From Niles to Rio

Polish community hosts pep rally for local Olympic swimmer. Page 4

You can too

A River Forest woman turns her love of cooking into a passion for canning. She shares her tips for preserving fruits, vegetables and more. Inside

Soda bans miss the mark on food safety

While government continues to try to regulate snack foods, it does little to protect us from the poisons produced by the onslaught of the industrial food industry, writes columnist Randy Blaser. Page 17

Outspoken

Gay athletes from the area share their stories of coming out to teammates. Page 43
Kevin Rauch, energy ambassador

Park Ridge resident Kevin Rauch, 51, took time out of his active schedule as a ComEd Energy Force ambassador to answer a few questions about his work representing Shore Community Services. Rauch, who has spina bifida, is participating in a program to help empower and educate individuals with developmental disabilities to communicate the reduction of electricity use.

Q: Where are you from?
A: I'm a lifelong resident of Park Ridge. I have been attending Shore Community Services in Morton Grove for over eight years.

Q: You go to outreach events. Where do you go?
A: I attend a variety of community events. Some events are sponsored through ComEd, like going to zoo lights or a Chicago Sky game. I also find out about these events at my agency.

Q: Do you enjoy what you do?
A: I love what I do because of the variety. I meet many different people in many situations. One week, I'm talking to a church group, and the next week I'm at the zoo.

Q: How long have you been a ComEd Force ambassador?
A: This is my fourth year as a ComEd Energy Force ambassador.

Q: What do you tell people at these events?
A: I tell people how to save money on their electric bill and how to be more energy-efficient.

Kevin Rauch

Q: Any tips you can tell me on how to save money on electricity use?
A: You can turn off the lights when you leave the room. Always use your dishwasher and clothes washer when full. Keep the fridge between 35-38 degrees.

Q: How long have you been a ComEd Force ambassador?
A: This is my fourth year as a ComEd Force ambassador.

Q: When not working, are you going on any summer trips or vacations?
A: I recently went to a Chicago Bandits game in Rosemont. I am looking forward to visiting the Chicago Botanic Garden.

Q: Any advice for others who wish to follow in your footsteps to become a ComEd Energy Force ambassador?
A: When new ambassadors start out, they should make sure to learn the information, have a passion for what they do and look presentable at every event.

— Karen Medina, Pioneer Press
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Pep rally held for GBS grad in Olympics

BY KARIE ANGELL LUC
Pioneer Press

While Glenview resident Olivia Smoliga prepared to compete in the 2016 Summer Olympics in Rio de Janeiro, her family celebrated the milestone on Aug. 4, more than 5,000 miles away in suburban Niles.

A 2013 Glenbrook South High School graduate, Smoliga, 21, was set to take part in her first Olympics for the U.S. women's swim team once opening ceremonies for the games concluded Aug. 5 in Rio de Janeiro. Last month, she won the women's 100-meter backstroke final at the U.S. Olympic swimming trials.

Back home, the local Polish community in Niles celebrated the achievement by hosting a pep rally Aug. 4 for Smoliga's family at St. John Brebeuf Parish, where Smoliga attended the Nicolaus Copernicus School of Polish Language.

"We're stunned that the Polish community came together, and it was so nice to have the Polish community do this pep rally for us," said Elzbieta "Ela" Smoliga, Olivia Smoliga's mother.

The event's guests included Piotr Janicki, consul general of the Republic of Poland in Chicago, and Niles Mayor Andrew Przbylo, along with many other area residents. Father Piotr Samborski, of St. John Brebeuf Parish, delivered a blessing for Olivia Smoliga ahead of the Olympic Games.

"All of the Catholic faith is about communion and gathering of people," Samborski said. "As Christians, we should support and love one another."

Already in Rio to prepare for the games, Olivia Smoliga thanked everyone at the pep rally in Niles for their support through a pre-recorded video played on a large screen.

"I would like to thank Chicago's Polish community," she said. "Thank you for coming, and I hope you have a great time."

Her family, though, anxiously waited to see Olivia Smoliga in person at Rio. They were set to fly to the Brazilian city from O'Hare International Airport on Aug. 5 to see her daughter compete in the games.

Elzbieta Smoliga and her husband, Tomasz Smoliga, also have raised Matthew Smoliga, a 17-year-old Glenbrook South High School senior who plays hockey.

Once the games get underway, Olivia Smoliga will have many fans cheering her on back home in the Chicago area, Janicki said.

"I believe that in her heart if she wins an Olympic medal, she will feel she has won it for Polish Americans here," Janicki said.

Kasi Sowacki, left, of La Grange, and Anna Lebiecka-Helma, of Elmhurst, prepare to bring out food during the pep rally in Niles for U.S. Olympic swimmer Olivia Smoliga.

KARIE ANGELL LUC/PIONEER PRESS PHOTOS

Father Piotr Samborski, of St. John Brebeuf Parish in Niles, offers a blessing at a pep rally Aug. 4 for U.S. Olympic swimmer Olivia Smoliga, a 2013 Glenbrook South High School graduate.

MARK J. TERRILL/THE ASSOCIATED PRESS

Olivia Smoliga, a Glenbrook South High School grad, reacts after winning the women's 100-meter backstroke final at the U.S. Olympic swimming trials in Omaha, Neb., June 28.

earned a full scholarship to the University of Georgia and pursued competitive swimming, her father said.

"It's so surreal," Tomasz Smoliga said. "It's going to hit us when we land in Rio."

Karie Angell Luc is a freelance reporter for Pioneer Press.
Village’s Diversity Month gets a makeover for 2016

Plans do not include controversial flag display along Lincoln Avenue

BY NATALIE HAYES
Pioneer Press

Lincolnwood officials who organize the annual Diversity Month adopted a new image this year, as they plan fresh events to replace the once-controversial flag display along Lincoln Avenue.

Until last year, a display of more than 60 flags hung along the town’s main thoroughfare every August for more than a decade meant to highlight the diverse cultural backgrounds represented in the village.

The flag display — once a rich tradition for the Lincolnwood community — came under scrutiny two years ago when heightened tensions in the Middle East in late summer 2014 divided the community. Some residents at the time gathered at village hall for a public hearing and decried the Palestinian flag’s presence among the other countries’ flags.

Despite some opposition to the flag, Lincolnwood kept Palestine’s flag flying until all the flags were taken down in September, when Diversity Month came to a close. None of the flags has returned to Lincoln Avenue since 2014.

And village officials still are deciding whether to continue the display along with other new events being planned for Diversity Month this year.

“The flag program is on hold while the village considers various options,” Lincolnwood Police Chief Bob LaMantia said, adding that there are “no immediate plans for the flags.”

In place of the flags, the volunteer-based Lincolnwood Human Relations Commission is staging a one-day event in Proesel Park on Aug. 15 to keep the tradition alive.

Until this year, Diversity Month was marked solely by the flag display.

“We haven’t heard much from the residents about missing the flags since the big ‘boo-ha’ that happened a few summers ago,” said Rebecca Kohn, chair of the Human Relations Commission. “At one point many years ago, someone decided August would be Diversity Month with no particular rhyme or reason.”

“We’re hoping it will be the start of a series of fun activities we’ll have over the course of the year instead of limiting ourselves to just one month.”

— Rebecca Kohn, chair of the Human Relations Commission

Commissioners are wanting to spread events that highlight the town’s diversity throughout the calendar year, starting with a cultural dance party next week.

Between 6:30 and 8:30 p.m., the park shelter at North Kostner and Morse avenues will host dance groups representing different nationalities including Russian, Ukrainian, Serbian, Macedonian and Indian.

Cultural dance groups, including the Chicago Cosacks, the Dukati and Biser Folklore Ensemble, and the Natraj Dance Academy, will take center stage before the dancers begin a free teaching lesson for the public. Free beverages will be handed to guests and staff from the Lincolnwood Public Library will be there with a freezer filled with ice cream.

“It’s our first step in trying something new for Diversity Month, and I think it will be good for the morale of the community,” Kohn said. “We’re hoping it will be the start of a series of fun activities we’ll have over the course of the year instead of limiting ourselves to just one month.”

A public works project last summer that called for the replacement of the light poles, where the flags were typically hung, forced the village to cancel last year’s tradition without making a decision about the flag display.

Lincolnwood Mayor Jerry Turry and some village trustees also attended a forum in October at Oakton Community College for public leaders looking to develop programs that embraced diversity on a public level.

For now, as the village tries to form new traditions, Kohn said the pressure to make fresh rituals stick shouldn’t fall solely on the backs of public officials.

“If we don’t get a good turnout, I think it will be hard to get support for other more significant events we’re kicking around,” she said. “We just want people to have fun and come out to connect with each other by having a good time.”

Natalie Hayes is a freelance reporter for Pioneer Press.

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It's a 'Pokemon Go' world

BY NATALIE HAYES
Pioneer Press

The cultural phenomenon that is "Pokemon Go" has caught on in Lincolnwood, where gamers can head to the mall, the park or public library to satisfy their desire to conquer the world of Pokemon.

The trend, which is a mobile game that challenges players to collect "Poke balls" and travel to public places to find Pokemon, works by inserting animated creatures into a player's geographical location. The game turns a player's surroundings into a fantasy world using real-time location data and smartphone cameras.

The game has delighted 13-year-old Sameer Kajani, who frequents a "Pokestop" — a place where digital Pokemon and Poke balls can be found — at Lincolnwood Public Library when he goes out hunting for points.

With an armful of books in tow on one recent Thursday afternoon, the Lincoln Hall student admitted to visiting the library a lot more often this summer since he started playing the game.

"This is the Pokestop closest to my house, so I come here a lot to play," Kajani said. "Since it's interactive, it's much better than regular video games where you sit around on the couch all day!"

As a registered Pokestop, the library has embraced the Pokemon trend by offering plenty of Pokemon-themed books, games, and movies for checkout to cater to the stream of adoring gamers who wander in search of Poke balls throughout the week.

Youth and Teen Services Librarian Emily Fardoux reorganized a section of the library to appeal to gamers with a special Pokemon-only section of materials available to be checked out. She also made bookmarks that relate to the game.

She and other library staffers have heard from visitors who have said they haven't been to the library in years until they were drawn back in by "Pokemon Go." Those customers have since renewed library cards and checked out numerous materials because they were reminded of what the library can offer them, Fardoux said.

"The bookmarks and book suggestions have been a hit — as have the little 'Poke balls' we have taped around the library marking different spots Pokemon have been caught," she said.

Across town at Lincolnwood Town Center, Pokemon gamers typically head to the upper level Kohl's wing of the mall, where players can find and catch Pokemon near the main entrance of the department store.

The mall's marketing manager, Genelle Iocca, said the mall hasn't yet attracted a huge number of "Pokemon" gamers. But some retailers have started selling "Pokemon Go" merchandise to cater to the few fans that trickle in daily, she said.

"It's not huge here to the point where it's become crazy with people walking around bumping into each other, but we see groups of people coming in here to play it daily," Iocca said.

Because the game promotes at least a moderate level of exercise by encouraging players to keep moving, Iocca said the game falls in line with Lincolnwood Town Center's policy to promote physical activity. The mall usually opens two hours before shops do, so people have a place to walk indoors.

"We welcome people who want to come in and walk anytime," Iocca said. "I'd imagine if the game stays popular we'll get more players coming in when the weather gets cold."

Because "Pokemon Go" is known to drain phone batteries, gamers who head to Lincolnwood Town Center can enjoy the perk of free smartphone chargers, located on the lower level near the center of the mall.

Natalie Hayes is a freelance reporter for Pioneer Press.
New Lincolnwood gun range cleared to open

BY KATE THAYER
Chicago Tribune

After nearly three decades, several attempts, a court battle and opposition by some nearby residents, a Lincolnwood gun shop has been cleared to open a shooting range.

Under court order, Lincolnwood issued a building permit Aug. 3 to Shore Galleries, allowing the gun dealer to construct a 10-lane shooting range on the second floor of its shop at 3318 W. Devon Ave., just north of the Chicago border.

“Our hands are tied. We have to adhere to the court order,” Village Manager Timothy Wiberg said.

Shop owners sued the village after it denied their most recent request to open the gun range. A Cook County Circuit Court judge sided with the village, which argued the range would violate local zoning code because it did not qualify as a recreational use.

Owners appealed and won, with a state appeals ruling two years ago that a gun range does qualify as a recreational use, noting that shooting is an Olympic sport.

A lawyer for shop owner Mitchell Shore at the time called the ruling "a total vindication of our position."

After a few failed attempts in the late 1980s and 199s, Shore applied for a permit in 2012 to relocate to a local manufacturing district and add the gun range there. But he withdrew his request after an outcry among some residents because of the site's proximity to schools.

Shore then applied for the permit to expand at his current location, eventually leading to the lawsuit.

Throughout the process, residents have signed petitions against the range amid public safety and noise concerns.

The latest court ruling requires the village to apply its 2012 zoning code to the gun range because that's the ordinance that was in effect when Shore applied for the permit.

Since then, Lincolnwood has revised its zoning code to specify where shooting ranges can be built. Wiberg noted that, under the current zoning code, a shooting range would not be allowed at the Devon Avenue location.

Village President Gerald Turry said his main concern is the noise the shooting range could bring to the area, which backs up to homes. But he said the village will closely monitor sound levels and strictly enforce its 65-decibel maximum.

If there's a violation, "we'll make him correct it, and we probably won't let him continue to operate if he doesn't," Turry said.

The village leader added that "most of the people who come to Shore are policemen or retired military."

"These days, you don't know anymore, but hopefully it will be law-abiding citizens interested in recreational shooting or honing their skills," he said.

Turry also noted the Shore family has been a local business owner for 60 years.

"The Shore family has been a wonderful family in Lincolnwood so I'm hoping this all works out," he said.

Shore Galleries website states the range will be completed by the end of 2016. It also specifies safety, ventilation and sound abatement features. A man who answered the phone at the shop Aug. 4 declined to comment.

In Chicago, a ban on gun ranges was overturned by a federal appeals court in 2011.

Chicago teen charged in burglaries

BY MIKE ISAACS
Pioneer Press

A Chicago teen was charged with two counts of burglary in connection with two stolen bicycles Aug. 3 in Skokie, police said.

The suspect, who is 16, was not named by police because of his age.

According to police, the suspect and another unknown male broke a window at Al's Cycle Shop, 8118 Lincoln Ave., before taking two bicycles. Two days later, police said, they saw a male riding a bicycle in another part of town who matched the description of one of the suspects in the bicycle burglary.

"An investigation on scene revealed that the bicycle he was riding was stolen," police said in a released statement.

The suspect, police said, admitted to his involvement in the burglary at Al's Cycle Shop and another burglary the same day from an unlocked garage in the 7500 block of Keystone Avenue.

In that incident, two bicycles were stolen and later recovered, police said.

After being charged in the incidents, the suspect was referred to juvenile court, police said.

misaaacs@pioneerlocal.com
Twitter @miisaacs
The following items were taken from Niles Police Department reports and press releases. An arrest does not constitute a finding of guilt.

**BATTERY**
- Candice Berg, 33, of the 9100 block of West Cermak Road in Riverside, was charged July 28 with battery at a bar in the 8000 block of Oakton Street. A court date is scheduled for Aug. 31, police said.
- Adan Salgado, 61, of the 3700 block of North New England Avenue in Chicago, was charged July 23 with battery and aggravated assault in the 8500 block of North Oleander Avenue. He is scheduled to appear in court Aug. 31.

**DUI**
- Teodora Cisneros-Marquez, 34, of the 8200 block of Oak Avenue in Niles, was charged July 25 with aggravated driving under the influence of alcohol at Golf Road and Milwaukee Avenue. Cisneros-Marquez was also cited with driving without a license.
- Mahdi L. Khalil, 28, of the 9200 block of New England Avenue in Morton Grove, was charged July 25 with driving under the influence of alcohol on Greenwood Avenue and Dempster Street. Khalil was involved in a traffic accident with another driver, who told police he appeared to fall asleep at the wheel. A court date is scheduled for Aug. 31.
- Israel V. Piedra, 34, of the 1200 block of 12th Street in Northfield, was charged July 23 with domestic battery and driving under the influence of alcohol in the 8700 block of Milwaukee Avenue. A court date is scheduled for Aug. 12.
- Pablo A. Lopez, 21, of the 8000 block of West Lyons Street in Niles, was charged July 21 with driving under the influence of alcohol on Maryland Street and Milwaukee Avenue. Police said Lopez struck a traffic light pole while intoxicated. He failed sobriety tests, according to police. A court date is scheduled for Aug. 22.
- Martin W. Isaac, 29, of the 8800 block of David Place in Des Plaines, was charged July 22 with driving under the influence of alcohol on Milwaukee Avenue and Central Street. Police said Isaac was pulled over for disobeying a stop sign and speeding and he failed sobriety tests. A court date is scheduled for Aug. 31.

**THEFT**
- Bernice Baez, 43, of the 3500 block of North Nor-dica Avenue in Chicago, was charged July 27 with theft at Golf Mill Mall. Police said Baez passed a sales counter with $298 worth of merchandise concealed inside a cart. She is scheduled to appear in court Aug. 12.

Lincolnwood cops look for 2 armed robbery suspects

**BY NATALIE HAYES**

Police are searching for two men who robbed a Lincolnwood jewelry store at gunpoint July 29 at a busy intersection during Friday afternoon rush hour.

Two masked offenders entered Baladna Jewelry on the 4300 block of Touhy Avenue shortly before 6 p.m., and made off with $100,000 in gold and jewelry after they threatened the owner and his wife with a black semi-automatic handgun, according to Lincolnwood Police Detective Eric Gronlund.

Security footage from the store shows one of them pointing a gun toward the two employees, ordering them to get on the floor, while the other man emptied a safe containing cash and gold into a bag, Gronlund said.

Police did not know whether the men, who fled through the store's back door, left in a vehicle or on foot. The offenders, who police identified as male based on the sound of their voices recorded by the security camera, were last seen walking northbound on Lowell Avenue immediately after the robbery.

Gronlund said the robbers committed a brazen act, striking a store in a busy strip mall during broad daylight where they risked being seen by the many commuters who use Touhy to access the nearby Edens Expressway.

"We're hoping that someone driving by may have seen something," Gronlund said.

Anyone with information is asked to call the Lincolnwood Police Department at 847-673-2167.

Natalie Hayes is a freelance reporter for Pioneer Press.
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Dry, hot summer boosts pool revenue

BY NATALIE HAYES
Pioneer Press

The hot, mostly dry summer this year has made for a busy season at Lincolnwood's only public pool, where dreary weather last year resulted in a drop in revenue for the Lincolnwood Parks and Recreation Department.

After disappointing pool pass sales during the 2015 summer season, coupled with lower than usual concession sales and other revenue declines, the Proesel Park Aquatic Center saw revenue drop nearly $33,000 from the previous year. But the 2016 season is looking up, according to Laura McCarty, parks and recreation director for Lincolnwood.

The parks department declined to provide monthly attendance numbers for June and July at its three pools housed within the aquatic center, but McCarty said roughly 22 percent more people have been using the pools compared with last summer.

“I'd love to attribute this year’s numbers to being about more than the weather, but it accounts for about 90 percent of how well we do,” she said. “If we start out with a cold and rainy June then people just don’t come out to buy passes, but the weather started out strong and has been mostly perfect since.”

By mid-August of last year, aquatic center staff started tracking how many days they closed the pool early because of poor weather or low attendance. Out of 25 days recorded between Aug. 14 and Sept. 5, the facility closed early on 13 days, according to the parks department.

By contrast, the warmer summer weather this year is likely to help bring an aquatic center stuck in a two-year rut, underscored by a 50 percent drop in pool visitors between 2013 and 2015.

Attendance was cut in half from about 62,200 total visitors in 2013 to just 30,760 in 2015, according to a report from the parks department.

Although Lincolnwood residents pay about a third of what nonresident pool passes cost, most pool users who visit the center come from outside of Lincolnwood. Last year, 465 passes were sold to residents, while 611 out-of-towners bought passes, parks department figures show.

Sales of nonresident pool passes are up 15 percent from last year, according to McCarty, who said that 2015 was the second year in a row where Lincolnwood did not sell out of its nonresident passes. Those passes raked in $342,620 last year for the center — about $29,000 less than the previous year.

Lincolnwood residents also have bought more passes — about 13 percent more than last year, according to McCarty.

While the popularity of the aquatic center is certainly at the mercy of Mother Nature, the length of the pool season this year is being limited for the first time by staffing needs.

With Labor Day weekend just a month away, the college and high school students who work as lifeguards, concession cashiers and fill other temporary staffing needs are heading back to school soon, leaving the pool with a shortage of workers.

As a result, the pool this year will shorten its hours of operation from 4 to 9 p.m. on weekdays, instead of opening at 10 a.m. In past years, McCarty said the end of summer staffing shortage was addressed by closing one or two of the pools during the day.

“We’d only be opening the pools we had enough staff for, so it was misleading because the public never knew which pools would be open,” McCarty said. “Half of our lifeguards are high school or college kids, and we can’t operate without having an adequate number of lifeguards.”

Signs notifying pool guests of the shorter hours, which start Aug. 15, soon will be posted. The signs will serve as a hard reminder for summer-lovers that the end of pool season is near.

“We’ll probably get some negative feedback, but it’s not uncommon for public pools to open late at the end of the summer,” she said.

Natalie Hayes is a freelance reporter for Pioneer Press.
Evanston High School cancels transgender meeting

Developments in federal court lead to delay on policy

By Lee V. Gaines

Citing developments in federal court, Evanston Township High School officials canceled a committee meeting last week to discuss the district's policy on transgender students.

The policy meeting was scheduled for Aug. 4 and District 202 Board of Education President Pat Savage-Williams previously had said the board probably would be presented with a new policy at its regular meeting scheduled for Aug. 8.

"Due to recent legal developments in federal court, we are going to delay this Policy Committee meeting," Lisa De La Fuente, assistant to the superintendent, wrote in an email.

Savage-Williams said the district canceled the meeting and held off on adopting a policy at the advice of its attorney. She said they were advised to wait for more clarity on the issue from state officials before moving ahead with a districtwide policy. The district has policies in place to protect students from discrimination on the basis of sexual orientation and gender identity, Savage-Williams said.

In an interview in May, District 202 Director of Communications Evangeline Semark, said ETHS allows transgender students access to "facilities and school-sponsored programs that are consistent with the student's gender identity."

Semark said in the May interview that the district had been working for several months to develop an official transgender student policy in consultation with legal experts.

The district worked with the law firm Franczek Radelet, the gender and sex development program at Lurie Children's Hospital of Chicago and the Illinois Safe School Alliance "to provide staff with the professional development they need to support and accommodate students who identify as transgender," Semark said in May.

Over the last several months, nearly half of the country's states have filed lawsuits against the Obama administration over its directive.

A case involving a transgender teen in Virginia marked the first time the issue had been brought to the attention of the Supreme Court. Earlier this year, a federal district court ordered the school board to allow the transgender teen to use the boys restroom. The school board requested last month that the Supreme Court grant an emergency stay of the order, which the court confirmed this week.

According to the ETHS website, parents of transgender students under age 18 must write a letter to the district requesting a change to the student's name and gender in the high school's student information system. Those over 18 can write the letter themselves.

Lee V. Gaines is a freelance reporter for Pioneer Press.
Officials report on West Nile virus uptick

Much of North Shore area impacted, risk deemed "low" to "moderate"

BY LEE V. GAINES
Pioneer Press

The North Shore Mosquito Abatement District is reporting a slight uptick in the number of mosquitoes found to be carrying West Nile virus in the North Shore area in recent weeks, particularly in Evanston and Skokie.

The district has increased the risk of contracting the virus from "low" to "moderate" based on an increase in the number of mosquitoes caught in NSMAD traps that have tested positive for the disease.

Of the 241 batches of mosquitoes tested in Evanston so far this season, 46 have come up positive for the virus. In Skokie, 39 out of a total of 173 batches have tested positive for West Nile Virus, and in Glenview/Golf, 15 batches have come up positive - with six testing positive the last week of July - out of a total of 121 batches tested.

Humans generally contract the virus through bites from infected mosquitoes, according to the Center for Disease Control, and mosquitoes become infected after feeding on birds with West Nile Virus.

Seventy to 80 percent of humans infected with the virus do not develop any symptoms; those who do experience symptoms such as body aches, joint pains, headaches, diarrhea, vomiting and rash, according to the Centers for Disease Control and Prevention, and fewer than one percent of people who contract West Nile virus develop a serious and sometimes fatal neurological illness.

Roger Nasci, executive director for NSMAD, said the rate of infected mosquitoes is higher than average this year but still lower than in 2012, which is considered to be the most recent "outbreak" year for West Nile virus.

In 2012, there were 20 reported cases of the virus in humans living within the district's borders, said Dave Zazra, communications manager for NSMAD.

The rate of infection in mosquitoes so far this year is "higher than what we've seen in years we consider relatively low risk," Nasci said, adding, however, it's not nearly as bad as what was reported four years ago.

The first case of West Nile virus this year was discovered in late May after a teenager in west-central Illinois became severely ill, according to the Illinois Department of Public Health. The state health department has reported three human cases of West Nile virus statewide so far this year, according to NSMAD.

Catherine Counard, director of the Skokie Health Department, said her agency reported a suspected human case of West Nile virus to NSMAD following initial testing earlier this summer. She said, however, that a state laboratory did not confirm the presence of West Nile virus after additional testing.

Weather conditions this year have been favorable for the virus, Nasci said. Generally speaking, mild winters, dry springs and hot summers contribute to higher rates of infection, he said.

He said the district's abatement efforts have likely tamped down the spread and contributed to a lack of confirmed human cases in the communities that NSMAD serves.

Those efforts include monitoring the abundance of West Nile virus in mosquitoes caught in traps set throughout the district, and limiting the number of mosquitoes that make it to adulthood by injecting larvicide in storm sewer catch basins and other areas where the bugs are likely to breed.

NSMAD began spraying adult mosquito populations in the last week of June after identifying increased rates of West Nile virus activity and in preparation for the July Fourth holiday, Nasci said.

He said the vast majority of abatement work is focused on mosquito larvae, but the district has stepped up efforts to tackle adult populations and will be spraying areas in Glencoe, Glenview, Northbrook, Wilmette and Winnetka later this week.

Evanston and Skokie have historically been hotbeds for mosquito-borne illnesses since the 1970s, Nasci said. Before West Nile virus arrived in Illinois in 2001, the area also experienced higher numbers of mosquitoes infected with St. Louis encephalitis - a sometimes fatal virus transmitted to humans via the bugs, he said.

Nasci said it's unclear why the area is so prone to viral infected mosquitoes.

"We know it's related to the mosquito bird population dynamics - that drives the virus," Nasci said. "We don't know what causes that to happen or why it's different than communities that appear to be somewhat similar and are adjacent to the north."

Evanston's assistant director of health, Carl Caneva, said there's nothing specific to explain the higher rates of infection.

"There are hypotheticals you can argue about, the flights of birds, the older infrastructure of the city with the catch basins and things like that," he said. "There are those elements but I don't know if there's any one piece you could point to."

Caneva noted that both Skokie and Evanston set more traps than any other community in the abatement district. Nasci said even with the higher volume of traps accounted for, the rate of infectious mosquitoes is still higher in those two communities.

Both Counard and Caneva say their agencies continue to warn residents about the presence of West Nile virus, and to take precautions like wearing insect repellent or loose long-sleeved pants and shirts, especially during the hours of dusk and dawn when the mosquitoes that carry the virus are most likely to feed.

Nasci advises residents to empty out any standing water on their property.

"I don't know if most people realize even a teacup with water in it, a child's toy or a swimming pool could have mosquitoes growing in it," Counard said.

She urged all North Shore residents to take proper precautions to protect against the virus.

"It's just common sense basic things you can do to minimize the risk of getting bitten," Counard said.

Lee V. Gaines is a freelance reporter for Pioneer Press.
Arlington International's new racing clubs for fledgling horse owners up and running

BY KAREN ANN CULLOTTA
Pioneer Press

A pair of new racing clubs are off and running at Arlington International Racecourse this summer, attracting nearly 150 fledgling horse owners, including former Bears coach Mike Ditka and Blackhawks coach Joel Quenneville.

Launched at the start of the track's summer racing season, the Arlington Racing Club aims to give local racing fans the experience of thoroughbred ownership without the steep costs of boarding, feeding and veterinary bills associated with caring for a racehorse, Arlington International spokesman Howard Sudberry said.

Indeed, since the club's inception in May, roughly 140 racing club members have paid $500 to co-own one of two thoroughbreds, which include horses Always a Catch and Forever Royal, Sudberry said.

While owners can win back up to their $500 membership fee if their horse runs well, any winnings beyond their original investment will be donated to the nonprofit thoroughbred rescue organization, Galloping Out, Sudberry said.

The one-time fee, which also includes free season admission and parking at the track, gives racing club members such as Larry Krupp, of Deerfield, a chance to watch their horse work out, visit them in the backstretch and cheer them on at the rail with family and friends on days when the horse races.

"I've always dreamed of being a horse owner, and I love Arlington International, so when I heard they were offering memberships to a racing club, I jumped in as quickly as I could," said Krupp, 60, who along with his son Josh Krupp, 21, cheered on his filly, Forever Royal, as she entered the paddock, prior to competing in a race July 14.

"When she's racing, it's kind of like watching your child compete in sports," Larry Krupp said. "This is our baby, and she just loves to race."

Josh Krupp, a senior at Michigan State University, said his father's membership in the racing club has provided the perfect venue for them to hang out together during his summer break from college.

"Ever since I was a little kid, my dad has took me to the track, so it's really exciting for us just to have a horse running out there," Josh Krupp said.

As Forever Royal finished second in a fierce race on July 14, winning the Krups about $80, father and son insisted the thrill of owning a stake in a thoroughbred was not about making money.

"Even if she didn't win second place, just seeing Forever Royal taking off out of the gate, and flying down the stretch ... it's such a great feeling," Larry Krupp said.

kcullotta@tribpub.com
Twitter @kcullotta

KAREN ANN CULLOTTA/PIONEER PRESS
A pair of new racing clubs are off and running at Arlington International Racecourse this summer, attracting nearly 150 fledgling horse owners of two thoroughbreds, including Forever Royal, a filly, pictured here with Jockey Mitchell Murrill aboard.

For more information, call (773) 622-6144 or visit www.BethesdaSeniorCare.org
Community input on affordable housing sought

BY KATHY ROUTLiffe
Pioneer Press

Northbrook-based Housing Opportunity Development Corporation, which owns the former American Legion Post 46 building in Wilmette, shown here in June, hopes to present new alternatives for affordable housing on the site to residents after Labor Day.

Others argued it would lower area property values, add nearby traffic, fail to prioritize low-income Wilmette residents, and bring possible criminals into the village.

After that meeting, Koenig withdrew the proposal, stating in a letter to the village that, "We have heard the concerns of the community and based on issues raised we would like to take time to respond thoughtfully and consider modifications to better meet the needs of Wilmette families."

HODC held public meetings in December 2015 to answer residents' questions and to get their input. In February of this year, it loaned the building rent-free to the Wilmette-based Actors Training Center as rehearsal space.

Koenig said in June that HODC officials were looking at the possibility of designing space to serve families, rather than simply focusing on studio and one-bedroom apartments. Another option might be a mixed-use commercial-residential project, he said at the time.

The property, which lies just west of the Wilmette Avenue-Ridge Road intersection, is zoned as neighborhood retail, a commercial zone. As such, a mixed retail and residential-use project could be built without developers having to seek village zoning approval, according to Lisa Roberts, Wilmette's assistant director of community development.

KATHY ROUTLiffe/PIONEER PRESS

Northbrook-based Housing Opportunity Development Corporation, which last year proposed and then withdrew a project to build affordable apartment units in Wilmette, expects to explore alternate proposal options with village residents starting in September, according to Richard Koenig, the corporation's executive director.

"We've been busy working, searching for alternatives" to the 20-unit apartment building first proposed last year for property HODC owns at 1925 Wilmette Ave., Koenig said. "But I've promised to go back to the community before proposing a project to the village. We're trying to figure out when to schedule a series of community meetings, and we hope to do that after Labor Day."

HODC, which develops and manages affordable housing projects across Chicago's North Shore suburbs, bought the former Wilmette American Legion Post 46 property in June 2015 for $464,000 and the next month announced plans to develop affordable housing on the lot.

Although village officials and local affordable housing advocates at the time praised HODC's purchase and plans, the project quickly garnered opposition.

Opponents of the project turned out in droves to a November 2015 plan commission meeting to complain that the three-story project's 10 350-square-foot studios and 10 one-bedroom apartments of between 529 to 568 square feet were too dense for the site.

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Thousands attend Evanston Lakeshore Arts Festival

BY KARIE ANGELL LUC
Pioneer Press

The Evanston Lakeshore Arts Festival, a two-day event showcasing more than 80 artists, drew more than 5,000 people over the weekend, organizers said.

The festival took place at Dawes Park at Sheridan Road and Church Street just south of Northwestern University.

"It's just an idyllic setting on beautiful Lake Michigan," said Patricia Battaglia of Skokie, Evanston's cultural arts and festival coordinator. "I feel like when I was watching set up, it was like a little Camelot."

The free event on Aug. 6 and Aug. 7 featured art with children's craft activities, festival fare, a silent auction to benefit city arts programming and live music.

Attendees were seen dancing on the walkways around the Arrington Lakefront Lagoon.

Rodney Greene of Evanston and Evanston city clerk, danced with Grace Truth from Ashland, Ore. Howard Forkash, a harpist and 1961 Evanston Township High School graduate, performed on harmonica while the two danced.

Forkash had returned to Evanston for his high school reunion.

Meanwhile, the children's craft tent was busy with volunteers, community groups and staff from Evanston's summer youth employment program assisting families.

"The purpose of this is to definitely give a place for the youth of Evanston to come together to let creative juices flow," said Kristen Sanders, a Northwestern University sophomore from California who hopes to pursue nonprofit work.

"They get to try things they wouldn't do on a normal day," she said.

Sanders served as children's craft coordinator, helping to make the tent opportunity possible.

"I love it, I love working with kids," Sanders said. "They've shown me things I wouldn't think of doing and it's really cool to watch them learn."

KARIE ANGELL LUC/PIONEER PRESS

Neal Alger of Brookfield tunes up his bass guitar for his performance with Maracujaz at the Evanston Lakeshore Arts Festival Aug. 7 at Dawes Park on Sheridan Road just south of the Northwestern University campus.

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Brandon Starkoff, a Glenview cancer survivor, trains for the Transamerica Chicago Triathlon along the 30 mile loop in the North Shore with his friends Tracey Scheppach, left, and Anne Caudill, center, on July 30.

Glenview cancer survivor runs triathlon

Athlete hopes to raise money, awareness for research

BY ALEXANDRA KUKULKA
Pioneer Press

One night in September 2011, Brandon Starkoff woke up with a group of paramedics standing over him. They told him he had just had a seizure and needed to go to the hospital.

Doctors performed a CAT scan on Starkoff that night, and found that he had a mass the size of a grapefruit in the front left lobe of his brain, Starkoff said. Over the next few days, Starkoff underwent an MRI and biopsy, and the doctors determined that Starkoff had a grade three astrocytoma, or brain cancer.

For the next six weeks, Starkoff went through radiation five days a week and chemotherapy seven days a week, and he continued chemotherapy for another six months after the initial treatment, according to his oncologist, Priya Kumthekar. This is the standard treatment plan for people with Starkoff's type of brain tumor, she said.

Starkoff, now 40, has been in remission for the last four years. He still has a mass the size of a racquetball in his left front lobe, but it is dormant and he gets scans every four months, he said. Starkoff will have to get brain MRI scans for the rest of his life, though less frequently over time, Kumthekar said.

"Going through it, not fighting wasn't an option," Starkoff said. "It was always I am going to fight and I am going to get through this thing."

Since his remission, Starkoff said he has dedicated himself to raising money and awareness for cancer research, and he will continue to do that by competing in the 34th annual Transamerica Chicago Triathlon on Aug. 28.

"Brandon is always positive," Kumthekar said. "He doesn't let anything stop him. He is very dedicated, positive and gives his all to everything. This triathlon is probably no different."

He will be completing the race with Team Bright Side, which has raised $500,000 for the Leukemia and Lymphoma Society to go toward funding childhood leukemia and lymphoma research. Starkoff said. Starkoff said he doesn't want any child to go through what he went through.

"We're in the mindset of we are fighting for children's lives," Starkoff said. "The more money we raise, the better we do at the triathlon. The more fighting and endurance we put into this, the more we will all get out of this."

Tracey Scheppach, the creator of Team Bright Side, said she started the team shortly after her son, Ryan, now 11, was diagnosed with leukemia in January 2013 because she wanted to help fund cancer research. This is her fourth year completing the triathlon with the team, Scheppach said.

Scheppach named the team after Ryan's positive attitude during his treatment, which he completed three months ago as he entered remission, she said.

"Every single time anything bad would happen, Ryan would say, 'well, the good thing is,'" Scheppach said. "He always looked on the positive side."

This year, 9,200 athletes will be participating in the Transamerica Chicago Triathlon, and roughly 400 to 500 athletes are raising money for various charities, said Scott Hutmacher, the triathlon brand manager.

"They are challenging themselves to accomplish this event with purpose, and the purpose comes with them raising funds for a charity group," Hutmacher said.

Before he was diagnosed, Starkoff completed six triathlons, he said. This is his first triathlon since he was diagnosed, and Starkoff said the mass in his brain does not cause him any problems as he trains, but what has changed is the meaning of the race.

"It was personal," Starkoff said. "It was about me getting my best time ever. Now, it's about making an impact, working with a team of people to raise these funds and run on behalf of all these children."

The doctors weren't able to determine what caused the tumor in Starkoff's brain, but they believed that it had been growing for 11 years, he said. Starkoff said he told the doctors that roughly 11 years before his diagnosis, he suffered a concussion after he fell in a skiing accident, though the doctors weren't able to confirm if the concussion caused the tumor. Throughout his treatment, Starkoff said that he was overwhelmed with support from his family, friends and coworkers at Starcom Mediavest Group, who made meals for him, his wife and twins, who were 18 months old when he was diagnosed, every night for three months.

Starkoff said he has lived a healthy and fit life, and someone who inspires him to live that way is Lance Armstrong. When he was diagnosed, Starkoff said a group of his friends worked for a company with connections to Livestrong and they were able to arrange for Armstrong to make Starkoff a video message of support.

I got that when I was in the hospital right after my biopsy, and I'll tell you, receiving something like that will light a fire under you to fight forever," Starkoff said.

akukulka@tribpub.com
Government misses the mark by worrying about soda size

Randy Blaser

While government continues to try and regulate how much soda you can drink or what kind of candy and snacks you can buy, it does little to protect us from the poisons produced by the onslaught of the industrial food industry.

If you are not convinced of that statement, something I've been telling friends, family and even my readers for years, then be sure to read the Chicago Tribune's special report published on Aug. 3 on how the growth of mega-hog farms across the state is ruining the quality of life for their neighbors, devaluing their properties and forcing them from their homes.

The Tribune recants similar stories of family farmers dealing with one of the foulest smells on the planet, a hog factory farm. If you've ever smelled it, you won't forget it.

It recounts the waste, the devastation and the fights to stop it.

And the Tribune recounts something else. The absolute ineffectiveness of state and local government to regulate the industry, to safeguard the environment, to protect family farmers and their small investments that often spanned generations.

As I said, government would rather tell you how big a Coke you can drink than face up to the industrial food industry that is doing who knows what in order to grow faster hogs, chickens and cows faster than ever in the most efficient and cheapest manner possible, no matter what the cost to the environment and our health.

Drive through central Illinois and you'll pass farm field after farm field without a farmhouse in site. That's the cost of the factory farm.

Animals confined in overcrowded pens. How are they being treated in their short lives? That's the cost of the factory farm.

Livestock fed growth hormones and antibiotics to grow them fast and keep them healthy. That's the cost of the factory farm. But what are the effects on our health when we eat the beef, chicken and pork?

If we were a healthy people, I'd say the effect has been great. But we're not healthy, are we?

According to the Center for Disease Control, nearly 35 percent of Americans are obese. Is it because we suddenly forgot how to eat, or has the food industry changed what we eat?

What needs to change in this country is what government regulates. You and me and the 32-ounce Coke or the people that produce the food we eat?

Randy Blaser is a freelance columnist for Pioneer Press.

When did electronics master humans?

Paul Sassone

I am afraid of television. Not watching TV. Oh, no. I am fully capable of watching television every spare minute and until my eyes are red and burning.

What I mean is, I'm fearful of buying a new TV. I just feel it in my bones that if I brought home a new TV I wouldn't be able to install it or make it work.

TVs and other electronic devices are now so complex and complicated, you pretty much need to hire an expert to make them go. No accident, in my opinion. Electronics companies stay up nights thinking up new ways to separate us from our money. We Americans are divided into those who pay and those who get paid.

But it's not just the money I resent. I don't enjoy feeling like an idiot just because I can't figure out how to make a TV work.

But, I was not always the idiot you see before you. Once, I could not only make a TV work, I could actually repair a broken TV.

The young will not believe this. But some of you might remember ... the picture would go all twisty-sideways, or roll up and down uncontrollably, or just go fuzzy.

When this happened to my TV, I'd unplug it and, ignoring the printed warning, unscrew the back. I'd remove all the tubes - that's right, tubes. What are tubes? Look it up online - put the tubes in a bag and take them to the drug store.

In the back of the store was a device for testing TV tubes. The face of the tube tester consisted of plug holes of various sizes for the several-sized tubes. You plugged in each tube and an attached meter would show whether each tube was working or had burned out. I'd take my tubes out of the bag and plug them in one at a time. OK, the 6AZ8 works. So does the 12AU7A, and the 6DE6.

A-ha, the 6BZ4 is dead. I'd go to the counter and tell the clerk I needed at 6BZ4, which cost only a couple of bucks. I'd take the new tube and all the good tubes home, plug them into the TV, put my feet up and watch "Gunsmoke." So it was long ago in an America far, far away, an America in which we were the masters of electronic devices, not the other way around. In that America, if you wanted to watch, or call, or toast you just plugged it in and turned it on.

Change and progress aren't synonyms.

Paul Sassone is a freelance columnist.
Olympics tug at hearts and stir patriotism

LYNN PETRAK
Home on LaGrange

About a month ago, my daughter and I huddled over my iPhone and watched the speck-like image of a swimmer sprinting across a pool to the wall. It was live coverage of the Olympic swimming trials in Omaha, and we were cheering on Western Springs' own Mimi Schneider, who swam for my kids' club swim team and Fenwick High School before leaving for college and swimming for the University of Texas.

We also watched heats of other swimmers we knew, such as Sean Lehane, another alum of the Academy Bullets swim team, and Brian Donatelli, a longtime member of the Lyons Aquatics Club swim team and a graduate of Lyons Township High School.

There's just something about the Olympics that bring out the goosebumps every few years. The lighting of the torch, entrance of the athletes and the often-weird-but-fascinating dances during the opening ceremony, the two weeks' worth of events, the equally sentimental closing ceremony, the background music of the Olympic Fanfare and the ubiquitous TV back stories on athletes' road to success tug on the heartstrings and stir a definite patriotism.

A friend of ours hosts an Olympic party every two years, for the staggered summer and winter games, and it's a tradition for us to watch the opening ceremony at her home. This year, she's renting a giant inflatable TV that she's setting up in the backyard, along with some Olympic ring lights. I've got a couple of Olympic-themed appetizers I'm bringing, which probably won't look anything like they do on the Pinterest page.

Like Blackhawk playoff games and college football bowl games around the holidays, it's fun to watch Olympic events in a public place with other people around. After the opening of the Rio Games on Aug. 5 until the closing on Aug. 21, it's a safe bet that many bars and restaurants with TVs will broadcast some events, especially the higher-profile competitions like swimming, diving, gymnastics, soccer and basketball.

During the last Olympics in London, our summer swim pool set up a TV on deck so guests could watch Michael Phelps swim to one of his many gold medals.

As inspiring as the Olympics are, though, they are a reflection of the times. And time doesn't stop for the games, which is why there are legitimate concerns about contaminated water for kayakers, Zika virus precautions for athletes and spectators and the potential for terrorism in the wake of attacks that have been happening with alarming regularity throughout Europe, the Middle East and other parts of the world. As much as our enthusiasm is with these young and talented athletes, so are our thoughts and prayers for their safety.

If Chicago had won the bid in 2009, the 2016 Olympic Games would be at our front door. I remember wondering back then what it would be like to have the Olympic Village within a few miles of here and have a chance to watch some events, whether Greco-Roman Wrestling or the Decathlon or any other contest open to the public.

Rio got the games, and despite turmoil and troubles leading up to the Summer Games, it's time to tune in and get inspired and hopeful all over again.
Columnist Sally Higginson has come up with her own movie rating system.

The magic of the movies — from your own bed

SALLY HIGGINSON

I like to fall asleep watching a movie as much as the next gal. There's something quite soothing about feeling the gravitational pull on my eyelids before Kate Hudson figures out that she needs to spend the rest of her cellulite-free life with Matthew McConaughey.

But watching them fall into their final embrace isn't nearly as appealing as falling into my own deep sleep. Since I know in advance that this is how it ends for both Kate and me, I'm doing each of us a solid by staying home and watching in bed. On the Sally Scale, "How to Lose a Guy in 10 Days" gets a rating of "PG-100." That stands for "Perfect Goodnight 100%.

The more I realize that where I watch influences me as much as what I watch.

For example, if I'm foolhardy enough on a Friday night to go to a mall to see anything rated R and featuring violence, I know with certainty the seats will be filled with middle-schoolers who have lied, cheated and snaked their way in. There will be nary a guiding parent in sight, which I understand because I raised middle schoolers. Getting them out of the house for any reason is worth breaking the law.

On the Sally Scale, I'd give Friday Night Mall Movies a universal rating of "BMA-AAAC." Obviously: "Bar Mitzvah Alternative-Avoid At All Costs."

Luckily, I live within walking distance of a nonmall theater, and my preference is always to watch local. The allure of spending a few hours in a decadent reclining seat keeps me loyal. As nearby cinemas go, I could do worse.

In its favor, my local movie house rarely sees an adolescent patron. With the geriatric crowd, however, it's doing a bang-up business. I know I'm being ageist, and that senior centers have as much right to take field trips as everyone else. Still, I'd like to suggest some cinematic etiquette for the Betty White cohort.

Know what movie you're seeing. Throughout the Brian Wilson bio-pic "Love & Mercy," two elderly patrons wondered aloud, and with frequency, what it was they were watching. On the Sally Scale, I gave the movie a "PR" for "Please Remember."

Accept confusion. It's okay not to follow the storyline, but a running commentary of your confusion is verboten. Yes, the new Jason Bourne lacks plot, but let's discuss it afterwards. Sally Scale: "NTAT-MYM" - "No Talking and That Means You Mom."

Bring your walkers. But if you need to use the restroom twice during the movie, please don't sit in the middle of the aisle. Sally Scale: "LGMPCIGBM" - "Lord Give Me Patience Cause It's Gonna Be Me."

And finally, it's OK to fall asleep. It just begs the question: Why not stay home and watch in bed?

Sally Higginson is a freelance columnist.
FOODIES FOR LIFE

Chicago Gourmets club celebrates 20 years of dining out with meal

BY VERONICA HINKE
Pioneer Press

One of the first dining clubs to form in the Chicago area is turning 20. Chicago Gourmets, one of the few groups that formed long before dining clubs were fashionable, will celebrate two decades on Aug. 28 with a special dinner at Tallgrass Restaurant in Lockport.

It makes sense for Chicago Gourmets to celebrate their anniversary at Tallgrass Restaurant, where they have enjoyed chef/co-owner Bob Burcenski's meals once or twice a year since 1996.

"I've been his friend and fan for 25 years. Bob is a renaissance man," said Chicago Gourmets founder Don Newcomb. "He's a chef, artist, teacher, composer, pianist, ceramicist and gardener. His food is sublime and exciting. And co-owner and maitre'd Thomas Alves is the erudite sommelier, which is what the New York Times called him. Both are incredibly talented gentlemen."

Burcenski's special menu for the anniversary dinner includes several items that are not on his regular summer menu, like his melon gazpacho made with red bell peppers, cucumbers and melons all blended together and chilled.

Burcenski tops his gazpacho with a dollop of Dijon creme fraiche and sprinkles tiny, delicate slivers of deep pink rose petals, orange and gold marigolds and herbs. He grows them in a garden alongside the restaurant. The gazpacho is served with a crab beignet.

Main course choices for his Chicago Gourmets anniversary dinner will include his lobster lasagna and a tomato shallot broth with grilled wild halibut.

Another option will be roasted lamb rack and ratatouille with cucumber creme and a rosemary reduction. For dessert, he will make a feta panna cotta with pickled watermelon, pistachio and balsamic peach.

The dinner at Tallgrass Restaurant is filling up fast, but it is just one of numerous gourmet meals the group enjoys throughout each year. Newcomb, an Oak Park resident, said Chicago Gourmets hosts about 50 events each year. "We have hosted over 1,000 events total," he said.

Newcomb is retired from his position of Chair of the Ornamental Horticulture Department at Triton College in River Grove. In his spare time, he came up with the idea of Chicago Gourmets, and acted on it. Ever since, he has been bringing people together to explore new dining trends, restaurants, culinary authors and more.

The group's first dinner was at the Michelin-starred French restaurant, Crofton on Wells, which shuttered in 2012. Club members chatted with Charlie Trotter when they ate at his restaurant years ago. More recently, they tried Chef Michael Lachowski's Grand Marnier Souffle at George Trois in Winnetka.

Park Ridge resident Bea Cornelissen is one of the newer members. She has been involved for four years. So far, her favorite meal has been a turkey dinner at Cafe Orchid in Park Ridge.

Barb and Tom Burke of Oak Park have been members for nine years. Barb is the current treasurer. Meals with Chicago Gourmets have inspired them to travel to places like South America.

The group has tried food of just about every ethnicity. A favorite repeat restaurant is Greek Islands in Chicago's Greektown neighborhood.

Ethiopian Diamond in Chicago's Uptown neighborhood is another favorite. The group shares injera, a soft, Ethiopian flatbread, and uses it in place of silverware to scoop up flavorful stews, spicy lentils and beans, and different meats and sauces of Ethiopian cuisine. Another visit to Ethiopian Diamond is being planned.

And they get their share of all-American foods too, like the burgers and sodas by Riverwoods resident Gale Gand at Spritzburger in Chicago.

Long-time member Barbara Kuehn, formerly of Hubbard Woods, has great memories of seafood dinners at Don's Fishmarket in Skokie. She has supported the group with marketing for many years. "I'm looking forward to new experiences in international cuisine, and that's more possible than ever now with Chicago's increasingly diverse cuisine."

Upcoming Chicago Gourmets events include dinners at Macelo in Chicago on Aug. 25 and at Emilio's Sol y Nieve in Chicago on Sept. 8. On Sept. 27, the group will dine at Read It & Eat, a culinary bookstore that opened last year in Chicago's Lincoln Park neighborhood.

To learn more about Chicago Gourmets, including how to join, go to www.chicagourmets.org.
For 25 years, guys have been "Defending the Caveman." It started in 1991 in San Francisco when Rob Becker first performed his hilarious solo show about how men and women differ and relate. A 2 1/2 year run on Broadway followed - making it the longest running Broadway solo show.

Currently, nine actors are carrying the message across the country during this 25th anniversary national tour. Ben Tedder, who has been performing the show for 13 years, brings it to the Skokie Theatre for four performances.

"It's kind of a weird title," Tedder admitted. "It kind of comes across to some people like it's a macho thing but the show could just as easily be called 'Explaining the Caveman.' It explores the differences between men and women."

He noted that couples sometimes fight because men don't understand why women do things the way they do and vice versa.

"It leads to a lot of struggles in relationships, and divorce," the actor said.

"What our show does is let you walk in your spouse's shoes for a couple hours," Tedder explained. "Bring it up to 2016, a group of men sitting together could be watching a game or going out to get supplies," Tedder explained. "There's not a lot of talking. It doesn't mean that we're not sharing with each other but it's a very different kind of role."

So what do men and women have in common? "We all like ice cream," Tedder declared. But on the serious side, he added, "We all want to live in harmony. We want to find someone who complements us and celebrate our differences."

Tedder noted that all the actors who are performing the show around the country are friends and get together from time to time. "Last year in Vegas, we were all onstage at the same time," he said. "I'd do five minutes of the show, the next guy would do five minutes. It was a blast."

He added, "We're different guys doing the same material. It's fun to watch how the material relates to men that are at different stages in their lives."

The North Carolina native lives in Chicago with his wife Terrie and his children Chloe, 9, and Dexton, 7. When Tedder is not onstage, he occasionally does on-camera work and commercials.

Tedder never gets tired of "Defending the Caveman." "Every time it's a new experience," he said. "It's a different audience that hasn't seen the show. The audience is really like a second character in the show. There's no fourth wall. I'm speaking directly to them. The response and energy that the audience brings really affects how the show's going to go. So it's exciting for me every time to walk out and see who I'm talking to."

DEFENDING THE CAVEMAN
Ben Tedder performs "Defending the Caveman" about how the sexes relate and differ, at the Skokie Theatre.

'Defending the Caveman' marks 25th anniversary

When: 8 p.m., Aug. 19, 5 and 8 p.m., Aug. 20, and 3 p.m., Aug. 21
Where: Skokie Theatre, 7924 Lincoln Ave., Skokie
Tickets: $40
Information: 847-677-7761; skokietheatre.org

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Ahead of 37th Ravinia show, Bennett continues to grow

BY HOWARD REICH
Chicago Tribune

Can Tony Bennett still sing at 90?
We won't know for sure until Aug. 13, when he plays the Ravinia Festival — not long after reaching the milestone Wednesday.
But if his performance evokes the work he turned in at Ravinia last summer, where his shows with Lady Gaga sold out in a flash, there will be compelling music-making ahead.
Though Gaga surely added to the buzz of the occasion, Bennett — then a few weeks shy of his 89th birthday — did most of the heavy lifting.

So far as Bennett is concerned, he's no different now than he was last year, as he prepares for his 37th appearance at Ravinia.
"I'm so fortunate that at my age, at this time in my life, I'm sold out all over the world," says Bennett.
"I never planned it," he adds, speaking of a career that has stretched more than 60 years. "I just stayed healthy. And I love life so much. My doctor keeps telling me: Don't come to my office to bother me, because there's not a thing wrong with you."

On purely musical terms, Bennett certainly has shown the benefits of the passage of time, not the deficits. Because his instrument never was really dulcet like, say, Frank Sinatra's in the 1940s and '50s, Bennett never has sounded as if he has lost ground. On the contrary, the crags and grain of his voice enrich the character of his interpretations, leaving no doubt that a worldly wise figure is sharing his insights with us.
"It's a matter of performing," explains Bennett. "If you just sing one way, everything is sweet and easy and lovely. It's pretty boring if you do that and nothing else. You have to show each side of life."

Though the world always has regarded Bennett as a classic pop singer, the freedoms he takes in performance, the swing rhythm that drives most of his work and the instrumentalists who accompany him, affirm that, at heart, he's a jazz singer.

Bennett says he was drawn to jazz by his older brother, John Benedetto, who sang in the children's choir of the Metropolitan Opera and earned the nickname "the little Caruso."

"But he didn't like it, and, as a result, he started singing jazz, and I was always influenced by him," says Bennett.

"And I got to like it so much, when you realize that every time you sing, it's different than the time before."

Above all, though, Bennett managed to forge a musical persona far outside the influence of the singer he often refers to as his best friend, Sinatra. Bennett crafted a singular style that emphasized unhurried tempos, extraordinarily slow ballads and a quasi-operatic way of unfurling a phrase.

How did Bennett manage to strike out on his own stylistically, against prevailing trends?
"I joined the American Theater Wing to study music after serving in the Army during World War II," he says. "Mimi Speer was a great teacher of singers on 52nd Street, which was the great jazz street at that time."

"She told me: Don't imitate another singer. You can enjoy a singer, but don't be influenced by that singer. Just be yourself. Sing like a jazz artist — like a trumpet player or a saxophone player taking a solo. Sing like that, so you'll be different all the time."
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Presented by:
"Magic by Randy" will be part of Celebrate Summer in the Park, 3:30-5 p.m. Aug. 12 at National Park, 9325 Marion Ave., Morton Grove.

FAMILY FRIENDLY

Randy’s Magic gets everyone on stage in Morton Grove

BY MYRNA PETLICKI
Pioneer Press

You won’t hear “Abracadabra” during a performance of Magic by Randy. Randy Bernstein teaches kids a magical phrase instead: “I love my family.”

Children in the audience will be using that phrase and otherwise participating in Bernstein’s show as part of Celebrate Summer in the Park, 3:30-5 p.m. Aug. 12 at National Park, 9325 Marion Ave., Morton Grove.

“It’s a family show that’s comedy-based,” Bernstein said. “My shows are very interactive, high energy. I try to include positive messages.”

Each child will be given a magic card and learn a magic trick, such as how to make the card float.

“Magic is really empowering for kids,” Bernstein explained. “It creates more of a connection when they feel that not only are they seeing it but participating.”

The show ends with “a big finale,” the magician revealed. “Everybody gets to be up on the stage.”

There will also be ice cream and a craft project at this free event.

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

Move it!

That’s what kids ages 2-6, accompanied by an adult, will be doing during Music and Movement with Pam Herstein, 10:30-11:15 a.m. Aug. 15 at Skokie Public Library, 5215 Oakton St. Herstein will sing and play her guitar as children dance, jump, clap and laugh to her original songs at this drop-in event.

For details, call 847-673-7774 or go to www.skokielibraryinfo.

Noshing and numbers

Families with kids in kindergarten-eighth grade can win prizes at a Second Saturday Breakfast Bingo, 9:30-10:15 a.m. Aug. 13 at Niles Public Library, 6960 W. Oakton St. Treats will be served.

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

Farm fun is nearly done

Something exciting has been happening daily this summer at Historic Wagner Farm, 1510 Wagner Road, Glenview. Aug. 12 is the last day to join the festivities. You might watch a milking demonstration or tour the historic farmhouse. Check the website to learn specifics of this drop-in event.

For details, call 847-657-1506 or go to www.glenviewparks.org/historic-wagnerfarm.

Gentle start

Beginning school can be tough for kids. To help prepare them, bring your youngsters to a “Milk Goes to School Storytime,” 11 a.m. Aug. 13 at Barnes and Noble, 55 Old Orchard Center, Skokie. They will hear Terry Border’s book and do related activities.

For details, call 847-676-2230 or go to www.barnesandnoble.com
Can Pokemon fever cool love?

Experts warn that technology can cause rift in relationship.
Canning extends the life of your garden

By Judy Buchenot
Naperville Sun

Emily Paster comes from a family of great cooks who love spending time together preparing wonderful meals. So when Paster had children, she was ready to show them how to make the family favorites, but had to change her plans since her daughter had allergies to eggs, wheat and dairy.

"I was wondering what we could do together in the kitchen and thought about jam. It is basically fruit and none of the things she was allergic to," Paster said. Her family had never canned anything before so it was a new experience for her, and she quickly mastered the process.

One of her favorite parts of making jam is purchasing the fruit.

"I am a real farmers market junkie," Paster said. "I would come home with flats of beautiful berries and my husband would say 'Who is going to eat all of this stuff?'"

Paster happily turned the fruit into jam, which quickly began to fill her pantry. "I was enjoying making it but realized I was making way too much for a family of four!

Paster had heard about food swaps where people exchange homemade goods but couldn't find a local food swap. "There weren't any in Chicago so I started one!" Her first swap was in 2011 and was so successful that Paster was ready to try new canning ventures.

"People are so intimidated by canning but if you can roast a chicken, you can can," she said. Although she started with jelly, she suggested that canning beginners try pickles instead. "There is really very little that can go wrong with pickles and the results are so yummy!"

Paster noted that pickles do not need to be limited to a cucumber affair.

"There is a whole world of vegetable pickles that are so good. Beans are a good place to start. Dilly beans are really becoming popular. Pickled carrots are good too. And then there is the whole giardiniera thing," she said, referring to the mix of bell peppers, carrots, celery, cauliflower and other vegetables that is a popular condiment. She said that pickled red onions are common in Mexican dishes and there is a host of pickled vegetables used in Eastern European dishes. The important thing is to follow the recipe and then allow the pickles to cure for two to three weeks before trying them, Paster said.

Making jams and jellies is a bit more challenging because it is possible to undercook the jam, which means it won't jell, or overcook it until it becomes too thick, Paster said. However, once you master the process, "there is such a difference between homemade and store-bought jam. Homemade is so fruit forward!"

Paster customizes her jams by adding extra flavor like cinnamon or ginger or mixing up fruits. "Peach and apricot is a nice mix," she said. Some fruits, like plums and raspberries, are naturally high in pectin, which helps in the jellying process. Starting with these high-pectin fruits makes it easier for beginners to have success.

Paster also suggests that gardeners with bumper crops of tomatoes try canning the tomatoes. "You can do a lot of things with tomatoes. Tomato jam is wonderful on a cheese plate or on top of a burger. Tomato chutney is another great way to use tomatoes. Making your own ketchup is also a good idea."

Paster, 42, has a cooking blog, www.westoftheloop.com and has been teaching others canning basics in recent years. She will be leading canning classes at Morton Arboretum in Lisle on Aug. 27 and Aug. 30. Get information at mtonarb.org.

She has also written a book, "Food Swap: Specialty Recipes for Bartering, Sharing and Giving." About one-third of the book gives information about setting up a food swap and the rest has recipes for items ideal for bake sales, gifts and food swaps. The recipes cover a broad spectrum from homemade vanilla extract to limoncello to roasted tomato ketchup.

"I really wish that people would think of canning as part of a home cook's repertoire — even if you only do it once or twice a year. Canned items can be stored anywhere that is dark and cool. I am lucky to have moved into a home with a wine cellar that is now mainly a jam cellar," said Paster of her River Forest home.

So head to the farmers market this week, pick up something you like and start canning. Paster shares a recipe for dilly beans and for peach-habanero salsa to get everyone started.

Judy Buchenot is a freelance writer.

Dilly Beans

Makes eight pints. Recipe may be cut in half for a smaller amount.

- 6 pounds green beans
- 4 1/2 cups distilled white vinegar
- 4 1/2 cups water
- 1/2 cup pickling salt
- 1 head garlic, separated into cloves and peeled
- 8 teaspoons dill seeds
- 1 teaspoon red pepper flakes

1. Prepare a boiling-water-bath canner and heat eight pint jars. Trim the ends off the green beans, and cut the longer beans to a uniform length so that they will fit in a pint jar, leaving at least 1/2 inch head space. Combine the vinegar, water, and pickling salt in a saucepan and bring to a boil. Remove from the heat. Pack the green beans tightly into the warm jars. Add 2 cloves garlic, 1 teaspoon dill seeds, and 1/4 teaspoon red pepper flakes to each jar. Ladle the brine into the filled jars, leaving 1/2 inch head space at the top of the jars.

2. Run a thin plastic utensil along the inside edge of the jars to remove any air bubbles. Wipe off the rims with a damp cloth. Place the lids on the jars and screw on the rings just until you feel resistance.

3. Process the jars for 10 minutes in the boiling-water bath. Allow the jars to cool in the water for five minutes before removing to a towel to cool completely. Check the seals and store in a cool, dark place for up to one year.

Peach-Habanero Salsa

Makes four pints.

- 6 cups peeled, diced yellow peaches (about one dozen peaches)
- 1 1/4 cups diced onion
- 1 cup diced red pepper
- 2 habanero peppers, seeded and diced
- 2 tablespoons minced garlic
- 1/2 cup sugar
- 1 cup apple cider vinegar
- 1/4 cup freshly squeezed lime juice
- 1 teaspoon salt

1. Prepare a boiling-water-bath canner and heat four pint jars. Combine the peaches, onion, red pepper, habanero peppers, garlic, sugar, vinegar, lime juice and salt in a large stockpot and bring to a boil over high heat. Reduce the heat to medium and boil the salsa for five minutes, until the ingredients begin to break down. Ladle the salsa into the clean, warm jars, leaving 1/2 inch head-space.

2. Run a thin plastic utensil along the inside edge of the jars to remove any air bubbles. Place the lids on the jars and screw on the rings just until you feel resistance.

3. Process the jars in the boiling-water bath for 15 minutes. Allow the jars to cool in the water for five minutes before removing to a towel to cool completely. Check the seals and store in a dark, cool place for up to one year.

Recipes are excerpted from "Food Swap" by Emily Paster. Used with permission from Storey Publishing.
Denver omelet-inspired burritos over a bowl of green chili.

The perfect marriage: Green chili and Denver omelet burritos

When I was a freshman in high school I answered a help wanted ad in my local newspaper for a family looking for someone to serve as a summer nanny for three little girls. The girls were 7, 4 and 1 on the day we met and the zany trio ran me ragged in the best way for the next several summers. They were silly, naughty and super snuggly and became the first people I truly loved who were not members of my immediate family.

Staying in touch with the girls has always been a priority for me. They were flower girls in my wedding and today they each have their own unique relationships with my kids. I am proud to say they grew up to become an acclaimed photographer, a documentary filmmaker and a passionate pastry chef. The eldest, Mandy, I've been thinking about all the unique little details that bring a love story to life.

Molly and her fiance met for the first time in an Oxford dining hall over afternoon tea in England while my husband and I fell in love over chili and cheese omelets at Lou Mitchell's in Chicago. In just a few days we'll be gathering at the top of a mountain in Colorado where the beautiful couple will say their "I dos" under my watchful eye. Honestly, I'm a touch nervous about the whole thing, but I've been reading a little bit about the iconic dishes of Colorado to distract myself. There aren't very many, but green chili-smothered burritos rank right at the top of the list of the state's popular dishes.

Marrying a version of my chili and cheese omelets with the iconic dish of Colorado seemed like the perfect way to honor the upcoming occasion. I whipped up a batch of my own slow cooker green chili and topped it with a Denver omelet-inspired burrito. Sure you could keep these dishes separate, but like a good couple, these two things are even better together.

Colorado-style Green Chili & Denver Omelet Burritos

This recipe makes a large batch of chili. Feel free to serve the chili for dinner with some sour cream and lime and use the leftovers to serve with breakfast burritos for a hearty brunch.

FOR THE GREEN CHILI:

1. Place the tomatillos, poblanos and cubanelles peppers directly on the grate of a gas grill and char over open flames, turning frequently until black on all sides. Transfer the charred tomatillos to a closed paper bag to steam.

2. Season the pork liberally with salt and pepper. Heat the canola oil in a heavy bottom skillet until nearly smoking over medium-high heat. Brown the seasoned meat in batches until deeply colored. As batches finish cooking transfer the browned meat to a slow cooker.

3. When all the meat has been transferred to the slow cooker reduce the heat to medium and add the onions and peppers to the pot. Season the vegetables with salt and pepper; cook stirring frequently until softened, but not browned (about 10 minutes). Add the garlic and jalapenos to the pot and cook until just fragrant (about 30 seconds). Add the flour to the veggies and mix well. Gradually whisk in the stock until the mixture is a boil, reduce heat and simmer, stirring occasionally for 10 minutes.

4. While the chili base simmers chop the tomatillos, peel away the charred skin and dice the roasted peppers. Add the tomatillos and peppers to the slow cooker with the pork. Pour the hot chili based over the meat and peppers. Add the cannellini beans and hominy to the slow cooker, mix gently. Cover and cook on low setting for 8 hours.

FOR THE OMELET BURRITOS:

1. Heat the olive oil in a medium skillet add the peppers and onion. Season with salt and pepper and cook over medium heat until softened, but not browned. Add the ham and mix well. Transfer the ham and veggies to a small bowl and set aside. Wipe out the skillet and return to the heat. Add the butter to the skillet. Scramble the eggs in the melted butter adding some of the sauteed ham and veggies when the eggs are nearly firm. Lay a warm tortilla on a work surface. Sprinkle some of the cheese in the lower half of the tortilla. Top the cheese with half of the egg mixture and sprinkle with more cheese and any leftover ham and veggies. Fold in the sides of the tortilla and pull the bottom up over the egg mixture. Pull the filling back as you roll the up the burrito. Allow the burritos to sit for 5-10 minutes before slicing and serving over a bowl of green chili.
How to protect yourself against an aggressive dog

Opening an umbrella can startle the animal into leaving

By Marc Morrone
Tribune Content Agency

Q: What do I do when I am walking my dog on a leash and a loose aggressive dog comes after my dog? Our neighborhood has a lovely nature trail that is dog-friendly and I walk there every day. One day, a dog who lives right by the entrance of the park, broke lose from its chain and came after my dog. If the owner had not been there to grab her dog, I don't know what I would have done. I have thought of carrying a small spray bottle with water in it, what do you think?

— Holly Fairfield, Franklin Park, PA

A: A spray bottle is really not practical to use in a situation like what you described. What works for me is to carry an umbrella that can be popped open at the touch of the button.

If you just point the umbrella at the charging dog as it is running up to you in the closed position and then pop it right open it will startle the charging dog. In most cases the dog will re-evaluate the situation and find something better to do as there is now a barrier between itself and you.

If you are going to do this though, I would advise you to practice opening the umbrella in your own backyard while holding your dog on the leash so your dog gets used to it.

You do not want to do this and then have the umbrella spook your dog as well as the one charging at you.

Q: I have an 8-year-old Maltese male dog that sleeps on my bed every night. He has the strangest behavior: when we first wake up every morning, he goes for my hand and licks it ferociously for about a minute, then settles down to normal behavior. It's like compulsive. Is he just saying good morning, or is he getting something (like salt) from my hand?

— Daisy Evans, Spartanburg, SC

A: If your little dog was licking your skin because it tasted good then he likely would do it all day. Most likely this greeting ritual started as face licking, however, at one point you either inadvertently redirected the activity from your face to your hand or the dog did it himself.

Now you ask if it is compulsive, and I can't say with certainty, but I think that this is more of a simple morning ritual than anything else.

Of course I do not know everything and perhaps it is something completely different but this seems to be the most logical explanation.

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 petexperts@aol.com; please include your name, city and state.
Look out for unethical utility ‘slamming’ scams

In a conversation with Citizens Utility Board Communications Director Jim Chil- sen, I learned that “One of the biggest complaints CUB gets is about aggressive electricity and gas sales reps. We average a complaint or inquiry a day about Illinois gas and electric suppliers. ... The pitches come over the phone, in the mail or at your door.”

Mae, a former ComEd customer and senior housing resident in Chicago, provided firsthand insight into one such hard sell. “About two years ago, kids that said they were college students were going through my building. They said, ‘You know everybody gets a $50 refund? You didn’t hear about the $50 refund?’ And next thing I know, I’m with a whole new (electric) company.

“They never specifically said they were with ComEd, but in the beginning they came like ComEd sent them to take your application so you could get your $50 refund. Then at the end they finally tell you about this new company, Entrust.”

“They wanted to see my (ComEd) bill. They started writing stuff on it saying they could save me money. They said if I didn’t want it, I could just cancel, but it wasn’t like that; if you didn’t keep it for a year, then you had to pay to get out of it. ... They were some young kids and I was thinking I was helping them. But I got scammed.”

When “Entrust Energy” is Googled, a plethora of complaints appear — including an F from the Better Business Bureau.

When Mae finally called Entrust to cancel, she was told her service would be transferred back to ComEd, but instead she received a letter stating her account had been turned over to yet another utility. Mae told me she would take care of canceling with the new company, Entrust.

Per my review of redacted consumer complaints Chilsen was able to forward me from CUB, it became apparent that those most likely to be targeted for high-pressure utility sales are senior citizens, individuals on fixed incomes and recent U.S. immigrants.

Chilsen offered this guidance: “People might come to your door looking like they’re from a utility — maybe they’re carrying a clipboard. And they might say they’re from the electric or gas company. However, you should know that ComEd, Peoples Gas, Nicor Gas and North Shore Gas won’t come to your door asking to see your utility bill.”

He added, “Never give out your bill or account number unless you’re absolutely sure you want to sign up for a gas or electric offer. If you give out your bill, a less-than-scrupulous sales rep will have all the information he or she needs to sign you up for a supplier without your permission. That’s a scam called ‘slamming.’”

To protect against potential utility scams, Chilsen suggests being on the lookout for these red flags:

- Exorbitant rates: Always ask what the alternative supplier is charging. Before making a final decision, CUB can tell you what the utility companies are charging so you can make an apples-to-apples price comparison.
- Low introductory rates that disappear: Introductory rates can shoot up after a short period. Ask if the rate is an intro rate, how long it lasts and what the ultimate standard rate will be.
- Extra fees: Always ask if there is a monthly fee and factor that into the per-kilowatt-hour (kWh) price for electricity or per-therm price for gas.
- Punishing exit fees: Many suppliers charge exit fees if a customer leaves a plan before the contract is up. Under the law, customers are allowed to leave a contract without paying an exit fee for up to 10 days after the date of the first bill. CUB fought for a $50 cap on exit fees, and the Illinois General Assembly passed that consumer protection.

Need help?
Send your questions, complaints, injustices and column ideas to HelpSquad@pioneerlocal.com.

Cathy Cunningham is a freelance columnist.
ROUNDUP | CRIME FICTION

Rise the Dark
By Michael Koryta, Little, Brown, 400 pages, $26
Among his many gifts, Michael Koryta is a virtuoso in his use of outdoor settings. Ranging from the eerily charged Florida swamps in "The Cypress House" to the isolated Montana mountain retreat in "Those Who Wish Me Dead" to the underground Indiana caves in "Last Words," his thrillers present the great outdoors in their most frightening aspects. In "Rise the Dark," his second effort featuring private investigator Markus Novak, Koryta is back in Montana, where mad visionary Eli Pate is intent on short-circuiting the electric grid in twisted service of Mother Earth. After abducting the wife of a lineman who was traumatized by the accidental electrocution of his brother, Pate threatens to kill her unless her husband risks his own life vandalizing high-voltage wires.
Still reeling over the unsolved murder of his own wife in a spooky Florida town in "Last Words," Novak tracks her killer, sexual predator Garland Webb, to the High Country. The PI, who grew up in Montana, is reunited with members of his disreputable family: his eccentric mother Violet, a psychic reader who has taken up with Pate, and his uncle Larry, who with his shotgunning skills proves to be of great use. Though Novak is not the most charismatic hero, the book's atmospheric power and strong cast of supporting characters make "Rise the Dark" compelling from the get-go. As usual in a Koryta novel, there is a supernatural aspect to the story, one that is subtly applied here but promises to play a sizable role in Novak's future adventures.

When the Music's Over
By Peter Robinson, William Morrow, 421 pages, $25.99
Dual narratives have become so common in crime fiction, you sometimes get the feeling that the people writing them, aware of today's shortened attention spans, are wary of offering a single, well-crafted plotline. In his 23rd Inspector Banks novel, the superb Peter Robinson again justifies the multiple-story approach with tales that cohere and overlap to powerful effect.
In one of the stories, the exceptionally companionable, music-loving Alan Banks, newly promoted to detective superintendent, reopens a cold case involving the rape of 14-year-old Linda Palmer in 1967 by pop star and TV host Danny Caxton. At the same time, his longtime partner and sometime fling, Detective Inspector Annie Cabbot, investigates the gruesome murder of Mimsy Moffat, a teenager who was tossed into a ditch from a moving van, naked and drugged, and subsequently kicked to death. Palmer, now a name poet, is motivated to press charges all these years later by the (real-life) prosecution of British celebrities, including Jimmy Savile, the knighted radio and TV star who was posthumously charged with serial sexual abuse. Mimsy had fallen in with Pakistani men who groomed her and other underage girls to sleep with their "friends." Annie, who was raped herself, pursues the case with a special intensity in the face of the Pakistanis' claims of ethnic discrimination. For all the 60s flashbacks in "When the Music's Over" there's nothing nostalgic about the novel and its treatment of the plight women still face in supposedly more enlightened times.

CHICAGOLAND BEST-SELLERS
5. "Our Souls at Night: A Novel" by Kent Haruf (Vintage, $15).

NEW IN PAPERBACK

Purity: A Novel By Jonathan Franzen, Ficador, 598 pages, $37
Pip Tyler doesn't know much about herself, but she knows she's weighed down by student debt and that her relationship with her mother is troubled at best. A seemingly chance encounter with two visitors from Germany, however, sends her on a path to discovery, from Stasi-era East Berlin to Bolivia, the confusing nature of the internet and beyond.

How to Raise an Adult By Julie Lythcott-Haims, St. Martin's Griffin, 358 pages, $15.99
Lythcott-Haims, former dean of freshman and undergraduate advising at Stanford University, investigates the culture of over-parenting and draws on research to examine how helicopter parenting harms society. Lythcott-Haims offers strategies for allowing children to make their own choices and learn resilience and resourcefulness.

Nagasaki: Life After Nuclear War By Susan Southard, Penguin, 389 pages, $17
Southard offers the firsthand experiences of five survivors of the Aug. 9, 1945, atomic bombing of Nagasaki, which killed an estimated 74,000 in the first five months of its aftermath. Southard digs into research on the physical, emotional and social effects of the bombing, interviews hibakusha ("bomb-affected people"), and looks at how censorship colored reporting of the bombing in the U.S. and Japan.

City on Fire: A Novel By Garth Risk Hallberg, Vintage, 944 pages, $17
A shooting on New Year's Eve leads to a bewildering assortment of suspected parties: Regan and William Hamilton-Sweeney, heirs to a New York fortune; Keith and Mercer, the men who love them; Charlie and Samantha, two suburban teens drawn to New York's punk scene. As the blackout of 1977 hits, each of their lives will be forever changed.

Near and Distant Neighbors By Jonathan Haslam, Farrar, Straus and Giroux, 367 pages, $16
Haslam details the history of Soviet Union's intelligence network, going beyond the KGB to explore Soviet military intelligence and the special service responsible for codes and ciphers. Haslam also sheds light on the agents Soviet regimes relied on and how the Soviet government used blackmail and bribery to recruit new agents.

Jeremy Mikula
Not So Fast: We'll get moving next time

By Gail Grabowski | Edited by Stanley Newman

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5 Meditation chants
6 Who Marc orated about
7 Vast, in verse
8 Carve in stone
9 Nudge
10 Artemis or Aphrodite
11 Formal restriction
12 Top-notch
13 Has dinner
14 Lifts with effort
15 Something to keep
16 Dickensian clerk
17 Minestrone pasta
18 Goop creator
19 Enticement
20 Protagonist
21 At the perfect time
22 Protagonist
23 Very thick window
24 Enticement
25 Severe cold snap
26 Bring up
27 Female lobsters
28 Scatterbrain
29 Deputy: Abbr.
30 Large cooking vessel
31 Big ballpark
32 Small stock
33 Eastern European
35 Road shoulders
37 Figures out
38 Colleens
41 Tomato varieties
45 Bad habits
46 Seasons
47 Statue of Liberty's Euro predecessor
48 Drink noisily
51 Solemn promise
52 Seventh-century Mideast capital
53 Attack from above
54 Poor grades
56 Code-cracking org.
58 Hieroglyphics
62 Summer Games org.
63 Short-billed wading bird
65 Grasp
66 Defensive discipline
68 Appeal
70 Type of coffeehouse
73 Flight-related prefix
74 Founded, for short
75 Bit of dangling jewelry
76 Maui and Kauai
77 Bailiwick
78 Eagerly accept
80 UV-protection measure
81 Knocked over
82 “If I Only Had the Medicine” singer
83 Top-notch
85 Escalates
86 Complimentary
87 “Zip it!”
89 T-shirt size
90 Bake-sale org.
91 Informal refusal
92 Apt rhyme for “nervous system”
93 Stop between flights
95 Crystal buyer, perhaps
96 Went quickly
97 What Rembrandt painted
98 GI morale booster
99 Nervous-system prefix
100 “Be glad to!”
101 Patella protector
102 Word of regret
103 Long cook's vessel
104 “Tastes great!”
105 Pepper
106 Most recent 007
107 Hallmark
108 Circus venues
109 Shaped like a rainbow
110 Wear and tear
111 Operatic selection
112 Mascara target
113 Swordplay weapon
114 PC corner key
115 Finance degs.
116 Casablanca heroine
117 Round Table titles
118 Glovetrotter's surname
119 Electrical adapter for England
120 Free hand
121 Case of the blues
122 Free hand
123 Free hand
124 Upswing
125 Usage agreement
126 Kazakhstan's locale
127 Golf pro's stumble
128 “If I Only Had the Medicine” singer
129 Underground drain
130 Loses firmness
131 Ingrid or Ingmar Bergman
132 “If I Only Had the Medicine” singer

Last week's answers appear on the last page of Puzzle Island.
Quote-Acrostic

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

Clues Words
A. 1984 Bill Murray fare 121 144 128 118 154
   157 134 146 97 99 53 48
B. Repeated sharp tapping: hyp.
   98 115 42 58 67 29 147 77 141 105
C. Chip on one's shoulder, e.g.
   148 72 75 55 108 35 91 21
D. Expression of surprise or fear
   82 102 139 52
E. Without conscience
   69 50 39 78 87 63 151 94
F. 1954 Brando classic
   11 30 68 109 37
   129 5 111 138 22 61 132 92 46 117
G. Last Monroe/Gable movie, with The
   44 152 33 54 16 119 88
H. Overwhelmed
   100 10 133 18 83 62 73 31
I. Corporal to Sergeant major
   6 125 12 71 96 36
J. Disorder
   85 137 107 112 65
K. A short literary writing
   79 49 28 45 160
L. Mercury, to an alchemist
   43 103 120 123 81
M. Salamanders
   26 90 2 124 34
N. Like an evil spirit
   74 145 15 113 116 84 32 142
O. One 'Story'
   80 40 47 140 25 159 110 13 51 89 64 1
P. Regional giveaway
   70 56 7 143 19 135
Q. Bed linens
   17 106 104 156 136 38
R. Babylonian sun god
   23 130 86 9 66 153 155
S. Ape
   60 4 57 24 41 150 93
T. Edith Wharton
   158 59 20 95 122 114
   14 76 149 126
U. Ribbon-shaped pasta
   127 3 8 27 101 131

Across
1 Infant
2 Gem weight
3 Semitic deity
4 She: Fr.
5 Dispatch boat
6 Killer whale
7 Twirled
8 Irrelevant diversions
9 Compass pt.
10 Dry
11 S. Am. mountains
12 Charges
13 New Haven college
14 Silverfish
15 Came after
16 Characteristic practice
17 Foolish
18 Hurry
19 Globes
20 Mulish
21 Stay
22 Western Indian
23 Tugs or pulls
24 Variegated quartz
25 Ascend
26 Unit
27 Certain legumes
28 To court
29 Work for
30 Vestment
31 On the bounding main
32 Peasant, in India
33 Dogma
34 Duration
35 Former first lady
36 European mountains
37 First prize
38 Longing
39 Meter
40 Declares
41 Take the bus
42 Ember remains
43 Digit
44 Island in the Malay Archipelago
45 See 21 Across
46 Skin ailment
47 Falls behind
48 Acquire fresh vigor
49 Proofer's direction
50 Cuckoo-like birds
51 These are never used in angel food
52 Cohort
53 Fire, as a gun
54 Writer Bret
55 Young female horse
56 Peasant, in India
57 Feminine name
58 Meaning bright one
59 Additional
60 Plain
61 Kind of hound
62 Maturing agent
63 Between black and white
64 Air: prefix
65 Weather word
66 —— do-well
67 Dutch cheese
68 Flying mammal
69 Uncle: Scots
70 Calendar abbreviation

Down
1 Former first lady
2 European mountains
3 First prize
4 Longing
5 Meter
6 Declares
7 Take the bus
8 Ember remains
9 Digit
10 Island in the Malay Archipelago
11 See 21 Across
12 Skin ailment
13 Falls behind
19 Acquire fresh vigor
21 Proofer's direction

Love wins over sin in Las Vegas

What happens in Vegas stays in Vegas... unless you are a newspaper columnist who writes about love and relationships. I would be remiss if I didn't share what I saw in Sin City on a recent visit with my boyfriend. Regardless of its reputation for immoral behavior, Las Vegas is a city filled with an incredible amount of love and romance.

My impression of the town sometimes referred to as "Disneyland for Adults" began at the hotel pools, where I noticed crowds consisting of young people, old people, families with kids, couples, bachelor and bachelorette parties, and convention goers. It occurred to me that Las Vegas seems like a place that truly welcomes people from all walks of life, regardless of race, religion, class, etc. What struck me was the beauty in seeing many different types of people seemingly at peace and in harmony, all at the pools to enjoy the day. It felt far removed from thoughts of strained race relations at home or never-ending world conflict. In other words, it was a space filled simply with the common desire and appreciation for enjoyment - and little else.

I spent the weekend walking the strip, going out for fancy dinners, seeing "Jersey Boys," gambling, dancing, and listening to a few different lounge acts, most notably an Elvis impersonator. If you closed your eyes and listened to him sing songs like, "Let It Be Me" and "Blue Suede Shoes," you would swear you were listening to The King himself.

What was so remarkable was the passion this singer, known as Big Elvis, had for his work. I am told he has been performing in Vegas for over 20 years. That can't be easy. He has to love what he does, otherwise he could never sustain the excellence of his shows. What stood out most was his smile while he sang. It revealed peacefulness. Singing was home to him. That's what came across.

Another extraordinary lounge act I saw began when my boyfriend and I were standing up to leave the bar around midnight, and all of a sudden we heard the beautiful and powerful voice of a soul vocalist belt out, "Strumming my pain with his fingers..." We immediately sat back down, enamored with her stunning delivery of Roberta Flack's "Killing Me Softly."

As people started flooding the small dance floor area in front of her when she sang Donna Summer's "Hot Stuff," I looked around and wondered how many men and women there had love and passion and a sense of pride for something like she did. That's no everyday thing. Her voice was inspiring, her warmth and energy contagious.

When people think of Las Vegas, many envision a strip of hotels with evil temptations like gambling, cheating, prostitution, excessive drinking and drugs. Not that those things don't exist. They certainly do. And I can understand how someone might feel less than warm and fuzzy if their spouse decided to take a trip there without them.

But for the most part, the love and passion I saw in Sin City were incredible. Despite getting a little sick of seeing four-inch heels, tattoos and very short skirts on young girls not much older than my daughter, along with extremely intoxicated people staggering down the street and countless casino employees soliciting us to walk into their establishment and lose more money, I felt like the town truly fostered harmony. Not just from inspiring top-notch chefs, entertainers and artists, but with the opportunity for loved ones to experience brilliant talent, to learn together, to enjoy the serenity and warmth of togetherness, and to go home with beautiful memories.

Here are 10 things to do in Vegas that don't involve gambling, drinking or strippers.
1. See a show - a musical, a play, a magic show, a concert
2. Take a day trip to the Hoover Dam or the Grand Canyon
3. Visit one of several museums
4. Enjoy spa services
5. Visit the botanical gardens at the Bellagio
6. Shop
7. Ride the High Roller observation wheel
8. Go on a bike or kayak tour
9. Eat at some of the best restaurants in the country
10. Relax by the pool.

Jackie Pilossoph is a freelance columnist.
Drug combination may help if statin doesn’t work alone

DR. ANTHONY KOMAROFF
Ask Doctor K

Dear K: Despite taking statins, my cholesterol hasn’t dropped as low as my doctor would like. I figured he’d put me on the new PCSK9 inhibitors. Instead, he suggested that I stay on my statin, but also take another drug called ezetimibe. What can you tell me about this combination?

Dear Reader: From what you say, I assume your doctor has used the highest dose of the most potent statins before giving up on those drugs. There are very few people whose cholesterol does not drop substantially on statins alone. However, if your cholesterol still is not low enough despite maximizing statin treatment, then you do need something else. The cholesterol-lowering drugs known as PCSK9 inhibitors roared onto the market last year. Thanks to their impressive performance in clinical trials — in one year, they lowered LDL (“bad”) cholesterol levels by 50 percent — doctors and patients alike greeted them with excitement. But these drugs aren’t for everyone.

Why? One big reason is cost. PCSK9 inhibitors cost an estimated $14,600 per year. Did I just make you gulp? I thought so. By contrast, most statins are available as generics. They can cost as little as $4 per month through discount programs at large chain stores.

Moreover, the statins have been proven to decrease actual heart attacks and strokes. Doctors do not yet know if the PCSK9 inhibitors will ultimately do the same. Finally, PCSK9 inhibitors are given by injection every two to four weeks, whereas statins are pills.

But when statins alone do not adequately lower LDL cholesterol, there are other options than the PCSK9 inhibitors, as well. One alternative is ezetimibe (Zetia). This drug blocks cholesterol in food from crossing the intestinal wall and getting into the bloodstream. It can lower LDL levels by roughly 10 to 15 percent when used alone. And when added to statins, it can lower cholesterol further. Ezetimibe has an excellent safety record and is generally well tolerated.

One large study compared adding ezetimibe to the statin simvastatin (the combination found in the drug Vytorin) to using one of the statin drugs (simvastatin) alone. The combination was more effective in preventing heart attacks and strokes.

The study included more than 18,000 people who were recovering from heart attacks. After six years, LDL levels in the ezetimibe-plus-simvastatin group dropped considerably lower than in the group taking just simvastatin. More important, comparing a theoretical group of 100,000 people taking the combined drugs to a group of the same size taking just the simvastatin, 2,000 more people taking just simvastatin would have had another heart attack or a stroke.

Ezetimibe works when added to any statin. If the combination of a statin plus ezetimibe doesn’t work for you, then your doctor may consider a PCSK9 inhibitor.

Not all insurance companies pay for PCSK9 inhibitors. Those that do need proof from your doctor that every other way to lower your cholesterol has not produced adequate results. Hopefully, adding ezetimibe will do the trick. I’ll bet it will.

Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.

PEOPLE’S PHARMACY PRESCRIPTIONS AND HOME REMEDIES

Certain drugs can create an addiction to gambling

By Joe Graedon and Teresa Graedon
King Features Syndicate

Q: I almost fell off my chair when I accidentally came across information that ropinirole could trigger impulsive gambling. I have been taking this drug for eight years for restless legs. When it was first prescribed, I thought it was an absolute godsend, because it relieved my restless legs and allowed me to sleep at night.

Now I finally understand why I became addicted to gambling shortly after starting this medication. I hated what I was doing but could not stop.

A: Ropinirole (Requip) and pramipexole (Mirapex) are prescribed for restless legs syndrome (RLS) and Parkinson’s disease. A study published in JAMA Internal Medicine (December 2014) confirmed that such drugs indeed trigger pathological gambling, compulsive shopping, compulsive sexual activity, and hypersexuality.

Some drug-safety experts believe the incidence of such impulse-control problems might be as high as 10 percent. They have called for more proof from your physician. 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. C-8, PO Box 52027, Durham, NC 27717-2027. It also can be downloaded for free from our website: www.peoplespharmacy.com.

Q: I am extremely susceptible to chigger bites. I like to garden in my backyard and hike in the woods. A day or two later, I am covered with bites that itch like crazy and then blister. They are ugly and take weeks to heal.

What can I do to prevent chigger bites from bugging me in the first place? If I get a bite, what can I do to control the itching and speed healing?

A: Chiggers (Trombiculidae) are tiny mites that climb on grasses and bushes waiting for un-
The money raised provides life-changing programs that offer tutoring and mentoring for kids, a supportive place to go when coping with domestic abuse, and job training and literacy classes so the unemployed can find jobs. It's a great way to help those in Chicagoland who need it most.

HERE'S HOW IT WORKS:
1. Go to papajohns.com for participating locations in Chicagoland/IL & IN
2. Enter the promo code TRIBCHARITIES3 and click "Apply"
3. Order your pizza and enjoy!
4. Repeat as many times as you like before 5/31/17

Offer valid online only through 5/31/17 at participating Papa John’s locations. Not valid with any other coupons or discounts. Limited delivery area. Delivery fee may apply and is not subject to discount offer. Taxes extra. ©2016 Papa John's International, Inc. All rights reserved.
Can Pokemon fever cool love?

Experts warn that technology can cause rift in a relationship

By Matt Lindner
Chicago Tribune

Chasing and catching Squirtles and Pidgeys while playing "Pokemon Go" together has become a newfound pastime for Jen Peterson and her boyfriend, Richard Kniazuk.

"We just moved (to the Ravenswood neighborhood), so it's helped us explore the neighborhood a little bit better, especially with the Pokestops and the gyms (where players can train and battle Pokemon)," Kniazuk says.

"We probably spend about the same amount of time together, but we spend a lot more of it walking and going to parks and trying to go to weird places to find the weird Pokemon," Peterson says. "I feel like we've been more adventurous in our exploring."

They're not alone.

Since its release earlier this month, the "Pokemon Go" app has exploded in popularity, becoming the fastest mobile game ever to surpass the 10 million worldwide download mark by accomplishing the feat in just seven days, according to mobile app intelligence platform Sensor Tower.

The highly addictive game allows you to hunt and catch Pokemon characters at parks and certain landmarks using your smartphone. A player can find out where Pokemon are on a map that tracks the player's location and shows which Pokemon are nearby.

"I'm not as competitive," Kniazuk admits. While the wildly popular game can be addicting.

Experts say couples should limit the amount of time they spend chasing Tentacools and Drowzees around town if they want to stay in their relationship.

doctrinal student at Penn State University, McDaniel co-authored a study titled "Techonference," which he defines as "the small everyday intrusions and interruptions that can come in relationships due to technology." McDaniel and co-author Sarah Coyne, an associate professor at Brigham Young University, surveyed 143 women who were married or living with their significant other.

Seventy-four percent of those women reported thinking smartphones were detrimental to their relationships in some way. "Sometimes individuals aren't happy in their current relationship, so they turn elsewhere or choose to spend time with their phone instead," McDaniel says. "Even those of us in satisfying relationships find ourselves getting on our phones at times without really thinking about what it might do to our relationship or what our partner might be thinking/feeling at the time."

Alexandra Solomon, a licensed clinical psychologist at The Family Institute at Northwestern University and an assistant clinical professor who has studied the impact of technology on romantic relationships, says that when people are using their phone, they're unable to pay full attention to their partner.

"When we are in our phones, we aren't able to multitask and also be emotionally attuned," Solomon says. "The sneaky thing about multitasking is when we are multitasking, we can say, 'I'm listening to you, I'm just also looking for Pikachu.'" Solomon says. "It's one thing for people to say, 'I'll look at the phone, and I'll understand, Oh this is weird. I should put this phone away. Being open and honest with each other about it (is key)."

"If we're not specifically trying to go looking for a Pokemon together, we try not to play it on our phones, and in general, we try not to have our phones out if we're spending time together doing something else," Peterson says.

"We hope PokeDates will bring singles together to experience the joy of the game and explore their city while getting to know one another," Project Fixup co-founder and CEO Sarah Press said in a statement.
Three-story Winnetka home: $1.595 million

ADDRESS: 669 Walden Rd. in Winnetka
ASKING PRICE: $1,595,000
Listed on May 13, 2016
First floor includes spacious entry foyer, grand living room with fireplace, formal dining room, library, gourmet kitchen with breakfast room and a family room. Second floor features luxurious master suite with fireplace, sitting room with coffered ceiling and spa-like bath. Spacious third floor includes an additional bedroom, full bath and a large bonus room. New three-car detached.
Agent: Julie Bradbury Miller of The Hudson Company, 847-751-2619

At press time, this home was still for sale.
CAST YOUR VOTE
EVERY WEEK THROUGH SEPTEMBER 11TH
Vote for the players you think deserve to be crowned the Greatest in Chicago History.

VOTE FOR EACH POSITION STARTING:
- First Base: Jul. 1
- Second Base: Jul. 8
- Third Base: Jul. 15
- Short Stop: Jul. 22
- Left Field: Jul. 29
- Center Field: Aug. 5
- Right Field: Aug. 12
- Catcher: Aug. 19
- Pitcher(s): Aug. 26
- Manager: Sept. 2

CHICAGOTRIBUNE.COM/GREATEST

No matter who you vote for, we have your bases covered.

Wintrust
FDIC
SUMMER GALA RAISES $75K FOR POLISH MUSEUM

Event: 36th Annual Polish Museum of America Summer Gala
Benefiting: Polish Museum of America in Chicago
Honors: Polish Spirit Award presented to the Polish American Chamber of Commerce
Location: Café La Cave, Des Plaines
Date: June 3
Attended: 220
Raised: $75,000
Website: polishmuseumofamerica.org

RICHARD OWSIANY OF CHICAGO, POLISH MUSEUM OF AMERICA PRESIDENT, FROM LEFT, MALGORZATA KOT OF SCHILLER PARK, POLISH MUSEUM OF AMERICA MANAGING DIRECTOR, AND ANNA MORZY OF ARLINGTON HEIGHTS, POLISH AMERICAN CHAMBER OF COMMERCE PRESIDENT, RECEIVING THE POLISH SPIRIT AWARD

FRAN AND BOB HUGHES OF PARK RIDGE, FROM LEFT, AND MARLA BRONNY CLESIA OF PARK RIDGE, POLISH MUSEUM OF AMERICA PRESIDENT EMERITUS

TONE ZASKOWSKI OF CHICAGO, POLISH AMERICAN CHAMBER OF COMMERCE DIRECTOR, FROM LEFT, ANNA ZASKOWSKI OF CHICAGO, BOJDAN PUkszTA OF SKOKIE, POLISH AMERICAN CHAMBER OF COMMERCE EXECUTIVE DIRECTOR

DENISE TOMASELLO AT RUSH STREET REUNION

Denise Tomasello performs along with the Tommy Mueller Trio at the Second Annual Rush Street Reunion, set for 4-9 p.m. Aug. 14, at the Joynt on State, 440 N. State St., Chicago.

David Floodstrand of Skokie is the man behind the event, which is designed to celebrate the legacy of Chicago's nightlife, and the great era of the Rush Street clubs. Floodstrand, an alum of the golden years, is the author of the forthcoming book, "Rush Street, Chicago's Street of Dreams." The evening will also feature performances by DJs and other guests, plus interviews with folks who recall the great days. Tickets are $30, and available at www.rushstreetreunion.com.

SHARE YOUR EVENT

We want to publish your photos. To submit, visit community.chicagotribune.com or email sburrows@pioneerlocal.com.
“BUNKER HILL ESTATES” BEAUTY!

Niles...Just Listed! Stunning all face brick 10 room Ranch has been lovingly maintained! Huge 20' living room + dining room. Large updated eat-in kitchen with Granite counters & hardwood floors. Main floor family room adjacent to kitchen overlooking beautiful private yard & patio. 4 brs & 2 ½ baths. Neutral décor, cove moldings, natural wood trim & high end silhouette blinds. 45' huge finished basement with rec room, 4th BR, bath, 2nd kitchen, wet bar, workshop, utility room & overhead sewers. 2 car attached garage. Quality Construction! Won't Last at... $429,900

IN A CLASS BY ITSELF!

Morton Grove... Utopia! Showplace Perfect! Home of noted Decorator/Designer. Exquisite; nothing left to do but, just, “Move in”. Like new 10 room multilevel masterpiece exuding love, warmth & charm. New windows throughout-2015; New sliding glass door-2013; New furnace & AC-2013; New architectural style roof shingles-2003; New battery back up systems-2010. Marble kitchen, 5 brs - 3 full updated baths, 27' family rm w/fireplace, 5th br (could be office or in-law suite) on same level, finished sub-bsmt & laundry rm. Attached garage. Reduced to... $499,900

THIS ONE WON'T LAST LONG!

Skokie... Fabulous, Quality built brick ranch lovingly maintained by original owners! 3 bedrooms, large eat-in kitchen, hardwood floors, full finished basement with separate laundry room and abundant storage. Rear deck overlooks beautifully landscaped fenced rear yard. Easy access to Edens expressway and Old Orchard shopping center. Walk to downtown Skokie, shops, restaurants, parks and transportation (Skokie Swift and bus). Award winning Schools-Park View School & Niles West High School! Shows true pride of ownership!! Price Slashed to... $239,900

HOUSE BEAUTIFUL!

Buffalo Grove... Price Just Reduced! Spectacular 9 room 2 story home located in Highland Grove! Large living room & separate dining room. Gorgeous eat in kitchen with beautiful cabinets, Granite counters & stainless steel appliances opens to main floor family room with fireplace leads to patio & large yard. 4 large bedrooms on 2nd floor. Master bedroom with master bath. Beautiful wood laminate floors on main level. Bonus lower level rec room & utility room. 2 car attached garage with direct entry to house. Stevenson High School District! $420,000
# Real Estate Transfers

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<thead>
<tr>
<th>ADDRESS</th>
<th>BUYER</th>
<th>SELLER</th>
<th>DATE</th>
<th>PRICE</th>
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<td>Makoto Kimasai</td>
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<td>3006 W New York Ave, Evanston</td>
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<td>21 Apple Hill Ln, Buffalo Grove</td>
<td>Jun Geong Shing</td>
<td>George Borei</td>
<td>06-30-16</td>
<td>$380,000</td>
</tr>
<tr>
<td>521 Quaker Hollow Ct, Buffalo Grove</td>
<td>Welcom Bowers &amp; Julianas Farias Bowers</td>
<td>David Efeley</td>
<td>06-14-16</td>
<td>$395,000</td>
</tr>
<tr>
<td>350 Thompson Blvd, Buffalo Grove</td>
<td>Changsoo Kim &amp; Younghee Kim</td>
<td>Marina Mombach</td>
<td>07-06-16</td>
<td>$402,000</td>
</tr>
<tr>
<td>1306 Devonwood Ct, Buffalo Grove</td>
<td>James A Stealey &amp; Cassia Stealey</td>
<td>David Israel</td>
<td>07-05-16</td>
<td>$403,000</td>
</tr>
<tr>
<td>140 Rose Rd, Buffalo Grove</td>
<td>Yuqian Z Verchick &amp; Verchick</td>
<td>Eugene Paisen</td>
<td>05-16-16</td>
<td>$435,000</td>
</tr>
<tr>
<td>1156 Saddler Dr, Buffalo Grove</td>
<td>Jeffrey Carter &amp; Paula Carter</td>
<td>Rhoda B Robinson</td>
<td>07-05-16</td>
<td>$462,000</td>
</tr>
<tr>
<td>310 Indian Creek Dr, Buffalo Grove</td>
<td>Sriram V Ravee &amp; Lavanya N Polk</td>
<td>Sharad Agrawal</td>
<td>06-14-16</td>
<td>$520,000</td>
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<tr>
<td>672 W Millcrest Rd, Deer Park</td>
<td>Douglas Bailey</td>
<td>Ted Peracha</td>
<td>07-06-16</td>
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<tr>
<td>140 S River Rd, Des Plaines</td>
<td>Martin J Burke</td>
<td>Federal Home Loan Corp</td>
<td>07-06-16</td>
<td>$515,000</td>
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<tr>
<td>39FF Landings Ln, # 502, Des Plaines</td>
<td>Winnie K</td>
<td>Alexander Sahin</td>
<td>07-06-16</td>
<td>$530,000</td>
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<tr>
<td>703 Country Ln, # 703, Des Plaines</td>
<td>Michael Baehnchen</td>
<td>Tosek Baehnchen</td>
<td>07-06-16</td>
<td>$530,000</td>
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<tr>
<td>1784 Whitcomb Ave, Des Plaines</td>
<td>Shari A Abou</td>
<td>Bank of New York Mellon FTF</td>
<td>07-05-16</td>
<td>$153,000</td>
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<tr>
<td>901 Golf Dr, # 204, Des Plaines</td>
<td>Nawroz M Mirani</td>
<td>Richard J Buey</td>
<td>07-06-16</td>
<td>$165,000</td>
</tr>
<tr>
<td>1713 White St, Des Plaines</td>
<td>Maria Pender</td>
<td>Bhaida Na</td>
<td>05-16-16</td>
<td>$168,000</td>
</tr>
<tr>
<td>1345 Linden St, Des Plaines</td>
<td>Philomena Abebe</td>
<td>Nathaniel Liddle</td>
<td>07-01-16</td>
<td>$210,000</td>
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<tr>
<td>923 Cedar Ln, Des Plaines</td>
<td>Dorothy Smith</td>
<td>Dorothy Smith</td>
<td>07-05-16</td>
<td>$220,000</td>
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<tr>
<td>940 Twin Oaks Ln, L, Des Plaines</td>
<td>Lukasz Krzysztof &amp; Reji Lukasz Krzysztof</td>
<td>Sunny M Stahman</td>
<td>07-06-16</td>
<td>$275,000</td>
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<tr>
<td>1866 Linden St, Des Plaines</td>
<td>Rizeta Sarad</td>
<td>Steven D Rask</td>
<td>07-06-16</td>
<td>$275,000</td>
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<tr>
<td>7 3re Lepre TER, Des Plaines</td>
<td>Ewa A Krzysztof</td>
<td>Michael A Massarelli</td>
<td>07-01-16</td>
<td>$285,000</td>
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<tr>
<td>520 Pearson St, # 611, Des Plaines</td>
<td>Vivek Rathod &amp; Swapnil Banade</td>
<td>Manolo V Valdez</td>
<td>07-06-16</td>
<td>$295,000</td>
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<tr>
<td>1007 Indian Ln, Des Plaines</td>
<td>Gloria Kaplan</td>
<td>Gatesman Properties LLC</td>
<td>07-06-16</td>
<td>$335,000</td>
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<tr>
<td>80 Berkshire Ln, Des Plaines</td>
<td>Timothy Kassel &amp; Jennifer Norton</td>
<td>Gaetano Pulvino</td>
<td>05-16-16</td>
<td>$425,000</td>
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<tr>
<td>3765 Hampton Plwy, #AA, Evanston</td>
<td>Todd D Tabor &amp; Vincent Tabor</td>
<td>Robert Rothman</td>
<td>07-06-16</td>
<td>$430,000</td>
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<tr>
<td>1236 Chicago Ave, #407, Evanston</td>
<td>Daniel Horgan</td>
<td>Yan Wang</td>
<td>07-06-16</td>
<td>$525,000</td>
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<tr>
<td>1236 Elmwood Ave, #3, Evanston</td>
<td>Kenneth Sparks &amp; Margaret Reid Siewierski</td>
<td>Adam Milchberg</td>
<td>07-06-16</td>
<td>$525,000</td>
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<tr>
<td>096 Sheridan Rd, #E, Evanston</td>
<td>Patrick H Dula &amp; Margaret Dula</td>
<td>Adam Kuzma</td>
<td>07-06-16</td>
<td>$580,000</td>
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<tr>
<td>104 Map St, # 1, Evanston</td>
<td>Shawn Knaul &amp; Annamarie Henry</td>
<td>Michael Joppa</td>
<td>07-06-16</td>
<td>$295,000</td>
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<tr>
<td>923 Washington St, #15, Evanston</td>
<td>Jacob L Legsdin &amp; Kristina A Rice</td>
<td>Ryan Montes</td>
<td>05-16-16</td>
<td>$325,000</td>
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<tr>
<td>1901 Welton St, Evanston</td>
<td>Ian J Kenig &amp; Melfinda Kenig</td>
<td>Kunal Pujara</td>
<td>07-06-16</td>
<td>$340,000</td>
</tr>
</tbody>
</table>

This list is not intended to be a complete record of all real estate transactions. Data compiled by Record Information Services.
Let us help you with your rehabilitation and skilled nursing care needs.

We’ve been there when you need us and will care for you as part of our family. Whether you need post-hospital Rehabilitation or Skilled Nursing Care, we can offer you the full continuum of care.

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REAL ESTATE HOMES IN YOUR AREA

MORTON GROVE
Address: 7355 Lyons St.
Price: $294,000
Schools: Maine East High School
Taxes: $5,984
Agent: Irena Fomina, Coldwell Banker Residential Brokerage

DEERFIELD
Six-bedroom, 3.5-bath home built in 1999 with open floor plan. Two-story foyer, high-end kitchen appliances, family room with fireplace, landscaped yard. Near parks, schools, public transportation, shopping and restaurants.
Address: 151 Estate Drive
Price: $739,900
Schools: Deerfield High School
Taxes: $20,764
Agent: Alan Berlow, Coldwell Banker Residential Brokerage

GLENVIEW
Three-bedroom, two-bath home built in 1963. Main level has been completely redone, living room skylight, newer windows, roof, plumbing, kitchen and both bathrooms. Each bedroom has custom closets. Near parks, shopping and bus line.
Address: 26 Mulberry Court
Price: $525,000
Schools: Niles North High School
Taxes: $5,324
Agent: Laura Roach, Comstock Realty Group

ASHBURY WOODS
From $414,000

MODEL HOME:
1549 Ashbury Circle
Lemont, IL 60439

LAKE BLUFF
Four-bedroom, 4.5-bath home built in 2000. Foyer opens to living room, formal dining room, kitchen with island, breakfast and family rooms, patio, landscaped yard. Near schools, parks, Metra and lakefront.
Address: 307 Newman Court
Price: $1,235,000
Schools: Lake Forest High School
Taxes: $24,271
Agent: Megan Jordan, @Properties
Listings from Homefinder.com

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Taxes: $5,984
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MODEL HOME:
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Lemont, IL 60439

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Price: $1,235,000
Schools: Lake Forest High School
Taxes: $24,271
Agent: Megan Jordan, @Properties
Listings from Homefinder.com

WOODGLEN
FROM THE MID $400'S

MODEL HOME:
931 Woodglen Lane
Lemont, IL 60439

ASHBURY WOODS
FROM $414,000

MODEL HOME:
1549 Ashbury Circle
Lemont, IL 60439

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Thursday, August 11

Wertico Cali & Gray: 8 p.m. SPACE, 1245 Chicago Ave., Evanston, $15-$25, 847-492-8860

Diabetes month by month: Learn how to prevent, manage and take care of your diabetes in order to prevent complications. Every month we will have a different topic, from weight management, stress management to how to read food labels. Class is bilingual (English and Spanish). 5 p.m. Erin Evanston/Skokie Health Center, 1285 Hartrey Ave., Evanston, free, 847-666-2346

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 3:30 p.m. to 1 p.m. All week, Mitchell Museum of the American Indian, 3001 Central St., Evanston, $3 kids, $5 adults and Tribal members free, 847-475-1030

Evanston Legend: The Art of Peggy Lipschutz: The City of Evanston sponsors a month-long show of the paintings and drawings of Peggy Lipschutz with an Opening Reception between 2-5 p.m. on Oct. 4, with musicians including Rebecca Armstrong, Peggy Browning, Mark Dvorak, Maura Lally and Kristin Lemn. 10 a.m. All week, Noyes Cultural Arts Center, 927 Noyes St., Evanston, free, 877-816-4716

The Art Of War Art exhibit presents four decades of artwork that consists of a series of sculptures which are evocative of implements of war. They are called the Armor Series. 10 a.m. All week, Noyes Cultural Arts Center, 927 Noyes St., Evanston, free, 847-859-7855

Summer History Tours at The Grove: Take a tour of the historic buildings with custo arent 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

Ready for Kindergarten for those entering kindergarten: Get ready for the big day with teachers from Extraordinary Kids Enrichment Program. Soon-to-be kindergartners can have a blast with interactive, hands-on activities exploring science, math and art. Please register at glencnview.org/register or by calling. 11 a.m. and 1 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Books N' Bites for Grades 3 to 5: Register to join us for a casual, offsite monthly book discussion (snacks provided). Meet at the Lincolnwood Library at 4 p.m., and the group will walk to Meatheds. 4 p.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. Tuesdays and Thursdays, Proesel Park, 7055 Kosmer Ave., Lincolnwood, free, 847-677-5277

DACA and DAPA Explained: Register to learn what happens after the Supreme Court makes a decision on DACA/DAPA (Deferred Action for Childhood Arrivals/Deferred Action for Parents of Americans). 7 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Niles Songwriters: Local songwriters meet on the second Thursday of the month at the library's Lower Level to discuss their craft and play music. Acoustic instruments are welcome. 7 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

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. Courland Ave., Park Ridge, free, 847-823-3164

Wiggle While You Walk on the Library Lawn: From now through August, you are invited to take a Story-Walk featuring the book "Wiggle" by Doreen Cronin. This energetic book about an animated dog who wiggles in a variety of funny situations is worth imitating. There are also interactive features added like hula hoops, maracas and a special surprise inside the library. 9 a.m. All week, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

Gardens of Elysium, a show of the paintings of Lipschutz, is on display now through October 13. The show features 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 Lemn. 10 a.m. All week, Noyes Cultural Arts Center, 927 Noyes St., Evanston, free, 877-816-4716

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 as many entries as they wish. Please do not include booth images. December 12. 12:15 p.m., All week, Evanston Art Center, 1717 Central St. Evanston, free, 847-475-5300

Connecting Cultures: 40 Years at the Mitchell Museum: The latest exhibit unveiled is Connecting Cultures: 40 Years at the Mitchell Museum. The exhibit celebrates four decades of scholarship, research, and curatorial excellence, highlighting the museum's role in preserving and presenting the history of American Indians in the Midwest. From June 2016 to March 2017, the Mitchell Museum is hosting an exciting series of events and programs, including lectures, workshops, and a special exhibition opening. The exhibit features over 400 objects and artifacts, including basketry, beadwork, beadwork, and carved bone objects. The exhibit is free to the public and open daily from 10 a.m. to 5 p.m. Mitchell Museum of the American Indian, 3001 Central St., Evanston, free, 847-475-1030

Northern Illinois Food Bank Mobile Food Pantry: This mobile food pantry serves the Bensenville community at the First United Methodist Church, on Friday, for low-income neighbors in need. They are asked to bring a bag or box. 3:30 p.m. First United Methodist Church, 328 S. Church Road, Bensenville, free, 630-766-5940

Friday, August 12

Park Ridge Toastmasters Meeting: This is the Park Ridge Toastmasters Bi-Weekly meeting. All are welcome to join for impromptu speaking, prepared speeches, jokes and much more. 7:30 p.m. First United Methodist Church, 418 Touhy Ave., Park Ridge, free, 224-715-5128

Rockin' in the Park 2016: This concert series features the music of classic rock 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 food can be dropped off at Walgreens. For more information, call David Elkin, the Niles Township Jewish Congregation office at 847-675-4141. Midnight, All week, Walgreens, 3945 W. Dempster St., Skokie, free, 847-675-4141

Cover Letters: This interactive workshop teaches how to write letters that matter, and provides techniques for developing targeted communications that help land interviews. To register for Career Moves workshops, go to jsbchicago-sy- hum.formstack.com/forms/career_identity. 1 p.m. JVS Chicago, 5150 Golf Road, Skokie, Career Moves clients: $10 per workshop, non-clients: $20 per workshop, 847-748-5460

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

Northern Illinois Food Bank Mobile Food Pantry: This mobile food pantry serves the Bensenville community at the First United Methodist Church, on Friday, for low-income neighbors in need. They are asked to bring a bag or box. 3:30 p.m. First United Methodist Church, 328 S. Church Road, Bensenville, free, 630-766-5940

Turn to Calendar, Next Page
Armenian Fest: The bash features wood, St., free, 847-827-5551

River Whyless: 8 p.m. SPACE, 1245 Chicago Ave., Evanston, $12-$20, 847-492-8860

Armenian Fest: The bash features Armenian food, desserts, beer and wine, a raffle, live music, a magic show, inflatables, and kids activities. 5 p.m. August 12, 5 p.m. August 13 and 12:30 p.m. August 14, Armenian All Saints Apostolic Church & Community Center, 1701 N. Greenwood Road, Glenview, free, 847-841-6144

WORD 2010 Styles and Images: Format your document and learn how to work with pictures and clip art. Requirements are basic WORD skills, a Glenview Library card and to call or go to glenviewpl.org/register or sign up. 10 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Video Game Night for ages 12-18: Hang out with your friends and play videogames on big screens using the library's game systems and collections. Pizza is generously donated by Marco's Pizza. Register at glenviewpl.org/register or call to sign up. 5 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Lego Earthquake Challenge for Grades 5 to 8: Find out if you can create a Lego structure strong enough to withstand an earthquake and call yourself a master builder. Register at glenviewpl.org/register or call. 3:30 p.m. 847-492-8860

Park Ridge 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 Dempster Ave, Glenview, $10-$15, 847-502-0630

Fiesta Friday Pool Party at Flick Park: Come make a splash and be treated to some cool entertainment during our Fiesta Friday Pool Party. Fun water games every hour starting at 5:30 p.m. 5 p.m. Flick Park, 3600 Glenview Road, Glenview, regular rates apply, 847-724-3337

Friday Night Live for Music and More: Meet your friends and bring your family to the Glenview Park Golf Club for fun and games. 6 p.m. August 14, The Celtic Knot Public House, 626 Lincoln Ave., Morton Grove, free, 847-965-4220

Saturday, August 13

Glenview Farmers Market: Shop for fresh produce, meat, cheese, baked goods, flowers and more at this farmers market. The weekly market also features live music and entertainment for kids. 8 a.m. Prairie Avenue and Main Street, 15 Prairie Ave., Park Ridge, free, 847-657-3880

Overeaters Anonymous: Overeaters Anonymous meets Saturdays, newcomers 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, 847-996-0609

Signature Entertainment Presents: LOL Saturday: Adult Comedy every Saturday night hosted by comedy legends Tony Scluffield and Mark Simmons. National headliners with movies and television credits on stage. Average 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

Deborah Diamond: Psychic and Writer: Join Deborah Diamond as she speaks about her experiences with loss, communication from the other side, near-death experiences and out-of-body experiences. 2 p.m. Evanston Hospital - Frank Auditorium, 2650 Ridge Ave., Evanston, $20, 847-251-5758

"Animal Arts and Seasonal Stories": "Animal Arts & Seasonal Stories" are recommended for children ages 3 and up. 10:30 a.m. August 13 and August 14, Mitchell Museum of the American Indian, 3001 Central St., Evanston, $3 kids, $5 adults, 847-475-1030

Spotlight Tours: The Mitchell Museum Gardens: Learn how plants in the museum's garden were significant to Native people. 10:30 a.m. Mitchell Museum of the American Indian, 300 Central St., Evanston, free, 847-475-1030

Jazz Meets Blues Concert III: Featuring internationally renowned jazz bassist Marlene Rosenberg, and Delta bluesman David "Chainsaw" Dupont. 7 p.m. August 13 and 3 p.m. August 14, Noyes Cultural Arts Center, 927 Noyes St., Evanston, $12, 847-866-5915

Glenview Farmers Market at Wagner Farm: A free weekly event, this farmers market takes place rain or shine. Shop for fresh produce 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

"The Pigeon" Party: Help celebrate the favorite Mo Willems character, "The Pigeon," with stories, games, and crafts. Please leave all buses, puppies, and especially dogs at home. Please register at glenviewpl.org/register or call. 11 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Family Night Golf: After 5 p.m., groups of up to six players can play. Some restrictions apply. 5 p.m. Glenview Prairie Club, 2800 W. Lake Ave., Evanston, $30 for groups of up to six players, 847-657-1637

Crafting for Charity: Make softies, or those cute stuffed, knitted or crocheted animals for children. Finished toys will be donated to local charities. Bring your needle/hook and enthusiasm. Novices welcome. 10 a.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 Georgian Avenue, 6210 Dempster St., Morton Grove, free, 847-750-6436

Family Camp Out: Pack your tent, sleeping bag and flashlight for our fun filled Family Campout including a camp fire, making s'mores, creating crafts, swimming and an evening movie. In the morning, we'll enjoy juice and doughnuts for breakfast. 5 p.m. Harrer Park and Pool, 6250 W. Dempster St., Morton Grove, $30, 847-965-0971

Second Saturday Breakfast Bingo: Kids and families are welcome to enjoy some breakfast treats as everyone plays Bingo. Enjoy a kick start to one's weekend with a morning of family fun at the library. 9:30 a.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

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

Preserving Survivor Stories: Ask Holocaust Survivor Pinchas Gutter any question you would like, and natural language technology software will respond as if Pinchas were in the room. 10:30 a.m. Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-957-4800

Sunday, August 14

Dan Navarro: 7 p.m. SPACE, 1245 Chicago Ave., Evanston, $17-$27, 847-492-8860

Do Not Submit: A Storytelling Open Mic: Second Sundays of the Month. Sign-Up 6 p.m. Local event that is pressure free night for storytellers from zero to decades of experience to connect, share stories and hone their craft. 5:30 p.m. The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

John Williams' Sunday music sessions 3 p.m. The Celtic Knot Public House, 626 Church St., Evanston, free,
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Selling storage room from Antique shop. Nikon camera; costume jewelry; sterling silver; Royal Doulton mugs; clocks; ship lights; prints; water color oil paintings; grinding wheel; Oak Country Store Show Cases; Castle Playset; mid-century mosaic tile coffee table. Electronics; Yamaha AMP; Ampex Real to Real; Mac Computer; Kenwood Stereo Set; 542 National Cash Register; Pin Ball Machine; A.M.I Juke Box. A ton of glassware - a lot still in original packaging. Decorative treasures; tools; planes; clamps; saws; Mexican Pottery; wood carvings; crocks; scales; grinders; iron pots; Chess table; Butchers block; ice cream chairs; trunks, wood screw bins; red lusters; hanging fixtures; Jacobo Peuser Book Press; iron tin garden décor; benches; 50's Tricycle; J.R. Bauman mannequins; hall stands; Pedestals; beds, mirrors; Mahogany Bed Room Set; Four Roses Whiskey Bottle Display; cart lot of primitives; dishes; Harvest Table; Gold coin flour advertising poster.

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Lakeside Yoga at Park Center Lakeview Patio 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, 847-724-5670

Knitting Roundtable for Adults: Ronnie Rund, an expert knitter, shows attendees how to knit or how to solve knitting challenges. Bring one's current project(s) and needles. 2 p.m. Morton Grove Public Library, 6410 Lincoln Ave., Morton Grove, free, 847-965-4220

ESL Conversation Group: Practice speaking English in an informal and friendly group setting. Discussions focus on a variety of practical, everyday and general interest topics. All skill levels are welcome to attend, but registration is required. 6 p.m. Morton Grove Public Library, 6410 Lincoln Ave., Morton Grove, free, 847-965-4220

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, 6410 Lincoln Ave., Morton Grove, free, 847-965-4220

Yoga for Kids: Stretch, Bend, Breathe: Kids ages four through eight can learn yoga poses and breathing techniques and feel relaxed and energized afterward. There is no experience needed. Bring a bath towel or yoga mat and wear comfortable clothes. 10:30 a.m. Morton Grove Public Library, 6410 Lincoln Ave., Morton Grove, free, 847-965-4220

Financial Planning Appointments: Schedule a one-on-one consultation with a certified financial planner. Call 847-729-7500 or go to www.mgpl.org for more information. 10:30 a.m. Morton Grove Public Library, 6410 Lincoln Ave., Morton Grove, free, 847-965-4220

Lego Club for Grades 1 to 2: All master builders are invited to join us for our monthly free-build. We'll provide the Legos and with your ideas, everything will be awesome. 10:30 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Secret Strategies to Land Your Job in 90 Days: Discover proven strategies to land a job, as Illinois WorkNet Center speakers share what's working and what's not in today's job market. This comprehensive workshop discusses setting SMART goals to keep you on track, using social media to connect with active hiring managers, getting your resume through today's Applicant Tracking Systems and sharpening critical interview skills. Go to worknetnc.org to register. 9:30 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

The Tupperware Tale: Earl Tupper invented Tupperware, but single mother Brownie Wise made his plastic ware a household name in the 1950s. Actress and historian Leslie Goddard reveals how Wise's pioneering sales approach transformed Tupperware into a mega-business. Please register at glenviewpl.org/register or by calling. 7 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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. 9:45 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Chicago North Suburban Myasthenia Gravis Breakfast Chat: Share the ups and downs of the rare auto-immune disease myasthenia gravis with other "MGers" in Glenbrook Hospital's casual Arum Cafe. Use the West (Green) parking lot and Ambulatory Care Center entrance. 9:30 a.m. Glenbrook Hospital, 2100 Pfingsten Road, Glenview, free, 800-888-6208

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. 1 p.m. Morton Grove Public Library, 6410 Lincoln Ave., Morton Grove, free, 847-965-4220

Movies, Munchies & More: Healthy Dining on a Dime: Laura Bruzas' program based on her book "100 Simple Ways to Eat Well for Less" will cover dozens of eco-friendly, health-supportive practical tips and insider secrets to save money whether eating in, dining out or entertaining. 11:30 a.m. Morton Grove Public Library, 6410 Lincoln Ave., Morton Grove, free, 847-965-4220

Turn to Calendar, Next Page
Calendar, from Previous Page

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

LinkedIn: Hands-on workshop to learn website navigation, profile construction, and settings management. To register for Career Moves workshops, go to jvschicago-syhum.formstack.com/forms/career_identity. 9:30 a.m. JVS Chicago, 5150 Golf Road, Skokie, Career Moves clients: $10 per workshop and non-clients: $20 per workshop, 847-745-5460

Wednesday, August 17

Music in the Park and French Market: This family summer concert series has something to offer all musical tastes. Early in the evening, there are free games, giveaways, photo-booths and a caricature artist. Each concert night includes a Classic Car Show and a 50/50 split-the-pot raffle that benefits local charities. 5:30 p.m. Downtown Bensenville, free, 630-766-8200

Changes are weekly, every Tuesday. 7 p.m. St. John Brebeuf Parish Church, 8307 N. Harlem Ave., Niles, free, 702-806-8421

Live Music Wednesdays with the Josh Rzepka Trio: Hear the music of Dizzy Gillespie, Charlie Parker, Thelonious Monk and other classics of the era played by the Josh Rzepka Bebop trio. Reservations can be made online or by calling. 6:30 p.m. Found Kitchen & Social House, 1631 Chicago Ave., Evanston, free, 847-884-9945

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

Musicians open mic: Kids open Mic 6:30-7:30 p.m.; adults 7:30-11 p.m. Bring your instruments and bring your friends. 6:30 p.m. The Rock House, 1742 Glenview Road, Glenview, free

This family summer concert series has something to offer all musical tastes. Early in the evening, there are free games, giveaways, photo-booths and a caricature artist. Each concert night includes a Classic Car Show and a 50/50 split-the-pot raffle that benefits local charities. 5:30 p.m. Downtown Bensenville, free, 630-766-8200

Lego Club for grades 3-6: Calling all master builders, space is limited. So, join in the monthly free-build. Legos are provided, you supply the ideas, and everything is awesome. 10:30 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

ESL Conversation Group: Practice speaking English in an informal and friendly group setting. Discussions focus on a variety of practical, everyday and general interest topics. All skill levels are welcome to attend, but registration is required. 3 p.m. Morton Grove Public Library, 6410 Lincoln Ave., Morton Grove, free, 847-965-4220

Pokemon Go Party: Register to celebrate Pokemon Go, get tips for playing in Northbrook and enjoy Pokemon activities. Personal devices loaded with Pokemon Go app are not necessary, but welcome. 2 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-4300

Wednesday Classic Film Series - "Across the Universe": The Wednesday Classic Film Series is playing "Across The Universe." 1 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-727-6224

Knitting Studio and Workshop: Each Wednesday afternoon, Certified Knitting Instructor Mary Staackmann provides personalized instruction, answers any questions about knitting, and perhaps gets you started on a new project. Brush up on your skills, learn new techniques, or just spend an afternoon knitting with others. 1:30 p.m. North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-784-6060

Free Young Professionals Networking Event: Come join the Young Professionals Group and network at the new Shakou. There is no fee to attend. Bring your business cards and get ready for a delicious meal while making new connections. 6 p.m. Shakou Park Ridge, 130 S. Prospect Ave., Park Ridge, free, 847-825-3121

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NOW PLAYING

"Jason Bourne" ★★★
PG-13, 2:03, action/adventure
Jason Bourne is back, after nine long years in cold franchise storage. That time gap explains why the new film "Jason Bourne" puts quotes around its conflicted super-assassin's full fake name. We know it, according to the ads. We know his name. But just in case. Matt Damon has settled nicely into this largely nonverbal role of a trained killer piecing together his past on the fly, while killing those who are trying to kill him. At its best, "Jason Bourne" crackles with professionalism; at its worst, it's rehashing greatest hits (as in, "assassinations") from earlier films. If a summer picture can be both vaguely disappointing yet worth seeing, "Jason Bourne" is that picture. — Michael Phillips

"Star Trek Beyond" ★★
PG-13, 2:02, sci-fi
"Things have started to feel a little ... episodic," acknowledges James T. Kirk in his famous captain's log, three long years into a five-year gig. That line, cheeky and knowing, comes early in "Star Trek Beyond." The latest film in this franchise isn't quite up to the 2009 and 2013 movies. But it's still fun and the effects manage to look a little more elegant and interesting than usual. The nemesis this time is a lizard fellow named Krall, played by Idris Elba, which means he has the coolest voice in the universe. Krall never quite pops as the antagonist Elba so clearly has in him to portray. But if there's one thing this franchise has taught us, it's this: You can't always get a Khan when you want one. — MP

"Bad Moms" ★★
R, 1:41, comedy
As surely as most mothers can't win, "Bad Moms" can't lose. Certainly it can't lose with moms who've endured, through gritted teeth, one too many R-rated guy comedies. This movie represents a vacation from mean-spirited sexism like "The Hangover," or does it? Amy, played by Mila Kunis, runs her life as an exercise in just-in-time management. "Bad Moms" takes Amy's maelstrom of a life just seriously enough to connect with all sorts of parents. Amy's work issues are solved in two absurd lines of dialogue. Her love life is solved by a conveniently located sensitive widower hunk (Jay Hernandez). "Bad Moms" keeps settling for less than it should, given all the talent on screen. — M.P.

"The Secret Life of Pets" ★★★
PG, 1:31, animated
"The Secret Life of Pets" is fun, family- (and animal-) 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

"Lights Out" ★★★
PG-13, 1:21, horror
Traumatized by the prologue murder of his father, young Martin (Gabriel Bateman) is haunted by a spook with long, sharp fingernails. This creature, who goes by Diana, appears to be a friend of Martin's mother, Sophie (Marisa Bello). Sophie's estranged daughter Rebecca (Teresa Palmer) has mysterious claw marks on her arms, indicating that she also had run-ins with Diana. Palmer and Bello really do seem like world-weary, spook-adjacent daughter and mother. They're strong enough to take your mind off some lapses in narrative judgment. Still, the film works; it's enjoyably nerve-wracking. — M.P.

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Risk to self-driving cars: You

Human brain not alert to dangers in partial automation

BY JOAN LOWY
Associated Press

WASHINGTON — Experts say the development of self-driving cars over the coming decade depends on an unreliable assumption by many automakers: that the humans in them will be ready to step in and take control if the car's systems fail.

Instead, experience with automation in other modes of transportation like aviation and rail suggests that the strategy will lead to more deaths like that of a Florida Tesla driver in May.

Decades of research shows that people have a difficult time keeping their minds on boring tasks like monitoring systems that rarely fail and hardly ever require them to take action. The human brain continually seeks stimulation. If the mind isn't engaged, it will wander until it finds something more interesting to think about. The more reliable the system, the more likely it is that attention will wane.

Automakers are in the process of adding increasingly automated systems that effectively drive cars in some or most circumstances, but still require the driver as a backup in case the vehicle encounters a situation unanticipated by its engineers.

Tesla's Autopilot, for example, can steer itself within a lane and speed up or slow down based on surrounding traffic or on the driver's set speed. It can change lanes with a flip of its signals, automatically apply brakes, or scan for parking spaces and parallel park on command.

Joshua Brown, a 40-year-old tech company owner from Canton, Ohio, who was an enthusiastic fan of the technology, was killed when neither he nor his Tesla Model S sedan's Autopilot braked for a truck making a left turn on a highway near Gainesville, according to federal investigators and the automaker.

Tesla warns drivers to keep their hands on the wheel even though Autopilot is driving, or the vehicle will automatically slow to a stop. A self-driving system Audi plans to introduce in its 2018 A7, which the company says will be the most advanced on the market, monitors drivers' head and eye movements, and automatically slows the car if the driver's attention is diverted.

But Brown's failure to brake means he either didn't see the truck in his path or saw it too late to respond — an indication he was relying on the automation and his mind was elsewhere, said Missy Cummings, director of Duke University's Humans and Autonomy Laboratory.

The truck driver said he had heard a Harry Potter video playing in the car after the crash.

"Drivers in these quasi-automated modes of transportation are a disaster in the making," Cummings said. "Ifyou have to rely on the human to see something and take action in anything less than several seconds, you are going to have an accident like we saw."

Operators — an airline pilot, a train engineer or car driver — can lose awareness of their environment when they turn control over to automation, said Rob Molloy, the National Transportation Safety Board's chief highway crash investigator.

He pointed to the crash of Air France Flight 447 into the Atlantic Ocean while flying from Brazil to France in 2007. A malfunction in equipment used to measure air speed caused the plane's autopilot to disconnect, catching pilots by surprise. Confused, they caused an otherwise flyable plane to stall and fall from the sky, killing 228 people.

Planes and trains have had automation "for 20, 30 years and there are still times when they're like, 'Wow, we didn't expect that to happen,'" Molloy said.

Part of the problem is overconfidence in the technology causes people to think they can check it out. Not long after Tesla introduced its Autopilot system, people were posting videos of the car with the self-driving mode engaged cruising down tree-lined roads or even highways with no one in the driver's seat. Brown, for example, had posted videos lauding the Autopilot system and demonstrating it in action.

"There is a tendency of people to take one ride in one of these vehicles and then conclude that because they have not crashed over the course of 10 minutes that the system must be ready," said Bryant Walker Smith, a University of South Carolina professor who studies the technology.

Some experts think the ability of people to monitor autonomous systems may be getting worse. With the advent of smartphones, people are accustomed to having their desire for mental stimulation satisfied immediately.

"Go into Starbucks, for example," said Cummings. "No one can just patiently wait in line, they're all doing something on their phones. It's kind of pathetic."

Some automakers may be rethinking their approach. Two years ago, General Motors announced it would start selling a Cadillac in the fall of 2016 that would almost drive itself on freeways. But last week the company confirmed that the project has been delayed for an unspecified reason.

At previous briefings, company executives said they were waiting to perfect methods of assuring that the driver pays attention to the road even when the system is on.

The system, called "Super Cruise," will use cameras and radar to keep the car in the center of a lane and also stay a safe distance behind cars in front of it. The system will bring the car to a complete stop without driver action if traffic halts, and it can keep the car going in stop-and-go traffic. But it's designed for use only on limited-access divided highways.

Google, meanwhile, is aiming for a car that's fully self-driving and may not even have a steering wheel or brake pedals.

Tom Brisher contributed.
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The 2016 Mazda CX-9 crossover balances style with value and power with economy.

BY ROBERT DUFFER

The 2016 Mazda CX-9 crossover balances style with value and power with economy.

BY ROBERT DUFFER

Chicago Tribune

The police officer circled back to us saying, "I gotta stop you, man."

My kids stopped putting their baseball gloves in the lifegate, where we were having ice-cold sodas from the cooler.

I thought maybe he was stopping to tell us the road was blocked by our doors, which were open to air out the stinking, stopping to tell us the road was blocked by our doors.

It's larger than compact crossovers jammed up that long nose hangs like an overbite of Mater proportions.

It's more than compact crossovers jammed up with interior padding. It's quiet enough for the kids to sleep and the driver to listen to the Cubs close out the Brewers on AM radio.

The CX-9 offers an auto-dimming mirror, but if you can live without this feature, you may replace it with an old-fashioned, manually dimming mirror.

It delivers 310 pound-feet of torque at 2,000 rpm, providing punch and power, with an ability to tow 3,500 pounds.

Pair that with no turbo lag and the CX-9 becomes a sporting proposition, according to Officer C., who initially thought it might be a replacement for the family hauler. Fun-to-drive large crossovers will be his, especially since he'll be able to tow his bikes or a small boat.

The light-weighting that accompanies SkyActiv powertrains has been said to cause a louder ride, but Mazda smoothed that out using V-6 engines. Mazda's SkyActiv powertrain is similar to Ford's direct injection turbo engines that do more with less, topping Ford for best-in-class fuel economy. It delivers 310 pound-feet of torque at 2,000 rpm, providing punch and power, with an ability to tow 3,500 pounds.

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Mcgruff did not understand where his bones were going and why my son remembered to turn them off.

He said it was the steering column on my 1999 Acura TL that has delaminated in one spot, leaving a bad band about 2 inches across the top. My mechanic said it would be $300 to replace. Yikes! Can I buy a replacement mirror and install myself? Does it have to be OEM replacement or can I substitute any mirror?

"I'm getting over 100,000 miles on my 2004 Cadillac DeVille. My problem started when I had 70,950 miles on it. I heard a loud knocking sound within the steering column. I took it to a dealer and the mechanic said it was the lower steering shaft. He said he had replaced many of these. After $600, I still had the same noise. Another mechanic said it was safe to drive. I took the car to a Cadillac dealer where a mechanic said it was the steering shaft. He all did was grease this shaft.

A: The battery died in our crystal ball. (Summer weather is tough on batteries.) Hence, we are unable to predict whether your engine will live or die. However, considering nothing has yet happened, chances are good that there is plenty of life left.

A: Some good points and worth passing along.

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GAME CHANGER
Local LGBT athletes discuss coming-out process

By Jakub Rudnik | Pioneer Press

During Konrad Eiring's Class 3A sectional cross country meet in 2013, the Barrington runner suffered a fractured fibula. The injury required him to spend more than three months in a walking boot and cost him the majority of his junior track season. For a competitive young athlete — as a sophomore he anchored Barrington's state title-winning 4x800-meter relay — the injury was devastating. However, the injury served as a twist of fate that changed Eiring's life for the better.

As he stayed in shape by swimming laps alone in the pool, Eiring made the decision to tell his family, friends and teammates that he was gay.

"It allowed me an opportunity to be on my own and think about life without a lot of distractions," Eiring said. "It was a blessing in disguise. To be honest, I don't know if I would have come out when I did without the injury. I may have waited for college."

Eiring first came out to two close friends from a youth group with whom he had a close bond beyond sports. They reacted with support. Eiring began to tell teammates a few months later. He told track teammates, typically one-on-one, when they were out for training runs. And the day after his junior season ended, he wrote a Facebook post telling all of his connections that he was gay.

"My senior year, I was the most confident I ever was on the track," Eiring said. "It was really powerful. I didn't have to worry about these little things I was trying to hide."

While the country has moved toward a greater acceptance of people identifying as gay, lesbian, bisexual or transgender, the number of publicly gay athletes in major sports is still small, but growing. In 2014, Jason Collins became the first openly gay person to play in an NBA game. That same year, Michael Sam came out before the NFL draft; he was selected by the St. Louis Rams but did not make the roster. The Chicago Sky's Elena Delle Donne, the reigning WNBA MVP, revealed her engagement to a woman in a magazine feature this month.

A 2013 study from the Gay, Lesbian and Straight Education Network found that gay high school students were half as likely to play interscholastic sports as their non-LGBT peers. Glenn Witman, co-founder of the You Can Play Project, which advocates for "equality, respect and safety for all athletes, without regard to sexual orientation and/or gender identity," said it's "definitely easier" for an athlete to come out now, "but it's still hard."

"There's more role models for young athletes now," Witman said. "When I was younger I played sports, and I was in the closet. I didn't come out because there was nobody to look up to. All I saw was San Francisco and AIDS, and everything was negative."

When Princeton lineman Mason Darrow came out publicly before the 2015 season, telling his story on Outsports.com, he was the only openly gay player in Division I college football. Darrow, a Barrington graduate, said that a big reason he told his story was to help youths across the country who are struggling with coming out.

"Coming out publicly was something I'd been thinking about for a while," he said. "I saw the Michael Sam story and thought it was possible to make a difference for somebody."

"I think there's been a bunch of positive change in the last five years," Darrow added. "A lot of guys pushed through that door, with Jason Collins and Michael Sam. That curtain was pulled back, and a lot of people have come forward."

After telling his story on Outsports.com, Darrow received roughly 350 emails and 400 Facebook messages. Some offered support, but others were students or athletes who had not come out and asking for advice. Darrow said that he was happy to try to help.

"It was a lot more (people) than I expected," he said. "Everything from support to people pouring out their hearts on a page. It was why I came out. I was glad to reach out."

Darrow had gone through high school at Barrington without telling anybody he was gay. As a Princeton freshman offensive tackle in 2013, he came out for the first time to a small group of teammates as they talked late into a Saturday night. Wrestling with the decision to come out was hurting his performance, Darrow said, and he no longer wanted to hide part of himself from friends and family.

"I didn't want to go another four years without telling anyone," Darrow said. "High school was weird because I thought I had this image to uphold."

With his blessing, word went around until the entire team knew.

Maria Berrum, a Glenbard East graduate and sophomore soccer player at Oakton Community College, came out for the first time to a friend in seventh grade. She opened up to more friends the next year, and when she got to high school, most of her teammates knew she was gay.

"I cut my hair short, I started wearing baggy clothes, so it was really obvious," Berrum said.

She said her teammates at both Glenbard East and Oakton were supportive; for her high school coach, Kent Overbey, encouraging Berrum when she used the soccer field to ask out a girlfriend using handmade posters. She added that a male friend who played football and wrestled did not have the same support she received. Berrum said it might be more difficult for some athletes to come out than others.

"It depends on the sport," she said. "I think (straight) male athletes don't take it as well (when a teammate is gay) since they're supposed to be masculine."

Darrow, who will be a senior at Princeton, said he's never had a negative experience with a teammate, opponent or fan because of his sexual orientation.

"There was a little awkward stage where guys weren't really sure about where the line was with joke-making," Darrow said. "Once I joked about myself, it was all good."

"At the end of the day, I think we all just want to play football. I don't think anyone is out there researching who the gay guy is."

Eiring continues to run track at Illinois, where he will be a sophomore in the fall. After leaving Barrington, where he had close friends and an accepting environment, Eiring sensed initial tentativeness from some of his new teammates.

"One of my teammates from high school was on the U of I track team," Eiring said. "He told the whole team, 'Hey, Konrad's gay, but he's cool.' A lot of them don't really know many gay people. There was some warming-up time, but basically after the first month or so they were like, 'It's just Konrad.'"

Jakub Rudnik is a freelance reporter for Pioneer Press.

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For Loyola's Prassas, positivity leads to positive results

BY JONAH L. ROSENBLUM
Pioneer Press

Connor Prassas used to get frustrated on the golf course. At times, that frustration would follow him to the next shot or the next hole.

Prassas, now a senior at Loyola, showcased a new ability to quickly move on last year and turned that into a tie for 31st place at the 2015 Class 3A state tournament.

Prassas’ improved mental approach will be key if Loyola is to push past New Trier. The Trevians beat the Ramblers by 16 strokes at last year’s Class 3A New Trier Regional and by three strokes at the Conant Sectional.

New Trier finished third at the sectional and advanced to state as the team, while Loyola tied for fourth, missed out on qualifying as a team and sent two individuals to state.

In his third year on varsity, Prassas has emerged as a leader.

“He is really everything that you’d want in a player,” Loyola coach Tim Kane said.

First, however, Prassas had to learn the mental art of golf.

“When he was younger, he’d have a bad hole and he’d really carry that with him on the next hole and then that would snowball and things would start to get off track,” Kane said. “He’s really done a nice job of maturing and not letting the negatives get him down.”

Kane said the key for Prassas was learning that “what he’s doing right now isn’t everything” and that regardless of one bad shot, “there are a lot more rounds of golf in his future.” Prassas said he now fills his mind with positive thoughts as he approaches his next shot. Part of that positivity comes from knowing he has something to be positive about.

From experience, he knows he’s good enough to make up for that double bogey with two birdies in a row.

“I still get frustrated, I just don’t let it affect my next shot,” said Prassas, who earlier this summer won the Illinois State Junior Amateur. “You can’t change the shot anymore. It’s behind you. You can affect the next shot by having confidence and being positive. You can’t change the shot you just hit.”

Kane said that in last year’s post-season Prassas twice emerged relatively unscathed from potentially “disastrous” bunker situations.

“He didn’t panic,” Kane said. “Had this been the Connor of freshman or sophomore year, he would’ve looked at both of those and been like, ‘This hole’s done, this is terrible.’”

His positive outlook has even changed how he views the 2015 state tournament, where he was in the top seven before going 5-over on his last four holes.

“I just took all positives away, because through 32 holes with four holes left, I was in seventh place, so I know that I can compete with everybody in the state,” Prassas said. “It was a really bad finish and I kind of took that hard, but now I’m just thinking positively about it."

In addition to Prassas, Loyola returns junior John Krysco, who tied for 19th at state last year, and junior Chip Savarie, who shot a 73 at last season’s New Trier Regional.

Given Prassas’ revised outlook, perhaps it’s no surprise that he thinks the Ramblers have a strong shot of knocking off the Trevians this season.

“Last year, we were the underdogs when we would play New Trier,” Prassas said. “This year, I see ourselves as the favorites.”

Jonah L. Rosenblum is a freelance reporter for Pioneer Press.
Loyola eyeing elusive state title

BY JAKUB RUDNIK
Pioneer Press

After finishing second in the Class AA state tournament each of the past three years, the Loyola girls golf team has big expectations heading into the 2016 season.

“We’re very hopeful to be contenders again, though we always end up in very tough regionals and sectionals just to get to the state tournament,” Ramblers coach Heather Penn said. “It’s time to bring that (state championship) home. We’ve been working towards that. We’re always working towards that. That is the big goal and desire, for us to get over that hump.”

Loyola graduated three of its six golfers who played in the state tournament in 2015, but there is plenty of talent returning. Junior Nina Rutkowski finished tied for 13th in the state each of her first two high school seasons. Senior Margaret Hickey, who has verbally committed to Creighton, finished tied for 16th in the state last year and has finished with one of Loyola’s top three scores at state each of her first three years. Fellow senior Kellie McCabe tied for 40th in the state in 2015. The latter two will serve as team captains.

After those top three returners, Penn said she has a strong mix of players who will be competing for the Nos. 4-6 spots in the lineup, including junior Tatum Koehn, sophomore Lilly Gentzkow, senior Angela Sohng and junior Caroline Page. All four are returning golfers. Penn said there are also freshman who she expects to come in with talent and experience after playing in Illinois Junior Golf Association tournaments. She said competition for her varsity spots will be tough, but it’s a good problem to have.

Penn said she knows that many of the Loyola golfers have worked for the past nine months in preparation for the season.

“I always feel like (the girls) have improved and they’re more consistent,” Penn said. “I’ll be nice to see where everybody is at and re-evaluate.”

The past two seasons, Hinsdale Central has topped Loyola at state. In 2013, Prospect won. Penn said she expects Loyola, Hinsdale Central and Prospect to be near the top of the state again, along with New Trier, Glenbrook North, Glenbrook South, and Barrington.

Other top area teams

NEW TRIER
The Trevians have one of the top collections of young talent in the state. After finishing fifth in Class AA in 2015, New Trier returns four of its top six golfers: sophomores Penelope Tir, Lizzie Kenter and Abbie Kaestle, and junior Rachel Rhee. Tir finished tied for sixth in the state in her first high school season. “(Tir) is a legitimate top-flight golfer, one of the best our school has seen,” Trevians coach Scott Frice said.

GLENBROOK NORTH
Glenbrook North finished third in its Class AA regional tournament and fifth at the sectional in 2015, and it returns four of its top six golfers: seniors Emma Vickery and Ana Sabic, junior Stephanie Suh and sophomore Ashley Choi. The team expects to compete in the Central Suburban North.

“Last season was our best season in the school’s history, but we didn’t lose that many players,” Vickery said.

GLENBROOK SOUTH
The Titans graduated one of their top golfers, Arina Kim, after finishing fourth at the regional tournament, just three strokes away from advancing to the sectional. The top three returners are sophomore Hanna Tanaka, junior Sophia Lau and senior Hannah Buchband. Coach Michelle Caporusso said the rest of the roster put in lots of offseason work together, which should improve the team’s depth.

MAINE SOUTH
Last season, Maine South finished fourth in its regional with a young lineup one year after a state tournament appearance. Coach Matt Ellefson expects a stronger season with four of his top five golfers returning seniors Gracie DeRosa, Claire DeRosa and Kelly Maigler, and junior Riley Conway.
OUTSPOKEN
Gay athletes from the area share their stories of coming out to teammates. Inside.
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