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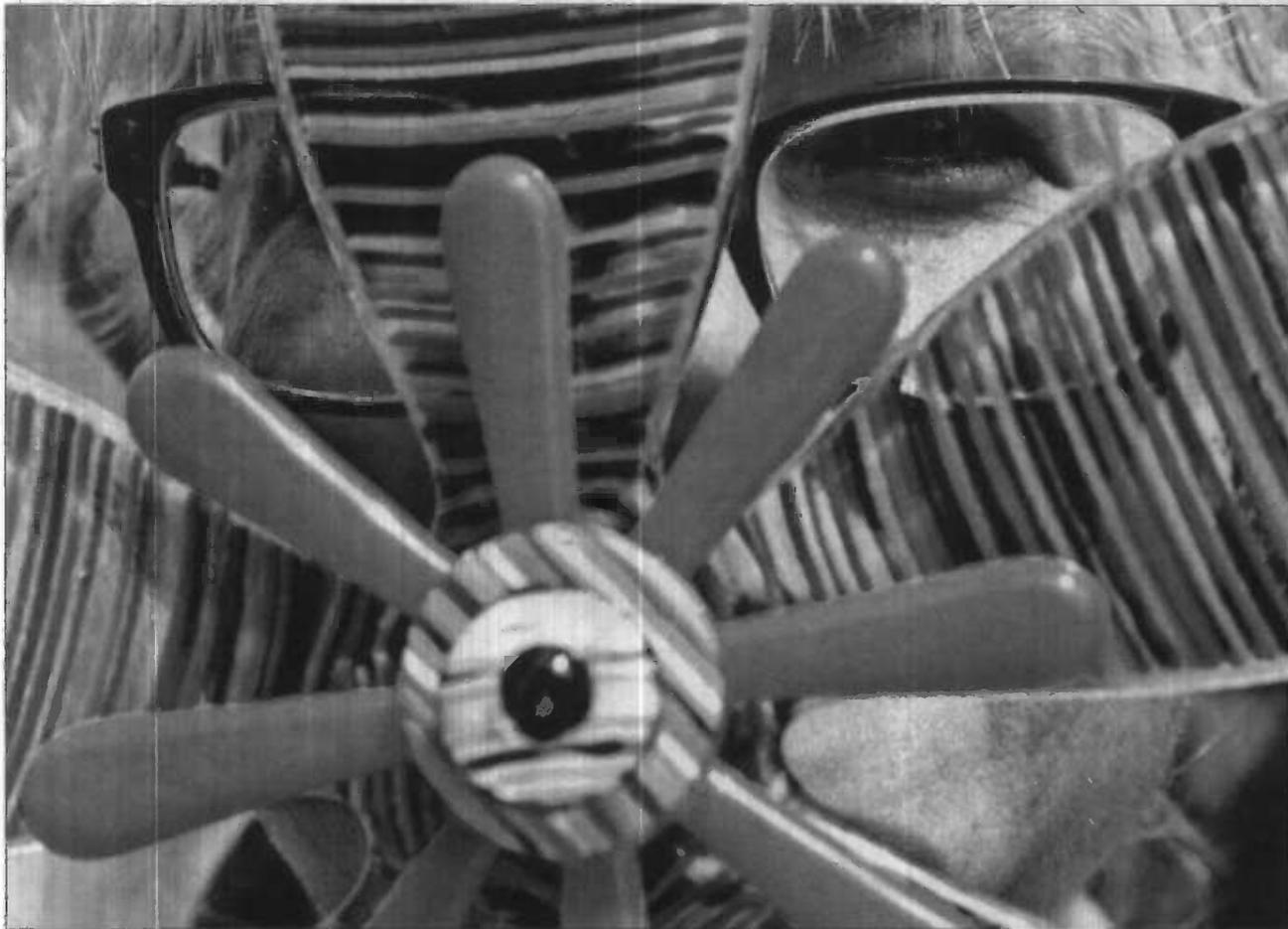
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Thursday, July 28, 2016

nilesheraldspectator.com

The show must go on

North Shore Festival of Arts continues despite weekend storms. Page 6



KARIE ANGELL LUC/PIONEER PRESS

Rita Skorha of Naperville with an art glass floral piece July 24 in Skokie at the 28th annual North Shore Festival of Art at Westfield Old Orchard shopping mall.

GO



JIM STEPHENSON PHOTO

Modern classics

A look at the composers writing today's classical music. Page 20

SPORTS



GARY MIDDENDORF/PIONEER PRESS

Social studies

Athletes, coaches and administrators share social media best practices in high school sports. Page 37



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SHOUT OUT

Brian Novak, District 219 trustee

Brian Novak has been an active community member, volunteer and has served on several boards in Skokie. He was a Skokie School District 73.5 Board member, ran unsuccessfully for a Village Board seat, going up against Skokie's ruling Caucus Party, and now serves on the Niles Township High School District 219 Board. He was one of 11 candidates to win one of four seats on that board in a controversial election in 2015.

The Skokie Review recently asked him a few questions.

Q: What do you do for a living?

A: I am a sales and marketing strategist for a Skokie-based hospitality company — CCI Presents — traveling the United States to ensure our clients receive the best trade show catering.

Q: Where did you grow up?

A: I was born in West Rogers Park, moved to Arizona when I was 10 and ended up living in Deerfield until college, which included stints in Los Angeles, Pasadena and Chicago.



BRIAN NOVAK PHOTO

Brian Novak

Q: What was your first job?

A: Although I worked at my father's hot dog joint — Terry's Drive-In — when I was 6 or 7, my first real job was working at McDonald's when I was 14 years old. To this day I still face all the dollars in my wallet and echo the corporate mantra, "If you got time to lean, you got time to clean."

Q: What is your favorite charity?

A: I work with a lot of not-for-

profits and I am so proud to sit on the board of People for a Safer Society — a Skokie-based organization which aims to educate people and raise awareness on gun violence.

Q: Do you have any words of wisdom?

A: People close to me know I love a good quote. One of my favorites is by Mahatma Gandhi. "You may never know what results come of your action, but if you do nothing there will be no result."

Q: What is your favorite local restaurant?

A: My current favorite local hangout is the Euro Echo Cafe, and my wife and I love a night out at Libertad.

Q: What is an interesting factoid about yourself?

A: I have been a runner for over 20 years with the goal to run the original marathon — from (the Greek village of) Marathon to Athens, Greece — which I did when I turned 40.

— Pioneer Press staff

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Niles Park District executive director retiring in the fall

BY LEE V. GAINES
Pioneer Press

Longtime Niles Park District Executive Director Joe LoVerde is scheduled to retire in early September, but will continue to oversee millions of dollars worth of ongoing capital projects as a consultant for the district.

LoVerde, who also serves as a trustee for the village of Niles, was hired by the district's board of commissioners to helm the agency in 1997.

Sept. 6 will mark LoVerde's last day on the job, he said. He said he initially wanted to retire June 30 but stayed on to oversee the hiring of a new finance director for the Park District. Tom Elenz, the district's current finance director, will take over LoVerde's position as executive director of the district following his retirement.

"I've reached 68 years old and I'm ready to give the reins up," LoVerde said, referring to his up-

coming retirement.

LoVerde will be retained by the district as a consultant to oversee the construction of an \$11 million athletic facility on Caldwell Avenue and a \$1.5 million renovation of the Tam Golf Course. He'll receive \$6,500 per month from the district and will be expected to work 20 hours per week in his role as consultant, Elenz wrote in an email. He wrote that the retired director will be reimbursed only for "direct job-related expenses with proper receipts and only after approval."

LoVerde's base salary for 2015 was \$168,000 and he will collect a pension from the Illinois Municipal Retirement Fund, according to Elenz.

"Mr. LoVerde's construction experience has saved the Niles Park District tremendous amounts of money over his 20 years as director. The industry standard for a construction manager to oversee \$12.5 million worth of construc-

tion would be anywhere from 4 to 6 percent of the construction cost. Mr. LoVerde will be paid \$78,000 annually until these projects are complete," Elenz wrote. He added that the district's "best interest will be protected at a very reasonable cost" with LoVerde overseeing the two projects. Both projects are expected to be completed within three years, Elenz wrote.

"I'm very confident in my role in making decisions in the best interest of the Park District and taxpayer. I think we've proven over time it's worked," LoVerde said.

With the golf course renovation and new athletic facility taken into account, LoVerde estimates he's overseen approximately \$30 million worth of capital improvements over the course of his tenure as director of the district.

The consulting work "gives me an opportunity to stay busy and not get in a

rocking chair and stare out the window. It's something I love to do and I'd love to end my career by delivering another building (to the district)," he said.

LoVerde said his initial appointment as executive director of the district, which he claims was "insolvent" when he took over the post, raised some eyebrows in the community because of his lack of education or experience in parks and recreation. LoVerde had spent the prior three decades working for his family's Niles-based construction business.

The commissioners at the time "asked me to look at the Park District and see where we could make it successful. They said it's a business and why don't you submit a resume, look around and find out what it needs. So that's what I did," he said.

While LoVerde had experience in construction and could handle the necessary capital improvements,



NILES PARK DISTRICT

Joe LoVerde is retiring from his post as the Niles Park District's executive director, but will continue as a consultant for the district.

he said he hired experts in other areas of parks and recreation to ensure the district would thrive under his leadership.

"You take all these people and you don't micromanage them. If they are good, caring people, you'll succeed. If they're good employees, you'll succeed," he said. "You have to build a team and respect them and

treat them right. I think that formula worked."

LoVerde said it's rewarding to retire knowing that his employees, past and present, have done "an outstanding job."

"There's a time when you feel it's right to turn the reins over," he said

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

Dist. 64 board president says significant progress made

Contract talks continue between teachers, district

BY MARIO BARTOLETTI
Pioneer Press

The Park Ridge-Niles School District 64 Board of Education president reported that negotiations with teachers have been progressing.

"The board and the (Park Ridge Education Association) have gotten together most recently on July 12, where we continued to discuss language and salary considerations,"

board President Anthony Borrelli said. "I'm pleased to report that while hurdles still exist, significant progress has been made."

Residents had several questions concerning the negotiations and teachers' pensions.

"What precludes the public from knowing what the PREA demands are?" resident Joan Sandrik asked the board. "Is that state law?"

"It's written into the contract that there has to be agreement between the two parties to disclose bargaining information (publicly)," Borrelli said. "So negotiations are kept in closed

session, and the particulars are not released to the public."

Sandrik said the public had a right to know that information.

"I don't expect the board to divulge their negotiating strategies, but we have a right to know what's being demanded of us as taxpayers," she said. "If that is written into the contract, I would appreciate it being written out."

The Illinois open meetings act makes an exception for collective bargaining, but it is not mandatory. Under Illinois law, the final contracts are public.

And "if we were to reach

impasse, then there's a law that allows you to (publicly reveal) the final best offer," Superintendent Laurie Heinz said.

But negotiators have gotten a lot of work has done so far, Borrelli said.

"I'm confident that the PREA and the board will iron out the remaining details with fairness and respect and with all good intent," he said.

Resident Peter Karas asked the board if teachers with 20 or 30 years of experience were offered retirement packages by boosting their pay in the last years of their employment to increase their pen-

sions. Karas was referring to the practice of some school districts, reported by the Tribune, which has resulted in financial penalties.

"If that's true, it's impossible to meet that obligation," he said.

"We can't discuss that specifically," Borrelli said. "However, the board is committed to avoiding putting ourselves in a position where we would have to pay a penalty."

As far as retirement goes, the Illinois Teacher Retirement System has a constitutionally guaranteed 3 percent compounded increase every year, Borrelli said.

The negotiating bodies will meet again on Aug. 8, Borrelli said. The tentative budget is the same one the board reviewed in committee on June 13 and will be presented for adoption on Sept. 26. At the Aug. 23 meeting, the administration will present updated financial projections and unaudited actuals from last year. This method of presentation of the tentative budget versus adoption of the final budget is a change from prior administrations, district officials said.

Mario Bartoletti is a freelance reporter for Pioneer Press.

Lincolnwood alters TIF to entice new developers

BY NATALIE HAYES
Pioneer Press

Lincolnwood officials voted to amend the terms of the tax increment financing district that overlays the former Purple Hotel site in an effort to attract new developers to the property after plans to build a multi-million-dollar retail center fell through.

In a unanimous vote July 19, the Lincolnwood Village Board amended the Touhy-Lincoln TIF agreement to redirect future funds from residential property taxes generated by future development in the area of Lincoln and Touhy avenues from local school districts toward a financial incentive package for a future developer of the site.

No developers have stepped in to redevelop the site since Skokie-based North Capital Group defaulted on its May deadline to come up with financing for the project, known as the Shoppes at Lincoln Pointe, according to the village.

Village officials said changing the terms of the TIF would free up property tax increment generated by any residential developments built within and surrounding the boundaries of the former Purple Hotel site by redirecting those dollars from a surplus fund for the local school districts into the pockets of potential developers.

"(The Shoppes at Lincoln Pointe) is dead and is no longer being pursued," Village Manager Tim Wiberg said during the board meeting. "We've had many meetings with (potential new) developers for the site and they all expect to need a residential (component) and they expect that an incentive be provided to them as part of the overall development plan."

The idea behind the adjustment in the terms of the



MICHAEL TERCHA/CHICAGO TRIBUNE

In this file photo, Tim Kallna, of Chicago, holds souvenir bricks as the demolition of Lincolnwood's Purple Hotel.

TIF, village officials said, was to incentivize developers by promising tax increments from future residential properties built on the site.

When the original TIF district was agreed upon by the village and the affected taxing bodies that lie within the boundaries of the TIF (School districts Lincolnwood 74 and Niles Township 219) in 2014, the village agreed to declare as surplus any residential development that would potentially be built at the former Purple Hotel site.

Although the original redevelopment plans for the site did not include any residential properties, the village agreed to divert any surplus dollars from future residential uses built within the TIF to School Districts 74 and 219.

"While no development plan has yet to be submitted for this site, (the village) anticipates that future development proposals will include residential uses and

a request for TIF incentives to finance the project," according to a memo from the village manager's office.

If residential dwellings eventually open on the former Purple Hotel property, according to officials, the school districts won't get the full pot of surplus dollars that was promised in the original TIF agreement from 2014.

Under the revised agreement — which has received the support of both districts — the village would instead reimburse both school districts for certain costs to cover students that eventually live within Touhy-Lincoln TIF area.

"It reduces the amount that would have otherwise been taken from the TIF (and allocated to the school districts)," Village Attorney Steve Elrod said. "If there are no funds available in the TIF then the districts don't get paid."

Natalie Hayes is a freelance reporter for Pioneer Press.

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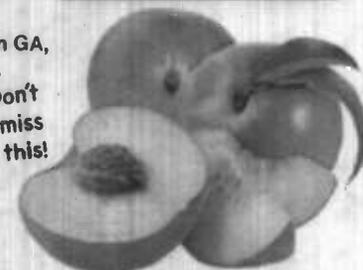
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KARIE ANGELL LUC/PIONEER PRESS PHOTOS

Artist Shelly Lawler of Hoffman Estates is in her booth with one of her new scarf designs July 24, in Skokie at the 28th annual North Shore Festival of Art at Westfield Old Orchard shopping mall.

North Shore Festival of Art weathers weekend storms

BY KARIE ANGELL LUC
Pioneer Press

Stormy weather was a factor for the 28th annual North Shore Festival of Art at Westfield Old Orchard shopping mall in Skokie over the weekend.

On July 23, early evening thunderstorms swept through the region, causing some artists to revisit how to weather the storm with unexpected variables.

"I had no idea it was going to be that bad," said Delphine Pontvieux of Chicago, a leather jewelry artist. "I couldn't sleep at night."

Pontvieux was concerned rain would seep into her booth, which she hoped was secure.

By July 24, when sunny skies returned before more afternoon storms, Pontvieux had dry wares set up for sale shortly after the show opened.

A handful of artists left early because of the weather, said Jill Mortillaro, event coordinator.

Overall, damage was minimal and customer turnout was significant, Mortillaro said, confirming that a small percentage of artists' glass pieces were broken.

"I survived," said Steve Shundich of Chicago, who sells archival sports and classic prints on canvas.

Karie Angell Luc is a freelance reporter for Pioneer Press.



Artist Delphine Pontvieux of Chicago arranged her jewelry, leather and other designs.

Skokie's Backlot Bash planning moves forward

BY MIKE ISAACS
Pioneer Press

The first sign summer is winding down in Skokie is the first sign the annual Backlot Bash is gearing up.

The three-day family event, held Aug. 26 to 28 this year, symbolically marks the final family hurrah of summer and occurs just as students have started back to school.

The Skokie Village Board July 18 took a couple necessary actions that make the Backlot Bash possible every year.

The board approved an intergovernmental agreement among the village, the Skokie Park District and the Youth Foundation of Skokie, Inc., which coordinates on the festival.

It also approved an ordinance allowing Skokie to temporarily sell and the public to temporarily consume alcohol on the public right of way and municipal property. Alcohol is sold every year at the Backlot Bash.

"This is an annual ordinance for a great annual event," said Corporation Counsel Michael Lorge in introducing the measure.

Relief from village code regarding alcohol sales and consumption was introduced on first reading only July 18 and is scheduled to be approved at the next Village Board meeting.

Those staging the festival include the village, the Skokie Public Library and the Skokie Chamber of Commerce among many sponsors.

The event is located at Floral Avenue and Oakton Street and the adjacent municipal parking lots. As usual, the village says, Oakton Street between Lincoln Avenue and Laramie Street as well as a

portion of Floral Avenue will be closed, and some parking lots in the area will not be available.

"The Backlot Bash event will again consist of an entertainment stage, carnival, children's events, business exposition, food vendors, bingo tent, car show, sidewalk sales, 5-K race and kids' run on Saturday and the Rotary Club Pancake Breakfast on Sunday," said Assistant Village Manager Jason Wicha.

This will be the 10th annual Backlot Bash, always held a week prior to Labor Day, according to planners.

"Since its inception in 2007," they said, "Skokie's Backlot Bash has presented international eclectic rock, blues and R&B artists."

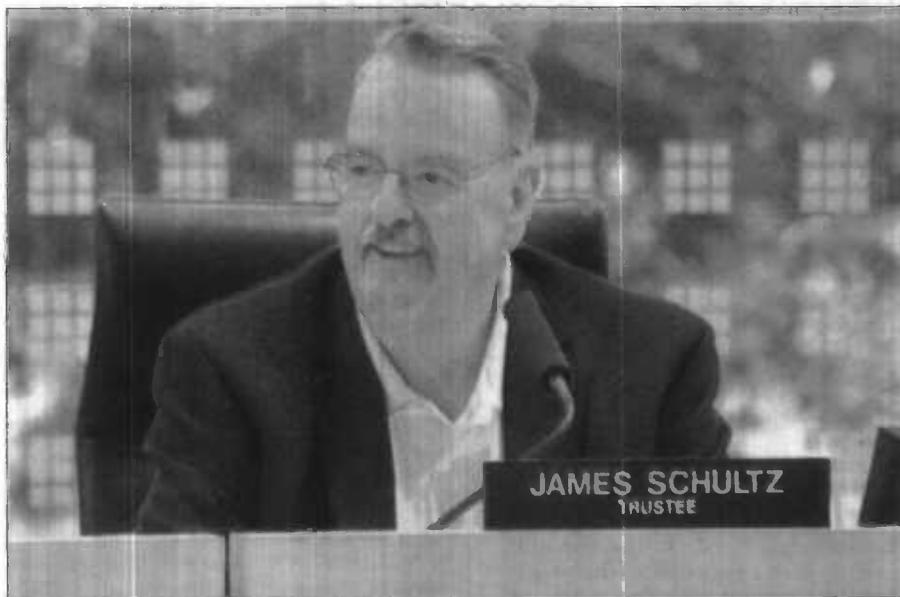
Some of those artists over the years have included The Psychedelic Furs, Presidents of the United States of America, Lonnie Brooks, Living Colour, The Fixx, The English Beat, The Romantics, Cracker, Fastball, Spin Doctors, Blue Oyster Cult and Smoking Popes.

Scheduled at this year's event are Tributosaurus transforming into the classic rock group, the Police, Black Oyster Cult and Living Colour.

The creation of the Backlot Bash came after four local government agencies and two not-for-profit business organizations set out to bring attention to Skokie's growing downtown by planning a late summer street festival, planners recounted.

The Skokie Review will have a preview of the festival before it opens in late August.

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RICK KAMBIC/PIONEER PRESS

Village Trustee James Schultz during a July 19 meeting said allowing Airbnb business in Vernon Hills would be a regulatory burden.

Vernon Hills mulls Airbnb ban

By RICK KAMBIC
Pioneer Press

Vernon Hills is close to approving a ban on short-term vacation rentals often arranged through sites like Airbnb.

Mayor Roger Byrne called for research on the topic earlier in July when officials noticed Vernon Hills homes listed on the sites. Village trustees on July 19 voted unanimously to prohibit the activity after reviewing uncertainties surrounding the new trend.

Trustees Barbara Williams and Cindy Hebda were absent from the meeting.

"If we deem to allow the Airbnb-kind of operation to exist, that would create a regulatory burden to us," Village Trustee James Schultz said. "Let me be clear, I suggest that we create the language needed to prohibit (this)."

Four homes in Vernon Hills are already being advertised, according to Building Commissioner Mike Atkinson.

If Vernon Hills was to regulate Airbnb and other sites like it, Atkinson said trustees would need to consider factors like annual building inspections, park-

ing requirements, limits on the number of renters and zoning restrictions, among other issues.

Assistant Village Manager Joe Carey said the four homes currently listed are all located near the Metra station along Route 45 and advertise rooms or a couch for rent between \$48 and \$69 per night.

"This is becoming a nightmare in some of these, what I would call, pretty high-end neighborhoods like Lincoln Park, where it turns into a bachelor pad or bachelorette pad," Byrne said. "If that happens every weekend, there might be vigilantes out there."

Village Trustee Thom Koch said Vernon Hills needed to either ban short-term vacation rentals or strictly regulate them before the activity becomes disruptive.

Atkinson said Vernon Hills' zoning ordinance already prohibits "lodging houses," but he said it is not defined. Atkinson said he will now create a definition for "lodging houses" that describes Airbnb or he will write a whole new sentence with a new term and definition.

Once that language is written, Atkinson said the

zoning board will conduct a public hearing and the Village Board will hold a final vote after that.

"Even though boarding houses kind of helped make this country great during the initial development and march from east to west, I think that time is gone," Schultz said.

Schultz said the zoning language should somehow include the concept of "for profit" so it's distinguished from other, more acceptable temporary living arrangements.

"Right, because you don't want to prohibit foreign students from coming and staying with family for a semester or something like that," Village Trustee Tim Grieb said. "That's not the intent."

Byrne later compared Airbnb to people who own and lease entire townhouses. He said Vernon Hills monitors and enforces exterior maintenance standards, but he worries about how much interior work is done.

Trustees agreed that the topic is different than short-term vacation rentals and said it should be talked about some other time.

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POLICE REPORT

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

RETAIL THEFT

■ Karina Cano, 31, of the 300 block of Seventh Street, Wheeling, was charged with retail theft on July 9. Police said Cano put four men's shirts on under her clothing and stuffed four packs of socks in her pants before leaving the store without paying.

BATTERY

■ Flor Aragon-Portillo, 33, of the 9000 block of Cumberland Avenue, Niles, was charged with battery on July 15 after she allegedly punched and kicked a co-worker at a gas station in the 5900 block of Touhy Avenue four days earlier.

DISORDERLY CONDUCT

■ A 20-year-old man from Skokie was ticketed for alleged disorderly conduct July 11 after police were called to a gas station in the 7600 block of Milwaukee Avenue for a report of a man entering a car with what appeared to be a gun. According to police, the 20-year-old admitted he had a BB gun in the back seat of his car, and it was confiscated by police. The man was not identified by police.

WARRANT

■ Donald Gaston, 19, of the 100 block of

South Lafayette, Chicago, was taken into custody on an arrest warrant for aggravated battery to a police officer on July 14. According to police, Gaston came to the Police Station on July 14 to pick up a juvenile who had been in police custody. When Gaston arrived, he reportedly identified himself as the boy's uncle, but later claimed to be a cousin and then a friend. Police conducted a background check on Gaston and learned of the arrest warrant. Gaston left the station, but was located walking to a bus stop at the southeast corner of Milwaukee and Touhy avenues, where he was taken into custody, police said.

DUI

■ Anika Falat, 35, of the 9800 block of Montrose Avenue, Schiller Park, was charged with driving under the influence following a traffic stop at Ballard Road and Clifton Avenue at 1:40 a.m., July 15.

■ Marius Sas, 37, of the 200 block of Flora, Glenview, was charged with driving under the influence on July 15 after he was reportedly stopped for speeding on Greenwood Avenue.

PUBLIC INTOXICATION

■ A 41-year-old woman was ticketed for alleged public intoxication on the night of July 14 after police said she was found

"stumbling around" near an apartment in the 8100 block of Dempster Street. She was taken to Advocate Lutheran General Hospital in Park Ridge.

■ A 31-year-old Niles woman was ticketed for reported public intoxication the night of July 15 after police responded to the 9000 block of Terrace Drive and found her lying near the entrance to a building. Police said she was bleeding from one of her fingers and unable to answer questions. She was taken to Advocate Lutheran General Hospital.

BURGLARY

■ A restaurant in the 8600 block of Golf Road was reported burglarized the morning of July 15. It was not known at the time of the report if anything was taken.

THEFT

■ Between July 9 and 11, someone stole geraniums from a pot outside a hair salon in the 8100 block of Milwaukee Avenue.

■ Two men allegedly purchased items from a store in the 8500 block of Golf Road using three counterfeit \$100 bills on July 12. One of the men also returned the item he purchased for cash, police said.

■ A man stole two impact wrenches, valued at nearly \$500, from a store at Golf Mill Shopping Center on July 13. He was last seen riding in a silver Ford.

Skokie boy bitten by family's pit bull

BY LEE V. GAINES

Pioneer Press

An 11-year-old Skokie boy was hospitalized on the morning of July 19 after he was bitten by his family's pit bull, according to the Skokie Police Department.

The boy was transported to Skokie Hospital and treated for numerous bite and puncture marks, said Skokie police Officer Eric Swaback. He said the boy's injuries did not appear to be life-threatening.

The boy was sitting on a couch next to the dog in his home in the 8300 block of Christiana Avenue around 11:15 a.m. when a family member heard screaming and barking coming from the room, Swaback said. By the time police arrived on the scene, the dog was no longer biting the boy, he said.

The dog was taken out of the home by the department's animal control officer. Swaback said he does not know whether or not the pit bull will be euthanized.

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

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Lincolnwood Fest a hit despite storms

BY KARIE ANGELL LUC
Pioneer Press

Opening night of Lincolnwood Fest at Proesel Park in Lincolnwood drew a large crowd on July 21 before rides and the beer garden were halted at 8:25 p.m. due to threatening rain and dropped temperatures.

Dust on the baseball field along Lincoln Avenue billowed in a large red cloud as a cool front swept across festival grounds. People hurried home or to their cars. Others lingered, enjoying Mother Nature's drama.

Workers kept eyeballing the skies in case the storm hit. The festival opened at 5 p.m. and the front came through quickly at around 8:25 p.m.

"I am very pleased with tonight's turnout despite the incredible heat," said Damien Kardaras, an accountant and festival committee chair.

"I'm glad everyone is staying hydrated even if it's beer and you're of age," Kardaras said with a laugh.

More than 50 volunteers work to make Lincolnwood Fest possible, he said.

"I really want to thank all of the people who helped, including the police, fire, public works, the village and park district," Kardaras said. "We could not absolutely do this without their help and support."

New for July 2016 at American carnival venues is Pokemon Go, the free smartphone game.

Festival patrons were playing the game in Proesel Park seeking a Pokestop, and some players finding multiple Pokemon to catch near the fest's concession area.

"We are a pokestop," Kardaras said with a smile. "We have seen some kids walking and playing Pokemon Go."

"Hopefully, they won't walk into a wall," he said.

Eyes were wide and up on the Ferris wheel where families bonded over a view



KARIE ANGELL LUC/PIONEER PRESS PHOTOS

The Ferris wheel ride at last weekend's Lincolnwood Fest at Proesel Park is a memory maker for Jimmy Prest, 9, of Chicago and his father, Mike Prest, a 1980 Libertyville High School graduate who grew up in Libertyville.



Trying to pop bubbles are, from right, Daniel Smalbergher, 11, and Abby Arnautu, 8, both of Lincolnwood.

of Lincolnwood stretching to blurred skylines of Chicago. Tips of buildings could be seen at sunset despite the haze.

Mike Prest of Chicago, a 1980 Libertyville High School graduate who grew up in Libertyville, rode the Ferris wheel with his son Jimmy Prest, 9.

Mike Prest took his first Ferris wheel ride in Liber-

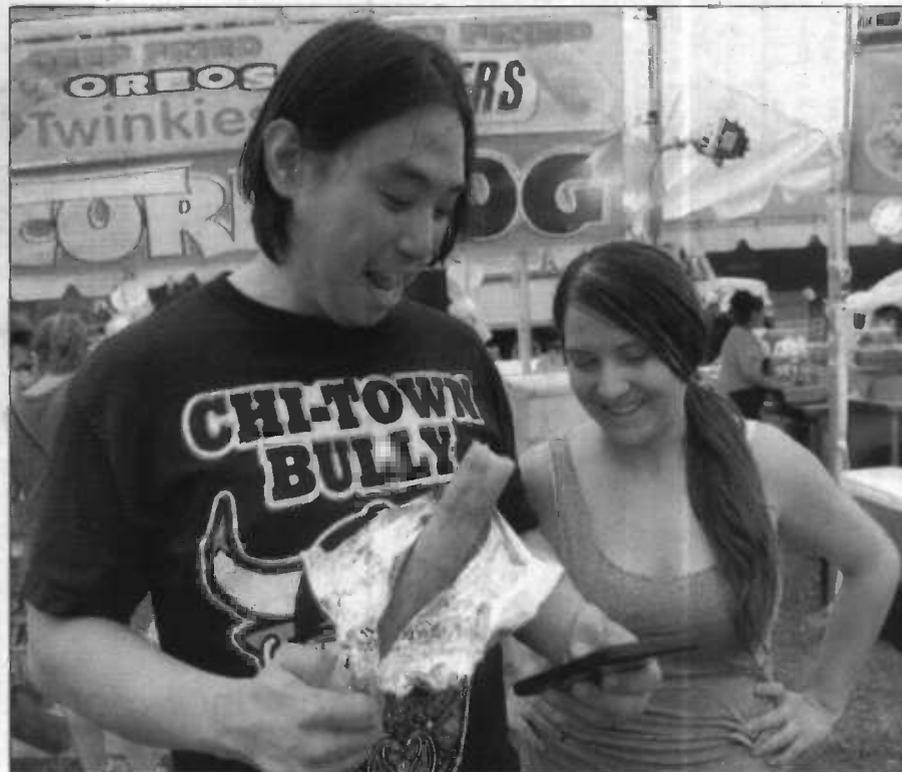
tyville when he was a youth, he said.

"It's great I get to be with him," Jimmy's dad said.

The festival was held July 21-24.

Proesel Park is located at 6900 N. Lincoln Ave. in Lincolnwood.

Karie Angell Luc is a freelance reporter for Pioneer Press.



Eating fun food and checking the Pokemon Go smartphone game are a part of the carnival fun for Joseph Kim, of Palatine, and Kathleen McFarlin, also of Palatine.

Gov. signs mammogram bill at Lutheran General

BY JENNIFER JOHNSON
Pioneer Press

Gov. Bruce Rauner visited Advocate Lutheran General Hospital in Park Ridge on July 20 to sign a bill requiring Illinois insurance companies to provide coverage of 3D mammography.

Senate Bill 466 does not set the percentage that insurance companies must pay toward the cost of the test, but it does require the technology to be included in a patient's insurance coverage, Rauner said.

"It's a very powerful tool, and it's only appropriate that we make sure this is covered in every type of insurance plan, whether it's government-sponsored or privately sponsored," Rauner said of

3D mammography, also known as breast tomosynthesis.

James Skogsbergh, president and chief executive officer of Advocate Health Care, said Advocate Lutheran General Hospital was the first medical center in the Midwest to offer 3D mammography to patients in 2011.

The technology, he explained, is "a tool to better detect, diagnose and target treatment for breast cancer."

According to Advocate Health Care, "3D mammography imaging captures multiple 'slices' of tissue, making it easier for doctors to see abnormalities." It also reduces the need for re-tests, the health care provider said.

Today, Advocate Lutheran General has five 3D mammography machines and has screened more than 62,000 patients with them, Skogsbergh said. Advocate Health Care offers more 3D mammography than any other health care provider in the state, he added.

"We have used this technology to increase detection of invasive breast cancers by 41 percent and to increase the detection of all breast cancers by 29 percent," Skogsbergh said.

Republican state Rep. Michael McAuliffe and Democratic state Sen. John Mulroe, sponsors of the bill, also attended the signing in Park Ridge. Both explained that they were introduced to 3D mammography five years



JENNIFER JOHNSON/PIONEER PRESS

Gov. Bruce Rauner signs a bill into law July 20 requiring Illinois insurance companies to provide coverage for 3D mammography.

ago at Advocate Lutheran General.

"It's going to save women's lives because earlier detection is the key to all of

this," Mulroe said.

During his visit to the hospital, Rauner declined to answer reporters' questions related to Republican presi-

dential nominee Donald Trump.

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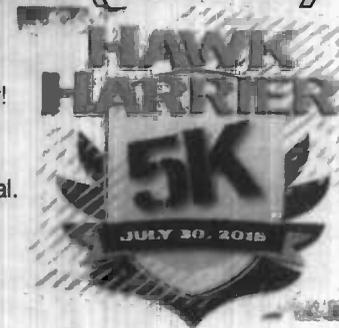
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Work intensifying on Green Bay Road

BY BOB SEIDENBERG
Pioneer Press

If you thought the first phase of the Emerson Street/Ridge Avenue/Green Bay Road improvement project brought some inconveniences — well, get ready for Round 2 when work is expected to intensify.

Evanston officials warned last week that construction activities for the \$11.1 million project will increase significantly in the coming weeks with the addition of more construction crews on the job.

In the first phase of the job, crews from A. Lamp Concrete Contractors, the construction firm the city is using, had completed storm sewer work on the west side of Green Bay Road from Simpson Street to McCormick Boulevard, officials said.

In addition, existing traffic signals had been removed and temporary signals installed so intersection improvements could begin, they said.

However, some of the workers were pulled off the job and sent to other projects after the state called for a temporary shutdown on Illinois Department of Transportation-supported projects because of the state's budget impasse.

With that issue resolved, at least for now, crews were expected back on the scene this week, bringing increased manpower, Dave Stoneback, the city's public works agency director, told residents at a Fifth Ward meeting last week.

Officials said construction activities occurring in the next three to four weeks in the area include:

- The removal and replacement of curbs and gutters on the west side of Green Bay Road, and running from Simpson Street to McCormick Boulevard.
- Installation of traffic signal foundations and electri-



BOB SEIDENBERG/PIONEER PRESS

Construction activities are expected to increase significantly on the Green Bay/Emerson/Ridge project in coming weeks.

cal ducts along the route.

- The transfer of water service to the new main on Green Bay Road, from Simpson to Noyes Streets.

- New larger water main installations to go in on Green Bay Road south of Simpson Street and on Asbury Avenue to Emerson Street.

- Storm sewer installation at the intersection of Emerson/Ridge/Green Bay, and to include the west side of Green Bay Road south of

Simpson Street.

- Replacement of water mains on Emerson Street east of Green Bay Road and on Ridge Avenue north of Emerson Street.

No detours are planned, Stoneback said. During construction, "there will be one lane of traffic in each direction provided at all times."

If motorists can use an alternative route, they might be advised to do so, Stoneback said. The intersection is expected to con-

tinue to be heavy with truck traffic because of the 14-foot-high clearance of the viaduct at Emerson, which is needed by larger trucks, Stoneback said.

Officials said the actual date when construction is planned will be noted on the temporary "NO PARKING" signs posted 48 hours prior to the start of the work.

Street cleaning and/or neighborhood parking restrictions will be waived for a one-block radius around

the construction zone, they said.

Residents with general questions about the project can call Sat Nagar, the city's senior project manager, at 311 or at 847-448-4311.

Earlier, city officials put the intersection improvement on a fast track, looking to complete most of the work in one construction season. The intersection has long been one of the city's most accident ridden with consultants identifying as

many as 150 "conflict points," in the current configuration.

At the July 25 Evanston City Council meeting, aldermen were expected to increase the city's local match to state grants by roughly \$784,000. The city's total contribution will run close to \$5.2 million on the \$11.1 million project, officials said.

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Traveler tells of coast-to-coast trips

BY ALEXANDRA KUKULKA
Pioneer Press

Dozens of adults traveled 4,000 miles from the east coast to the west coast of the U.S. on July 19 without ever getting up from their seats.

World traveler John Lynn spoke at the Glenview Public Library about the hiking, biking and canoeing trips that he took over the last 30 years on portions of historic trails and rivers across the country.

Those travels have included biking the American Discovery Trail in 2013, hiking Cumberland Road in 2002 and canoeing the Ohio River in 2004.

"I realized in 2008 that if I strung some of these trips together and filled in a couple of gaps, I have a full coast-to-coast trip," said the Peoria resident, who makes

similar presentations at libraries across the state.

Lynn shared stories about his experiences and the history about the trails. As he traveled, Lynn said he "lived off the land," which meant he would stop in towns along the route to eat a meal, buy snacks and stay at a motel.

During his biking trip along the American Discovery Trail, Lynn said he toured the U.S. Naval Academy and walked into the football stadium to watch a football practice, but was later kicked out because it was a closed practice.

Lynn said he then stopped at Fort Stevens and learned more about how former president Abraham Lincoln came into the direct line of fire from Confederate soldiers during a Civil War battle.

When pioneers traveled

along the muddy Cumberland Road, they used horses and carriages to make the journey, Lynn said. The horses had bells on their necks, and the pioneer tradition was that if a horse and carriage became stuck in the mud and were rescued, the horses' bells were given to the rescuer, Lynn said.

The idiom of going somewhere "with bells on" stems from this tradition, meaning that the traveler will make it to their destination without any trouble, Lynn said.

Lynn said camping along the Ohio River was difficult because of heavy flooding, so he would sleep in picnic shelters along the river, placing his sleeping bag on the picnic table so that he didn't have to deal with a wet tent.

"I have to admit it was on this trip for the second time in my life I fell off a picnic

table," Lynn said. "Understand that's a two-step process. First you hit the bench, and then you hit the ground."

Lynn saved money for his trips by working for a tennis club, in data processing systems, as a park naturalist and a substitute teacher, he said. Funding trips can be difficult, but the most challenging part is living a simple life to save money for trips, he said.

Lynn said he is planning a three-and-a-half week trip in August, though he is still figuring out where to go. He said he would like to canoe the three Illinois Rivers in the U.S. and visit Australia one day.

"Every year I get so much done, but the list keeps getting longer," said Lynn, who added that he spends the winters researching his next trips.



ALEXANDRA KUKULKA/PIONEER PRESS

World traveler John Lynn spoke at the Glenview Public Library on July 19 about the hiking, biking and canoeing trips he took over 30 years that stretched from the east coast to the west coast of the United States.

Lynn previously presented at the Glenview Public Library about a coast-to-coast trip he took in England, said library spokeswoman Jennifer Black.

"He enables people to think about what they can do," Black said. "People love the historical information that he brings into his travel experiences."

Greg Engberg, a Northbrook resident, said the event reminded him of places he has traveled and gave him ideas of where to travel next.

"[Lynn] did quite well," Engberg said. "I would have liked to do travel to some of these places."

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NEWS



MARYANN PISANO/PIONEER PRESS

From left, Marcos Araque, Giovanni Priami and Damlan Dzelekan play Pokemon Go at Triton College. Triton's Pokemon Go Great Campus Capture was held as a way for future and current students to catch Pokemon while being introduced to all that Triton has to offer.

Triton boosts enrollment with Pokemon Go event

Popular game helps attract new students to campus

BY MARYANN PISANO
Pioneer Press

Pokemon Go players didn't just stock up on Poke balls and potions on July 21 at Triton College. They were also able to register for classes.

Triton's Pokemon Go Great Campus Capture was held as a way for future and current students to catch Pokemon while being introduced to all that Triton has to offer.

"We have our Pokemon Go Great Campus Capture and our fast pass registration event going on at the same time," Triton College public relations coordinator Stephen Butera said. "Students are getting everything they need to register for the fall semester. They're able to take a tour of campus and meet with a counselor."

Since the Pokemon Go craze has become a uniting force for people of all ages, Butera said that combining

registering for classes and catching Pokemon would be a way to bring people together. The event included people roaming the campus in groups trying to catch Pokemon while Triton staff had tables set up at different locations in the main campus. The tables offered bottled water to fight the heat.

"We wanted to get people excited about coming to Triton," Butera said.

Katie Saxe, a math tutor at Triton College, said the campus is a big landmark for the Pokemon Go game.

"Schools or campuses and landmark cities are really good Poke stops," she explained.

Saxe said that public places with large amounts of people, such as churches or restaurants, generate more Poke stops. Poke stops are where players can go to stock up on Poke balls or potions. Triton College has around six Poke stops on campus. Also, rare Pokemon can be caught at the college. Saxe said that the big landmarks provide players with the "really good stuff" to excel in the game.

"Pokemon Go makes you go outside and communicate with others," event attendee Marcos Araque said.

"I played the game as a kid, so it's cool to see the Pokemon in reality and to compete with my friends," Pokemon player Giovanni Priami said.

Steve Reina said that he has caught rare Pokemon, such as Gloom, at Triton, which is why he likes coming to campus to "catch 'em all" with his friends.

In addition to the Pokemon Go mania and registering for classes, radio station WKQX-FM's street team and morning host Brian Phillips were there to play music and to give away prizes. The radio station gave away one-day Lollapalooza passes to the people on campus.

"We hope that while people are here catching Pokemon that they see all the opportunities we have here at Triton," Butera said.

Maryann Pisano is a freelance reporter for Pioneer Press.

Craft beer shop gets preliminary approval to open in Park Ridge

BY JENNIFER JOHNSON
Pioneer Press

A shop specializing in craft beers could be coming to Uptown Park Ridge this fall.

The Park Ridge City Council on July 18 tentatively approved a liquor license for Beer on the Wall, a business proposed for a long-vacant storefront at 106 Main St.

A final vote on the license, which would allow for the sale of packaged liquor and on-site consumption, is expected to take place Aug. 1.

Appearing before the Liquor License Review Board just prior to the City Council meeting, co-owner and manager Ryan Tracy described Beer on the Wall as a "coffee-shop-type-atmosphere liquor store" that will primarily sell craft beers.

"The business is kind of like a wine cafe, but for beer," Tracy told

the Park Ridge Herald-Advocate. "It's a packaged beer store, but we'll also have six taps and seating. People are encouraged to come in, sample a couple of different things and grab something to go on the way out."

No food other than snacks will be served on-site, but customers will be allowed to bring in their own meals if they wish, Tracy said.

Acting Mayor Marty Maloney, who also serves as the city's liquor commissioner, pointed out that the license the business applied for restricts the amount of beer that can be served. According to the city's liquor code, no more than 24 ounces of beer can be served to any individual per day.

"This is not supposed to be a bar," Tracy responded. "This is a one and done kind of place."

No brewing will take place at the business, he said, but the goal is to feature beers from breweries in

Chicago and the suburbs.

Tracy said he hopes to open Beer on the Wall in October. A lease on the building at 106 Main St., which is between The Harp and Fiddle and Wells Fargo Home Mortgage, has not yet been signed, he told the Liquor License Review Board.

Tracy, of Niles, said this will be his first business specializing in beer. He currently owns a miniature golf course, Aloha Falls, in Libertyville.

"I thought Park Ridge would be receptive to the idea of a beer cafe," he said. "Nothing like that exists in Park Ridge, so I thought it would be a good location for it."

The only similar type of business currently operating in Park Ridge is Winestyles, a franchise that sells largely packaged wine, as well as craft beer, cheese and chocolate.

"Our focus is to make people



JENNIFER JOHNSON/PIONEER PRESS

A shop specializing in craft beer sales is proposed for this storefront at 106 Main St. in Park Ridge.

think a little differently about beer," Tracy said. "We want people to start thinking about beer the way they do about wine; that it can be fancy and complex and have different flavors."

Tracy acknowledged this type of shop probably would not have received support from the city of Park Ridge a decade ago.

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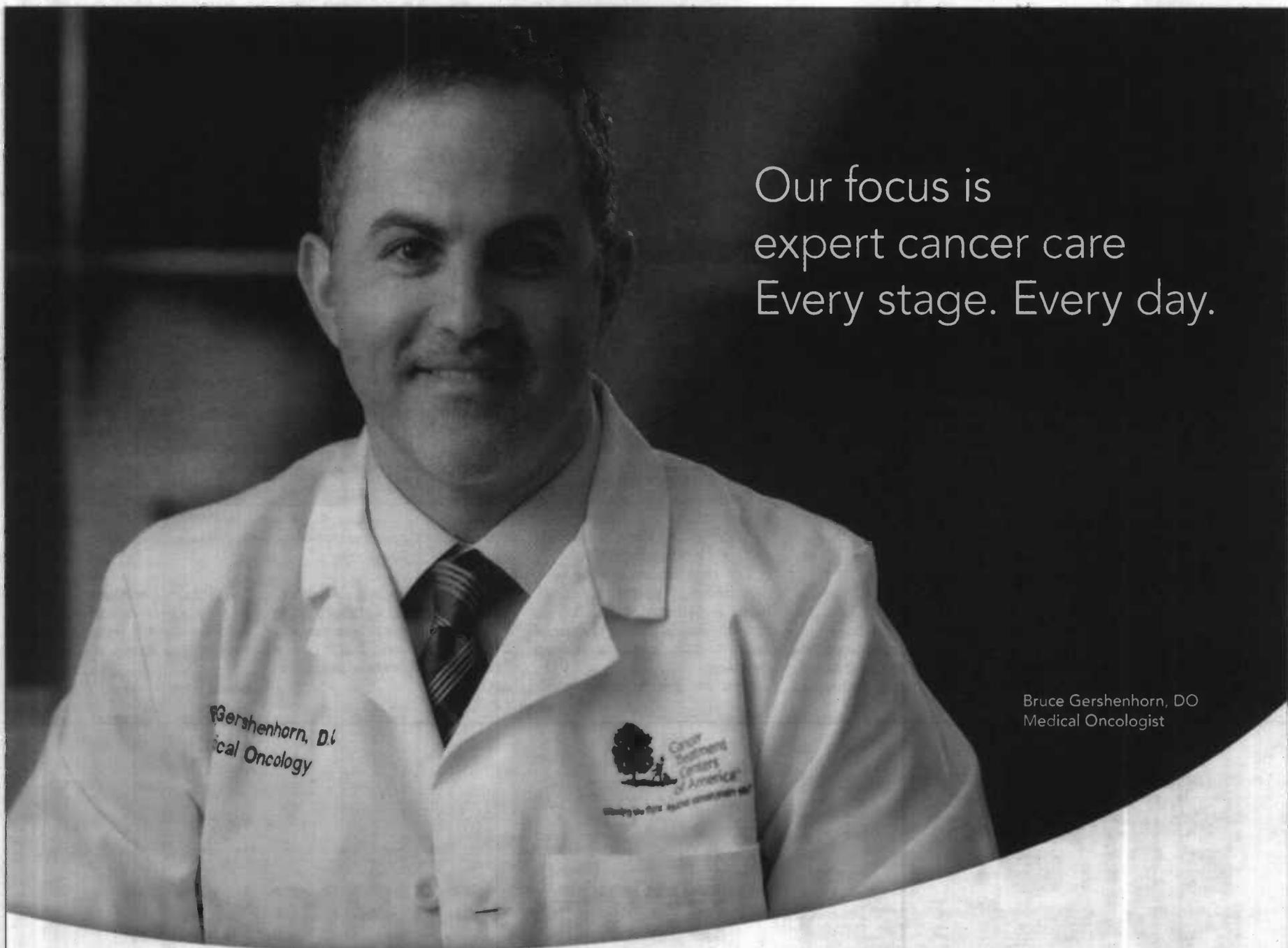
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Downtown Skokie finally gets a coffee shop

BY MIKE ISAACS
Pioneer Press

When the owners of the Euro Echo Cafe first saw the downtown Skokie building where they eventually would establish their new business, they say they were not thinking about the marketplace or even whether the area needed a coffee house.

In fact, said Aynur Aytes, who owns the Euro Echo Cafe with husband Bogoslaw Musial, the couple had no idea Skokie residents had requested a downtown Skokie coffeehouse in surveys over recent years.

"I really had no plan at all," Aytes said. "We went with our hearts."

Once they saw the vacated and antiquated building on Lincoln Avenue — even if they knew it needed work — they told each other it might be the place.

The Euro Echo Cafe, 7919 Lincoln Ave., located across from the revamped Skokie Theatre, has been open since Memorial Day weekend. It is a cozy and comfortable gathering place to unwind; have casual breakfast, lunch or dinner; and eat outside on an adjoining patio with tables and um-



MIKE ISAACS/PIONEER PRESS

Skokie residents had asked for a coffee house for downtown for a long time, and now Euro Echo Cafe has opened on Lincoln Avenue across from the Skokie Theatre.

brellas when the weather accommodates.

"It's really great to have this here," said Akuma Kawate, who recently had a drink with friends on the patio. "Skokie needed this for a long time."

Residents have always loved Sweet Pies Bakery, also on Lincoln but on the north side of Oakton Street. They regularly have gathered there for sweets and coffee, but resident surveys revealed they also strongly wanted a business that was expressly a downtown coffee shop.

A downtown Starbucks always ranked high on resi-

dent wish lists on village-commissioned surveys. Streetscape Development, which has been creating dynamic new housing for Floral Avenue in downtown, originally floated the idea of turning its Lincoln Avenue sales office into a coffeehouse. That idea never panned out, however, and the sales office became Streetscape's permanent home instead.

Aytes, however, was unaware of any of this backstory when she took the plunge with her husband, she said.

"I always liked cooking," Aytes said. "Every weekend,

I like to cook and bake for friends. I am really happy when I see friends and (serve) them. I said I want to open a place where I can make people happy."

She said she took into account the village's ethnically diverse population and how welcoming it is for people of different backgrounds.

That includes Aytes herself, who came from Turkey, and her husband, Musial, who came from Poland. The couple said they decided they would revamp the building and move into a residence above it where they would never be too far away.

But not everything went according to plan, Aytes said. In financing the coffeehouse, the owners were aided by a village financial incentive for downtown buildings, which included specific requirements, and there turned out to be more work on the old building than anticipated.

As months went by, residents kept asking about when the Euro Echo Cafe would open, which turned out to be a year or so later than Aytes had originally expected, she said.

"It took a while because

there was always something," she said. "We had to keep borrowing and spending more money. Things kept coming up. I am still paying off the credit cards."

At times, she admits, she thought to herself: "Am I ever going to open?" She borrowed on credit and from family, she said, but fortunately, the coffeehouse was neither her nor her husband's only job.

Aytes was a family physician in Turkey before she came to the U.S. in 2001, she said. She took classes here and now works as a vascular technologist for NorthShore University HealthSystem.

Musial, an astrophysicist and construction worker, designed the entire restaurant, the couple said.

According to the Skokie Plan Commission, the cafe, originally two buildings in the 7900 block of Lincoln Avenue, occupies about 6,250 square feet. It serves sandwiches, drinks, special teas, gelato, pastries and other fare.

Aytes said that the menu is always flexible and customer preferences can be accommodated. Unlike at a chain, she said, she wants to establish a rapport with her customers and for Euro

Echo Cafe to have a personal feel.

The cafe has different types of seating, free Wi-Fi, outlets for laptops and mobile devices and a touch of Europe combined with closer-to-home fare. Its lunch menu has sandwich names like Skokie Blvd., Dempster Wrap, Touhy Pannini and others.

Most important to the owners, they say, is that Euro Echo Cafe feels like a gathering place for its customers. The owners are far from finished, they say: they want to create a website and bring in live music and host different kinds of community events. A garden they're planting will help produce fresh ingredients for the cafe, Aytes said.

"It's great that you're here," customer Larry Rotheiser, of Morton Grove, recently told the owners on a casual weekday night. "It's really nice. You can tell this took a lot of work."

Aytes and Musial thanked their customer, acknowledging it has taken a lot of work. But they say it's worth it — even if Aytes has to bake and cook before and after her day job and on weekends.

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Jollibee announces new opening date for Skokie eatery

BY MIKE ISAACS
Pioneer Press

Those eagerly awaiting the opening of the new Jollibee restaurant in Skokie will have to wait a little longer, the company recently announced.

But not too much longer. Jollibee originally announced that the largest chain in the Philippines was going to make its Midwest debut in July in Skokie, but then said it wasn't quite ready at the first date it specified.

The new grand opening

date, the company said, is July 29.

Located in the Touhy Marketplace shopping center on the 3500 block of Touhy Avenue, Jollibee appears to be just about ready to go. Workers were putting the finishing touches in at the restaurant as the opening date drew near.

Jollibee's journey to Skokie has been closely followed since it marks the popular chain's first eatery in the area, according to the company.

Jollibee first began as an ice cream parlor in the

Philippines, it said, and has grown to more than 750 Filipino restaurants and stores.

Since then, the company said it has opened more than 30 restaurants in the United States, mostly in California and Nevada but also Texas, Washington, New York, New Jersey, Virginia and Hawaii.

The first Jollibee store in the U.S. was opened in 1998 in Daly City, Calif., the chain said.

"Catering to the Filipino and Filipino-American families living in the area,

Jollibee brought them the familiar feeling of home," Jollibee says on its website. "Jollibee has endeavored to endear itself to the Filipino communities and locals in every area where it operates."

According to Skokie officials, the restaurant occupies 42,000 square feet of property and will have outdoor dining and a drive-thru. Hours of operations are listed as 7 a.m. to 10 p.m. seven days a week, the village said.

Touhy Marketplace is part of a rejuvenated area

on the east side of the village that has been converted from industrial to commercial in recent years, but Jollibee was not originally targeted for the site, according to the developer of the 1.7-acre shopping center. He said a medical building was originally planned for there.

"As time went on, we found that the medical office wasn't necessarily viable," said Peter Eisenberg of Clark Street Real Estate. "The user was no longer interested."

That turned out to be

good news for fans of Jollibee.

So devoted are fans that Jollibee has its own Facebook page for both its U.S. restaurants and stores and for the soon-to-open Skokie restaurant.

"One of my favorite Filipino restaurant(s) ever," wrote one fan on the Skokie page.

"Can't believe its coming to Chicago!!! Can't wait to pig out on some chicken joy and spaghetti!"

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OPINION

What's happened to the game of baseball?



RANDY BLASER

Has baseball become unwatchable?

If it is, why?

I've been saying so for the last few years, every time I would get up from my sofa and reach for my remote to turn off the White Sox or the Cubs midway through another boring game.

How did it happen?

Watching baseball has been one of the great joys of my life. As a kid, I would watch the Saturday afternoon game of the week when the weather outside my door was perfect. I would race home from school to watch the last few innings of every weekday game.

One of my greatest memories is watching Game Six of the 1975 World Series — that's right, the Carlton Fisk home run — in a dorm room packed with guys on my floor watching one of the greatest games ever played. I once ruined a date because the restaurant where we were dining had



OTTO GREULE JR./GETTY

Todd Frazier of the Chicago White Sox hits a two-run home run against the Seattle Mariners in the ninth inning July 19 at Safeco Field in Seattle.

the TV tuned to the 1983 World Series.

So I'm a baseball devotee.

But the last few years, I've been turning off the game and mumbling to anyone who would listen: This game is unwatchable.

Oh, I had my reasons. Games just take longer to play these days.

During my glory days of watching baseball in the 1960s and 1970s, a game took about 2 1/2 hours. But stats from 2014 show that on average it takes three

hours to play a game.

But I'm not convinced the pace of the game is what is killing it. Most games are played at night when the only thing I'm up to is lounging on the sofa and watching TV. Why not watch a three-hour base-

ball game? There is nothing else on.

Because it is boring!

I used to think it was all about pitching. I would complain about the full counts. Too many pitchers go to 2-0 and 3-0 before throwing a strike. If Bob Gibson went to 3-0, I'd tell the young'uns, we'd wonder what was wrong with him.

But then last week I was listening to my favorite sports radio talk guys — Dan Bernstein and Terry Boers. This particular day, they were having a fascinating discussion about the increase in home run rates this year, coupled with increased pitching velocity and the increase in velocity of the ball leaving the bat. An article by baseball writer Joe Sheehan in his subscription newsletter sparked the conversation.

During the talk, they mentioned a statistic that hit me hard: In a typical baseball game, one-third of all plate appearances result in no action. Let me repeat, one third of all plate appearances end in no action. In these cases, the batter either strikes out, walks or hits a home run. There is no defensive action. The players are standing around

like in a T-ball game.

During a typical game, each team has about 36 to 38 plate appearances, that's 75 per game. If one-third of those result in no action, that's 25 plate appearances. That's a lot of nothing.

That's why I can't seem to get through an entire game anymore. Because 25 times a player comes to bat, the result is no action. Now throw in the time between pitches, getting your signals, kicking dirt, looking for the take or swing away sign and there's a lot of nothing going on between a few seconds of something happening.

Don't get me wrong. I still love the game. There's no greater joy than sitting in the grandstand on a beautiful summer day or evening and watching a game. There's tons going on at the park to keep me occupied, from the constant call of "beer here!" to the slow creep of the third basemen on every pitch.

But you don't get that on TV. And in today's day and age, watching nothing unfold for an hour in a three-hour televised game is really boring.

Randy Blaser is a freelance columnist for Pioneer Press.

Vacation advice from your local newspaper columnist



PAUL SASSONE

Gone on your summer vacation, yet?

Newspapers ought to be useful and helpful. So, as a newspaper columnist, I feel obligated to provide you with tips to make sure

you have a healthy, happy, worry-free and spiritually fulfilling summer vacation.

Once you select the lakeside cottage to rent and decide how many spiders per room you can afford, you have to get the car and the family ready to go.

Here are some pre-vacation tasks that should be done that no one (but me) seems to mention.

Check your vehicle to make sure there are enough window seats for

everyone. If you have more kids than windows, consider boarding a child or two with Spot at the pet motel. This might seem harsh, but if you don't balance the kid-to-window ratio, the children will fight over window seats and the losers will throw up.

Compose and sign an agreement with your wife that when (not if) you boastfully refuse to use the car's navigation device and

you get lost, that your wife will be the one who asks for directions. Such an agreement allows the male to maintain his manhood, because no real man asks for directions (which is why Columbus discovered America while missing China completely). Wives benefit from the agreement, too, because it helps ensure that the vacation spot is reached before it is time to come back home.

Pack plenty of throat

lozenges for the effects of shouting when you get lost.

Clearly define who is responsible for doing what before hitting the road to avoid, "I thought you were going to turn off the kiln." "No, you were, I shut down the nuclear reactor."

Set and stick to a budget for purchases at rest stops — so much for pecan logs, so much for key rings with your first name on them, so much for ash trays with pictures of hillbillies and

outhouses.

Eats are expensive, so stock the car with food, most probably chocolate bars, cheese — anything that melts, basically.

If you follow these suggestion, I would be willing to bet you will have pretty much the same kind of vacation you have every year.

Have an OK time.

Paul Sassone is a freelance columnist for Pioneer Press.

Buy France, Dallas and Baton Rouge to combat violence



ERIC SCOTT

Although it happened far away, when we began learning of the truck rampage in Nice, France, and seeing video of people fleeing from another terrorist attack targeting the people of France and visitors enjoying Bastille Day fireworks, I had a couple of initial thoughts that were probably shared by many back here at home.

The first thought was this type of attack could have happened just about anywhere, whether it be a Fourth of July fireworks show, a community parade or any event with a big crowd. Visualizing what it must have been like for adults and many children trapped in the speeding path of this bottom-feeder radical, who was dishonorably discharged as an intelligent life-form the second he got behind the wheel, was enough to induce nausea.

There are then the thoughts of what can be done to stop these attacks — along with a feeling of powerlessness. What really can I do, and what can anyone do on their own, to help fight terrorism and violence? I kicked that one around for a while.

Fear is what those, who choose evil as a way of life, want to instill in the rest of us who appreciate our freedoms. Their goal is to change our lives through acts of violence, which can generate enough fright to make an economic impact. People may become too scared to travel, think twice about going out to dinner or stop buying things that add to their quality of life.

Although terrorism knows no borders, the French now have endured three major violent events



ERIC SCOTT

Columnist Eric Scott went to the grocery store and bought products made in France to support the country's economy following the attack in Nice.

in just the last 18 months, including the November 2015 terrorist attacks in Paris and the January 2015 shooting spree inside the Charlie Hebdo news offices that killed several of the publication's staff.

So, I came back to the economic factors around terrorism and thought of a way I can help. I'll buy France. If fear is gripping France to the point where its economy might suffer, I then can change my routine and look for items stamped with the "Product of France." That thought led to my first-ever "Product of France" shopping trip.

After scanning shelves of just one supermarket and reading a lot of backside packaging labels, I loaded my cart with several French-made products. And no, I didn't include French fries or French toast.

I never need an excuse to buy a bottle of wine but on this trip, the choice was a modestly priced Bordeaux. I don't think I've ever purchased a jar of French-made Nicoise olives before, but they've got to be a healthier snack than my usual Lemonheads. Plus, I now have enough French specialty mustard to open my own sandwich shop.

For about \$50, I made my financial contribution to a country that could use a morale boost right about now. Is this one grocery trip going to solve all the prob-

lems and stop terrorist acts? Of course not.

But what if everyone substituted only one regular grocery item for a similar product from France? Maybe some bottles of Evian or Perrier water one week, instead of the usual multi-bottle package that sits on the bottom shelf in tightly wrapped plastic bundles?

It's still one more sale that wouldn't have happened before. When you compound all these transactions, then "buying France" might have some positive economic effects — the opposite of what the terrorists want.

I've also had some other places on my mind that have suffered recent tragedies. Two sauce bottles I bought are made in Baton Rouge, Louisiana.

Dallas was also in my thoughts. I found lots of Texas-made products but nothing specifically from the Dallas-Fort Worth area. I might have to turn to online shopping to buy DFW, but donations to official organizations supporting families of officers from both areas who were recently killed in the line of duty also would be meaningful. If you would like to contribute, research Assist the Officer Foundation and the East Baton Rouge First Responders Fund.

Eric Scott is a freelance columnist.

Of two types of moms in this world, which are you?

There are two types of mamas in this world: the "Got-It-Covered Mama" and the "Just-Wing-It Mama."

The Got-It-Covered Mama travels heavy. Her diaper bag is filled with everything from Band-Aids to granola bars to mini coloring books and crayons. She always has a plan and is prepared to carry it out. She knows where the nearest bathroom is at all times, always keeps track of nap time and never lets her gas tank drop below a quarter full. She feels pretty darn proud of her ability to keep everything straight in her Google Calendar.

The Just-Wing-It Mama is quite the opposite. She stashes a debit card, spare diaper and cellphone in her fanny pack and figures the rest will work itself out. She (sort of) knows where she wants to go, but doesn't really know how she'll get there. She frequently finds herself sprinting with small children to find a bathroom and singing loudly with the windows down to keep her overtired toddler from falling asleep in the car. She feels pretty darn proud of her ability to pull off stuff that shouldn't be possible.

I'm a Just-Wing-It Mama. And after a family road trip to Traverse City, Mich., last weekend, I was feeling pretty proud of my ability to pull off stuff that shouldn't be possible.

I was going to offer my best advice for winging it and tell you Got-It-Covered Mamas to stop worrying and preparing so much. Then it hit me: If not for the Got-It-Covered Mamas, my kids and I might still be stuck on a sand dune by Lake Michigan.

I'll explain in a bit, but first I'm going to assert that this is not a column



NICOLE RADZISZEWSKI

on why and how you should wing it. Rather, this is a much-belated thank-you note from a Just-Wing-It Mama to all of the Got-It-Covered Mamas out there.

To the mama who offered up her extra bottle of water when my family found ourselves hot and thirsty during a 3.5-mile dune climb. The four of us — my husband, 4-year-old, 2-year-old and I — took off empty-handed thinking we were just going to climb a few hills and be at Lake Michigan. About a mile in, we realized just how far we had to hike. Did we turn around? No, we kept trudging toward the lake, joking that maybe there would be a vending machine full of Dasani at the finish and that if not, some kind soul would see our poor children and spare them from dehydration. Thank you, Got-It-Covered-Mama (whose three children each had their own bottle of water)! Next time, I promise I will read the brochure first.

To the mama who saw me consoling my sobbing toddler in the babysitting room at the YMCA and who offered to share her daughter's bag of Goldfish crackers. Those fish worked wonders! (In my defense, I did have a snack with me, but it turns out you can't bring mixed nuts into a public space with children. Oops.)

To the mama on the plane ride home from Poland who gave up not one but three of her child's diapers for us to make it through the 10-hour flight. Yes, this one was pretty

embarrassing, but I could have sworn I packed more than one diaper in my carry-on bag. Fortunately she had at least 10, and saved the whole plane from a lot of misery.

To the mama who brought a giant tote bag of Matchbox cars to church — enough for her two boys and mine and definitely more exciting than scribbling on offering envelopes with the pencils in the pews.

To the mama who gave me a tampon when I was at the park with the kids and forgot what time of month it was.

To the dog mama (and my client) who left the remainder of a bag of dog food on my front porch when I mentioned that we were all out one Saturday morning. She went back home after her training session to get the bag and brought it over so my dog wouldn't have to wait all day for breakfast. FYI, in my entire dog-owner life, I have never purchased a new bag of dog food until the previous one was completely empty and the dog had been eating random table scraps for at least a day.

Thank you to every mama who's ever gone on an outing with me and let me borrow sunscreen, bug spray, tissues, wipes, diapers, snacks and her fully charged cellphone.

To all of the Got-It-Covered Mamas, thank you. I owe you one. But first, do you think I could jump on your Wi-Fi? Gotta submit this to my editor and internet's not working!

Nicole Radziszewski is a freelance columnist. She lives in River Forest and is a certified personal trainer and mother of two. Check Nicole out on Facebook at [Facebook.com/mamas-gottamove](https://www.facebook.com/mamas-gottamove).

Today's classical music makers

Modern-day composers reflect on their careers writing compositions

BY DOROTHY ANDRIES

Pioneer Press

When thinking of classical music, thoughts often first turn to long dead composers.

But new classical music is constantly being written — from Jacqueline Kennedy commissioning American composer Leonard Bernstein to write a Mass for the opening of the John F. Kennedy Center for the Performing Arts in Washington, D.C. in 1971 to the Lyric Opera of Chicago's commission of six operas in its history, as well as numerous others commissioned by its Lyric Unlimited, including "Bel Canto" by Jimmy Lopez and Nilo Cruz, which premiered last season.

Some pieces are developed within a composer-in-residence arrangement between a composer and an ensemble. The Chicago Symphony Orchestra, for example, has had a series of composers-in-residence, starting with John Corigliano in 1987.

They picked a winner in Corigliano, recognizing him more than a decade before he received an Academy Award for his score for the 1999 film "The Red Violin." Two years later, he won the Pulitzer Prize for Music.

Currently, the CSO has a pair of composers-in-residence Samuel Adams and Elizabeth Ogonek, who began their residency in 2015. "Light Reading" by Adams will have its world premiere with full orchestra during five concerts in March of 2017.

However, a list of major players only scratches the surface. Commissions are flying back and forth under the radar. A small ensemble can select a composer and ask for a piece of music.

Composers can seek ensembles. And sometimes it's an organization or individual who makes the magic match between performer and composer.

"The person in Chicago who was fabulous at that was Fredda (Hyman), who created Music in the Loft," said violinist Desiree Ruhstrat, who with her husband, cellist David Cunliffe, and pianist Marta Aznavorian are members of the Lincoln Trio. "She would identify a young composer and find a group she thought would be a good fit."

A stand-out event at Music in the Loft was a Sunday afternoon in May 2008. Fredda, as she was known in the music



ANTONIO PEREZ/CHICAGO TRIBUNE

A 2008 photo with David Cunliffe, with cello; the late Fredda Hyman, who was director of the Music in the Loft concert series; Marta Aznavoorlan, on piano; composer Lita Grier; and Desiree Ruhstrat on violin.

community, commissioned five composers to set a number of poems by past United States poet laureate Billy Collins. The composers were Pierre Jalbert, Stacy Garrop of Evanston, Vivian Fung, Lita Grier of Chicago and Zhou Tian.

Fredda died in December of 2011, and was remembered for her eagerness to introduce children to good music, as well as being the consummate musical matchmaker.

Ruhstrat sees new music as a sign of vitality. "There are really wonderful composers writing good new music," she said. "We need to support them, play their music. It is so important."

LITA GRIER

Among composers for the Billy Collins project was Lita Grier, who has composed for choral groups as well as vocalists. One of her most challenging was a commission

from Doreen Rao, artistic director of the Chicago Children's Choir. "It was right after the shootings at Sandy Hook Elementary School in Connecticut," Grier recalled. "Doreen called me and said, 'We've got to do something.' She wanted a piece of music for her choir and she wanted it in a week."

Embracing a time-honored tradition, Grier used selections from the Requiem Mass. "I'd never written anything that quickly in my life," the composer said, "but I did it."

The shooting took place Dec. 14, 2012; the piece was written and the live performance was broadcast on WFMT Jan. 13, 2013. "And it was published not long after that," Grier said.

Grier was also among composers commissioned by Welz Kauffman, president and CEO of the Ravinia Festival, to mark the park's 100th anniversary in 2004. She composed a series of song cycles using

poems from "Spoon River Anthology" by Edgar Lee Masters.

RAVINIA FESTIVAL

Ravinia's centennial impelled Kauffman to immediately invite four composers to write what he called "train commissions" as a run-up to the summer of 2004.

Through the decades a love-hate relationship had developed between Ravinia music lovers and the roar of the train engines. In the spirit of "if you can't lick 'em, join 'em" Ricardo Lorenz (2001), Augusta Read Thomas (2002), Bobby McFerrin (2003) and Jennifer Higdon (2004) delivered a variety of short works.

Another world premiere at the festival was Ned Rorem's song cycle, "Aftermath" in 2002, inspired by the Sept. 11, 2001 terrorist attacks.

Turn to *Composers*, Page 21

Living

Thursday, July 28, 2016



**Mel's kitchen:
Keep the
flavors going
all year with
herb ice cubes**

Page 3

Laura Soncrant says that by forgoing the constant power struggle with her son, Kai, and allowing him to make more of his own choices, they are forging a better relationship.

STACEY RUPOLO/FOR THE CHICAGO TRIBUNE



Power struggle unplugged

Parenting doesn't have to be a daily, or even hourly, struggle between parent and child, therapists and parents say **Page 14**

SUBURBAN COOKS

Aronia berry offers unique nutritional advantages

Fruit with high level of antioxidants can be found at farmers markets

By Judy Buchenot
The Beacon-News

One of the many advantages of shopping at farmers markets is finding produce not readily available at big box grocery stores.

Rainbow carrots, purple potatoes and heirloom varieties are not easily found at regular grocery stores.

Another example of this unusual produce are aronia berries, which have one of the highest concentrations of antioxidants in fruit.

The berries are ripening and soon will be available at some markets, as well as Knutson's Country Harvest, a pick-your-own fruit and vegetable farm in Newark that has been family owned and operated for about 15 years.

Karen Knutson said her father encouraged her to plant aronia berries about five years ago.

"He had some health issues and wanted to try them. They are super-good for you and high in antioxidants — about three times the amount in blueberries," Knutson said.

She and her husband Dennis planted the aronia berries along with strawberries, blueberries, apples, peaches, blackberries and vegetables. Visitors to the farm can pick their own berries or buy already picked berries.

The farm also sells jams, pies and other items made

with the farm produce. The Knutsons have participated in various markets, including in Aurora, Joliet Junior College and periodically at the Naperville St. John's Episcopal Church market.

"Aronia berries are tart," Knutson said. "They are like a cross between a blueberry and an elderberry. They are bluish-purple when they are ripe."

Since they are tart, aronia berries usually are mixed with other ingredients to make smoothies or breads. The season for the berries begins in mid-July.

"We have a good crop of aronia berries this year. They should last about six weeks," Knutson said.

The berries can be frozen and saved to use in making smoothies, pies or breads when they no longer are available fresh.

"We have several people who come to the farm just to pick aronia berries," Knutson said.

Knutson is pleased to offer people the opportunity to pick their own produce.

"We have both you pick or we pick, but it is fun to pick it yourself," she said.

Wandering their 5 acres of orchards and gardens to find a golden peach or ripe tomato allows others to feel like a farmer.

Knutson also offers many products made from her produce, including baked and ready-to-bake



KNUTSON'S COUNTRY HARVEST

Aronia berries have about three times the antioxidants as blueberries. They are deep purple when ripe.

pies, pickles, jams and fruity salsas, such as apple peach mango salsa. Raw honey from hives on their farm is another product offered.

Cooking with aronia berries is similar to cooking with blueberries, Knutson

said. To incorporate aronia berries into a favorite berry recipe, substitute aronia berries for part or all of the other berries.

"The great thing about buying produce directly from a farm is that you know it is fresh and you

know where it was grown. When you buy produce in a store, you don't always know where it came from or when it was picked," Knutson said.

Judy Buchenot is a freelancer.

Aronia Smoothies

- 30 aronia berries
- 1 cup plain yogurt
- 1/2 cup apple or orange juice
- 1 cup ice cubes
- 1 banana (optional)

1. Place all ingredients into a blender and blend until smooth. Can add protein powder for even more nutrition.

Aronia Banana Bread

- 1/2 cup butter
- 3/4 cup brown sugar
- 2 eggs
- 2 cups flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 1/3 cups ripe banana, mashed
- 1 cup fresh or frozen aronia berries

1. Cream together butter and brown sugar. Add eggs and blend. Sift together flour, baking soda and salt. Add to butter and egg mixture. Mix well.

2. Add banana and combine. Fold in aronia berries. Place in greased 9-inch-by-5-inch loaf pan. Bake at 350 degrees for 45 to 50 minutes.

Karen's Culinary Cue

When freezing aronia berries, blueberries or other berries, spread them on a cookie sheet so they are not touching. Freeze until hard. Then pour frozen berries into a bag. When it is time to use the berries, scoop out the exact amount needed.



MELISSA ELSMO/PIONEER PRESS

An open-face steak sandwich gets an assist with some previously frozen herb butter.

Preserve those summer herbs

WHAT YOU NEED:

- Silicone muffin cups or plastic ice cube trays
- A choice of either melted unsalted butter, olive oil and/or canola oil
- Chopped garden herbs (rosemary, sage, thyme, tarragon, chives, parsley or whatever else you may have on hand)
- Freezer bags for storage

WHAT TO DO:

Chop the herbs finely and fill receptacles three-quarters full. Pour the liquid fat of your choosing over the herbs nearly to the top. Place the cups in the freezer and leave until frozen solid. Remove the frozen herbs from the trays and transfer to freezer bags and keep for up to 3 months.

Open face steak sandwiches with herb butter

- 2-3 tablespoons olive oil
- 1/2 loaf multigrain bread, cut into 4-6 3/4-inch slices
- Kosher salt
- Cut garlic clove
- 2 cubes of frozen herb butter
- 1-1 1/2 pounds boneless New York strip steak, seasoned and cooked according to your personal tastes
- 1/3 cup steak sauce
- 1 heirloom tomato, halved and sliced
- 2 cups baby arugula

1. Heat the oil over medium-high heat in a large skillet. Place the bread in the pan and allow to fry gently on one side for about 90 seconds or until all the oil is soaked up and the bread is golden brown. Turn the bread and allow to cook on the second side for about 30 seconds until slightly toasted. Ideally the bread should be crunchy on the top and soft in the middle. Remove the bread from the pan and rub the top side with the cut garlic clove and season at once with kosher salt.

2. Take the herb butter cubes out of the freezer and melt them over medium heat until fragrant. Season the butter with salt and keep warm. While the butter melts and after the steak has a chance to rest, slice the meat thinly on the diagonal.

3. To assemble the sandwiches place a piece of garlic toast on each plate. Drizzle each slice of bread with steak sauce and top with tomato slices and arugula. Distribute the sliced steak over the garnished toasts and drizzle with the warm herb butter. Serve at once. Makes 4-6 servings!

Keep the flavors going all year with herb ice cubes

Prepare now to use in an array of recipes later



MELISSA ELSMO
Out of Mel's Kitchen

I'm a terrible gardener, but thanks to growing up with my mom and learning a bunch from my green-thumbed mother-in-law, I've developed an uncanny ability to grow herbs in pots on my

deck. I've even become courageous enough to throw a few flowers in the mix, but as summer marches on I always end up with a bumper crop of thyme, rosemary, sage and a bevy of other herbs.

I have so many flavorful leaves bursting out all over my back yard that by the start of August it becomes next to impossible for me to use all of those herbs in my daily recipes. It seems a shame to waste such a bountiful harvest, but a person can only eat so much pesto. Thankfully fresh herbs can be frozen in butter, olive oil or even coconut oil with ease.

Armed with nothing more

than an ice cube tray you can create herb-infused nuggets suitable for use in an array of recipes. Pop a few in a storage bag and you'll have the perfect addition to your favorite autumn stew, roast chicken and pasta recipes. Heck, with a little advanced thinking, you can even whip up a batch of rosemary-sage butter for use in your Thanksgiving recipes!

Summer eating doesn't get much simpler when you have flavorful herbs on hand, but taking the time to think ahead will keep fresh flavors flowing in your kitchen all year long. I've also been known to sneak a few of my herb-butter cubes out of the

freezer in the summer to save some prep time in the kitchen.

I melted a couple just the other day to use as a final flavoring for a delicious steak sandwich. I used cubes featuring a combination of herbs including rosemary, chives and tarragon. The butter added a richness to an otherwise simple weeknight dish.

Setting yourself up with an arsenal of flavorful herb ice cubes is an easy way to enhance dinner now and for the cooler months to come. It's time to get chopping and make the most of your backyard bounty!

PETS/ANIMALS

MY PET WORLD

Try to take the dog's point of view when teaching it to be house broken

By Marc Morrone
Tribune Content Agency

Q: I purchased a puppy a couple of months ago that was 10 weeks old. I have been trying to house break her ever since then. She is a Chihuahua crossed with a Dachshund and weighs 5 pounds. I must take her outside at least 15 to 20 times a day. What happened recently makes me question if she will ever get trained: I noticed she peed in her bed. What is wrong with her? Will she ever get it?

— Ann Conners, Orlando, FL

A: Hold on a bit and take a look at the situation from an outsider's point of view. You have a puppy that is around 17 weeks old, weighs 5 pounds and most likely has a bladder the size of a big grape, and in a 24 hour period she will only pee or poop one time in the house. I know a lot of dog owners who would cheerfully trade places with you.

Why did she pee in her bed? She is young and lost control; that is the only reason.

Animals do not think about things like we do, they just hap-

pen. The whole reason we are able to teach dogs to use the bathroom is because dogs like to do it in the same area. It doesn't matter if it is outdoors in your yard or indoors on a pad.

The whole key is to be proactive and watch the dog so it does not have the opportunity to go to the bathroom where you do not want it to. If the dog never gets the opportunity to do this, then it will never think it as an option. Scolding the dog when it does make a mistake does not do any good.

There are some dogs that figure out where to go faster than others and some dogs, such as larger ones with bigger bladders, have more self-control than others. Some dogs also have better spatial awareness skills and have a better grasp of where the preferred elimination area is at all times.

It is hard for a small dog to figure out that you have to go to the back door to get to the area to use the bathroom, but just about all dogs do figure it out in time if you start at a young enough age. Do your best to look at the situation from the dog's point of view.



GARY GIBULA/PIONEER PRESS

It might be possible to train a guinea pig to respond to its name, like a dog does.

Q: I got a male guinea pig named Horatio and I want to know if I can teach him to come when I call him like my dog does? He is 18 weeks old now and seems to be very smart but when I say his name he does not seem to pay attention to it.

— Susan Smith, Chicago, IL

A: Guinea pigs are actually a lot smarter than we give them credit for, but since they have so many enemies, it takes a while for them to relax and let their guard down. He likely does not see very well, so if you are far away from him while you call his name, then it

might be hard for him to respond.

It would be better for you to sit on the floor with him about two feet away with a piece of lettuce tied to a string. Say his name in a clear and loud voice so that it sounds different from the way you usually talk and then toss the lettuce to him. As he reaches for it just slowly tug it toward you so he has to follow it, all the while saying his name.

When he can do this from only two feet away then move him four feet away and then until he is following the lettuce to you from across the room. Then try it while you are sitting down on the floor

just calling his name holding the lettuce in your hand — most likely he will get the idea and soon every time he hears his name he will look up.

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

PET OF THE WEEK



Minka

Whatever life throws your way, you just have to deal with it and move on, right? That's exactly what I am doing. You cannot change the past, just enjoy the present and look forward to a wonderful future. I could not ask for better people to take care of me, so my present is pretty sweet. My future would be with a great family that would love a dog with a bit of playfulness without any craziness. I am at that perfect age. I am gorgeous, I am lovable and I am super loving. Looking for a future with me? Then hop in your car. This German Wirehaired Pointer is about 6 years old, spayed and microchipped. For additional information, visit www.saveapetil.org

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



Man asks why Comcast bill differs from order

Dear Help Squad,

A Comcast salesman knocked on my door in October 2015 asking if I would be interested in the Comcast Triple Play promotion.

I was offered a two-year locked-in fee. Knowing the billing practices of Comcast, I thought I was asking all possible questions. I wanted to know the bottom line, including fees and taxes. The salesman spent a long time making calls to Comcast to calculate this, then reported my total monthly bill would be \$183.73, which he wrote on the service order. I have never received a bill for \$183.73, and magically Comcast does not have this paperwork. I have talked to several Comcast employees and none are able to look up the service order I signed.

Initially when I called, Comcast promised the bill would be adjusted. It never was. Conversations took place just about every month to correct their billing. After six months and a final phone call on June 11, Comcast tells me their bill is correct.

Can you help?

Warren, La Grange Park

Though I never figured this one out entirely, Warren did get some help, and I learned a few things from Jack Segal, Comcast's regional vice president of communications.

Upon closer examination, Segal found that Warren's monthly "new charges" were actually less than the quoted \$183.73 for five of nine months since October, when the promotion went into effect. What seemed to throw everything off was Warren's December bill of \$357.72.

"I went crazy when I saw this bill," Warren said. "I thought they opened a new account and charged me two months of service."

While Warren attempted to work through the billing confusion with Comcast, the \$357.72 rolled over to his \$199.17 January bill, for a whopping total of \$556.89! Then when he paid only a portion of this, late fees began to accumulate.

Segal's explanation for the out-of-sync bills was that the new Triple Play package



CATHY CUNNINGHAM
Help Squad

had been added on to a portion of the previous month's bill and when the balance wasn't paid off, late charges were incurred. This made Warren's subsequent monthly bills greater than the quoted price. Additionally, "We were (incorrectly) charging him for a second

modem, which was an extra \$10 a month," Segal said. "We have now credited his account \$90 (for the extra modem). We apologize for charging for additional equipment in error."

Per my review of Warren's bills, that explanation didn't quite add up. However, to Comcast's credit, each time Warren called to complain, he did receive a refund; it was just difficult to sort out the Triple Play promotion credits from the ones that resulted from his calls.

Because Warren appeared to have received around \$300 in credits since his saga began, Segal insisted there was no Help Squad story to be had. I disagreed. Warren had to request most of those cred-

its himself, and his bill was very confusing.

When I asked Segal for guidance on how to read a Comcast statement, he said he would forward me a link. When he didn't, I located a Comcast post online with basic information about reading the statement, as well as a video. I also found a slightly more interesting analysis posted by Kate Cox at Consumerist.com.

My conversations with Segal did result in a few useful facts:

- When contacting Comcast customer care, a customer can request an email address or fax number to send in supporting documentation.
- Though Warren was told otherwise, customer care should be able to access service orders.
- The promotional price for service is locked in, but equipment rental, taxes and community franchise fees can change.

Need help?

Send your questions and column ideas to HelpSquad@pioneerlocal.com.

Cathy Cunningham is a freelance columnist for Pioneer Press.

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ROUNDUP | SCIENCE FICTION



The Last Days of New Paris

By China Miéville, 208 pages, Del Rey, \$25

China Miéville gained a huge following for his dense, baroquely imagined fantasy novels, but lately he's demonstrated his skill in shorter forms as well — the collection "Three Moments of an Explosion," the novella "This Census-Taker," and now "The Last Days of New Paris." Ostensibly another novella, it's really a short novel with two distinct plotlines, and, paradoxically, it's both a fine introduction to his unique imagination and a marked departure from his earlier work.

The departure involves the novel's form: an alternate history set partly in the Nazi-occupied Paris of 1941 and partly in a 1950 in which the occupation still continues. Miéville is less concerned with the mechanics of alternate history than with the opportunity it provides to

explore his knowledgeable fascination with the Surrealist movement. The 1941 chapters include well-known Surrealists such as Andre Bréton, but more centrally involve lesser-known historical figures such as journalist Varian Fry, rocket scientist Jack Parsons, and Chicago socialite Mary Anne Gould, any of whose real-life stories alone could make a fascinating novel. All are connected to Fry's efforts to rescue artists and intellectuals from occupied France, but they also become involved in an occult scheme to develop a mysterious weapon called the S-bomb.

By 1950, the S-bomb has long since been deployed, and we see its effects: monstrous figures from the actual Surrealist drawings and paintings of Max Ernst, Leonora Carrington and others have begun to manifest themselves throughout Paris, helping the Surrealist resistance — although the Nazis have tried to counter them by summoning figures from their own kitschy propaganda "art." The result is a novel both unhinged and utterly compelling, a kind of guerrilla warfare waged by art itself, combining both meticulous historical research and Miéville's unparalleled inventiveness.



The Race

By Nina Allan, 448 pages, Titan, \$14.99

The "race" in Nina Allan's first novel is a relatively modest science fiction idea: "Smartdogs," greyhounds genetically modified to increase intelligence, are matched with human "runners" with brain chips implanted to establish empathic connections with the dogs. But what Allan unfolds from this simple premise is a dazzling tale that shifts narrators, reveals stories within stories and portrays a bleak future in which nothing is quite as it seems. Allan, something of a metafictional trickster in her earlier short fiction, develops at novel length a cumulative power that short fiction simply can't achieve.

The novel opens in a dying resort town in southeast England, an area nearly destroyed by environmental depredations such as fracking. The town's economy now depends on the nominally illegal sport of smartdog racing, and the narrator, Jenny, has some serious family prob-

lems: She was abandoned by her mother as a teenager, and her unpredictable drug-dealing brother Del keeps her on edge. Del's only moderating influence is his daughter Luz Maree, who can psychically connect with the dogs even without the implants. But when Maree is kidnapped because of Del's drug debts and he decides to race a favorite dog to win ransom money, things go horribly wrong.

This opening is cast in an entirely new light by the second chapter, told by a writer named Christy whose life oddly parallels that of Jenny, and who suspects that her brother Derek may have killed his girlfriend after she dumped him for a new lover. The point of view shifts again, to that new lover and later to the now-older Maree, in a still bleaker world in which even sea travel is threatened by "whale convoys." Allan hints at a secret government research project and the possibility of extraterrestrial communications, but mostly "The Race" is an ingenious puzzle-box of a narrative that works both as a haunting family saga and as a vivid picture of a future worth avoiding.

CHICAGOLAND BEST-SELLERS

1. "A Man Called Ove: A Novel" by Fredrik Backman (Washington Square, \$16).
2. "The Girl on the Train: A Novel" by Paula Hawkins (Riverhead, \$16).
3. "Me Before You: A Novel" by Jojo Moyes (Penguin, \$16).
4. "Alexander Hamilton" by Ron Chernow (Penguin, \$20).
5. "Look at You Now: My Journey from Shame to Strength" by Liz Pryor (Random House, \$28).



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

NEW IN PAPERBACK



The Girl on the Train: A Novel
By Paula Hawkins, Riverhead, 324 pages, \$16

Rachel takes the same train every day, accustomed to seeing the same stops and views along the way, including the couple that breakfasts daily on their deck. But for one minute on one day, Rachel witnesses something shocking that sends her to the police, eventually entangling her in the heart of an investigation.



A Full Life: Reflections at Ninety
By Jimmy Carter, Simon & Schuster, 258 pages, \$16.99

The former president reflects on 90 years of public and private life, detailing his youth in rural Georgia, the isolation of the Carter family, and his Navy career. Carter also looks at his presidency, his disappointment at losing his re-election bid, and offers observations on his successors.



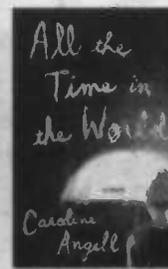
After You: A Novel
By Jojo Moyes, Penguin, 400 pages, \$16

The sequel to "Me Before You" finds Louisa Clark struggling after the loss of Will Traynor and forced to return home after an accident. Her body heals, but her soul doesn't, causing her to join a Moving On support group that eventually leads her to pursue paramedic Sam Fielding — until a figure from Will's past appears.



Darjeeling
By Jeff Koehler, Bloomsbury USA, 293 pages, \$18

Koehler explores the history of Darjeeling tea, considered among the finest tea in the world for its color and taste. Koehler looks at the growth of the British East India Company, the labor force that works the tea plantations, and how climate change and unrest in the Himalayan foothills threatens the future of Darjeeling.



All the Time in the World: A Novel
By Caroline Angell, Holt, 325 pages, \$15

After taking a leave of absence from her promising career as a musician, Charlotte accepts a babysitting gig with a glamorous Manhattan family. What was supposed to be a temporary job, however, becomes permanent after a tragedy leaves the family torn apart, and Charlotte must choose between her dreams and the family she's come to love.

— Jeremy Mikula



puzzle island

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In the Mail: And in your boxes

BY GAIL GRABOWSKI | EDITED BY STANLEY NEWMAN
(stanxwords.com)

ACROSS

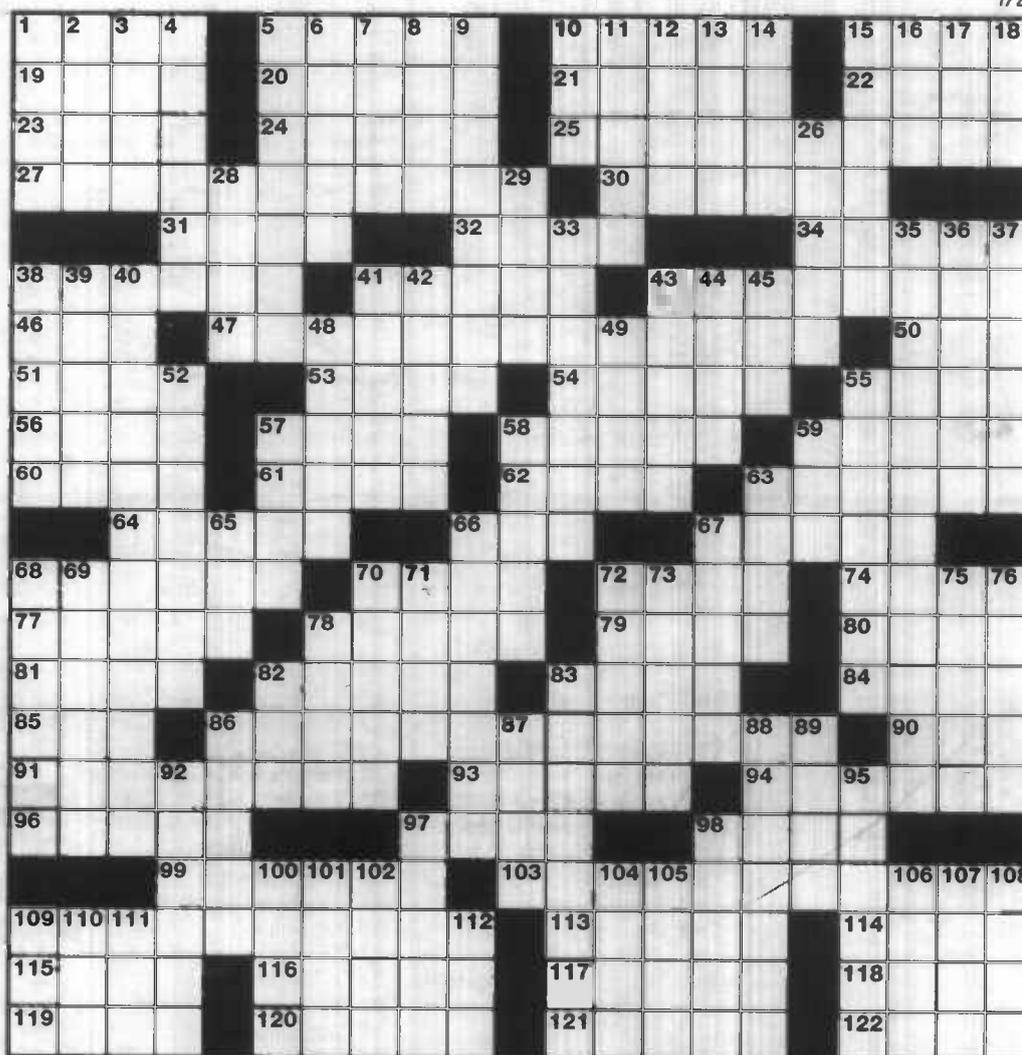
- 1 Right, on a map
- 5 Breakfast bread
- 10 Heron look-alike
- 15 Puts in some chips
- 19 Brownish purple
- 20 MacDowell of *Groundhog Day*
- 21 Big tourist draw
- 22 Prefix for culture
- 23 *Argo* setting
- 24 Lymphocyte for antibody production
- 25 Temporary assemblage
- 27 Casino bane
- 30 Soup server's caution
- 31 Steadfast
- 32 Apply pressure to
- 34 Spanish hors d'oeuvres
- 38 Shrink back
- 41 Brother of Moses
- 43 Like many clerics
- 46 Parisian pal
- 47 *Calvin and Hobbes* cartoonist
- 50 *Inside Politics* ailer
- 51 Mystery novelist Paretsky
- 53 Physicist's study
- 54 Resells quickly
- 55 Gstaad gear
- 56 Type size
- 57 Valentine acronym
- 58 Lyricist Cahn
- 59 Bingo relative
- 60 Urban renewal target
- 61 Memo leadoff
- 62 Cut short

- 63 Glove part
- 64 Tall tale tellers
- 66 Video recorder, for short
- 67 Repeat exactly
- 68 150-chapter book
- 70 Clumsy one
- 72 Gunk
- 74 Laudatory works
- 77 Mawkishly sentimental
- 78 Talks big
- 79 Be in charge of
- 80 Disaster relief grp.
- 81 Vivacity
- 82 Lose one's cool
- 83 Calendar row
- 84 Sure thing
- 85 NL West team
- 86 Accurate in every detail
- 90 *Go Set a Watchman* author
- 91 Mild Italian cheese
- 93 New York's ___ Island
- 94 Carousel carvings
- 96 Clairvoyants
- 97 Object of adoration
- 98 Attention to detail
- 99 Astronaut Collins
- 103 The here and now
- 109 Informal recommendation
- 113 Brilliant display
- 114 Baking soda target
- 115 Supermarket department
- 116 Minister's home
- 117 Stand up
- 118 Raise, as a child
- 119 Scissors sound
- 120 German steel center

- 121 Hoodwinked
- 122 Pics on arms

Down

- 1 It's a long story
- 2 Enveloping glow
- 3 Lasting mark
- 4 Take care of
- 5 Mediterranean salad
- 6 At the proper time
- 7 Port of Yemen
- 8 Delta deposit
- 9 Text ancestor
- 10 Nashville awards org.
- 11 Changed the decor of
- 12 German eight
- 13 Sgts. and cpls.
- 14 A pop
- 15 Bill for drinks
- 16 Narcissistic preoccupation
- 17 Capote nickname
- 18 Drink daintily
- 26 Arrived
- 28 Bed with sliding sides
- 29 Plant anchor
- 33 Hobby kit of a sort
- 35 All-inclusive offerings
- 36 When many shifts start
- 37 Motion detector, for example
- 38 Talks hoarsely
- 39 Text ancestor
- 40 Wastebasket, so to speak
- 41 Bride's destination
- 42 Heard the alarm
- 43 Make into tight curls



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

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- 44 Catch a glimpse of
- 45 Part of UCLA
- 48 Grassy expanses
- 49 Ticklish Muppet
- 52 Eeyore's creator
- 55 Dispatched
- 57 Round Table titles
- 58 Large quantity
- 59 Book-jacket bit
- 63 Bugs Bunny adversary
- 65 Singer Grant
- 66 Cringed
- 67 Earth tremor
- 68 Tech training sites
- 69 Evening event
- 70 Shipping container
- 71 Relaxed stride
- 72 French sweetie
- 73 Snorkeling spots
- 75 Ceremony host
- 76 Fully satisfies
- 78 Foldable beds
- 82 "That's impressive!"
- 83 Erudite
- 86 Vision improver
- 87 Fall into a chair
- 88 Uttered repeatedly
- 89 Lawsuit basis
- 92 Rain or snow, for short
- 95 Snappy comeback
- 97 Already occupied
- 98 Shut down
- 100 Margarita garnish
- 102 Ages upon ages
- 104 Neutral tone
- 105 Lose one's footing
- 106 Start of a solution
- 107 Castle surrounder
- 108 Goes astray
- 109 Fixed-term investments: Abbr.
- 110 Female lobster
- 111 Quarterback Manning
- 112 Low card in a royal flush

Quote-Acrossic

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

Clues

Words

- A. Depravity. 131 56 68 43 25 10 158 100 78
- B. Mr. B. of Bebop. 3 54 94 37 12 169 126 142
- C. Awakening. 96 110 163 51 139 16 62 32 71
- D. Edgy. 79 31 107 153 115 19 133
- E. Independent retailing: 2 wds. 75 144 46 58 132 160 89 8
- F. Juliet's cousin. 29 154 63 92 134 140
- G. Heavenly. 102 120 157 64 14 125 39 151
- H. Open. 167 105 4 72 48 21 117 88 57 149
- I. Area's limits. 93 155 73 123 130 82 22 42
- J. Volatile stock. 141 127 95 59 156 118 52 27 7

K. Gee Whiz! 2 wds. 97 38 74 83 121

L. High quality and pricey. 166 111 87 150 101 40 20 70

M. Mafioso Gotti: 2 wds. 17 90 135 168 55 161 30 112 66

N. Short and stout. 129 165 5 60 116 91 33

O. Hammer's debut: 3 wds. 119 24 2 41 103 128 145 171

P. Move clumsily. 36 15 50 86 159 77 109

Q. Bum's rush: hyp. 85 44 11 61 104 143 81

R. Easy golf shot: hyp. 108 76 136 18 35

S. Firm entreaty: 2 wds. 152 34 99 53 162 113 13

T. The utmost: 2 wds. 23 106 147 49 122 67 164 6

U. Racetrack or jet. 124 98 137 84

114 1 148 65 45 26

V. Brightest eyed and bushiest tailed. 146 138 28 9 69 47 80 170



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

By Jack Raymond.
Edited by Linda and Charles Preston.
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Friendship

BY CHARLES PRESTON

Across

- 1 Kind of personality
5 Theme of this puzzle
10 Unconventional clothes
14 Irish exclamation
15 Attack
16 Silkworm
17 Example of 5 Across
20 Sneaky
21 Within: prefix
22 Piles
23 French bills
24 Asian ox
26 With 29 Across, an example of 5 Across
29 See 26 Across
33 The ___ of Hazzard
34 Where Moosehead is
35 Cicero's "I love"
36 Fat
37 With 44 Across, an example of 5 Across
38 Mine entrance
39 ___ Marie Saint
40 Borge, et al.
41 ___ With Me
42 Presented again
44 See 37 Across
45 Dill

46 "... nor iron bars a ___"

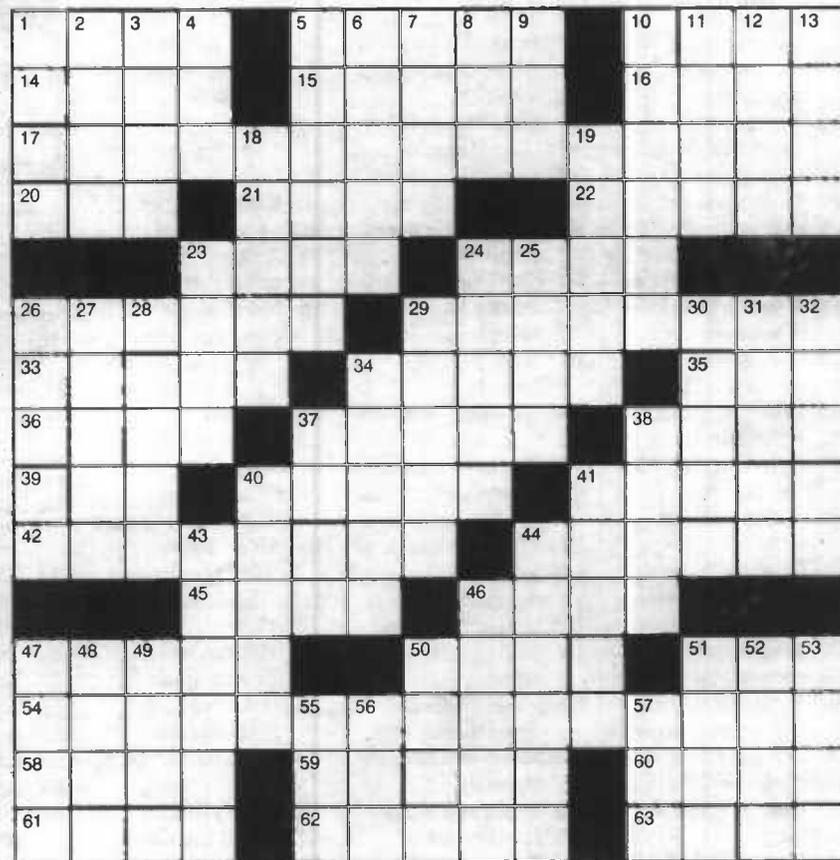
- 47 Essential to friendship
50 Magus
51 Partner of he
54 Junior example of 5 Across
58 Assistant
59 Saw
60 Coward
61 Golden calf
62 Word of confirmation
63 Hill's companion

Down

- 1 Pops
2 Mountain range
3 Host
4 Chinese poet, ___ -Tse
5 Do a fancy step
6 One of them was Charlie's
7 Prefix for Chinese
8 Talk
9 Pig palace
10 Warm over
11 Caro nome, e.g.
12 Vietnamese general
13 Back talk
18 Wants

19 ___ were the days!

- 23 Were wounded
24 Zodiacal sign
25 Pablo's grandson
26 Loafer
27 Smooth
28 Soup vegetables
29 Domesticated
30 Diameter parts
31 Chemical
32 Musical composition
34 Landscape artist
37 Evaluate
38 Palindrome start
40 Alighieri
41 Borer
43 Hanging decoration
44 Singer Mick
46 Beg
47 Southeast Asian
48 Foray
49 Loosen
50 Obstruction
51 Portico
52 Achilles' ___
53 Nice she
55 Tutelary god
56 Fuss
57 Well may you think this is the ___



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

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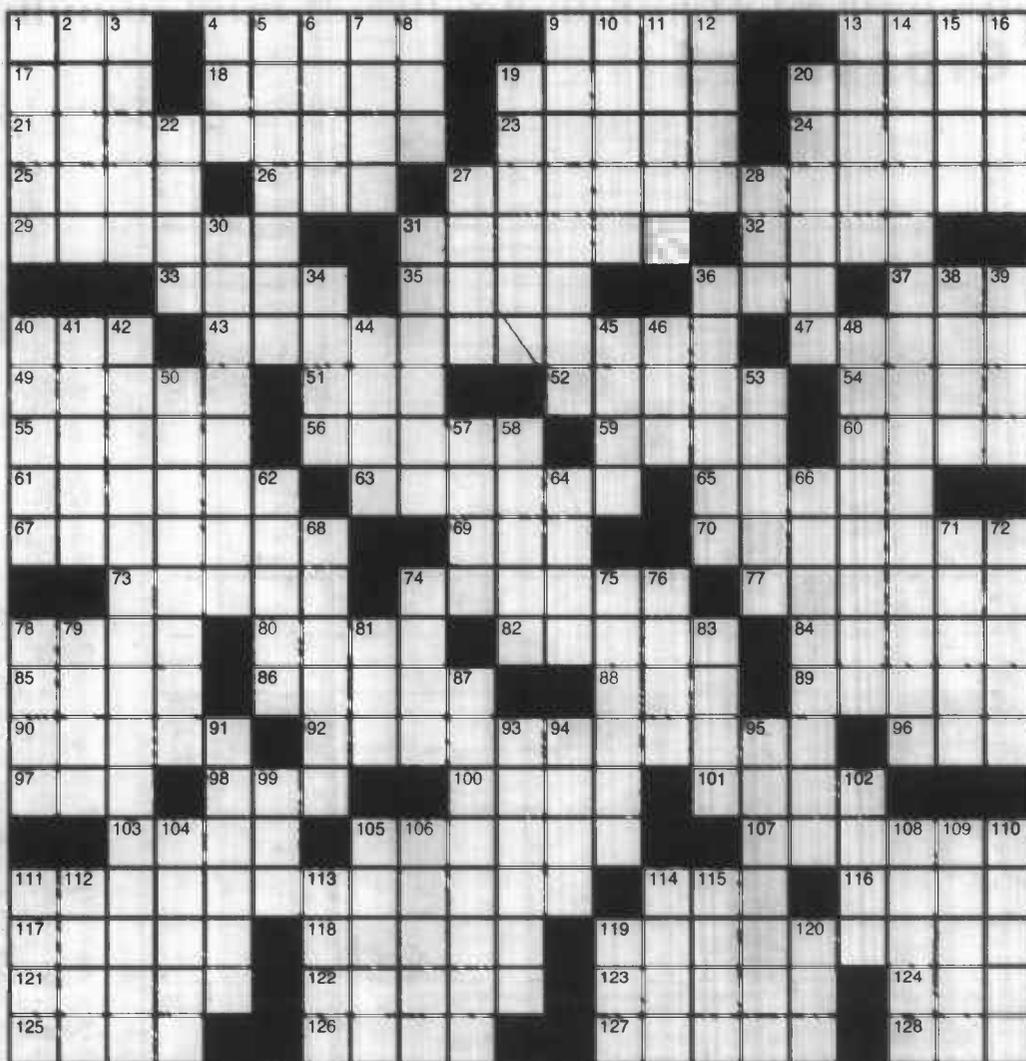
Getting Connected

By C.C. BURNIKEL

EDITED BY RICH NORRIS AND JOYCE NICHOLS LEWIS

ACROSS

- 1 Abbr. for an unfilled slot
 4 Limber
 9 Literally meaning "stick," it's the first word in a California city named for a 1,000-year-old redwood
 13 Bowler's edge
 17 Hotfooted it
 18 Merged oil giant
 19 Contentious encounter
 20 Soft leather
 21 Omaha Steaks Private Reserve product
 23 "Love it!"
 24 Dealt ___: devastated
 25 One doing a bank job?
 26 Protest topics: Abbr.
 27 2009 recession response
 29 #1 thriller on AFI's "100 Years...100 Thrills"
 31 Stepped to the plate
 32 Thick carpet
 33 Bloomingdale's rival
 35 Folk legend Joan
 36 Mom in the woods
 37 Boiling state
 40 Start to sing?
 43 Gillette razor for women
 47 Hustle
 49 Celsius, e.g.
 51 Blond shade
 52 Try to quiet, as a persistent squeak
 54 Jamaican spirits
 55 Caesar's land
 56 Poorly paid workers
 59 Parks on a bus
 60 Best Play, e.g.
 61 Morphine is one
 63 Sailor's guardian
 65 Easygoing sort
 67 Dockside activity
 69 Shower with flowers, say
 70 Incline to a higher level
 73 Let loose
 74 "Knock that off!"
 77 Artemis' twin brother
 78 Private place?
 80 Subj. for a future vet
 82 Enclose, as livestock
 84 Work outfits for many
- 85 Pop foursome formed in Stockholm
 86 E! Online subject
 88 "Get it?"
 89 Development areas
 90 Unfocused images
 92 Eponymous explorer of the Aleutians
 96 Oft-chewed item
 97 "You got it!"
 98 Children's advocate LeShan
 100 Will of "The Waltons"
 101 Indian bread
 103 Shakespearean deceiver
 105 Bewhiskered test subject
 107 Cue
 111 Department of Commerce division
 114 Look good on
 116 Taverna sandwich
 117 Type of daisy
 118 Readily available
 119 Apple Store support station
 121 Basilica recesses
 122 Can't stop loving
 123 Itty-bitty bits
 124 Periodontist's org.
 125 Like many a cause
 126 Madre's hermanos
 127 Brightest star in Cygnus
 128 "I'm an idiot!"
- 28 Troop entertainment gp.
 30 Dig in
 31 Air rifle ammo
 34 Easy A, say
 36 Paine and Hugo, philosophically
 38 Lopsided win
 39 Crafts website
 40 These, to Luis
 41 Won every game
 42 Not something to kid about
 44 Puts to work
 45 Architect Saarinen
 46 Madhouse
 48 Give the willies
 50 Close in
 53 Clapton classic
 57 Eye of ___: "Macbeth" witches' ingredient
 58 Regatta racer
 62 Pioneering computer
 64 Wear a long face
 66 Lifestyle website targeting female millennials
 68 Palais des Nations locale
 71 Extreme
 72 Assume as fact
 74 "Ignore this change"
 75 Many a Sunday magazine
 76 Coliseum section
 78 Crib sheet user
 79 ___-bodied
 81 Baba or a boxer
 83 "Fat chance, Friedrich!"
 87 Sources of irritation
 91 Seamless changes
 93 Colorful wrap
 94 Steady
 95 Part of a preschool schedule
 99 Peruvian pair
 102 Yuletide drinks
 104 Until now
 105 Day after dimanche
 106 Mischievous droid, familiarly
 108 "Sorry about that"
 109 Home of Velázquez' "Las Meninas"
 110 Holy scroll
 111 Its burning is a major source of Beijing smog
 112 Fair
 113 Place for a row
 114 Big bash
 115 Aware of
 119 Roam (about)
 120 PC connection found in this puzzle's eight longest answers



Last week's answers appear on the next page

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Jumble

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



PRINT YOUR ANSWER IN THE CIRCLES BELOW



This week's answers appear on the next page

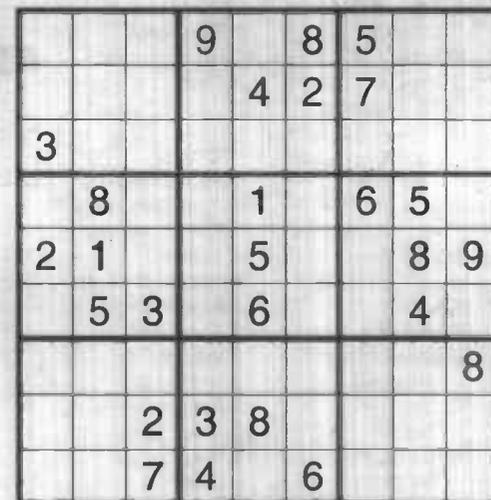
By David L. Hoyt and Jeff Knurek. © 2016 Tribune Content Agency, LLC. All rights reserved.

Sudoku

7/24

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

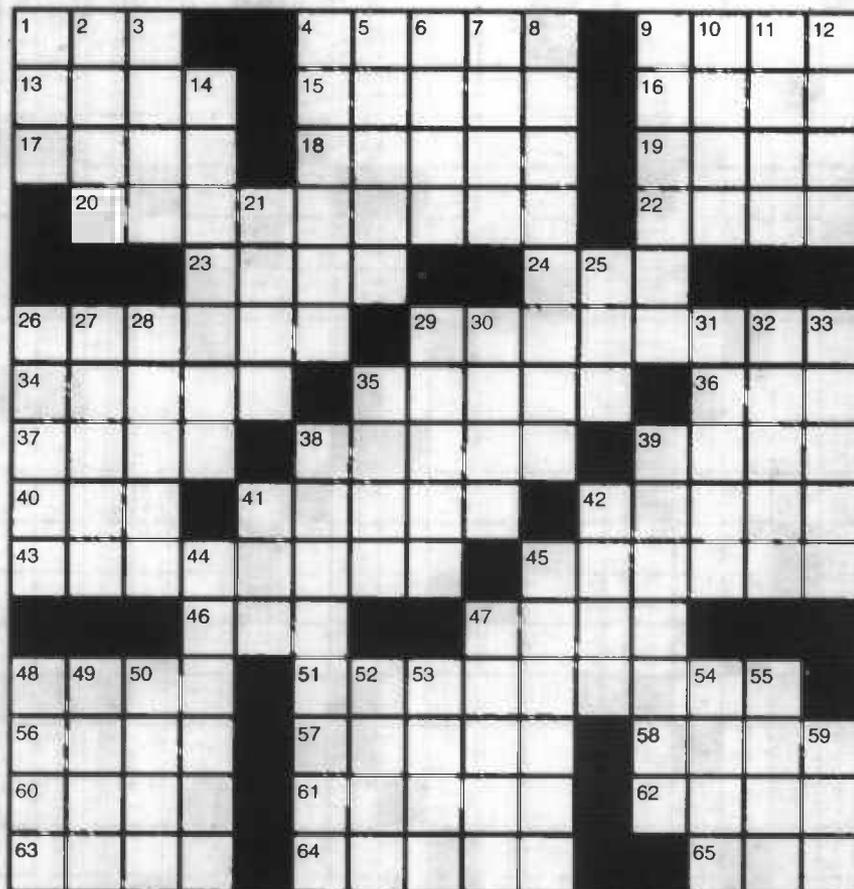
Level: **1 2 3 4**



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Crossword



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7/27/16

ACROSS

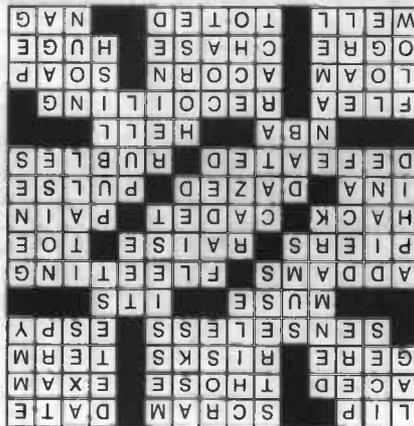
- 1 Cold sore spot
4 "Get lost!"
9 Dried fruit
13 ___ a test;
passed easily
15 "All things come
to ___ who wait"
16 Test
17 Actor Richard
18 Perils
19 Trimester or
semester
20 Inane
22 Notice
23 Think deeply
24 "___ Beginning to
Look a Lot Like
Christmas"
26 Gomez ___; role
for John Astin
29 Very brief
34 TV's Morgan
35 Lift
36 Part of a sock
37 Break into a
computer
38 West Point
student
39 Kidney stone
symptom
40 ___ flash; instantly
41 In a stupor
42 Vital sign in the
wrist
43 Outscored

- 45 Russia's dollars
46 Org. for Hawks
and Hornets
47 Satan's realm
48 Hopping insect
51 Shrinking back
In fear
56 Rich soil
57 Oak tree nut
58 Cleansing bar
60 Meanie
61 Run after
62 Enormous
63 No longer sick
64 Carried
65 Carping spouse

DOWN

- 1 Fail to keep up
2 Applies frosting
3 French father
4 Tension
5 Nation of South
America
6 Ascended
7 Inquires
8 Sloppiest
9 Abhor
10 Sharp tools
11 Waterproof
covering
12 TV show award
14 Copenhagen's
nation
21 Totals
25 Peg for Nicklaus

Solutions



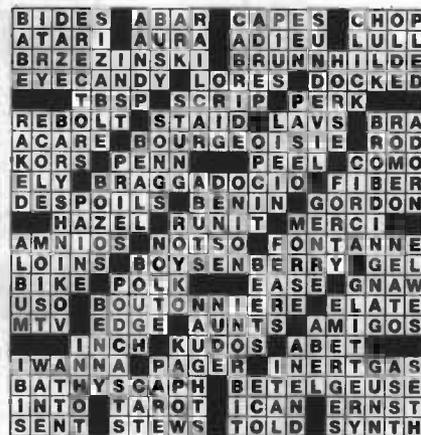
- 26 Plant destroyer
27 Keaton or
Sawyer
28 Evening coffee,
perhaps
29 Lost color
30 Told fibs
31 "What's ___
about, Alfie?..."
32 Uproar
33 Kelly and Barry
35 Level a building
38 Eye clouding
39 Prepare and
issue a book
41 Tiny amount
42 ___ on; yank
44 Tooth coating
45 ___ in; brought
under control
47 Stallion
48 Move smoothly
49 Theater box
50 British noble
52 Reverberate
53 Outer garment
54 Part of speech
55 Very excited
59 Nickname for
Margaret



puzzle island solutions

Last week's crosswords

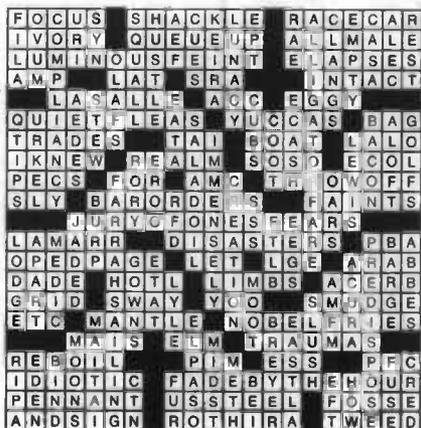
"Spelling B"



"Musical"



"Crescendo"



Last week's Quote-Acrossic

D(avid) PROPSON: THE INIMITABLE:
Lots feel Dickens's 'Christmas Carol'
converted a celebration banned by
Puritans into our popular holiday
through his vision of miserliness
overthrown in favor of family,
forgiveness and large game birds.

Last week's Sudoku

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

This week's Jumble

FUSION FOURTH MARKET
SOCKET DECODE SICKLY

She loved the new designer
sandals. One pair in particular —

**KNOCKED HER
SOCKS OFF**

chicago
tribune.com
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Interactive
puzzles and
games

LOVE ESSENTIALLY

Are happy couples fatter?

There are multiple studies out there showing that falling in love and being in a happy, healthy romantic relationship makes people gain weight. This includes a recent one published by The National Center For Biotechnology Information. It revealed that after four years of marriage, couples who reported being happy were also the ones who gained weight. Those whose weight had remained the same or declined reported less relationship satisfaction.

If you think about it, the studies really aren't surprising. When men and women become comfortable, secure and fulfilled in a relationship, they tend to relax and pack on a few pounds.

To talk more specifically on the subject, I reached out to JoEllen Kaufman, a Northbrook-based licensed dietitian nutritionist who has been in practice for 30 years and has seen many such couples.

"In that happy honeymoon phase, there can be a lot of merging," said Kaufman, who holds a master's degree in adult fitness with specialties in nutrition and exercise physiology. "What that means is if one person is a healthy eater and the other is not, the healthy eater can start taking on the habits of the other person. People connect over food and how they enjoy that food together, and magical thinking is part of the connecting. A person might think of her new boyfriend, 'He eats carbs and he looks great so I can too.'"

Other examples of taking on bad eating habits from a new love include ordering dessert frequently, snacking excessively or drinking more alcohol than you would otherwise, which reduces inhibition and willpower.

So, how can couples stay physically healthy and still be happy? Kaufman offered these tips:

- **Communicate.** Couples should have a discussion and be open and honest about how they want to eat, both as individuals and as a couple. Maybe one person wants to be a vegetarian and the other enjoys eating meat. There has to be an understanding and an acceptance of each person's eating choices.

- **Don't judge or try to change your spouse.** No one should sabotage or be critical of the other person's eating habits — both if they think the other eats too healthily or not healthily enough. The idea is not to change the other person but to support their wishes to change or stay the



JACKIE PILOSSOPH
Love Essentially

Finding real love is a heck of a lot harder than losing the muffin top.

same. No matter what we see the other doing to themselves that we may feel strongly is bad for them, we are going to ruin the relationship if we make that the topic of conversation. If the person wants help, it has to come from within. If they end up going to the other person for support, it could create an even stronger relationship bond.

- **Exercise together or apart.** When it comes to working out, come up with a plan that meets both people's needs. Some people enjoy working out

by themselves. If that is your spouse, respect that and give him or her that space. Or, work out together and make it your time as a couple to connect or reconnect.

- **Respect each other's eating habits when cooking.** If you are cooking a wonderful meal for your spouse but you know he or she is trying to eat healthy, make those concessions. Put his or her sauce on the side, make whole grain pasta instead of white pasta, add a fresh vegetable to the meal and consider other health-minded options. How about fresh fruit for dessert? Your spouse will appreciate you more than you can imagine, and the meal will be equally enjoyable!

- **Plan active dates.** Couples at the beginning of a relationship tend to go on a lot of dinner dates. Try mixing it up by doing things that take you out of your comfort zone. Versus sitting in a restaurant every weekend, consider cycling, tennis, canoeing, paddle boating, hiking or snow shoeing. Not only will it keep you healthier, it will create lasting memories.

I think what Kaufman is saying is that you can be happy and have a healthy physique if you are willing to implement relatively small, subtle lifestyle changes. But just for argument's sake, if you had to choose, would you rather be happy and a little plump or less than blissful and thin as a rail? I think most people would take a few pounds for true love.

I'm not condoning that those in love should let themselves go, eat burgers and fries every night and stop going to the gym.

But instead of worrying about being a size 2, isn't it more productive to focus not only on health, but how fortunate you are to be in a strong, loving relationship? Finding real love is a heck of a lot harder than losing the muffin top.

Jackie Pilossoph is a freelance columnist.

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Chicago Tribune

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HEALTH

Cancer treatments offer risks as well as benefits



DR. ANTHONY KOMAROFF
Ask Doctor K

Dear Doctor K: I survived cancer, only to be told that the treatments that saved my life may have increased my risk for cardiovascular disease. What are the risks? And can I minimize them?

Dear Reader: As more people are living longer after a cancer diagnosis, more people are coping with the long-term effects of cancer treatment. Many cancer-suppressing treatments can have undesirable effects, for example, on the heart and blood vessels.

I spoke to my colleague Dr. John Groarke, a cardiologist at Harvard-affiliated Brigham and Women's Hospital. Experts in this field focus on promoting heart health in people with cancer, both during and after their treatment. He noted that, as with most treatments, there are some risks as well as benefits — and that the possible risks always need to be balanced against the benefits.

There can be adverse effects from cancer treatments on the heart and blood vessels, ranging from negligible to very serious. Of course, I don't know what treatments you received, so I'm able to make only general statements.

People treated during childhood or after age 65 are more prone to heart issues from cancer therapy. And certain chemotherapy drugs are more harmful than others.

Newer, targeted cancer therapies tend to have fewer side effects than



MATT ROURKE/AP

Many treatments for cancer also can have undesirable effects, including on the heart and blood vessels.

older chemo drugs. But these newer drugs, which disable genes or proteins that cancer cells need to grow, can also affect cells in the heart and blood vessels and diminish the heart's pumping power.

Another group of targeted therapy drugs slow the growth of new blood vessels that feed tumors. But they may also raise blood pressure and prevent the growth of new blood vessels in parts of the heart that are starved for blood.

Heart damage from radiation therapy to the chest usually takes years to show up. Radiation can cause heart tissue to scar or stiffen. This may lead to valve or heart rhythm disorders, coronary artery disease or heart muscle disease. Women with breast cancer who receive radiation therapy face a slightly higher risk of a heart attack.

Heart dangers are magnified in cancer survivors who:

- Received both chemotherapy and radiation;
- Have recurrent cancer; and
- Have pre-existing heart disease.

As for what you can do, medications can help prevent or treat heart effects

from chemotherapy. All cancer survivors should stay vigilant for any new cardiovascular symptoms. If you experience shortness of breath, weakness, fatigue or a rapid, irregular heartbeat during or after treatment, report them to your doctor right away.

You already have had cancer, and received treatment. For other readers who may be told in the future that they have cancer, here are some direct questions to discuss with a doctor:

- Will the treatment cure the cancer, or just postpone death?
- If it won't be a cure, by how long will it postpone death?
- Will treatment improve cancer symptoms, now or in the future?
- And what are the side effects of treatment, including, but not limited to, heart problems?

Of course, the doctor's answers can only be estimates. But people need that information to know which choice is right for them.

Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com.

PEOPLE'S PHARMACY PRESCRIPTIONS AND HOME REMEDIES

In battling mosquitoes, most need proven repellent

By Joe Graedon and Teresa Graedon
King Features Syndicate

Q: I am a gardener and have always been a mosquito magnet. I read about vitamin B-1 and have been taking it for several days. I just went outside this evening and didn't get one bite! Usually they are all over me. I will continue to take B-1 until cold weather.

A: There is almost no scientific research to support vitamin B-1 (thiamine) against mosquitoes. That said, some readers report similar success. Individual body chemistry may have an important effect on whether and how well this remedy works. Most people need to apply a proven mosquito repellent such as DEET, picaridin or lemon eucalyptus oil.

Q: I have a family history of Alzheimer's and have been doing a lot of research on how to try to prevent it. I just read that cold sores and other infections may contribute. This is quite upsetting to me, as I get cold sores frequently. I have started using L-lysine tablets to reduce outbreaks. Is there any evidence that it will protect my brain?

A: A recent study from Harvard offers a novel theory on Alzheimer's disease (Science Translational Medicine, May 25, 2016). The conventional view holds that plaque made of harmful beta-amyloid protein destroys neurons.

The new hypothesis suggests that beta-amyloid protein is part of the body's immune response to pathogens as varied as those that cause cold sores, Lyme disease or HIV. It appears to act as a natural antibiotic, but it can cause



ANDY KLEVORN/ LUDINGTON (MICH.) DAILY NEWS

Some report success using B-1 to ward off mosquitoes, but there is almost no scientific research to support that.

damage when the immune response goes haywire.

For more than 40 years, scientists have been reporting an association between herpes virus infection (HSV type 1) and dementia (Alzheimer's and Dementia, June 2015). We don't know whether treating cold sores with L-lysine or antiviral drugs (acyclovir, famciclovir, valacyclovir) would help reduce the risk.

There has been very little research on the effectiveness of L-lysine against HSV-1 infections (Dermatologica, Vol. 175, No. 4, 1987). Many visitors to our website do report that this amino acid can help prevent cold-sore outbreaks.

Q: I have lower back pain and tightness caused by muscle inflammation. My doctor prescribed naproxen.

After a week, my blood pressure increased by 30 points. I stopped taking it, and my blood pressure went back to normal. Can you offer any natural or herbal suggestions for inflammation and muscle pain?

A: Nonsteroidal anti-inflammatory drugs (NSAIDs) such as naproxen, ibuprofen, diclofenac

and meloxicam often raise blood pressure. In addition, there is an increased risk of heart attacks and strokes. Some people may be especially susceptible to these side effects and should turn to alternatives for relief from pain or inflammation.

Natural products such as boswellia and turmeric have anti-inflammatory activity. So do cherries, ginger and bromelain, a compound found in pineapples. Home remedies such as gin-soaked raisins also help some people.

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

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



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Power struggle unplugged

By Danielle Braff
Chicago Tribune

Strategies for how to get along with your child

It was a battle of wills from morning till night between Laura Soncrant and her 5-year-old son, Kai.

They fought about everything, from what Kai would wear to what he'd eat, down to making sure he'd buckle up in the car.

"He's a very opinionated, passionate kid," said Soncrant, owner of the Growling Rabbit restaurant in Chicago.

She's not the only mother in the world whose ecstatic family photos on social media camouflaged her private daily struggles. After all, if you spend just minutes in a Target aisle, you're bound to come across at least a few parents trying to maintain their sanity while debating with their children.

But there are therapists who say parenting doesn't have to be a daily — even hourly — struggle between parent and child.

The first step is to stay focused on yourself, said Debbie Pincus, a psychotherapist and relationship coach based in New York.

"Work to calm your own emotional reactivity," Pincus said. "There's a lot of anxiety and expectation, all sorts of feelings that come up, and if we can't get a grip on ourselves, then we are going to be highly reactive."

Parents tend to be reactive around their children because they're anxious about them, but if your child says something that makes you angry, you need to think before you speak and figure out how to defuse your feelings.

For example, if a child says she doesn't want to clean her room, instead of yelling, you can say, "What is making you so upset about doing this? How can we fix this situation and figure out a way to make



STACEY RUPOLO/CHICAGO TRIBUNE

Laura Soncrant shows a lady bug to her son Kai Soncrant outside of her restaurant The Growling Rabbit in Rogers Park.

this happen?" Pincus suggested.

"They get to have feelings, but you are still going to get this done," she said.

You should also let go of the power struggle by asking kids to do something rather than demanding it, Pincus said. While many parents like to show that they have all the power in the relationship, they need to understand that children need to feel they have some control too.

"The bottom line is, of course, we're the parent, so we're in charge," she said. "But in the interaction, you can't control the other person, or it will cost you the relationship."

A parent can ask a child how he wants to get his homework done. Perhaps he would feel better if he did homework after a quick

break?

James Sutton, a child and adolescent psychologist based in San Antonio, encourages his patients to use a chore raffle. Every time children do their homework or a chore, they put their name into a jar, and at the end of the week their parents choose a name from the jar, and the winner gets to do a fun activity with the parent.

This method helps in two ways: Children are more eager to do their homework and chores sans nagging, and they get to do a fun activity with their parents as a reward.

Capturing positive behavior and spending enjoyable moments with a child are huge steps toward maintaining good relationships, said David Anderson, senior director of the ADHD and

Behavior Disorders Center at the Child Mind Institute in New York.

The key is increasing positive interactions and decreasing the number of negative behaviors.

Sometimes, this is difficult, however, when dealing with a moody teenager.

"Instead of getting caught up in how moody they are, figure out how you are going to respond," Pincus said.

It doesn't help to be moody back to the teen, she said.

"It's always about being thoughtful about how to approach that person at where they're at instead of where I think they should be," Pincus said, reminding parents that it all comes down to staying focused on yourself and your own actions to get along better

wearing his favorite shirt daily is critical to him, then she will wash it daily.

This is key, said Kim Olver, a licensed clinical professional counselor and owner of Coaching for Excellence.

Many parents forget what it was like to be a child or even a teenager, or they remember it too well and become overprotective.

"Even though you might not think it's important, it's important to your child, so try to keep it in mind," Olver said.

A child has needs, and if those needs aren't fulfilled in a responsible way, the child will find a less responsible way to get them met, which will cause conflict between a child and a parent, Olver said.

For example, if a child wants to go to a party, but the parent won't let him go, he'll still find a way to sneak out and go to the party, but the parent won't know where he is when he's there, and it becomes riskier.

"A lot of parents think, 'I'm the parent, I set the rules,'" Olver said, "But this doesn't change the fact that your child wants some freedom and wants to feel like they're in control of some part of their life."

The problem is that parents sometimes frustrate children's needs to try to keep them safe.

Instead, parents should negotiate with the child, by asking questions to make sure he can handle the situation at the party or wherever. If he is able to handle the parameters and guidelines, then you can give him a little freedom, Olver said.

For Kai, this freedom means chopping his own watermelon with his own little knife. These are baby steps. But for a 5-year-old, it's a big deal.

Danielle Braff is a freelancer.



MEGAN CHAFFIN PHOTOS

Custom-stone home in Winnetka: \$2.15M

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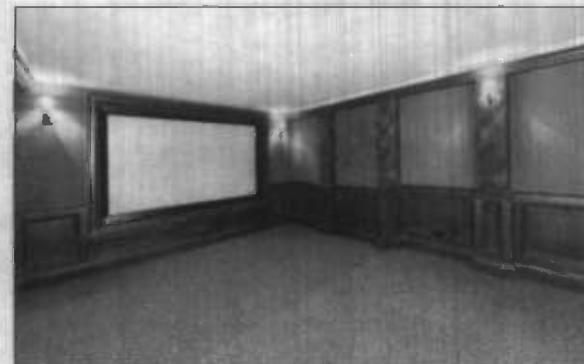
ASKING PRICE: \$2,150,000

Listed on June 6, 2016

Details include custom cabinetry and millwork, open floor plan and high ceilings. Living room is flanked by walls of windows which opens to library. Kitchen has Butler's pantry and granite countertops. Second-floor master suite features a private balcony and luxurious bath. Lower level media room, recreation room, bar, wine room, office/playroom and sauna.

Agent: Paige Dooley of The Hudson Company; 847-609-0963

At press time, this home was still for sale.



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trbcht-129712

Locals make their mark

Composers, from Page 20

CLOSE TO HOME

Donald Draganski of Evanston was composer in residence for the Highland Park-based Pilgrim Chamber Players for 14 years, retiring several years ago. "I wrote a piece every year for the group," he said, "but I don't think I would call them commissions. A composer writes music and so I just did it." Draganski is a bassoonist in the Evanston Symphony Orchestra.

The Evanston Symphony Orchestra has made a mission of playing fine newly minted compositions, three times as part of the ambitious Made in America project, which started in 2005. It was a bold plan, for a time supported by the Ford Motor Company, in which small orchestra banded together to fund a work by a major American composer.

STACY GARROP

Evanston-based Stacy Garrop is one of the area's busiest composers. In the past she has received a commission from the Detroit Symphony Orchestra, and awards from the Chicago Symphony Orchestra, the Omaha Symphony, the New England Philharmonic and many other classical organizations.

And sometimes commissions arrive in more unusual ways. "Anyone can commission a piece," Garrop said, and gave the example of Nicholas Yasillo, who wanted a piece of music to honor his wife Susan on their anniversary. Susan Yasillo admired the Book of Hours, a richly illuminated Christian devotional book popular in the Middle Ages. "So I went online and found the Book of Hours used by Catherine of Cleves and wrote a suite of music inspired by the illustrations I found there," Garrop said.

Garrop has just left her post as head of composition and associate professor of composition at the Chicago College of Performing Arts at Roosevelt University. "Composing is taking over," she admitted, observing that her activities with Cedille Records are also heating up.

Cedille, a Chicago-based recording house which concentrates exclusively on the best of local talent, has recorded "In Eleanor's Words" and "Mythology," both of which include Garrop's compositions exclusively. In addition, her compositions are represented on Cedille's recording by the Avalon String Quartet, the Lincoln Trio, Chicago a cappella, the Grant Park Chorus and more.

Garrop also was commissioned by Jim Ginsburg, founder and director of Cedille,



Garrop



Stephenson

along with his sister Jane Ginsburg, to write a piece for their mother, Supreme Court Justice Ruth Bader Ginsburg's birthday. "I chose the last letter which their father Martin had written to their mother and it was premiered by Jim's wife soprano Patrice Michaels at the Supreme Court at a private event for Justice Ginsburg," she said.

MISCHA ZUPKO

Mischa Zupko was invited to be composer-in-residence at the Music Institute of Chicago by its former director Sel Kardan. One of the first things the young man he did was create a lab for young composers. Zupko has written symphonies for chamber orchestras, choral works, chamber music and solo pieces.

"The field of composition is wide open now," he said. "Composers can pick from the whole world of global music."

Zupko, a pianist, studied with Emilio del Rosario at the Music Institute of Chicago, among others.

"I loved the act of performing, but at one point I stopped playing for a year and a half," he said. "I backpacked around with a friend and during that time it came to me that I should begin composing."

"I've started performing again, but I am also composing, and now I have empathy for the player or players who have to execute what I've written," he said.

JIM STEPHENSON

Jim Stephenson, composer-in-residence at the Lake Forest Symphony, took a risk when he decided to compose.

"I played the trumpet and my wife plays the violin, but we quit our jobs in the Naples Philharmonic and came to Lake Forest," he said. "Six years ago music director Alan Heatherington appointed me as composer-in-residence and the arrangement was that the orchestra would play one of my pieces each season."

When Vladimir Kulenovic became music director he continued the relationship. "The orchestra knows my music now," the composer explained. "We have a good relationship."

Stephenson has been doing arrangements regularly for numerous orchestras, including the Boston Pops and New York Pops. His Symphony No. 2 for Wind Ensemble, commissioned by President's Own United States Marine Band, is set to premiere in December and he was commissioned to compose a concerto for the St. Louis Symphony Orchestra titled "The Arch" to premiere next April.

"I'm fortunate, I am solely a full-time composer," he said. "Very fortunate."

THEATER

Skokie actor directs restaging of play at Steppenwolf 1700

BY MYRNA PETLICKI

Pioneer Press

Tyrone Phillips is happily returning to "Byhalia, Mississippi." The Skokie resident directed the world premiere of Evan Linder's play at the Den Theatre in Chicago's Wicker Park neighborhood last winter and it was a runaway hit, winning three non-Equity Jeff Awards, including Best New Work, and earning a Best Director Jeff nomination for 25-year-old Phillips.

The show, co-produced by The New Colony and Definition Theatre Company, where Phillips is founding artistic director, is being restaged at Steppenwolf Theatre Company's new 1700 Theatre as part of Steppenwolf's Visiting Company Initiative.

The play is about a loud, broke white couple who are about to become new parents. The birth of that child challenges the couple who live in a town with a racially-charged past.

Phillips said his company was happy to co-produce this new work by The New Colony's co-artistic director but he was not planning to direct it. "As time went on, it was a no-brainer for me to direct because I was so involved already," he said. "And it spoke to me about how we treat black lives in today's world. It was a piece I couldn't say no to."

The production that Phillips directed was part of what they called a "world premiere conversation," with full productions also opening at the same time in Toronto, Memphis and Charleston. The next week, there were staged readings in Birmingham, Boulder and Los Angeles. "It was a lot of work," Phillips said. "It was definitely challenging but it worked



DEFINITION THEATRE COMPANY

Skokie resident Tyrone Phillips returns to direct "Byhalia, Mississippi" for a staging at Steppenwolf's 1700 Theatre.

'Byhalia, Mississippi'

When: July 28-Aug. 21
Where: Steppenwolf's 1700 Theatre, 1700 N. Halsted St., Chicago
Tickets: \$30-\$35
Contact: 312-335-1650;
www.steppenwolf.org

out very well."

There were talkbacks at each city. "It was incredible to hear what race relations were like in different places and what audiences pulled out of it in different places," Phillips said.

Phillips' family moved to Skokie from Rogers Park when he was in middle school. He attended Old Orchard Junior High School and Niles North High School, where he began performing in plays. "Junior year was when I realized I wanted to do it for the rest of my life after doing the musical 'Falletoland,'" Phillips said. "William Finn (composer and lyricist) came in to work with us. We also took it to the Illinois High School Theatre Festival."

"The arts woke me up," Phillips said.

He attended the University of Illinois at Urbana-

Champaign, graduating in 2012 with a bachelor of fine arts in acting. Still, Phillips admitted, "I've always had an itch for directing. Even when I was an actor, my biggest problem was that I'd direct myself."

During the summer between his junior and senior years, Phillips studied at Shakespeare's Globe Theatre. "Shakespeare scared me the most," he admitted, "So I tackled my biggest fear. That changed my outlook and gave me more confidence in the work I was doing."

It was during that summer that Phillips contemplated starting Definition Theatre Company.

In April of 2012, Phillips and five other University of Illinois students started the company, producing "The Brothers Size" by Tarell Alvin McCraney.

"We ended our college career doing that show in April, graduated in May and then opened it in June in Chicago," Phillips said. "After that, I went to Milwaukee Rep."

Phillips said that the No. 1 goal of the people starting Definition was "diversity on stage — getting a multicultural ensemble together that would represent the world we live in."

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FAMILY FRIENDLY

ArtReach Theatre's 'The Wiz' has ensemble on its toes

BY MYRNA PETLICKI
 Pioneer Press

Dorothy will dance her way through Oz in ArtReach Educational Theatre's production of "The Wiz," in partnership with Spotlight Theatrics Production Company.

"Our production is a much more dance-oriented musical," said ArtReach Program Director Dan Walsh, who directed and choreographed the show. "We've got an entire tornado ballet. I put production numbers in so our ensemble is used really well." He noted that the teen cast members "play poppies and munchkins and crows and all sorts of things."

Walsh was inspired to stage "The Wiz" after seeing the musical live on TV during Christmastime. "I had seen it onstage when I was a child but I hadn't connected with it again in a number of years," he said. The production helped him "get reinvested."

Performances are 7:30 p.m. Friday, 3 p.m. and 7:30 p.m. Saturday, and 3 p.m. Sunday, July 29-31, at Leela Arts Center, 620 Lake St., Des Plaines. Tickets are \$16 in advance; \$18 at the door. For details, call 630-808-5852 or go to www.artreachspotlite.com.

Picture peace

Children ages 4-10 and their families will discuss what a peaceful world would look like during "We All Need Peace," 11 a.m.-12:30 p.m., July 31 at the Illinois Holocaust Museum & Education Center, 9603 Woods Drive, Skokie. Participants will also view the new "We All Need Peace" children's exhibition and create peace-inspired works of art at this free event. Reservations are



ARTREACH EDUCATIONAL THEATRE

Madalyn Griseto plays Dorothy and Jonah Parra plays the Scarecrow in ArtReach Theatre's production of "The Wiz" running July 29-31.

required.

For details, call 847-967-4800 or go to www.ilholocaustmuseum.org.

Dancing at dusk

Dance students from Morton Grove Park District classes will entertain audiences at a Summer Dance Showcase, 6:45 p.m. Aug. 2 under the shelter at Harrer Park, 6250 Dempster St. Bring lawn chairs or a blanket. If it rains, the performance will be in the Park View School Gymnasium, 6200 Lake St. For details, call 847-965-1200 or go to www.mortongrovetparks.com.

Second that emotion

A girl's feelings come to the surface in the thought-

provoking animated film, "Inside Out." The movie will be shown at 7:30 p.m. July 29 at Harrer Park, 6250 Dempster St., Morton Grove during Celebrate Summer in the Park. There will be free ice cream and craft projects, too.

For details, call 847-965-1200 or go to www.mortongrovetparks.com.

Teens tell tales

Teenagers will perform skits based on classic stories in Enchanted Library, 1-3 p.m., July 31 at Skokie Public Library, 5215 Oakton St.

Kids are encouraged to look for fairy tale VIPs in the children's department during this drop-in event.

For details, call 847-673-7774 or go to www.skokie.library.info.

R.E.D. Day volunteers collect for food pantry

PIONEER PRESS
Staff Report

Event: 8th Annual Park Ridge Keller Williams Realty R.E.D. Day, (Renew, Energize and Donate)

Supporting: Maine Township Food Pantry

Location: Park Ridge

Date: May 12

Participants: More than 50 agents donated their time and/or food to help the Food Pantry by collecting outside various community grocery stores in Park Ridge and Des Plaines.

Collected: Over 9,000 pounds of food delivered



KELLER WILLIAMS REALTY PHOTOS

Robbin Muhr of Des Plaines, left, Brigitta Slvríc of Lincolnwood



From left: Arlene Zingsheln of Park Ridge, Corey Heidkamp of Arlington Heights, Jean Marella of Des Plaines and Rudy Schlosser of Glenview



From left: Rudy Schlosser of Glenview, Nam Nguyen of Skokie, Tom Brandt of Chicago, Jane Faber of Des Plaines, Corey Heidkamp of Arlington Heights



With a proclamation from the mayor declaring May 12, R.E.D. Day, were from left: Dawn Paulsen of Melrose Park, Jane Faber and Jean Marella, both of Des Plaines, Arlene Zingsheln of Park Ridge, Kim Deetz of Des Plaines and Sally Haynes of Chicago.



NAMI CCNS PHOTOS

From left, back: Gene Rudnik, Glenview, Chris Pawlowski, Northbrook, Sue Ockerlund, Glenview, Frank Vydra, Northbrook, Kathy Kouplis, Skokie, Alex, Lake Forest, Dane Cleven, Teddi Galanis, gala auction chair, Themis Galanis, all of Glenview; front: Carol Rudnik and Kathleen Cleven, both of Glenview, Nancy Gibson Vydra, Northbrook

NAMI CCNS raises \$100,000 at spring gala

Event: Make Stigma Disappear

Benefiting: NAMI Cook County North Suburban, which offers community education programs, advocacy, family education courses, parent support groups and our programs for the individual with a mental illness at no charge

Location: Park Ridge Country Club, Park Ridge

Date: April 16

Attended: 200

Raised: \$100,000

Upcoming: 5K Run and 5K Walk, Sept. 18 at Washington School, Park Ridge

Website: More information or register for 5K at 847-716-2252 or go to www.namiccns.org



Representing Remke Industries of Wheeling, from left: Thomas J. O'Gara and Shawn O'Gara of Evanston, Mary Jo O'Gara and Thomas L. O'Gara of Wilmette, Sonja Sweeney and Mark Sweeney of Libertyville and Julie Savastio and Ray Savastio of Park Ridge



From left: John Schladweller, co-president and Joyce Schladweller, both of Wilmette, William Moyers, Hazelden and Betty Ford, WGN personality Orion Samuelson, gala emcee, Pat Rodbro of Lincolnshire, co-president, Laura Cooper, gala co-chairman and Bruce Crane, both of Skokie

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24 REAL ESTATE TRANSFERS

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832 N Kaspar Ave, Arlington Heights	Justin S Olson & Lauren L Olson	Julie J Lipovitch	06-13-16	\$237,000
200 W Campbell St, Arlington Heights	Charles Keane	Campbell Development Lic	06-13-16	\$264,000
1011 N Mitchell Ave, Arlington Heights	Jacob C Atchley & Lisa M Atchley	Kevin T Bennett	06-16-16	\$305,000
110 W Maude Ave, Arlington Heights	Michael Parris & Donna Parris	Anthony C Peterson	06-14-16	\$320,000
719 E Burr Oak Dr, Arlington Heights	Renata D Zeliasz	Deutsche Bank Natl Tr Co Ttee	06-16-16	\$323,500
3913 N Proctor Cir, Arlington Heights	Antanas Svalbonas	Judicial Sales Corp	06-13-16	\$327,000
1525 E Arbor Ln, Arlington Heights	Joanne G Leonardi	Rsd Arbor Lane Llc	06-13-16	\$336,500
1610 S Fernandez Ave, Arlington Heights	Jessica Mitilneos & Anthony A Mitilneos	Jignesh A Naik	06-13-16	\$340,000
507 E Burr Oak Dr, Arlington Heights	Timothy Murray	Patricia Loftus	06-13-16	\$380,000
3010 N Huntington Dr, Arlington Heights	Nell Tews & Kimberly R Tews	Laura M Peterson	06-14-16	\$385,000
2923 N Huntington Dr, Arlington Heights	Kevin T Bennett & Katie E Bennett	Lana M Loverde	06-16-16	\$395,000
711 S Yale Ave, Arlington Heights	Nicola Daoud	Peter D Lee	06-16-16	\$419,500
315 W Park Pl, # B1, Arlington Heights	Alison Hough	Willard A Pray	06-16-16	\$440,000
801 S Beverly Ln, Arlington Heights	J Christopher Davls & Ann M Watson	Coney Trust	06-16-16	\$730,000
4 Villa Verde Dr, # 108, Buffalo Grove	Mark Gorelik	Irene G Rock	06-13-16	\$77,500
1263 Ranch View Ct, Buffalo Grove	Ruchi Ahluwalia & Saroj Mangalik	Justin Varughese	06-16-16	\$115,000
760 Weidner Rd, # 107, Buffalo Grove	Van Huy Vo & Vu Hieu Hanh Nguyen	Lena Georgiev	06-14-16	\$130,000
400 E Dundee Rd, # 308, Buffalo Grove	Elaine Field	Janet E Laduca	06-14-16	\$146,000
437 Diane Dr, Buffalo Grove	Jihyun Moon & Julia Moon	Stephen A Conrad	06-14-16	\$237,000
754 Golfview Ter, Buffalo Grove	Peter Ahn & Mljeong Kang	Raymond Kim	06-16-16	\$249,000
2577 Waterbury Ln, Buffalo Grove	Kulbir Singh & Monita P Singh	Kyung S Han	06-16-16	\$395,000
9390 Bay Colony Dr, # 1S, Des Plaines	Laura Moldovan	William Bogolin	06-16-16	\$60,000
8896 David Pl, # 1F, Des Plaines	Prestina R Vadukumcherry	Oliva & Assoc Llc	06-16-16	\$80,000
1325 Perry St, # 307, Des Plaines	Olivia Petrielli	Nicholas M Mohar	06-16-16	\$190,000
1327 Brown St, # 611, Des Plaines	Mary Lou Karcher	Joseph C Clukowski	06-14-16	\$193,500
1357 E Algonquin Rd, Des Plaines	Ryan Kamenicky	US Bank Na Trustee	06-13-16	\$195,000
3038 Patton Dr, Des Plaines	Alejandro Martinez Cruz & Claudia Mendez Soriano	Aricne Andros	06-16-16	\$245,000
1913 Fargo Ave, Des Plaines	Federico Moreno & Martha G Flores	Francesco Randazzo	06-13-16	\$246,000
2281 Sprucewood Ave, Des Plaines	Dusanka Obradovic	Harold C Goebbert	06-14-16	\$255,000
799 Graceland Ave, # 507A, Des Plaines	Renee Phillippose	John W Jones	06-16-16	\$271,500
1400 Miami Ln, Des Plaines	Alexander A Sulaiman & Paulina Sulaiman	Daniel C Guenther	06-16-16	\$276,500
433 Dodge Ave, Evanston	Adekunle Ebiesuwa & Sarah Ebiesuwa	Wells Fargo Bank Trustee	06-14-16	\$88,000
319 Custer Ave, # P 1, Evanston	Stephen Wolff	Aaron Bakke	06-16-16	\$158,000
320 Main St, # 2, Evanston	Lauren A Schultz	Kirk A Greer	06-13-16	\$194,000
1228 Emerson St, # 403, Evanston	Ritika Mohan & Joshua Tice	Grandbend Lic	06-16-16	\$227,000
906 Greenwood St, # 2, Evanston	Griselda Viniegra	Kim S Gladden	06-14-16	\$230,000
1630 Main St, Evanston	Charles P Barry & Alyce Barry Jr	Diane A Walsh Walsh Franco	06-13-16	\$262,500
1228 Emerson St, # 505, Evanston	Giovanni Tomasello & Valentina Conoscenti	Grandbend Lic	06-16-16	\$305,000
300 Main St, # 1B, Evanston	Charles Davls	John Salsman	06-16-16	\$320,500
645 Custer Ave, # 103, Evanston	Ryan M Schedel & Ashley Wojtalewicz	Lawrence C Paulson	06-16-16	\$333,000
515 Main St, # 402, Evanston	James J Grimes & Janet S Grimes	Peter Kim	06-13-16	\$360,000
417 Lee St, # 1E, Evanston	James J West & Mary West	Abby Onell	06-16-16	\$379,000
2552 Wellington Ct, Evanston	Abasi Ene Obong & Oyejoke Ene Obong	Susan Zimmerman	06-16-16	\$383,000
2112 Grant St, Evanston	Brian Eirlich & Raissa M Bailey	Bozidar Yovovich	06-14-16	\$468,500
3515 Grove St, Evanston	Gary Au & Janie Dibrogrozcio Au	Jonathan M Maier	06-16-16	\$470,000

ADDRESS	BUYER	SELLER	DATE	PRICE
1400 Seward St, Evanston	Jennifer Parello	Tiffany L Kusano	06-16-16	\$470,000
912 Gaffield Pl, Evanston	Albert Karoll & Sara Karoll	Chris Joab	06-14-16	\$480,000
1718 Harrison St, Evanston	Jason J Krohn & Michelle L Martin Krohn	Benjamin Schmeckpeper	06-16-16	\$535,000
807 Davis St, # 2211, Evanston	John Garner & Ellen Garner	Arthur A Rouse	06-14-16	\$540,000
1570 Elmwood Ave, # 1101, Evanston	Valerie J Fronstin	Cindy L Bruckner	06-13-16	\$550,000
527 South Blvd, Evanston	Todd P Grover & Sharon Grover	Steven D Ermel	06-16-16	\$600,000
2827 Harrison St, Evanston	Pokina Reyngold	Alan R Gitelson	06-16-16	\$657,000
2648 Lawndale Ave, Evanston	Tiffany L Scott & Marc C Scott	Brian T Wolf	06-13-16	\$660,000
1508 Florence Ave, Evanston	Gerald F Gerdes & Beth Freeman	Margaret P Boyer	06-13-16	\$675,000
3219 Dell Pl, Glenview	Matthew Haggis & Erin Haggis	Nebojsa Andeolkovic	06-13-16	\$181,000
2945 Jerrrie Ln, Glenview	Hertzfel Yfzhak & Brenda R Lozada	Sargo E Sapper	06-16-16	\$317,500
2300 Chestnut Ave, # S204, Glenview	Shirley J Miller	Farhaj Majeed	06-14-16	\$440,000
4266 Central Rd, Glenview	Sa Sun Chong & Il Kuk Chong	John Jung Kim	06-16-16	\$570,000
814 Wedel Ln, Glenview	Leon F Kubicki & Sandy Do	Ana Investments Llc	06-16-16	\$1,100,000
9 Pallsades Blvd, Hawthorn Woods	John R Howlett & Denise N Howlett	Pulte Home Corp	06-15-16	\$477,500
7 Brentwood Dr, Hawthorn Woods	Richard Albrecht & Nilam Patel	Pulte Home Corp	06-15-16	\$515,000
10 Forest View Dr, Hawthorn Woods	Bhavesh Padmani & Asmita Padmani	Daniel M Ryan	06-15-16	\$522,500
48 Gentry Dr, Hawthorn Woods	James R Gotta & Karin S Gotta	Edward J Cooke	06-16-16	\$575,000
4 Chancellor Ct, Hawthorn Woods	Joel N Patel & Manisha B Patel	Ralph Peltekian	06-16-16	\$655,000
259 Inverway, Inverness	Christopher A Michalak	Fine Trust	06-16-16	\$875,000
423 Adelphi Ave, Lake Bluff	Karen Schmid	Kevin G Conroy	06-16-16	\$202,500
29 E Alden Ln, Lake Forest	Christopher B Baker & Rachel Baker	Edward O Vincent	06-16-16	\$950,000
67 Arcadia Ln, Lake Zurich	Srinivas Chitrapu & Phani K Boggarapu	Nicholas C Daglas	06-15-16	\$269,000
272 W Main St, Lake Zurich	Thomas Rylko & Katherine Rylko	Peter J Snelten III	06-16-16	\$332,500
329 Laurel Ave, Libertyville	Malcolm W Hurcombe & Lori A Hurcombe	Paul A Dihel Estate	06-16-16	\$57,500
105 3rd St, Libertyville	David Frick & Keith Creel	Megan K Behnke Estate	06-16-16	\$375,000
1029 Havenwood Ln, Libertyville	Mark T Morrison & Kathryn Morrison	Stuart P Bernthal	06-15-16	\$462,000
1601 Pleasant Ct, Libertyville	Jonathan A Summers & Emily C Summers	Miller Trust	06-16-16	\$499,900
5530 Fairmont Rd, Libertyville	Neil J Ecton & Erin B Ecton	Roxsann Wilson	06-16-16	\$652,500
6621 Carriage Way, Long Grove	Brian M Clarke & Angela H Clarke	George Perizes	06-15-16	\$730,000
4747 Wellington Dr, Long Grove	Greg Defalco & Mary Lisa Defalco	Shane Leonard	06-15-16	\$800,000
5708 Church St, Morton Grove	Ishrat Abubakar & Najima Godil	Steven K Leon	06-16-16	\$350,000
5517 Warren St, Morton Grove	Lauri E Ruth	Andrew Bafia Jr	06-16-16	\$382,000
250 W Parliament Pl, # 418, Mount Prospect	Aneta Bies	Fannie Mae	06-14-16	\$127,500
1121 N Crabtree Ln, Mount Prospect	Daniel Goad & Adrian Goad	Russell K Lowe	06-13-16	\$296,000
1413 N Lama Ln, Mount Prospect	Christine Mbah	Artur E Jarczyk	06-14-16	\$375,000
8045 W Cedar Ln, Niles	Jeanne Lawrin	Louis A Columbus	06-16-16	\$270,000
913 N Delphia Ave, Park Ridge	Roman Wojtowicz & Bozena Wojtowicz	Judicial Sales Corp	06-14-16	\$220,000
511 N Hamlin Ave, Park Ridge	Stanko A Aglikin & Maria G Aglikin	Tadeusz Markowski	06-16-16	\$320,000
608 S Greenwood Ave, Park Ridge	Mark Wagner & Kimberly Wagner	Robin G Cooper	06-14-16	\$370,000
1116 Potter Rd, Park Ridge	Katherine M Larson & Adam J Larson	TejanraIn Singh	06-13-16	\$380,000
2018 Habberton Ave, Park Ridge	Kevin Bobb	Jeffrey R Caudill	06-14-16	\$407,500
424 Talcott Pl, Park Ridge	Phillip D Payne & Karyn E Payne	Felix M Addante	06-13-16	\$425,000
105 N Broadway Ave, Park Ridge	Gandice Powers & James Powers III	Lucyna Socha	06-13-16	\$455,000
844 N Merrill St, Park Ridge	Daniel Sano & Lisa Sano	David A Meskan Estate	06-16-16	\$471,500
1736 Elliott St, Park Ridge	Richard J Dorsch & Jean C Dorsch	Bernard Flaherty	06-14-16	\$479,000
810 S Aldine Ave, Park Ridge	Robert Velasco & Kelly Velasco	Kurt K Prinz	06-14-16	\$700,000
2371 Farrell Ave, Park Ridge	Marek Kozyra	Maria Devivo	06-16-16	\$755,000
305 S Cumberland Ave, Park Ridge	Eugene Carbonara & Erlin Carbonara	Daniel R Anderson	06-14-16	\$981,000
800 N Merrill St, Park Ridge	Peter M Spingola & Maura Q Spingola	John J Bachmeier	06-14-16	\$1,575,000

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



PROSPECT HEIGHTS

Three-bedroom, one-bath brick design built in 1939. Wood flooring, new kitchen floor and counter, newer windows, siding and gutters, garage, deck and fenced-in yard. Near parks, schools, shopping and Metra.

Address: 205 N. Elmhurst Road
Price: \$239,900
Schools: John Hersey High School
Taxes: \$5,797
Agent: Dawn Simmons, RE/MAX Experts - Buffalo Grove



NILES

Two-bedroom, two-bath brick and stone ranch built in 1954. Oak kitchen cabinets, laminated wood flooring, patio door to deck, updated bathrooms, wet bar in basement and 2.5-car garage with concrete driveway.

Address: 8246 N. Elmore St.
Price: \$319,900
Schools: Maine East High School
Taxes: \$3,773.95
Agent: Muntie Leschewski, RE/MAX



GLENCOE

Four-bedroom, two-bath ranch on a cul-de-sac built in 1950. Hardwood flooring, two fireplaces, custom closet cabinetry, eat-in kitchen with adjacent breakfast room/sun room/office. Near town, schools and Metra.

Address: 271 South Lane
Price: \$760,000
Schools: New Trier Township High School Winnetka
Taxes: n/a
Agent: Mirella Caputo, Coldwell Banker Residential Brokerage Glencoe



DEERFIELD

Four-bedroom, 2.5-bath home built in 1949. Family room, updated kitchen and bathrooms, brick patio, hardwood floors, sun room. Near shopping parks and Metra.

Address: 510 Longfellow Ave.
Price: \$519,000
Schools: Deerfield High School
Taxes: \$12,144.17
Agent: Renee Devedjian, CENTURY 21 Kreuser & Seiler

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 Rev. Elizabeth Jones

Jewish

Devar Emet Messianic Synagogue

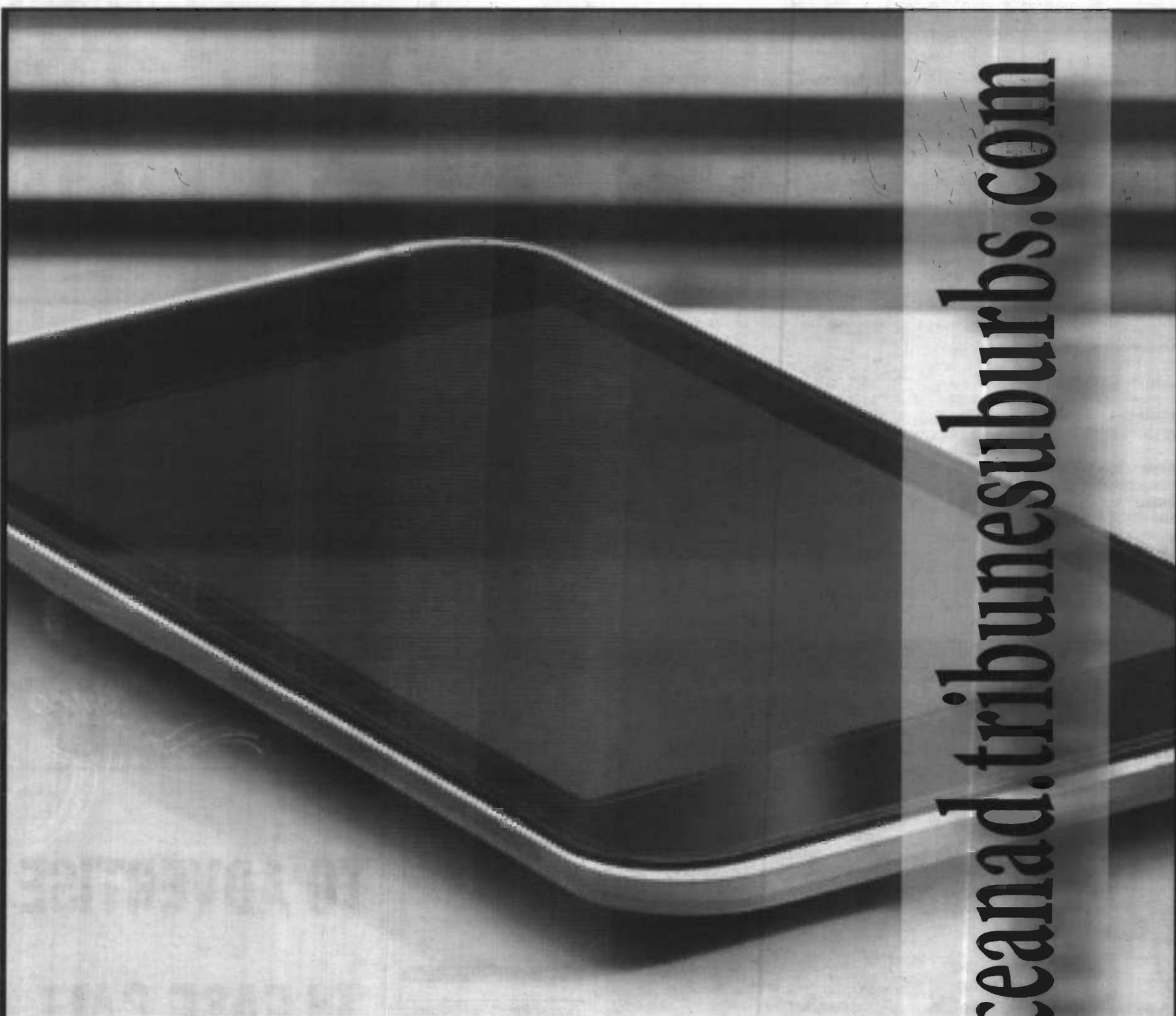
7800 Niles Ave., Skokie 847-674-9146
www.devaremet.org

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Please call the venue in advance.

Thursday, July 28

Cory Branam: With Brian Dunne. 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$15-\$25, 847-492-8860

Evanston Art Center Call for Artists: The arts and crafts offered at the annual Winter Expo include original works of jewelry, ceramics, fiber, metal, glass, painting, photography, mixed media, and more. For more information and to submit your application, visit the event website. A \$30 non-refundable application fee entitles artists to submit a maximum of four images. Please do not include booth images. 12:15 p.m. All week, Evanston Art Center, 1717 Central St., Evanston, \$30, 847-475-5300

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. All week, Evanston Art Center, 1717 Central St., Evanston, free, 847-475-5300

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

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

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

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

Summer History Tours at The Grove: The Grove is an ideal place for a day trip with the kids that's close to home this summer. 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

The Chicago Open Figure Skating Competition: This is a thrilling U.S. Figure Skating competition that draws more than 200 participants from the Midwest and beyond. Call to confirm times. 8 a.m. July 28- July 30, Glenview Ice Center, 1851 Landwehr Road, Glenview, free, 847-724-2800

Adult Literacy Classes: Summer Session: A unique opportunity for native and non-native English speakers to improve their reading and writing skills. A small, friendly group led by a teacher and volunteer tutors meets twice weekly. 9:15 a.m. Tuesdays and Thursdays, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Senior Resource Specialist: Stop by and find out information regarding the selection of appropriate retirement benefits, picking the right health insurance and Medicare programs, determining housing needs, identifying supportive resources and much more. Hosted by Kathy Gaeding from CJE SeniorLife. 10 a.m. Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 847-677-5277

Summer Storytime In Madeleine's Garden at Proesel Park: Bring a blanket and enjoy 30 minutes of stories and outdoor activities geared toward birth through five-year-olds. The children must be accompanied by a caregiver. No registration is required, but in case of rain, storytime is canceled. 10 a.m. Proesel Park, 7055 Kostner Ave., Lincolnwood, free, 847-677-5277

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

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

Edge Power Employment Workshop: Employment coaches from Illinois WorkNet discuss resumes and cover letters, online job applications and interviewing. For more information about Illinois WorkNet call 847-448-8647 or go to www.illinoisworknet.com for help in your job search. Registration is required. 9:30 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Wonder Ground Open Lab: Look, touch, tinker and play with an intriguing array of science-oriented curiosities in this new space designed especially for kids. A drop-in visit is meant to last about 15 minutes. Activities are repeated each week from Tuesday to Thursday. The Wonder Ground is a STEAM playground for kids. 4 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

Park Ridge Fly Tying Club Meetings: Chicago Fly Fishers Club meet at 7 p.m. Thursdays from October through May. Demonstrations of fly tying are performed by an experienced demonstrator. The members have an opportunity to tie the same pattern using tools and materials provided by the club. 7 p.m. Park Ridge Community Church, 100 S. Courtland Ave., Park Ridge, free, 847-823-3164

Wiggle While You Walk on the Library Lawn: From now through Au-

gust, 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. Come follow this fun family activity for kids of all ages. 9 a.m. All week, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

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

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

Food Drive In Skokie: Requesting donations of canned goods and dry food products to fill the shelves of the Niles Township Food Pantry. These foods to be given to the hungry in the community. All foods can be dropped off at Walgreens. For further information, call Ezra-Habonim, the Niles Township Jewish Congregation office at 847-675-4141. Midnight, All week, Walgreens, 3945 W. Dempster St., Skokie, free, 847-675-4141

Junior Gan Israel Day Camp: Offering Jewish preschool camping for over 25 years, registration is now open, with quality programming for kids ages one through six-years-old. Options include: Tots Club, Bright Beginnings, Expanding Horizons, as well as half and full day programs, and transportation. Special features include private swimming at Oakton Water Playground, and sports and gymnastics with "Stretch 'N Grow" certified coaches. 9:30 a.m. All week except July 30-July 31. Lubavitch Chabad of Skokie, 4059 Dempster St., Skokie, Refer to website, 847-677-1770

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 28, 8 p.m. July 29, 2 p.m., 8 p.m. July 30 and 2 p.m. July 31. North Shore Center for the Performing

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Arts, 9501 Skokie Blvd., Skokie, \$40-\$50, 847-673-6300

Special Exhibition Three Years, Eight Months, and Twenty Days: The Cambodian Atrocities and the Search for Justice: Learn about the Cambodian genocide and the current trials to bring the perpetrators to justice, 40 years later. 10 a.m. All week, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4835

Friday, July 29

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. Parking is available in the Library parking garage off Prairie Street or on Ellinwood between Pearson and River Road. 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

The Travelln McCoury's: 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$18-\$38, 847-492-8860

Teen Advisory Board Meeting TAB for Grades 9-12: Come to help plan programs, discuss books that you love and have fun brainstorming with your peers and library staff. Pizza is served and service credit is given for attending. Please register at glenviewpl.org/register or by calling. 5 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

"45 Years": This film is rated R and is about a married couple preparing to celebrate their wedding anniversary. They receive shattering news that promises to forever change the course of their lives. A casual audience-led discussion follows matinee screenings, so just drop in. 2 p.m. and 6:30 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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

Storytime at Lincolnwood Town Center: Join Lincolnwood Library at the Lincolnwood Town Center in Cen-

ter Court for a storytime for children aged birth to age 5. 10:30 a.m. Lincolnwood Town Center, 3333 W. Touhy, Lincolnwood, free, 847-677-5277

Inside Out: Pack up the kids, grab a blanket, chairs, snacks and head to Harrer Park for evening of family fun. 8:15 p.m. Harrer Park and Pool, 6250 W. Dempster St., Morton Grove, free, 847-965-1200

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

Summer Boom Boom Party: Hosted by Tim "Spinnin'" Schommer, featured performers include the legendary Stevie B along with Freestyle's Dreamboy/Dreamgirl, Johnny O and Cynthia. 8 p.m. Joe's Live Rosemont, 5441 Park Place, Rosemont, \$30.00

Saturday, July 30

Decadent Treats and Enticing Prizes Grand Opening: Exciting prizes and decadent treats from Sweet Ride Bakery, Chicago Lunchbox and The Local Coffee, Tea and Sweets are at the grand opening of Des Plaines' new community by Taylor Morrison, Colfax Crossing. Events begin with free coffee and breakfast croissants. The fun continues with free Asian food and baked treats, and chances to win Metra Ride Passes. 10 a.m. Taylor Morrison's Homes at Colfax Crossing, 342 Western Ave., Des Plaines, free, 000-000-0000

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

Loudon Walnwright III: 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$25-\$60, 847-492-8860

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

Free Shan Shui Traditional Chinese Painting Workshop: The Evanston Art Center (EAC) is excited to collaborate with Chinese artist, Lancaster Wu, to provide a Shun Shui painting work-

shop to those of all ages and skill levels. Shan Shui is a traditional Chinese painting style done by using brushes, ink and water to capture the beauty of landscape. 1 p.m. Evanston Art Center, 1717 Central St., Evanston, free, 847-475-5300

Overeaters Anonymous: Overeaters Anonymous meets Saturdays. New-comer meeting on the last Saturday of the month. No dues, fees or weigh-ins. For information, call Hannah. 9 a.m. St Matthews Episcopal Church, 2120 Lincoln St., Evanston, free, 773-996-0609

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

"Animal Arts and Seasonal Stories": "Animal Arts & Seasonal Stories" are recommended for children ages 5 and up, but there is no minimum age requirement. Activities are offered at varying levels of difficulty and interest to engage the entire family. An adult must accompany participants. 10:30 a.m. July 30 and July 31. Mitchell Museum of the American Indian, 3001 Central St., Evanston, \$3 kids, \$5 adults, 847-475-1030

Glenview Farmers Market at Wagner Farm: A free weekly event, this farmers market takes place rain or shine. Shop for seasonal fruits and vegetables, flowers, homemade jellies and preserves, cheese and eggs. Free parking is available. For a full list of vendors and special market events visit the event website. 8 a.m. Wagner Farm, 1510 Wagner Road, Glenview, free, 847-657-1506

North Suburban Pond and Garden Tour: Visitors can tour 15 ponds/gardens in the North Suburban area on Saturday and Sunday, July 30 and 31 or as designated. Visit the website or flier with specific details. 10 a.m. First Stop Ponds and Gardens Tour, 235 Greenwood Road, Glenview, free, 000-000-0000

Family Night Golf: After 5 p.m., groups of up to six players can play for the flat fee of just \$30. Some restrictions apply. 5 p.m. July 30 and July 31, Glenview Prairie Club, 2800 W. Lake Ave., Glenview, \$30 for up to 6 player group, 847-657-1637

Tie-Dying for Teens: Bring a small item such as a white shirt, pillowcase, or

scarf to tie-dye. 1 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Morton Grove Farmers Market: Shop for locally produced fruits and vegetables, flowers, crafts, baked goods, pantry items, body products and more at this weekly market. Extras include live music and entertainment for kids. 8 a.m. Dempster Street and Georgiana Avenue, 6210 Dempster St., Morton Grove, free, 847-750-6436

Hawk Harrier 5K at Maine South High School July 30: The Maine South Boys Cross Country program hosts the 2nd annual Hawk Harrier race at 9 a.m. The event includes a 5K (3.1 mile) race, refreshments and awards for each age bracket. 9 a.m. Maine South High School, 1111 S. Dee Road, Park Ridge, free, 331-442-5618

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. 7 a.m. Prairie Avenue and Main Street, 15 Prairie Ave., Park Ridge, free, 847-309-2433

Martial Arts Open House Park Ridge: Come join in a free martial arts lesson, have a school tour, some food and drinks, meet the Master and instructor. Also, current parents and students are on hand to answer questions about the programs. 11 a.m. Summit Martial Arts, 811 Devon Ave, Park Ridge, free, 847-928-2006

Blackjack Billy at Joe's Live Rosemont: Based in Nashville, this American country rock group likes to describe their music at "Redneck Rock." Their debut single, "The Booze Cruise," was independently released in March 2013 and was cited as the biggest-selling song on iTunes by any band without a major record deal. 8:15 p.m. Joe's Live Rosemont, 5441 Park Place, Rosemont, \$10, 847-261-0392

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

Sunday, July 31

Caitlin Canty: With Hayward Williams. 7:30 p.m. SPACE, 1245 Chicago Ave., Evanston, \$12-\$22, 847-492-8860

"A Midsummer Night's Dream":

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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

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

Park Center Sprint Triathlon: Race activities include a 300-yard pool swim at Splash Landings, 10-mile bike through The Glen and a 5k run around Gallery Park. Participants receive a dri-wicking t-shirt, finishing medal, goodie bag and a chance to win great prizes. 6:30 a.m. Glenview Park Center, 2400 Chestnut Ave., Glenview, \$65 through June 30; \$75 July 1-July 26 or when race is full, 847-724-5670

Skokie Farmers Market: Farmers and vendors from Illinois, Indiana, Michigan and Wisconsin sell fresh-picked vegetables, fruits and flowers along with cheese, baked goods, coffee, sauces and spices. 7:30 a.m. Skokie Village Hall, 5127 Oakton St., Skokie, free, 847-673-0500

Monday, August 1

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

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

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

ACT Prep Test (Grades 9-12): Professional tutors from College Nannies and Tutors of Glenview will guide you through a practice ACT test. Noon. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Page Turners: This month's book is

"Etta and Otto and Russell and James" by Emma Hooper. Book selections are available at the Reader Services Desk one month prior to meetings. 1 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Lakeside Yoga at Park Center Lakeview Patlo Lawn: Enjoy the tranquility of a beautiful lakeside setting for a blissful start to your week. Yoga classes are free and open to the public. Please bring your own yoga mat. 6:30 p.m. Glenview Park Center, 2400 Chestnut Ave., Glenview, free, 847-724-5670

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

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

Knitting Roundtable: Come work through knitting projects and socialize with fellow knitters. Expert knitters can show you how to solve knitting challenges. Don't forget your current knitting projects and needles! Call 847-929-5101 or go to www.mgpl.org for more information. 2 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Free Concert Dragstrip Vipers: Inspired by 1960s, SoCal music and custom culture, the Dragstrip Vipers bring revved-up instrumental surf, hot rod and garage to the third coast and beyond. The concert is part of Rock Music Month at the library. 7 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Money Matters Discussion: The group meets on the first Monday of each month. 10 a.m. Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-3597

Tuesday, August 2

Justin Townes Earle: 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$24-\$48, 847-492-8860

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

1818 Maple Ave., Evanston, free

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

Tuesday Morning Music: Garden visitors can enjoy free hour-long meditative musical performances on Tuesday mornings in the McGinley Pavilion overlooking Evening Island. After the concert, visitors can board a 25-minute narrated tour on the Bright Encounters Tour, a close-up view of the gardens on the main island, or the Grand Tram Tour, an overview of the Garden's history and highlights. 10 a.m. Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

Supper Clubs: Director/editor/producer Holly L. De Ruyter hosts a viewing of her documentary, "Old Fashioned, The Story of the Wisconsin Supper Club." Holly grew up in northern Wisconsin. Please register at glenviewpl.org/register or by calling. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Summer Storytime in Madeleine's Garden at Proesel Park: Bring a blanket and enjoy 30 minutes of stories and outdoor activities geared toward birth through five-year-olds. The children must be accompanied by a caregiver. No registration is required, but in case of rain, storytime is canceled. 10 a.m. Proesel Park, 7055 Kostner Ave., Lincolnwood, free, 847-677-5277

Movies, Munchies & More: "Funny Girl": Beautiful young Fanny Brice starts out as a bit player on the New York City vaudeville stage, but works her way up to stardom on Broadway and falls in love with Nick Arnstein, a handsome gambler whose luck doesn't hold up. 11:30 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

MGPL Kids: Listen Up! Drop-in story and play time for preschoolers with a parent or caregiver. Call 847-929-5102 or go to www.mgpl.org/kids for more information. 4:45 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Summer Kids Club: Golf Mill Shopping Center Kids Club returns every Tuesday this summer. The mall has a full schedule of fun, educational and interactive activities planned for children ages 12 and under. Summer Kids Clubs is held in Center Court, where

there are live performances, arts and crafts giveaways and more. 11 a.m. Golf Mill Shopping Center, 239 Golf Mill Center, Niles, free, 847-699-1070

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

Breakfast Club at Lola's Diner - August: Network over breakfast at Lola's Diner, hosted by Park Ridge Chamber Ambassador Dave Donovan. 7:30 a.m. Lola's Diner, 920 Busse Highway, Park Ridge, \$11 members; \$15 prospective members, 847-825-3121

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

Demi Lovato & Nick Jonas: 7 p.m. Allstate Arena, 6920 Mannheim Road, Rosemont, \$29.95-\$89.95, 847-635-6601

Wednesday, August 3

Low Cost Pet Vaccines In Addison: Spay Illinois hosts a low cost, no additional exam fee, pet vaccine clinic at the Bellyrub Klub from 4-7 p.m. Arrive at least 15 minutes prior to the end of the event to ensure your pet receive vaccines. 4 p.m. Bellyrub Klub, 520 W. Interstate Road, Addison, Starts at \$10, 630-961-8000

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. 5:30 p.m. Downtown Bensenville, 12 S Center St., Bensenville, free, 630-766-8200

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

Richard Buckner: With Derik Hultquist. 7:30 p.m. SPACE, 1245 Chicago Ave., Evanston, \$15-\$22, 847-492-8860

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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

Open Mic Night In Evanston: Hosted by Daniel Fiddler. Sign-up begins at 8 p.m. 9 p.m. The Celtic Knot Public House, 626 Church St., Evanston, no cover, 847-864-1679

Wayback Wednesday Interactive Movie "The Princess Bride": Do not skip this interactive movie, filled with something for everyone: fencing, fighting, revenge, giants, monsters, chases, escapes, true love and miracles. This is recommended for ages 8 and up. 6:45 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Author and Art Storytime for ages 2-6 with adult: Local author Gregory S. Law reads his new book, "The Adventures of Nipsy & Timzy," followed by a super fun dog craft. Please register at glenviewpl.org/register or by calling. 11 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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

Book Talk: Story of Chicago Through Books: From historians to fiction writers, from comic book artists to poets, Chicago has served as a setting for many classic and contemporary writers. This month, we look at books of various genres that capture Chicago's past and present through captivating prose. 1 p.m. Morton Grove American Legion Civic Center, 6140 Dempster St., Morton Grove, free, 847-965-4220

Art and Heart The World of Isaiah Sheffer: Documentary "Art and Heart: The World of Isaiah Sheffer" is present-

ed by Chicago YIVO Society, as part of its 2016 Summer Festival of Yiddish Culture celebrating the life of director, actor and Emmy-nominated writer/producer Isaiah Sheffer through interviews. 2 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

MGPL Writers Workshop: Along with the MGPL Writers Workshop, come practice the art of correspondence by writing a snail-mail letter. Stamps, stationery and typewriters are provided, though you're welcome to bring your own. 6 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

DIY Teen Craft: Back-to-School Bonanza: Drop by the Teen Space to make your own Washi Tape pencils, Modpodge journals, marble locker magnets and more. Registration encouraged, but not required. 3 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

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

1201 Cedar Lane, Northbrook, free, 847-272-6224

Wednesday Classic Film Series "High Fidelity": The Wednesday Classic Film Series is playing "High Fidelity" this week. 1 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Northbrook Farmers Market: Shop for farm fresh fruits, veggies, cheese, baked goods and more at this not-for-profit community farmers market. The market is open rain or shine, except in the event of severe weather. 7 a.m. Cherry Lane and Meadow Road, Cherry Lane and Meadow Road, Northbrook, free

Branding: An interactive workshop designed to teach attendees how to differentiate themselves from the competition, how to discover unique value, and how to sell what an employer is buying. To register for Career Moves workshops, go to jvschicago-syhum.formstack.com/forms/career_identity. 9:30 a.m. Goldie Bachmann Luftig Building, 5150 Golf Road, Skokie, \$10-\$20, 847-745-5460

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

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Now playing

**"The Secret Life of Pets" ★★★**

PG, 1:31, animated

It may not have the emotional resonance of a Pixar movie, but with its playful premise and endearing performances, the film is fun, family-friendly fare. The pets are given voice by an all-star cast that includes Louis C.K., Kevin Hart, Jenny Slate and Albert Brooks. Little terrier Max (C.K.) is the top dog in the life of his owner, Katie (Ellie Kemper), until she brings home a giant, fluffy mutt named Duke (Eric Stonestreet). The rival pups become

separated and wind up in the underground headquarters of a bitter bunny named Snowball (Hart). It's fun to imagine what pets get into when no one is home, and "Pets" does a great job of taking that idea to an extreme. — *Sandy Cohen, Associated Press*

**"Ghostbusters" ★★★**

PG-13, 1:47, comedy

The easy, electric chemistry of the four leads in Paul Feig's film acts like a firewall against the supernatural and the adolescent, alike, in this spirited reboot of the 1984 original. Ghouls and anonymous Internet commentators — who have hit their thumbs-down buttons ahead of the film's release — share plenty of characteristics. Each is likely to drool and quickly disappear when you turn on the lights. Feig's movie ain't afraid of

either. In his corner he has the best comic actor of the decade, Melissa McCarthy, the klutzy wit of Kristen Wiig, "Saturday Night Live" standout Kate McKinnon and the big-screen breakthrough of Leslie Jones, the film's secret weapon. — *Jake Coyle, Associated Press*

**"The Legend of Tarzan" ★★**

PG-13, 1:42, action/adventure

Tarzan has been dusted off, his abs polished and his vocabulary spruced up in David Yates' handsome but altogether pointless "The Legend of Tarzan," a chest-thumping resurrection of the Ape Man that fails to find any reason for the iconic character's continued evolution. Craig Brewer and Adam Cozad's script sets the tale a decade after the discovery of Tarzan (Alexander Skarsgård) in West Africa; seen only in flashback is Tarzan's

origin story. The film's main source of suspense is watching it twist and contort a century-old property into something meaningful. — *J.C., Associated Press*

**"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 visual personality of the movie is fantastically vivid and bright; the story itself, less so. — *Michael Phillips, Chicago Tribune*

**"Mike and Dave Need Wedding Dates" ★★ 1/2**

R, 1:38, comedy

Mike and Dave Stangle put the "bro" in brothers. They're the life of the party. They just don't know when to say when, and the movie they're in is similarly afflicted. Starring Adam Devine and Zac Efron as the titular duo, "Mike and Dave Need Wedding Dates" is uproarious and flamboyantly raunchy, utterly stupid yet also occasionally winning. You'll laugh, but you might feel bad for doing it. The movie is bizarre and vulgar, but also too

funny to resist. — *Stephanie Merry, The Washington Post*

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trbcht-129712

Saintly safety feature

Drivers still look to St. Christopher to keep them safe on the road

BY KAY MANNING
Chicago Tribune

Crash-prevention technologies keep evolving, from automatic emergency braking to blind-spot detection, but many drivers believe in a different kind of power — St. Christopher — to keep them safe on the roads.

With crashes killing about 35,200 people in 2015 and injuring tens of thousands more, according to the National Safety Council, an untold number of drivers in this country and elsewhere in the world wouldn't think of getting behind the wheel without a medallion, visor clip, key-chain or other item bearing Christopher's image. Some are true believers in his protective powers; others just don't want to take any chances. Countless more simply appreciate the often-exquisite renderings of the patron saint of travelers, almost always depicted with a child perched on his shoulder, in cloisonné, gold plate, silver or other metals.

Actor Clark Gable had a medallion, personalized with his initials, on the glove box in his 1957 Mercedes. Jacques Vaucher, owner of l'art et l'automobile, an automotive art gallery and auction house in Harper, Texas, is the third generation of his family to put the image in their race cars as well as their street cars. And Danielle Schmidt, of Costa Mesa, Calif., would put badges in the vintage Porsches she and her husband own — if he'd let her make screw holes in the dashboards.

Travelers' guardians

The travel protections people use take many forms, though St. Christopher is the best known. Jews may recite the Traveler's Prayer, which says, in

part: "May it be your will ... that you should lead us in peace and direct our steps in peace, and guide us in peace, and support us in peace, and cause us to reach our destination in life, joy and peace." Others believe that amethysts, signs of the Zodiac, quotes from the Quran and Buddhist goddesses offer protection. And blessings of motorcycles and vehicles are offered for groups or individuals.

Leyla Alyanak, who blogs for Women on the Road, traveled with a froggy-green tin cup she called Kermit. "For some of us," she wrote, "carrying a travel amulet ... provides that extra little bit of comfort. It might even boost our courage a little."

The Catholic order Oblates of St. Francis de Sales erected a statue of Mary, Our Lady of the Wayside, in Childs, Md., and started Mary's Travelers, whose members pledge to drive defensively, keep their vehicles mechanically safe, pray before trips, and pray for themselves and other travelers.

Beverly Roberts, whose business Patriotic-Jewelry.com offers a medal in the shape of a motorcycle, says purchases peak in the spring with confirmations and first Communion, but also are popular for other memorable times.

"Sometimes it's because a person has died and they want a St. Christopher for the coffin, or for someone feeling sadness or sickness," Roberts said.

Nicholas Cole, director of marketing for The Catholic Company, a private firm in Charlotte, N.C., unaffiliated with the church, says Catholics and non-Catholics alike use the talismans as reminders to drive safely.

The company's website says, "Many drivers have attributed miraculous escapes from auto accidents due to invoked pro-



The glove box of a 1957 Mercedes once owned by Clark Gable has a St. Christopher medallion affixed to it.

tection of the patron of travelers, St. Christopher." Medallions are a favorite gift to 16-year-olds as they start driving, he said.

Safety in art

That is exactly how Bruce Meyer, founding chairman of Petersen Automotive Museum in Los Angeles, fell in love with the image.

"Friends gave me one for my car when I was 16, and I also was a surfer, and surfers all wore medals," Meyer said. "I'm not a devout

Catholic, but I love the graphics, and there's probably a touch of superstition."

He tries to match the medallions, which traditionally are affixed to the dashboard, by color and period to such vintage cars as his 1929 Bentley, and then makes a final selection based on attractiveness. When he bought Gable's Mercedes, a medal already was on the glove box.

"I'm very visual. It's got to be good-looking to add an attractive element to the dash," Meyer said.

Schmidt, too, values the creativity and owns six or seven St. Christopher medallions from the art deco and art nouveau eras.

"I saw one in a case and bought it because I liked how it looked," said Schmidt, whose husband, Steve, runs a Porsche restoration shop. "I'm not Catholic, but they add style to the cars." She has one in her vintage Mini Cooper.

To stay true to tradition, David Cooper, president of Cooper Technica, who restores 1930s and 1940s European cars in Chicago,

was asked to secure a St. Christopher medallion for a 1946 Alfa-Romeo 6C 2500 Supersport. When the vehicle came into the shop, it had one on the steering wheel, only the wheel wasn't original to the car, he said, so he found two medals — one small for the correct wheel and a larger one for the dash.

"Both have cars as part of the image," Cooper said, "and that I liked. He (the owner) will choose when he comes later this year."

Saint's history

The allure of St. Christopher has endured even though the Roman Catholic Church removed his feast day from the official liturgical calendar in 1969. He typically is portrayed as a gentle giant who, legend has it, was called upon to help people cross a turbulent river. One passenger was the Christ child, who identified himself only after growing heavier and heavier on his bearer's shoulder, as if to test the man. Afterward, Christopher's staff was thrust into the ground and grew into a palm tree. He proselytized about this "miracle," and his beliefs led to his being beheaded in 251 A.D.

In the centuries that followed, the image of a venerable, bearded man carrying a small child was engraved on coins, statues of St. Christopher were erected at entrances to churches and public buildings, and parishes and congregations in many countries were named after him. In 1904, an article in the *Journal of the British Archaeological Association* said there were more wall paintings of St. Christopher in England than of any other religious figure except the Virgin Mary.

"St. Christopher is my god of the road," Vaucher said.

Kay Manning is a freelancer.



ROBERT DUFFER/CHICAGO TRIBUNE

The nine-speed automatic transmission in the 2017 Chrysler Pacifica is a game changer.

Pacifica rules sea of minivans

BY ROBERT DUFFER
Chicago Tribune

The Pacifica handles like a crossover, yet still has two sliding doors, a built-in entertainment system, a high ceiling and low floor, and a tall, wide rear that lets it to excel at what it is meant to do: haul people — and things — in comfort.

The difference is that the minivan has never been this good.

Just like the first time, Chrysler has built the Pacifica on an all-new platform not shared by other Fiat Chrysler automobiles.

The Pentastar V-6 provides plenty of pep from a stop, letting certain drivers squeal away from family functions and hot-date drop-offs.

It steers like a minivan, wide and boatish, but the nose tucks into turns more like a sedan. On cloverleaf ramps or two-lane highways bending through valley and forest, it doesn't escape the body roll inherent in a wide and tall vehicle, just like a cow can't help but moo.

But the most significant engineering feature on the new Pacifica is the nine-speed transmission, which comes standard across the five trim lines.

The transmission was remarkably unnoticeable, which is great for an automatic. It didn't make the engine wail as it climbed

2017 CHRYSLER PACIFICA TOURING L PLUS

Minivan

Price as tested:

\$41,275

Base price: \$37,895

Mpg: 18 city, 28 highway
Engine: 3.6-liter Pentastar V-6, 287 horsepower, 262 pound-feet of torque
Transmission: Nine-speed automatic
Parting shot: Best family car on the market

mountain passes, which prompts a noise in other automatics that can trick the driver into letting off the gas instead of giving it more.

At flatter moments on the highway, the higher gears keep the engine running at low revolutions per minute, so all is calm and quiet as the car's occupants are fully immersed in the passing world or deepening dreams. There was plenty of torque — class-leading torque, according to Chrysler — for two-lane, highway passing moves, even on an incline. The kids rarely noticed, and when they did, they

slapped the heated seats and said, "Hyah, horsey!"

Serenity now can indeed happen on the family road trip, especially when there are 10 USB ports, 2 HDMI ports and two built-in high-definition 10-inch touch screens. There wasn't much bickering from the second-row captain's chairs on our Griswaldian adventure, except when Captain Clark had to override their screens via the UConnect 8.4-inch touch-screen main hub to force them to look out the window at the splendor.

We napped, ate, ogled scenery, changed outfits, stowed camping gear alongside civilized togs and otherwise lived in the Pacifica for nearly a week.

Though we didn't need to flip the awesomely clever Stow 'n Go second- and third-row seats into the floor to haul bedroom sets or sheets of drywall on the converted flat bed, the kids were able to figure out how to do it if the need arose.

In fact, unlike so many camping tasks, the grade schoolers could handle all those minivan functions by themselves, including uncovering one of the free apps that teaches U.S. state geography via license plates passed on the road.

The Pacifica makes parenting easier, which makes life better.

rduffer@chicagotribune.com

After 3 windshield cracks, driver seeks explanation



BOB WEBER
Motormouth

Q: On a trip from Chicago to New Orleans last month, my Acura 2014 MDX windshield suffered three cracks in three spots in a three-hour span. They looked like spiderwebs and were not connected. I figured that it was a defective windshield, but the Acura dealer said there was not a recall on it. The temperature outside was 95 degrees. With the A/C on inside at 65 degrees, could this have made the windshield more susceptible to crack from a stone or something?

— R.R., Chicago

A: Multiple cracks such as yours are very uncommon unless caused by debris from the road. Although stress cracks may occur, they are typically single-line cracks that may spider as they spread. Stress cracks often occur due to a poorly made windshield, bad auto body repairs or a bad installation. To have multiple stress cracks in different areas is virtually unheard of. Most likely, your car suffered multiple impacts on the windshield that spread as the vehicle was driven. They always leave an impact point somewhere in the crack. Have the windshield inspected by a qualified auto glass company that performs windshield repair to determine the origin of the cracks. The difference in outside versus inside temperature was not a factor.

Q: An object on the wiper blade produced an etched line on my wind-



ISTOCK

Cracked windshields are usually caused by road debris.

shield. It runs for most of the length of the wiper area across the windshield on the passenger side. My car is a 2011 Buick Lacrosse. Can this be repaired? I have read various articles and looked at product descriptions, but they describe what to do about cracks, scratches and holes.

— R.W., Chicago

A: We turned to Nik Frye, an expert at Glass America who told us there are basically two types of scratches: 1) Those that actually remove glass and leave a groove you can feel with your fingernail and 2) others that look like a scratch but are really residue left on the glass surface. Scratch No. 1 is next to impossible to repair, and only very light scratches can possibly be polished out of the windshield using cerium oxide powder and a wet cotton buffing wheel. Deeper scratches will not come out and overpolishing can cause a distortion in the glass. Scratch No. 2 can be buffed out, but only light pressure should be applied to avoid distortions. If neither of those options works, replace-

ment will be necessary.

Q: When driving along the highway with my sunroof closed, I suddenly heard a loud boom. Surprisingly my sunroof glass exploded and shattered! There were no other cars nearby. Have you ever heard of this before? What might cause this? It was frightening.

— L.B., Highland Park, Ill.

A: Although an impact from a stone or other flying object may be the culprit, there are hundreds of reports of spontaneous sunroof glass breakage. We know of no common cause, but designs that keep the sunroof from leaking and creaking may be contributing stress factors. Fortunately, sunroofs are made with tempered glass, which breaks into little cubes rather than sharp shards so injury is mitigated.

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

STAYING BUSY

Papaioannou aiding with University of Chicago Medicine project

BY LEE BOSCH
Pioneer Press

Maine East alumnus Philip Papaioannou is making calls this summer, but not the kind he's used to making when he's behind the plate for the Denison baseball team. The 21-year-old math major is spending his summer as a research assistant with the Hospitalist Project at the University of Chicago Medicine.

"We follow up with (patients) a month after their stay to see how they're doing and what they thought of the whole process at the hospital," Papaioannou said. "It's something doctors can use to review themselves, how they did, what things can be improved. It's all about improving the quality of care at the hospital."

Working alongside 11 full-time interns and 65 part-time volunteers, Papaioannou is an unpaid intern who spends 12 hours a week helping with the study, which is in its 18th year. Now at the halfway point of his summer position, the Morton Grove resident will begin work with patients on the hospital floor.

"He's always happy to help out on other projects," said Elle Moore, who jointly manages the Hospitalist Project. "He comes in ready to pick up where he left off, which is sort of rare in research assistants. Each day you kind of have to tell them what to do and delegate certain things, but he just hits the ground running."

An internship last summer turned him off from the world of business, and the pursuit of an economics

degree, and led him to a career pivot.

"I interned last summer at a small investing group," Papaioannou said. "I hated it. I didn't like the business environment. It didn't fit my personality. I wanted to do something where I could make a meaningful impact. I took a risk and changed to the pre-med track and I've enjoyed every second of it."

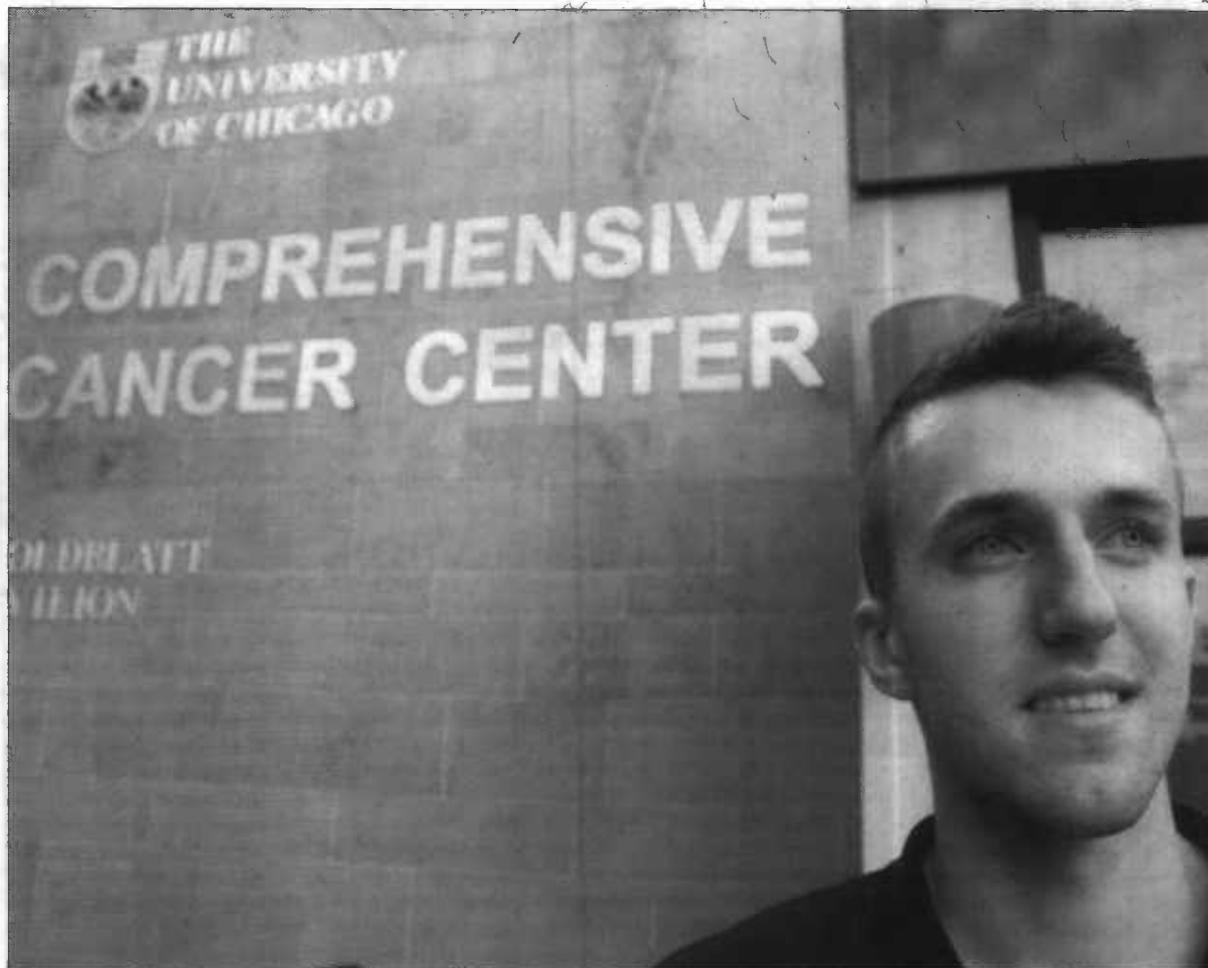
Papaioannou, whose last name is pronounced Pah-pee-ah-noo, feels a need to catch up to his colleagues because of the recent career move. Other students, he said, have more classes, volunteer hours and hospital hours under their belts.

Along with serving as a research assistant, Papaioannou is spending his summer taking two physics courses at Northeastern Illinois, delivering food to people in need in Niles on Friday mornings as a volunteer with Catholic Charities and volunteering weekend mornings at Habitat For Humanity ReStore Chicago. The store sells donated goods and reinvests the money in building homes for the homeless. The senior-to-be is doing all this while getting in shape for his final baseball season at Denison, a Division III program in Granville, Ohio.

He's had a lot on his plate this summer, figuratively and literally.

"I'm trying to get to about 190 pounds for baseball season," he said.

Papaioannou entered the summer at 165 pounds, but has added 15 by consuming 3,000-4,000 calories a day and working out four to five times a week. Two days are dedicated to legs, mainly squats. Light days see high



LEE BOSCH/PIONEER PRESS

"I interned last summer at a small investing group. I hated it. ... I wanted to do something where I could make a meaningful impact. I took a risk and changed to the pre-med track and I've enjoyed every second of it."

— Philip Papaioannou, a catcher for the Denison baseball team, who is spending his summer as a research assistant at the University of Chicago Medicine (pictured above)

reps of 225 pounds, while heavy days have lower reps of 285-300 pounds. Another two days are dedicated to dumbbell bench, with light days consisting of 75-80 pounds of high reps and heavy days cranked to 85 pounds. Saturdays are all cardio.

Papaioannou specifically wanted to strengthen his core this summer, along with muscles used for explosive movement, which is something Tim Heublein, a baseball instructor who has worked with Papaioannou the past four years, praised.

"(He's) more dedicated to the small things than most players tend to be," Heublein said. "He understands

the importance of core strength."

Heublein is working on mechanical stuff with Papaioannou, specifically footwork and body positioning, so he can succeed both with the bat and glove.

"We're working on getting his lower half into the proper positioning (on offense and defense) so his upper half can be successful," Heublein said. "A lot of things most people would consider very tedious, are what he works really hard at."

But blocking a slider in the dirt hasn't been Papaioannou's biggest concern this summer. Neither has the balancing act of a full

schedule.

"Eating," he said. "It's hard to find time to sit down and have a meal for half an hour."

Almonds and Subway footlong sandwiches have become his best friends this summer.

And while the endgame for Papaioannou is specializing in orthopedics, his biggest goal in the near future is on the diamond.

In 29 at-bats last season, Papaioannou batted .310 with a .429 on-base percentage. Papaioannou, who started seven games and appeared in a total of 18, also scored five runs and drove in six.

Denison recorded its

third-highest win total (27) in program history in 2016 and finished first in the division. But the Big Red's season ended one game short of the North Coast Athletic Conference Tournament final.

"Denison has never got a national bid into the big tournament and never won the conference tournament. ... That's the goal," Papaioannou said. "Then we would graduate and I'd still be playing baseball after graduation, which sounds awesome to me."

Lee Bosch is a freelance reporter for Pioneer Press.

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SOCIAL SAVVY

Athletes, admins share best practices for social media

BY JON J. KERR
Pioneer Press

Social media is now as much a part of our culture as summer road trips and Marvel Comics movies. While there is no one "proper" way to use Facebook, Twitter, Instagram and other platforms, Pioneer Press contributor Jon J. Kerr explored social media best practices — and pitfalls — within high school sports by interviewing area athletes, coaches and administrators.

Q: On which platforms do you have social media accounts? What do you use it for?

Justin Smith, senior Stevenson basketball player: I'm on Instagram, Twitter and Snapchat throughout the day. I try not to spend a good amount of time on social media. A lot of people have their opinions about me and my game and where I should go to school. I try and ignore that. I don't post. It's more for me to look.

Grace Butler, senior Carmel volleyball player: I am on Twitter, Instagram, Snapchat and Facebook. I use Twitter the most. Before I committed (to Central Michigan) I put my video in my bio. I'm very conscious of what I put on my account. I retweet more than post.

Jimmy Trieb, senior Buffalo Grove football player: I just use Twitter. On my profile, I have a link to my football Hudl tape. I want to play football in college and it makes it easier for coaches to see what I did when they just have to click a link. They can see you are not fooling around on social media but using it effectively.

Q: Do schools monitor social media use of athletes? What is the responsibility of coaches and administrators?

Chris Uhle, former

baseball coach and current principal at Ridgewood: It's a shared responsibility. I'd like to think from my end it's 50-50. This year we started a Twitter page for our baseball team as a way to model what we want. We kept it as positive as possible. But it's a double-edged sword. If a kid had a great game, and we weren't posting something within an hour after a game, a kid would text and ask why isn't this up yet? Teenagers do things to outdo each other. It's 'like' syndrome or 'favorite' syndrome. It can be dangerous.

"What we are concerned with is volume. If you are tweeting all the time, then what are you doing academically and socially to build relationships outside social media?"

— Chris Bowers, Northwestern University director of football player personnel

Tricia Betthausen, Stevenson athletic director: The athletic directors do a nice job in our local area to stay abreast of posts. Sometimes we are alerted by our own athletes and coaches. If it's something that could be offensive or inappropriate, I talk to the athlete. We have meetings each year where we meet with each athlete for each sport. Athletes have leadership groups. Social media will be a big part of discussions moving forward.

Q: What can a college

coach learn about a recruit based on their social media use?

Chris Bowers, Northwestern University director of football player personnel: What we are concerned with is volume. If you are tweeting all the time, then what are you doing academically and socially to build relationships outside social media? So a recruit tweeted 150 times this week. OK, they didn't tweet anything bad, but it gives a window as to what their priorities are. You see a snapshot.

Q: What platforms do you use to best reach a recruit?

Bowers: The challenge is it evolves faster than we can evolve. Years ago you had Facebook, but it's a dinosaur now. We've noticed a move of high school kids to Snapchat and Instagram. Twitter is still the most dominant one. The more savvy recruits know that coaches are on Twitter. The media is there. If they get an offer, and it gets retweeted, now everyone knows they have an offer. Once you get a few, you are bound to get a few more. Kids have to market themselves.

Q: Some coaches and administrators are more active on social media than others. What is the upside?

Pat Mahoney, Loyola Academy athletic director: I enjoy it. It's a fun way for me to be involved, to celebrate and share. We had people in Europe say, 'I followed you during the football game.' It's a way for people to connect with our school.

Betthausen: Our coaches use it as a tool. They use it to promote their programs, to send information to student-athletes.

Q: If you could give one piece of advice to your peers about social media use, what would it be?



PATRICK GORSKI/CHICAGO TRIBUNE

As one of the top basketball players in the area, Stevenson's Justin Smith prefers a low-key social media approach: "A lot of people have their opinions about me and my game and where I should go to school. I try and ignore that."

Trieb: I think people can utilize it more. Take it more seriously and see how it can be beneficial.

Butler: There are athletes from my school posting stupid things to Twitter. I tell them not to. People

have to realize they can't use social media for expressing whatever feelings they have.

Smith: If you use it, make sure you know what you are posting, reposting, retweeting and liking. If a college

coach were to see it, would it give a good reflection of who you are?

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

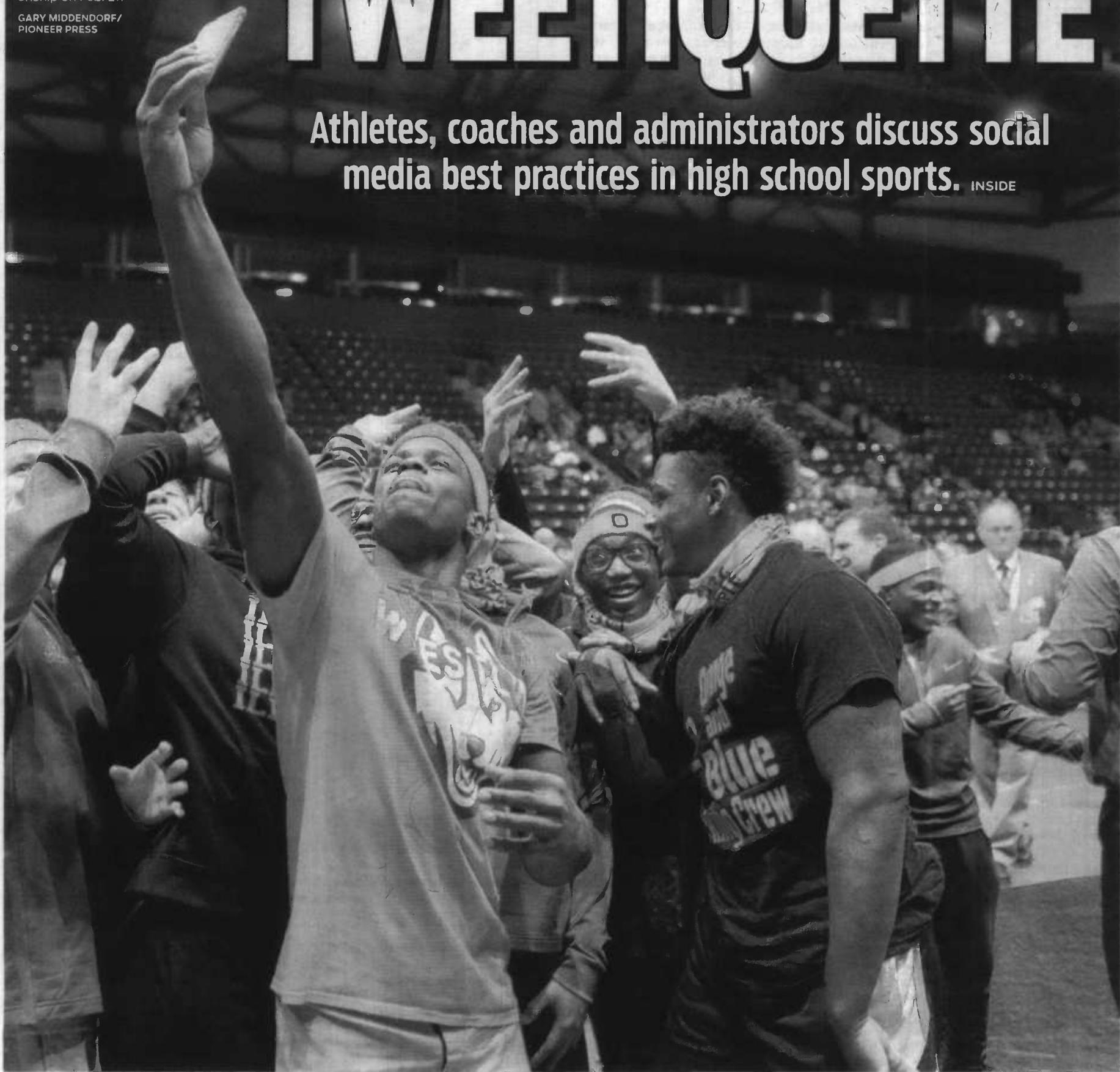
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GARY MIDDENDORF/
PIONEER PRESS

TWEETIQUETTE

Athletes, coaches and administrators discuss social
media best practices in high school sports. **INSIDE**



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