpg over the EPA estimate.

There isn't much grip from the tires on those

### 2016 BUICK CASCADA PREMIUM Convertible

Price as tested:

**\$36,460**

Base price: \$33,065

Mpg: 20 city, 27 highway

Engine: 1.6-liter turbo  
four-cylinder

Transmission:  
FWD six-speed auto

Parting shot:  
The mechanical mediocrity is justifiable; the jammed-up center stack is not

20-inch wheels. There's no sense throwing it into corners; the understeer would send the Cascada skidding off the road.

All of that is excusable; it is not a performance convertible. The Cascada is all about basking in the open-roof experience, and in this it succeeds. It is inherently fun, and even the center stack can't ruin that.

The soft top folds into the hard tonneau cover in just 17 seamless seconds, though your finger must stay on the lever in the center console. And it can be dropped or raised at speeds up to 31 mph. It's not loud when the top is

up, and when it's down the Cascada is just about everything you want in a cruising convertible.

It looks about as good as you'll feel too. A handful of passersby stepped unwittingly right into Buick marketing, pleasantly surprised that it was in fact a Buick. The stretched wheelbase gives it some balance and plenty of interior space. The windshield is raked, or flat, so it looks as if it's an extension flowing from the hood.

The standard interior comes well-equipped, with creamy, leather-appointed seats and a steering wheel that is heated. There is a base and premium (\$3,000 more) trim level, which includes lovely conveniences such as the seat belt presenter that makes the belt easier to reach.

Trunk space is deeper than it is high, shrinking from 13.4 cubic feet of space with the top up to 9.8 cubic feet with the top down. Two sets of clubs can fit with the top down, and the 50/50 split rear seats open up even more possibilities for cargo items less than a foot tall.

The Cascada fills a void in the market for convertibles meant to cruise. It is not going to be an everyday driver, but once in a while, like a Pop-Tart, it can be a fun way to start the day.

[rduffer@tribpub.com](mailto:rduffer@tribpub.com)

## Poor AM radio reception grounds Bentley owner



BOB WEBER  
Motormouth

**Q: I bought a 2007 Bentley Continental Flying Spur six months ago. Much to my dismay, the AM radio reception is terrible! I get tons of static, especially when near power lines. Is it the antenna?**

— P.O., Clarendon Hills, Ill.

**A: You bought a Bentley and want to listen to AM radio? Why? Can't afford to hire a string quartet? Seriously, it is, as you suspected, usually a problem with the antenna. Often it is due to a poor ground.**

**Q: I want to try using the clay bar (to restore the finish) but have a couple of quick questions before I do. What is a microfiber towel? And what is detailing spray?**

— D.C., Chesterton, Ind.

**A: Microfiber towels are**

very soft and prevent scratches. Detailer is used for quick clean-ups. When used with a clay bar, it provides necessary lubrication.

**Q: I have a 2006 Honda Pilot six-cylinder 4WD SUV. It has 56,000 miles on it and I average 5,000 miles per year. For the last year or so the dealer has recommended I change the timing belt. They said it should be replaced between 60K and 100K miles or 7 years. I read that it is only true if you live in extreme temperatures. The price is about \$900. I had another mechanic tell me that I should not get this done until about 90K miles. What do you recommend?**

— R.D., Philadelphia

**A: According to the official Honda maintenance schedule, replace the timing belt based on the vehicle's maintenance reminder. But if you drive regularly in very high temperatures, in very low temperatures, or tow a trailer, replace the timing belt every 60,000 miles. The water pump should**

also be inspected at this time.

**Q: In the past, with port fuel injection, I periodically added Techron fuel system cleaner to the gasoline to reduce injector deposits and to reduce intake valve deposits. Now, I have a Toyota 4.6-liter V-8 engine with direct fuel injection that uses an expensive high pressure fuel pump, in addition to the low pressure fuel pump in the fuel tank. Can I safely add Techron? Should I?**

— M.W., Hartford, Conn.

**A: Products such as Techron can help keep fuel injectors on direct injection engines clean. But additives will do nothing to maintain clean intake valves since no fuel passes them. If you already use a gasoline brand that contains Techron, adding more has no benefit.**

Send questions along with name and town to [Motor-mouth, Rides, Chicago Tribune, 435 N. Michigan Ave., Fifth Floor, Chicago, IL 60611 or motor-mouth.trib@verizon.net](mailto:Motor-mouth, Rides, Chicago Tribune, 435 N. Michigan Ave., Fifth Floor, Chicago, IL 60611 or motor-mouth.trib@verizon.net).



BENTLEY

Even owners of pricey Bentley Continental Flying Spurs have questions for Motormouth.

# Nader's versatility makes him a good fit for Celtics

Niles North grad drafted in 2nd round by Boston

BY DAN SHALIN  
Pioneer Press

After a whirlwind week of introductions, interviews and team meetings, Boston Celtics second-round draft pick Abdel Nader finally got down to playing some basketball with his new team on June 30.

The Celtics Summer League squad, which is comprised primarily of rookies and second-year players, began preparation for the Utah Jazz Summer League, which is scheduled to begin on July 4. Looking around the organization's practice facility in Waltham, Mass., Nader, a Niles North alumnus, said he was a bit overwhelmed by his surroundings.

"I kind of caught myself in practice today just looking around," said Nader, who was the No. 58 pick out of Iowa State. "(Celtics regular) Marcus Smart decided to practice with us, and there were all these Celtics coaches, some guys already on the roster and the other draft picks, and I'm wearing all this Celtics stuff and at their practice facility with 17 championships banners hanging. It kind of hits you all at once. It took me some time to get comfortable because my mind was wandering."

A week earlier, Nader had been watching the 2016 NBA Draft at his family home in Skokie with relatives and a few close friends, hoping to hear his name called. It took a while. He was drafted two spots from the last pick and was the eighth Celtics selection of the night, two of which they traded.

The 6-foot-6, 230-pound Nader had worked out for 17 different teams before the draft and Boston was one of four to bring him



ELISE AMENDOLA/AP

Boston Celtics president of basketball operations Danny Ainge, center, talks with Celtics draft picks Abdel Nader, left, and Ben Bentil, right, after an introductory news conference on June 24 in Waltham, Mass.

back for a second workout. Nader said coach Brad Stevens likes his versatility.

"(Accumulating guys who can play multiple positions) is something the Celtics are trying to do," said Nader, who hopes to play in Boston this year, but could end up with the Celtics' NBA Development League team in Portland, Maine. "I can play the one (point guard) through the four (power forward) and they love that about me. We have a couple (draft picks) like Jaylen Brown and Ben Bentil who are versatile.

That's where the NBA is headed and that's a great thing for guys like me."

Nader had a strong senior season, averaging 12.9 points and 5.0 rebounds per game and being named All-Big 12 honorable mention for an Iowa State team that reached the Sweet 16. However, Nader was overshadowed by teammate Georges Niang, who ended up getting drafted No. 50. Nader was not necessarily a player NBA teams were high on, until they brought him in for workouts.

"Everybody thought

Abdel (would end up playing in Europe) coming out of Iowa State," said Cervando Tejada, Nader's agent. "But teams saw a player do things they didn't see during the season. He has a 40-inch vertical leap. Nobody in the NBA knew he had that. Nobody knew he could shoot that well. He has a 7-foot-1 wingspan. Nobody knew he was that long. Then when he played (in the workouts) his ability to shoot and defend really intrigued teams. And he's such a nice kid. He won't teams over with his kind-

ness and personality."

Though he always dreamed of playing in the NBA, Nader said he didn't start putting in the necessary work until after a somewhat disappointing junior season, his first year of eligibility in Ames, Iowa, after transferring from Northern Illinois.

That season began with Nader serving a three-game suspension after being arrested for operating a vehicle while intoxicated. Though he had some good games, Nader's play was inconsistent, and he aver-

aged just 5.8 points and 2.9 rebounds per contest.

"After junior year, I was definitely disappointed in myself. I knew I was overweight and had let things slip a little," said Nader, who lost 15-20 pounds ahead of his senior season. "I began to take better care of my body and started working harder, and it paid off. I've continued to do that and hopefully it will continue to pay off."

Niles North coach Glenn Olson, who has known Nader since the latter was in seventh grade, said Nader has matured in recent years and is committed to making it as a pro.

"He's come so far," said Olson, who coached Nader as a sophomore at Maine East before both of them ended up at Niles North the following season. "He spoke to our team (this summer) and he says the right things, and he cares about the right things. This isn't some early 20s college kid focused on having a good time. He's focused on becoming a pro player."

Olson said Nader's focus and drive could be seen the week of the NBA Draft: Nader was back in Skokie and had Olson put him through some vigorous basketball workouts.

That Nader chose to be around Olson at that time is not all that surprising given how Nader feels about his former coach.

"He's a big-time male figure in my life and always has been," Nader said. "I am so grateful to have him in my life. He never wanted anything in return, only for me to be the best I could be. He instilled so much confidence and belief that it was hard for me to fail.

"I owe so much to him, and my family and friends. But (Olson) was big-time from a basketball standpoint."

Dan Shalin is a freelance reporter for Pioneer Press.

Twitter @Pioneer\_Press

# Schneider embarking on cross-country ride to raise fitness awareness

BY DAN SHALIN  
Pioneer Press

Sports and fitness always have been an important part of Tom Schneider's life.

The Rockland, Mass., native and current Chicago resident has worked on the strength and conditioning staff at Harvard, South Carolina and Northwestern. He is currently a boys basketball assistant coach at North Lawndale and a personal trainer in the Wilmette Park District.

But Schneider said he truly began to find his purpose when working as an instructor in an after-school program in the Chicago Public Schools during the 2012-13 academic year. That's when Schneider, now 28, decided to focus much of his attention on bringing physical fitness training to a group he feels needs it the most — underserved youth.

"It was alarming to see the sedentary habits of kids. They were not motivated to move and play and many would sit down during recess," he said. "I realized there was a disconnect in our education system and our culture as a whole. Many children weren't being encouraged to live active, healthy lifestyles."

That's when Schneider founded T.R.U.E. Fit, the letters in T.R.U.E. stand for the The Resourceful Use of Exercise. The organization, which launched in 2014, is a vehicle for Schneider to bring his fitness message to inner-city children through one-day and recurring sessions, which include exercises and lessons about health and nutrition.

Schneider is relying on traditional media, a creative website, social media and networking to spread the word.

He's also using a somewhat unusual marketing technique: the Second Annual T.R.U.E. Fit Bicycle Tour. Beginning July 7 Schneider plans to ride his bike from Los Angeles to Washington D.C. stopping



KEVIN TANAKA/PIONEER PRESS

Tom Schneider watches campers complete fitness exercises on July 1 in Wilmette. Schneider is planning to conduct 12 fitness clinics in 11 different states as part of his bike ride across the country.

to give T.R.U.E. Fit clinics along the way. He is scheduled to give 12 clinics in 11 different states.

Last summer, Schneider rode his bike from Chicago to Boston, offering six clinics, most of them at community centers and to after-school programs.

T.R.U.E. Fit sessions, which have been conducted for children between the ages of 6 and 18 and occasionally for adults, include a warmup and exercises like lunges, plank holds and bear crawls, chosen specifically because they can be replicated at home. Sometimes the exercises are incorporated into relay races

and contests to ensure the participants are engaged.

From a nutrition standpoint, Schneider said he teaches children the importance of reading food labels to determine just how much sugar is in the products they eat and drink.

"Tom definitely has the right personality and attitude for this kind of job," said Romina Castillo, community programs coordinator for Consortium to Lower Obesity in Chicago Children, an organization that has worked with Schneider. "It's challenging to lead a class for anything with children, and he makes it look so easy. He's a leader

and is super playful, but at the same time commands respect."

T.R.U.E. Fit is a non-profit organization, and much of Schneider's work is done on a volunteer basis. But Schneider's goal is to build the program to a point where schools and youth programs include it as part of their curriculum, contracting with T.R.U.E. Fit to receive regular visits from what Schneider hopes will one day be a stable of coaches. Schneider is not just thinking locally either, but is hoping to eventually establish T.R.U.E. Fit nationwide

"A few years ago, I was

riding from Chicago to the Riverside-Brookfield area, about 30 miles, and thought, 'I would like to ride my bike from Chicago to Boston. That would be cool,' " Schneider said. "It was the same time I was starting T.R.U.E. Fit and I thought it would be a great idea to merge the concepts."

Schneider's younger brother James, who will be in a vehicle accompanying Tom Schneider on the trip for a second straight year, was initially skeptical.

"I thought he was a lunatic for just wanting to do that," said James Schneider, 26, who lives outside of Boston. "But I'm

going with him again. T.R.U.E. Fit is something he built up himself and this is the least I can do to help out him and the organization."

This year, Tom Schneider's 58-year-old father Tom Schneider Sr. will be along for the journey too, and he's expected to bike most of the way. The brothers' 11-year-old nephew Rocco Pompeo also will be part of the group.

Tom Schneider Jr. said there will be several days when he rides 12 to 14 hours. His best day mileage-wise last year was 173 miles, and he hopes to exceed 200 miles on some days in 2016.

The group plans to take Route 66 from California to Wichita, Kan., and will look to travel on secondary highways instead of the interstate.

Thanks to a GoFundMe campaign and a local fundraiser, Tom Schneider Jr. said he has raised a little over \$10,000 for the trip. That will help cover expenses like lodging and gas for the vehicle, which will be an RV from L.A. to Chicago. For a second straight year, Wilmette's Velosmith Bicycle Studio has lent Tom Schneider Jr. a Seven Cycles bike, which he said "is probably worth more than my car."

Once again, Tom Schneider Jr. and his team will be documenting the journey on social media, posting updates, videos and photos on Twitter, Instagram and Facebook.

During the 2015 trip, Tom Schneider Jr. revealed to his brother his plans for this year's cross-country journey. What does Tom Schneider Jr. have in mind for next year?

"I'm not sure. Maybe Canada down to Mexico," he said. "I can hit three different countries on the tour and make T.R.U.E. Fit international. That could be the next thing."

Dan Shalin is a freelance reporter for Pioneer Press.

Twitter @Pioneer\_Press

Fitness trainer Tom Schneider leads campers in warm-up exercises at Mallinckrodt Park on Friday, July 1, in Wilmette.

KEVIN TANAKA/PIONEER PRESS



# Breaking the cycle

Area personal trainer going on bicycle trip across the country as part of mission to change sedentary habits of children. *Inside*

Chicago Tribune

# FREE INSIDE THE SUNDAY CHICAGO TRIBUNE



**EVERY SUNDAY  
THROUGH AUGUST 14**  
Only at participating Jewel-Osco locations  
While supplies last.



## 2016 *Fathead*<sup>®</sup> STICKERS

*fathead* PEEL & STICK 3

Chicago Tribune sports Plus <sup>+</sup>

Winning the game against skin cancer

**BLUE LIZARD**  
AUSTRALIAN SUNSCREEN

Available at your

**THIS WEEK'S FATHEAD**

### COLLECT ALL SIX!



Get an exclusive offer from  
**Blue Lizard Sunscreen**  
on this Sunday's Fathead.



# How Much Can You Learn in Just One Day?

# A Lot.

**Saturday, October 8 • 9:30am - 4:00pm**

**Chicago Marriott Oak Brook • 1401 22nd Street • Oak Brook, IL 60523**

**Chicago Tribune and One Day University** are bringing stars of the academic world to Chicago to present their most thought-provoking talks. You'll encounter four award-winning speakers and countless engaging ideas. Best of all, at One Day U, there are no grades, no tests, no homework - just the pure joy of lifelong learning!

Full Price ~~\$179~~  
First 100 to  
Register Pay Only

# \$119

Use coupon code CT119

## Chicago Tribune



9:30am  
to  
10:40am



### The Art of Aging

Brian Carpenter / Washington University in St. Louis  
*David Hadas Teaching Award*

10:55am  
to  
12:05pm



### The Rise of the Ultra Wealthy

Rachel Friedberg / Brown University  
*William G. McLoughlin Award*

**LUNCH BREAK - 12:05 p.m. - 1:25 p.m.**

1:25pm  
to  
2:35pm



### Beethoven's Ninth: The Story Behind the Masterpiece

Thomas Kelly / Harvard University  
*Otto Kinkeldey Award of the American Musicological Society*

2:50pm  
to  
4:00pm



### Untangling the Web: Why the Middle East Is a Mess and Always Has Been

Ori Soltes / Georgetown University  
*Outstanding Teaching Award*

**Register Today To Lock In Your Discount For This Remarkable Event**  
**OneDayU.com or 800-300-3438**