Hollywood homecoming

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

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.

Shifting gears

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

Going green

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

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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 Sport Shop and Wenecke’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 community 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, “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 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 vehicles.

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.

THE TASTE OF PARK RIDGE COMMITTEE ANNOUNCES THE MUSICAL LINE-UP FOR 2016

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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 Joria Fonton 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 classrooms 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 further investigation by his department. He said the incident was investigated by DCFS.

"Unfortunately, the child got through a natural barrier, but you would think if a movie was filmed there you would start looking for the child... really I'm just in shock and 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 GOLDBOROUGH
Chicago Tribune

The six-bedroom brick house in northwest Evanston where the 1984 classic teen comedy "Sixteen Candles" was filmed has been 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 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 Goldborough is a freelance reporter.
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 news release.

"I was the theatre director 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."

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 acting 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 or by calling 847-813-0484.

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

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.
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 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.
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**
- Walid 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. Bishop Fantacia Bishop, 19, of the 11400 block of South Forestville Avenue, Chicago, was charged with retail theft on June 21 after he was accused of stealing $115 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.
- Elzbieta Lozowska-Golebiewska, 41, of the 7800 block of Oleander Avenue, Niles, 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**
- Rita Johnson, 21, of the 300 block of East Kensington Avenue, Chicago, and Fantacia Bishop, 19, of the 11400 block of South Forestville 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.

**PUBLIC INTOXICATION**
- A 59-year-old man from Niles was cited with public intoxication on June 19 after police said he fell while he was driving his car June 24 from the 9000 block of Terrace Drive. According to police, this was the second time he had taken the car.

**THEFT**
- A 2016 Chrysler minivan was reported stolen June 18 after a car dealership in the 9400 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 Caldwell Avenue at 3:20 p.m.
- A cellphone was reported stolen June 19 after it was left unattended while charging on a table at King Spa, 809 Civic Center.

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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 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 muscles 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 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.

"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 best 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 ROUTLIFE
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, including $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 people a month 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 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 Scheinpflug, 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.
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, 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, according to the 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 under the “D207 Schedule Recommendation FAQ” tab.

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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 24 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.hemingwaysoociety.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.

This year's fundraiser, "At Home in Hemingway's World," will be held at six locations in Oak Park, including 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 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.hemfop.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 and his sister, Marcelline, 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.

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," Reher said.

Nail 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.

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.

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 or www.hemingway8k.com.

Caitlin Mullen is a freelance reporter for 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 Fiins, of the Field School PTO.

"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 commenters offering words of condolence and prayers.

Chicago Tribune staff reporter John Keilmann contributed.

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Twitter @Jen_Pioneer
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.

"I love Rush, Yes, Led Zeppelin, AC/DC, all those good rock bands."

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

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Resident sweet on new gluten-free bakery
Son’s illness gives owner impetus

BY JACKIE PILOSSOPH
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,

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 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 donuts, cupcakes, cookies, sandwich 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.

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

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
Better 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 baseball in Chris Sale.

Iconic architecture
Chicago is a great city for architecture lovers 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.

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 it under the newspapers beneath her dish.

Paul Sassone

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.

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

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's pointedly does, 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 complaints from political firefighting. 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 1st."

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 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

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. After 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 five 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 walk.

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 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.

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

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-servings 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 libidinous 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 comic 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 everything 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 realistic 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 musical and lead role into a fierce, feminist revolutionary. Smith is costumed by Nancy Missimi to look like a biker-bar shaved head and all. The men who pursue her are very much her physical 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-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.

Smith, who is at the heart of the show, embraces the enigma of his role - although I kept wanting 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.
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.'
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 because 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 stores 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.

“The addition of herbs 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 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.”

Basil is popular too. I have more than 20 varieties of basil in my mixes. 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 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.

**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 1/2 teaspoon of lemon juice to olive oil before rubbing it onto the chicken. Use regular thyme in place of the lemon thyme.

Judy Buchenot is a freelance writer.
Find free fun in nearby forest preserves

Lakes, campsites offer many outdoor activities

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.

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 lcfdp.org/marinas.

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 dupageforest.com/rec.

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 campsites' cabins, available for rent throughout the season. Learn more at fpdccc.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 policy. More at 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 fpdccc.com/rec/zip.

FOREST PRESERVES COOK COUNTY

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

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.

FOREST PRESERVE DIST. DUPAGE

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

However, when the question was asked what they fed their dogs, they could usually state the 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.

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.

A dog 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?

— Jonny 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; please include your name, city and state.

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 brushing 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.

PET OF THE WEEK

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 sjshine2012@gmail.com or 630-964-8535. His adoption fee of $250 benefits the rescued pets of Cry For Help Rescue. He is currently being kennelled 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 might 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 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@pioneeerlocal.com.

Cathy Cunningham is a freelance columnist.

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.

[Advertisement for John Hall Homes]
**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 im-

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).

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).
In Rotation:
At various speeds

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

ACROSS
1  Moral code
2  With precision
3  Ian of The Hobbit
4  Peace Prize city
5  Less lax
6  Yankee great Jeter
7  Rum drink
8  Happy Days nickname
9  Just like
10  Act like
11  Do business
12  Red-carpet walkers
13  Barely visible
14  Nestled in
15  Tennis official
16  Of few words
17  When prompted
18  Swindled
19  Massive bunch
20  Umbrella part
21  Uni-relative
22  Certain runner
23  ... on the road
24  Unwritten exams
25  Skirt companion
26  Morose
27  Tallest Eastern Alp
costar
28  Emphatic refusal
29  Break one's word
30  Cohost
31  Break one's word
32  ... on a stage
33  Empathetic refusal
34  Poster for 2014
35  ... on the road
36  Tallest Eastern Alp
37  Tallest Eastern Alp
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122  Tallest Eastern Alp

DOWN
1  Flows away
2  #5 baby girl name...
Quote-Acrostic

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

Clues

1. Just great! 151 133 90 6 48 31 117
2. Race car 54 8 105 41 141 129 32 163
3. Mountains of Italy 92 126 46 144 157 106 36 82 72
4. Confused 20 9 94 158 136 65 53 122
5. E. Woo 108 60 17 153 138 40 119
6. Brought down to earth 142 33 152 110 88 168 63
7. Eccentric 147 156 81 66 114
8. Guiding principle 95 134 109 3 29 39 162 149 67
9. Having natural charm 44 59 102 154 87 35 10
10. Optimistic 51 124 61 28 12

Words

K. Unthinking routine 118 148 84 2 91 55 165 19 137 96
L. Eats 113 100 78 71 14 57 135 42
M. Compost 27 93 132 52 104 75
N. Perspicuous 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
Q. Braile, Bobbies 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
U. Restorative 150 130 115 23
V. Careful management 79 98 34 64 21 131 167 170 155

Making Capital?

By Charles Preston

Across

1 French novelist 49 Cornbread
5 Sloping passages 51 Farm vehicle
10 Charles or May 52 Scoundrel
14 Ring stone 55 Yugoslav educational institutions?
15 Obliterate 59 ___ of Man
16 Stadium 60 Vibrate
17 Italian looper? 61 Fierce feline
20 Compass pt. 62 Objective
21 ___ Tyler 63 Transported
22 Spring period 64 Sign of sorrow
23 Soft drink
24 Burn
26 Herod's dancer
29 European capital
30 Steal
33 Cut
34 ___ acid
35 Finnish port
36 Canadian conflict?
40 Regret
41 Eastern princes
42 French river
43 Goof
44 Streamlets
45 Outwitted
47 Delicate
48 Ditch
49 Cornbread
51 Farm vehicle
52 Scoundrel
55 Yugoslav educational institutions?
59 ___ of Man
60 Vibrate
61 Fierce feline
62 Objective
63 Transported
64 Sign of sorrow

Down

1 Ripped
2 Set ___: attack
3 Plucky
4 Cordova cheer
5 Do cobbler work
6 Antilles island
7 Miss Pickford
8 Greek letter
9 Kobe coin
10 Show fear
11 English river
12 Segment
13 Hardwood
18 Tiny bit
19 Look
20 ___ Stupor
21 ___ Sligo is
22 Supply
23 A Rubenstein
24 Capacity unit
25 Uncouth chaps
26 Object pettily
27 Corrupt
28 Presently
29 Salty
30 More watchful
31 Asian river
32 Beginning
33 March or smile
34 Curse
35 Benefactor
36 Billiard stroke
37 Money, in Morelos
38 Earthen jar
39 Welshman, for one
40 Dissolute man
41 ___ mater
42 Mighty monarch
43 ___ Dipper
44 Skillful
45 Pair
46 Make a choice
Crossword

54 Long car, for
49 Looked at
47 Baked donut-
46 Golfer's peg
44 High-powered
42 Hang limply
41 Sword fight
39 Finished
37 Dines
36 Whip lash sites
35 "Blue _"; Irving
34 "Get a load of"
33 Whiplash sites
32 Trenches around
31 "Blue _"; Irving
30 Craving
29 Heston role
28 All directions
27 Go _; review
26 Riddle; mystery
25 Ardent fan
24 Break the _ to;
23 Craving
22 Actor Dennis
21 "Blue _"; Irving
20 Chafe
19 Cat's sound
18 King toppers
17 Hose problems
16 Egg on
15 Climb __; mount
14 - which way, in all directions
13 Dog, for
12 See eye to eye
11 Burst
10 Chair or stool
9 Has a snack
8 Suffix for alien or
7 Trenches around
6 Trenches around
5 All
4 Vexing
3 Fanny
2 Go _; review
1 Egg on

Solutions

55 Set on fire
56 Cloudiness of the eye lens
51 Barber's offering
50 Give up land
49 Looked at
48 Pulled out
47 Baked donut-
46 Golfer's peg
45 Doesn't leave
44 High-powered
43 Treaty
42 Hang limply
41 Sword fight
40 Left-hand ledger
39 Finished
38 AA goal
37 Dines
36 Luge vehicle
35 Over; faint
34 _ as a button
33 Whiplash sites
32 Narrow waterway
31 'Blue _'; Irving
30 Craving
29 Heston role
28 All directions
27 Go _; review
26 Riddle; mystery
25 Ardent fan
24 Break the _ to;
23 Craving
22 Actor Dennis
21 "Blue _"; Irving
20 Chafe
19 Cat's sound
18 King toppers
17 Hose problems
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15 Climb __; mount
14 - which way, in all directions
13 Dog, for
12 See eye to eye
11 Burst
10 Chair or stool
9 Has a snack
8 Suffix for alien or
7 Trenches around
6 Trenches around
5 All
4 Vexing
3 Fanny
2 Go _; review
1 Egg on

Last week's crosswords

"Moo's Clues"

BOAT ROTOR SLAY
ARCO AZURE COLA
BYHOOKORBYCROOK
EXE MINN RAMPS
DANE SLAP
LOSING HEATERS
COMIC HEATERS
INNOCENT
FAIRIMEANSORFOUL
ETNA
HENS BUNT
JAMES A IT ART
CREW WAY ANOTHER
BAND EXIST WAVE
SWED NODES OBEY

Last week's Quote-Acrostic

ART BUCHWALD: I DON'T DRIVE:
Americans are a broadminded people.
They'll accept the fact that a person
who 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 9 1
1 9 3 7 2 5 6 8
7 6 4 9 8 1 3 5
3 1 8 4 5 2 9 7
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

"Alternatives"

BOAT ROTOR SLAY
ARCO AZURE COLA
BYHOOKORBYCROOK
EXE MINN RAMPS
DANE SLAP
LOSING HEATERS
COMIC HEATERS
INNOCENT
FAIRIMEANSORFOUL
ETNA
HENS BUNT
JAMES A IT ART
CREW WAY ANOTHER
BAND EXIST WAVE
SWED NODES OBEY

"Vice Versa"

SCHIANT COUNTER SNAPS
DODGE GREEN F eag
ACHES LEASE HOME
THIS WHOLE GUESS
SILENCE "HIT THE WALL"
BUST STINKY WHITE
NO WILD EAGLES EAT
CARD SMOKE "SMILE"
"WENT:" EAGLE EARS
DEAD DRUMS MIN
BIRD NESTS STING EARS
AN RES A TEED KEENE
ANGERS LOS TINES

Puzzle Island

Solutions

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

— Lisa Kaplin, life coach

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!
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 getting 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 is a logical way to improve not only sleep but also overall health.

M. SPENCER GREEN/AP

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

What are pain options if doctor is wary of opioids?

By Joe Graedon and Teresa Graedon

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 who were on scripts for Vicodin. They were cut off because of the abuse of opioids. The goal was to prevent abuse and deaths from narcotic overdose. The best advice is to keep asking for less of these medications. It can be a bit complicated, but suffice it to say the benefits for older people may not be as great as your doctor thinks.

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.

A: You are very lucky to be in good health. The benefit from such medications is worth the inconvenience. You can discuss with your doctor how you can avoid these drugs.

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

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

By Joe Graedon and Teresa Graedon

Q: I swim every day for exercise and frequently get swimmer's ear infection. I tried making my own remedy of half vinegar and half alcohol, but it didn't work well. I bought a product called Swim-EAR and it 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.
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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.

"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 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 boy 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 and Griffen.

In sixth grade she was about to watch a play with her class when she heard a 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." Jazz walked up to another boy 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 and Griffen.

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

"Always say I want to leave the 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."

Twitter @nschoenberg
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, wine bar, wine cellar and sixth bedroom. Professionally landscaped yard overlooks bluestone and tumbled brick paver patios.
Agent: Jody Savino of The Hudson Company, 312-286-4404

At press time, this home was still for sale.

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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 and thinks the unusual. He's a huge showtune fan and he likes the unusual." Urban selects a cast of cabaret notables who sing songs, he did give them some guidelines. He told them their numbers should be "something you wouldn't normally hear in church." Besides, you can't question success. Each year, Urban select 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 Humbled Hollywood Executive," by Cole Porter.

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

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 scene 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."

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; 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 100 toys to life. It also encourages children to think out of the (Jack-in-the-box) box.

"It's a great introduction to engineering," says Vito Giolola, 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."

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, gears, circuits and linkages bring favorite toys to life. It also encourages children to think out of the box.

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Movies in the Park

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

NORM OF THE NORTH

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.

Coming Soon:
Thursday, August 11
Frozen

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

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.

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 847-673-7714 or go to www.lincolnwoodil.org.

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, 6340 Lincoln Ave.

Fermilab's cryogenics expert will be freezing things. For details, call 847-965-4220 or go to 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" 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.prrparks.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 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 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.
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<td>Joan B Levin</td>
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<td>Hermae Nawaz Khan</td>
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<td>1471 W Wilsen Dr, # 304, Palatine</td>
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<td>1282 N Grove Ave, Palatine</td>
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<td>Maria L Pequeno</td>
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<td>Chris Echols</td>
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<td>99 W Hamilton Dr, # 46, Palatine</td>
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<td>Jacob J Sretnaja</td>
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<td>636 Forestview Ave, Park Ridge</td>
<td>Jeffrey R Romick &amp; Michelle N Romanke</td>
<td>Dji Consulting &amp; Property Ma</td>
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<td>Michael W Corcoran</td>
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<td>6 Croas Timbre Rd, Barrington</td>
<td>Roman Drobny &amp; Eliza Drobny</td>
<td>Un Bank Lp Trustee</td>
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<td>453 Alida Dr, Cary</td>
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<td>Javier Garcia</td>
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<td>99 Oak Valley Dr, Cary</td>
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<td>443 Krene Ave, Cary</td>
<td>Matthew Ryan Nulle</td>
<td>Daniel P Rezac</td>
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<td>1108 Edanbury Dr, Cary</td>
<td>Francene Smrt</td>
<td>Ernest Heide Estate</td>
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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: $534,900
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

DESPLANES
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
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, 177 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 fascinating 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 children, seniors; $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 Lema. 10 a.m. All week, Noyes Cultural Arts Center, 927 Noyes St., Evanston, free, 773-816-4716

Summer Camp at the Actors Gymnasium: Begin your day with a rigorous warm-up, followed by training and workshops in circus and aerial arts, physical theater 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, $1,800 (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/nileslibrarybookbites for details. 7 p.m. Hackney's Glenview, 1514 E. Lake Ave., Glenview, free, 847-729-7500

Little Bearyfoot in the Park: 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. All week, Glenview Park Center, Gallery Park Amphitheater, 9700 Chester 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 Pooles Park Family Aquatic Center. 6 p.m. Pooles Park, 7055 Kostner Ave., Lincolnwood, free, 847-667-9940

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. Pooles Park, 7055 Kostner Ave., Lincolnwood, free, 847-677-5277

Karaoké: As Karaoké Bar has karaoke every day from 8 p.m. to 4 a.m. 8 p.m. As Karaoké Bar, 3751 N. Milwaukee Ave., Niles, free, 224-534-7185

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, 847-832-4422

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, 847-492-8860

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 difficulties. A discussion of the Chicago Hearing Society's services are available to the deaf and hard of hearing following, 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

FRIDAY, JULY 8

Hawaiian Luau: Dine at the Tiki Hut concession stand and picnic area, 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 Polyneisan, 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 difficulties. A discussion of the Chicago Hearing Society's services are available to the deaf and hard of hearing following, 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
Parkinson Wellness Recovery Parkinson's Training: Brain-Body Training: Parkinson's specific exercise program designed to target symptoms of PD. Includes boxing training for endurance, agility and stability.

Joe Surasky, an exercise physiologist. 10 a.m. Mondays, Wednesdays and Fridays. Glenview Park Center, 2400 Chestnut Ave., Glenview, free, 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 storytelling time 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

Evaston Farmers Market: Shop for fresh produce, meat, cheese, baked goods, flowers and more from 50 vendors. Please note: Dogs are not allowed at the market (service animals excepted). LINK cards are accepted. 9:30 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 Shulfield 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, 847-524-6434

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, 847-663-1234

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, soups 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 glenviewlibrary.org 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 Bn 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, $10

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, $15 for Morton Grove residents; $19 for non-residents, 847-965-0203

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 week with a morning of family fun at the library. 9:30 a.m. Glacier Public Library, 6660 W. Oakton St., Niles, free, 847-663-1234

Monthly meeting of Essential Tremors Group of Northbrook: Members will discuss issues connected to Essential Tremor. 10 a.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-564-1777

Wildflowers and Conservation 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 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, 9003 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 Ane Dallas drama teacher, Debby Sheppard. "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 1820s in the American wilderness. Award winner for Best Actor (Leonardo DiCaprio), fights for survival after being TURN TO CALENDAR, NEXT PAGE
To Place An Ad
Online go to:
placeanad.tribunesuburbs.com
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, kid-friendly 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, 847-667-5277

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 Play Group: 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 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 McGivney 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, Glenco, 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 Counselling 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, 938 Glenview Road, Glenview, free, 847-729-7500

“Sounds of Silence” Turns 50 Music of Simon & Garfunkel: Register at 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 Tomni Zender and Phil Angotti. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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 NSCC 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**

**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. Railroad Avenue between Center Street and York Road, 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, Thelonious 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, 930 Glenview Road, Glenview, free, 847-446-4300

**Concerts in the Park:** Bring your dinner, folding chairs and lawn blankets and enjoy these shows guaranteed to please young and old alike. The Jackson 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. Brining lawn chairs is encouraged, but attendees may use folding chairs available. 6 p.m. Holy Trinity Lutheran Church, 2328 Central Road, Glenview, free, 847-724-0660

**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 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 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 Premises:** 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. Park Ridge Chamber of Commerce, 720 Garden St., Park Ridge, $20 members, $25 prospective members and walk-ins, 847-825-3212

Have an event to submit? Go to chicagotribune.com/calendar
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. — Colin 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 the 3-C's territory with this one: character stuff (grieving, doubts, family), cleavage and chomping. — M.P

"Free State of Jones" ★★½
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.R

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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 safety devices 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 Co. offer discounts 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 automatic 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 $450 from $635.

Insurance companies also are trying to determine whether the radar sensors 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 50 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 the data that it reduces crashes.
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-drive 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 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-air 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 passengers step 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 134 cubic feet of space with the top up to 98 cubic feet when the top is 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.

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**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 Motormouth, Rides, Chicago Tribune, 435 N. Michigan Ave., Fifth Floor, Chicago, IL 60611 or motormouth@tribune.com
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 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 Tejeda, 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 wingspan. Nobody knew he was that long. When he played (in the workouts) his ability to shoot and defend really intrigued teams. And he’s such a nice kid. He won teams over with his kindness 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 True, Right, Underserved and Empower. "T.R.U.E. Fit is something he is currently a boys basketball assistant coach at North Lawndale and a personal trainer in the Wilmette Park District.

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 put 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 a million."

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 revealed in 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.
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
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