

NILES HERALD-SPECTATOR

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nilesheraldspectator.com

Fun Fest draws crowds

Hundreds come out for annual Lincolnwood festival. Page 6



KARIE ANGELL LUC/PIONEER PRESS

Tony Turek, left, helps his son Anthony Turek, 5, of Chicago, makes a kite along with volunteer Steven Cristl, of Skokie, at the Family Fun Fest in Lincolnwood.

LIVING

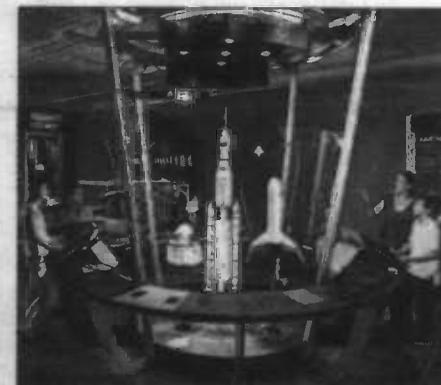
A magical treat

Inspired by a recent food trend, writer Melissa Elsmo rediscovered her sweet tooth with this recipe for coconut magic cake, which uses a single batter to create a cake with three distinct textural layers — a fluffy cake layer, a soft custard layer and a dense, more fudge-like layer. **Inside**



MELISSA ELSMO/PIONEER PRESS

GO



OSCAR WILLIAMS

Museum mania

Ten of the fall's best museum events. Page 22

OPINION

Human progress: Going, going, gone?

Paul Sassone wonders whether technology has brought us to a natural end-point in Pokemon Go and other mobile phone apps. Page 19

SPORTS

League lessons

A football primer on the new look for CSL North and CSL South. Pages 44-45



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SHOUT OUT

Cassie Schaeffer, program naturalist

The Skokie Park District's Emily Oaks Nature Center is soon to enter that special time of year when it appears all decked out in splendid fall colors. For many, fall is especially grand there. Cassie Schaeffer, who has worked as a program naturalist at Emily Oaks for about a year, recently answered a series of questions.

Q: What does a program naturalist do?

A: Here at Emily Oaks, we create programs for folks as young as 18 months to older people. I get to play outside with kids and get people excited about nature. It's a dream.

Q: What book are you currently reading and what book would you like to read next?

A: "H is For Hawk." It's really good. I read "Silent Spring" once a year. It's a nice reminder, and it's beautifully written. It's a great one to read, especially in the fall when things are changing colors.

Q: First job?

A: I worked at the Ye Olde Dog House in Belleville, Pa., my hometown. It serves ice cream and hot dogs.



MIKE ISAACS/PIONEER PRESS

Cassie Schaeffer

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

A: I wanted to be a teacher, or I wanted to own my own summer camp. I get close; I get to teach children, and I get to be a summer camp director during summers here.

Q: A movie you'd recommend?

A: I just watched it — an indie movie called "Don't Think Twice." It's about the improv community.

Q: Favorite charity?

A: I like Heifer International. They give animals to people in villages, and they become part of their livelihood. They can sell milk from the animals or eggs, and then they can also give them to other people and help them to breed them and grow the economy.

Q: Words of wisdom?

A: I'm fairly young, so I don't pretend to be wise. But I would say always remember to take some time. Step outside and breathe.

Q: Favorite local restaurant?

A: Whenever we work late, we sometimes order from the Pita Inn. I love the Pita Inn.

Q: What is an interesting factoid about yourself?

A: I perform improv comedy in Chicago at IO (The IO Theater). IO used to stand for Improv Olympics, but it's one of the main theaters for improv comedy now.

Shout Out is a weekly feature in which we get to know and introduce our readers to their fellow community members and local visitors throughout suburban Chicago. Check out more online at ChicagoTribune.com/ShoutOut.

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Hundreds attend annual Family Fun Fest

By **KARIE ANGELL LUC**
Pioneer Press

Hundreds came to Centennial Park Sept. 18 in Lincolnwood for some family-friendly activities during Family Fun Fest.

"This event is a great chance for families to get outside and enjoy some unplugged fun in the park," said Linda Vering, marketing and community outreach coordinator with Lincolnwood Parks and Recreation Department.

Families had plenty of options for activities this year. The free, two-hour event featured bounce houses, kite-making activities and organized games with a disc jockey.

Participants also could kayak in a nearby channel off the park. Families' furry companions also were welcomed.

Dogs were allowed into the fest this year when leashed, Vering said. Organizers also gave away dog treats.

Lincolnwood police officer Sandy Martin was among the people who helped staff the event, greeting families at the welcome table.

"It's a nice community," Martin said.



KARIE ANGELL LUC/PIONEER PRESS PHOTOS

Karie Angell Luc is a and reporter for Pioneer Press.

Lincolnwood police officer Sandy Martin, left, talks with Alex Sanchez, 10, Daniel Sanchez, 5, their father Raúl Sanchez and brother Erick Sanchez, 9, all of Lincolnwood, during the Family Fun Fest in Lincolnwood.



Erin Turney, left, and Sam Heff, both of Chicago, go for a channel kayak run.



Dannie Moore, left, youth librarian at the Lincolnwood Public Library, encourages Anthony Turek, 5.



Twins Logan, left, and Jackson Witt, 1, of Chicago, get affection from Eva, a Vizsla female pup.

NILES PUBLIC LIBRARY

PIONEER PRESS

The Niles Public Library District is asking kids why they would want to be a library president in a new contest.

President for a day

Kids in the Niles Public Library District can campaign for the job

BY LEE V. GAINES
Pioneer Press

Younger patrons in the Niles Public Library District are competing in an essay contest for the distinction of becoming a library board president for a day.

It's a new library contest for kids, said Sasha Vasilic, public relations and marketing supervisor for the library district. Children in grades kindergarten through 8 are invited to fill out an entry form in the KidSpace department and write five to 10 sentences about why they're best suited to lead the library district as its top elected official, he said.

Eligible participants include students with a Niles Public Library card or those who attend a school

served by the district, including all East Maine District 63 schools.

Children began submitting their essays Sept. 1. The contest will run through Oct. 23.

The winner will be announced on Election Day, Nov. 8, and he or she must be able to attend a board meeting scheduled for Nov. 16, Vasilic said.

Vasilic said he wanted to host a more topical contest for the library's youth patrons this year, noting how the idea was inspired by the ongoing national campaigns for president and other offices.

"It's the first time we've ever done it and I'm not sure if any library I know of has done such a thing," he said.

The contest works especially well for Niles, he said,

because unlike other libraries, the district elects a library board, and a president is chosen to oversee board operations.

The winner will be recognized at the November board meeting; receive a symbolic "key to the library"; reserved seats for a special library event; select his or her favorite books, movies and music for a display in their honor; and choose a family movie that will play on the library's big screen.

"You don't know how successful or cool something will be until you unleash it," Vasilic said. "We've gotten a dozen responses (to the contest) and it's only been two weeks."

The form can be found at www.nileslibrary.org/kids.

All essays should be dropped off in the KidSpace department.

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

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Consumer group urges residents to explore options

BY LEE V. GAINES
Pioneer Press

A statewide consumer advocacy group is urging Morton Grove residents to explore their options when it comes to their electric bills after the village ended its electricity aggregation program earlier this month.

Morton Grove residents and small businesses that opted into the program now have to switch back to ComEd roughly four years after voters approved a referendum to create the electrical aggregation program in 2012.

Village Administrator

Ralph Czerwinski said the program, which enabled village officials to negotiate the purchase of electricity from alternative suppliers on behalf of small businesses and residents, was enacted when ComEd's rates were much higher. Now that those rates have dropped, he said, the aggregation program no longer provides savings and is actually more costly than ComEd's rates.

In the wake of the switch, the Citizens Utility Board (CUB), an Illinois nonprofit utility watchdog group, is encouraging Morton Grove residents to look

into alternatives to ComEd's flat rate offerings. David Kolata, executive director of CUB, said residents have the opportunity to save an average of 15 percent on their electric bills if they take advantage of ComEd's hourly pricing program.

Traditionally, he said, customers pay a flat rate for their electricity.

In contrast, hourly pricing gives consumers access to market-based electricity rates, which are oftentimes much lower than the flat rate, especially during non-peak nighttime and weekend hours, he said. In some

cases, Kolata said, the non-peak rates are actually negative, meaning customers are being paid to consume electricity when supply outpaces demand.

In peak hours, however, the cost of electricity can be much higher, he said. Residents can avoid paying steep bills by using smart thermostats and programming them to reduce air conditioning during high-rate periods. Consumers also can take advantage of low rates by turning on their air conditioner, dishwasher or doing their laundry during late night and overnight hours.

A few small changes in consumer behavior can result in significant savings through the hourly pricing program, Kolata said.

"If you're home 24/7 or have health issues, (hourly pricing) may not be the right rate for you," Kolata said. "But more and more, our analysis shows the majority of customers could benefit by being on a rate like real-time pricing."

In September 2014, Lincolnwood officials also ended its 4-year-old aggregation program at the time and switched residents back to ComEd because the company provided the low-

est rate offered, village officials have said.

It's likely Niles also soon could do the same and switch back to ComEd, once the village's contract with IDT Energy runs out at the end of May 2017, Village Manager Steve Vinezano has said.

To learn more about ComEd's hourly pricing program and how to sign up for it, visit CUB's website at www.CitizensUtilityBoard.org or ComEd.com/HourlyPricing.

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

Stormwater work planned in downtown Morton Grove

BY PHIL ROCKROHR
Pioneer Press

In hopes of bolstering the downtown area, Morton Grove officials recently approved a contract to build infrastructure needed to lure commercial developers, they said.

During their Sept. 12 meeting, Village Board members awarded a \$429,838 contract to have Des Plaines-based Mauro Sewer Construction Inc. build a stormwater system that would serve the area just south of Dempster Street and just east of the Metra tracks.

The goal is to separate the stormwater system from sanitary sewers in Morton Grove to improve drainage and get the necessary approval from the Metropolitan Water Reclamation District of Greater Chicago to develop the area, Village Administrator Ralph Czerwinski said. The regional district wouldn't allow Morton Grove to develop the downtown without a separated storm system, he said.

"The separation of the sanitary and storm sewers enhances any stormwater management," Czerwinski



PHIL ROCKROHR/PIONEER PRESS

A sign near Dempster Street and Lincoln Avenue advertises the "future home" of a Moretti's Restaurant in Morton Grove. Village officials recently approved a contract to build a stormwater system in the downtown in hopes of luring more commercial development.

said. "When a developer comes, they're going to ask where the parking lot drains. We want to be proactive in anticipation of that. It's an enhancement to what's already there and in anticipation of development coming to the area."

The sewer will serve an area bounded by the Metra tracks, Dempster, Narragansett Avenue and Hennings Court, according to Village Engineer Chris Tomich.

Funds generated from a special taxing district in Morton Grove will cover the contract with Mauro Sewer Construction, village officials said.

Construction crews will begin work in the next few weeks with a timeline to complete the project before winter, Czerwinski said. Residents will be notified on how the project will affect traffic near the Metra station and elsewhere in the

downtown area.

"There will be minimal road closure," he said. "Lincoln Avenue will probably be affected, but only for a few days. There's not a lot of impact, but notices will be given to the community and signage will be in place."

Morton Grove has \$4.3 million set aside in the fund that covers the Lehigh-Ferris tax increment financing district to pay for infrastructure and other improve-

ments near Dempster and the Metra tracks, as well as a second area just south near Ferris and Capulina avenues, Czerwinski said.

The upgrades come as village officials actively market available lots in the downtown area, he said.

"We're looking to partner with developers to make some improvements in the area, to raise our (equal assessed valuation) and to make the TIF district more productive than it already is," Czerwinski said.

Like other area suburban communities, Morton Grove is targeting a demographic that prefers the suburban lifestyle but wants the amenities of an urban area, Czerwinski said.

"We're looking to develop a transit-residential blend with commercial and a restaurant in that area," he said. "People want destinations, quick connections to mass transit and then have a walkable, enjoyable area."

The targeted areas for development include ones near the Cook County Forest Preserve property and the Metra train station, Czerwinski said.

"We think it has some real future in the next few

years and it's important we put the right infrastructure in place to make that happen," he said. "We're confident we will find developers interested in that."

Morton Grove officials already have attracted interest from multiple developers for both the Dempster Street area, where the village is seeking commercial projects, and the 2-acre Ferris-Capulina area, where the village hopes to bring residential development, Czerwinski said.

"We're looking at a few multifamily or town-house developments in that area," he said. "We're looking at restaurant and commercial units across from the train station to support the transit-oriented area."

Morton Grove is currently negotiating redevelopment agreements with several companies, but village officials are not at liberty to identify them, Czerwinski said.

"A few developers are interested in both locations," he said. "At this point, we're looking for the best value for the community."

Phil Rockrohr is a freelance reporter for Pioneer Press.

Work on Pratt Avenue in Lincolnwood began Sept. 19

BY NATALIE HAYES
Pioneer Press

Area motorists should expect parking restrictions and periodic lane closures due to a road resurfacing project to a more than one-mile stretch of Pratt Avenue in Lincolnwood which started Sept. 19.

The \$815,650 project, overseen by Lincolnwood's contract engineer firm Christopher B. Burke Engineering, includes the resurfacing of Pratt from Lockwood Avenue east to Crawford Avenue.

Crews also will repair gutters, sidewalks and curbs along the street, according to Razvan Calin, the head engineer for the project. The roadwork is expected to last through November.

Daytime parking restrictions went into effect between 7 a.m. and 6 p.m. along both sides of the street as of Sept. 19, but motorists shouldn't expect rolling lane closures until mid-October, Calin said. During the first week, crews will start blocking off the area around Pratt and Central avenues to local traffic only. No detours are planned for the beginning of the project, when crews will start removing pavement from the curbs and marking the street with traffic control signs.

"We'll decide whether to start detour routes depending on how traffic flow goes as we move along," Calin said.

Project engineers also were mindful of the popularity of Pratt Avenue for school buses traveling to and from the Lincolnwood School District 74 campus at Crawford and Pratt Avenues, he said.

"There are quite a few intersections that will be impacted, but the closures likely won't start until mid-October after the concrete work is done," Calin said.



NATALIE HAYES/PIONEER PRESS

Pictured is a section of Pratt Avenue that will be resurfaced as part of a road project in Lincolnwood.

"The second phase of the project is the resurfacing."

The resurfacing part of the project is expected to cause the most traffic disruption. But two-way traffic will be maintained during the course of the project, according to Andrew Letson, assistant to the Lincolnwood public works director.

"Motorists will be able to drive on the street throughout the project," Letson said. "Any lane closures will roll with the contractor's area of work."

Houses with driveways facing Pratt Avenue could be affected by the project, but Letson said he didn't know how many homes could be affected at one time because the driveway closures would be decided on a case-by-case basis.

As the curb pavement is removed along Pratt, engineers will determine whether the curb areas that run along driveway entrances also need to be replaced, Calin said.

"We're going to try to limit the curb removal around driveways unless

it's really bad," he said, adding that affected residents would receive notification from the village the night before construction begins.

Because concrete takes 10 days to harden, Letson said, residents whose driveways would be affected by construction would need to park on the side streets during that period.

The area of Pratt and Crawford has been a busy construction zone as of late. Last year, crews finished a two-year reconstruction of a mile-and-a-half stretch of Crawford Avenue that affected parts of Lincolnwood and Skokie.

The latest project is expected to wrap up by Nov. 11, but weather and staffing levels could affect the timeline, Calin said.

A Federal Surface Transportation Program Grant is covering 70 percent of the project costs. The village is paying the remaining \$244,750, according to public works.

Natalie Hayes is a freelance reporter for Pioneer Press.

Chicago Tribune

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

Niles

BATTERY

■ Matthew M. Burger, 26, of the 5500 block of Leland Avenue in Chicago, was charged Sept. 9 with domestic battery following an incident inside a residence in the 8000 block of Lyons Street. He was given an Oct. 4 court date.

RETAIL THEFT

■ Sam Kostantinov, 31, of the 1200 block of Mae Court in Wheeling, was charged Sept. 5 with felony retail theft after police said he walked out of a store in the 6100 block of Touhy Avenue without paying for \$1,562 worth of merchandise. He was given a Sept. 22 court date.

■ Dinorah Bonilla, 69, of the 200 block of Geneva Road in Winfield, was charged Sept. 9 with retail theft. Police said Bonilla was accused of stealing \$591.99 worth of perfume and household items

from a store at Golf Mill Shopping Center. She was given a Sept. 16 court date.

DISORDERLY CONDUCT

■ A 50-year-old Park Ridge man was ticketed Sept. 6 for alleged disorderly conduct after police said he caused a disturbance at a bank in the 7000 block of Dempster Street. According to police, the man was accused of spitting on a bank employee and kicking several doors. When located, the man, whom police did not identify, denied he had spit on anyone, but he admitted to kicking the doors, police said. He also reportedly told police that Russian spies were in the trees and his thoughts could be heard from airplanes overhead. He was taken to Advocate Lutheran General Hospital for an evaluation, police said.

Police were called Sept. 9 to an insurance company in the 7400 block of Caldwell Avenue after a 34-year-old man allegedly threatened an employee who had told him that he could not be insured.

THEFT

■ A woman told police that

someone stole a teddy bear off her motorcycle while it was parked outside a store in the 7900 block of Milwaukee Avenue Sept. 5. The woman also reported that saddle bags on the bike appeared to have been rummaged through, police said.

■ The manager of a store in the 8300 block of Golf Road told police that 36 packs of printer ink, valued at \$3,600, were stolen Sept. 7.

BURGLARY TO VEHICLE

■ A designer purse and backpack containing a wallet and laptop computer were reported stolen Sept. 7 from a car parked in a lot in the 800 block of Civic Center Drive. Police said there did not appear to be evidence of forced entry.

■ A bag containing electronics and a cellphone was stolen Sept. 9 from a car parked in a lot in the 5600 block of Touhy Avenue, police said. A window was discovered shattered, police said.

■ A purse was stolen from a car parked in a driveway in the 7300 block of Jonquil Terrace Sept. 2, police said.

■ Approximately \$40 in change

and a pair of \$200 sunglasses were reported stolen from a car parked in a driveway in the 7700 block of Oleander Avenue overnight between Sept. 2 and 3. It was not clear if the car was unlocked at the time, police said.

Skokie

BATTERY

■ A senior citizen was struck in the chest by a thrown rock Sept. 6 in the 9400 block of Crawford Avenue. Police said the victim was in his backyard at the time of the incident.

BURGLARY

■ A woman outside watering her grass was approached by a man who asked if she needed landscaping services. Then she noticed two other men running out her back door, police said. The incident occurred Sept. 11 in the 7700 block of Kildare Avenue. Police said the suspects ran into an older model sports utility vehicle that was parked in the alleyway before fleeing north through the alley to eastbound Mulford Avenue. Noth-

ing was reported taken at the time of the incident.

■ Golf equipment was taken from the trunk of a Toyota between Sept. 7 and 9 while parked in the 8800 block of Ewing Avenue.

CHILD ENDANGERMENT

■ Lina K. Chris, 35, of the 8200 block of Kilpatrick Avenue, Skokie, was charged with endangering the life or health of a child Sept. 11 in the 8200 block of Kilpatrick Avenue. Chris was charged after leaving her young children home alone, police said.

DECEPTION

■ A woman purchased iTunes gift cards because a caller said she owed money to the IRS Sept. 9 in the 3800 block of Kirk Street.

CRIMINAL DAMAGE

■ A man's vehicle was scratched after having a confrontation with a woman over a parking space at Wal-Mart Sept. 9 at 3626 Touhy Ave. Police said the woman told the victim he was rude for taking a parking space and then he later discovered his vehicle had been vandalized.



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EDUCATION

District 64 defends contract decision

Board will not release new agreement prior to adoption

BY JENNIFER JOHNSON
Pioneer Press

Releasing a new teachers contract before it is approved by the Park Ridge-Niles School District 64 Board of Education could generate thousands of responses from citizens and would not guarantee charges to the agreement, a member of the board has suggested.

Responding to resident Jayne Reardon's request that the contract be made available to the public before its adoption, board member Tom Sotos, during a Sept. 12 meeting, questioned whether he would be expected to change his stance on the tentative contract should a certain number of citizens disagree with its terms.

"If I get six or 10 or 50 people who come in and say, 'I absolutely don't like it,' am I then, as an elected official, to take those 50 people's opinions and allow that to change the way I felt about the contract prior to them reviewing it?" Sotos said. "For example, I may feel that the contract is exactly the way I think it should be. I was elected. I was part of these negotiations, and this is how I feel this contract should be."

Sotos also suggested that even more opinions could be generated, should the contract be shared before adoption.

"We might have 35,000 different opinions as to how this contract should look," he said, referring to the approximate population of Park Ridge.

Reardon, who is the executive director of the Illinois Supreme Court Commission on Professionalism, replied that it is unlikely 35,000 people would comment, but releasing the

contract early "would really do a lot for transparency."

Board President Anthony Borrelli announced on Aug. 22 that a tentative, four-year agreement had been reached between the negotiating teams of the Board of Education and the Park Ridge Education Association, which represents the district's nearly 500 teachers. At the time, he told the Park Ridge Herald-Advocate the contract would not be released to the public until it is voted on and approved by both the union membership and the school board.

On Sept. 13, Borrelli said the PREA had not yet ratified the contract and that "there has been some communication with the administration for clarification on some issues."

Messages left for PREA President Erin Breen have not been returned.

Despite his earlier comments, Sotos did go on to say that he would "love to publish" the contract, but added that there are reasons for not doing so.

"If we do publish it or if I can get the board to agree to publish it, are we publishing it just so the public can see it?" Sotos asked. "What does that do for transparency if I'm saying to the public, 'Here, we agreed to publish it, but don't bother talking to us about it because we're not going to change our minds?'"

Sotos added that "a lot of negotiating" had gone into the contract.

Reardon said that while Sotos would not be bound to change his mind about the contract terms if his constituents disagreed, he was still "obligated to listen."

"I think you're all obli-



JENNIFER JOHNSON/PIONEER PRESS

Releasing a new teachers contract before it is approved by the Park Ridge-Niles School District 64 Board of Education could generate thousands of responses from citizens and would not guarantee charges to the agreement, a member of the board has suggested.

gated to listen to the citizens who elected you," she added.

Joan Sandrik, another resident of the district, also addressed the board, saying she, too, would like to know the contract terms.

"It seems to me that if the (teachers union) has disseminated the information to their constituency, there's not a reason why you can't disseminate the same information to us," Sandrik said. "It does not seem right that you keep us in the dark."

Borrelli described the contract as "currently tentative" and "a working document not in its final form."

"It is subject to revisions until finalized and agreed upon," he said. "In its current state, it is not yet ready for public viewing."

Borrelli went on to say that the contract was nego-

tiated over a period of 10 months and is a 90-page document that is quite complex.

"Without the proper background and understanding of all the issues, centering on one small section of one article of this 90-page document, essentially taking it out of context, would also confuse the overall focus of the document," he said. "However, once finalized, it has been the board practice that the contract be ultimately available to the public. Furthermore, I believe it is important that salient sections are explained so the public is aware of content and changes made."

Mailee Smith, a staff attorney with the Illinois Policy Institute, an independent research organization that lobbies for increased government transparency, said school dis-

tricts typically do not release teacher contracts before ratification by the union and school board. And they don't have to, she added, because the negotiations involving the contract terms take place during closed meetings.

"The school districts and teachers unions are not breaking the law by keeping these contracts hidden," she said. "That's why we need to see legislation passed that provides transparency to this process."

Attempts have been made by some state legislators. In 2015, state Rep. Jeanne Ives, a Republican from Wheaton, sponsored a bill requiring school districts and other public bodies to publish collective bargaining agreements "once an agreement is reached" with employees. The bill also calls for the public body to hold a public

meeting on the final ratification of the agreement not less than 14 days after its publication.

The last recorded action for the bill shows it was referred back to the Rules Committee.

Smith said there have been other unsuccessful legislation attempts as well.

"There's definitely a large lobbying effort by unions to keep these dealings closed," Smith said. "What happens behind closed doors typically is beneficial to the unions, whether it's teachers unions or state workers unions. Keeping that closed to the public keeps the public from knowing what they are going to be on the hook for when it come to paying for the contract terms."

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Students removed from District 64 for non-residency

BY JENNIFER JOHNSON
Pioneer Press

Twelve children were removed from Park Ridge-Niles School District 64 schools last year after officials determined they didn't live full time in the district.

That was the word of Chief School Business Official Luann Kolstad in a Sept. 12 report to the Board of Education regarding the district's ongoing residency checks.

Kolstad reported that the majority of the 12 cases were resolved when a parent withdrew his or her child from school after receiving a letter from the district or meeting with the superintendent. One family with two children had a formal hearing before an appointed hearing officer who found in favor of the district, Kolstad said.

The children who were removed last year were found to be residing in Chicago, Des Plaines and Niles, she said. Kolstad declined to say which District 64 schools they had been attending.

According to Kolstad, the district spent \$77,464 during the 2015-16 school year on residency investigations and the hearing. The district has set aside "up to \$80,000" in the proposed 2016-17 budget for residency certification and related work, Kolstad said.

"As we pursue suspected residency violations, a formal investigation may be required to gather the detailed evidence needed to prove that a family is not living in District 64," she explained.

According to a school board policy, students must "reside and sleep in a resi-

dence within District 64 on a permanent basis, not just during the school week or a few days during the week for the purposes of securing an education in District 64 or baby-sitting," Kolstad's report to the board said.

The cost of educating a student in District 64 is approximately \$14,000 per child, Kolstad said.

A private investigator is currently working on nine cases involving a residency question, she said. An investigation of one of these cases has found the family does not live in the district, Kolstad said, and over the summer six other families withdrew registration of their children after the district questioned them on their residency.

But all families with children in District 64 could be subject to additional scrutiny this year. Kolstad ex-

plained that the investigations process now includes "detailed background checks" on 20 percent of all parents and guardians with children in the district.

"When we look at red flags from our private investigators, we decide which ones to move forward with as far as investigating them," Kolstad said. "Some of the ones from last year were the result of a small group of parents and guardians we looked at."

Each background check costs the district \$100, she said.

School board President Anthony Borrelli questioned how in-depth these background checks are.

"How are we honoring their privacy?" he asked. "What kind of data is being utilized?"

"I can't really go into

detail, but we're not doing anything someone couldn't pay a service to find out," Kolstad answered. "This is not us doing any on-site investigation of anyone. It's really looking at tax records, as far as where they may pay taxes — it's all public records from where we are accessing the information."

As an example, Kolstad said a record showing a family pays property taxes on a home in Chicago but sends their children to a District 64 school would raise "a few questions."

In addition to background checks and an investigator, the district relies on staff to report anything unusual, Kolstad said. Some children, she told the board, will simply admit to a teacher or principal that they live in another community.

District 64's boundaries include most of Park Ridge and a portion of Niles north of Oakton Street and east of Greenwood Avenue, district maps show. Some Park Ridge residents on the far north side of the city live in East Maine School District 63.

District 64 began taking a closer look at residency of all students in 2015. Borrelli said that before the additional scrutiny was agreed upon, "some board members felt we would never find enough students to justify the cost of actually doing this."

"People know we're doing this, and yet there are 12 more we find who are utilizing the facilities out of district," he added. "That, to me, is pretty interesting."

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New law to teach drivers what to do in traffic stops

Illinois to make lessons mandatory part of driver's education course

BY DUAA ELDEIB
Chicago Tribune

A new Illinois law aims to help drivers answer the timely question of what to do if stopped by police.

The measure comes amid heightened tension in Chicago and across the nation over how traffic stops can go terribly wrong — and in the worst cases turn deadly.

Targeting the newest and youngest drivers, the law mandates that all driver's education classes include a section on what to do during a traffic stop.

State Sen. Julie Morrison, D-Deerfield, was a co-sponsor of the bill that

sailed through the Illinois legislature and was signed into law last month by Gov. Bruce Rauner. She said it is more about common sense than innovation.

"Being pulled over by an officer is really stressful," she said. "I think it's really important, especially in this time that we're in, that kids and new drivers learn what is expected when they are stopped by an officer, how to respond correctly, to be respectful, and hopefully that will make the encounter at least not problematic as possible. I'm hoping it protects both the officer and the driver from things escalating."

The lesson might be familiar to some of the 109,000 students statewide who are currently enrolled in a driver's education program at a public high school, according to the Illinois Secretary of State's

Office. A section titled "Being Pulled Over by Law Enforcement" is part of the Illinois Rules of the Road handbook, which is published by the office. Driver's education teachers in public schools are required to teach the Rules of the Road, though Morrison and others found that it wasn't always happening.

Jim Archambeau, a driver's education teacher in Chicago Public Schools, said he's taught the lesson in his classes for years, each time accompanied by a visit from a police officer. He said he hopes the law will bring uniformity to what he deems an important lesson for novice drivers.

"The police officers tell the students what they like to see: 'Hands on the wheel, window down, no sudden movements,'" he said. "When they ask for your license and registration,

they like that you tell them where you're going to get it from: 'It's in my pocket. It's in my glove box. It's above my visor.'"

Archambeau, who serves as president-elect of the Illinois High School and College Driver Education Association, said a video that addresses the topic also would be helpful in the classroom.

The new law goes a step further by expanding the requirement to private driving schools, said Dave Druker, spokesman for Secretary of State Jesse White's office, which regulates the private driving schools. More than 40,000 people are enrolled in private driver's education, Druker said.

White's office is tasked with updating the curriculum that tackles how drivers should act during a traffic stop.

Those guidelines will then be worked into an updated Rules of the Road handbook, which will be published in 2017, when the law is due to go into effect, Druker said. The Secretary of State's Office will seek input from the Illinois State Police, he added.

"I think this can be a very positive thing," Druker said. "It's something Secretary White believes in very strongly."

Despite its timing, the law wasn't introduced in response to police shootings stemming from escalating traffic stops, said state Rep. Frances Ann Hurley, D-Chicago, who filed the bill in February.

"It was just to teach everybody the same thing," Hurley said. "It's an education bill. We want everybody to know what they're supposed to do when they get pulled over by police. If

it helps somewhere down the line, that's wonderful."

David Shapiro, an attorney with the MacArthur Justice Center at Northwestern University, said he was appalled that the new law doesn't include the rights of the new drivers, many of whom are minors. The responsibility is now on parents to educate themselves on those rights and talk to their children about them, he said.

"I think it's a frightening bill for anyone who has kids who drive a car because it doesn't say anything about the kids' constitutional rights during a traffic stop," Shapiro said. "Kids are the most vulnerable to getting pulled into the criminal justice system by overzealous police officers, and traffic stops are one of the main points of contact for pulling people in."

Skokie considers new rules for room rentals

BY MIKE ISAACS
Pioneer Press

A Skokie resident who wants to rent out a room or two can do so, but for those beyond two rooms and a longer stay, more stringent regulations would kick in, under a code being considered by the village.

The Skokie Planning Commission recommended the code changes at a meeting earlier this month, but two commissioners voted against supporting the changes.

One concern raised by Commissioner George Mitchell was how to enforce some provisions in the new regulations.

He said the regulations could open up a "Pandora's box."

"It wasn't our intention to regulate how people are going to use their property in the whole, but we do feel there are certain things that do not belong in non-commercial neighborhoods,"

said Planning Supervisor Steve Marciani.

Rooming houses used to be part of the village code as a regulated use a long time ago, Marciani said, but the use was removed to prevent them from being established.

"The accommodations industry is changing, and the ordinance needs to keep up with these changes," he said in his report to the Plan Commission.

Among reasons for new regulations, he said, are noticeably more rental opportunities inside Skokie residences. The proliferation of AirBnB and similar offerings made this an issue that the village needed to address, he said.

"Despite the fact that bed and breakfasts are not permitted in the village, there are listings on the Internet where individuals lease in their homes by night," Marciani said. "The persistence of the effects of the 2008

recession has led to increased household size, household consolidation and rooms being leased for different periods of times in people's homes."

How residences that have rooms for rent are taxed is another concern for the village. If regularly renting out multiple rooms inside homes generates revenue for the owner, said Marciani, then the homeowner should not be paying the lower residential tax.

"I don't like the fact that they're getting out of paying the taxes they're supposed to be paying," he said. "We need to keep everyone else's taxes low. I think it's cheating."

The code changes add a definition for "rooming house" and "bed and breakfast," modify the definition of "hotel" and add a section regulating renting of rooms.

"Rooming houses (in residential areas) would be prohibited, and bed and break-

fast would be treated as a small hotel, having to pay hotel tax and be subject to regular inspection," Marciani said.

AirBnB and similar uses would be considered a bed and breakfast when the owner or resident is simultaneously occupying the building, under the code.

Short-term rental of a housing unit that is not simultaneously occupied by the owner or resident would be prohibited.

Marciani said that under the code, those who are renting out more than two rooms or renting rooms for more than 30 days would enter a different category.

"It isn't unreasonable to think that this could probably catch on over time and there be more proliferation even though it's not necessarily a problem now," said Commissioner Bob Quane.

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Horse escapes from Morton Grove center, roams through Skokie

BY LEE V. GAINES
Pioneer Press

A horse escaped from a Morton Grove equestrian center on the evening of Sept. 17 and was later found roaming the streets of Skokie.

"We had this brown horse running through our town," Skokie Police Officer Eric Swaback said.

Swaback said police received a report of a horse on the loose at about 5:45 p.m. Sept. 17. The animal was located near the Old Orchard Mall at the intersection of Skokie Boulevard and Old Orchard Road, he said. Employees from the Glen Grove Equestrian Center, which is near the intersection of Golf Road and Harms

Road in Morton Grove, escorted the horse, which was unharmed, back to the center with assistance from police, Swaback said.

"It was a horse staying here for a few days in transit, and she didn't want to be here," said Cindy Baffer, a manager at the Glen Grove Equestrian Center. She said the horse is not used to being transported and "she just went for a walk and had no idea where she was going."

An escaped equine is an unusual occurrence in the area, Swaback said.

"In my 22 years here, I've never heard of it," he said.

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

Douglas Center unveils new outdoor recreation area

By MIKE ISAACS
Pioneer Press

Not long ago, the narrow outdoor space between buildings behind Skokie's The Douglas Center drew no one to its dirt ground and barren trees.

That's why a photo of that original space was displayed so prominently last week by the nonprofit facility, which provides day programs for those with intellectual, developmental, physical and mental disabilities.

When visitors took their first look at its new outdoor Adapted Sports Recreation Program, Douglas Center leaders wanted them to understand just how far this space had come.

Rifath Khan, CEO of the Douglas Center, said the idea for the High Fives Adapted Sports Recreation Program began with "a vi-



MIKE ISAACS/PIONEER PRESS

Recreational offerings at the Douglas Center's new High Fives Adapted Sports Recreation Program includes volleyball as well as other activities.

sion."

"All the years I've been in social services, I've known there are clients we provide services to that are not physically fit," she said. "They have very few opportunities to be physically active."

According to Khan, some don't plan for being physically active, some don't have the opportunity and some refuse to participate.

Khan said that in reaching out to various park districts, she discovered that some do not have programs for peo-

ple with special needs. If they do have special needs programs, she said, they are held at times that make it difficult for Douglas Center special needs clients to participate.

"For day programs like ours, it's very difficult to take our clients to physical activities and events because we have only so much time," she said.

According to the Douglas Center, its new space, which appears narrow but has a depth of about three football fields, was made possible by a \$45,000 grant from The Coleman Foundation and a \$25,000 grant from The Field Foundation of Illinois.

On a sunny morning last week, the space was unveiled for the first time with Skokie Mayor George Van Dusen and others who helped turn Khan's vision into reality in attendance.

"This really shows what vision can do when you've got the right people behind it," Van Dusen said. "The experts in sporting, the founders and the idea people. Skokie really is proud to be home to the Douglas Center."

Some of the Douglas Center clients shot hoops at baskets that can be adjusted in height based on needs; others played volleyball; a little down the space, an area accommodates more relaxed activities like shuffle board.

According to the Douglas Center, the recreation area has been designed with great flexibility so that more people living with disabilities can participate.

Nate Parsons of SportCourt Midwest said the three zones — basketball; mini-tennis, soccer or volleyball; and balance games

like tetherball and four square — are meant to build confidence and incorporate exercise into clients' daily routines.

"It was amazing to get the idea of how we could do it," Parsons said. "I'm a big therapeutic 'rec' guy and wanted to get fitness outside and to be able to create something that builds positive roles."

The end product came about almost one-and-a-half years after the vision was first created, Khan said.

"With this, I think we can really do wonders," she said. "We wanted to bring the physical activities to (the clients). While they're here, they can participate and they can enjoy and they can build up some energy and can become physically fit."

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NEWS



ELIZABETH JONES PHOTO

Attendees gather at the interfaith peace breakfast at Kappy's Restaurant in Morton Grove in April.

Interfaith walk to promote diversity of Morton Grove

BY PHIL ROCKROHR
Pioneer Press

When Morton Grove interfaith leaders learned of an interfaith walk in Northbrook five years ago, they wondered why they hadn't replicated it for their community, said Dilnaz Waraich, interfaith chairwoman of the Muslim Education Center.

Waraich and fellow Morton Grove interfaith leaders liked the idea so much that they now organized the "Interfaith Peace Walk" along a 2.5-mile stretch through various locations in the village from 9:30 to 11 a.m. Sept. 24.

"We just had more meetings at the congregations interested and just started to formulate more details on how to make it a reality," she said.

Morton Grove Community Church, St. Martha Catholic Church, the Muslim Education Center and St. Luke's Christian Community Church are presenting the event, said Elizabeth Jones, pastor of St. Luke's.

Open Communities, a nonprofit group that advocates for housing, economic and social justice in north suburban Chicago, is co-sponsoring the walk, Jones said.

"The primary purpose of this interfaith walk is to promote peace, harmony, and friendship in the midst of diversity," she said. "In association with other peace-making activities during the third week of September, this interfaith walk is a friendly way to bridge differences in this diverse community."

The Morton Grove area — including neighboring Niles — is a very diverse community, Jones said.

"There are people from all number of ethnic groups, faith traditions, cultures," she said. "It's just a melting pot."

The U.S. Census listed neighboring Niles as the "most diverse suburb in the Chicago area," Jones said.

"Ethnically, religiously, culturally, it's a melting pot from all over the world," she said. "Morton Grove is right next door and is very, very much like Niles in makeup. It's just a smaller suburb, but it is ethnically, religiously and culturally diverse. That is one of the things we celebrate about Morton Grove."

The walk begins at 9:30 a.m. at Morton Grove Community Church, 8944 Austin Ave., and continues to the Civic Center, 6140 Dempster St., Jones said.

Crossing south of Dempster, the walk will proceed to St. Martha's, 8523 Georgian Ave., and will end at the Muslim Education Center, 8601 Menard Ave., she said.

No religious services will be conducted at any of the sites, Jones said.

"We're just being friendly and being welcoming," she said.

The walk will not stop at her church because it is centered around sites near Austin Avenue, but that's not stopping Jones from walking throughout the village.

"I am participating," she said. "I am going to be walking with everyone."

Organizing the walk was not difficult for Morton Grove interfaith leaders because they are in regular contact, Waraich and Jones both said.

"Morton Grove is very collaborative," Waraich said. "We work on different projects that include interfaith work."

Village interfaith leaders organized an interfaith peace breakfast in April and rotate an interfaith Thanksgiving meal every year, Jones said.

Phil Rockrohr is a freelance reporter for Pioneer Press.

New Korean restaurant replaces former Park Ridge hot dog spot

BY JENNIFER JOHNSON
Pioneer Press

Since he and his wife opened Blue Ridge Korean Barbecue this summer, Song Choe says one of the more common questions he hears involves the restaurant's name.

The "Ridge," of course, refers to Park Ridge, where the eatery is located, Choe said. But its also an homage to his favorite singer, John Denver, who famously sang about the Blue Ridge Mountains in his song "Take Me Home, Country Roads."

"It's not easy to pick a name. All the good names associated with food are taken," Choe said, laughing.

The idea to open a Kore-

an restaurant came from Song Choe's wife, Haesoon, who studied traditional Korean cooking and went on to work as a chef in Korean and Japanese restaurants in the Chicago area.

At the advice of a friend who described Park Ridge as "booming," the Choes, who are originally from Seoul, South Korea, settled on the former Tasty Pup location at 49 Summit Ave. for their first restaurant.

"There are no Korean restaurants nearby, so it was a good opportunity for us," Choe said. Though several Korean eateries exist in Niles, Blue Ridge is closer for Park Ridge residents who want to drop in for a quick bite or take out, he added.

The "barbecue" in the restaurant's name refers to how the cuisine is cooked, Choe said, not the style of some Korean restaurants that feature actual grills at each table for diners to cook their own meat. There are a total of 20 seats in the restaurant, several of them along a counter.

Traditional dishes include bulgogi, a marinated beef or pork dish, and bibimbap, white rice topped with sauteed vegetables and sauce. There is also galbi, marinated baby short ribs, pork or chicken served with vegetables and rice; soups; dumplings; ramen, tempura rolls; and Korean pancakes, which contain a mix of fried meat and vegetables.

Haesoon Choe said her goal is to serve healthy dishes that do not contain MSG or other additives that often make their way into Asian cuisine. Some of the foods are based on family recipes, she said.

Blue Ridge has been open for only about one month, but Song Choe said he is optimistic based on the social media response he has seen from customers. He points to Yelp, a popular restaurant rating site, that shows Blue Ridge with a cumulative five-star rating based on 14 reviews.

"Our price is good, and I'm proud of what we're making," Choe said.

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JENNIFER JOHNSON/PIONEER PRESS

Song and Haesoon Choe are owners of Blue Ridge, a new Korean barbecue restaurant in Park Ridge.



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Help for opioid overdoses at the ready

Illinois drugstores may sell naloxone over the counter

BY LISA SCHENCKER
Chicago Tribune

Illinois residents who worry about loved ones overdosing on opioids can now buy a potentially lifesaving drug at their local pharmacies — without a prescription.

Mariano's on Sept. 16 began selling naloxone at its 34 pharmacies in Illinois. It followed Meijer, which began the rollout of the medication to its 27 Illinois locations Sept. 15. Walgreens began offering it at more than 500 Illinois stores on Sept. 19, while sales at CVS will begin in the fall and Jewel-Osco in late February.

Pharmacy chains in many other states already offer naloxone without a prescription. A section of a law passed in 2015 paved the way for Illinois stores to sell it without requiring the customer to have a prescription for it.

Illinois and the rest of the country are battling an opioid epidemic.

In Illinois, 1,700 people died of drug overdoses in 2014, up from 1,579 in 2013, according to the Illinois Department of Public Health, though not all those were because of opioid drugs such as heroin and some types of painkillers.

Naloxone can help someone who has overdosed on an opioid start breathing again.

Mariano's is carrying a version of the drug called Narcan that's sprayed up the nose. Customers of any age can buy it, though pharmacists have discretion, said Elizabeth Seybold, manager of clinical care for Roundy's, which, like Mariano's, is part of Kroger. The drug costs about \$145, but most insurance plans cover it, even without an individual prescription, Seybold said.

Walgreens will offer a nasal spray for \$78 before insurance as well as an injectable version.

Purchasing naloxone, however, is more complicated than buying aspirin.

At Mariano's, customers will be taken to a private counseling



TERRENCE ANTONIO JAMES/CHICAGO TRIBUNE

Eleni Peczkowski and other Mariano's pharmacists will sell naloxone as Narcan.

station where they will be asked whether the drug is for them or others, whether they've ever been treated for an opioid overdose before and other questions designed to help pharmacists decide whether the drug is safe and appropriate for them. Pharmacists will also explain how and when to use the drug. Individuals will have to give their names, addresses and birth dates, but they will not have to show an ID, Seybold said.

Walgreens will ask patients for the same personal information required for picking up prescriptions. Pharmacists will provide instruction on how and when to use the medication, said Phil Caruso, a Walgreens spokesman.

People buying naloxone will not be reported to the police, Roundy's Seybold said, though pharmacists probably will urge those with addictions to seek help. "(As a pharmacist) I am going to

encourage you to seek help, seek medical attention, but at the same time if you're going to continue to use these drugs illicitly, I want to make sure you don't die on me," Seybold said.

Pharmacists will also caution patients that they won't be able to use naloxone on themselves because they probably will be unconscious by the time they need it. People should also call 911 before administering the drug because the patient might need more than what comes in the package and will need follow-up medical care, Seybold said.

Before now, Illinois residents could obtain naloxone without individual prescriptions from some programs, said Garth Reynolds, executive director of the Illinois Pharmacists Association.

The 2015 law established a standardized procedure to allow pharmacists to dispense the drug without individual prescriptions.

To dispense the drug, pharmacists go through training on addiction, naloxone and how to educate patients.

The section of the law pertaining to naloxone was named Lali's Law after Alex "Lali" Laliberte, a Western Illinois University student who grew up in Buffalo Grove and died in 2008 from an overdose of heroin and other drugs.

"Now people can actually go in just like they can get epinephrine or medication for another disorder and have somebody train them on how to save a life," said Chelsea Laliberte, Alex's sister and executive director of Live4Lali, which works to prevent and raise awareness of substance abuse. "Nobody deserves to die from this."

Kathie Kane-Willis, director of the Illinois Consortium on Drug Policy at Roosevelt University, called pharmacies "an extremely

important avenue by which to save more lives."

"We think everyone should have naloxone in their medicine cabinet, that it should be part of the standard first-aid kit," Kane-Willis said.

Karen Ayala, executive director of the DuPage County Health Department, said the county has already seen how effective naloxone can be when carried by police. In 2014 and 2015, police in DuPage County were able to save about 100 lives using the antidote, she said.

Seybold said she hopes making naloxone more widely available will make a difference in families' lives. "There's nothing more that breaks my heart than hearing about a 16-year-old that died at someone's house because someone was too afraid to call 911."

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Twitter @lschencker

Time for this politics junkie to break free?



RANDY BLASER

I've been a political junkie all my life. In 1972, I stayed up until the wee hours to watch George McGovern accept the Democratic Party's nomination for president. That proves it.

But lately, I feel like I've got to get off the junk. It is making me depressed.

Not since the race between Franklin Pierce, John Fremont and Millard Fillmore in 1856 has an election cast such a shadow of certain doom over the nation as this nightmare campaign we have before us.

I am reminded at times of Richard Nixon, who wondered if the greatest consequence of the Water-gate scandal would be that



BILL PUGLIANO/GETTY

A supporter, left, of Republican presidential nominee Donald Trump talks with an anti-Trump protestor while waiting for Trump to arrive for a tour of the Flint Water Treatment Plant on Sept. 14 in Flint, Mich.

a lot of good, quality young people would stay out of public life.

He was speaking to Baby Boomers then. Here we are with two Boomer candidates for president, and, one has to ask, will the cream ever rise to the top?

Hillary Clinton had a bad week on the campaign trail and her health may not be the only major stumbling block in her slow crawl to

the presidency. Hailed as the most qualified person ever to run for president (this includes the man who defeated Nazi Germany), she is barely polling higher than the guy routinely described as Hitler wearing Ku Klux Klan robes.

People think she's dishonest, she gets a pass when others don't. And when she's being coy with the press, she appears to be

very pleased with how clever she is.

Take her recent health situation, where she is seen in a disturbing video stumbling into a van after she left a Sept. 11 ceremony. First, we were told she was overheated on a hot day. Then that she had been diagnosed with pneumonia two days before. But no one was told about it, while she's out raising money, shaking hands with hundreds of supporters, then visiting her daughter and grandchildren.

Are those the things a 68-year-old does when diagnosed with pneumonia?

Hard to believe, really. Then hours later, she's seen on the streets of New York announcing she's fine.

Nothing to see here, folks. JFK had a bad back from a World War II injury and FDR could kind of walk despite having polio.

If only we had a JFK or an FDR today.

But we don't. And in an

age when everyone is carrying a video camera with them 24/7 that can broadcast a video to the world in seconds, it's getting harder and harder to keep such secrets.

We now know JFK had Addison's disease, and FDR spent 12 years as president in a wheelchair. One would think we could deal with whatever is bothering Hillary and look past it in 2016. Just tell us already.

Then there's Trump, a walking freak show that has taken over the circus that is American presidential politics today.

Overweight at 70 and with hair a very unnatural orange, he tries to convince us of his good health by appearing on the Dr. Oz show. What's next, a DNA test with Jerry Springer?

("In this envelope, Mr. Trump, contains the answer to if you are really Bozo's father.")

We all know the crazy things Trump has said so far this campaign. In a way,

at least he's telling us what he'll do so if we go elect him, it's our fault.

Not so with the last few guys — Obama opposing gay marriage because of his Christian faith in 2008, Bush invading a country that had nothing to do with Sept. 11.

Trump is a blatant fool. After watching him for a few minutes, what else is there to say but, "Huh?" or posting "WTF" on Twitter?

But then Clinton starts labeling. While half of Trump's voters are in the basket of what she calls "deplorables," the press is in the other basket.

She doesn't have to deal with her deplorables. But those of us in the world, not Washington, we have to work with everyone.

That's the race so far. We're in the home stretch and I feel like I have to get off the junk. But then what? That's the scary part.

Randy Blaser is a freelance columnist for Pioneer Press.

Is Pokemon Go the culmination of humanity's progress?



PAUL SASSONE

Is it safe to come out? Has Pokemon Go gone? It's hard for me to tell, because I still see people all the time walking or driving while hypnotically staring at their smartphones. Are these — the Phonedead — playing Pokemon Go or doing one of the other needless activities available to smartphone users?

Pokemon Go hasn't been in the news much lately. And I saw a question on the internet: "Is Pokemon Go dead?" Earlier generations

have pondered the question, "Is God Dead?" So, we can see how vital computers and their recreational uses are to today's young people.

In case you have been visiting Jupiter for the last several months, Pokemon Go is an app/game that allows players to capture Pokemon characters in real-world locations. The app makes little monsters appear on your smartphone as you walk through your actual environment as if the creatures were right in front of you. There's more to it, but I really don't care.

Launched in early July, Pokemon Go skyrocketed in popularity and soon had more daily users than Twitter. It's become one of the most popular apps in his-

tory. Pokemon users made news by obliviously walking into walls, trees, holes, cars and injuring themselves. Within just a couple of months, I read, Pokemon Go went into decline, losing millions of users worldwide. That's the thing with fads: easy come, easy go. But Pokemon Go isn't going down without a fight. An update called Pokemon Go Buddy apparently now is available. So there is hope for the Phonedead.

And that's a depressing thought.

Through the computer, technology has made available to us all the great masterpieces of art, literature, music, drama. History, philosophy, knowledge of all kinds is at our very fingertips. Never in human

history has so much of the very best of mankind been offered to so many people.

We should be enjoying another renaissance. Instead, millions of us are wandering around, eyes glued to a phone searching for non-existent monsters for heaven knows what purpose. Or, we are zombie-like walking into the Grand Canyon while texting what we ate for lunch.

Is this what technology has brought us to?

Is Pokemon Go and its ilk the end-point of all our striving and learning over the ages?

Is this the way the world ends, not with a bang, but with an app?

Paul Sassone is a freelance columnist for Pioneer Press.



KEVIN TANAKA/PIONEER PRESS

Christian Regalado of Chicago plays Pokemon Go at the Lincolnwood Shopping Center on Friday, Aug. 5.



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OPINION

A skeptic's guide to mindful eating

A couple weeks ago, I wrote a column on mindfulness versus willpower. It was well received by some people, but others weren't convinced they could be successful with mindfulness. Mamas, I am right there with you. As much as I love the idea of making wise, mindful choices about what I eat, I have many a time reached for chocolate after quelling a temper tantrum. I've accidentally stuffed myself at family gatherings. And I confess, as I was considering interview questions for this piece at 10 p.m. one night, I "mindfully" opened up the freezer and started eating gelato out of the carton.

Keeping my own challenges with mindfulness in mind - and considering some that you might have, as well - I spoke with expert Rachel Lurie, a therapist specializing in behavioral coaching for eating and exercise, for her advice.

Nicole: In the past, I've found that if I follow a diet, I'm guaranteed results - maybe not in the long-term, but at least while I'm on the program. When I try to just be mindful about what I'm eating, I sometimes feel out of control and make poor choices. Any tips?

Rachel: Diets are really seductive. When we lose any amount of weight, even when we gain it back, what we remember is the joy and excitement of how it felt to lose that pound. But diets don't work for most people in the long-term because they are externally imposed. Most of us have a pretty rebellious heart and don't like being told what to do. With mindfulness, the key is getting in touch with the part of yourself who is loving and compassionate, but also definitely an adult. This is the part of you that cares about your body, doesn't want to feel bloated



**NICOLE
RADZISZEWSKI**
Mama's Gotta Move

or have a stomachache, wants to have energy, and understands what your body needs. When you make choices about eating and from this place, it eliminates rebellion because you're acting on evidence; you're recognizing that it feels good when you eat a certain way.

Nicole: This loving, compassionate adult - where do I find her?

Rachel: Good question. I like to think of this as a motherly figure - you can even think of it as yourself and the way you talk to your kids. You wouldn't tell your kids, "Don't eat that. It's bad." You would say, "I want to make sure you're eating something that gives you good energy so that you can play." The tone is filled with love, but also wisdom. It's saying, "I care about you, body, and I want you to feel good."

Nicole: I can totally get that. I'm always saying stuff to my kids like, "You need to eat breakfast so you have energy." But I think I still need more boundaries and structure if I'm going to be successful with mindfulness. Do you have any suggestions?

Rachel: Geneen Roth, author of "Women, Food and God," has a great list: Eat when you're hungry. Eat sitting down in a calm environment. Eat without distractions. Eat what your body wants. Eat until you're satisfied. Eat in full view of others or with the intention of being in full view. Some of these might be tough if

you're a mom with young kids. Maybe you can't eat without distractions, but if you have your kids running around, the TV on, and Facebook open on your phone, you can at least try to pare down some of the noise.

Nicole: Do you ever recommend rules, like don't eat after 8 p.m. or don't eat certain foods?

Rachel: In short, no. But I recommend being very honest with yourself about how particular foods, amounts of foods and eating at particular times of day that you eat make you feel. Sometimes it takes a while to get to the truth of this, but once you do, that loving adult in you can look at the data and say, "When you eat too much sugar, you don't feel as alive as you want to feel. I don't want that for you."

Nicole: OK, so I can see myself drawing up this kind, loving adult voice when I'm in a calm state of mind, but a lot of the time, I'm not. And I notice that certain things - like being stressed or tired or annoyed with my kids - provoke me eating. Any suggestions?

Rachel: I would say to really acknowledge the part of you that is saying, "I want to get out of here. I love my kids, but this is hard." Right now this feels hard." Stop and validate the little girl in you who is tired and stressed, and calm her down. And then react to those feelings with something other than food. Maybe say, let's go sit on the toilet for a minute and just step away. But try to see if you can call upon that inner caretaker to take care of you in that moment.

Nicole Radziszewski is a freelance columnist. Check Nicole out on Facebook at Facebook.com/mamas-gottamove.

Changing of the guard at CBS Sunday Morning



ERIC SCOTT

This TV show doesn't have the panache of "Game of Thrones" and its host has never tended to the emotional needs of rose-deprived, borderline-psycho bachelors and bachelorettes — at least not on camera.

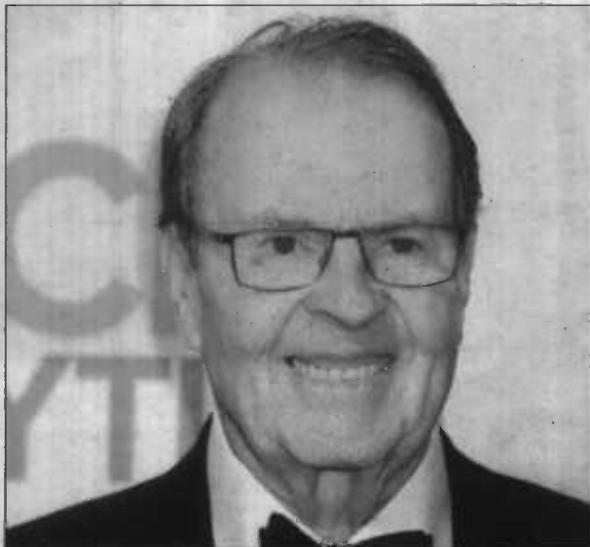
But "CBS Sunday Morning" operates on such a high level of creatively-infused professionalism that it's hard to tell whether the show borrowed its name from the day or if the day was so impressed with the show that it worked out a naming-rights deal.

Sure, that might be an over-the-top description of a TV news program, but loyal viewers understand while they still digest the recent retirement announcement by longtime host Charles Osgood.

Osgood, now in his mid 80s, will host his final Sunday Morning show Sept. 25. Loyal viewers know the show will go on with correspondent guest hosts and eventually a new permanent greeter.

But there's just something about waking up early on Sunday and getting the first dose of real news (following "Weekend Update" on NBC's "Saturday Night Live") from someone who can gracefully explain what viewers missed overnight and help viewers absorb the bad along with the good while still in wake-up mode.

Where most local and national TV news programs follow a presentation formula of crime, more crime, political mudslinging, over-hyped celebrity scandals and then weird, wild, wacky videos before finishing with



KATY WINN/ASSOCIATED PRESS 2014

Charles Osgood will say "goodbye" as host of "CBS News Sunday Morning," Sept. 25.

animals playing musical instruments, CBS Sunday Morning is an island of serenity.

It's not over-the-top elitist. It's not a snooze fest and definitely never about "what everyone is talking about." It's just TV news done right.

Even if you've never tuned in and opted instead for other Sunday morning programming, such as a monster 4-hour NFL pregame show that can easily be folded into 30 minutes, you know "CBS Sunday Morning" is doing something right when it can lure the likes of Jane Pauley and Ted Koppel out of retirement to join its impressive team of correspondents.

What they and Charles Osgood do best is a lost art that really makes this weekly media oasis stand-out — they are all great storytellers.

In defense of local news stations and reporters — many I've had the pleasure of working with — the daily pressures to get news on the air quickly just doesn't afford a lot in the way of expanded storytelling. It's one thing to have a week to

produce a story and another thing to have just three hours to hunt down facts and prepare something to air for the 5, 6 and 10 p.m. newscasts.

So before Charles Osgood hangs up his bow tie and microphone for the last time, I invite you all to check out CBS Sunday Morning at least once while drinking coffee and clearing cobwebs from Saturday night.

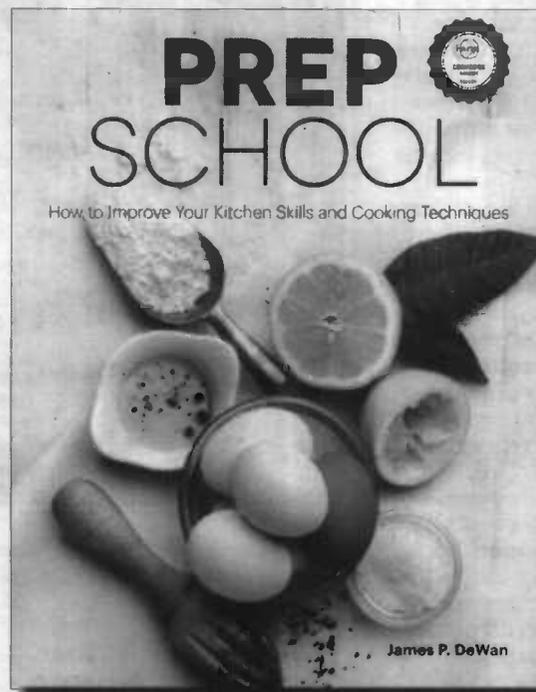
If 8 a.m. is too early to flip on channel 2, treat your DVR to 90 minutes that it will be glad to keep for a while.

In fact, I challenge you to try and not like any of the stories in a given show, even if it's on a topic you know nothing about and would otherwise have no interest in checking out.

Give it a shot. I can promise at least a few collective "huhs" after taking in a story, interview or in-depth celebrity profile that makes you think rather than hold your attention for less of a hype-induced payoff than you expected.

Eric Scott is a freelance columnist for Pioneer Press.

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Chicago Tribune

Chicago museum events to check out this fall

By STEVE JOHNSON
Chicago Tribune

Chicago museums have a tough act to follow this fall, after a blockbuster spring featuring shows on Van Gogh, "Downton Abbey," massive Lego sculptures and Terracotta Warriors. Many of those exhibitions are still on offer and will be for weeks or months to come.

But as the leaves begin to turn, the reinforcements are coming. Here are my 10 picks of new shows to watch for this fall.

Ben Rivers, "Urth," and Diana Thater, "The Sympathetic Imagination": Two museums are featuring exhibitions by highly regarded artists who work primarily in video. "Urth." Through Nov. 6 at the Renaissance Society, 5811 S. Ellis Ave., Chicago, free, www.renaissancesociety.org; "Sympathetic," Oct. 29-Jan 8, Museum of Contemporary Art, 220 E. Chicago Ave., Chicago; \$12, www.mcachicago.org.

"#30 Dia de los Muertos: Journey of the Soul": A flavoring of Day of the Dead festivities in Mexico via art mounted locally. Sept. 23-Dec. 11, National Museum of Mexican Art, 1852 W. 19th St., Chicago; free, www.nationalmuseumofmexicanart.org.

"A Place for All People": Chicagoans can get an early taste of the Smithsonian's highly anticipated National Museum of African



OSCAR WILLIAMS

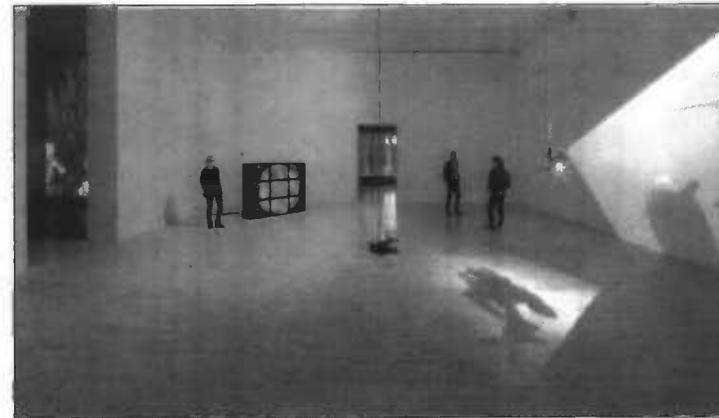
and Industry, 5700 S. Lake Shore Drive, Chicago; timed-entry ticket necessary but included with general admission, www.msi-chicago.org

"Above and Beyond": This look at the history of flight and space exploration promises interactivity in a "simulated space elevator" and an avian flight simulator. Oct. 4-Jan. 8, 2017, Museum of Science

and Industry, 5700 S. Lake Shore Drive, Chicago; timed-entry ticket necessary but included with general admission, www.msi-chicago.org

Pritzker Penguin Cove and Walter Family Arctic Tundra: Penguins and polar bears, two of the more popular zoo animals going, are soon to return to Lincoln Park Zoo. Penguin Cove: Oct. 6. Polar bears: November. 2001 N. Clark St., Chicago; free admission; www.lpzoo.org.

"October After Hours": The Robie House, Frank Lloyd Wright's Hyde Park residential masterpiece, is hosting a series of events that let you imagine what it might be like to live there. 5 p.m.-8 p.m. October Fridays, 5757 S. Woodlawn Ave., Chicago; \$35 at www.flwright.org/afterhoursrobie.



FREDRIK NILSEN

"The Sympathetic Imagination" video installation will be on display at the Chicago Museum of Contemporary Art.

"Falls: A Chorus of Colors": The traveling exhibition looks at our amphibian friends, ancient and delicate. Nov. 5-Jan. 22, 2017, Peggy Notebaert Nature Museum, 2430 N. Cannon Drive, Chicago; included with \$9 general admission, www.naturemuseum.org.

"50 Years, 50 Works, 50 Reasons": The Museum of Science and Industry examines the work of "Where the Wild Things Are" author Maurice Sendak. Nov. 10-Feb. 20, included with \$18 general admission.

Fall Ideas festivals: The Chicago Humanities Festival and Chicago Ideas Week bring scores of speakers to town. Samples? CHF: Trevor Noah, Philip Glass, Melissa Harris-Perry. CIW: Abby Wambach, Ari Emanuel, Sam Zell. Ideas week runs Oct. 17-23 (www.chicagoideas.com), the humanities fest Oct. 29-Nov. 12 (www.chicagohumanities.org). Various prices and locations.

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EVENT

Huge American Craft Expo returns to Botanic Garden

BY SAMANTHA NELSON
Pioneer Press

Last year's 31st annual American Craft Exposition, held at the Chicago Botanic Garden in Glencoe for the first time, ended up breaking attendance records and raised \$231,000 for North-Shore University Health-System's ovarian cancer prevention efforts.

"The show was always beautiful, but being at the garden with that beautiful backdrop it raised the show to a different level," said Debbie Kerr, event co-chair and a Northfield resident.

This year's American Craft Expo returns to the Chicago Botanic Garden Sept. 23-25 with 140 artists selling handmade works in 12 media including ceramics, furniture, glass and jewelry. Only about a fifth of the artists who apply make it into the show, with a panel of artists who have participated in past shows and the show's directors ranking the submissions and admitting the top scorers.

The American Craft Exposition also devotes space to emerging artists who have been working on their craft for six years or less.

"That's always a fun category," Kerr said. "A lot of artists get their start at ACE. One of our artists was a fireman in Evanston and switched careers and now is one of the top jewelers in the country."

Morton Grove resident Aaron Macsai has sold his jewelry at the show for 20 years but says he never takes it for granted that he'll get accepted.

"I keep my fingers crossed every year," he said. "I would say it's one of the best craft shows in the country of its kind — the caliber of artist, the support it gets from the public. It's a



AMERICAN CRAFT EXPOSITION PHOTOS

Above: Morton Grove resident Aaron Macsai's jewelry is among the offerings at the American Craft Exposition at the Chicago Botanic Garden. **Below:** The craft expo, set for Sept. 23-25, features works such as this one, by 140 artists.

American Craft Exposition

When: 10 a.m.-6 p.m. Sept. 23 and 24, 10 a.m.-5 p.m. Sept. 25; preview party 5:30-9 p.m. Sept. 22

Where: Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe

Tickets: \$15, \$30 for a three-day pass, \$45 for a pair of three-day passes; \$175-\$200 for the preview party

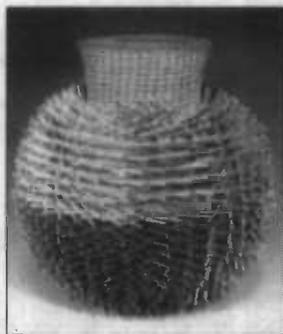
Information: 224-364-7270; americancraftexpo.org

very unique show."

The move to the Chicago Botanic Garden last year proved a boon for Macsai's business.

"I got new customers from all over the world because there were people who go to the garden who were there and didn't expect to see the show," he said.

The show also includes an online auction and raffle. Proceeds benefit NorthShore University HealthSystem's pharmacogenomics research, which allows doctors to analyze a patient's genes to predict how they will react to specific courses of treatment. It's a cause that's



very personal to Macsai, who gave a speech at the show's kickoff about how NorthShore doctors were able to find a treatment for his severe chronic daily migraines.

"I feel very strongly about supporting medical research because I've benefited from medical research," he said. "(The headaches) were debilitating. About 10 years ago I had to stop working for a while. Nothing really helped."

Neurologists at NorthShore recommended he try radiofrequency ablation once a year, which heated up the nerves in his neck and destroyed their ability to send pain signals to the brain.

"It's a little risky, but it takes away the headaches," he said. "It kind of changed my life."

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DANCE

Two companies unite for Eye on India performance

BY MYRNA PETLICKI
Pioneer Press

Two dance companies from different cultures and with dissimilar styles are uniting to present, "The Incomplete Gesture."

Natya Dance Theatre, a Chicago-based Indian dance company, and Nan Jombang, an Indonesian dance company, are presenting the work at the North Shore Center for the Performing Arts in Skokie on Oct. 1 as part of the 6th annual Eye on India Chicago. The festival of contemporary and traditional Indian culture runs from Sept. 15-Oct. 2 at a number of Chicago area venues.

"There are so many incongruences in relationships nowadays," said Hema Rajagopalan, founder and artistic director of Natya Dance Theatre. "We are not able to communicate. We are so much on text messages and email. People don't have the time to talk in person. And even when they do talk in person, sometimes messages are taken in the wrong sense and that leads to misunderstandings."

Those miscommunications can result in relationship problems, disputes between cultures and even wars, Rajagopalan believes. Her dance company addresses these issues in "The Incomplete Gesture."

The piece consists of two episodes. The first, a humorous one, is about a love triangle. "It is an amusing misunderstanding," Rajagopalan said.

The second episode is about a woman who is misunderstood by her stonehearted husband after she gives in to the advances of a man who is impersonating her spouse.

Composer Doug Lofstrom is creating the score for the dance concert. One



NATYA DANCE THEATRE

Natya Dance Theatre and Nan Jombang will perform "The Incomplete Gesture."

'The Incomplete Gesture'

What: A collaboration between Natya Dance Theatre and Nan Jombang

When: 8 p.m. Oct. 1

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

Tickets: \$20-\$38

Information: 847-673-6300; www.northshorecenter.org

of the Nan Jombang's dancers will sing during the performance.

Natya's artistic director initially connected with Nan Jombang through Facebook. "I 'liked' a particular post that somebody had put up," she explained. "I liked their movement vocabulary."

That started a conversation between the two companies. "We are two different cultures, two different religions — they're Muslims and we are Hindus. We are so wide apart. They are somewhere near Sumatra in Indonesia and we are in the United States," Rajagopalan noted.

Despite those differences, Rajagopalan said, the two companies began "reaching out to each

other." That led to the creation of "The Incomplete Gesture."

Angga Mefri, who speaks a limited amount of English, praised Rajagopalan for combining her company's traditional dance style with Nan Jombang's contemporary dance movements, which are based on Indonesian martial art, to create a contemporary work.

The dance styles of the two companies are as different as their backgrounds.

"Ours is based on a 3,000-year-old treatise called Natya Sastra," Natya's artistic director explained. It features rhythmic footwork and abstract arm movements. Emotional content is expressed through the body, the face and hand gestures.

On the other hand, Nan Jombang's rhythm is created through clapping, Rajagopalan reported. "They clap on their bodies and on their costumes," she said.

Despite the many differences between the two companies in terms of their backgrounds and styles, Rajagopalan believes it is a good collaboration because they share "the passion to connect." And that's what "The Incomplete Gesture" is all about.

Living

Thursday, September 22, 2016



Mel's kitchen: A recipe for the recent internet favorite, magic cake Page 3

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Lori Saplo watches as her daughters Oona, 1, left, and Viola, 3, play at their Chicago home on July 14. Saplo, who is a professional photographer and a mother of two, planned on staying home with her kids but went back to work days later.

ANTONIO PEREZ/CHICAGO TRIBUNE

Stay-at-home mom is not happy job for some

A Gallup survey found that stay-at-home moms in the U.S. are more likely than working moms to experience sadness and anger Page 14

SUBURBAN COOKS

Vegetarian options stretch food dollars

By Judy Buchenot
The Beacon-News

Everyone has experienced the “I don’t know what to fix for dinner” moment where you stand gazing into the refrigerator wondering what to make.

Chicken was yesterday and spaghetti the day before, so maybe hamburgers today? Deciding what to make for dinner can be challenging, but imagine what it is like for people who are pondering if they can make dinner at all.

According to CROP Hunger Walk, 795 million people worldwide do not have enough food to lead a healthy, active life. Hunger kills more people every year than AIDS, malaria and tuberculosis combined. It was statistics like these that motivated Geneva resident Ingrid Nelson to get involved in the CROP Hunger Walk, the annual fundraising event striving to end hunger locally and globally.

She is one of the organizers of the Tri-Cities CROP Hunger Walk, scheduled for Oct. 15 in St. Charles. This year’s walk will begin at Bethlehem Lutheran Church, which is different than in past years.

“I do this because I believe it will make a difference in people’s lives,” said Nelson, who will be participating for the 13th year.

The nonprofit organization provides emergency food supplies as well as education and supplies for farmers so they are able to raise nutritious crops.

Nelson recalled participating in a program through the Northern Illinois Food Bank where she was challenged to feed a family of three using the budget of a single mom who was paying for rent and child care. “It was really a powerful experience. After paying expenses, there was really very little left for food — especially nutritious food.”

Nelson said she decided

to become a vegetarian about 25 years ago.

“It was a combination of things,” she said. “Part of it was the shameful way animals are raised for food. Part of it was ecological because so much land is used for raising animals. There was also a personal aspect of trying to eat healthier.”

She has a tidy garden plot in her own yard, where she grows tomatoes, zucchini and a variety of lettuces. She said she knows that being a vegetarian is not something everyone can embrace but encourages other to “try to have one or two meatless meals each week.”

A good dish to start with is spaghetti, Nelson said. “Just leave out the meat from the sauce and add your favorite vegetables,” she said. “Stir-fry is good, too. Heat some oil in a pan and add things that take longer to cook first, like carrots, onions or potatoes. Once they begin to get tender, add things that cook more quickly, like spinach. Add a little vegetable broth if you need to and put on your favorite seasonings. It is really simple.”

Today more than ever, there are many meat substitutes from vegetable sausage to bean burgers, which make it easier to make a meatless meal.

Nelson suggested trying the many different beans that can be found in stores today. “There are many other kinds beyond green beans and pork and beans. Another great meat substitute is tofu. You can buy it all prepared and flavored so it is very easy to put into recipes,” she said.

One of Nelson’s friends once prepared a sweet potato quesadilla for her that has become one of her favorite easy-to-make meals, she said. “The leftover filling can be frozen to use another time,” she said.

Another one of her vegetarian favorites is kale chips,



JUDY BUCHENOT/THE BEACON-NEWS

Ingrid Nelson puts the filling into her sweet potato quesadilla, a vegetarian meal option.

Ingrid's culinary cue

It is possible to use all the parts of vegetables. The tops of beets can be sauteed like spinach. The green part of leeks is great for stock or in stews. Be creative and try to use the root to the stem in dishes.

Tri-Cities CROP Hunger Walk

When: 8:50 a.m. Oct. 15

Where: Bethlehem Lutheran Church, 1145 N. Fifth Ave., St. Charles

Cost: All donations benefit Church World Services hunger programs

Information: Register at www.crophungerwalk.org/saintcharlesil

she said. “I know that some people bake them a long time, but you can do it fairly quickly with good results. The key is to really massage the oil into the kale so that is well-coated.”

Nelson shares the two

recipes and challenges others to try a meatless meal once in a while and to support the upcoming CROP Hunger Walk.

Judy Buchenot is a freelance writer.

Maggie's Sweet Potato Quesadillas

- 2 small sweet potatoes
- 1 small onion
- 1 cup chopped carrots
- 1 bell pepper
- 2 small zucchini
- 1 cup diced tomatoes
- 2 cloves garlic
- 10-12 ounces fresh spinach (can use frozen)
- 1 15-ounce can black beans
- olive oil
- salt to taste
- basil to taste
- oregano to taste
- 8 whole wheat tortillas
- 8 ounces shredded cheddar cheese
- salsa
- Greek yogurt

1. Microwave the sweet potatoes until tender, about six minutes. Be sure to poke the potato with a fork before microwaving it. When potatoes are tender, peel and mash them. Set aside.
2. Chop onion, carrots, pepper, zucchini and tomato into bite-sized pieces. Peel and chop garlic into fine pieces. If using frozen spinach, thaw and drain it.
3. Drain beans and rinse them. Heat a thin layer of olive oil in a medium frying pan. Add onion, garlic and carrots first. After a few minutes add pepper and zucchini. Add beans and heat through. Add tomatoes and spinach. Season with salt, basil and oregano to taste. Stir and fry until heated through.
4. Mix vegetables with the mashed sweet potato. Heat a thin layer of olive oil in a clean frying pan. Lay tortilla in the frying pan. Place about 3/4 cup of the sweet potato mixture in the tortilla. Sprinkle on a layer of shredded cheese. Fold tortilla in half and cook until lightly browned and crispy. Carefully flip and repeat for the other side of the tortilla. Cook until the tortilla is browned, the inside mixture is warm and the cheese is melted. Repeat for each tortilla. Serve with salsa and Greek yogurt as condiments.

Crispy Kale Snacks

- 1 bunch fresh kale
 - 1 tablespoon olive oil
 - salt
1. Remove stems from kale. Rinse and dry the leaves. Place leaves in a bowl and drizzle with olive oil. Massage leaves so that all surfaces are coated in olive oil. Lightly coat a baking sheet with sides with olive oil. Place leaves in a single layer on the sheet. Sprinkle with salt.
 2. Bake at 350 degrees for 10 minutes, checking frequently and turning leaves once during cooking time. When leaves are dark and crisp, remove from oven. Eat immediately for best flavor.



MELISSA ELSMO/PIONEER PRESS

Coconut lime magic cake with blueberry compote is a twist on a cake that has become an Internet craze.

MAGIC CAKE

A dessert even non-bakers can get behind

Aside from the occasional loaf of bread, I am not a big fan of baking things. In addition to lacking a love of sweets in general, creating cakes, pies and cookies has always presented big kitchen challenges in my experience. Perhaps my creative nature puts me at a disadvantage in the face of the exacting and scientific approach required to produce proper baked goods, but whatever the reason for my bum baking luck, time has taught me to leave dessert making to the experts.

So it came as quite a surprise when I developed a hankering for a serving of the homemade magic cake that is taking the internet dessert world by storm. The more I read about the cult-level love for this custardlike cake, the more I wanted a slice of my very own. It was an out-of-character craving, to say the least.

Just in case you've missed this latest Pinterest craze: A magic cake uses a single batter to create a cake with three distinct textural



MELISSA ELSMO
Out of Mel's Kitchen

layers — a fluffy cake layer, a soft custard layer and a dense, more fudgelike layer. To make things even more interesting, any home cook can tailor a basic magic cake recipe to suit his or her personal tastes; a little research revealed chocolate, butterscotch and snickerdoodle versions of magic cake are lurking online.

All magic cake recipes takes loose inspiration from an old-fashioned chiffon cake. First gaining popularity in the 1950s, chiffon cakes marry batter with foam, and the resulting cake is prized for its light and airy texture. While egg whites are whipped to a frenzy and gently folded

into a simple batter of egg yolk, flour, oil and sugar in a chiffon cake, a magic cake relies on the same principles, but the ratio of liquid to batter is much more extreme. A magic cake is cooked at a much lower oven temperature than a chiffon cake, giving ample time for the ingredients to do a density dance and form those coveted layers.

On the verge of celebrating a birthday, I couldn't think of a better reason to try making magic cake. I spruced up the batter with coconut extract and lime zest before tossing the whole lumpy mess in the oven. I said more than a few magic words before I closed the door and walked away for nearly an hour, but after the jiggly cake cooled, my first cut revealed the layers I had been craving.

I topped my magic cake with a quick blueberry compote, toasted coconut and a smattering of lime zest before digging in, and I must say it made for a delicious birthday treat.

Coconut Lime Magic Cake with Blueberry Compote

FOR THE CAKE:

- 4 eggs, separated
- Dash of white vinegar
- 1 cup sugar
- 1 teaspoon coconut extract
- 1 1/2 teaspoons lime zest (from about 2 limes); reserve juice
- 1/2 cup butter, melted and slightly cooled
- 1 cup all-purpose flour
- 2 cups whole milk, warmed to about 100 degrees

FOR THE COMPOTE:

- 1 pint fresh blueberries, divided
- 1/4 cup sugar
- Zest of 1 lime
- 1/4 cup water

GARNISHES:

- Toasted unsweetened coconut
- Lime zest
- Powdered sugar

1. **For the cake:** Heat the oven to 315 degrees, taking care to place the rack in the middle of the oven. Place a piece of parchment paper in the bottom of an 8x8 cake pan. Spray the paper and sides with nonstick cooking spray and set aside.
2. Place the egg whites and a dash of vinegar in the bowl of a stand mixer fitted with a whip attachment. Whip on high speed until stiff peaks form — about 2 minutes. Transfer the whipped egg whites to a large bowl. Wipe the bowl clean and return to the stand mixer fitted with the paddle attachment. Place the egg yolks and the sugar in the bowl and beat on high speed until pale yellow and well combined — about 2 minutes. Scrape down the sides of the bowl and turn the mixer to medium speed.
3. Add the coconut extract, lime zest and the melted butter to the yolk mixture in a slow stream. Increase the speed and beat until well incorporated — about 3 minutes. Turn the machine off and add the flour. Turn the machine off and on to quickly incorporate the flour without overmixing. Put the machine on low and add the lime juice and zest to the batter. With the machine on low, add the warm milk to the batter in a slow, steady stream until fully incorporated. The batter will be very thin, but don't panic.
4. Add 1/3 of the egg whites to the batter mixture and use a whisk to gently incorporate the whites into the batter. Using a rubber spatula, fold in the remaining 2/3 of whipped egg whites into the lightened batter. Use gentle circular motions to mix in the whites, and don't worry if some small clumps of egg white remain in the batter. Carefully pour the cake batter into the prepared pan. Bake the cake for 40-50 minutes until the top is golden brown and the center of the cake is slightly jiggly. Transfer the cake to a rack to cool — about 2 hours. Place the cake in the refrigerator and allow to chill completely.
5. **For the blueberry compote:** Combine half of the blueberries with the sugar, lime zest and water in a small sauce pan. Bring the mixture to a boil, reduce heat and allow to simmer until mixture is thick and jammy — about 10 minutes. Remove from the heat and fold in the remaining fresh blueberries. Set aside to cool. Compote may be kept in the refrigerator for up to 3 days.
6. **To serve:** Cut squares from the cake and dust with powdered sugar. Top each piece with a generous tablespoon of the blueberry compote. Sprinkle with toasted coconut and lime zest.

PETS/ANIMALS

MY PET WORLD

Help migrating birds by putting out bird feeder

By Marc Morrone
Tribune Content Agency

Q: Now that it is September, I want to put my bird feeder back up in the yard, but I was told that if I do then it will prevent some birds from migrating south for the winter. I need your opinion on this please?

— Fay Brooks, Manorville, N.Y.

A: Well my opinion does not mean anything here as it is a scientific fact that it is the change in daylight that triggers the urge in a bird to migrate — it has nothing to do with food sources.

Actually putting the feeder out now will only help migrating birds. The birds making their way South can stop at your feeder to refuel and immediately continue their journey rather than waste time looking for food.

Migrating birds need all the help they can get.

Q: My uncle passed away recently and I inherited his 15-year-old sun conure parrot. After I adopted him, I took him to a vet as I knew nothing about parrots. The vet told me Max was too fat. My uncle fed

him only sunflower seeds and peanuts. I was told to give him a diet of pellets and fruits and vegetables. The pellets work fine but the fruits and vegetable part is hard for me. I work two jobs and just do not have the time to buy and cut up fresh produce. I can do apples and carrots because they keep easy, but do you have any other suggestions for me?

— Mary Adams, Uniondale, N.Y.

A: I am in the same situation as you. We are so busy these days and our fridge rarely has more than a soft apple and a couple of potatoes that are starting to sprout.

However, I do take care of my pets. I truly believe that some kind of produce is very important to give pet birds on a daily basis. The nutritional aspect is one thing, but many birds get bored on a diet of just pellets.

A healthy, well-adjusted bird should look forward to anything new offered to it in speculation that it may be something good to eat.

What I do is get a frozen bag of mixed vegetables -- most of these combos contain lima beans, string beans, corn, peas and other such



FOTOLIA/TNS

Putting out a feeder now will help migrating birds refuel.

veggies all cut up into small bits. Then I let them thaw and mix them with a can of fruit cocktail packed with juice. I usually do three parts veggies to one part fruit cocktail. I keep this combo in a Tupperware container in the fridge and put a few spoonfuls in each bird cage every morning.

The combo is very colorful and

it attracts the bird's attention. Although it may not be as nutritious as perfectly fresh produce, it is still much better than a mealy apple and sprouted potato. Just be sure you give the bird only what it can eat in one day as any uneaten food left on the bottom of the cage can spoil very quickly and attract fruit flies.

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

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Readers share their identity theft experiences

As a result of the columns I recently wrote documenting Jeff's identity theft debacle, I've received several emails from readers with questions and comments regarding their own identity theft experiences. Below are two I thought you'd find interesting.

Dear Help Squad,

Thank you for your piece on identity theft. It is terrifying. It happened to a friend of mine, and he had to file bankruptcy to avoid liability for the numerous accounts opened all over the world in his name. When I heard what happened to him, I immediately locked all my credit reports. Interestingly, representatives from two of the credit reporting agencies tried desperately to talk me out of locking the reports. It occurred to me that the agencies make a good deal of money from selling our reports. So readers should know they need to be firm. There are pluses beyond identity protection. If you are tempted to get a new card that you really don't need at the cash register to get 10 percent off, you can't unless you call the three agencies or

go online to unlock the reports.

Readers need to know the problem is so bad, we need to get proactive.

Susan, La Grange Park

Susan's friend suffered serious consequences as a result of his identity being stolen. As such, I completely understand her desire to take proactive steps to prevent the same.

I contacted Lauren Ward, research analyst and staff writer at AAA Credit Guide, a consumer finance website focused on credit scoring, credit reporting and credit repair. She said: "The biggest draw of a credit freeze is that it allows you to do something preventive against identity theft. (Credit damage) is such a huge burden to fix, even if you catch it early on, what with having to contact the credit bureaus and your creditors to get all the negative information removed from your report and your finances back on track."

Ward clarified that consumers will still



CATHY CUNNINGHAM
Help Squad

receive prescreened credit offers (think credit cards and insurance policies) when a credit freeze is in place unless they specifically opt out of these offers. Opting out can be done via the credit reporting agencies as a follow-on to placing a freeze, or consumers

can call 1-888-567-8688 or go to www.optoutprescreen.com.

Dear Help Squad,

In your Sept. 8, 2016, identity theft column, you said the person "knew he was entitled to the documentation the banks had received for the loans taken out in his name." Is this unique to Alabama or is this true in Illinois as well? We recently had a similar experience, and the bank told us we were NOT entitled to this information. I did not consult a lawyer. Perhaps I should have.

Is this an entitlement in Illinois? What is the law that speaks to this right?

Diane, Lincolnshire

The Fair Credit Reporting Act, which Jeff's lawyer referenced when informing him of his rights relevant to identity theft, contains a federal statute that addresses Diane's inquiry. The abridged text from section 609, subsection (d), states:

"(A) business entity that has provided credit to ... or... entered into a commercial transaction... with a person who has allegedly made unauthorized use of the means of identification of the victim, shall provide a copy of (the) application and business transaction records ... evidencing any transaction alleged to be a result of identity theft to: the victim (and)... law enforcement"

If, after sharing knowledge of this statute with the bank, a consumer is still denied access to the requested documents, a lawyer may have to be consulted.

Need help?

Send your questions, complaints, injustices and column ideas to helpsquad@pioneerlocal.com.

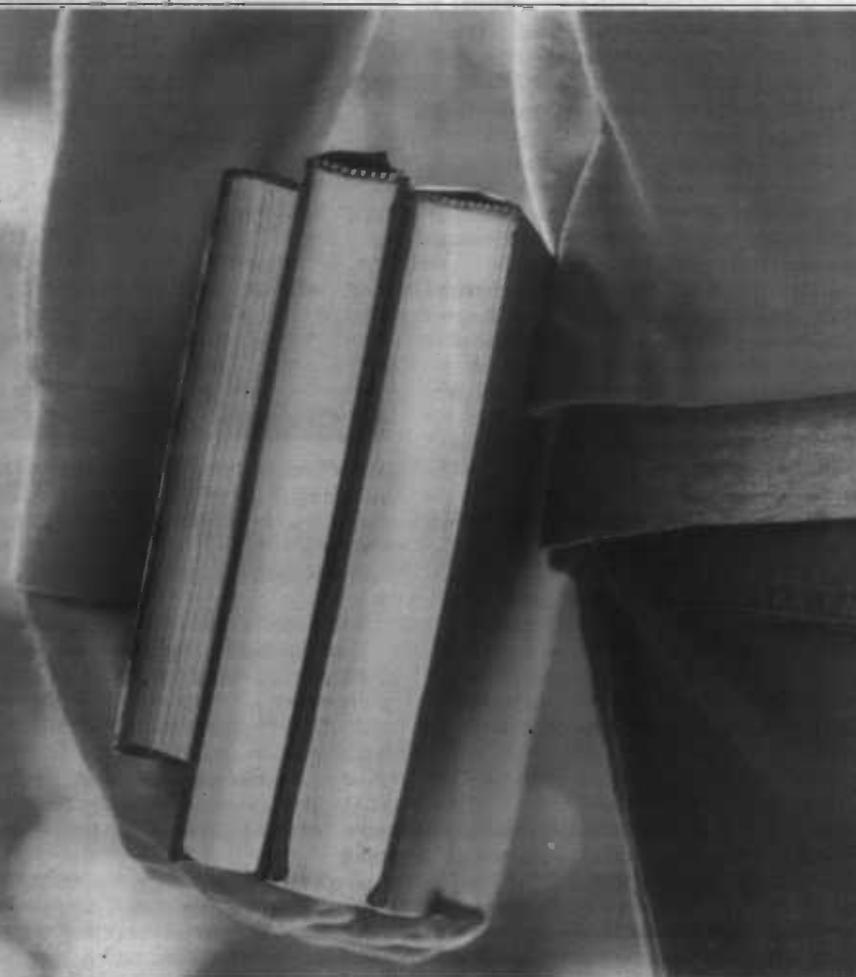
Cathy Cunningham is a freelance columnist.

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BOOKS

When reading falls short

By John Warner
Chicago Tribune

One of the greatest gifts of reading is the power of a book to engender feelings of empathy. Reading the stories of others is the original and enduring “virtual reality,” only better, because the joining with this other world happens at a much deeper level than we could ever achieve through a pair of goofy-looking goggles.

In grade school, I remember being emotionally rocked by “Sounder” by William H. Armstrong. “Sounder” is the story of a black sharecropping family in the first half of the 20th century. The novel focuses on the son of the sharecropper, a young boy of 11 or 12. The boy’s father is unjustly arrested and jailed, and during the arrest the deputies shoot the family dog, Sounder, who runs off.

His father gone, the boy searches for his dog, finding only a piece of his ear, which he sleeps with under his pillow. On Christmas, the boy brings to the jail a cake that is pawed through by the guards, claiming the potential for smuggling contraband. When the boy presents the manhandled cake to his father, the father tells him he doesn’t want the boy visiting anymore. The father wants to spare his son the emotional turmoil, but the son believes he has failed his father in not being sufficiently upbeat so his father doesn’t worry.

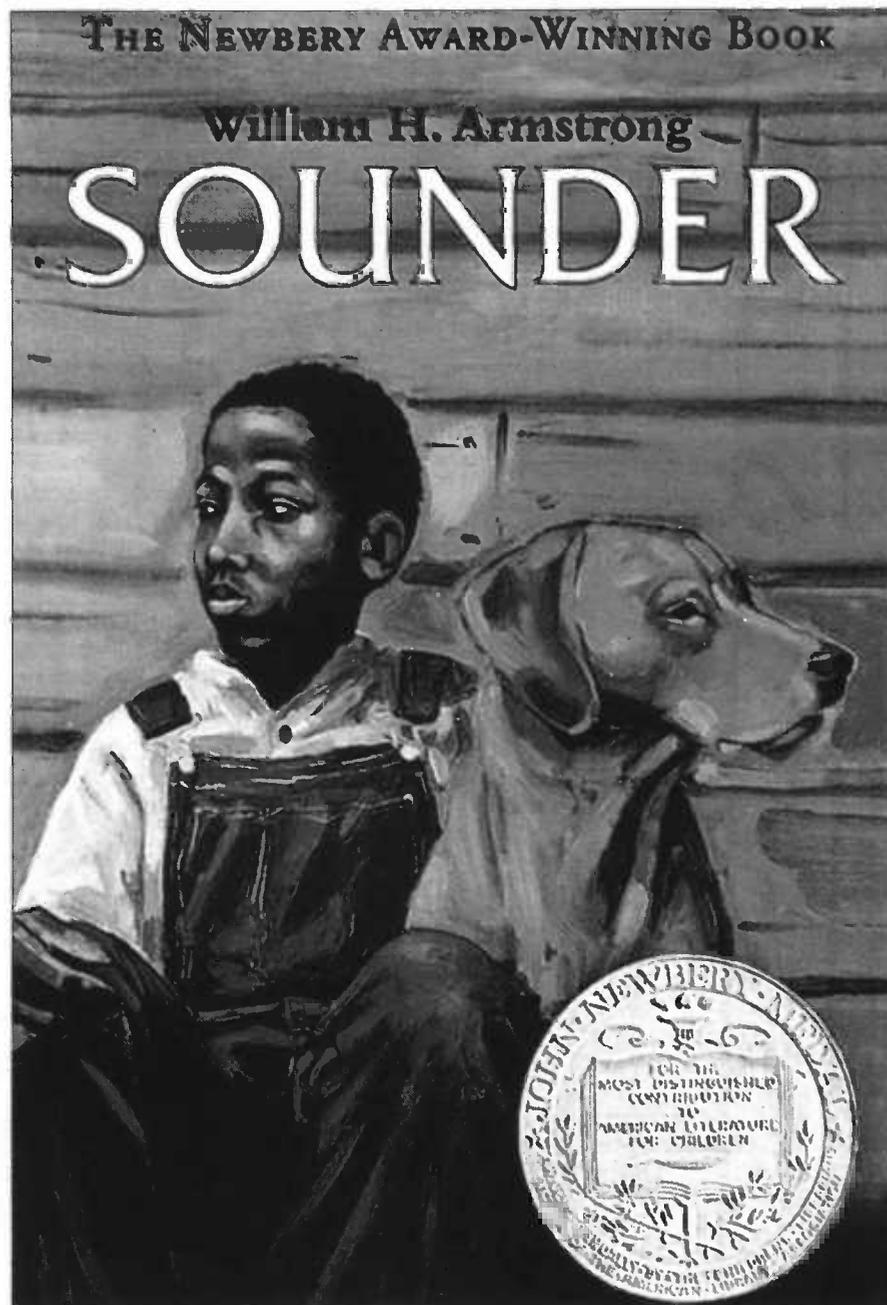
As a reader, vicariously experiencing this moment is wrenching, painful.

But as a young child, after reading “Sounder” I actually felt *better* about the world and myself. I’d experienced a story that illustrated a deep injustice and actually felt that injustice. I knew something more about how the world worked, and how I, personally, viewed those workings of the world.

I’d been shaped, I thought. *I’m a good person.*

But reading a recent Nicholas Kristof column in *The New York Times* titled “Anne Frank Today is a Syrian Girl,” I suddenly wondered about the limits of empathy as experienced through literature.

“The Diary of a Young Girl” (the original title of what we call “The Diary of Anne



Frank”) has reportedly sold more than 30 million copies. It is a staple of middle school and high school English classes. I remember reading it and thinking how if I were in a similar situation, I would protect that family.

Of course I would. Who wouldn’t?

How quickly the experience of empathy can turn into a moral authority that is relatively empty.

As Kristof reminds us, Anne Frank’s family was denied asylum in the U.S. during the war. The reasons were remarkably similar to the arguments against allowing more Syrian refugees into the United States today.

You’ve seen that picture of a Syrian boy sitting in an ambulance, dazed, hands in his lap, covered in dust and the drying crust of his own blood. He’d been pulled from the rubble after an airstrike on the city of Alep-

po by the ruling regime.

The boy’s name is Omran Daqneesh. He is too young to be writing a diary of what it is like to live your entire life in the midst of a civil war.

We say our hearts “break” at these images, but what is it that’s really breaking? Perhaps the breaking thing is the fiction of the depths of our experience when we read texts like “The Diary of a Young Girl.” The limits of our empathy or the power of literature to edify is revealed.

The distance of time, and the merely vicarious experience of reading, lets us pretend we’re capable of heroism, of sacrifice.

But living in the real world demonstrates, for most of us, this is not the case.

John Warner is a freelance writer.

Book recommendations from The Biblioracle

Readers list the last five books they’ve read — and John Warner suggests a sixth

1. “Loving Day” by Mat Johnson
2. “The Vegetarian” by Han Kang
3. “Netherland” by Joseph O’Neill
4. “Leaving the Atocha Station” by Ben Lerner
5. “C” by Tom McCarthy

James T., Chicago

A trend of novels steeped in contemplation and philosophical investigation, so I’m going to stay in that area. James can thank Jonathan Franzen for this recommendation because he was an early champion for this book in the U.S., the funny and penetrating novel “F” by Daniel Kehlmann.

1. “Unbroken” by Laura Hillenbrand
2. “A Man In Full” by Tom Wolfe
3. “Harry Potter and the Cursed Child” by J.K. Rowling and Jack Thorne
4. “The Girls” by Emma Cline
5. “Before the Fall” by Noah Hawley

Lori P., Glenview

I’m thinking we need a book with some suspense to it, but also one that isn’t going to short exploration of interesting characters. This brings to mind “One Foot In Eden” by Ron Rash.

1. “Another Brooklyn” by Jacqueline Woodson
2. “The Fire This Time” edited by Jesmyn Ward
3. “Underground Airlines” by Ben Winters
4. “Purity” by Jonathan Franzen
5. “Grunt: The Curious Science of Humans at War” by Mary Roach

Katherine R., Brooklyn, N.Y.

Mrs. Biblioracle has been regaling me with factoids from “Grunt,” to the point where I don’t think I have to read the book myself because I’ve heard everything already. Let that stand as an endorsement. For Katherine, based on this list, I’m recommending the somewhat haunting “Await Your Reply” by Dan Chaon.

What should you read?

Send a list of your last five books to printersrow@chicagotribune.com. Write “Biblioracle” in the subject line.



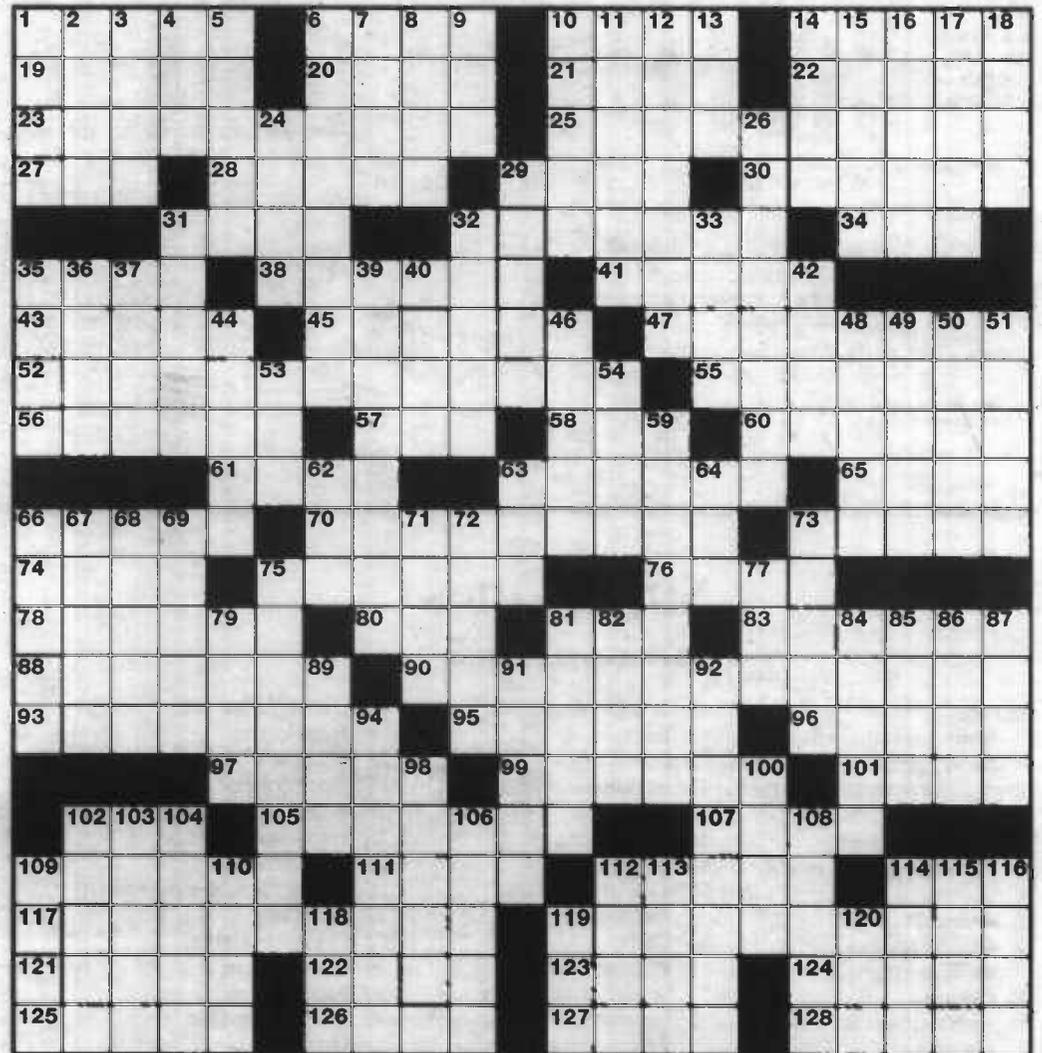
puzzle island

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

9/18

HEALTHY START: By the sound of it

BY MARK MCCLAIN | EDITED BY STANLEY NEWMAN
(stanxwords.com)



Last week's answers appear on the last page of Puzzle Island © 2016 Creators Syndicate. All rights reserved.

- | | | |
|--------------------------------|---|-------------------------------------|
| Across | 73 Bridge statement | Down |
| 1 Spontaneous comment | 74 Object of worship | 1 Sounds relieved |
| 6 End-of-week comment | 75 Point ineptly | 2 Daily fare |
| 10 Garish | 76 Big bovines | 3 Just sit around |
| 14 Guiding phrase | 78 Mystical doctrine | 4 Under the weather |
| 19 Garlicky sauce | 80 Car care brand | 5 Flora and fauna |
| 20 Broad-based | 81 Saddle sticker | 6 Tepid rating |
| 21 Prefix for present | 83 Like Victorian squares | 7 —-edged (top-quality) |
| 22 Celestial hunter | 88 Way back when | 8 Just sitting around |
| 23 1969 Streisand film | 90 Northwestern capital | 9 30 Rock star |
| 25 Didn't fluctuate | 93 Finnair hub | 10 Actress Lindsay |
| 27 NL Central team | 95 Ostrich or emu | 11 Rolex alternatives |
| 28 Discernment | 96 Money in 49 Down | 12 Prepare to open |
| 29 Lady of pop | 97 Old-fashioned, as humor | 13 Carried out |
| 30 Insect's middle | 99 File download option | 14 Nocturnal flier |
| 31 With no slack | 101 Cold and clammy | 15 Three-layer treats |
| 32 "New York, New York" singer | 102 Sleuth, for short | 16 Jeweled topper |
| 34 Put into words | 105 Beefs about | 17 In the present |
| 35 Rambler of old | 107 Hosp. staffers | 18 Variety of quartz |
| 38 Stallone character | 109 First female House Speaker | 24 Slap on, as paint |
| 41 Diver's outfit | 111 Wally of cookies | 26 Least capricious |
| 43 Add to or take from | 112 San __, CA | 29 Colossus |
| 45 Annoying | 114 As per | 31 Western sidekick |
| 47 He steers ships | 117 Classifieds section | 32 Dirties |
| 52 Haphazardly | 119 M*A*S*H transport | 33 Wished undone |
| 55 Take down, in a way | 121 Santa __ Park (venerable racetrack) | 35 "Very funny" or "Not very funny" |
| 56 Namibia neighbor | 122 Artist Magritte | 36 Prophetic sign |
| 57 Copy checkers, for short | 123 Agenda line | 37 Eur. kingdom |
| 58 Wee bit | 124 Paradise Lost character | 39 Visual representation |
| 60 Doesn't seem proper | 125 '80s heavyweight champ | 40 Extracted, as sap |
| 61 Action star from Hong Kong | 126 Sales disclaimer | 42 Boombox button |
| 63 Get rid (of) | 127 Walk worriedly | 44 Big name in auto parts |
| 65 French state | 128 Rub away | 46 See the point |
| 66 Tropical fruit | | 48 Dormancy |
| 70 Sans-serif typeface | | 49 Sicily neighbor |
| | | 50 Almanac section |
| | | 51 Where wrens rest |
| | | 53 Old college cry |
| | | 54 Sitarist Shankar |

- | | | | |
|----------------------------|----------------------------|---|---------------------------------------|
| 59 Pretty up | 75 Majestic southern tree | 89 Pod that might be pickled | 108 Slipknot loop |
| 62 Sushi tuna | 77 Sense of self | 91 Wears well | 109 First-rate, to rappers |
| 63 FDR or JFK | 79 Non-clerical | 92 When to eat | 110 Large water bird |
| 64 Jazz band participant | 81 Software prototypes | 94 <i>Shawshank Redemption</i> characters | 112 Prefix for physical |
| 66 Book after Jonah | 82 Inst. of learning | 98 Arabian native | 113 Knighted Guinness |
| 67 Old saying | 84 Ornate buttons | 100 Blueprint datum | 114 "___ girl!" |
| 68 Dynamite guy | 85 Croft of video games | 102 Minuscule | 115 Ewes' milieus |
| 69 By the __ (wine option) | 86 Apprised of | 103 Designer Perry | 116 Recent Education Secretary Duncan |
| 71 Plaster backing | 87 Thing on the to-do list | 104 Admit, informally | 118 Hunters' org. |
| 72 Asp, for one | | 106 Junction points | 119 Haunch |
| 73 Absurd | | | 120 Golfer's target |

Quote-Acrostic

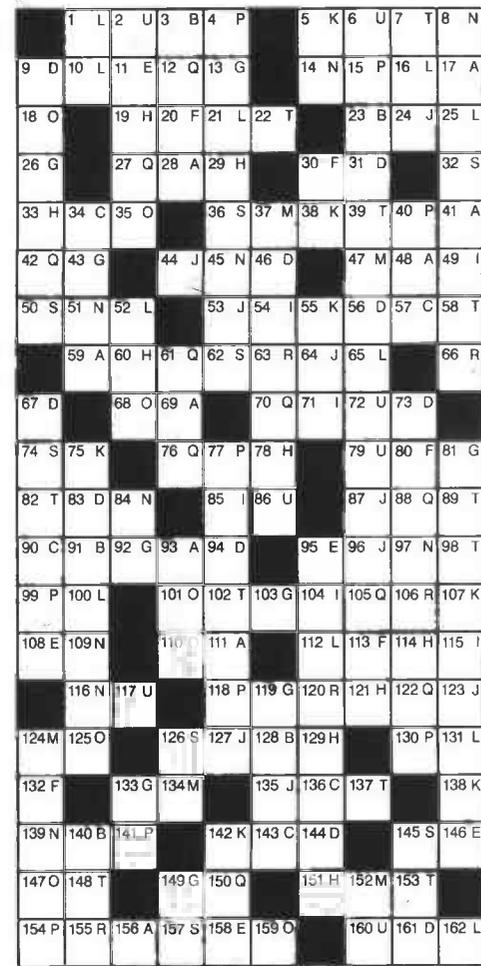
- Define clues, writing in Words column over numbered dashes.
- Transfer letters to numbered squares in diagram.
- When pattern is completed, quotation can be read left to right. The first letters of the filled-in words reading down form an acrostic yielding the speaker's name and the topic of the quotation.

Clues

Words

- A. Tending to be wordy 17 48 69 111 28 59 41 156 93
- B. Premium 23 128 3 91 140
- C. American fur mogul 57 90 136 143 34
- D. A legislative branch; 2 wds. 9 67 144 56 94 83 31 161 73 46
- E. Italian lady 95 146 108 158 11
- F. Cereal grass 132 113 80 20 30
- G. Alien 149 92 119 81 43 103 133 26 13
- H. To no place 151 33 129 60 114 29 19 78 121
- I. Stifles 49 71 85 104 54 115
- J. Odd person 64 123 53 24 127 44 96 135 87

- K. Nonsense 55 38 138 5 107 75 142
- L. Surroundings 52 162 21 10 65 131 100 1 25 16 112
- M. In motion 124 47 152 37 134
- N. Prominent position 51 116 14 139 8 97 109 45 84
- O. Ricocheting 18 35 68 101 147 110 125 159
- P. Go to sleep; 3 wds 130 15 141 40 154 99 77 118 4
- Q. All-powerful 61 150 12 122 27 88 70 105 42 76
- R. Hit 63 155 66 106 120
- S. Dickens' "____ Papers" 62 74 145 126 32 157 36 50
- T. Eternal 22 98 148 39 58 102 137 153
- U. Tawdry 6 2 86 160 72 117 79



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

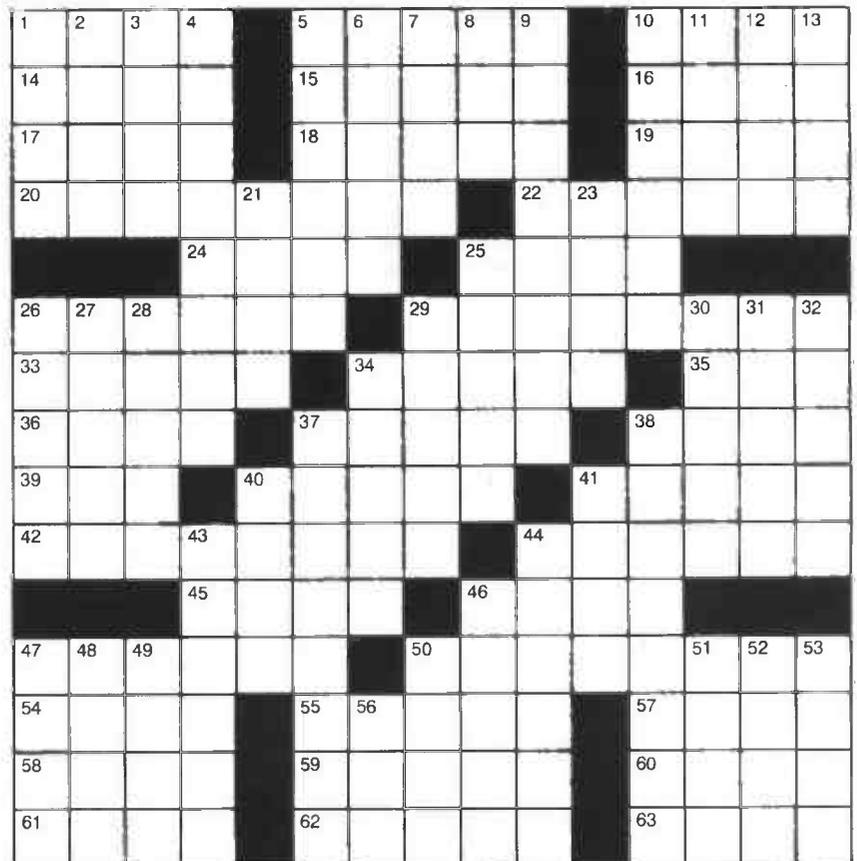
By Erv Kaczmarek.
Edited by Linda and Charles Preston.
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Small Ones

BY CHARLES PRESTON

Across

- 1 Shut down
5 Moderator
10 "___ fools these mortals be"
14 Indian mahogany
15 "Workers of the world, ___"
16 Grand Prix
17 Quod ___ demonstrandum
18 Golfer
19 Abstract, modern and liberal
20 Glowed
22 Superlative degree of humor
24 Aggravate
25 Table talk
26 Paul ___
29 Twisting
33 ___ Unis
34 Performs as a Hambletonian
35 Creek
36 Large number
37 Glittered
38 Prepare vegetables
39 Tarzan's friend
40 Courage
- 41 Bengalese weapon
42 Baby
44 Dwellings
45 Rockefeller Center attraction
46 S. Am. coin
47 Squeezes
50 Like baseball and football
54 Cleft
55 William and son
57 Scotch companion
58 Let out
59 Related on mother's side
60 Patient wife of legend
61 Former TV line man
62 Splendid
63 Certain love matches
- Down
- 1 Repetition: abbr.
2 Copperfield's wife
3 Stack
4 Sum total
5 Special framework
6 Year: Fr.
7 Fit to be ___
8 Greek letter
9 ___ and blue
- 10 Ghostly likeness
11 Race loser
12 Play parts
13 Atmospheric ___
21 Something put on
23 Hamelin's scourge
25 Withered one
26 Strengthen, as a position
27 Stockade
28 Compass sights
29 It's not right
30 Miss Dunne
31 Family member
32 Outbursts
34 Sign in some offices
37 Jenny operator
38 Youngsters
40 ___ home
41 Common suffix
43 Belligerents' need
44 Wool brush
46 Light shield
47 Born and ___
48 ___ bean
49 Author Ludwig
50 Scoria
51 What the poor dog had
52 Portal
53 Shropshire, *et al.*
56 Sailor's way



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

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Doctor Hoodoo

BY PAUL COULTER

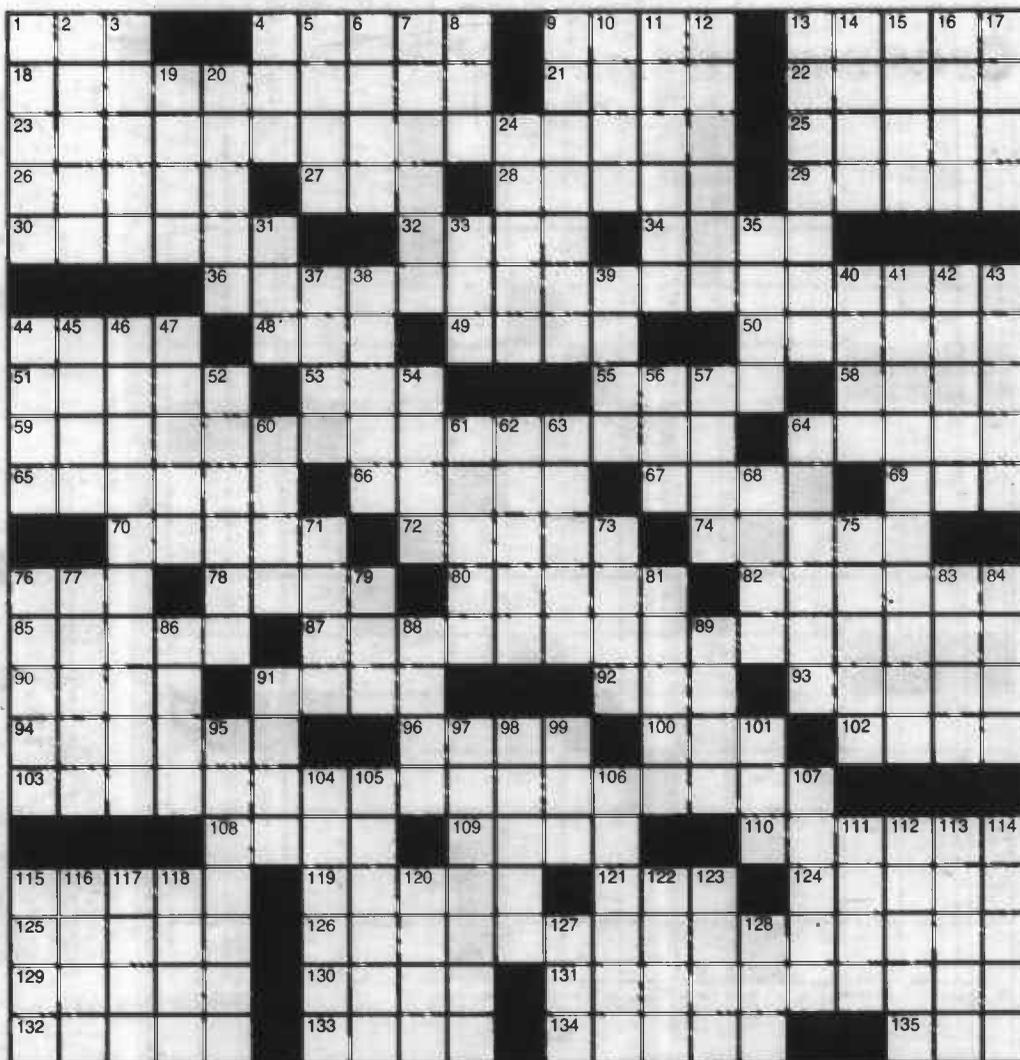
EDITED BY RICH NORRIS AND JOYCE NICHOLS LEWIS

Across

- 1 Agcy. that does searches
 4 Curry spice
 9 Letter-moving gp.
 13 Kind of cookie?
 18 Song and dance.
 21 Auction cry
 22 Have second thoughts
 23 Wimpish newspaper writer?
 25 Patsy's "Ab Fab" pal
 26 Divvy up
 27 Bourbon and others: Abbr.
 28 Small birds with complex songs
 29 Fit the facts
 30 Home on the range
 32 Mine, in Marseilles
 34 Winter Palace resident
 36 Corleone family member providing free downloads?
 44 Bowlers, e.g.
 48 Biol. or chem.
 49 With 17-Down, warning cry
 50 Heather family shrubs
 51 Blew it
 53 Bermuda Triangle locale: Abbr.
 55 Comes down with
 58 "JAG" spin-off
 59 Succeed after leaving the band?
 64 Katniss' "Hunger Games" ally
 65 South Carolina river
 66 Foreword
 67 Closet concern
 69 Muddy home
 70 Game ragout
 72 Fields who founded Mrs. Fields
 74 Carpet manufacturers' contraptions
 76 It's generally higher on the hwy.
 78 Fuzz
 80 Bring up
 82 Vehicle with caterpillar treads
 85 Jays and Rays
 87 Gardening during karate training?
 90 Jupiter's wife
 91 Emperor after Claudius
 92 "Your point being ... ?"
 93 Driver's choice
 94 Good-for-nothing
 96 PGA part: Abbr.
 100 — de coeur: pained outburst
 102 Insignificant
 103 Old Aspen music maker?
 108 Desolate
 109 Hammett hound
 110 Soft sweater
 115 Ocean ring
 119 Champagne buckets, e.g.
 121 Medicinal amt.
 124 "America's Funniest Home Videos" host
 125 Craze
 126 "The comedian just wasn't funny?"
 129 Long-distance commuter's community
 130 Actress Gershon
 131 Capital on the Danube
 132 Japanese-American
 133 Painful rebuke
 134 Common thing?
 135 Came upon
 43 Bacon serving?
 44 Half a matched set
 45 Atlas stat
 46 Like some organisms modified in labs
 47 Anatomical walls
 52 Fixates (on)
 54 "Casino Royale" Bond girl Vesper —
 56 20th-century blight victim
 57 Item on a belt
 60 Spherical opening?
 61 "SNL" castmate of Ferrell and Gasteyer
 62 Name of eight popes
 63 Pulitzer-winning Ferber novel
 64 Calls
 68 Baloney, to Brits
 71 As to
 73 Sister of Osiris
 75 Data transmitter
 76 Very important
 77 Demotion in 2006 news
 79 Bluejacket
 81 Methuselah's father
 83 A bit cracked
 84 Color quality
 86 Hornswoggle
 88 Zen riddle
 89 Doughnuts, shapewise
 91 Captain of the Nautilus
 95 Class guides
 97 Astronomer's aid
 98 Pert
 99 It might be picked
 101 "— tree falls ..."
 104 Circular gaskets
 105 Straighten out
 106 Simple life some strive to get back to
 107 Tech. schools
 111 Highlands native
 112 Early Irish alphabet
 113 "Still Me" memoirist
 114 Bothered big-time
 115 "Right on!"
 116 Curbside call
 117 Responsibility
 118 Old Italian capital
 120 Italian hot spot
 122 Cross
 123 Kitties
 127 It has an eye on television
 128 "Shame on thee!"

Down

- 1 Late October option
 2 Move furtively
 3 Quick
 4 It's driven
 5 "The Haj" novelist
 6 Zoo barrier
 7 "And how!"
 8 Just out
 9 Log-in requirements
 10 Loudness unit
 11 Statue base
 12 Black Sea port
 13 One on the stand
 14 Highway safety org. since 1980
 15 All fired up
 16 Eye care solution brand
 17 See 49-Across
 19 Crowning
 20 Tiny particles
 24 "Forget it!"
 31 Daybreak goddess
 33 Printemps period
 35 Chariot-riding god
 37 Sweet Sixteen org.
 38 Capone colleague
 39 Starch-producing palm tree
 40 Press release?
 41 Online security feature
 42 "Something to Talk About" singer

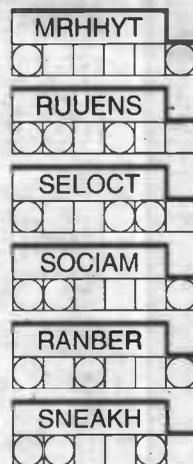


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Jumble

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



PRINT YOUR ANSWER IN THE CIRCLES BELOW



This week's answers appear on the next page

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



Sudoku

9/18

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

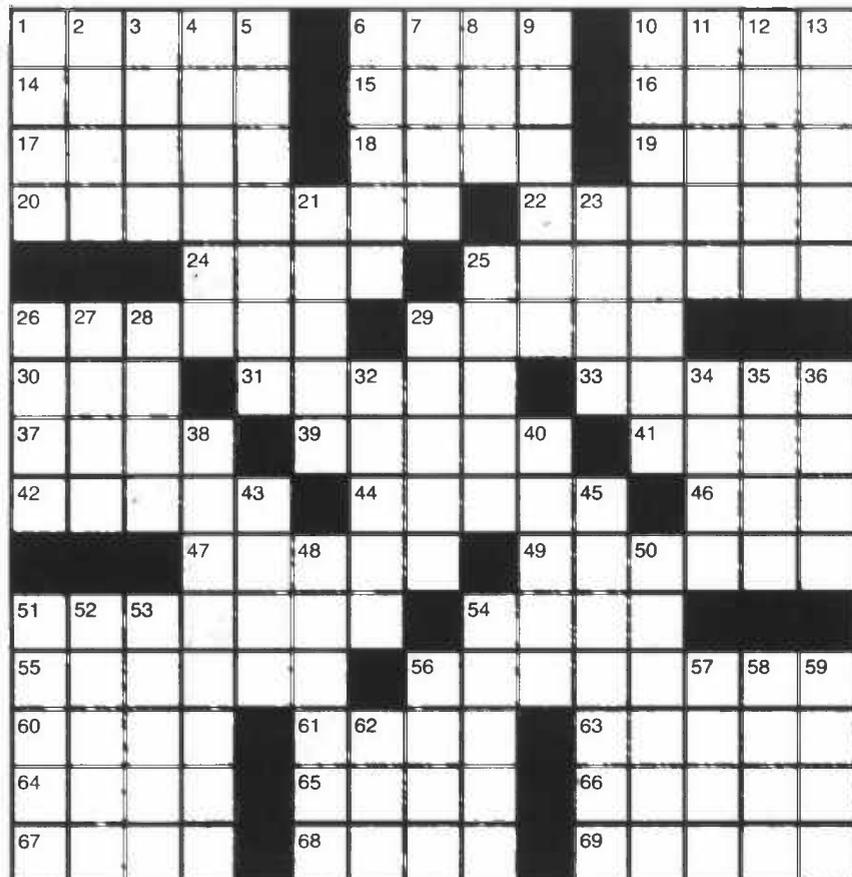
Level: **1 2 3 4**



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Crossword



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9/21/16

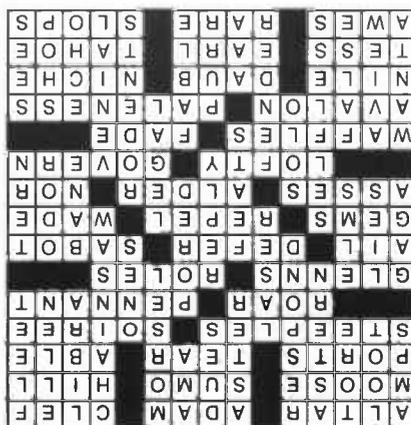
ACROSS

- 1 Church table
6 Alan Arkin's actor son
10 Treble ____; musical symbol
14 Bullwinkle, e.g.
15 Japanese wrestling form
16 TV's "____ Street Blues"
17 Harbor towns
18 Drop of joy or sorrow
19 Qualified
20 Church spires
22 Evening party
24 Lion's cry
25 Long thin pointed flag
26 Ford and Close
29 Acting parts
30 Feel miserable
31 Put off; delay
33 Wooden shoe
37 Topaz and opal
39 Fight off
41 Walk in ankle-deep water
42 Donkeys
44 Birch tree variety
46 Conjunction
47 Impressively tall
49 Rule; reign
51 Breakfast order

DOWN

- 54 Lose color
55 Singer Frankie
56 Lack of healthy facial color
60 Longest river
61 Apply makeup, for example
63 Wall recess
64 Actress Harper
65 British noble
66 Lake near Reno
67 Flabbergasts
68 Seldom seen
69 Feeds the pigs

Solutions



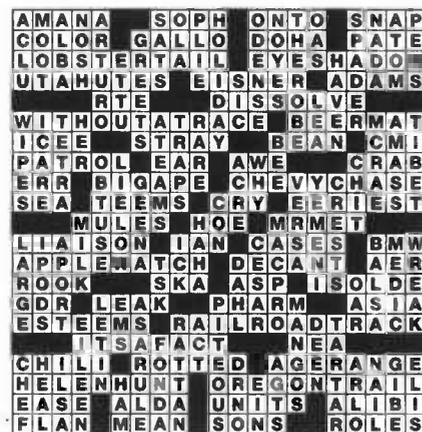
- 23 Singles
25 ____ over; studied intently
26 Very excited
27 Reclines
28 Lawn trees
29 Write back
32 Daring deeds
34 Troublemaker
35 Smell
36 Harbor bird
38 Thinking only of others
40 Allowed by law
43 Song for one
45 Rats and mice
48 ____ bender; minor accident
50 Like lesser sins
51 "I ____ girl just like the girl that married dear..."
52 "A Room with ____"; Maggie Smith movie
53 Untrue
54 Tall tale
56 Cat's sound
57 Reverberate
58 Small store
59 Beholds
62 Battery size



puzzle island solutions

Last week's crosswords

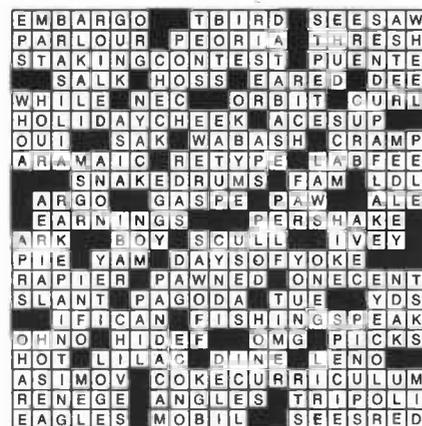
"ON THE JOB"



"Finicky"



"Risk Factor"



Last week's Quote-Acrostic

(Eric) FELTEN: AGE OF INCENTIVES: Incentive programs are spreading much like social psychological kudzu, making many queasy. Shouldn't we teach effort, honesty, enterprise and kindness, not instill grubby insistence for reward at every turn?

Last week's Sudoku

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

This week's Jumble

RHYTHM CLOSET BARREN
UNSURE MOSAIC SHAKEN

To find out how much money the new peanut brittle company was making, they needed to —

CRUNCH SOME NUMBERS

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Interactive puzzles and games

Complaining — The fastest way to ruin your love life

Let's say you're grocery shopping, or you're at the gym, or you're running an errand and you happen to see someone you know. What's the first thing you're probably going to ask him or her? "How's it going?" or "How are you?"

My dad taught me at an early age that when someone asks you one of those questions, you should always reply with "fine," or "good," because no one wants to hear your problems.

But does this same concept apply when answering one of these questions to your spouse or when on a date? According to my parents, who have been married for 58 years, yes.

You might disagree, thinking, "But my husband/wife is the person who is supposed to care about me the most and be supportive of all my problems. While this is true, there is a big difference between supporting someone's complaints, and supporting the actual problem.

For example, let's say a person continuously complains to their spouse about how much they dislike their job. Most likely, the spouse will become tired of hearing it and roll his or her eyes every time the subject comes up. Why? Because for the first 100 times the spouse complained about the job, the person might have tried to be supportive, perhaps offering suggestions on job searching, only to be told in a defensive tone, things like, "You just don't get it," or "I can't quit."

Too much complaining to a spouse without taking action to either fix the problem or accept it could lead to a few things:

- The spouse might stop listening and become burned out. The whining will then go in one ear and out the other.
- The spouse could become frustrated by the complaining and possibly resentful.
- The spouse might lose respect for the person, viewing them as lazy or afraid of change.
- The spouse might lose interest in or attraction to the person because of the negative attitude.

How about complaining on a date? What if instead of first-date behavior — flirting, compliments and attempts at witty humor, someone was going on and



JACKIE PILOSSOPH
Love Essentially

on about how unhappy they were at their job? Think they would be asked out again? I'm saying no. People go on dates for two reasons: to have fun and/or to possibly find love. It's hard to have fun with or love a whiner.

Everyone has problems, and we all have those days when we feel frustrated and just want to vent. But there is a difference between venting and complaining. Venting is a one-time deal. Venting means getting out your frustration so you can be done talking or thinking about it, and can then later either figure out how to make it better or accept that it isn't going to change and learn to live with it. I think it's reasonable and even healthy to vent to a spouse or even on a date.

What's unhealthy and unattractive to others is constantly talking about what you wish you had, what you regret, how difficult other people are and how hard your life is. Why not try focusing on the good things that happened in your day? The beautiful blue sky you looked up at when you took a walk, the delicious slice of pizza you enjoyed for lunch, something your kid said that made you laugh until tears streamed down your cheeks, or that sweet, soft kiss you got from the man or woman who unconditionally loves you every day.

Last week in yoga class, my instructor referred to the common saying: "When it rains, it pours." That phrase came to mind recently when in a two-week span my air conditioner broke (for good), my washing machine broke (for good), I became an identity theft victim, and I could barely walk for seven days due to severe back pain. There, I vented.

But why can't "When it rains, it pours" be something we say when good things happen? Because if you think about it, there are countless miracles happening for us every second — so many more than there are things going wrong.

"I'm never gonna stop the rain by complaining," are the lyrics in the 1969 hit, "Raindrops Keep Falling On My Head." In other words, stop complaining and just enjoy the rain!

Jackie Pilossoph is a freelance columnist.

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HEALTH

Coping with stress helps your heart and your brain



DR. ANTHONY KOMAROFF
Ask Doctor K

Dear Doctor K: I'm under a lot of stress in my life. Of course, I don't like that, but what really worries me is that it will affect my heart. Heart disease runs in my family. If stress can lead to heart disease, does reducing stress reduce heart disease risk?

Dear Reader: We often think of the heart and brain as separate from each other, yet these organs are intimately connected. And when your emotions adversely affect your brain, your heart is affected as well.

There are two kinds of stress that impact your brain. Helpful stress can assist you with getting things done by helping you focus your attention. Unhelpful stress (distress), on the other hand, can be so severe that it can lead to fatigue and heart disease.

Coronary artery disease restricts the flow of oxygen-rich blood to your heart. Emotional stress can worsen oxygen deprivation. In fact, if you have heart disease, any strong emotion, such as anger or grief, may cause severe and fatal irregular heart rhythms.

How do strong emotions affect heart disease? In two ways. First, they cause the heart to beat faster and more forcefully — to work harder. Second, they increase the tendency of the heart arteries to narrow, reducing the blood supply to the heart. So the heart is working harder; but without the blood supply it needs. That can cause



JGI/TOM GRILL/GETTY

Exercise can help improve both brain and heart health, lowering a person's risk of heart disease.

dangerous heart rhythms.

Depression also increases the risk of heart problems, including heart attacks and dangerous heart rhythms. If chronic stress has made you depressed, then the stress is threatening your heart in a third way.

The good news is that the opposite is also true: Reducing your level of stress lessens the risk to your heart. Here are some ways to start reducing your stress:

Seek professional help.

Don't ignore stress, anxiety, depression, excessive worry or bouts of anger that overwhelm your life. Anger is particularly dangerous for the heart. Treatment can help reduce symptoms. This will help protect your brain and your heart.

Pursue treatments in cardiac psychology. This employs psycho-educational programs, educational training, stress management, biofeedback, counseling sessions and relaxation techniques

before or after a heart-related event. These programs are done in addition to, not instead of, traditional psychiatric treatment and exercise.

Exercise. Physical exercise can help you have a healthier heart and brain. Various types of aerobic exercise have proven to reduce anxiety and depression and to improve self-esteem. Jogging, swimming, cycling, walking, gardening and dancing are good options.

If you struggle with stress, anger, anxiety, worry, depression or problems with self-esteem, talk to your primary care physician. If your stress is severe, and your risk of heart trouble is high, you may need a consultation with a cardiologist, a psychiatrist or a stress reduction program. Together, you can explore which therapies might best protect your psychological state, your brain and your heart.

Dr. Komaroff is a physician and professor at Harvard Medical School.

PEOPLE'S PHARMACY PRESCRIPTIONS AND HOME REMEDIES

Yogurt soothes sunburn; a solution for heat rash

By Joe Graedon and Teresa Graedon
King Features Syndicate

Q: I got a really bad sunburn (bubbling skin all over my body) several years ago because I ran out of sunscreen. We were in a rural area, and my Greek roommate recommended I lather myself in cold, unflavored Greek yogurt. It really worked.

Anytime I get a bad sunburn now, I put yogurt on, and it melts from the heat of my skin and continues to bake until it's completely dried on. Not only does cold yogurt feel good, but I do think it helps a lot more than using my aloe vera plant does. My roommate claims the probiotics help skin heal faster. Is there any truth to this?

A: Surfing the web turned up a number of reports that either cold milk or yogurt could be used to ease the pain of sunburn. We couldn't find any scientific studies of this approach, perhaps because dermatologists want to encourage people *never* to run out of sunscreen.

Although most sun protection is applied topically, there is some research into a fern extract that would be taken as a pill. Scientists are investigating the fern *Polypodium leucotomos* for its ability to prevent sunburn, wrinkles and skin cancer (International Journal of Dermatology, March 2015).

Dermatologists warn that burns like the one you had could increase your risk for melanoma skin cancer. Please have your skin checked regularly.

Q: I have read your advice on the heat rash women often develop under their breasts. I have tried many things,



EYESWIDOPEN

There are a number of online reports that either cold milk or yogurt have been used to ease the pain of a sunburn.

but then I experimented with wiping the area twice a day with hand sanitizer. Applying hand sanitizer stings for a minute, but the rash dried up in less than a week. If I am careful to use this remedy at the first sign of redness, the heat rash never really gets a start. I am sure the antibacterial activity of hand sanitizer is what makes it work so well.

A: Thanks for the recommendation. We suspect you are right. Many women find that antifungal creams or powders are helpful. Some have used Listerine, which fights both bacteria and fungus.

Q: I have read on your website that people with diabetes can take cinnamon to help control blood-glucose levels. I understand that there are two kinds of cinnamon, cassia and Ceylon. Is there a difference in effectiveness?

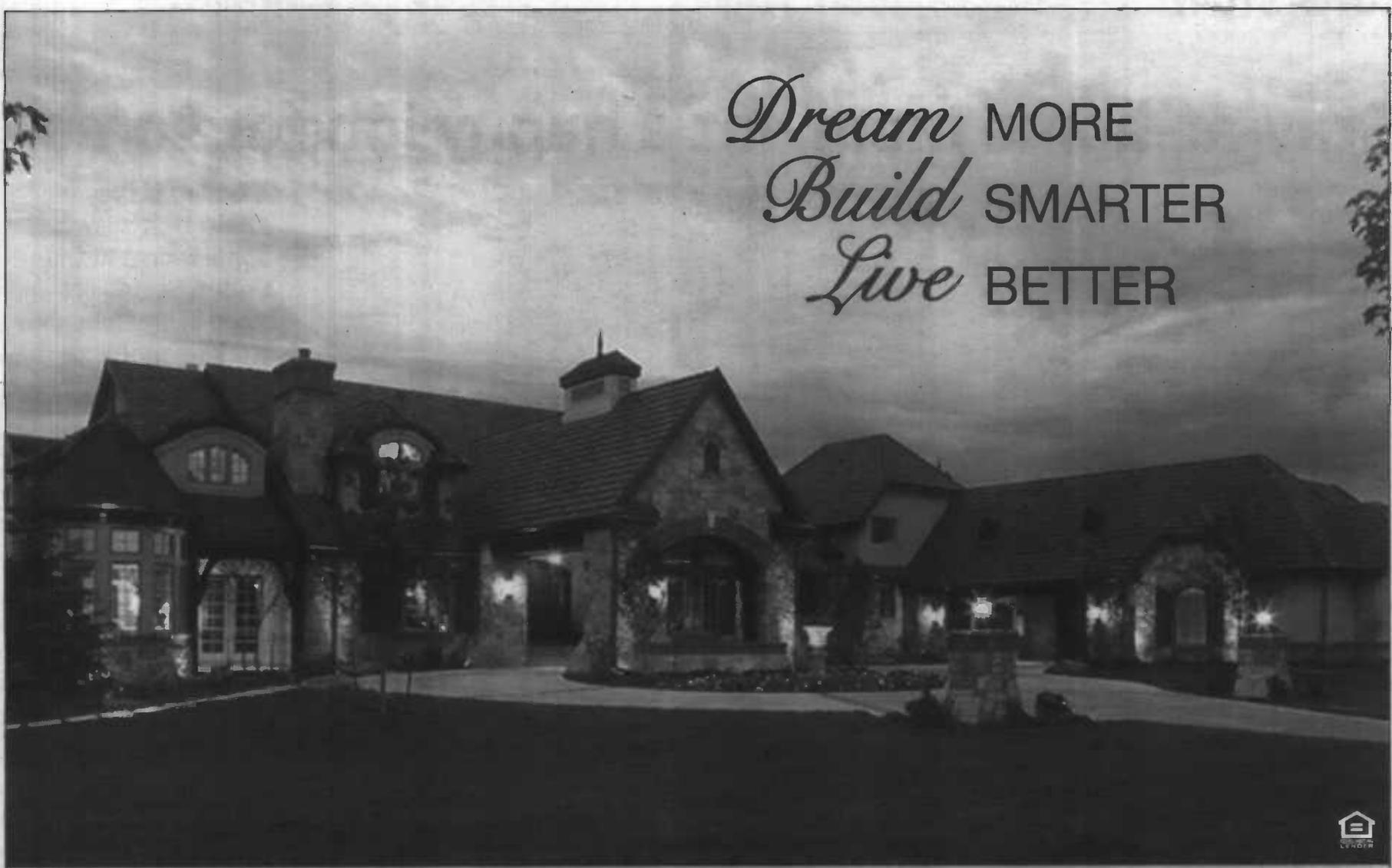
A: A number of studies have shown that cinnamon

can lower fasting blood glucose and HbA1c, a measure of glucose control over several weeks (Clinical Nutrition, October 2012). These studies used cassia cinnamon, readily available in supermarkets.

It is possible that Ceylon cinnamon, also known as "true" cinnamon, might be able to moderate blood-sugar levels after meals and help control Type 2 diabetes. It has not been tested in clinical trials, though, only in animal research (Nutrition Journal online, Oct. 16, 2015).

One difference between the two types of cinnamon is that cassia cinnamon contains coumarin, which may be harmful to the liver. Ceylon cinnamon has no coumarin.

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



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Stay-at-home mom not a happy job for some

By Danielle Braff
Chicago Tribune

Trading in an overbearing boss, a killer commute and a gray cubicle to become a stay-at-home parent may seem as if you've won the lottery.

It felt that way for Jessica Spentzos, who had been a special education teacher for 12 years, had a 3-year-old son and was nine months pregnant with her second child.

After a 45-minute commute from her high-stress job, Spentzos had just minutes to play with her son and put him to bed before she did chores, prepped for the next day and fell asleep at 1 a.m.

So when she and her husband decided that she would stay home, the South Barrington, Ill., woman was elated.

"It was like my golden ticket; my husband was my hero," Spentzos said.

But it wasn't too long before staying at home with two small children wasn't as wonderful as she'd thought it would be.

"Things got real very fast," she said. "I became their slave, and I became very isolated, and it became very lonely. I felt lost."

She's not the only one.

A recent Gallup survey found that stay-at-home moms in the United States are more likely than working moms to experience sadness and anger. Twenty-eight percent reported depression when asked how they were feeling the previous day, compared with 17 percent of the employed mothers. And 41 percent of the stay-at-home moms worry, compared with 34 percent of the working moms, the study found. Sixty-three percent of the employed mothers said they were thriving, compared with 55 percent of the moms who stay at home.

And while staying at home with your child is generally a choice that parents make willingly, psychologists said it's difficult to predict how happy — or unhappy — this choice will make them prior to actually doing it, even if it seems like a good idea at the time.

"There are so many unexpected changes and stressors for new moms, it is difficult for anyone to



ANTONIO PEREZ/CHICAGO TRIBUNE

Lori Sapio with daughters Viola and Oona.

predict how they will feel once they have the baby," said Karen Kleiman, founder and director of The Postpartum Stress Center, and author of several books on postpartum depression. "Some women who expect to love being home, find they are bored and resentful. Others say they never imagined it would feel so good to be home."

Either way, Kleiman said, most women who make the decision to stay home, are surprised that staying home with their children can exacerbate the stress of having children. Even the joys of

being with your children are offset by feelings of guilt and inadequacy, she said.

"Many women who feel competent in the workplace report that they unexpectedly doubt themselves as they navigate this uncharted territory," Kleiman said.

There are ways to ease the transition, said Diana Lynn Barnes, a licensed psychotherapist with The Center for Postpartum Health in California.

Making a connection with other new mothers is essential, Barnes said.

"In this way, women begin to build a sense of community, which lessens feelings of isolation," she said.

But some women never adjust. Spentzos has been home with her children for 2½ years, she has volunteered at her son's preschool and throughout her community. But she's still not happy at home.

"The years went by, and every five minutes, I think about going back to work," she said. "Most people would do anything to stay home, but I feel empty."

For Lori Sapio, the answer was

A Gallup survey found that stay-at-home moms in the United States are more likely than working moms to experience sadness and anger.

to give up the stay-at-home mom life ... quickly.

Just 10 days after having her first child, the photographer felt as if she were going crazy, so she grabbed her camera and started booking shoots, despite her plans to surrender her career to stay home with her daughter.

And when her second daughter was born, Sapio lasted just five days of her planned three-month maternity leave before she returned to work.

"I'm obviously not the stay-at-home type of woman, and it's OK," she said.

Should you decide to stay at home though, Carly Snyder, a reproductive and perinatal psychiatrist in New York, said there isn't a timeline on how long it should take you to adjust, but you should do what makes you happy.

"Barring financial reasons for returning to work, the choice should be based on whether a woman feels she will be happier working inside or outside the home — I don't believe either option changes how good a mom someone is; it is just a question of how one wants to partition their time and their energy, and what will make them feel most accomplished and happiest at the end of the day," Snyder said.

There's no correct answer in parenting, she said.

One woman told her that she was a stay-at-home mom and her children were annoyed that she was always home. Her daughter worked, but her daughter's children complained that their mother wasn't home after school.

"There is no right answer, just the best answer for each mom and her family," Snyder said.

Danielle Braff is a freelancer.

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CHRISTINE LUTZ/KINZIE BROKERAGE PHOTOS

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Agent: Christine Lutz of Kinzie Brokerage, 312-719-0650

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SKOKIE PARK DISTRICT

Fairy tale princesses will be on hand to greet young fans at the Skokie Park District's Princess Ball on Oct. 1.

FAMILY FRIENDLY

Princess Ball means magical memories for young guests

BY MYRNA PETLICKI
Pioneer Press

Every little girl wants to feel like royalty and she will at the Princess Ball, 5-7 p.m. Oct. 1 at Oakton Community Center, 4701 Oakton St., Skokie. Children are encouraged to wear princess costumes.

The event will begin with a dinner of child-friendly foods plus items to please grown ups. There will be three craft projects and dancing to music supplied by a DJ before the magic moment — the arrival of the princesses.

"The princesses this year will be Cinderella, Belle from 'Beauty and the Beast' and Rapunzel," announced Mary Amato, events supervisor of the Skokie Park District. Children can dance with the princesses and the DJ will run games "to get everyone involved," Amato said.

"The princesses will stand in a different area towards the end of the evening to give everyone an opportunity to meet them and take their own photos with them," Amato re-

ported.

Residents pay \$15 each; nonresidents pay \$18.

For details, call 847-674-1500, ext. 2700 or go to www.skokieparks.org.

Who's Who?

That's what your family will learn when the Cat in the Hat shares the tale of Horton the Elephant and his friends in Big Noise Theatre Company's "Seussical, the Musical," Sept. 23-Oct. 16 at Prairie Lakes Theatre, 515 E. Thacker St., Des Plaines. Tickets to the Lynn Ahrens and Stephen Flaherty musical based on Dr. Seuss stories are \$30 adults, \$25 seniors and students, \$16 ages 12 and under.

For details, call 847-604-0275 or go to www.bignoisetheatre.org.

Mo books for kids

"The Cookie Fiasco" and "We are Growing!" by Mo Willems will be read at a storytime, 11 a.m. Sept. 24 at Barnes and Noble, 55 Old Orchard Center, Skokie. The books are part of the

Elephant & Piggie Like Reading!" series. There will also be activities and coloring.

For details, call 847-676-2230 or go to www.barnesandnoble.com.

Flight of fancy

Kids can try a flight simulator at Glenview Park District's Flight Fest, 2-8 p.m. Sept. 24 in Gallery Park (West Lake, Chestnut, Patriot and Lehigh). Admission is free. An \$8 wristband buys unlimited play on inflatables, trackless train, rock wall, story walk and more.

For details, call 847-724-5670 or go to www.glenviewparks.org.

Drew's clues

A high school student stumbles on clues to a mysterious death in Mystery Movie: "Nancy Drew," 6-8 p.m. Sept. 28 at Eisenhower Public Library, 4613 N. Oketo Ave., Harwood Heights.

For details, call 708-867-7828 or go to www.eisenhowerlibrary.org.

Share your suburban events on Metromix.com

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You will be directed to Metromix's online calendar.

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Signing up with Metromix is free and you can share unlimited events.

3) Confirmation:

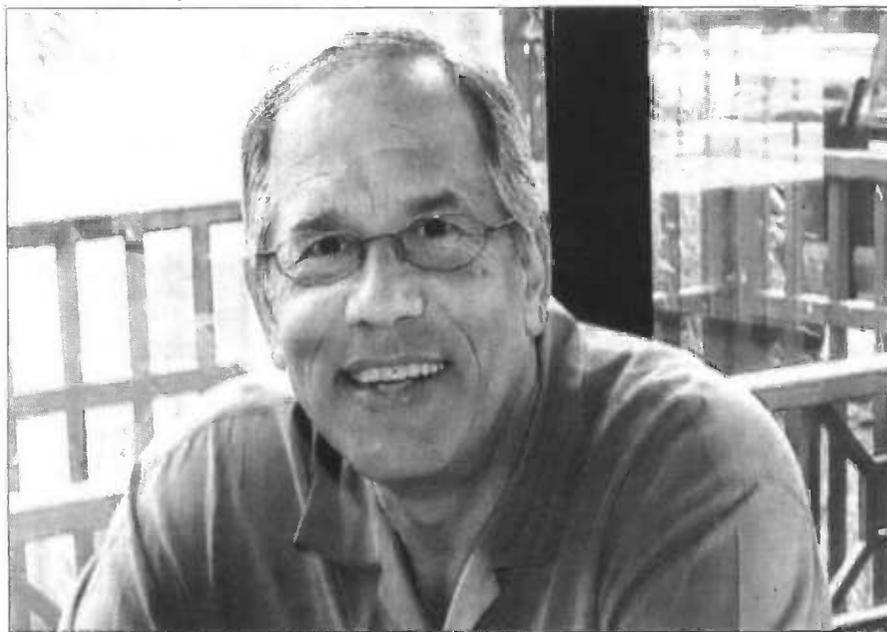
Metromix will notify you via email when your event is posted.

Questions?

Email metromix@metromix.com



FACES & PLACES



OAKTON COMMUNITY COLLEGE PHOTOS

Kenneth Mylander of Park Ridge

Trivia Night raises \$1,700 for Oakton scholarships

Event: Oakton Community College 3rd Trivia Night Fundraiser

Benefiting: Oakton Foundation Annual Fund scholarships

Hosted by: Oakton Alumni Council

Location: Countryside Saloon, Des Plaines

Date: July 28

Attended: 50+

Raised: \$1,700

Website: oakton.edu



Alumna Tony Churchill of Des Plaines



Prof. Kathleen Carot of Des Plaines



Alumna Jonathan Turnbull of Des Plaines

ARCHITECTURAL TOUR IN PARK RIDGE



JENNIFER JOHNSON/PIONEER PRESS

The Iannelli Studios Heritage Center, 255 N. Northwest Highway, Park Ridge, is the starting point of a tour of historic and architectural significant sites in Park Ridge that will be led by Karen Larsen of the Kalo Foundation from 2-4 p.m., Sept. 25. The tour, sponsored by the Pleasant Home of Oak Park, will also visit the Pickwick Theatre, walk by the Barry Byrne cottages, R. Harold Zook houses and the Kalo Community House, birthplace of Chicago's silver industry. Tickets are \$20 and available at 708-383-2654 or pleasanthome.org.

1967 BUICK RIVERA STILL LOOKING GOOD



Jerry Michaels, left, formerly of Niles now living in Itasca, talks with Dick Barton of Park Ridge about his 1967 Buick Riviera during the 2016 Randhurst Village Street Fest and Classic Car Show on Sept. 10 at Randhurst Village in Mount Prospect. Michaels presented his car in the "Original Owner" showcase. Barton, a member of the Cruisin' Park Ridge Car Show committee was doing a little recruiting for those shows hosted by the Park Ridge Chamber of Commerce.

DICK BARTON

Send us your holiday bazaar info

Pioneer Press is preparing a roundup of holiday bazaars and craft shows. If you would like your organization's information included in the holiday bazaar listings, send your information to Deborah Hoppe at dhoppe@pioneerlocal.com by Oct. 10. Please include event details, address, email and website, with a phone number and/or email for us to contact if we need more information.



DES PLAINES

Three-bedroom, two-bath Westfield Garden ranch home built in 1950. Eat-in kitchen, first-floor laundry/mud off garage. Newer washer, dryer, furnace, air conditioning, hot water tank, kitchen hood. Near shopping and Metra.

Address: 1010 Oakwood Ave.
Price: \$299,900
Schools: Maine West High School
Taxes: \$6,504
Agent: Gretchen Gullo, Coldwell Banker Residential Brokerage



GLENVIEW

Three-bedroom, two-bath bi-level brick home built in 1961. Remodeled baths and kitchen, hardwood floors, raised ceiling in living and dining room, finished basement, two-car garage. Near shopping and transit.

Address: 146 Fernwood Drive
Price: \$437,500
Schools: Maine East High School
Taxes: \$5,439
Agent: Frank DeNovi, Coldwell Banker Residential Brokerage



WILMETTE

Four-bedroom, 3.5-bath brick, timber & stucco German Tudor-style home built in 1922. Chef's kitchen, master suite with fireplace, two patio areas, grilling area, fire pit & children's playset, two-car detached garage. Near shopping, schools, Metra, CTA and lakefront.

Address: 816 Lake Ave.
Price: \$1,575,000
Schools: New Trier Township High School Winnetka
Taxes: \$4,896
Agent: SFC Team, Coldwell Banker Residential Brokerage Winnetka



HAWTHORN WOODS

Three-bedroom, three-bath expanded ranch built in 1965. Indoor built in-pool, newer furnaces and AC units, 1.3-acre lot with private pond. Near parks, schools and shopping.

Address: 34 Lynn Drive
Price: \$340,000
Schools: Lake Zurich High School
Taxes: \$9,983
Agent: Dan Volker, Berkshire Hathaway Homeservices American Heritage

Listings from Homefinder.com



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HOME REMEDIES

Proper ductwork critical to evenly cooled home

By C. DWIGHT BARNETT
Tribune News Service

Q: I'm having a problem with air conditioning. The home's bedrooms are warmer than the other rooms in the home, even at night when it's cooler outside.

One worker with the air conditioning company told me it was because the furnace is in the garage at the opposite end of the home, and another suggested I change the type of filter we use.

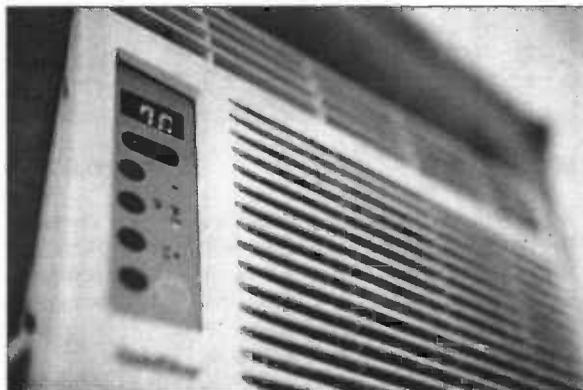
One worker even went under the home to see if the ducts were OK. I paid them for cleaning and servicing the air conditioner, but it's still warm in the bedrooms. Is this due to the very hot weather or something else?

A: Of course, the warmer the weather, the harder the air conditioner has to work to cool the home. I assume from your question that you have a home with a crawl space where the worker went under the house.

Since most of the home cools satisfactorily, I further assume that the outside unit of the air conditioner is of a proper size for the area of the home being cooled. You also have an attached garage, where the furnace is located.

There are a few things that can affect the cooling from one end of the home to the other. Make sure you have an even layer of insulation adequate for your location over the entire attic space of the home, especially the warmer bedrooms. Adding insulation can improve overall comfort to the living areas of the home.

Have an experienced HVAC (heating, venting, air conditioning) tech-



MARIUS HEPP/EYEEM

nician inspect the ducts under the home and in the attic. The supply ductwork should have been designed by the original installer to ensure the air being pushed through the ducts by the fan reaches all of the rooms equally.

Proper sizing of all the ducts is very important to ensure the comfort of the home's occupants. All of the ducts, both supply and return air ducts, need to be sealed as airtight as possible. If needed, use only a metallic tape made for ductwork or a duct mastic to seal all joints and seams of the ducts. If the ductwork in the crawl space is condensing, where drops of water form on the outside of the ducts, this is a sure sign you are losing some cooling to the crawl space, and the ducts need to be insulated. Ducts that are installed in a hot attic space need a thick layer of insulation on the top, bottom and on both sides of the ducts.

A suggestion that the filter needed to be changed may help to increase airflow. Sometimes a dirty filter can reduce the airflow, and other times it is the better filtration quality of the filter that reduces airflow.

While we always suggest filters that have better filtration ratings, some

HVAC systems are designed such that a better-quality filter can cause many issues with the operation of the system. Proper maintenance requires the filter or filters be changed often. Another source of air leakage may be the furnace, which is located outside of the home in the garage.

Seal as many of the seams and openings on the furnace and coil housings you can find. Use replaceable duct tape to seal the filter access. Keep the tape away from the flue if the furnace has one and from combustion air intakes for gas or propane furnaces. If, as I expect, the ducts are not properly sized or sealed, consider adding a mini-split or ductless air conditioner system for the bedroom areas.

Changing and/or sealing all of the ducts could be very expensive. Consider hiring a certified energy auditor to perform a blower-door test of the home and duct system(s). The auditor can determine if the issue is from the house (bedrooms in particular), the HVAC system or both.

C. Dwight Barnett is a certified master inspector with the American Society of Home Inspectors.

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| ADDRESS | BUYER | SELLER | DATE | PRICE |
|---|---|--------------------------------|----------|-----------|
| 1106 N Dale Ave, # 2F, Arlington Heights | Yura Lykav | Virginia Tondryk | 08-12-16 | \$70,000 |
| 2515 E Olive St, # 3B, Arlington Heights | Daxa Joshi | Diane M Smietana | 08-19-16 | \$112,000 |
| 829 S Dwyer Ave, # B, Arlington Heights | Michael Jon Viken | Michelle Scher | 08-19-16 | \$123,500 |
| 2638 N Windsor Dr, # 201, Arlington Heights | Siarhei Karpovich & Alena Karpovich | Xiu Rong Zhang | 08-12-16 | \$126,000 |
| 445 S Cleveland Ave, # 404, Arlington Heights | Lyubov Palamarchuk | Beatrice A Mueller | 08-17-16 | \$127,000 |
| 111 N Lincoln Ln, # 1D, Arlington Heights | Jeffrey R Olson | Nicolette Cunningham | 08-19-16 | \$135,000 |
| 2004 N Stillwater Rd, Arlington Heights | Ashley V Andracki | Edmund K Kwan | 08-12-16 | \$174,000 |
| 4032 N Newport Ln, Arlington Heights | Bogdan I Cooara | Barbara A Jeffers Estate | 08-12-16 | \$180,000 |
| 2117 E Gregory St, Arlington Heights | Anil Philip & Mabel Philip | Lubia Barrios | 08-19-16 | \$230,000 |
| 2700 S Embers Ln, # A, Arlington Heights | Trupti Patel | Batbaatar Chultern | 08-19-16 | \$231,000 |
| 120 E Maple St, Arlington Heights | Kelly Lennea Whitlock | Andrew W Daniels | 08-15-16 | \$240,000 |
| 2103 E Gregory St, Arlington Heights | Bonnie Weis | Heather L Kruschel | 08-17-16 | \$240,000 |
| 2067 W Spring Ridge Dr, Arlington Heights | Jared Ganrude & Elizabeth Ganrude | Mary P Swegle | 08-16-16 | \$245,000 |
| 1614 Orland Pl, Arlington Heights | Mary C Friedl | Fischer Family Investments Llc | 08-12-16 | \$245,000 |
| 2842 N Greenwood Ave, Arlington Heights | Sonakshi Das | Todd D Vanderveen | 08-16-16 | \$252,000 |
| 105 W Thomas St, Arlington Heights | Darin A Anderson & Kristin A Anderson | Nancy Chien Ku | 08-17-16 | \$305,000 |
| 1520 N Patton Ave, Arlington Heights | Venita M Kalnicky | Hilary A Bartels | 08-15-16 | \$311,000 |
| 830 S Dunton Ave, Arlington Heights | Michael A Mattio & Magdalena Mattio | Kevin S Phillips | 08-16-16 | \$315,500 |
| 102 E Hintz Rd, Arlington Heights | Allison D Berg | Michael E Wagener | 08-16-16 | \$319,500 |
| 1518 E Arbor Ln, Arlington Heights | Kiran Ranga | Rsd Arbor Lane Llc | 08-17-16 | \$320,000 |
| 624 N Gibbons Ave, Arlington Heights | Jack T Mcguinn & Carl L Mcguinn | Matthias R Rohde | 08-12-16 | \$325,000 |
| 2122 N Kennicott Dr, Arlington Heights | Ryan Zyks & Rebecca Zyks | Ryan F AVECILLA | 08-15-16 | \$330,000 |
| 2003 E Canterbury Dr, Arlington Heights | Vincent A Samuel & Namita R Samuel | Synergy Property Holdings Llc | 08-15-16 | \$367,000 |
| 1310 E Miner St, Arlington Heights | Isaiah J Stansberry & Alison F Stansberry | Michael J Grund | 08-15-16 | \$368,000 |
| 3303 N Page St, Arlington Heights | Frank Francis Jr & Amanda Francis | Philip S Diamond | 08-19-16 | \$370,000 |
| 2235 N Champlain St, Arlington Heights | Brian Goecking & Natalea Goecking | William F Schroeder Jr | 08-17-16 | \$397,000 |
| 8896 David Pl, # 14, Des Plaines | Bartosz Rolski | Janina Klimczak | 08-17-16 | \$68,000 |
| 9817 Blanco Ter, # 2C, Des Plaines | Kristian Roplev | Judicial Sales Corp | 08-17-16 | \$69,500 |
| 477 Graceland Ave, # 2B, Des Plaines | Christine M Casale & Angel Lynn Davis | Russell M Berg | 08-18-16 | \$97,000 |
| 9444 Bay Colony Dr, # 3S, Des Plaines | Jozef Karluk | Green Realty Llc | 08-19-16 | \$115,000 |
| 9664 Lois Dr, # B, Des Plaines | Yousif S Yousof | Eranes Cadet | 08-16-16 | \$125,000 |
| 8836 N Western Ave, # 1G, Des Plaines | Shibu Thomas & Shilby K Mani | Anna Kim | 08-19-16 | \$127,500 |
| 650 Murray Ln, # 307, Des Plaines | Mariola Szczecinski | Rafal Krawczyk | 08-19-16 | \$132,000 |
| 1491 Ashland Ave, # 2SW, Des Plaines | Reem Sulaiman | Pnc Bank Na | 08-12-16 | \$137,000 |
| 869 Greenview Ave, Des Plaines | Bartlomiej Micek & Joanna Gornikowski | Ih2 Property Trs 2 Lp | 08-15-16 | \$150,000 |
| 825 Pearson St, # 1D, Des Plaines | Sandra L Rosenwinkel | Christopher T Morgan | 08-17-16 | \$154,500 |
| 9324 Noel Ave, # C, Des Plaines | Jils Cyriac & Annamma George | Jagdish Patel | 08-18-16 | \$163,500 |
| 877 S Wolf Rd, Des Plaines | William L Shelton & Maria J Shelton | Ruth Kohonen | 08-12-16 | \$175,000 |
| 9451 Park Ln, Des Plaines | Emad B Yonan & Hameed Shabila | Us Bank Na Trustee | 08-16-16 | \$183,000 |
| 1130 Margret St, Des Plaines | Carmen Matos | Us Bank Na Trustee | 08-19-16 | \$185,500 |
| 485 S Lyman Ave, Des Plaines | Tehmina Sheikh & Azhar Sheikh | 3 Lions Enterprises Llc | 08-16-16 | \$188,000 |
| 195 Drake Ln, Des Plaines | Jan Walczak & Malgorzata Walczak | Reginald D Dorosz | 08-12-16 | \$190,000 |
| 390 S Western Ave, # 206, Des Plaines | Kathleen M Weber | Joseph D Calabrese | 08-15-16 | \$194,000 |
| 968 S 6th Ave, Des Plaines | Zaya R Butrus | Rachel A Dean | 08-17-16 | \$194,000 |
| 545 S River Rd, # 504, Des Plaines | Nedim Vrtagic | Alejandra Cotaquispe | 08-15-16 | \$200,000 |
| 9001 Sherry Ln, Des Plaines | Samir Souko & Dalia M Souko | Antonio Bucio | 08-15-16 | \$200,000 |

| ADDRESS | BUYER | SELLER | DATE | PRICE |
|---------------------------------------|---|------------------------------|----------|-----------|
| 1812 E Algonquin Rd, Des Plaines | Daryl Grandberry & Veronica Grandberry | Kiran Nare | 08-17-16 | \$210,000 |
| 370 S Western Ave, # 508, Des Plaines | Krzysztof Tekien | Lisa M Roy | 08-16-16 | \$230,000 |
| 656 Pearson St, # 701C, Des Plaines | Christopher Williams | Jose L Henriquez | 08-16-16 | \$240,000 |
| 225 Amherst Ave, Des Plaines | Esther Ruth Penner | Matthew Wenzel | 08-18-16 | \$260,500 |
| 410 S Western Ave, # 303, Des Plaines | Renato C Cunanan & Miriam Cunanan | Stone Gate Of Desplains Llc | 08-15-16 | \$275,000 |
| 1598 Ashland Ave, Des Plaines | Travis J Munson & Amy Stafford Munson | Steinken Trust | 08-15-16 | \$279,000 |
| 1418 E Lincoln Ave, Des Plaines | Jacob P Lukose & Sherly Jacob | Pilino A Vasquez | 08-12-16 | \$287,000 |
| 1734 S Cora St, Des Plaines | Luis Riera & Rosa Gualpa | Stanley Zalhosky | 08-18-16 | \$289,000 |
| 8659 W Davis St, Des Plaines | Mohammed Saadullah Khan & Zeba Ali Khan | Jaroslav Gwarnicki | 08-12-16 | \$293,000 |
| 364 Dover Dr, Des Plaines | Kurian Thomas & Feba Mercy Kuruvilla | Naranbhai S Patel | 08-18-16 | \$307,000 |
| 693 Madelyn Dr, Des Plaines | George L Rodighiero & Mary K Rodighiero | Jennifer Geeve | 08-15-16 | \$330,000 |
| 506 Jon Ln, Des Plaines | Adriana Sillero & Arturo Casado | Todd Metzler | 08-15-16 | \$395,000 |
| 1479 S 4th Ave, Des Plaines | Varghese Mathai & Shirley E Mathai | Anstadt Trust | 08-19-16 | \$444,000 |
| 976 Hollywood Ave, Des Plaines | George F Sweet & Mary E Sweet | Connolly Buidlers Inc | 08-19-16 | \$546,500 |
| 8640 Waukegan Rd, # 328, Morton Grove | Reynaldo Dela Cruz & Elaine Pitchan | Angela Chae | 08-15-16 | \$100,000 |
| 8905 Marion Ave, Morton Grove | Alia Kolovic & Senad Niklcic | Primestar Fund I Trs Llc | 08-12-16 | \$231,000 |
| 9101 Newcastle Ave, Morton Grove | Theresa Bashiri Remetio | Danny B Thomas | 08-15-16 | \$236,000 |
| 8421 Mansfield Ave, Morton Grove | Sohail Arif & Mehwish J Akbar | Farah Shafiq | 08-19-16 | \$265,000 |
| 8611 Grove St, # 62, Morton Grove | Lucy Samuel | Annaliza P Lotivio Kang | 08-18-16 | \$290,000 |
| 8826 Meade Ave, Morton Grove | Tariq Sajjad & Fatiha S Sajjad | Jenny Yueh Lin | 08-18-16 | \$295,000 |
| 8465 Callie Ave, Morton Grove | Florin E Pop | Simon Liang | 08-15-16 | \$305,000 |
| 508 Callie Ct, # 154, Morton Grove | Eun Ji Kim & Hye Kyung Shim | Jian Fang | 08-19-16 | \$315,000 |
| 9417 Merrill Ave, Morton Grove | Su Fen Ma | Tuan Van Luu | 08-16-16 | \$350,000 |
| 9309 Murray Ct, Morton Grove | Nicholas L Depilla & Christine L Depilla | Benjamin Short | 08-16-16 | \$380,000 |
| 8815 W Golf Rd, # 5A, Niles | Sinisa Maksimovich & Ana Maksimovic | Joan M Fenlon | 08-16-16 | \$148,000 |
| 8316 N Milwaukee Ave, Niles | Valeriy Samborsky & Victoria Samborsky | Horatiu Dicher | 08-12-16 | \$238,000 |
| 8631 N National Ave, Niles | Morin Hosini & Marina Hosini | Sung Hyun | 08-15-16 | \$267,000 |
| 7765 N Nora Ave, Niles | Majid Mustafa & Moamen Al Zoubi | Janice Sguardo | 08-16-16 | \$276,000 |
| 6807 N Milwaukee Ave, # 508, Niles | Elizbieta W Wajdeman | Peter Dalamaggas | 08-19-16 | \$280,000 |
| 8333 N Odell Ave, Niles | Bradley Hammer & Courtney Philbin Hammer | Michael Zajkowski | 08-15-16 | \$283,000 |
| 8720 W Madison Dr, Niles | James M Berge & Victoria M Berge | Debora A Oshanna | 08-15-16 | \$500,000 |
| 6847 N Concord Ln, Niles | Ronald Fernandez & Haidee Fernandez | Andrew S Brummel | 08-15-16 | \$650,000 |
| 1203 Beau Dr, Park Ridge | Margaret E Gilmore | Jeanne K Marshall Estate | 08-15-16 | \$265,000 |
| 712 Sylviawood Ave, Park Ridge | Eric Page & Natalia Page | Allison Trust | 08-18-16 | \$268,500 |
| 717 Austin Ave, Park Ridge | Kelly C Gaskin & Gerald J Gaskin | Irene V Leaf Estate | 08-18-16 | \$325,000 |
| 212 N Hamlin Ave, Park Ridge | Hanna Buchan & Christopher Marc Buchan | Michael A Kuhn | 08-18-16 | \$366,500 |
| 1412 Peterson Ave, Park Ridge | Dermot P Griffin | Clemens Trust | 08-12-16 | \$370,000 |
| 643 Parkwood Ave, Park Ridge | Jacqueline A Oulfak | Ethan D Jacobson | 08-17-16 | \$379,500 |
| 2010 Des Plaines Ave, Park Ridge | Thomas Gueguen & Michelle Gueguen | Gerard Molloy | 08-19-16 | \$400,000 |
| 10 E Sibley St, Park Ridge | Wendy Burgess | Daniel A Schoendorff | 08-15-16 | \$440,000 |
| 3001 Edgemont Ln, Park Ridge | Danette L Godfrey & Daniel Godfrey | Donald R Ginocchio | 08-16-16 | \$482,500 |
| 1509 S Crescent Ave, Park Ridge | Megan Dalby Jones & Kristi Dalby Jones | Sheila D Canzoneri | 08-15-16 | \$485,000 |
| 1902 De Cook Ave, Park Ridge | Stanley Mlekodaj & Louann Mlekodaj | Cowan Trust | 08-16-16 | \$504,500 |
| 516 S Fairview Ave, Park Ridge | Jason A Murphy & Beth A Murphy | David C Fox | 08-15-16 | \$560,000 |
| 1001 S Prospect Ave, Park Ridge | Michael McGinty & Eileen Gallaher McGinty | Keith J Brenner | 08-15-16 | \$580,000 |
| 32 Meacham Ave, Park Ridge | Christopher L Olejak & Jessica L Akey | Hinkley Park Development Llc | 08-12-16 | \$639,500 |
| 1488 Parkside Dr, Park Ridge | Charles Gradoville & Anjali Gradoville | Carol M Sniogowski | 08-19-16 | \$665,000 |

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

Data compiled by Record Information Services ■ 630-557-1000 ■ public-record.com

Tiny mosaic tiles forming popular home design trend

BY KIM COOK
Associated Press

Blending art, architecture and design, mosaic tile is one of the oldest forms of wall and floor covering. Using the tiny squares known as tesserae, ancient Greeks and Romans created detailed stories and intricate geometric patterns, and mosaic art embellishes ceilings, walls and floors from Byzantium to Barcelona, Spain.

Today, artists teach and share their tile-working skills at places like the Chicago Mosaic School and the Institute of Mosaic Art in Berkeley, Calif.

And mosaic's creative possibilities are popular among interior designers too.

At Coverings, an industry show in Chicago this spring, tile-makers' booths were mini art galleries. Designer Alena Capra (www.alenacapradesigns.com), for instance, created a peacock feather out of dozens of Ceramics of Italy mosaic tiles to showcase the range of colors and creative possibilities.

"Mosaic tile lets you create amazing murals of just about anything. I've always loved doing mosaic murals, because they allow for the most creativity with tile," says Capra, of Fort Lauderdale, Fla.

Murals and feature walls done in mosaic tile can bring a "wow" factor into a space; on a smaller scale, they can add design flair to backsplashes or bathrooms. Because there isn't a lot of acreage to cover, you can have fun with colors and patterns and, perhaps, splurge a little.

Modern manufacturing techniques mean the range of mosaics is greater than ever. A new type of durable material lets designers even put glass mosaics on the floor.

Sara Baldwin, founder of



SARA BALDWIN/NEW RAVENNA

New Ravenna offers mosaic tiles to create playful images using waterjet-cut white and ruby jewel glass.

Virginia-based design studio and manufacturer New Ravenna (www.newravenna.com), notes that mosaics have inherent texture in the way they're handcrafted, cut and assembled.

"We've now focused on this: combining different materials in one mosaic," she says. "So you can find stone, glass, shell, gold, ceramic and even aluminum together, creating a dynamic textured surface."

Glass or stone cut into intriguing shapes can help walls and floors tell a story.

Flock, part of New Ravenna's Altimetry collection, places delicate glass "wings" against a creamy Calacatta marble background. Francois Grand, part of the Illusions line, stacks glass and marble shapes into a witty and slightly startling *trompe l'oeil* 3-D design. And Demi Lune, a waterjet-cut mosaic crafted in aquamarine glass, has a lovely wave motif.

Mosaic Decor's Circles design features a cascade of variously sized, small, round tiles in blacks and browns, evoking a glass of fizzy cola. (www.mosaicdecor.com)

Kelly Wearstler's Liaison collection for Ann

Sacks has mixed stone mosaics in sleek, cool shapes that form geometric kaleidoscopes. (www.annsacks.com)

"One trend I love right now are the Mediterranean blue tiles, especially aqua as an accent color," Capra says.

Spanish maker Altoglass offers a pretty blue-and-white mosaic printed with a traditional Portuguese pattern. (www.altoglass.com)

For Italian tile-maker Brix, Japanese designer Aki Motoyama has created Cloud, a series of five different-size porcelain tiles in soothing neutrals. On the wall, the effect is free-form and relaxing. (www.brixweb.com)

Appiani's Memorie collection revives several centuries-old mosaic patterns in rich colors. They nicely offset contemporary furnishings in a modern space. (www.appiani.it)

Metallic mosaics introduce a dash of drama. Add bling with a few gold, silver or copper tiles; clad a larger area and the effect is spectacular. Tilebar's stainless steel Terrapin, Alchemy and Cirque collections highlight geometric shapes in stainless steel. (www.tilebar.com)

COMMUNITY CALENDAR

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

Thursday, Sept. 22

The James Hunter Six: 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$22-\$38, 847-492-8860

Peggy Macnamara Museum Perspectives: 1 p.m. Evanston Art Center, 1717 Central St., All week, Evanston, free, 847-475-5300

Ballroom Dance Classes: Come take part in the Ballroom Dance Classes for seniors at The Levy Center. The fee is \$70 for Levy members and \$85 for non-members. 2:30 p.m. Levy Senior Center, 300 Dodge Ave., Evanston, \$70-\$85, 847-448-8260

Salaam Cinema: 50 Years of Iranian Movie Posters: Dating from the 1960s to 2010, the posters in the collection document the social history of film in Iran and offer a unique visual representation of over a half a century of dramatic political turmoil and change. 10 a.m. All week, Mary and Leigh Block Museum of Art and Pick/Laudati Auditorium, Northwestern University, 40 Arts Circle Drive, Evanston, free, 847-491-4000

Fall Classes at the Actors Gymnasium: Head back to a school where day-dreaming is encouraged, clowning is a subject, and your homework is to learn to fly. Classes include Circus and Aerial Arts, Parkour, and more and are perfect for youth and adults. Registration for all fall session classes is now open and fill quickly. Go to www.actorsgymnasium.org. Financial aid and payment plans are available. Midnight, Actors Gymnasium, 927 Noyes St., Evanston, Varied by class, 847-328-2795

YMCA Preschool Art Class Ages 3 to 5 with adult: The North Suburban YMCA Art Academy provides opportunities for preschoolers to create art. A parent or caregiver must be present and please register at glenviewpl.org/register or by calling. 1:30 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Opera Lecture Series: Come hear tales of intrigue, love and death from the 2016/17 Lyric Opera of Chicago season. Moderated by former Lyric Opera docents, with Das Rheingold by Richard Wagner being the September selection. Please register at glenviewpl.org/register or by calling. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Doing Business Online Safety Matters: It is convenient doing your banking or making a purchase from the comfort of your home. However, venturing out on the Internet takes us away from the safety and security our home provides. Glenview Credit Union discusses how to be prepared when facing the risks the Internet presents. Please register at glenviewpl.org/register or by calling. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Adult Literacy Classes Fall Session: A unique opportunity for native and non-native English speakers to improve their reading and writing skills. This is a small, friendly group led by a teacher and volunteer tutors that meets twice weekly. Classes are conducted by Oakton Community College in the Glenview Library's Community Room West. Call 847-635-1426 for details. 9:15 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Senior Resource Specialist: Stop by for information regarding the appropriate retirement benefits. Whether it's choosing the right health insurance and Medicare programs, housing needs, supportive resources, or others. Hosted by Kathy Gaeding from CJE SeniorLife. 10:30 a.m. Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 847-677-5277

Everybody Move: Celeste Cifala Roy, from Evanston's early childhood movement and music program Everybody Move!, has planned an hour of activities and exploration. 9:30 a.m. Lincolnwood Community Center, 6900 N. Lincoln Ave., Lincolnwood, free, 847-677-5277

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

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

SAP Conference for Treasury Man-

agement: Hear valuable business-focused presentations from SAP and industry thought leaders. In addition, micro-forums are offered by SAP Partners, allowing deep-dive discussions into a range of topics and themes and roundtable discussions are led by SAP experts. Go to the official event web site us.tacook.com/treasurymanagement. 8:30 a.m. Sept. 22 and Sept. 23, Loews Chicago O'Hare Hotel, 5300 N. River Road, Rosemont, \$375 - \$1965, 847-544-5300

Rockin in the Park Free Summer Concert Series: 7 p.m. Bub City, 5441 Park Place, Rosemont, free, 312-610-4200

Hofbrauhaus Chicago's Oktoberfest Celebration: Festivities include a variety of authentic Bavarian entertainment, freshly brewed "Oktoberfestbier" inspired by the original Hofbrauhaus in Munich, Germany, daily food specials and celebrity keg tapping ceremonies. 11 a.m. Hofbrauhaus Chicago, 5500 Park Place, Rosemont, free, 847-671-2739

Managing grief and loss during the High Holidays: Managing grief and loss during the holidays with Rabbi Yitzchak Falk, B.C.C. and Thom Dennis, L.C.P.C. Offered are practical strategies and helpful tips for coping with a loss during the High Holidays. Refreshments to follow. Registration is required by calling NorthShore University HealthSystem or emailing to: tdennis@northshore.org. 6:30 p.m. Lieberman Center for Health and Rehabilitation, 9700 Gross Point Road, Skokie, free, 847-982-4364

Maxwell Street Klezmer Band: Maxwell Street Klezmer Band is appearing live with Etel Melamed in the Imperial Ballroom of Zhivago Restaurant. A multiple course dinner with drinks begins at 6:30 p.m., and can be ordered before or during the 7:45 p.m. performance. 6:30 p.m. Zhivago's Restaurant, 9925 Gross Point Road, Skokie, \$30 all inclusive, reservations recommended, 847-982-1400

Friday, Sept. 23

Des Plaines Farmers' Market: City of Des Plaines Farmers' Market is every Friday, open until 7 p.m. on Ellinwood Street starting at Lee Street. Parking is available in the Library parking garage off Prairie Street or on Ellinwood between Pearson and River Road. Available are fresh produce, olive oil, bird houses and birdseed, food storage containers, green products and more. 3 p.m. Des Plaines Public Library, 1501 Ellin-

wood St., Des Plaines, free, 847-827-5551

Megon McDonough: A Girl and Her Guitar: 7 p.m. SPACE, 1245 Chicago Ave., Evanston, \$17-\$25, 847-556-9756

Minecraft Grades 4 to 8: Use your own account or play on one of the library's. But, space is limited, so register at glenviewpl.org/register or by calling. 6 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Introduction to Zinio Downloading Magazines: Discover the Glenview Library's collection of free, downloadable magazines. Learn how to access Zinio, browse the Library's collection of over 50 digital magazines, and check-out/download them to your computer or portable device. Instruction is followed by Q & A's. Please register at glenviewpl.org/register or by calling. 10 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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

Miss Peregrine's Peculiar Party: Follow photographic clues to solve a mystery, sample dishes inspired by Charnholm Island and create your own vintage-style snapshots. 5 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

Jazz Blues Salon Concert Series Petra van Nuis: The Petra van Nuis Quartet has performed their intimate vocal with trio jazz in Chicago's premiere clubs, as well as touring nationally and internationally. 7:30 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Gentle Yoga: Due to high demand, two yoga sessions are now offered. Space in each session is limited to the first 50 people. Yoga instructor Olga Rudiak leads a series of yoga sessions for improved physical strength, relaxation and mental clarity. Exercises are done in a chair or standing not on the floor. 9:30 a.m. and 11 a.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

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Duplicate Bridge: The senior center offers a friendly bridge game every Friday morning, 9 a.m. Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-5127

Women In Business Breakfast Annual Book Club Meeting: Join the Park Ridge Chamber for a delicious breakfast and networking, 8:30 a.m. Park Ridge Chamber of Commerce, 720 Garden St., Park Ridge, \$10 Members; \$15 Prospective Members, 847-825-3121

"Funny Girl": MadKap Productions presents the Broadway musical that tells the story of Fanny Brice. With humor, talent, and chutzpah, young Fanny, an awkward Jewish girl who isn't pretty, defies the odds and becomes one of the greatest stars of her generation. 7:30 p.m. Sept. 23 and Sept. 24, 2 p.m. Sept. 25, Skokie Theatre, 7924 N. Lincoln Ave., Skokie, \$29-\$39, 847-677-7761

The City of Conversation: 8 p.m. Sept. 23, 2:30 p.m. and 8 p.m. Sept. 24, 2:30 p.m. and 7 p.m. Sept. 25, Northlight Theatre, 9501 Skokie Blvd, Skokie, \$30-\$57, 847-673-6300

Pokemon Go Lure: Bring your friends and we'll keep putting lures on. 7 p.m. Winnetka Youth Organization, 620 Lincoln Ave., Winnetka, free, 847-446-0443

Saturday, Sept. 24

Rockin the Spirit: Rockin' the Spirit benefits Aspiritech, a nonprofit computer software testing company that hires adults with Autism. Aaron Freeman serves as the Master of Ceremonies and the Not For Profit Band performs. 7 p.m. 27 Live, 1012-1014 Church St., Evanston, \$75 in advance, \$80 at the door, 312-945-8378

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

Lau: 7 p.m. SPACE, 1245 Chicago Ave., Evanston, \$15-\$23, 847-492-8860

Opening Night Concert: The Elements: More than 30 members of the celebrated Music Institute of Chicago-faculty perform works about or inspired by the five elements: earth, water, air, fire and spirit. Repertoire includes works by Piazzolla, Villa-Lobos, Scia-

bin, de Falla, Mendelssohn, Ravel, Barber and Music Institute Composer-in-Residence Mischa Zupko. 7:30 p.m. Nichols Concert Hall, 1490 Chicago Ave., Evanston, \$10-\$30

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

2016 Evanston Harvest Celebration Chef Table event: Help celebrate the continued success of the Downtown Evanston Farmers Market at the annual Evanston Harvest Celebration. The Market presents another "truck-to-table" lunch to tantalize your taste buds: top local chefs will partner with prominent Midwest growers to deliver a unique culinary event. 11 a.m. Downtown Evanston Farmers' Market, 1800 Maple Ave., Evanston, \$40 person (early-bird) until Sept.10; \$55 thereafter (six food vouchers), 847-682-7723

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

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

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

Restoration Work Days: This is for anyone ages 8 and up to help collect seeds and remove non-native, invasive plants to make way for wildflowers, grasses and trees. Just bring work gloves if you have them. Work parties may be canceled in the event of inclement weather. 9 a.m. The Grove, 1421 Milwaukee Ave., Glenview, free, 847-299-

6096

Fall Pumpkin Sales at Wagner Farm: Add fall color to your yard and dress up your house for the season with pumpkins, cornstalks, Indian corn, gourds, mums and more. Call for more information. 10 a.m. Sept. 24 through Sept. 28, Wagner Farm, 1510 Wagner Road, Glenview, free, 847-657-1506

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

Flight Fest: Both educational and recreational, this program provides opportunities to learn about Glenview's past, enjoy live music, dine on a variety of food choices and participate in family activities from inflatables to rock climbing walls. Gallery Park is located at Patriot and Navy boulevards. 2 p.m. Gallery Park, 2001 Patriot Blvd., Glenview, Admission is free, 847-724-5670

Extra, Extra Unfolding WWII through Newspapers: This fall, the Morton Grove Historical Museum Education Center will commemorate the 75th Anniversary of Pearl Harbor with a new exhibit featuring newspapers from headline events during World War II. Join us on Sept. 24, for an opening reception and Victory Tea, hosted by First Daughter Margaret Truman (portrayed by our Assistant Curator Lauren Szady) who will discuss what life is like being in the public eye of her father's White House just as WWII is ending. Noon, Morton Grove Historical Museum, 6148 Dempster St., Morton Grove, free, 000-000-0000

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

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

Solid Rock Carpenters Volunteer

Framing Day Event: Solid Rock Carpenters (SRC) is organizing a Framing Day with volunteers to build homes and bring hope to people who are less fortunate. Volunteers may register at the SRC website to learn how to build wall sections of homes that will be shipped to Appalachia for assembly by future volunteer groups. 9 a.m. At the Intersection of Courtland Ave & S. Prospect Ave., Park Ridge, free, 847-375-4791

The Joy of Backbends: Experience how backbends have an energetic, uplifting effect on us mentally, physically and emotionally. Learn the proper alignment of backbends to make them more accessible and open. 3 p.m. North Branch Yoga, 8056 N. Lincoln Ave., Skokie, \$25, 847-906-3547

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

Sunday, Sept. 25

Rayland Baxter: 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$15, 847-492-8860

The Orion Ensemble "Collage of Colors": "Collage of Colors," with guest violist Stephén Boe, includes a work written for Orion in 1996, James Wintle's Pontoon-Bridge Miracle for clarinet, violin and piano; Alexander von Zemlinsky's Trio in D Minor for clarinet, cello and piano, Op. 3; and two works by Wolfgang Amadeus Mozart: the Duo in B-flat Major for violin and viola, K. 424 and the Quartet in E-flat Major for violin, viola, cello and piano. 7:30 p.m. Sept. 25 and Sept. 28 Nichols Concert Hall, 1490 Chicago Ave., Evanston, \$26, \$23 seniors, \$10 students, free for 12 and younger, 847-905-1500

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

jBaby Chicago's Ultimate Rosh Hashanah Play Date: Celebrate the fall holidays with jBaby Chicago. Play in our pop-up Sukkah, make Rosh Hashanah cards, enjoy a baby-tot concert and eat yummy snacks, (best for children under 2). 10 a.m. North Shore Congregation Israel, 1185 Sheridan Road, Glencoe, \$18/family, 312-357-4907

Glenview Community Church 75th Anniversary Events: The Suburban

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Church in Contemporary Culture: GCC's 1966 Colloquium Revisited, about a much-heralded 25th anniversary event and its relevance now, presented by Susan Johns and Allan Ruter. 9 a.m. Glenview Community Church, 1000 Elm St., Glenview, free, 847-724-2210

Banned Books Week: This annual event celebrates the freedom to read and the importance of the First Amendment, highlighting the benefits of free and open access to information while drawing attention to the potential harm of censorship. Visit the special display featuring challenged books. This is sponsored by the American Library Association. 1 p.m. All week, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Run for Life 5K Life Foundation: The Kevin J. Lederer Life Foundation hosts its 2nd annual Run for Life 5K to help raise funds. This is to benefit Life Grants, a program offered to couples residing in Illinois, Wisconsin and Indiana who are seeking to defray the costs of adoption or fertility treatment. The 2016 Run for Life includes a 5k run, a 1-mile walk, and a 100-yard Kids Dash. 8:30 a.m. Blue Star Memorial Woods, 701 E. Lake Ave., Glenview, \$40 to enter 5K; Free to attend, 000-000-0000

The Life and Works of William Shakespeare: Join Peter Garino, Artistic Director of The Shakespeare Project of Chicago, as he gives a background on The Bard, utilizing excerpts of Shakespeare's plays in context. This is a perfect introduction to The Shakespeare Project of Chicago's 22nd season. 2 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

Books N' Bottles: National Book Launch Celebration for "Boy, 9, Missing" with author Nic Joseph. Wine tasting, refreshments, conversation and book signing with the author. 4 p.m. Sunset Foods Northbrook, 1127 Church St., Northbrook, free, 847-272-7700

Lyric Opera Lecture Series Das Rheingold: Enjoy lectures from former Lyric Opera Lecture Corps presenters. Margaret Fournier presents a lecture on Wagner's "Das Rheingold." This is part of the library's Fine Arts Fall concert series. 2 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

"Original Image of Divine Mercy" film with Director: Director's Cut Screening of the documentary film, "The Original Image of Divine Mercy," with presentation/Q&A by Director Daniel diSilva. Artifact display and light refreshments. 1:30 p.m. St. Norbert

Gymnasium, 1817 Walters Ave., Northbrook, \$10 registration, 847-272-7090

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

Asian Pop-Up Cinema Series: Asian Pop-Up Cinema Series screens the Chicago premiere of "Hamog" (Tagalog with subtitles.) Unexpected events in their daily routine of crime and survival in the busy streets of Manila lead to dramatic changes for a gang of street kids. 2 p.m. Wilmette Theatre, 1122 Central Ave., Wilmette, \$10; \$8 seniors & students, 847-251-7424

Sunday School Season Opener: All are welcome to gather at 9:30 a.m. for an opening rally at the beginning of their new Sunday School year. Worship follows at 10:45 a.m., with a sandwich lunch for all after the morning service. In following weeks, there will be Sunday School classes for all ages at the 9:30 a.m. Winnetka Covenant Church, 1200 Hibbard Road, Wilmette, free, 847-446-4300

Monday, Sept. 26

Book in the Woods: This book discussion at L.Woods features "Billy Lynn's Long Halftime Walk" by Ben Fountain. Required registration. 7:30 p.m. L. Woods Tap & Pine Lodge, 7110 N. Lincoln Ave., Lincolnwood, free, 847-677-5277

What is So Funny Our Humor through History: Over two weeks, instructor Eric Pellarin will look not just at comedy historically, but also at the psychological aspects and the importance of humor as a source of relief and a coping mechanism. 1 p.m. North Shore Senior Center, 161 Northfield Road, Northfield, \$19 NSSC member, \$25 nonmember, 847-784-6030

Coffee and Conversation Support for Holocaust Survivors: This weekly support group for Holocaust survivors addresses past and present experiences, the challenges of aging, health concerns, family, relationships, planning for the future, holidays and worldwide events. Led by Yonit Hoffman, Ph.D., Holocaust Community Services and Barbara Urbanska-Yeager, Jewish Child and Family Services. Open to Holocaust survivors; registration is required. Please call HCS at event number to register and confirm dates/times. 1:30 p.m. Illinois Holocaust Museum and Education Center, 9603

Woods Drive, Skokie, free, 773-508-1004

Tuesday, Sept. 27

Dave Specter's Adventures In Gultar: Featuring Nicholas Tremulis. 8 p.m. SPACE, 1245 Chicago Ave., Evanston, \$15-\$25, 847-492-8860

Rotary Club of Evanston Light-house: This community leadership group boasts 80 members and meets every Tuesday. 7:15 a.m. Hilton Garden Inn Chicago North Shore/Evanston, 1818 Maple Ave., Evanston, free

Supervision Group: Chicagoland's credentialed music therapists are invited to this networking event. 6:30 p.m. Dempster Street Theatre, 2008 Dempster St., Evanston, \$5, 847-448-8337

Adult Literacy Classes Fall Session: A unique opportunity for native and non-native English speakers to improve their reading and writing skills. This is a small, friendly group led by a teacher and volunteer tutors that meets twice weekly. Classes are conducted by Oakton Community College in the Glenview Library's Community Room West. Call 847-635-1426 for details. 9:15 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

CJE Senior Life Counseling Appointments: 30-minute appointments are available to find out your answers to questions about retirement and health insurance options. Counseling is provided to adults 60 and over, their families, and caregivers. For more information or to make an appointment, call Kathy Gaeding at CJE SeniorLife, at 773-508-1054. 9:30 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Tuesday Night at the Movies "Inquiring Nuns": Just drop in to see this 1968 film where two young nuns ask average Chicagoans, "Are you happy?" Humor, sadness and the timeless concerns of mankind are captured by Chicago's great documentarians from Kartemquin Films. A captivating film pick to celebrate Kartemquin's 50th anniversary. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Beginning Square Dance Classes: Have fun and learn to square dance; beginner lessons are sponsored by the Glenview Square Dance Club and Glenview Park District. No experience necessary. No partner required. Dress casually. 7:30 p.m. Glenview Park Center, 2400 Chestnut Ave., Glenview, free first lesson; Registration for 9-week session \$46/\$54., 847-724-5670

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

Life Transitions Group: A support group for men and women who have been widowed for one to four years. The group is volunteer-facilitated and held on the fourth Tuesday of each month. 7 p.m. Park Ridge Nonprofit Center, 720 Garden St., Park Ridge, \$5 per session, 847-720-4170

Lehrhaus Confirmation Class: Post Bar/Bat Mitzvah teenagers are invited to participate in this program which teaches young people how to utilize Jewish resources when faced with making a decision. This is a fascinating three-year program. 7 p.m. Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, \$420 for entire year plus book fees, 847-675-4141

E-mail Marketing Basics: Learn about resources needed to create your first email campaign and tips on creating a great newsletter. Key aspects of setting up a professional email marketing campaign are presented. 7 p.m. Wilmette Public Library, 1242 Wilmette Ave., Wilmette, free, 847-256-6935

Wednesday, Sept. 28

Collin Stetson's Reimagining Go-recki's 3rd Symphony: 7:30 p.m. SPACE, 1245 Chicago Ave., Evanston, \$22-\$32, 847-492-8860

Burlesque Quarterly Review at Found: The September edition of Burlesque at Found offers reserved seating with dinner. 8 p.m. Found Kitchen & Social House, 1631 Chicago Ave., Evanston, \$20, 847-868-8945

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

Literary Latte Hour: Just drop in to join this informal setting to tell others what you've recently enjoyed (or not enjoyed). Meet new people and share your love of reading. The library staff are available to talk about hot new titles and selections the library's book groups

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have been discussing. 10:30 a.m. The Glenview Grind, 1837 Glenview Road, Glenview, free, 847-729-0111

BOOKIt Nonfiction Book Group: The current selection, "Deep Down Dark: The Untold Stories of 33 Men Buried in a Chilean Mine, and the Miracle That Set Them Free" by Hector Tobar. This group meets bimonthly, so just drop in. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

New Organizing Your Digital Photographs: Learn about popular online photo and file management websites that make it easy to see, share, and store your memories. A Glenview Library card required and please register at glenviewpl.org/register or by calling. 2 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Film "Greed": Decades after its 1924 release, Erich Von Stroheim's silent classic, "Greed" continued to have profound impact. Based on Frank Norris' novel, "McTeague," "Greed" tells the story of three World War I-era Californians whose friendship is destroyed by

avarice after one wins a lottery jackpot. This is part of the library's Classics on Wednesdays Film Series, presented in 35 mm, with live piano accompaniment by Dave Drazin. 1 p.m. and 7:30 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224.

Understanding Palliative Medicine: Come learn what palliative medicine is and how it is used to manage pain and symptoms when dealing with a variety of illnesses and declining health. The North Suburban YMCA welcomes JourneyCare's Life Learning Advocate Eileen Considine Boggins. She brings 11-plus years of experience in Hospice and Palliative Care Outreach. Call for more information. 10:30 a.m. North Suburban YMCA, 2705 Techny Road, Northbrook, free, 847-272-7250

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

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

ting Instructor Mary Staackmann provides personalized instruction, answers any questions about knitting, and perhaps gets you started on a new project. Bring your supplies or project in progress. 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

The Joke is on You Humor in Music: Composers have long implied by the very names they have given their works that music can express humor. Professor Michael Vaughn leads you on this exploration of the lighter, humorous side of classical music. 10 a.m. North Shore Senior Center, 161 Northfield Road, Northfield, \$19 NSSC member, \$25 nonmember, 847-784-6030

The National Park Service at Age 100: The National Park Service is celebrating its 100th anniversary in 2016. Setting aside particularly beautiful, scientific, or historic sites and making them available to the public was unprecedented in world history. Norman Moline presents the highlights of NPS history and then focuses on sites in Illinois and adjacent sites. 1 p.m. North Shore Senior Center, 161 Northfield Road, Northfield, \$10 NSSC member;

\$13 non member, 847-784-6030

Paul Morrissey: Paul Morrissey performs original stand-up. 8 p.m. Zanies Rosemont, 5437 Park Place, Rosemont, \$22 with two item minimum food/beverage purchase, 847-813-0484.

Senior High Youth Group: For all youth grades 9 to 12 to enjoy fun and friendship while engaging in meaningful discussions and service learning opportunities. The evening starts with a tasty dinner, sometimes chicken, sometimes pasta or pizza. 6:45 p.m. First Congregational Church of Wilmette, 1125 Wilmette Ave., Wilmette, free, 847-251-6660

Wednesday Night Church Activities: Their Wednesday night all-church family nights begin with dinner at 5:45 p.m., followed by singing and skits for all ages together. Then, afterward, youth programs and adult studies are broken out by age. Dinner cost is \$5 per adult, \$3.50 for children 5-12, under five are free. A family pays a maximum of \$12. 5:45 p.m. Winnetka Covenant Church, 1200 Hibbard Road, Wilmette, \$5-\$12, 847-446-4300

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NOW PLAYING

**"Sully" ★★★ 1/2**

PG-13, 1:36, drama

"Sully" tells the familiar story of Captain Chesley "Sully" Sullenberger, who made a forced water landing on the Hudson River with 155 passengers aboard a U.S. Airways flight. Clint Eastwood is an efficient, restrained and methodical filmmaker, an approach that lends well to the temperament and character of Sully as he is portrayed by Tom Hanks. "Sully" is about good people doing their jobs thoughtfully and at the height of their

abilities, working together under unprecedented and extraordinary circumstances. Sometimes all of those things come together to create a miracle, and "Sully" is a warm reminder of that. — *Katie Walsh, Tribune News Service*

**"When the Bough Breaks" ★★**

PG-13, 1:46, suspense/thriller

"When the Bough Breaks" is a serviceable domestic thriller that's not quite the well-oiled machine that it could be. John and Laura Taylor (Morris Chestnut, Regina Hall) are an upscale New Orleans couple whose inability to conceive a child together leads them to hire the attractive young Anna (Jaz Sinclair) as a surrogate mother. Anna has a questionable boyfriend, Mike (Theo Rossi). In short order, the manipulative Anna moves

forward with her and Mike's scheme. Under the workmanlike direction of Jon Cassar, "Bough" breaks little new or inspired ground as it spins out its mildly effective, occasionally silly cautionary tale. — *Gary Goldstein, Los Angeles Times*

**"Don't Breathe" ★★ 1/2**

R, 1:28, suspense/thriller

Writer/director Fede Alvarez confines most of this film's mayhem to the interior of an old, dark house on a virtually uninhabited block in Detroit. The homeowner is an Iraq War veteran played by Stephen Lang. Blind but hardy, the crusty shut-in has been pegged by a trio of young burglars as an easy, vulnerable mark with a large stash of cash. We know this will go poorly.

Their prey becomes their tormentor, using an array of power tools and implements as weapons. He's a beast. And then, we learn, he's really a beast of a more disturbing variety. The film is a clever if increasingly mechanical suspense contraption before it turns into a different sort of movie entirely. — *Michael Phillips*

**"Suicide Squad" ★ 1/2**

PG-13, 2:10, action/adventure

The DC Comics movie "Suicide Squad" is a garish, overstuffed, blithely sadistic corporate directive that follows the familiar "Dirty Dozen" setup: A gaggle of surly sociopaths coupled with some "metahumans" must set aside their basic natures to work together fighting a common enemy. But folks, this is a lousy script. It's not satisfying storytelling. Will Smith takes top billing as Deadshot, the world's most lethal hit man. Deadshot refers

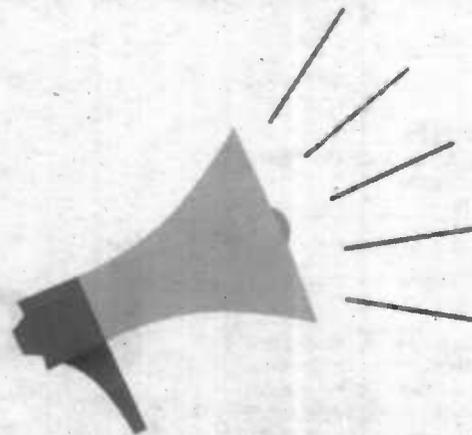
to the tornado-like doomsday machine being assembled, endlessly, by the evil Enchantress as "a swirling ring of trash." That's "Suicide Squad" in a nutshell. — *M.P.*

**"The Wild Life" ★★**

PG, 1:30, animated

What if Robinson Crusoe's story was presented from the perspective of the animals and local wildlife he encountered during his shipwrecked stay on a tropical island? That's what the animated feature "The Wild Life," directed by Vincent Kesteloot, imagines. Without much humor, and with a very straightforward story, there isn't a lot to hook you into the tale, leaving one a bit cold toward the characters. The lack of emotional connection in

the story makes the film just another cartoon flick, not a special favorite or animated classic. — *K.W.*



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Death Notices

Kouzes, Gust C.

Gust C. Kouzes, 91, US Navy Veteran, beloved husband of Lynnette, nee Dombrowski, loving father of Debbi (Gary) Burdick, Dean (Karen) Kouzes and Leslie (Andy) Hamric. Adored grandpa of Kelli, Shelby and Colby Burdick, Michael Hamric, and Dylan and Aiden Kouzes. Dear brother, uncle and friend of many. Visitation Friday, September 23, 2016, from 3:00 p.m. - 8:00 p.m., at **COLONIAL-WOJCIECHOWSKI FUNERAL HOME**, 8025 W. Golf Rd., Niles. Funeral Saturday, September 24, starting with prayers from the funeral home at 8:15 a.m., going in procession to St. Paul of The Cross Church for 9:00 a.m. Mass. Burial will follow at St. Adalbert Cemetery. In lieu of flowers, please consider making memorials to the Alzheimers' Association. Info 847-581-0536 or www.colonialfuneral.com



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Smaus, Anne M.

Anne M. Smaus, of Park Ridge, Passed away on September 8, 2016. Devoted wife of the late Richard; loving mother of Richard Jr., David (Beth), and Susan; caring grandmother to David W. Smaus, Jackie Cogan, and Paddy Cogan; aunt of 10. Anne mentored and built great relationships for over 25 years at Maine South High School. She enjoyed football and loved her Union Pier beach friends-including nephew Bill. Memorial Service to be held Sunday, Sept. 25, at 1pm, at Park Ridge Presbyterian Church, 1300 W. Crescent, Park Ridge, IL 60068.



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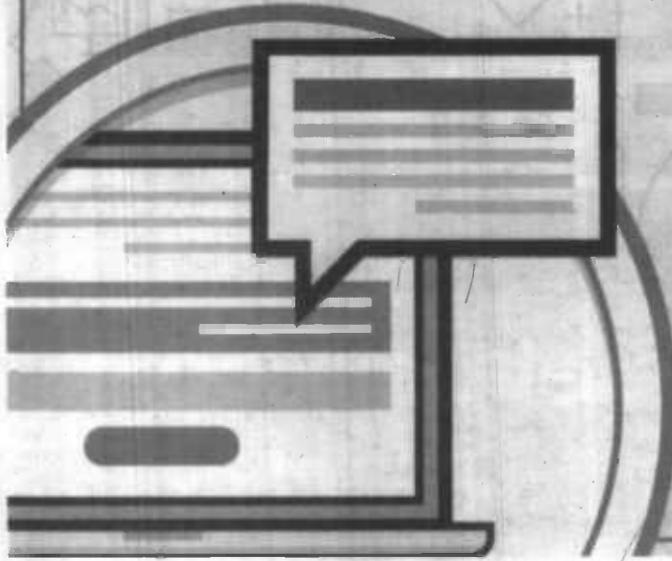


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Cool runnings



TONY BARANEK

Niles West teacher, NFL alum Blair chasing Olympic bobsled dream

As a little kid at age 6, Dolton native Michael Blair would watch Bears games on TV with his father, Patrick.

During one game they stopped watching and started talking.

"I told my dad, 'This is what I want to do, play football on TV,'" Michael Blair said.

His dad's answer?

"He just said, 'OK. You can do it.'"

Michael Blair turned a kid's dream into reality by having a football career that stretched from Thornwood to Ball State to the NFL with the Cincinnati Bengals and Green Bay Packers.

At age 41, Blair started dreaming again. This summer he told his mother, Vivienne, that he wants to compete for the Jamaican bobsled team at the 2018 Winter Olympics.

Her answer?

"She just said, 'OK. You can do it,'" Blair said with a laugh. "That's always their answer when I say I want to try something."

"That's one thing about my family. They will support you 100 percent in anything you do as long as it isn't illegal, immoral or defames your name. So I do everything wholeheartedly."

Blair, who teaches executive function and life skills at Niles West, is well on his way to making this new dream come true.

A connection was made when Blair brought his Ninety 10 Sports American Football Camp

(www.ninety10sports.com) to his family's homeland in Kingston, Jamaica. He met the strength and conditioning coach for the Jamaican bobsled team.

"We started talking and exchanged numbers," Blair said. "I told him, 'You know, I've always wanted to do that.' He gave me the team president's number and told me to call him."

Blair contacted Devon Harris, one of the founding members of the team that competed in the 1988 and '92 Olympics. Harris jumped at the chance to recruit Blair, despite the fact he acknowledged he's "never seen a bobsled, never smelled one, never sat in one, never touched one."

The reason why Harris jumped is simple.

"Bobsledding ... it's a rugged sport," Harris said. "One of our biggest challenges is when we try to recruit athletes and get them out for the first time. They'd go down the run and come back, 'Umm, this is not for me!'"

"Michael has been competing for many years in a sport that is rough and tumble and requires you to take big hits. I would dare say he had many harder hits than he'd take on a typical bobsled run. I'm looking forward to seeing how well he does."

If he does compete for Team Jamaica, he would be upholding a cherished family tradition. His father — who died while Michael was in college — and three uncles played soccer for the Jamaican national team. Also, his mother was born in Jamaica.

Blair graduated from Thornwood in 1992. He played on back-to-back state playoff teams under Terry Kennedy, including the 1991 Thunderbirds who were 8-4 and advanced to the state quarterfinals. In 1996, he played for Ball State in the Las Vegas Bowl.



JACQUELINE FONTILLAS PHOTO

Former Thornwood standout and NFL player Michael Blair has been invited to become a member of the Jamaican Olympic bobsled team.

After his NFL career with the Bengals and Packers ended, Blair played for several seasons in the XFL and the Arena Football League. Then he played the role of a football player in two movies, and was a travel journalist for a show on the Travel Channel.

When he retired from the Arena League, Blair came back to Thornwood to coach football and serve as a truant officer from 2007 to 2010. Even after moving up north and working at Niles West as both a coach and a teacher, he finds his way back to South-Holland and hosts a yearly youth football camp at Thornwood.

"I was at their game (Sept. 2) against Andrew," Blair said. "I still bleed blue and gold. One of my fondest memories is playing on a Saturday with a clear sky and the sun at high noon and smelling the food before the game."

Now, the focus is on 2018. Blair stepped down as a football and track coach at Niles West to concentrate on getting ready for the opening of bobsled training. It starts in October in Evanston, Wyoming. He's all in.

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Twitter @tbaranek

COLLEGE NOTES

Donaldson stands out for Howard volleyball

BY SAM BRIEF
Pioneer Press

Junior outside hitter **Khaila Donaldson** helped lead the Howard women's volleyball team to a 9-3 start. Donaldson, a Stevenson graduate and Vernon Hills native, led Howard through 12 matches with 176 kills and 469 total attacks.

The MEAC named Donaldson as the conference's Player of the Week on Sept. 12 after she tallied 69 kills, 26 digs and nine blocks at the Penn Invitational.

Another volleyball standout from the area is Marquette sophomore **Taylor Louis**, a Niles North graduate, who was named Big East Player of the Week on Sept. 12. Louis led the 7-2 Golden Eagles with 131 kills through nine matches. Louis' former high school teammate **Amanda Green** is an outside hitter on the team. Green had 29 kills on the season.

Layne Self, a Lake Zurich graduate and Rhode Island volleyball player, was named Atlantic 10 Conference Defensive Player of the Week on Sept. 6. Self, a senior, moved into fourth on Rhode Island's career blocks list earlier this season. She had 47 blocks through nine matches.

Rowe makes impact for Western Illinois football

Xavier Rowe, an alumnus of Oak Park-River Forest, has powered Western Illinois' football team to a 2-0 start. A sophomore defensive back, Rowe has a team-high 13 solo tackles.

Rowe is joined by quarterback **Tre Cervantes**, a Buffalo Grove graduate from Arlington Heights,



HOWARD UNIVERSITY

Stevenson graduate **Khaila Donaldson** has led the Howard women's volleyball team to a 9-3 start.

lineman **Colin Olson**, a Prospect graduate, and wide receiver **Joey Borsellino**, a Montini graduate from Oak Brook. Western Illinois will visit Northern Illinois on Saturday, Sept. 24, in its next game.

Locals fuel Blue Demons' fast start

The DePaul men's soccer team started the season 4-1-2, outscoring opponents 17-5. Leading the way are senior **Simon Megally**, a Maine South graduate who had a team-high four goals and two assists through

seven games, and sophomore **John Freitag**, a Hershey alumnus who has one goal and two assists.

At the other end for the Blue Demons, goalkeeper **Quentin Low**, a Stevenson graduate, allowed just four goals in the first seven games. Joining this trio on the team are Glenbrook South's **Kosta Brkovic**, Lyons' **Harry Hilling** and Lake Zurich's **Caleb Pot-hast**.

Have a suggestion for *College Notes*? Email Sam Brief at brief-sam@gmail.com.

Sam Brief is a freelance reporter for Pioneer Press.

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Niles North's Abdul excels at new position

Senior co-captain draws praise for his play at defensive midfielder

BY DAN SHALIN
Pioneer Press

Niles North senior midfielder Aziz Abdul said his favorite professional soccer player is high-scoring Barcelona forward Luis Suarez.

But since last winter, Abdul said he's been paying particular attention to Nemanja Matic, a defensive midfielder for Chelsea, his favorite team.

Abdul said he began observing Matic and other defensive midfielders more closely just after his junior season when Niles North coach Filip Cejovic informed Abdul that he planned to move him to that position in 2016.

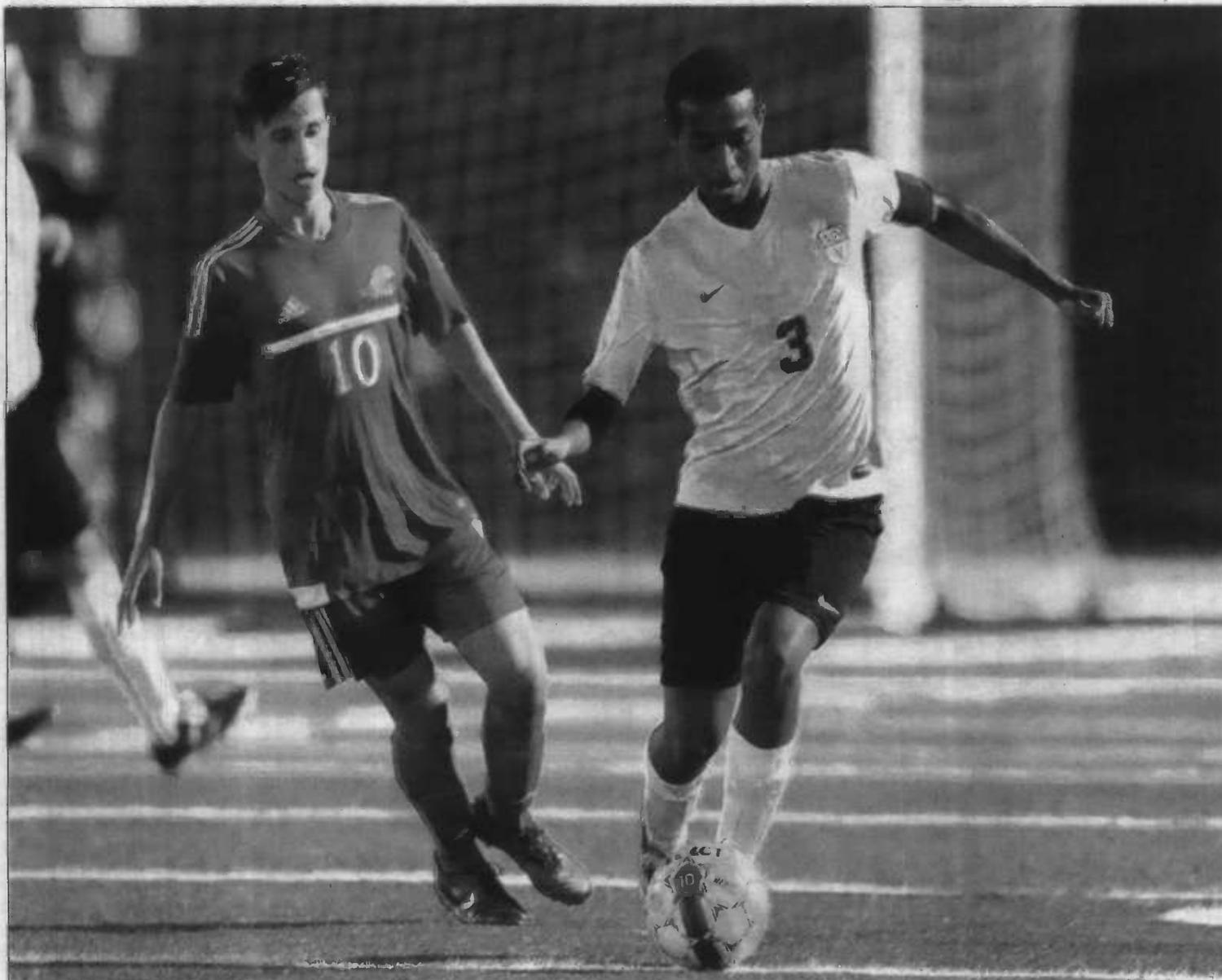
"I watch those guys (defensive midfielders), I focus on those guys a little bit more, see how they shift the ball," Abdul said.

After playing as a striker or winger for much of his soccer career, Abdul has made the switch to defensive midfielder this fall, and through 13 games he has received rave reviews from coaches and teammates for his work rate, intelligence, versatility and ability to win balls.

Abdul, a Skokie resident, still plays striker at times. But against top-class opposition, the likes of which Niles North will see more often this season after moving to the Central Suburban South, Abdul is being deployed in the middle of the field.

"We felt that we are a smaller team, a smaller school and Aziz gives us that physical presence that we need to have down the spine," Cejovic said.

He continued: "It's his determination that wins the challenges, his willingness to give up his body to help the team that convinced us he could make the switch.



KEVIN TANAKA/PIONEER PRESS

Niles North's Aziz Abdul, right, dribbles away from Maine South's Jacob Rozynek during the Vikings' 1-0 loss on Sept. 13 in Skokie.

Add to that his overall intelligence and unselfishness, we felt like it was a natural switch, and he's been an asset to us."

Even as a defensive midfielder, the 5-foot-10 Abdul often is expected to be part of the attack. He said coaches have given him freedom to decide when to make those forays into the final third. Abdul said communication with fellow senior defensive midfielder Clint Jihun Moon is important in order to ensure one of them remains back to help the defense.

When to hold, when to attack, when to play the ball forward, when to play it backward — all are decisions Abdul is required to make regularly in his new position. Abdul admitted he's still trying to master his craft.

"It's still a learning curve for me," said Abdul, one of the Vikings co-captains. "I've been playing as an attacker, and for me to have this shift is quite drastic. I have a lot to learn defensively. But I'm up for it."

When preparing to play defensive midfielder, Abdul

said he sought the advice of his predecessor in that spot Fanuel Teclai, who graduated from Niles North in the spring and is now on the team at St. Joseph's College, a Division II program in Rensselaer, Ind.

"(Teclai) really told me a lot about this position," Abdul said. "He told me that you really have to keep calm, stay focused and that you basically determine how the play goes. You can go up and attack, but if you want to slow things down, that's up to you."

After Niles North lost 1-0

to Maine South on Sept. 13 in the Vikings' first CSL South game, Abdul said he felt he could have played better as the visiting Hawks grabbed a late game-winner.

"I do work hard, but I feel I can work harder. I kind of slipped off at the end," he said.

True or not, the assessment offers a glimpse into Abdul's personality and the high standards he sets for himself.

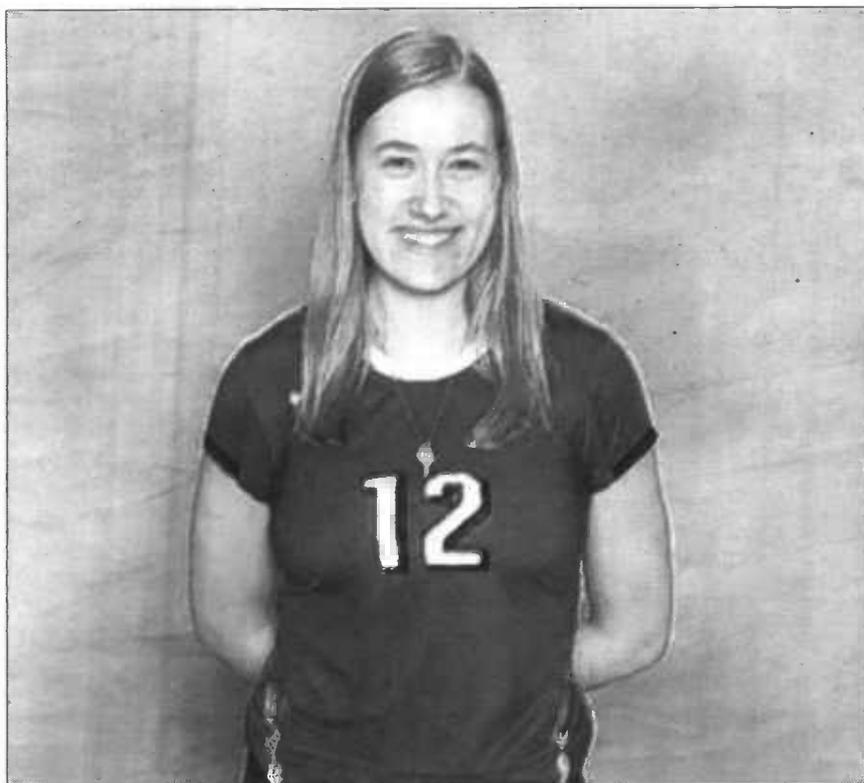
Teammates, meanwhile, seem to view Abdul as the gold standard when it

comes to hard work.

"Aziz is our workhorse in the midfield," said senior defender Alem Zukancic, the team's other co-captain. "He definitely motivates every single one of us when he makes a good tackle or a long run across the field. He's the captain, and watching somebody put in as much effort as he does for the whole 80 minutes really motivates the team."

Dan Shalin is a freelance reporter for Pioneer Press.

Twitter @danshalin



ERIKA CHRISTIANSEN PHOTO

Congratulations to your winner!

Erika Christiansen, Maine East junior

Maine East girls volleyball player Erika Christiansen missed all of last season with a fracture to her left wrist, but "it's like she never took a year off," according to co-captain Maria Skoufos. Christiansen, a junior setter, tallied seven assists in the Blue Demons' 25-19, 28-26 loss to rival Maine South on Aug. 30.

CHICAGOTRIBUNE.COM/ATHLETES

Extra conditioning gives Dons' O-line an edge

BY JAKUB RUDNIK
Pioneer Press

The Notre Dame football team entered the season expecting to be a run-heavy team in spite of its rebuilt offensive line. All five starters on the offensive line in 2015 had graduated, including three all-East Suburban Catholic players.

But then senior starting running back Eric Harper suffered a season-ending knee injury during pre-season practice.

Yet, when the final seconds of the Dons' 35-17 win over Joliet Catholic had ticked away on Sept. 16, Notre Dame had carried the ball 35 times for 256 yards and four touchdowns. This new group on the line continued to prove it was one of the strengths of the team.

"There were a lot of doubters, people out there who were like, 'Are these guys going to be able to fill the shoes of those guys who helped win the conference last year?'" senior center Anthony Saro said in a phone interview. "We came in with a bit of a chip on our shoulder."

Saro is the only one who came into the season having started a varsity game -- he filled in for four games in 2015. Three current starters served as backups last season: seniors Connor Sullivan (left tackle), Jordan Cruz (left guard) and Michael Dato (right guard). The lone junior, right tackle Brian Beran, played on the JV team. The older players credit their experience playing together on the second string with helping build the chemistry they have now.

"Being a backup, everybody thinks, 'I'm not getting the playing time,' but it was crucial for this group," Sullivan said in a phone interview. "Having a year to mature to the varsity level, learning the line calls, learn-



ALLEN CUNNINGHAM/PIONEER PRESS PHOTOS

Notre Dame's Michael Dato (75) heads down field to block as the Dons run the ball against Joliet Catholic on Sept. 16.

ing each other's steps, it was huge."

The first four games for the Dons (3-1, 2-0) have not been without growing pains. Players said they were exhausted by halftime of their 29-13 win over Thornton in Week 1 due to a muddy field and a general lack of game conditioning. In Week 2, the Dons lost 25-16 to Benet as they turned the ball over eight times.

The linemen said that those two games showed them that they had a long way to go to reach their goals of repeating as conference champions and making a playoff run. After the loss to Benet, they realized that they had to improve the way they read defensive formations. And the Thornton game made it clear that conditioning was going to be key with their no-huddle offense.

"After Thornton, we were running a mile after every practice," Saro said. "We said, 'If we play a conference game the way we played Thornton, we'll lose a game. We'll lose a couple games. We might lose every game from here on out. Being in shape is a huge thing about what we're about as a line."

"(On Sundays) everyone

else is lifting, and we've got all the big boys on treadmills," he added. "It's not what you normally see."

All the work has prepared them for a big conference showdown. Notre Dame plays host to St. Patrick (4-0, 2-0) at 7:30 p.m. Sept. 23. The Shamrocks and Dons are tied for first atop the conference standings with Marist and Benet.

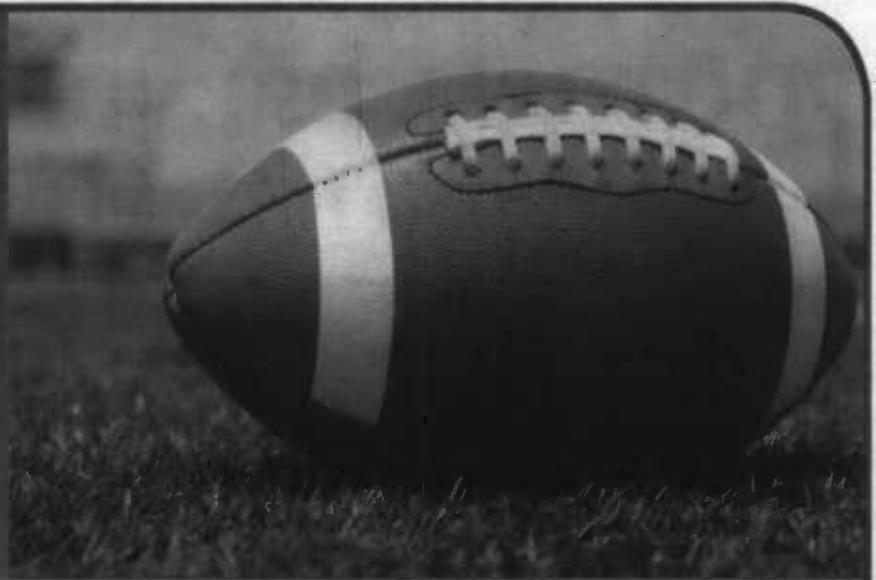
Now, instead of conditioning being a liability, the Notre Dame linemen have made it a strength. With their up-tempo offense, defensive players don't have time to catch their breath after plays, and they aren't able to substitute as often. All of the offensive line's extra work after practice pays off when they see opponents wearing down.

"We're pretty big, but we've also got some speed," Dato said in a phone interview. "And we can utilize that, especially at the ends of games. In the middle and latter parts of the game, we're breaking off big runs. Defensive lines are huffing and puffing by the fifth or sixth play (of a drive), and we're fine."

Jakub Rudnik is a freelance reporter for Pioneer Press.

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FOOTBALL PREVIEW

CENTRAL SUBURBAN SOUTH

BY BRETT CHRISTIE
Pioneer Press

Maine South

Strength: Maine South (2-2) has been a force on offense this season. The Hawks are averaging nearly 40 points per game heading into Central Suburban South play.

Area to improve upon: The Hawks' defense has struggled against top competition. Maine South allowed 44 points in a loss to Loyola in Week 2 and it gave up 41 points in a loss to Barrington in Week 3.

Telling stat: Maine South has won 75 Central Suburban South conference games in a row. No, that is not a typo. The Hawks have gone 15 straight seasons without losing a conference game.

New Trier

Strength: Led by talented dual-threat quarterback Clay Czyzynski, the Trevians (2-2) have been steady on the offensive side of the ball. Czyzynski, a senior who is in his third year as a starter, is surrounded by the talented running back combo of Francis Fay and Max Rosenthal and a reliable receiving core featuring Eric Nicholas, Brian Kaiser and Scott McCabe.

Area to improve upon: The New Trier defense was steady through the first two weeks of the season, but faltered against Fremd's power running game in Week 3 and Palatine's multi-dimensional attack in Week 4.

"I think we need to be more consistent up front with our defensive front seven," coach Brian Doll said. "Our depth is obviously a concern on our defensive line and our line-backers and then just being more consistent shutting



MARK KODIAK UKENA/PIONEER PRESS

Niles North's Nick Mihalic lines up to kick a field goal at Lake Forest on Sept. 2.

teams down when we know they're going to run the ball."

Telling stat: New Trier is 8-2 in the Central Suburban South under third-year coach Brian Doll. The Trevians have only lost to Maine South. Last year Maine South won 24-21.

Niles West

Strength: After returning all 11 starters from last year, the Niles West offense

figured to be a strength heading into the season. That has come to fruition as the Wolves are averaging almost 40 points per game. Senior quarterback Johnny Pabst and senior running back/wide receiver Matt Galanopoulos are a lethal combo.

Area to improve upon: The defense remains a question mark for Niles West (3-1) after the Wolves gave up 27 points per game against suspect nonconfer-

ence competition. Niles West's first four opponents have a combined record of 5-11.

"I think what we always need is depth," Wolves coach Scott Baum said. "I just think some special teams work and defense. I think our offense is doing well. Week in and week out, it's the little things that make us better."

Telling stat: Niles West scored 159 points in non-conference play, which is

CSL South Coaches Poll

Predicted order of finish.

Five coaches participated.

| Place | Team | Points |
|-------|-----------------|--------|
| 1. | Maine South (5) | 30 |
| 2. | New Trier | 25 |
| 3. | Glenbrook South | 17 |
| 4. | Evanston | 15 |
| 5. | Niles West | 11 |
| 6. | Niles North | 7 |

First-place votes in parenthesis

led for the most among CSL South schools. Maine South also scored 159 points.

Niles North

Strength: It's been an inauspicious start to the season for Niles North, which is 0-4. However, it's not for a lack of solid play up front. The Vikings offensive and defensive lines have been a definite strength, coach Mike Garoppolo said.

"They've just come together as a core and as a unit and they've just played well for us this year so far," said Garoppolo, the first-year coach.

Area to improve upon: As the Vikings enter their first season in the South division of the Central Suburban League, consistency will be of the upmost importance, Garoppolo said. Niles North, despite returning 15 starters from last season, has shuffled around players to new positions. Consistent performances at those positions has been hard to come by so far.

Telling stat: Niles North junior kicker Nick Mihalic converted four field goals in a Week 2 loss against Lake Forest. Mihalic was good from 21, 40, 44 and 47 yards.

Brett Christie is a freelance reporter for Pioneer Press.

Twitter @BChristieDTH

Games to watch

Evanston at New Trier, 7:30 p.m. Sept. 23: Evanston enters Central Suburban South play with a surprising 3-1 record. The conference opener at New Trier, which is expected to vie with Maine South for the league title, should determine if the Wildkits are for real. The rivalry game also has a historical element, as it will be the 107th meeting between the two programs.

Maine South at Glenbrook South, 7:30 p.m. Sept. 30: Despite a tough start to the season, Glenbrook South is expected by some coaches to be a surprise team in the league. The Titans nearly knocked off the Hawks in Park Ridge last season. Maine South won 34-31 in overtime after trailing by two touchdowns in the fourth quarter. New Titans coach David Schoenwetter will have a chance for his first signature win here.

New Trier at Maine South, 7 p.m. Oct. 7: This game will most likely decide the conference champion. Maine South has been the top team in the Central Suburban South for the past 15 years, but New Trier coach Brian Doll might have the squad to dethrone the Hawks this season.

Niles North at Niles West, 7 p.m. Oct. 7: This annual rivalry game will have conference implications after Niles North's move from the Central Suburban North to the Central Suburban South. Both teams are picked to finish near the bottom of the league, so this matchup could determine who stays out of the cellar.

FOOTBALL PREVIEW

CENTRAL SUBURBAN NORTH

BY STEVE SADIN
Pioneer Press

Highland Park

Strengths: The Giants' running game and speed on the defensive side of the ball are two of the reasons the Giants are 3-1 heading into the league season, according to coach Joe Horeni. Senior DJ Penick has run for more than 500 yards.

"The offensive line is coming off the ball real well and DJ is finding his holes," Horeni said.

The defense is swarming to the ball, Horeni said, and three players — junior Luke Baldwin (two interceptions), sophomore Giancarlo Volpentesta (two interceptions) and junior Noah Spitz (an interception and a fumble recovery) — have each recovered two turnovers.

Area to improve upon: Horeni said Highland Park is looking for more consistency in its passing game to keep defenses from concentrating too much on Penick. Horeni said the quarterbacks and receivers will be spending time developing their comfort level with each other.

Telling Stat: The Giants have a plus-10 turnover ratio.

Glenbrook North

Strengths: An explosive offense and a tenacious defense help explain why the Spartans are undefeated (4-0) heading into conference play. Senior quarterback Kevin Burnside has completed 67-of-92 passes for 1,053 yards. For wide receivers — seniors James Mercouris, Alexander Bubaris, TJ Weinzimmer and Tommy Gertner — and junior running back Jimmy Karfis also have made significant contributions.



NIC SUMMERS/PIONEER PRESS

Glenbrook North's Kevin Burnside, right, hands the ball off to Jimmy Karfis during a game at Hersey on Sept. 9.

"All six of them make plays," Glenbrook North coach Bob Pieper said.

In a 34-10 win over Prospect in Week 4, Burnside threw for 308 yards and Glenbrook North scored five rushing touchdowns.

The starting defense has yielded a total of 36 points in the first four games. In

all, the Spartans have surrendered 71 points.

Area to improve upon: Though Pieper said the win over Prospect was as close as Glenbrook North has come to playing 48 minutes of football this season, he wants to see the fundamentals continue to improve.

"We missed some tackles we could have made," Pieper said. "You can always block better and tackle better. We're going to keep working on that."

Telling Stat: The Spartans have compiled 1,722 yards of total offense, which equates to over 430 per game.

CSL North Coaches Poll

Predicted order of finish

| Place | Team | Points |
|-------|---------------------|--------|
| 1. | Highland Park (4) | 33 |
| 2. | Glenbrook North (1) | 31 |
| 3. | Deerfield (1) | 24 |
| 4. | Vernon Hills | 18 |
| 5. | Maine West | 13 |
| 6. | Maine East | 7 |

First-place votes in parentheses

Maine East

Strengths: After passing 90 percent of the time last year, the Blue Demons (1-3) will be more balanced this season, coach Scott Smith said. Junior Jusuf Zvizdic is developing confidence at quarterback after learning the position as a sophomore starter. Smith said Zvizdic has thrown for more than 400 yards so far, while junior running back Julio Cabrales rushed for 180 in the opener against Shurz. Solid play along the line is allowing both a ground game and a passing attack to emerge.

Area to improve upon: Smith said Maine East plays hard each down, but he wants to see more consistency on both sides of the ball.

"We don't have a bunch of athletes like other schools do," Smith said. "We have to keep our minds on every play and not turn the football over."

Telling Stat: The Blue Demons' season-opening 16-13 victory over Shurz was their first win on the field in three years. Smith said it gave the team a major emotional boost.

Steve Sadin is a freelance reporter for Pioneer Press.

Twitter @sadinsteve

Games to watch

Highland Park at Glenbrook North, 7 p.m. Sept. 23: Even though it's only the first week of league play, this game could decide the conference champion. Central Suburban North coaches predict Highland Park and Glenbrook North will finish one-two in the league, respectively. How Highland Park's defense plays against Glenbrook North's high-powered offense and quarterback Kevin Burnside could determine the outcome of the game.

Highland Park at Deerfield, 7 p.m. Sept. 30: The two Township High School District 113 rivals play for the Shields Trophy every year. The Warriors took it away from the Giants last season. Each year the winner holds the trophy aloft while singing its school song in front of the student body. The loser exits the field quickly.

Deerfield at Glenbrook North, 7 p.m. Oct. 7: Both teams got a first-place vote in the preseason coaches poll. The Spartans will have to figure out how to defend against not just Deerfield's traditional option and senior Sam Fradin's power running but senior slotback Charlie Jones' versatility. He caught three touchdown passes last season and ran for four more. Jones has offers from North Illinois, Bowling Green, Ball State, Wyoming and North Dakota State, according to scout.com.

Vernon Hills at Glenbrook North, 7 p.m., Oct. 14: Can Vernon Hills' veteran defense slow Burnside and his teammates or will the Cougars have to rely on their offense to stay competitive in this game? A win in this Week 8 game could mean an automatic playoff berth.

Vernon Hills at Highland Park, 7 p.m., Oct. 21: It's possible that one or both teams will enter the game without six wins — and the accompanying automatic playoff berth. This game could determine if a team advances to the postseason.

FRESH START

Pioneer Press previews the Central Suburban League. Pages 44-45

New Trier's Brian Kaiser (2) tries to escape from Warren's Octavian Dungee (23) on Sept. 2 in Northfield.

KEVIN TANAKA/
PIONEER PRESS





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