

NILES HERALD-SPECTATOR



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Thursday, January 26, 2017

nilesheraldspectator.com

Going out with a bang

Seventh annual Pizza Wars will be the final, group says. Page 4



ERIC P. DAVIS/PIONEER PRESS

Niles North High School sophomores Jack Zimmerman, left, and Kyle Leopoldo enjoy some pizza at the seventh annual Pizza Wars event held in the Niles North gym Jan. 19 in Skokie.

GO

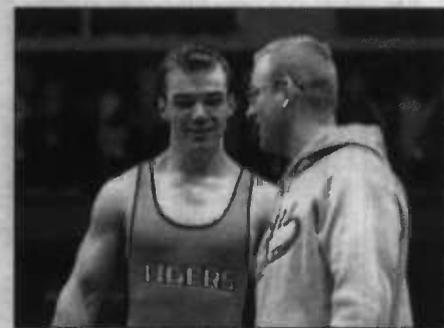


NORTHLIGHT THEATRE PHOTO

Show explores teen terrorists

Northlight Theatre performs "Faceless," which focuses on the trial of a young white American girl accused of conspiring to commit acts of terror. Page 23

SPORTS



JAMES C. SVEHLA/PIONEER PRESS

Opportunity cost

As a child of deported parents, Olsi Rama maximizes his potential as an Elmwood Park wrestler. Page 39

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SHOUT OUT

Joe Marchfield, electric bikemaker

When a cyclist wants to buy an electric bicycle or convert one so it has power, Joe Marchfield says he is the person to see. The Morton Grove resident moved Volton Bicycles, the business he started in his Logan Square garage, to Skokie a year or so ago.

Q: Where did you grow up?

A: I grew up in Edgebrook until my freshman year, and then I moved to Wilmette and went to New Trier.

Q: What were you doing before Volton?

A: I was working in finance in Chicago. Volton started as a weekend side project on Saturday mornings. What really drew my attention to electric bikes is kind of sad. My dad got sick. He lived on the lakefront and was a recreational cyclist.

Q: Do you make your own bikes?

A: Yes, absolutely. I built the first Alation bike in 2012. I had done some research and saw that there were (electric) bikes selling for thousands of dollars more than I thought I could do it for. I first contacted consultant designers in



PIONEER PRESS

Joe Marchfield of Volton Bicycles

the frame factories in Asia and started meeting vendors. We established Volton the brand in February 2012.

Q: How did you help your dad?

A: He had mesothelioma. It was a pretty severe sickness. He fought it for two years. Prior to that, I converted a bike and he loved it. I loved it. It was the first electric bike I built. That's something we still do here.

Q: Do you build custom bikes?

A: I've built bikes for Universal Studios, I've built bikes for caretaking — like those paralyzed —

and I've converted mobility bikes. It's a good feeling to know that you're doing something that is really helping people.

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

A: I actually saw myself in business development. Obviously, in the late '90s, when I was in high school, everybody's eyes were a lot bigger than they are now.

Q: What is your favorite local restaurant?

A: Beers at Village Inn, quick stuff at Pita Inn, Japanese at Renga-Tei.

Q: What is a movie you'd recommend?

A: My favorite movie is "The Shawshank Redemption." It's very deep on many levels.

Q: Do you have any words of wisdom?

A: Have a schedule, try to stick to it, don't worry if you can't.

Q: What is an interesting factoid about yourself?

A: I capsized a sailboat in Lake Michigan without a life jacket on. Everyone was OK.

— Staff report

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Annual 'Pizza Wars' draws big crowd

Seventh running of popular fundraising event to be the last

By **KARIE ANGELL LUC**
Pioneer Press

The Niles Township education foundation that hosts the annual "Pizza Wars" fundraiser event has declared this year's battle was the last, but not before hundreds of people packed Niles High School North Jan. 19 as seven local pizzerias squared off.

"We're pulling the plug on Pizza Wars," Alyse Burman announced. She is chairwoman of fundraising for The Education Foundation which hosts the event.

This year marked the seventh annual "war" where local pizzerias served a variety pies for people to purchase and then vote on.

Proceeds from the event help provide financial support to students at Niles Township High School District 219 schools in Lincolnwood, Skokie and parts of Morton Grove and Niles, organizers said.

The money aids in awarding academic grants, student scholarships and funding programming not paid for by public tax revenues, Burman explained.

Pizza Wars 2017 had a fundraising goal of \$17,000, event organizers said.

"We see there are more students and families in need," said Burman.

The foundation reports that one out of three students in the school district requires financial assistance and over 50 area students are homeless.

Lincolnwood Mayor Jerry Turry and Niles Mayor Andrew Przybylo participated in a ribbon cutting that jump started the night's program.

The seven area restaurants that participated included Jet's Pizza of Skokie, Organic Life, Piero's Pizza of Wilmette, Village Inn



ERIC P. DAVIS/PIONEER PRESS PHOTOS

Hailey Justes, of Lou Malnati's in Lincolnwood, shows off the plaque the pizzeria won for Best Deep-Dish Pizza during the 7th annual Pizza Wars held at Niles North High School Jan. 19 in Skokie.

Pizzeria Sports Bar and Grill of Skokie, Wa-Pa-Ghetti's Pizza of Wheeling, Pie Five and Lou Malnati's Lincolnwood.

In previous years, a pizza eating challenge, featuring a panel of area village presidents and mayors, was a popular photo opportunity. For this last event, the eating contest did not take place.

There were two people's choice awards handed out in two categories: thin crust and deep dish pizza. Village Inn Pizzeria of Skokie took the prize for thin crust while Lou Malnati's won for deep dish.

Village Inn Pizzeria of Skokie owner Randy Miles said that his restaurant served up 50 pizzas. In total, there were well over 100 pizzas in the high school

gym available as part of the fundraiser-competition.

"It's great to support the foundation and the community," Miles said. "We like to give back."

Officials with Lou Malnati's echoed that.

"We love getting involved in community events and supporting them," said Hailey Justes, a marketing specialist for Chicago-based Lou Malnati's.

A third award handed out served as an official gratitude honorarium, Burman said. The foundation gave "The Thank You Award" to Niles North High School for hosting Pizza Wars.

But despite the fanfare and annual buzz surrounding the pizza fundraiser, which is billed as the foundation's signature money-raising effort, the Jan. 19

event was the last of its kind. "I think that Pizza Wars has played its course," Burman said.

"We are going to take it into a new direction. We are actually going for a new beginning and doing different fundraising."

Burman said it was difficult for pizzerias to get the manpower to participate in Pizza Wars.

"It's a lot of pizzas," she said. "It's a lot of work to prepare all of those pizzas in one day."

Burman said other fundraising plans are in the works, though she said she didn't have any further information on them right now.

Karie Angell Luc is a freelance reporter for Pioneer Press.



Park Ridge resident Matt Talbert watches as his 2-year-old daughter Oriana takes on a slice of deep-dish pizza.



Justina Ross serves several slices of pizza to those in attendance.



Randy Miles, owner of Village Inn Pizza in Skokie, accepts the award for Best Thin Crust Pizza.

Holocaust Museum screening focuses on human trafficking

BY KARIE ANGELL LUC
Pioneer Press

The story of woman who said she fell victim to human trafficking is the subject of a film that was screened earlier this month at the Illinois Holocaust Museum as part of a monthlong awareness campaign.

The museum, YMCA Evanston/North Shore, the Illinois Department of Children and Family Services and other local organizations collaborated to host the screening of the "Dreamcatcher." The documentary film, recognized at the Sundance Film Festival, tells the story Brenda Myers-Powell, a former prostitute from Chicago.

"Modern day slavery is happening in our own backyard," said Myers-Powell, who attended the Jan. 12 screening at the museum. "I am honored to speak at Illinois Holocaust Museum to share what inspired me to change my life and about my current work mentoring women and girls who feel that prostitution is their only option to survive."

The United States is considered one of the world's major transit points for human trafficking, and Chicago ranks third in the country for the highest volume of sex trafficking, museum officials said in a news release about the film screening.

The film screening was part of several programs held in conjunction with the Museum's "Women Hold Up Half to Sky" exhibit. The work was inspired by Pulitzer



KARIE ANGELL LUC/PIONEER PRESS

Brenda Myers-Powell talked about her experience with human trafficking during the Jan. 12 screening.

Prize-winning author of the book "Half the Sky: Turning Oppression Into Opportunity for Women Worldwide" and took a look at women's and girls' equality in the United States and around the world, with information on how to combat sexual trafficking, domestic abuse, poverty and homelessness, according to the news release.

"Women Hold Up Half the Sky" closed Jan. 22. However, the museum hosts three rotating exhibitions a year that offer perspectives on issues such as race, refugees, ethics and culture, museum officials said. The next exhibition, "Operation Finale: The Capture and Trial of Adolf Eichmann" opens February 19.

Karie Angell Luc is a freelancer.

Rutledge Hall students do 'perfect' job in vocabulary competition

A pair of the Rutledge Hall school fifth graders got perfect scores on a recent vocabulary test, something school officials say only a total of 67 students in the same grade nationwide have done.

Officials at Lincolnwood School District 74 report on the school district's website that Jad and Jonathan (their last names not provided) scored 20 out of 20 on the first of three meets of the 2017 WordMasters Challenge. The scholastic event is an annual national vocabulary competition involving nearly 150,000, school district officials stated.

Additionally, according to its website, WordMasters Challenge is involves students completing analogies.

The students were coached in preparation for the competition by the school's gifted education teacher, Jill Litwin, school officials said.

Other students performed well in the



LINCOLNWOOD SCHOOL DISTRICT 74

Fifth graders Jad Dibbs and Jonathan Lou

competition too, according to school officials.

— Staff report

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Locals board buses to Women's March

Hundreds head to Washington, D.C., from Evanston

By GENEVIEVE BOOKWALTER
Pioneer Press

Lines of women wearing specially knitted pink caps with cat ears congregated in front of Evanston Township High School Jan. 20, as more than 200 women prepared to board buses headed east for Saturday's Women's March on Washington.

The march came the day after Donald Trump was sworn in as the nation's 45th president and reportedly attracted hundreds of thousands of people.

While it was not a direct protest of Trump's presidency, it was a march in support of women, people of color, those of different faiths and people who identify as LGBT, among others, organizers said.

"This is a way to unite with other women around the country," said Northwestern University sophomore Lila Reynolds, 19.

While she is following policy, the Jan. 21 march was "not to make a specific change. It's more about emotion."

Rachel Abramson, 64, of the Rogers Park neighborhood of Chicago said she also was going in "solidarity."

"I want to be with folks who are standing up right now," Abramson said, as she waited to board the bus.

The Washington, D.C., protest followed a campaign season in which Trump was caught on tape bragging about grabbing women's genitals and accused of walking in on nude beauty pageant contestants, among other things. Many also fear that, with Republicans controlling both houses of Congress and the White House, access to legal abortion, certain types of birth control and other reproductive health care could be threatened.

Protests were also held Jan. 21 in hundreds of cities around the nation, including Chicago.

About 220 people, mainly women, went from Evanston to Washington on four chartered busses. The travelers and their supporters spent the days and



KEVIN TANAKA/PIONEER PRESS PHOTOS

"Pussy" hats were worn by protesters attending the Women's March on Washington as they left from Evanston Township H.S. on Jan. 20.

weeks beforehand collecting food, lining up speakers for the ride and knitting the caps, also known as pussy hats.

In total, about 400 people from Evanston made the trip.

The travelers arrived in the nation's capital early on Jan. 21 and departed that same night, returning to ETHS some time Jan. 22, organizers said.

Ismalis Nunez, a social worker with Evanston/Skokie School District 65, said the march was important to her as a woman of color and first generation American.

"I'm doing this for many reasons," Nunez said. "I saw this as an opportunity for change. How do we rebuild?"

Some said Trump's presidency makes them concerned about privacy and retaliation for participating in the protest.

Jo, 75, of Evanston declined to give her last name out of fear of retaliation down the line.



Signs that some local women protesters planned to wave during the Women's March on Washington were pictured Jan. 20 outside Evanston Township High School. Buses of women left from the high school headed to the nation's capital.

Still, she said, "I'm really interested in letting the world know that most of us really despise this

man."
gbookwalter@chicagotribune.com



Local resident Jo left for the Women's March on Washington.



Before leaving on their trip, Jennifer McCartney shows her sign.



Rachel Abramson, of Chicago, joined hundreds of other women.

Fallen trees leave Morton Grove seniors without power for a second time

BY MIKE ISAACS
Pioneer Press

For the second time in less than three months, seniors who live in a Morton Grove retirement complex were left without electricity for hours because of a tree taking down power lines in the nearby Cook County forest preserve, they said.

The latest power outage, seniors said, occurred during the day Jan. 16, near Lincoln Avenue. Like the incident months earlier, the disruption meant that elevators couldn't operate and there was no heat since the gas heating system is controlled by an electric component, they said.

"It was difficult for a lot of people, and for this to happen a second time was really concerning," said resident Ellie Davis.

Homestead at Morton Grove, an independent senior living facility at 6400 Lincoln Avenue, sits across the street from the St. Paul Woods where the power lines are located. Some of the trees inside the woods appear to be old and rotting, some are marked for take-down by the county.

A spokeswoman for the Forest Preserve District of Cook County said different factors were responsible for the two incidents.

The first outage, which occurred Oct. 29, was the result of a tree falling naturally, said Lambrini Lukidis, communications director for the county forest preserve district.

Lukidis said the incident last week occurred when crews were working in the area, trying to clear out some of the dead trees.

"We were removing a dead tree, and as we were taking steps to do that," she said, "we learned the entire

tree was hollowed out. Unfortunately, it didn't feel hollowed out and there was no way to really know that until the work was being done."

As a result, she said, an old oak tree turned out to be so light that workers couldn't control the direction in which it fell.

According to Morton Grove Public Works Director Andy DeMonte, the village contacted the county following the Oct. 29 power outage.

"No one wanted to see this happen again so that's why the forest preserve (workers) are in there now cleaning out anything they think is dangerous," DeMonte said. "They've already marked other trees they want cut out. They hired a company to go out and remove them."

County officials say the crew was there last week in response to Morton Grove. Unfortunately, a tree that got away from the crew caused another outage, they said.

A handful of seniors who gathered a few days later said they believe the problem was avoidable.

"If the tree was better secured," said resident Yvonne Franz, "this wouldn't have happened."

Compounding their frustration, they said, was that the power went out at about 8:30 a.m. and wasn't restored until 5:30 p.m. Many seniors found places to go during the day because it soon became cold inside their apartments, they said.

"You can't go without heat," said resident Ed Bertram.

The weather was warmer during the October outage, but the power went out from 4:30 p.m. to 12:30 a.m., creating a different problem because of darkness, the

seniors said.

"It was very difficult because we have a lot of people on walkers," Davis said. "Some people have caregivers, but it was difficult. We have people in wheelchairs."

Homestead has four floors and contains 82 units, according to the seniors. Resident Pat Donahoe said some corridors are longer than others.

"Depending on where your unit is, it really becomes a problem," she said.

Resident Hope Hornstein said she had contacted the county about the possibility of the first tree falling before it even toppled.

"The tree was an eyesore," Hornstein said. "It was totally dead and stripped of bark. I asked if something could be done about it and they said 'no' because it was not in danger of falling and hitting lines."

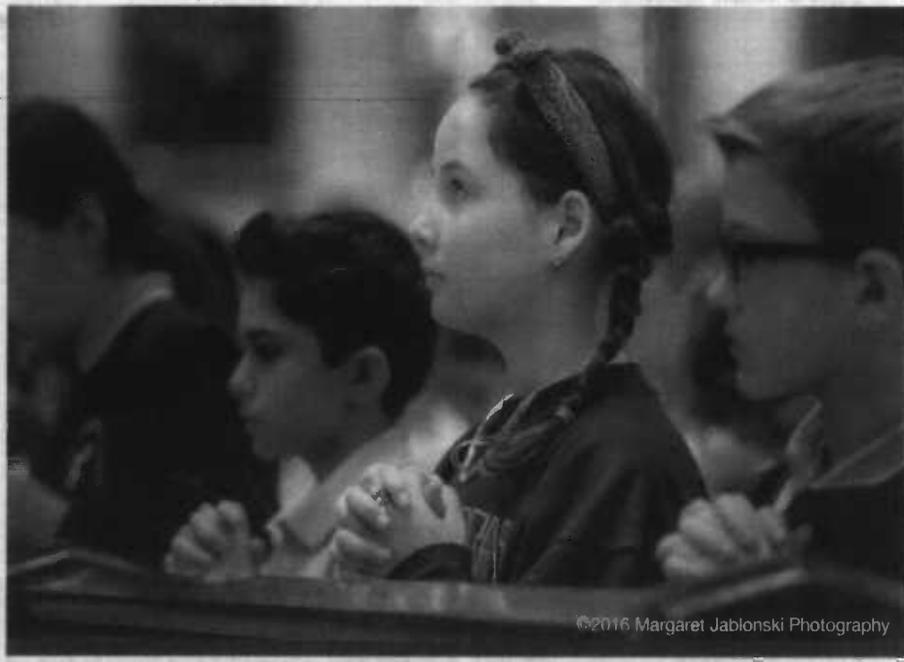
Hornstein said she also asked crews working in the forest preserves from time to time about removing the tree, but they never did so.

Lukidis said that if a tree is not in the way of any path or posing a danger, the county tries to preserve it.

The seniors said they are not only concerned about a repeat outage but about safety as well. The nearby woods contains tall old trees that sit close to the street, and a path inside the woods is used by pedestrians. Five trees near electric wires on Lincoln Avenue appear to be marked by the county for removal.

Lukidis said the county continues to address the problem by removing trees that pose a threat. She said there is "much less chance" this will happen again.

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POLICE REPORT

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

BATTERY

■ Joshua Ford, 27, of the 600 block of East 73rd Street, Chicago, was charged with aggravated battery to a police officer, criminal trespassing and resisting a police officer; and Erica Williams, 26, of the 8300 block of Mackinaw Avenue, Chicago, was charged with criminal trespass Jan. 4 in the 5700 block of Touhy Avenue.

■ A 28-year-old Lake Bluff man told police he was knocked unconscious Jan. 1 while getting a phone out of his car in the 7800 block of Nordica Avenue. Police said the man reported that he did not know who hit him in the back of the head.

BURGLARY

■ The front glass door of a business on the 7100 block

of Austin Avenue was reportedly broken overnight Jan. 2-3.

DRUG POSSESSION

■ An 18-year-old Park Ridge man was ticketed for possession of marijuana Dec. 31 in the 8700 block of Oriole Avenue.

■ A 31-year-old Elk Grove Village man was ticketed for possession of marijuana Jan. 2 at Touhy and Nagle avenues.

DUI

■ Brian G. Peterson, 50, of the 1800 block of Parkside Drive, Park Ridge, was charged with driving under the influence and speeding Jan. 4 at Dempster Street and Grace Avenue.

THEFT

■ Devon Lowery, 22, of the 1000 block of East 92nd Street, Chicago, was charged with theft of vehicle parts and resisting arrest Jan. 2. According to

police, Lowery and another man are accused of stealing catalytic converters from cars parked in the 8900 block of Wisner Street. According to police, Lowery also had an outstanding arrest warrant on an armed robbery charge from another state.

■ A 13-year-old Waukegan boy was charged with retail theft Dec. 31 after police said he stole clothing from a retailer in the 200 block of Golf Mill Center.

■ Juan P. Garcia, 34, of the 1300 block of Willow Road, Des Plaines, was charged with theft Jan. 3. Police said Garcia was accused of making fraudulent returns while employed at a retailer in the 8600 block of Dempster Street.

■ A 14-year-old boy reported that his backpack, containing a smartphone worth an estimated \$600, was stolen Jan. 2 from a recreation center in the 7800 block of Caldwell Avenue.

Lawsuit against Niles facility dismissed

BY LEE V. GAINES
Pioneer Press

A federal judge Jan. 18 dismissed a lawsuit filed by a resident of a Niles senior living facility that alleged staff there did nothing to prevent the woman from being harassed by other residents.

Lambda Legal, a nonprofit organization that focuses on litigation and policy work on behalf of lesbian, gay, bisexual and transgender individuals, filed the suit in July on Marsha Wetzel's behalf.

Organization officials announced Jan. 18 that they plan to appeal Judge Samuel Der-Yeghiayan's ruling, which was made that same day.

"Wetzel fails to cite any discriminatory animus, motive or intent," said Der-Yeghiayan, a jurist for the U.S. District Court for the

Northern District of Illinois where the lawsuit was filed.

Wetzel, now 69, moved to Glen St. Andrew Living Community in November 2014 after the death of her longtime partner, Judy Kahn, and still resides in the building, she said.

In the lawsuit, Wetzel alleges that while residing at the senior living facility, she suffered "persistent verbal harassment, threats, intimidation and three separate assaults, at the hands of other residents" and was the victim of "countless homophobic slurs" as well as being physically injured by other residents due to her long-time relationship with another woman.

The suit, which was filed against the facility and its administrators claims that staff members did nothing to prevent the harassment after Wetzel complained about it and other residents wit-

nessed and reported the incidents to administrators.

The suit brings a claim under the federal Fair Housing Act, which bans discrimination on the basis of sex, and a state law, which bars discrimination on the basis of sexual orientation and sex.

In his ruling, Der-Yeghiayan said a plaintiff must show "an intent to discriminate" to prevail on a claim filed under the FHA.

"Wetzel does not allege any discriminatory motive or intent to discriminate on the part of the defendants," the judge wrote in his ruling granting Glen St. Andrews' motion to dismiss the suit. "Wetzel does not allege any facts that suggest any actions taken against her by defendants that were based on her gender or sexual orientation."

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

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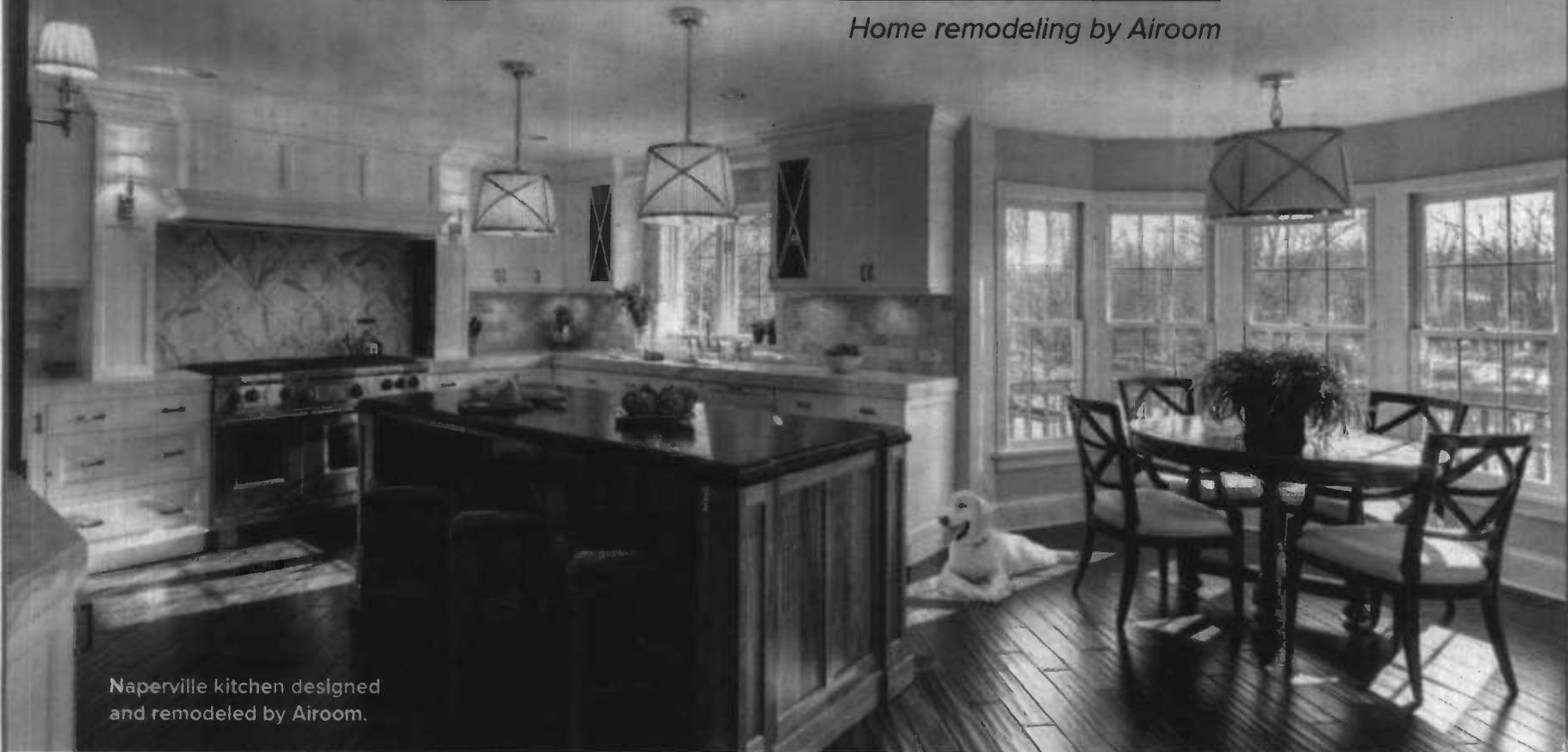
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World Series trophy makes Evanston stop

BY KARIE ANGELL LUC
Pioneer Press

Scores of people lined up in Evanston Jan. 22 to get a glimpse of — and take a photo with — the Chicago Cubs World Series trophy as it made a stop in the north suburb.

The esteemed hardware made its way to the Morton Civic Center as part of a trophy tour presented by insurance giant State Farm. The Cubs clinched their World Series victory this past fall after a 108-year-old drought.

Evanston city officials had announced that the public would be allowed to view and take pictures with the trophy starting at 11 a.m. But with the barrage of people who turned out, the doors to the Civic Center were opened a few minutes earlier, and parking became an issue hours before the door opened. Officials passed out wristbands as part of crowd control.

Evanston Mayor Elizabeth Tisdahl arrived with her 13-year-old grandson, Patrick Hughes.

"I think it's a great day for the Cubs and the city," said Tisdahl, who was ready to watch Cubs staff set up the trophy.

The Cubs' crown jewel arrived by car escorted by a bevy of security and staff. Even the Evanston police helped to escort the trophy and its stand inside the Civic Center.

"I think it's kind of amazing that we can have this event and that the Cubs won," said Patrick, an eighth grader at Haven Middle School.

By the time the event was over, tour staff estimated that some 700 photos were taken with about 1,000 people — including some group poses.

It was not just Evanston residents who turned out to admire the prize. A number of people came from around the state — and even out of state — to take part in the event.

Marco Avalos left his home in Green Bay, Wis., at 2 a.m. Jan. 22 to be in line in Evanston by 5:30 a.m.

The Cubs baseball and Green Bay Packers football fan said he just had to "take a picture of it, to see it up close."

He sported a Kyle Schwarber No. 12 Chicago Cubs jersey, underneath his Packers jacket.

Ric Thomas traveled about



KARIE ANGELL LUC/PIONEER PRESS PHOTOS

Evanston police and Chicago Cubs representatives roll a container holding the Cubs' 2016 World Series trophy and stand into the Morton Civic Center Jan. 22.

"I think it's kind of amazing that we can have this event and that the Cubs won."

— Patrick Hughes, 13

three hours from his home in Monticello, Ind., to Evanston and was the fourth person in line when he arrived at around 7 a.m. He said a Cubs World Series win and a championship trophy are "something that I've dreamed of."

"It could be a once in a lifetime opportunity," Thomas said about seeing the trophy.

Karie Angell Luc is a freelance reporter for Pioneer Press.



Marco Avalos traveled from his home in Green Bay, Wis., to Evanston to visit with the Cubs' World Series trophy.



Mayor Elizabeth Tisdahl arrived with grandson Patrick Hughes, 13.

Skokie church's folk music concert venue wins grant

BY MIKE ISAACS
Pioneer Press

The sanctuary inside St. Timothy's Lutheran Church in Skokie gets transformed from time to time, and suddenly St. Tim's Coffee House, a venue for live folk music, takes over.

The Skokie Fine Arts Commission recently awarded a grant of \$750 to the coffeehouse — funds organizers say will be used during the next season to bring more live music to the lineup.

"One of this congregation's strengths, I think, is creativity and doing the unexpected," said Pastor Daniel Morris. "This isn't the kind of thing I've seen in a church very often. At least not like this."

Morris said when he came to St. Timothy's last

June, the coffee shop concert series was under way for a partial season. This year, the church/coffeehouse is putting on a full season of six concerts for the first time, organizers say.

Paul Luke, a co-organizer of the coffeehouse concert series, said he has been a huge folk music fan for a long time.

"This has brought people together," Luke said. "Our mission is about community and to provide folk music at as reasonable a price as possible."

A 15-year member of the church, Luke said transforming the sanctuary into a live music venue is positive for the church and its outreach, but it's also positive for those who love folk music.

"We're trying to keep folk music alive on the

North Shore," he said. "It's very hard to find a North Shore venue featuring folk music at this price level."

The \$20 admission cost goes toward paying musicians and funding charitable works of the church, organizers say.

More than a dozen years ago, the church's sanctuary was renovated to allow for more flexibility. The stage became less restricted and the seating and pews removable to provide options for configuring the room, church leaders said.

No one was thinking of a folk music coffeehouse at that time, Luke said, but the idea was to open up possibilities for more "fellowship" gatherings.

Luke said he was familiar with folk music being staged inside churches. Hogeve Folk Arts once used Lake Street Church in Ev-

anston for concerts, which he attended. The Stained Glass Coffeehouse, inside Deerfield's Congregational Church, which also delivered live folk music, closed a few years ago, he said.

"A couple years went by and I kind of missed the folk music at these places," Luke said. "I'm an avid listener of 'The Midnight Special' on WFMT and I wanted live folk music around again."

He said he talked about St. Timothy's becoming a folk music venue with fellow folk music enthusiast Sandy Wong for more than a year. Wong had connections at WFMT and had run a similar folk series in Oak Park years ago, Luke said.

St. Timothy staged its first concert last April featuring local songwriter and singer Michael Smith. This year, the coffeehouse has

hosted concerts featuring Bryan Bowers, Kevin So and Sons of the Never Wrong.

Following this year's season kickoff by Jeff and Janis next month, Claudia Schmidt is scheduled to perform in March. Mark Dvorak will to close out the season in April.

Organizers say the church venue is not just a coffeehouse in name. The seats get rearranged, and food and drink are sold during intermission. The acoustics work especially well there, they say.

The church has about 200 listed members, several dozen of whom are active, according to Luke. The concerts have been drawing more than 40 people and as many as 80, he said. The organizers believe that number will grow as word catches on.

"It has a following, and more people are coming," he said. Morris said people who are not members of the church attend, and the mayor and other village leaders have been there too.

Luke said he realized St. Timothy's would be ideal for a Fine Arts Commission grant, and applied before the deadline at the end of September.

According to the Fine Arts Commission, the grant is open to non-profit Skokie arts organizations in varying amounts as long as the organization submitting the application makes a financial contribution of at least 25 percent of the cost.

Luke said the funds will be used to bring in top folk music talent for the 2017-18 season.

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Park Ridge school board member resigns

Comments made on Twitter about protests prompted decision

BY JENNIFER JOHNSON AND TONY BRISCOE

Pioneer Press

A Park Ridge-Niles School District 64 board member has resigned over comments he made on Twitter in which he used an offensive term to describe participants in the Jan. 21 Women's March.

In a letter shared by District 64 Superintendent Laurie Heinz on Jan. 23, Dathan Paterno announced his immediate resignation from the board, citing recent posts from his personal Twitter account.

"I wrote some provocative tweets re: the recent women's marches," the letter says. "In retrospect, they were inappropriate and pushed too far in some ways. While I merely meant to harshly criticize some of the protestors (especially the very angry, hostile, vulgar and violent ones) and question the motives of some of them, my tweets were understandably misinterpreted to mean that I disrespect or hate all the protestors. Of course, this isn't true, but the damage was done."

In one of the tweets, which was posted Jan. 22, Paterno, a clinical psychologist with Park Ridge Psychological Services in Uptown Park Ridge, wrote, "Most of these vagina screechers didn't vote, but they mean business. Riiiiiiight. What a farce."

Later, in response to a comment that referred to the tweet as "an interesting way for someone on the School District 64 board to speak about women," Paterno replied that he was "referring very specifically to the hyper-angry women dressed in vagina costumes."

In a separate tweet, Paterno wrote, "Alas, the 300 million pound Women March provides a strong argument for doing away with women's suffrage."

Paterno's Twitter account has since been deleted. Reached via email on Jan. 23, Paterno responded to the controversy.

"My harsh and inappropriate

comment was not about most of the women who marched," he said in the email. "I'm sure that the vast majority of women were civil, appropriate, self-controlled, and had noble intentions. But enough did not — I saw and heard plenty — and I was upset by that. Many who are now castigating me are suggesting that this represents my general view of women, which is far from the truth. At the same time, I recognize that some people are genuinely hurt by my comments; for that, I am truly sorry. That was never my intention."



Paterno

"Even though my comments were foolish, they mirror or are less vulgar than many of the placards viewed and some of the speeches given in D.C. I think there is a double standard at work here which is fundamentally unfair."

Stephanie Murphy, a Park Ridge parent who was planning to attend the Jan. 23 school board meeting with a group of other parents, said she was pleased with Paterno's resignation.

Before the announcement of Paterno's resignation, a number of parents told the Park Ridge Herald-Advocate they planned to attend the Jan. 23 meeting of the District 64 school board to express their anger over Paterno's comments.

"I was highly offended," said Elena Demos, the mother of a Roosevelt Elementary School student. "I marched in the Women's March on Chicago, and I don't appreciate being called a 'vagina screecher.' And I did vote."

"It's offensive and abusive language," said parent Steve Kopka. "If a child in a District 64 school said this, they would be suspended — and rightly so. And here is somebody who (is) supposedly representing our students and our education system. I couldn't believe it."

Paterno's four-year term on the school board ends in April, and he was not running for re-election. He was in his first term as a board member. Paterno was among the group of seven candidates who ran for four open seats on the Board of Education in April 2013. Of the four elected, he received the fewest votes, with 3,860 ballots cast in his favor.

District 64 school board President Anthony Borrelli said the district would be releasing a statement later on Jan. 23. He said he did not read Paterno's Twitter comments, but did say that Paterno did not violate any school board rules pertaining to the use of social media because he was posting on his personal Twitter page.

On the website of Park Ridge-Niles School District 64, the Board of Education operating principles includes, "refrain from speaking negatively about others," and "use social media in a positive way only to express individual (not entire board) citizen views."

Fred Sanchez, a candidate running for the District 64 school board this April, denounced Paterno's comments in a Facebook posting on his candidate page.

"No one with integrity would talk about women this way," he wrote. "This board desperately needs more honesty, integrity, transparency and accountability."

Paterno has been a licensed clinical psychologist since 2006 and has no record of discipline, according to the Illinois Department of Financial and Professional Regulation. His license is due to expire in September 2018.

He is the founder and clinical director of Park Ridge Psychological Services, a mental health counseling service for all ages, according to the business' website.

According to the website's biography of Paterno, he has a background in assessing attention deficit disorder and calls a "myth" the idea that emotional disorders are the result of genetics or biochemical imbalances. Paterno also "denies that psychotropic medications are necessary, effective, or generally safe," the website says, adding that he prefers "non-medical alternatives, which have been proven — in an ever-expanding body of research and also in his professional experience — to be largely more effective, safe and humane."

In the days since his Twitter posts, a number of people upset by the social media remarks lowered his business' rating on Yelp, published screen shots of the tweets and took him to task for the comments.

"From Dr. Paterno's twitter comments, I would be hesitant about taking a child in for counsel-

ing services," one Yelp reviewer wrote on Jan. 23. "I wouldn't want this man influencing my children, and find it surprising that he even still has a practice. Do your research before consulting with him."

This isn't the first time Paterno has shared a strongly worded and potentially controversial opinion as a school board member. In late 2015, after a transgender student in nearby Palatine-based High School District 211 filed a complaint with the American Civil Liberties Union for full access to the girls locker room, Paterno weighed in on a show called "American Trends," hosted by conservative pundit Gina Loudon.

"I'm hearing from parents and I'm hearing from the teenagers," he said when asked the reaction by District 64 constituents. "Particularly, the teenage girls are disgusted by this. They don't want boys in the bathroom, whether they're hormonally different or they are wearing the accouterments of girls. They don't want it."

"And I know that parents almost overwhelming they don't want boys (in the girls' locker room)," Paterno continued. "... No matter what he wears or what he wants to go by, every last cell in his body is male. So, they don't want that to happen, either. But they are afraid of lawsuits and they are afraid, I think, of being called bigots."

Paterno and Loudon co-wrote a 2012 book called "Ladies and Gentlemen: Why the Survival of Our Republic Depends on the Revival of Honor."

According to the Amazon.com description of the book, atheism, liberalism and radical feminism have undercut the virtues of the "ideal woman and man." "Readers will understand the crucial contributions of government, family, literature/media and churches in producing a culture that either esteems or debases the best of each gender."

The book was published by God and Country Press, an Evangelical Christian publishing house.

Jennifer Johnson is a Pioneer Press reporter. Tony Briscoe is a Chicago Tribune reporter.

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Cops look into graffiti with 'Trump'

BY IRV LEAVITT

Pioneer Press

Grffiti depicting swastikas and other symbols, combined with the name "Trump" have been found on five recent occasions in the Northbrook Public Library, and the village's Police Department is investigating the vandalism as possible hate crimes, according to library officials.

Security cameras have been set up outside the men's rooms where the graffiti appeared, and the washrooms are being regularly monitored, library executive director Kate Hall said.

"A number of staff members were very shaken by this," Hall said.

The first graffiti appeared in the week after Donald Trump was elected president, said assistant library director Brodie Austin.

The last was found Jan. 18, after about a month with none found.

"We thought we were free and clear," Hall said.

She said she considers the case a likely hate crime, "especially considering that Northbrook has a significant Jewish population."

A Northbrook police official said no similar graffiti has been found elsewhere in the village, but declined further comment.

Spokespersons for Glenbrook High School District 225 and the Northbrook Park District said no such graffiti was reported in their facilities.

"A number of different libraries have had similar instances with this," Hall said, referring to Evanston Public Library books about the Quran being defaced with swastikas and anti-gay slurs in mid-November, and another local library where "a verbal altercation" occurred.

The Northbrook Library, in a response to the incidents, passed a new code of behavior for Jan. 19, but it's not intended to stop future graffiti, which is already illegal under state and local law.

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Evanston District 202 adopts 'haven' resolution

BY LEE V. GAINES
Pioneer Press

Evanston Township High School District 202 officials approved a resolution Jan. 17 aimed at protecting the high school's undocumented students and their families from federal immigration enforcement that is based solely on their immigration status.

The resolution was crafted by District 202 board member Jonathan Baum, an attorney and director of pro bono services at the Chicago law firm Katten Muchin Rosenman LLP.

He told his colleagues on the board that he believes District 202 is the first school district in Illinois and one of a handful nationwide to adopt such a resolution.

Baum said the idea for the resolution came after ETHS senior Cameron Guy re-



LEE V. GAINES/PIONEER PRESS

Attorney and Evanston Township High School District 202 school board member Jonathan Baum helped to craft the school district's Safe Haven Resolution, passed Jan. 17.

quested during a board meeting last month that high school officials consider adopting a measure similar to the sanctuary city resolution approved in November by the Evanston City Council.

Guy is an undocumented

immigrant and member of a student group that promotes advocacy education about undocumented youth and immigrant rights.

The resolution adopted by the school board establishes District 202 as a "safe haven for students and fami-

lies threatened by immigration enforcement or discrimination, to the fullest extent permitted by law."

The resolution bars the district from using school resources to detect or assist in the apprehension of individuals solely on the basis of their immigration status. It also prohibits school employees, contractors and volunteers from inquiring about a student's immigration status and from requiring students or parents to produce documents pertaining to that status. The resolution bans school officials from releasing any information about a student or family's immigration status to Immigration and Customs Enforcement unless compelled by court order.

Further, ICE officials are barred from entering the high school unless they provide credentials and reasons

for entry and the superintendent is first able to consult with legal counsel and "take steps to provide for the emotional and physical safety of students and staff."

Baum said the formal action adopted means the district will "exercise our legal rights to the fullest" to protect its undocumented students. His colleagues on the board praised the attorney's work crafting the resolution in consultation with legal experts and an Illinois State Board of Education official.

"I was really struck by the fact we had a student in the school come to us and ask us for this," said board member Anne Sills. "And we could, as a school, as a board of education, be responsive to this in this way. I just want to say this is a really proud moment."

Mercedes Fernandez,

who is the Latino liaison and minority language coordinator for the high school, said the passage of the resolution makes her feel "very proud."

ETHS parent Rocio Mancero said she's very nervous about how the current presidential administration will treat the country's undocumented residents.

District 202 Superintendent Eric Witherspoon also thanked the board for its direction on the issue.

"With you, as a governing body, giving us this guidance and empowering us this way, I promise you this: We will stand tall and we will take every measure we can possibly and legally take to protect every student and their families in this school," he said.

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



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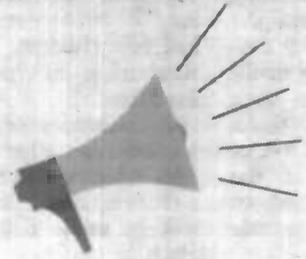
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NEWS

Northbrook's 'best mailman ever' dies while on the job

BY IRV LEAVITT
Pioneer Press

A man known as "the best mailman ever" died while working his Northbrook route Jan. 14. Rudy Alex Loosa was 59.

"He was the quintessential mailman some of us my remember from 1950s television, where everybody knew the mailman, knew the milkman, and they knew about you and your family, knew about your losses, your celebrations, your victories," said Scott Cawley, one of the Northbrook residents along the route Loosa walked for 18 years. "There was always a smile on his face and a great sense of optimism."

Loosa, a Buffalo Grove resident, collapsed in his truck while on the job on Northbrook Route 8, which includes the neighborhoods near St. Norbert Parish Church, Meadowbrook School and Northbrook Junior High School, according to his daughter, Lyssa Stoyka.

"He would stop and play catch and make snowmen, and ask about graduations," said, Devon Roane, who lives on Route 8. "He truly cared about people. He wasn't just pretending, he was genuinely interested in what you were saying."

"It's the worst thing ever." Ribbons have started appearing on mailboxes.

"We were going to do black, but we got red ribbons for him, because we wanted it to be cheerful, not sad," Roane said.

"Rudy made our corner of Northbrook feel like a small town," said Route 8 resident Mark Spencer. "He could have gotten his route done as soon as possible, but he made everybody feel special. We were pretty blessed to have someone like him in our neighborhood."

Stoyka said that her father's friendliness was founded "in his great love for Jesus Christ," which fos-



LOOSA FAMILY PHOTO

Rudy Loosa

tered a love for the people around him. Growing up as his daughter was wonderful, though sometimes frustrating, "because he talked to everybody," she said.

"Rudy was a hard worker and did his job well, but that did not stop him from making time for those he walked past," Stoyka wrote in a personal obituary for her father.

That included helping an elderly woman clear out her gutter, or leaving notes of encouragement for people, Stoyka wrote.

"Rudy was intentional about using the time he spent walking to pray for residents and the neighborhood. Rudy's smile was genuine because he genuinely cared about each person," she wrote.

Spencer said that his son once spotted Rudy from outside the junior high and told his friends "That's my mailman, Rudy. That's the best mailman ever."

"That's high praise from a 13-year-old to say something like that about a grownup."

While Loosa's mail customers feel he lent a small-town atmosphere to their neighborhood, he felt that a warmth from them, too, as indicated by one of the holiday cards he passed out on his route about a decade ago.

"How I enjoy being your mailman," he wrote. "You

live in such a warm, friendly community and I feel as though I have been grafted into it."

Loosa explained how he knew something about them from their mail, so said he wanted to share a little about himself in his card, including that he was the third of nine children and grew up in Chicago in the Lincoln/Belmont/Ashland area, above the Let Them Eat Cake bakery.

"So my first career called me. Starting as a porter, then a packer, an oven man (now you know why I despise winter), a mixer, and finally the manager of the kitchens of LTEC in Cicero until 1991, when LTEC was bought out by Wilton Cakes and Party Works," he wrote.

He said he didn't want to stay in food service, so began looking for another job, eventually ended up as a postal worker in Northbrook.

"My high school sweetheart, Judy, and I celebrated our 25th anniversary in July," he wrote, sharing they had four children, Melissa, Kimberley, Michael and Jonathan.

A celebration of his life was held Jan. 20 at Harvest Bible Chapel, 7333 N. Caldwell Ave., Niles. Donations may be made to Christian Heritage Academy.

Cub Scouts hold annual Pinewood Derby race

BY KARIE ANGELL LUC
Pioneer Press

A 35-foot maple track was polished Jan. 22 just in time to race 38 cars at the annual Cub Scout Pack 28 Pinewood Derby at West School in Glencoe.

"I just love the tradition of the Pinewood Derby," said Chris Hostert, of Glencoe, Cubmaster of Cub Scout Pack 28.

"Not many kids know how to cut wood anymore and shape it, so this is just a fun project," he said.

January typically starts the local Cub Scout Pinewood Derby season for packs of the Boy Scouts of America.

Mike Currier, of Green Oaks, a pro circuit Pinewood Derby producer, said his season sometimes starts in December, when packs start requesting him.

"I've been doing the Pack



KARIE ANGELL LUC/PIONEER PRESS

Children watch Pinewood Derby action on Jan. 22 at the annual Cub Scout Pack 28 Pinewood Derby at West School in Glencoe.

28 (derby) for close to 20 years," Currier said, as he set up his track before the 1 p.m.

event in the school's gym. "It's (his track) seen over the years literally thousands

of races." Seven cars were run for a Glencoe-based Girl Scout

troop.

Cub Scout ribbons and/or trophies were given for first, second and third place. There were awards for best craftsmanship, most creative design and Cub Scout Choice.

Some children, parents and extended family members worked on cars over the winter holiday break. Cub Scouts received their kits in December.

In early January, they were invited to a Northbrook shop where they could have their small wooden blocks cut to preferred shapes before sanding.

Cub Scouting cars have a five-ounce maximum weight limit and are crafted from the provided kits.

"I went for speed," said Dylan Hostert, 9, a West School third grader from Glencoe who started designing his car about two

weeks earlier.

"Surprisingly, I don't like roller coasters, but I like to go really fast," Dylan said with a smile.

Davahn Killion of Glencoe accompanied her husband, Bruce Killion, and their children, Logan, 4, and Ethan, 7, a South School first grader.

This was the first time the family participated in a Cub Scout Pinewood Derby. Ethan's car was named a sleek Formula 1.

"I'm super proud," Davahn Killion said. She loved the fact that derby cars instill bonding between father and son, she said.

Davahn Killion smiled when recalling memories of watching her family work together. "It's good for his (Ethan's) father to channel his inner child," she said.

Karie Angell Luc is a freelancer for Pioneer Press.

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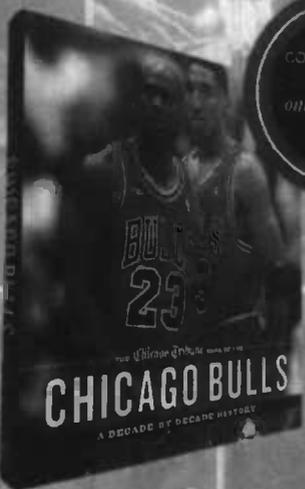


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Local medical marijuana industry challenged

Local dispensaries facing uncertainty, financing issues

By **RONNIE WACHTER**
Pioneer Press

Inside the Professional Dispensaries of Illinois office in Buffalo Grove on a weekday earlier in January, Joseph Friedman assisted a man whose elderly mother was considering medical marijuana for the first time, explaining the different options and their effects.

Meanwhile, another customer buzzed in and out of the lobby to pick up her newest shipment of medication before quickly exiting.

Even on weekdays, the scene inside the medical marijuana dispensary is much more crowded than when the business first opened in the final weeks of 2015. Friedman said more are beginning to consider the budding medical marijuana industry in Illinois as an effective way to relieve pain and other ailments.

"It's just overwhelming," Friedman said of his start in the medical marijuana business. "But every day is an adventure."

Since the first dispensaries opened in Illinois in early November of 2015, the first full year of operation for many dispensary owners involved numerous ups and downs, according to owners in the Lake County area and industry experts.

Dispensary owners have said they've had to overcome the stigma related to marijuana, especially when dealing with government regulators and banking institutions hesitant to finance businesses in the industry.

The federal government still considers marijuana illegal even as some state legislatures debate legalizing the drug for medical and recreational use.

This past November,



Joseph Friedman, chief operations officer of Professional Dispensaries of Illinois, sits in the lobby to his medical marijuana dispensary in Buffalo Grove.

RONNIE WACHTER/PIONEER PRESS

voters in four states approved measures to allow recreational use of marijuana while four other states voted to legalize marijuana for medical use, according to NORML, a marijuana advocacy group.

Patients in Illinois also were slow to embrace the statewide medical marijuana pilot program in the initial months of 2016, dispensary owners said. The dynamics created financing challenges as dispensaries worked to develop a base of customers throughout 2016.

"We had some very slow days," Mahja Sulemanjee, community outreach director for Greenhouse, said of the early months after opening a Deerfield dispensary in late 2015.

The Deerfield office served about 50 patients at the start of 2016, he said. Greenhouse's Deerfield location, along with two others in Morris and Mokena, now works with about 1,000 patients total, Sulemanjee said.

At Professional Dispen-

saries of Illinois in Buffalo Grove, the dispensary went from having 19 patients at the start of 2016 to servicing about 300 patients by the end of the year, Friedman said.

Statewide, after a slow start, the medical marijuana program grew steadily during each month despite a relatively small number of patients.

At the end of 2016, about 14,770 patients in Illinois qualified for the program and spent about \$36.27 million throughout the year at dispensaries, according to state figures. To begin 2016, about 4,000 patients were approved for the pilot program.

Despite retail sales totaling multimillion dollars at all Illinois dispensaries, both Professional Dispensaries of Illinois and Greenhouse reported losing money in 2016 after a slow start to the year also marked by difficult interactions with banks, both Friedman and Sulemanjee said.

Both dispensaries had challenges setting up bank

accounts for the businesses before finding the downstate Bank of Springfield, which handles accounts for numerous dispensaries in Illinois, according to Friedman and Sulemanjee.

Since the federal government considers marijuana illegal, banks under the oversight of the FDIC generally haven't wanted to work with businesses in the medical marijuana industry, Friedman said.

"Banks have always had concerns about dealing with products that are against federal law," he said.

Professional Dispensaries of Illinois also routinely updates its bank about its business. The Buffalo Grove dispensary sends two to three reports every week to the Bank of Springfield, detailing recent transactions and the amount of marijuana the business has in stock, Friedman said.

The challenges with banks and drawing in patients are some of the more common issues dispensaries throughout Illinois had to deal with in 2016, said Ali

advance other marijuana proposals, he said

"These groups are going to have time to react, and they're going to have a seat at the table," Nagib said. "Can I see a scenario where they get totally hosed? Yeah, and the way that would happen is if they don't step up and protect their own interest."

The courts also took steps recently to try to expand the pool of eligible patients in Illinois.

Courts have ordered the state to add or consider adding seven new qualifying medical conditions to the list of 41 already approved.

The office of Illinois Attorney General Lisa Madigan, a Democrat, is appealing those orders to avoid expanding the number of eligible patients.

If those conditions — including common ones like migraine headaches, osteoarthritis and intractable pain — are ultimately allowed, they would make marijuana available to many more people.

Earlier this summer, Republican Gov. Bruce Rauner also signed a law that added post-traumatic stress disorder and terminal illness as qualifying conditions, and extended the medical marijuana program until mid-2020, while allowing doctors to certify that a patient has a qualifying condition without recommending marijuana.

The program extension and growing list of qualifying conditions all point to an industry gaining a foothold in Illinois, according to dispensary operators and industry experts.

"No one's making silly money, but we're starting to cover our expenses a little more easily," Friedman said. "It's a great industry to be in, but we're nowhere near where we could be."

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Americans are in for exciting times ahead



RANDY BLASER

If you're the type who likes to live in exciting times, hang on to your hat. We've got them now.

I know some people are a little squeamish about that. I understand.

Having lived through exciting times before, I can tell all the Generation X'ers and the Millennials who saw and love the film "Forrest Gump" that the 1960s just weren't as much fun as Forrest and Jenny and Lt. Dan make it out to be.

On the other hand, if we could get through civil rights protests and riots, Vietnam and the space race, all with the real threat of nuclear war hanging over our heads, then surely we can endure the Trump era.

These kids think they have got it bad in school now with all the micro-

aggressions they have to endure? Well, let me tell you, back in my day when the sirens sounded, you hid under your desk with your arms folded over your head and never, never, never looked out the window at the nuclear blast.

If you were stuck in the hallway when the nuclear alarm went off, boys were to protect the girls. How sexist is that?

As someone who was inspired by Watergate to become a newspaper reporter, I'm kind of looking forward to what's coming. Believe it or not, I view the Trump press conference before his inauguration, the one that had everyone hootin' and a hollerin', as a welcome tonic to the idol worship of the press we saw during the Obama years.

President-elect Donald Trump wore his disdain for the press on his sleeve, right out in the open. I prefer that.

It is about time to come across a politician who is



EVAN VUCCI/AP FILE PHOTO

President-elect Donald Trump speaks on Jan. 11 during a news conference in the lobby of Trump Tower in New York City.

open about his feelings toward the press. The sad truth about it is that all of them, from the newest freshman in the House to the most distinguished and senior senator, they all hate the press. Most are kind and pretend to tolerate the press. But make no mistake,

they hate the press even more than the Trump voters who call it the "lame-stream media."

At best, politicians view journalists as useful idiots who can carry their war. Pet them, praise them, tell them how smart they are, and you got them in your

It is about time to come across a politician who is open about his feelings toward the press.

pocket for life.

But Trump doesn't care. He's figured out everyone hates the press anyway so why not just be open about it?

Some in the media have reacted by criticizing Trump. OK, they would do that anyway. But they've also engaged in displaying their brilliance as writers, stumbling over each other to see who could come up with the most and best superlatives to describe Trump beyond yelling, "He's Hitler!"

Quite weak. So was the response by the CNN White House correspondent, who pleaded with Trump after the president-elect accused the network of being fake news

to let him ask a question. As I watched him repeatedly ask "Can I ask I question?" I kept thinking of Sam Kinison, the off-color comedian. "Say it! Say it!" I was shouting at my TV.

Trump obviously threw out the rules of politeness. So just ask the question. Don't ask if you can ask.

Besides, if he would have asked the question and Trump refused to answer or moved on, as he did, I bet the next reporter would have taken up CNN's question. I would have.

Anyway, I wouldn't fret over whether Trump denies access, or embargoes certain reporters or news agencies.

As one of the all-time great investigative reporters, Jack Anderson, used to say, there are 535 people on Capitol Hill and they all love to talk.

So we are in for exciting times. I hope the press is up for it.

Randy Blaser is a freelance columnist for Pioneer Press.

It's probably best our cats can't talk



PAUL SASSONE

Have you heard about the Catterbox?

I just read a story about it.

Catterbox is billed as the "world's first talking cat collar."

What you do is put the collar on your cat (not as easy as it sounds). The collar records the sounds your cat makes, translates those sounds into human speak and plays the translations out loud. Not only

that, but you get to pick the voice - maybe a stylish English accent. Or perhaps your cat could sound like John Wayne. Lady Gaga?

It's not that cats don't communicate with humans now. But, they use mostly nonverbal forms of expression.

Our cat, Kate, uses facial expressions and paw gestures to tell us what she wants and doesn't want.

Kate's basic gesture vocabulary consists of the following:

"My mouth doesn't like that"

"Don't touch me."

"I believe I asked for ice water."

"What's that you're eating?"

"Nap time. Please cover me with my blue blanket."

The Catterbox intrigued me. What would Kate tell us if we could actually translate her utterances, such as "Gak" and "Rowww" into English? On what secrets of the animal world could she enlighten us? Maybe Kate could finally explain to me why she dotes on my wife but won't give me a single purr. And she could tell me in, say, Helen Mirren's voice.

I wonder how much one of those Catterbox collars costs? They are priceless, actually. Because they don't exist. The Catterbox is an elaborate commercial for a brand of cat treats. Apparently we cat owners will

believe anything - including talking cats, I'm ashamed to admit.

But, once my initial disappointment over not being able to discuss with my cat whether "War and Peace" or "Anna Karenina" is Tolstoy's masterpiece, I realized that cats having the ability to talk might not be a good thing.

We all know how stubborn cats are. It wouldn't be long before cats discovered politics.

Soon, cats would start debating political issues. They would choose up sides - red cats, blue cats, liberal cats, conservative cats.

And pretty soon cats would be introducing bills



KYLE TELECHAN/POST-TRIBUNE FILE PHOTO

Adoptable cat Phantom reaches a paw out as volunteers clean cages and floors at the Feline Community Network in Hobart, Ind., in November 2016.

in Congress to ban dogs from entering the country.

No, it's best we maintain the status quo when it come to cats speaking.

"Gak," I say.

Whatever that means.

Paul Sassone is a freelance columnist for Pioneer Press.

Spot 'fake news' stories with these simple questions



ERIC SCOTT

Maybe you finished up reading another story in this newspaper or on this website before stumbling across this mash-up of words and punctuation marks?

Hopefully, the first thing you thought of afterward wasn't whether that story was real or "fake news." In my opinion — and more on the "o" word in a moment — the more voices in the news business, the better. It's always good to have a variety of information sources to choose where, how and when to get your information. The downside to this is there are more and more ways to deliver stories, including ones from news sites that may look and feel real, but aren't. The term "fake news" has been bouncing around news cycles for months before, and after, the presidential election. Even our new president likes to use it when avoiding questions from reporters or firing off tweets.

But now, the issue has become over leveraged as many either quickly pull a descriptor out of their verbal tool kit to denounce any story that may be critical of one's own views, shift the topic entirely or label something that others are in a hurry to minimize. Oh, and there still are real fake news stories making the rounds. Even the basic idea that pretend journalists readily are able to publish fabricated stories designed to create some type of faux authority and sway your views is dangerous. All it took was one fake news story on social media that made false claims tying Hillary Clinton to supposedly illicit activity going on in the basement of a Washington, D.C. pizza place to motivate someone to show up with a gun at the restaurant to check out if the fictitious story was true.

Fake news, whether it's pumped out by fringe political groups or foreign governments, isn't going away any time soon. And similar to counterfeit bills, it's hard to tell the real thing from the fake. So, I've detailed a few questions to think of when reading a story on your own or more importantly, when you stumble upon one via social media.

First, where is this story coming from? Is the author named in the byline and is the source listed in the dateline? More familiar sources for U.S. news includes the Associated Press (AP), Reuters, Bloomberg, USA TODAY, the Chicago Tribune and so on. If all you see is a headline and



JOSE LUIS MAGANA/AP

A woman places a support banner with flowers outside the door of Comet Ping Pong pizza shop in Washington, D.C., Dec. 5. A fake news story prompted a man to fire a rifle inside the popular pizza place as he attempted to "self-investigate" a claim that Hillary Clinton was running a child sex ring from there, police said.

the opening paragraph without a dateline or source, that should be your first red flag.

Second, if it is such a major story, why isn't anyone else running it? In this age, where a movie star generates global headlines in minutes if she breaks her heel walking on the red carpet, do you really think any "bombshell" story would only be available on a single web page at a site no one has ever heard of? In the days of Chicago's old City News Bureau, the motto used to be, "If your mother says she loves you, check it out."

And finally, who's being quoted? Is anyone being quoted? This one can be tricky since some fake news stories make up names and quotes. One way to weed out fake quotes is to think whether anyone would really say what you just read. Even if that's hard to tell, a quick internet search to check the name or organization being quoted will let you know in seconds if it's coming from a legit source.

There is one more thing worth pointing out. You will come across articles that may be highly opinionated, criticizing some political views or issues while praising others. Generally, these stories are found on a newspaper's (clearly labeled) opinion or editorial page — hence, the term op-ed.

These articles are designed to make readers think and encourage you to voice your opinion in a letter (or email) to the editor that can create a valuable dialogue with readers. If we go back to my original opinion that more voices in the news are better than fewer voices, then how about engaging in constructive conversations about differences in opinions rather than being dismissive of them right off the bat?

Eric Scott is a freelance columnist.

Moms need to stick together

One day maybe I'll be able to wisely reflect upon my experiences as a parent, but right now, in the heat of it, what comes to mind is a certain four-letter word: H-A-R-D (other four-letter words come to mind, too).

The challenges we moms face can also bring us together in solidarity. Remembering that we're never alone when we look to each other can help us in even our most trying times. In the interest of solidarity, I want to share some challenges our family has been facing.

I've written about my son Dariusz before. We've been through plenty of trying times, but none have made me feel as vulnerable as I've felt in the past few weeks. Early on Christmas Eve morning, Dariusz, who has a history of febrile seizures, awoke with a fever. We immediately gave him Tylenol, but it was too late — the seizure began within minutes. Fortunately, unlike his previous two febrile seizures, this one was brief and stopped on its own. We made it through the holidays, even hosting Christmas Eve, and Dariusz made a full recovery. Then the first week of January, Dariusz developed what we believed were symptoms of a virus — a full-body rash, pink eye and fever. We spent all week in and out of immediate care and his pediatrician's office, trying to make sense of his symp-



NICOLE RADZISZEWSKI
Mama's Gotta Move

toms, until on Saturday he was diagnosed with Kawasaki disease, an autoimmune disease that can cause heart damage if left untreated. He was admitted to Loyola for treatment.

It was a scary, stressful, exhausting time for all of us. It broke my heart to watch my baby lying in bed with

an IV, getting poked and prodded. It pained me when his fever returned and I had to force him to take more medicine. I bit my lip and held back tears so I could be strong for him.

The day Dariusz was discharged from the hospital, the well broke.

We all face incredible challenges as moms, and it's so important we stick together. When sickness makes its way into your home one too many times... When you're living on reheated coffee and a prayer for a car nap...

When you're seriously worried about you or a loved one's health, your marriage or your financial state... When you feel under-appreciated... When you blame yourself for your child's behavioral, academic or physical challenges... When you burst into tears and don't even know why...

When you just can't...you can. We can. Solidarity, mamas.

Nicole Radziszewski is a freelance columnist.

LETTER TO THE EDITOR

More dialogue about depression, suicide good thing

After reading his recent column, I appreciate the honest manner in which Pioneer editor John Puterbaugh grapples with the question, "Why do we report some suicides but not others?"

Despite being a leading cause of death, there is a continuing discomfort and lack of agreement on how we should communicate about suicide.

As a 60-year-old man, I remember when suicide was something not be spoken of. For that matter, we didn't even utter the words "cancer" or "divorce" much either. We've made considerable progress in that we talk about suicide at all.

I believe death by suicide is almost always the result of depression, so it is really dying as a result of severe depression. It is a terrible and all-to-frequent outcome of a severe but common medical problem. Yet, we often use the word "commit" suicide. If you think about it though, we generally use the word "commit" to describe behaviors

that are thought of to be wrong or illegal... like committing murder, or a committing a crime. I'd like to suggest dropping this language.

Talking frankly and respectfully about suicide is new territory, but I have witnessed it happening. When my dear friend died from depression at age 50, the family talked honestly and openly at the funeral about how it was suicide. It was difficult, but as far as I could tell it benefited everyone. Importantly, talking openly and respectfully also opens up possibilities to help us, and the folks around us, talk about depression, and get support and help.

I wrote this letter because especially in this time of excessively polarizing public discourse, I think there is a lot to be gained by stepping away from outdated and stigmatizing ideas, and talking respectfully and honestly about depression and suicide.

Joshua F. Mark, LCSW, Skokie

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trbcht-129712

Dance shows the many types of love

BY MYRNA PETLICKI
Pioneer Press

Love comes in many forms in “Deeply Rooted Dance Theater: Aspects of Love,” a concert by the acclaimed dance company that is celebrating its 20th anniversary season.

“There’s always the romantic notion of love but there’s love in so many dimensions,” said Kevin Lega Jeff, co-founder and artistic director of Deeply Rooted Dance Theater. “We talk about loving community. We talk about intimacy. We speak about brotherly love and sisterly love.”

The company’s goal with this dance concert is to “reflect on the power of love at a time when we need it more than ever,” Jeff said.

“We talk about how important love is and how important it is for us to remain aware that love is something important,” added Gary Abbott, co-founder and associate artistic director. “We’ve got to find the basis of love in almost everything we do.”

Jeff and Abbott co-choreographed two of the pieces in the dance concert. Under the umbrella of Family and Communal Love, they are presenting “The March,” which they choreographed to the music of Roberta Flack and Samuel Barber. It is a combination of two commissioned pieces, one created in 2007 and one in 2014, with both reflective of the Civil Rights Movement and the work of Dr. Martin Luther



“Deeply Rooted Dance Theater: Aspects of Love,” performance celebrates 20 years for the dance company.

King Jr. Health, Love and Spirit is expressed in “Jagged Ledges” (2004). “We were commissioned by the King Arts Complex and the National Performance Network at Columbia College Chicago to create a work that would educate and inspire people to think more deeply about HIV and AIDS in the various communities,” Jeff noted. “We’ve updated it with narratives by millennials. We have five young poets performing with the com-

pany.”

Under the same love “umbrella” is “Heaven” (2004), which Abbott said is about “What happens at the end of your struggle when you finally put your burden down.”

Romantic Intimate Love is addressed in a duet Jeff created to “Wild is the Wind,” which uses the Nina Simone version of the song on which she both sings and plays piano. “I’m an avid Nina Simone fan,” Jeff declared. “I

think her music is profound. The intimacy expressed in the song is so vulnerable.”

Love of Movement and Beauty is expressed in “Bach’d,” which Abbott choreographed in 2011. “About 10 years ago, Daniel Duell asked me to choreograph something for Ballet Chicago Youth Company,” Abbott recalled. He fell in love with one of the sections of music Duell gave him. “Four years later, I decided to expand on it and

‘Deeply Rooted Dance Theater: Aspects of Love’

When: 7:30 p.m. Feb. 4
Where: North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie
Tickets: \$22-\$38
Information: 847-673-6300; www.deeplyrootedproduction-s.org

create a piece with another of Bach’s work because I fell in love with the beautiful music and the way it was constructed and the passion it inspired and the intricacies of the melodies,” Abbott said. “It’s one of those really athletic pieces that takes a fair amount of stamina.”

Sisterly Love is covered by “Femme,” choreographed by artistic team member Nicole Clarke-Springer to Nina Simone music. “It’s a celebration of women and who we are. Our struggles and how I feel as a woman—strong, empowered, sexy, visceral, alluring,” Clarke-Springer said. “It feels like an ode to Mr. Ailey, Lester Horton—all those old ballets from that era. It doesn’t have a contemporary feel and yet it’s contemporary. It has a classical base but it is grounded with an African technique.”

The program also features “When Men” by Joshua L. Ishmon (Brotherly Love).

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Deborah Cox is not scheduled to perform at the following performances: 2/4 Matinee, 2/5 Evening, 2/8 Matinee, 2/11 Matinee

THEATER

'Faceless' explores world of teenage American terrorists

BY CATEY SULLIVAN
Pioneer Press

When an affluent teenager from a Denver suburb fled her home to join ISIS in 2014, her arrest at the Denver airport made national news. Today, Shannon Conley is serving a four-year prison sentence after pleading guilty to conspiring to aid a terrorist group. Her case elicited a troubling question for Selina Fillinger, a Northwestern junior when Conley was arrested: Why would a well-off, educated white girl born and bred in the United States, want to join a terrorist organization?

"She had to be crazy, right?" says Fillinger. "I mean, what else could possibly have made her do it?" But as Fillinger dug deeper into the story, she came up against a disturbing fact: Conley wasn't alone. "There are over 250 U.S. teenagers who have tried to do the same thing," Fillinger says. "They can't all be insane. Something else has to be going on."

The murky world of a teen aspiring to be a terrorist forms the backbone of Fillinger's play, "Faceless." Opening in previews Jan. 26 at Skokie's Northlight Theatre, the drama puts audiences into the world of 18-year-old Susie Glenn, a well-off, white teenager who is on trial for conspiring to commit acts of terrorism.

Fillinger has now graduated from Northwestern, but "Faceless" scored a spot in Northlight's 2017 season while she was still a student. When Northlight Artistic Director BJ Jones gave her the news over coffee, it took Fillinger a minute to grasp it. She'd been expecting feedback on the play, not a full production staged at one of the most respected regional theaters in the country. "I literally did not understand what he was saying," Fillinger recalls. "He had to say it a few different ways."

The conversation might have been startling, but Fillinger has been on a playwrighting fast track for years. She's a two-time winner of Northwestern's Agnes Nixon Award, which provides staged readings and a cast prize to the winning student playwright. An earlier work — "Three Landings and a Fire Escape" — netted Fillinger the Judith Barlow Award, which includes a \$2,500 prize and a New York workshop.

"Faceless" is also already an award winner. The piece won a 2016 Edgerton Foundation New Play prize, which came with enough money to fund extra rehearsal time at Northlight. Long before the Edgerton, however, Jones already recognized Fillinger as an artist of major potential. Through Northwestern's Next Step Work-



JANNA GIACOPPO PHOTOGRAPHY

Selina Fillinger

Northlight Theatre presents 'Faceless'

When: Jan. 26-March 4

Where: North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie
Contact: www.northlight.org

ing Commission, Fillinger was paired with Northlight for a year-long play development process. Usually that process culminates in a workshop or a reading. Not this time.

"I never thought of Selina as a student. I think of her as a peer," says Jones. "The language in 'Faceless' is elegant, but it's also punchy. It's thought-provoking. The story is incredibly, incredibly timely."

However, the motivations that have driven hundreds of rich white teens to try and join terrorist groups won't be neatly explained.

"It would be irresponsible for me to say I had an answer for that," says Fillinger. "But I do think there is a general trend. What I've noticed in my research is this: Many of the people who end up being radicalized are people who have felt rejected, lonely, isolated or unimportant. And that makes sense to me. If you're starving for affirmation, and somebody hands you just that, why wouldn't you take it?"

"I think we have an obligation to look at the pain," she says. "For a long time, I kind of stayed away from international news because it made me so sad, and it made me feel helpless. But writing this play, telling this story, this is something I can do. We need to keep looking, even when we don't have the answers."



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MADKAP PRODUCTIONS

David Dritsas and Megan Gill star in "The Seven Year Itch" at Skokie Theatre.

THEATER

'Seven Year Itch' comes to Skokie Theatre stage

BY MYRNA PETLICKI
Pioneer Press

While his wife and son are away, Richard Sherman decides to play. That's because he is suffering from a condition known as "The Seven Year Itch."

David Dritsas plays the middle-aged husband who hankers for some unmarried fun in MadKap Productions' staging of the George Axelrod play which spawned a Marilyn Monroe movie by the same name. His romantic interest, who is referred to as The Girl, is played by Megan Gill. Dritsas said that his character "is feeling that itch of being complacent and a little bit tired in his marriage. He's a bit of a silly person in that he imagines things a lot. He happens to meet this girl upstairs and he takes things a little bit too far. This, of course, unleashes a world of paranoia. This whole show is basically the psychology of a man who's made a horrible mistake and has to deal with that."

As for The Girl, "She just discovered this newfound freedom," Gill said. "She's on her own. She has her own apartment and can do whatever she wants whenever she wants."

'The Seven Year Itch'

When: Feb. 3-19

Where: Skokie Theatre, 7924 Lincoln Ave., Skokie

Tickets: \$34; \$29 seniors; \$24 students

Information: 847-677-7761; www.skokietheatre.org

The show is set in the 1950s, an era that appeals to Dritsas.

"I love old comedies," he said.

Dritsas, who primarily does comedy including appearances with ComedySportz and Second City Theatricals, particularly enjoys playing a character "who talks to himself a lot. I definitely am a person who talks to himself a lot."

Director Ryan P. Bruce enjoys staging this show because, "It's iconic. People know the story," he said. However, the play is quite different from the movie, which was adapted as a vehicle for Marilyn Monroe, Bruce indicated.

"There's so much that didn't make the jump to film," he explained. "It's so much more theatrical; it's so much more broad. And it's much more an examination of this 38-year-old man who's kind of in turmoil.

He's constantly fantasizing. There's only two characters in the script besides Richard that are actually real."

Since Bruce has extensive background in physical theater, he decided that "It would be so much fun to choreograph the physical elements of the dream world that slowly starts to swallow him."

Both actors are enjoying the show's fantasy elements which take them back-and-forth between reality and what Dritsas called "ridiculously absurd scenes. It feels like there's three different theater styles happening at the same time in this show."

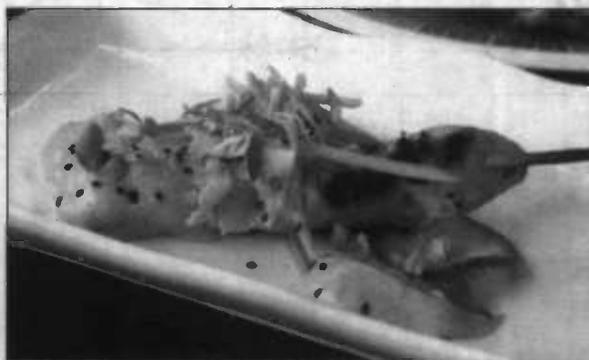
This back-and-forth also offers a directing challenge.

"You're kind of constantly on your toes," Bruce explained. "We have very broad, soap opera vignettes. At the same time, we have these ridiculous homages to films of the era and different tropes of that time." And these moments are back-to-back with realistic scenes.

Bruce hopes that audiences "will have a great time and talk about the absurdity of this man's dreams and fantasies. And, at the same time, be able to take a step back and say, 'That was such a different era — but it was fun.'"

Living

Thursday, January 26, 2017



**Mel's kitchen:
Looking for a
healthier Super
Bowl snack?
Try chicken
satay skewers**

Page 3

2

For Monica Zanetti,
left, and Jeremy Reed
opposites attract —
but putting in the work
still matters.

LORI SAPIO



When opposites repel

Differences that once
were appealing may
lead to problems in
a marriage **Page 14**

SUBURBAN COOKS

Crafty cook finds new uses for rice cooker

Aurora woman's interest in Asian cultures leads to exploring new foods

By Judy Buchenot
Beacon News

Lori Korda, of Aurora, is one of those innovative people who is constantly coming up with something new. "I like anything crafty," she said of her many endeavors into sewing, painting, molding and cooking. She currently is making an array of jewelry, charms, plush toys and other fun objects that are inspired by Japanese animation. She will be setting up a vendor booth at the upcoming Uchi-Con, a free Japanese animation convention held at the University of Chicago on Feb. 4.

"I try to do one con a month," said the 28-year-old, referring to the many anime conventions held throughout the Midwest. She plans to expand her item line to include what she calls "nerdy housewares like potato bakers and light switch covers for people who want to have their anime favorites in their homes." She describes her handcrafted items to be "where gamer and geek is tres chic."

Korda's can-do attitude continues into the kitchen. "It all started with baking," she said. "I started making cookies with friends. Then I took a cake decorating class. Then I started getting interested in Japanese culture so I started learning about Japanese cooking. Since then, it has spiraled out of control," she said, pointing to a bookcase with more than 100 cookbooks. "Right now I am learning Czechoslovak dishes because that is my heritage but I also like Irish cooking and everything else."

Although she takes an international approach to trying new foods, Asian foods are some of her favorites. "When I would go with friends to sushi restaurants, miso soup was usually served. I really liked it and learned how to make it."

She experimented until she came up with her favorite mixture. "Miso soup is a comfort food," she said. "Instead of using bouillon for soup, you use soybean paste." Her favorite brand is Hikari white soybean paste, which can be found at Asian markets.

Classic miso soup is usually served with chunks of tofu, sliced green onion and seaweed in it. "I like to add tempura flakes and a little sriracha sauce to my soup but the broth is also good just plain — especially when I am not feeling well. Rice crackers go really well with it," she said.

Korda has found that the soybean paste can be used in many ways. "I mix the paste



JUDY BUCHENOT/BEACON-NEWS

Lori Korda measures out the ingredients for bread which she makes in her rice cooker. Korda has found many uses for her rice cooker that go beyond rice.

with honey and brush it over chicken that I bake. It gives the chicken a nice soy flavor. It is also great brushed on salmon that you can then bake."

While exploring Asian cooking, Korda purchased a rice cooker. "It makes great rice but I make all sorts of things in it. I take it to conventions with me to cook food in my hotel room. I have made scrambled eggs, pancakes and even bread in my rice cooker."

When she uses the rice cooker to make rice, Korda prefers to use sushi rice. "In general, sushi rice fluffs up more than regular long-grain rice. It has a thicker and

rounder granule and soaks up broth better. I have also started using haiga rice, which has the flavor of white rice but the benefits of brown rice," she said.

Korda continually explores new ways to use her rice cooker and has come up with a great bread recipe. "It takes about three hours," she said. "But I really like it. After it rises the first time, you are supposed to pick it up and drop it down into the rice cooker to remove all of the air out of it. You also have to cook it for a while and then flip it over to cook the other half and then flip it again to finish it." The bread can easily be flavored. She has added matcha powder to

Miso Soup

Makes 1 serving

- 1 tablespoon miso white bean paste
- 1 cup hot water
- 6 1/2-inch cubes of firm tofu
- 1 teaspoon sliced green onion
- 1 teaspoon dried seaweed

1. Dissolve bean paste in hot water and stir. Drop in tofu cubs, green onion and seaweed. Once seaweed is re-hydrated, soup is ready to enjoy.

Rice Cooker Bread

- 1 1/2 cups bread flour
- 1 1/2 teaspoons salt
- 1 teaspoon rapid rise yeast
- 1 ounce milk
- 1 1/2 tablespoons butter
- 6 ounces warm water
- 1 1/2 tablespoons sugar

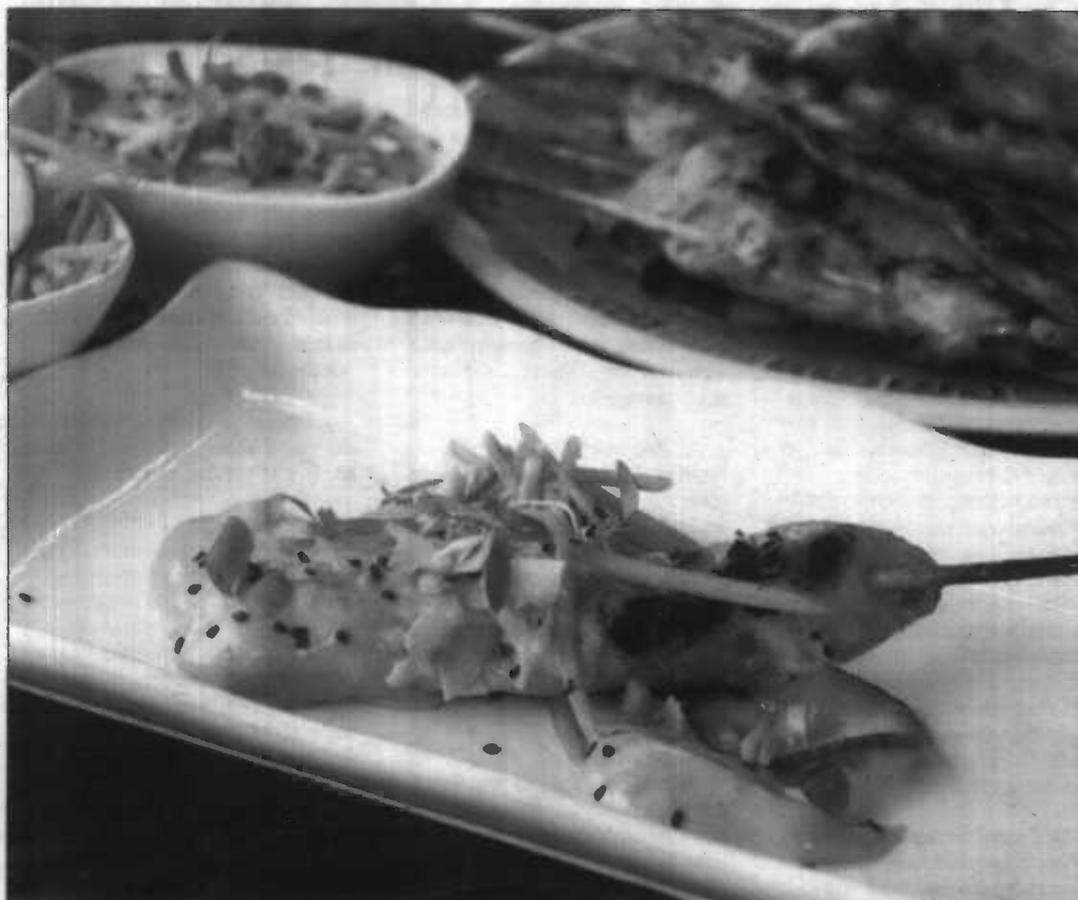
1. Place all the ingredients in a bowl. Mix until blended. Then turn out onto a floured surface and knead until no longer sticky, adding flour if needed. Lightly grease the rice cooker bowl. Place dough in bowl. Allow to rise in a warm place until about doubled, about one hour.

2. Remove bread, hold above bowl and drop back into the bowl allowing all of the air to escape. Allow to rise again. Switch on rice cooker and allow bread to bake until signal appears indicating cooking time is over, usually about 20 minutes. Place a wooden cutting board over rice cooker bowl and turn over to remove bread. Slide bread off the cutting board back into the rice cooker, uncooked side down and start cooker again for a second cooking cycle.

3. When signal appears that cooking time is over, cover with cutting board and remove bread again, flipping it as before. Allow to cook for third and final cycle. Remove bread from rice cooker and allow to cool slightly before slicing. For variations, try adding favorite herbs, matcha powder or other dry flavoring to the ingredients.

make green tea bread and says that herbs like Italian seasoning can also be added for interesting variations.

Korda said that exploring other cultural dishes has been very rewarding as she finds new flavors that she has never tried before. She challenges others to give miso soup and her rice cooker bread a try and shares the recipes for both.



MELISSA ELSMO/PIONEER PRESS

Chicken satay with peanut sauce and a cucumber salad.

Looking for a healthier Super Bowl snack? Try chicken satay skewers



MELISSA ELSMO
Out of Mel's Kitchen

The National Chicken Council anticipates pig-skin obsessed Americans will consume well over 1 billion chicken wings during the Super Bowl on Feb 5. Buffalo wings are a mainstay in the football buffet lineup. Golden-brown, deep-fried chicken wings slathered in buttery hot sauce and served alongside creamy blue cheese dressing are a guilty pleasure to say the least.

Heck, anything with that amount of fat and spice is bound to be an indulgent treat, but conscientious home cooks often try

to make these game-day snacks healthier. Removing the butter, baking the chicken or ditching that oh-so-delicious dipping sauce may save a bazillion calories, but lighter versions of glutinous fare often leave me feeling a little hollow. No matter how hard a competent cook may try to bring out bold flavors in slimmed-down recipes, the swaps almost always result in a dish that is a shadow of its former self.

Making smart food choices can be perfect for a day of mindless eating like Super Bowl Sunday, but rather than tossing out a lackluster version of an old favorite, why not switch course entirely?

Whipping up a home-cooked version of a popular Thai appetizer is the perfect way to put a health conscious spin on football worthy fare. Chicken satay features marinated, grilled chicken

skewers served alongside a brightly flavored cucumber, carrot and almond salad. A luxurious peanut sauce spiked with coconut milk and curry make this food-on-a-stick a party favorite.

I prefer to use lean thin-cut chicken breasts, rather than chicken tenders to make these satay skewers. A pesky tendon runs directly through the middle of chicken tenders and it becomes tough when cooked. Using thin cut breasts not only saves on prep time because there are no tendons to remove, but also ensures you'll have a quick-cooking satay.

Arrange warm Super Bowl satay on a large platter and garnish it up with toasted coconut, sesame seeds, scallions, cilantro and chopped nuts. Be sure to give your skewer a gentle dunk in the peanut sauce and know you've served up a game-day snack the whole family can feel good about.

Super Bowl Satay with Cucumber Salad and Peanut Sauce

This recipe makes a generous amount of sauce, but it is easy to put all that goodness to use. Use the leftovers as a topping for a roasted pork tenderloin or as a sauce for thick spaghetti. Makes 10-12 servings.

FOR THE CHICKEN:

- 1/2 can unsweetened coconut milk
- 2 tablespoons soy sauce
- 1 tablespoon brown sugar
- 1 teaspoon curry powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon kosher salt
- 1/4 teaspoon each red pepper flakes and coarse black pepper
- 1 1/2 pounds thin cut chicken breasts cut into long 1 1/2-inch wide strips
- 12-14 bamboo skewers soaked in water for 30 minutes

1. Whisk together the coconut milk, sauce, brown sugar, curry, turmeric, salt, red pepper flakes and black pepper together in a small bowl. Place the chicken into a large resealable plastic bag and pour the marinade over the chicken. Zip the bag and refrigerate several hours or overnight.

2. When ready to cook the chicken, thread each piece of chicken onto a bamboo skewer. Preheat a grill pan over medium-high heat until smoking. Cook skewers in batches for 3-4 minutes per side (depending on thickness) until deeply colored and cooked through. Cooked skewers can be held in a 170 degree oven until all skewers are cooked and ready to serve.

FOR THE CUCUMBER SALAD:

- 1/2 cup sugar
- 1/4 cup red wine vinegar
- 1/2 cup water
- 1/2 teaspoon salt
- Pinch of black pepper
- 1 English cucumber, thinly sliced
- 1 cup shredded carrots
- 2 tablespoons of toasted almond slivers or chopped peanuts

1. Combine the sugar, vinegar and water in a small sauce pan. Bring to a boil and reduce heat to a simmer. Stir the mixture until the sugar is dissolved. Add the salt and pepper and allow to simmer gently for five minutes. Allow the dressing to cool to room temperature before pouring over the cucumbers, carrots and almonds. Toss the salad well and refrigerate until ready to serve.

FOR THE PEANUT SAUCE:

- 1 1/2 cans coconut milk
- 1 heaping cup of smooth all-natural peanut butter
- 2 teaspoons curry powder
- 2 teaspoons chill-garlic sauce
- 2 teaspoons soy sauce
- 1 tablespoon brown sugar (more or less to taste)

1. Combine all the ingredients in a medium sauce pan. Bring the mixture to a gentle boil, whisking frequently, until the sauce is smooth and has a lovely sheen (about 10 minutes). Taste the sauce and adjust seasoning to taste. Keep the sauce warm until ready to serve.

SERVING AND GARNISHES:

- Snipped scallions
- Cilantro leaves
- Toasted coconut
- Black sesame
- Additional almonds or peanuts

1. Transfer the warmed chicken satay to a serving platter. Sprinkle with scallions, cilantro and toasted coconut. Transfer the warm peanut sauce to a serving bowl and sprinkle with black sesame and nuts. Serve the peanut sauce and cucumber salad on the side of the grilled skewers.

MY PET WORLD

One way you can create healthy food for your pet bird

By Marc Morrone
Tribune Content Agency

Q: I just returned from a weeklong vacation and left my two cockatiels with a friend. She fed the birds well but did not clean the cage out as I do but I really could not fault her for. As soon as I got the birds home I noticed them at the bottom of the cage eating something with gusto and when I looked closely I saw it was seeds that fell to the bottom and got wet and had started to germinate. I immediately cleaned out the cage so there were no more germinated seeds to eat and I am wondering if eating these seeds could have caused the birds any harm as the bottom of the cage was very dirty. — Sandra Mitchell, Orlando, FL

A: Seeds that have just started to sprout are actually a bird delicacy and one of the most nutritious items you can feed any pet bird. The sprouting process releases many vitamins and minerals trapped in the seeds that are otherwise not available.

However, they are certainly not very good dietary supplement when eaten off the bottom of a cage among weeks' worth of uncleaned waste. So if you want to feed your bird sprouted seeds as a nutritious addition to their diet that you cannot buy in any store then sprouted seeds are a great thing to do especially if children are involved in the care of the bird as the sprouting of the seeds is a



CHUCK BERMAN/CHICAGO TRIBUNE

Some birds are eager to eat sprouted seeds, which contain vitamins and minerals not available when the seed is in its dormant state. People with birds as pets can sprout their own seeds at home.

lesson in the natural world in itself.

There are many fancy seeds spouting kits sold out there but if you are just sprouting a few seeds for a pet bird or two then it is easier to get a shallow cookie sheet of pie pan and line it with flat newspaper.

Wet the paper and then sprinkle a seed mix on it that is appropriate for that particular species of bird. Be sure that the seed mix contains just seeds — many seed mixes sold for birds contain seeds and pellets and if you try to sprout such a mix then the pellets will just rot.

After you sprinkle the seeds on the newspaper, lay a sheet of plastic wrap over them and just watch. The next day the seeds will

plump up and the day after that there will be little roots popping out of them and some green sprouts. Seeing how each seed looks a bit different in its sprouting is fascinating. You can then peel off the plastic wrap and shake the seeds and rinse them off under running water and then offer them to your bird.

Some birds will see the sprouted seeds and instinctively gorge themselves on them as your two cockatiels did. It seems that the sight of the sprouted seeds triggers something in their brains or unlocks some knowledge in there of what foods are better than others.

Some birds are cautious but gradually get used to them, and others just refuse them no matter what. However, if your bird does like them then this is a fun project to do that provides your bird with a better diet and lots of natural environmental enrichment.

Q: I have set up a bird feeder in my backyard now for the past 10 years and now something has happened that I never saw before. Every afternoon there is a little hawk that zooms up to the feeder and snatches one of the birds feeding on the seed that is on the ground under it. He or she then flies up into a tree and pulls out the poor little bird's feathers and proceeds to eat it in full view of everybody. The birds all scatter when this happens but a half hour later they are all back at the feeder as if nothing happened. I am really conflicted by

this situation. I know the hawk has to eat but am I doing a disservice to the little birds by encouraging them to congregate in my yard around the feeder as easy targets for the hawk? I enjoy reading your column as you seem to have so much common sense and would appreciate your thoughts on this matter. — Grace Robertson, Allentown, PA

A: The hawk that you have been seeing is most likely a sharp shinned hawk or a cooper's hawk, and they evolved to catch and eat little birds and have been doing so since the beginning of time.

That hawk that you have been watching will catch and eat a little bird every day whether or not you feed the other birds in your yard. However, if you do not have the bird feeder set up then you will not see the hawk.

What to do is up to you. There are those who would welcome to see a bit of the natural world play out like this in their backyard and there are those that feel uncomfortable with it — everyone is different.

If it bothers you, then I would suggest you take down the feeder for a week or 10 days. The little birds that frequent it will then disperse to other feeders in the neighborhood and the hawk will move on. Then when that happens you can put the feeder back up and the little birds will go back to it as if nothing happened.

Q: How many toys should a parrot have? My wife has a sun

conure and the cage has so many toys in it that when they swing around I am afraid the bird will get hit in the head. She says that the bird needs "environmental enrichment" since it is alone all day, but it seems to me that there must be some kind of rule of thumb or guide in this issue. — John Shay, Fort Lauderdale, FL

A: Many people buy toys for their pets as an expression of their love for them and no rule of thumb that I express will ever change that.

However, in a perfect world the best way to ensure environment enrichment for a bird would be to have an assortment of toys on hand. Then, every morning put a different one or two in the bird's cage and then take them out at night so when the bird wakes up there are no toys in the cage at all.

Then before you go to work you put two toys in the cage that are different from those the day before and the bird has something different and unexpected to look forward to each day. This is the very best way to keep your bird stimulated and entertained if it is alone while you are at work.

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



Illinois-registered car winds up with Arizona title

Dear Help Squad,
I live in Illinois. My daughter is a college student in Phoenix. On Dec. 28, 2015, I purchased a used Chevy Sonic from Midway Chevrolet in Phoenix for my daughter to drive. I asked the dealership to register and title the vehicle in Illinois. This allowed me to add the vehicle to my insurance, and we are planning to bring the vehicle back to Illinois after she graduates.

On January 15, 2016, I registered the car at an Illinois Secretary of State office. In December 2016, I visited the same office to renew the sticker. They denied my request, saying the car is no longer titled in Illinois, but is now titled in Arizona.

I've spoken with the Illinois Secretary of State, Arizona Secretary of State, Midway Chevrolet and TD Auto Finance (my lender). All four blame each other for the problem. The only help I've received so far is from (license and title clerk) Kelsie Finken at Midway Chevrolet. She gave me a temporary "license applied for" plate so we don't get a ticket for a sticker that expires in early February.

TD Auto faxed me the Illinois title dated

Jan. 1, 2016. I've been told there is an Arizona title dated Jan. 28, 2016, but no one will fax me a copy. I estimate I've spent 14 hours dealing with this. All I want to do is renew my license sticker.

Michael, Aurora

As I had an expert source for this one, I turned to Michelle Meneghini, license and title clerk at Joe Rizza Ford Porsche and Lincoln in Orland Park. Meneghini went above and beyond to help me out. After providing her a description of Michael's situation and emailing her his complaint, she went to work on his behalf. Meneghini personally contacted both the Arizona and Illinois secretary of state's offices.

According to an Arizona Secretary of State representative, both Michael and his daughter visited an Arizona Secretary of State facility and applied for an Arizona title for their Sonic; photos of their driver's licenses and copies of their signed title application are saved in the Arizona data-



CATHY CUNNINGHAM
Help Squad

base.

After that, per an Illinois Secretary of State representative, Michael applied for transfer of the Sonic's title to Illinois and was issued an Illinois title and registration.

What happened next, as well as Michelle can determine, is Arizona took longer than Illinois to issue its title. While the Illinois title was issued on Jan. 15, the Arizona title didn't get issued until Jan. 28. "So once Arizona issued their title, it voided Illinois," Meneghini explained.

Michael adamantly responded, "My daughter and I NEVER went to an Arizona Secretary of State. The only way they could have gotten paperwork is from Midway. TD never had an Arizona title."

The only conclusion Meneghini could draw from this was that Midway must have applied for the Arizona title with a signed power of attorney on Michael and his daughter's behalf. "Otherwise I don't see it being possible."

I called Midway's Finken. She said that due to customer privacy rules, she couldn't provide details, but she did say she was in the process of correcting the error, and to her knowledge, Michael would not have to pay any fees for the correction.

Michael and Finken then spoke again. "Kelsie said something definitely went wrong at Midway because in 2015 Midway was still not set up to do other states' titles," Michael said.

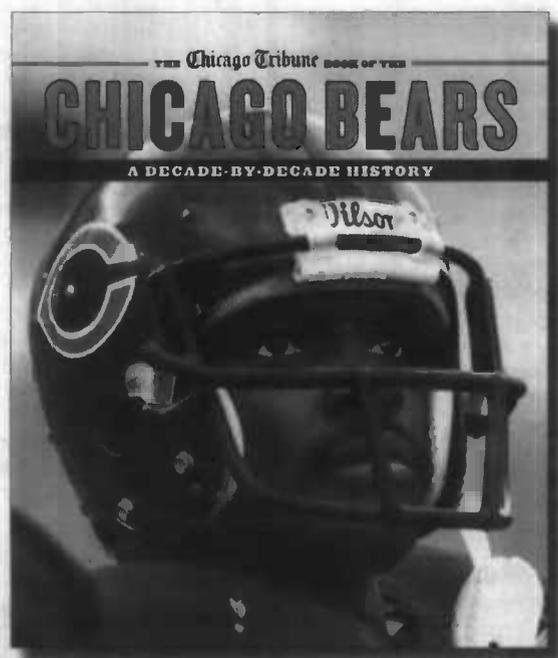
Michael's Arizona title has been submitted to the Illinois Secretary of State by TD Auto. He should receive his new title this month. Michael will keep me posted on whether this actually happens.

Per Meneghini, this entire mess could have been avoided had Midway simply provided Michael with the Sonic's bill of sale, odometer reading and title. This was all he needed to properly register and title his car with the Illinois Secretary of State.

Need help?

Send your complaints and injustices to HelpSquad@pioneerlocal.com.

Cathy Cunningham is a freelance columnist.



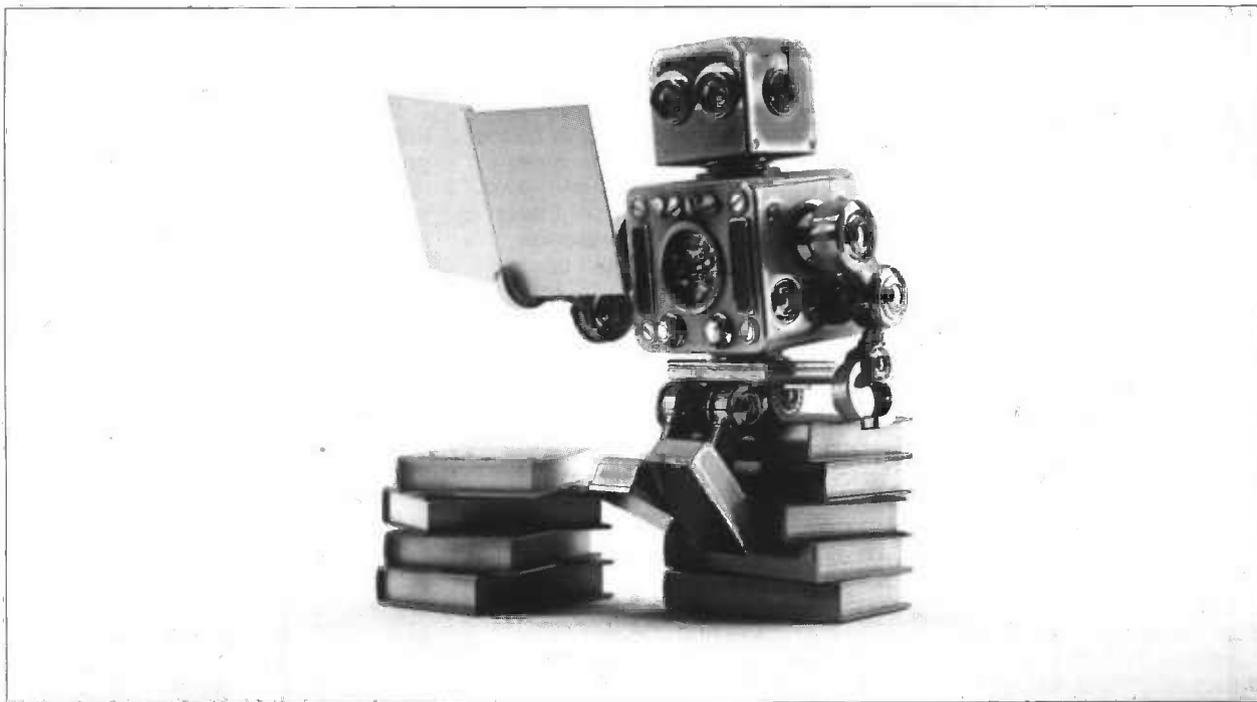
Trib Books

LIBRARY

There are sports fans, and there are *Chicago Bears fans*. This book was made with the latter in mind. Finally, fans can own a comprehensive, decade-by-decade history of the Bears, as chronicled by the *Chicago Tribune* reporters and photographers who have covered the team since its Decatur Staleys days. *The Chicago Tribune Book of the Chicago Bears* is a 300-page coffee table book packed with vintage and contemporary photographs, game stats and facts, profiles and and an exclusive first-person account written for the Tribune by "Papa Bear" George Halas.

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Chicago Tribune



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Fake reader, real books and algorithm-based decisions

By John Warner
Chicago Tribune

Two librarians of East Lake County Library in Lake County, Fla., are the subject of investigation for creating a fake patron, “Chuck Finley,” who checked out 2,361 books over nine months in 2016.

I call them heroes.

According to the Orlando Sentinel, the librarians created Mr. Finley when it appeared that an algorithm designed to automatically cull books that had not been checked out in a certain amount of time from the library’s shelves. The librarians say they were acting to preserve access to books such as John Steinbeck’s “Cannery Row” and to prevent unnecessary book replacement down the line.

While the librarians await the results of the investigation, which may include their terminations, it’s worth looking at the roots of the problem.

As we move deeper into our digital era, and software gets closer to something resembling intelligence, we occasionally lose sight of why it’s dangerous to put our faith in data-driven tools.

Some of you may recall the Flash Crash of 2010, where “high-frequency

trading” algorithms, programs written to trigger trading activity based on certain conditions, caused a 9 percent decline in the Dow Jones industrial average in 30 minutes. In “Flash Boys,” Michael Lewis explores the world of high-frequency trading and the ways it fundamentally undermines a free and fair market.

Independent investigative journalists at ProPublica showed that predictive algorithms used for sentencing criminals based on their odds of recidivism are systematically biased against black defendants.

All that fake news steered our way on Facebook is the result of the platform’s algorithms deciding what populates our feeds.

While it is comforting to believe that an algorithm is a dispassionate tool making inherently rational decisions — this is the motive behind the development of predictive algorithms for criminal sentencing — all algorithms are written by humans and are therefore subject to bias. That bias goes unchecked when we let algorithms work unmonitored. The algorithm becomes a stand-in for judgment, and, in the East Lake County Library situation, it wound up privileging an incomplete list of books.

For example, when an algorithm de-

terminates what to stock in a library based on what is popular, a book like Marie Kondo’s “The Life-Changing Magic of Tidying Up” will merit the purchase of additional copies, possibly requiring the purging of something else to make space.

But Kondo’s book, for all its charms, is a fad. Ten years from now, if it is checked out of the library, it will be as a curiosity at best, like we now look at a guide to crafting your ideal Jazzercise workout.

“Cannery Row,” on the other hand, has endured for 70-plus years and will likely endure for many more. Steinbeck is an important author in the American canon. “Cannery Row” is a classic novel set in the Depression Era. Not having that book in the library would be a disservice to library patrons.

Maybe I’m wrong, but I’ll bet that 70 years from now, no one will remember Marie Kondo.

Perhaps the Florida librarians shouldn’t have fabricated records in their efforts to inject human judgment into their system, but for my money, the real culprit is a culture that wants to put its faith in machines over people.

John Warner is the author of “Tough Day for the Army.” Follow him on Twitter @biblioracle.

Book recommendations from the Biblioracle

John Warner tells you what to read next based on the last five books you’ve read.

1. “Lolita” by Vladimir Nabokov
 2. “Women in Love” by D.H. Lawrence
 3. “Mansfield Park” by Jane Austen
 4. “Netherland” by Joseph O’Neill
 5. “Falling Man” by Don DeLillo
- Jason P., New York

Pretty heavy on the classics in this list, which suggests to me a reader searching for the work that’s going to endure. A somewhat more contemporary novel that I think fits that bill is “Disgrace” by J.M. Coetzee.

1. “Here’s to Us” by Elin Hilderbrand
 2. “Sharp Objects” by Gillian Flynn
 3. “The Passenger” by Lisa Lutz
 4. “Room” by Emma Donoghue
 5. “Here I Am” Jonathan Safran Foer
- Mary P., San Diego

For Mary, I’m going to recommend a spare, seemingly simply book that has haunted me with its quiet power since I read it: “My Name Is Lucy Barton” by Elizabeth Strout

1. “Death in Venice” by Thomas Mann
 2. “Clockers” by Richard Price
 3. “Revolutionary Road” by Richard Yates
 4. “The God of Small Things” by Arundhati Roy
 5. “A Visit from the Goon Squad” by Jennifer Egan
- Robert T., Lake Zurich

Hard to get a consistent read here. This is one where I walk the house, scanning my shelves waiting for inspiration. That turned up a book I think not very many people know about, a work of translation from the always interesting Graywolf Press, “The Last Brother” by Nathacha Appanah.

Get a reading from the Biblioracle!

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



puzzle island

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FILLING YOUR HOME: With various furnishings

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

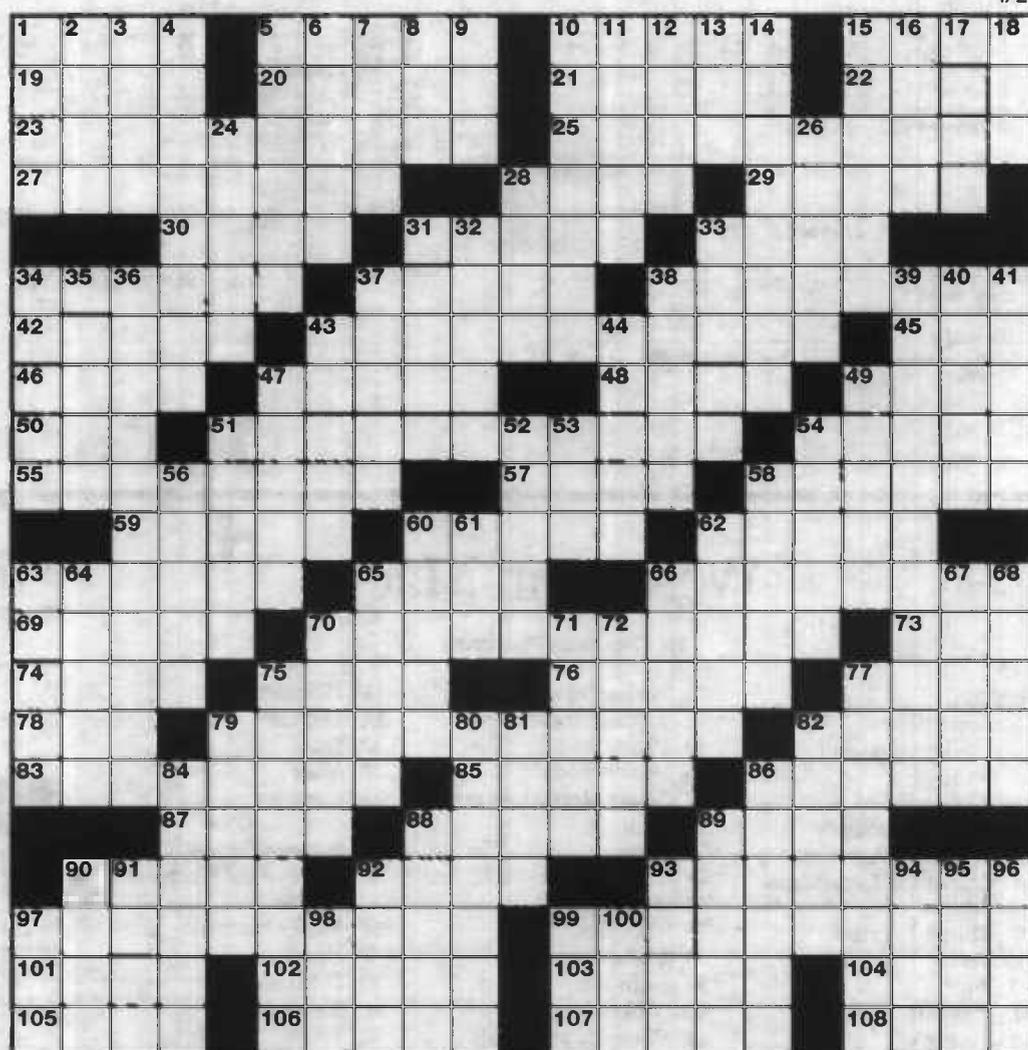
Across

- 1 Italian wine region
5 Fabric quantities
10 Publicity ploy
15 Poet Pound
19 Lute-shaped fruit
20 Underway, to Sherlock
21 Spine-tingling
22 Large lake since the 1930s
23 Easy life
25 Cheater's references
27 Floppy-eared dogs
28 Hardwood trees
29 Briefly worded
30 Brassy
31 Barely passing grade
33 Certain palm-tree fruit
34 Northeastern capital
37 New Testament king
38 Reacts angrily to
42 Girl in the *Little House* series
43 Executive Department appointment
45 Bag-screening agcy.
46 USPS deliveries
47 Evert of tennis
48 Helper
49 Cozy spot
50 Munched on
51 Pectoral, e.g.
54 Legendary trailblazer
55 Summertime woe
57 Name on the cover of *The Odd Couple*

- 58 Entertainer Bette
59 Computer operators
60 Attack from all sides
62 Escorted to one's office
63 Kissed quickly
65 King of rhyme
66 Worker's raise
69 Felt sore
70 Committee leader
73 Bearded beast
74 Render inoperative
75 Dairy sounds
76 2006 Court appointee
77 Go really fast
78 GPS reading
79 Car's custom ID
82 Brigham Young University city
83 Laundry room bottle
85 High society
86 Carpentry tools
87 LAX predictions
88 Quebec neighbor
89 Paper purchase
90 Turns to slush
92 Tiresome talker
93 Winslow Homer work
97 Recipe amount
99 Standards of excellence
101 Molecule part
102 Demean
103 Speak from a lectern
104 Tamper with
105 Bit of heredity
106 Filled and then some
107 SUV ancestor

Down

- 1 Alerts from PDs
2 Leak slowly
3 Cry of accomplishment
4 What encloses some cells
5 Only just
6 Days — (yore)
7 Red-ink figure
8 Boot part
9 Ave. crossers
10 Keep hidden
11 Academic periods
12 *Exodus* author
13 Calligrapher's tip
14 Precedent setter
15 Former *Top Chef* judge
16 Sleep symbols
17 Be worthy of
18 Paid promos
24 Shrek's love
26 Artichoke serving
28 Musk of Tesla Motors
31 Ledger entry
32 Spectrum revealer
33 Battery pole
34 Islam's Almighty
35 Espresso beverage
36 News executive
37 Gruff
38 Milk mishap
39 Whodunit informer
40 In unison
41 Greedy person
43 Game with kings and queens
44 Unspoken
47 Salad green



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

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- 49 "Obviously!"
51 Belief system
52 Al or Bobby of racing
53 "I warned you!"
54 Cheney successor
56 Clucked disapprovingly
58 Nearsighted toon
60 Big talk
61 Certain Ivy Leaguer
62 Undue quickness
63 Covers with concrete
64 Thrifty, in brand names
65 Singing group
66 Compose, as prose
67 Scoundrel
68 Milanese money
70 Highway markers
71 *The Python Years* diarist
72 Gladden
75 Bull Run battlefield
77 Mine transports
79 Jag alternative
80 Had a hankering
81 Ballet move
82 Suffix in cellular biology
84 "I want to know ..."
86 Pheasant female
88 Deer relative
89 Odd-numbered page
90 Significant other
91 Black, in verse
92 Gravy holder
93 Fishing-line mishap
94 Operatic selection
95 USPS deliveries
96 To be: Lat.
97 "Telephone" game of a sort
98 Cops' org.
99 Place for a figurehead
100 Historical span

Quote-Acrostic

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

Clues

Words

- A. Malinger
1 94 15 34 81 169 115 72 142
- B. Stingy person:
2 wds.
23 146 97 67 35 161 130 117
- C. Europe's
busiest shopping street
132 114 104 52 162 22
- D. Breakthrough
kids' game:
2 wds.
163 101 4 133 73 46 56 84
- E. Islands between St. Vincent and Grenada
145 44 137 10 121 111 17 33 71 152
- F. Have and save, e.g.:
2 wds.
158 86 43 96 120 14 165 129
- G. With craft and guile
87 155 8 138 74 62 31
- H. The enlightened ones
7 107 131 83 150 92 48 27 64 170
- I. Distilling town in dry county
112 127 102 36 139 60 21 70 11

- J. Gift of gab
75 39 153 154 134 19 59 103 164
- K. Strengthened
49 95 58 24 105 122 149 128
- L. Fringe
109 98 30 91 148 45 6 69 159
- M. Prior
151 136 42 16 78
- N. Boos and hisses
90 106 125 47 12 147 79 118
- O. English Bible translator (var. sp.)
5 65 123 26 63 77
- P. Without emotion
28 37 135 110 13 61 160
- Q. Data processing science
140 57 50 157 85 40 166 119 9 25 76
- R. Energetic dance
156 124 51 32 141 66 113 20 82 168
- S. Race for the fit
29 89 2 38 53 68 144
- T. The usual
93 3 100 80 54 167 116 41
- U. Stronghold
108 171 99 126 143 55 88 18



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By Jack Raymond.
Edited by Linda and Charles Preston.
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West, as in Mae

BY CHARLES PRESTON

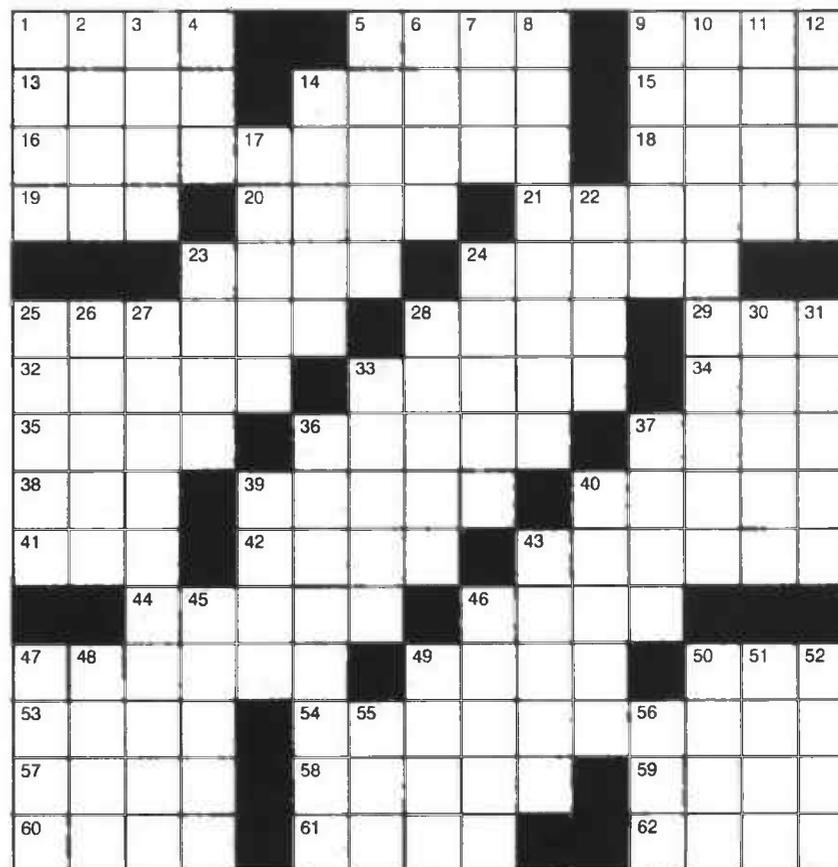
Across

- 1 Impetuous
5 Money, in Napoli
9 So be it!
13 Woodwind
14 Church assembly
15 Louise or Veronica
16 One of the Lockridges' sleuths
18 Things to grind
19 Verse
20 Tops
21 Way out
23 Love god
24 Hamlet, e.g.
25 Require
28 North African seaport
29 Short for depot
32 At ___ : bewildered
33 Play division
34 Before dent or angle
35 Mud
36 Safekeeping place
37 Surrounded by
38 Former Middle East grp.
39 Discoveries
40 List of candidates
41 Greek letter

- 42 Partner of ifs and buts
43 Scottish bigwigs
44 Piggeries
46 Dark breads
47 Seedy Manhattan area
49 Erin
50 Tone
53 ___ -and-shut case sleuths
54 TV Susie
57 Take five
58 Make merry
59 Gobi-like
60 NT book
61 Clarence and Doris
62 The Bay St.

Down

- 1 Red, in Seville
2 Not up yet
3 Aching
4 Pronoun
5 French city
6 Concerning
7 Rubbish!
8 Supporter of a cause
9 Fright
10 American essayist-critic
11 Pieces out
12 Headland
14 Hairnet
17 Tall tales
22 Stare
23 Allay
24 Combats
25 Stop the flow
26 Inventor Howe
27 Shoes of the Fisherman author
28 Moves hurriedly, as a cloud
30 Overused
31 Assistants
33 White ___, NM
36 Martha's island
37 Doleful word
39 Weather word
40 Piece of paper
43 Austrian region
45 Camping shelters
46 Goes up
47 Adriatic wind
48 Fuel org.
49 The green emotion
50 Zeus' wife
51 Trinity author
52 Book or loose follower
55 Educational org.
56 Noah's second son



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

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PRIVATE SCHOOLS

Jan. 26, 2017

The private school advantage

A child's education is the foundation for a successful future. Both in and out of the classroom, a private school setting can mean enhanced learning opportunities, engaging extracurricular programs and at parochial institutions, a profound connection with faith, service and community.

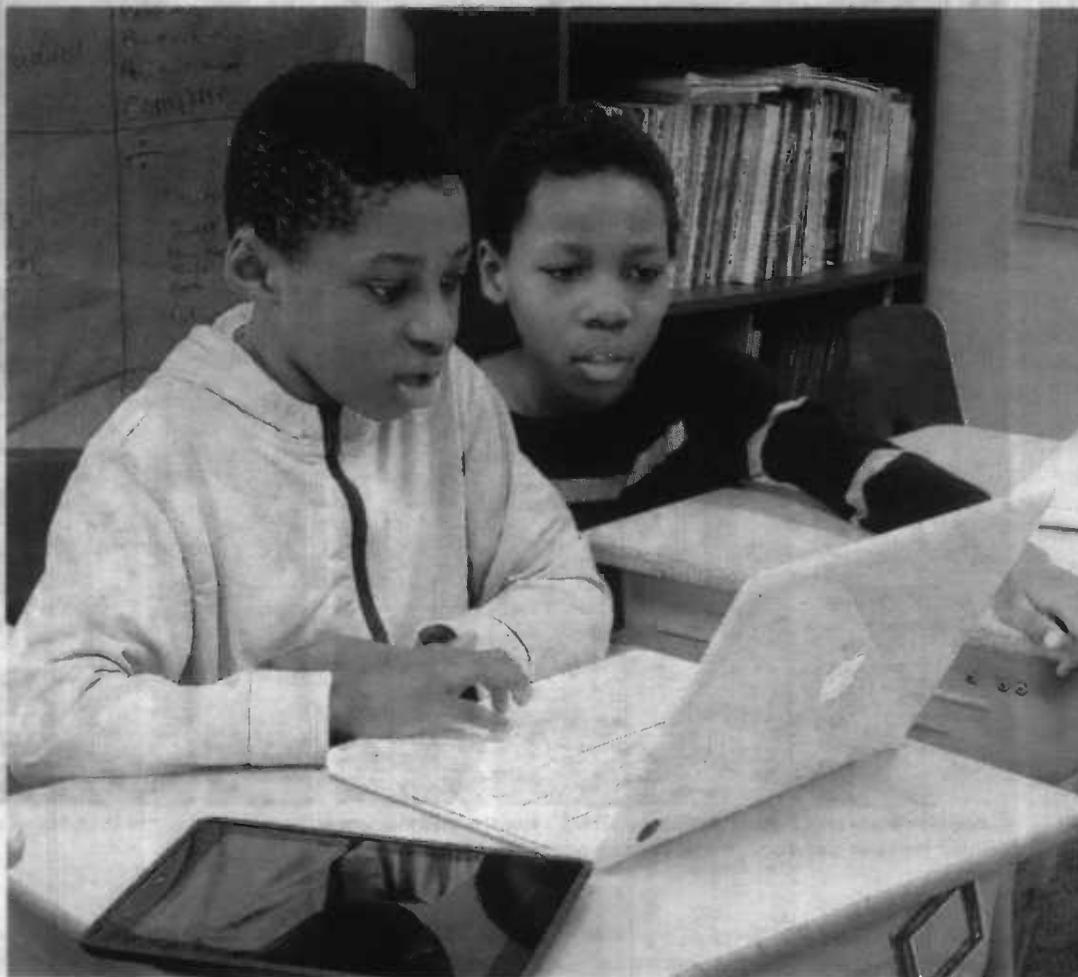
The right tools

At many private schools, a focus on small class size allows each student to learn in a way that's best suited to them. Lake Forest Academy, a boarding and day school founded in 1857, has an average of 12 students per class, representing 14 states and 37 countries.

"Classes are small, so they can really connect, learn, discuss and question," shares Dean of Communications Cathy Morrison.

LFA, like most private schools, focuses on rigorous curriculum in an environment that supports exploratory learning. From state-of-the-art lab equipment to a Global Youth Leadership Institute headquartered on LFA's campus, students have the tools they need to realize their dreams.

"LFA was the perfect combination of scholarship, athletics and community that I was looking for," says Morgan



Lower School Coding Club, coordinated by a parent volunteer, is one of the more popular after-school activities at Roycemore.

Baylor, a 2016 graduate who currently attends Dartmouth.

Extracurriculars drive curiosity, innovation

For students of all ages,

enriching programs outside the classroom build confidence and cultivate leadership abilities. At Roycemore in Evanston, about 75 percent of students pre-kindergarten

through grade 12 participate in extracurricular programs ranging from Mandarin, theater and athletic teams, to cooking, engineering and Tai Kwon Do clubs.

In high school, students are encouraged to pursue a three-week program between semesters that focus on a passion in-depth. Past projects include creating 3D animation, volunteering at an elephant sanctuary and interning at an art gallery — and all promote a culture of life-long learning.

"This is a time for exploring career interests, learning a new skill or strengthening an old one, participating in a service project, or trying out an area of interest for which there has never been time," Roycemore leadership explains.

Faith-based learning

For many, a holistic education includes a strong focus on faith. Students at parochial schools like Our Lady of Perpetual Help in Glenview benefit from challenging scholastics paired with a commitment to service and personal responsibility.

"The call to service is one of the essential components of the OLPH experience," says Principal Amy Mills. "One of our primary goals is to instill a sincere commitment to serving less fortunate, locally and globally.

"At a very young age, children understand that their life is a gift from God and what they do with it matters."

School news

Fusion Academy

Fusion Academy is a revolutionary private middle and high school where all classes are one-to-one: one student and one teacher per classroom.

This allows Fusion Academy to personalize curriculum and teaching to students' individual strengths, interests and learning styles. Customized scheduling allows students to enroll and take classes at times that work for them.

Each campus includes a state-of-the-art recording studio, mixed media art studio, and a Homework Café® where students complete homework before going home. Fusion students are all unique, but have one thing in common: traditional school doesn't work.

Fusion Academy has campuses in Evanston, Lake Forest and Oak Brook, and one is coming soon to Lincoln Park. For more information, visit fusionacademy.com.



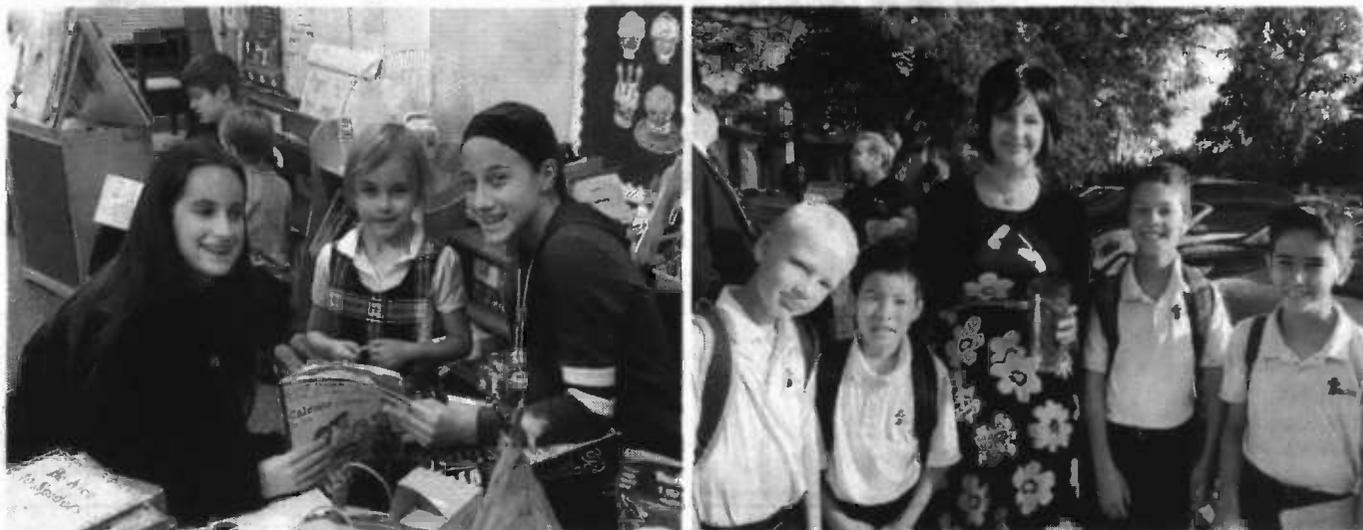
Holy Cross School

Since 1937, Holy Cross School, twice recipient of the National Blue Ribbon for Excellence, and now a Leader in Me School, has been a strong Catholic family-based educational community in which children are treasured for their unique qualities. Classroom teachers provide opportunities to be successful at various levels of learning. Dedicated parents, parishioners, and donors ensure that resources abound.

Holy Cross School's comprehensive curriculum provides myriad opportunities for learning and growth. Students excel in all academic areas.

Additionally, extracurricular activities such as no-cut athletics, performing arts, music and art clubs, chess, club, student council, recycling group, classroom buddies, and a science club, enrich their educational experience and ensure a healthy balance of activities. The school's buddy and service programs allow students to learn from each other in authentic and relevant situations. Children learn the responsible and safe use of technology to research, critically examine concepts and present acquired knowledge.

Holy Cross School prepares students



Clockwise from top: Fusion Academy offers a one-to-one student to teacher ratio; the first day of school at Holy Trinity Catholic School; and the classroom buddies program at Holy Cross School.

to live Christ-centered lives in a global society. College and career readiness and a passion to make a difference are the result of the efforts supported by generous parents, parishioners and sponsors and are implemented by an outstanding faculty.

Holy Cross School is located at 720 Elder Lane in Deerfield. For more information, call 847-945-0135 or visit holycrossdeerfield.org.

Holy Trinity Catholic School

School on Sunday? Yes! School is in session at Holy Trinity Catholic School's annual open house from 8 a.m. to 1 p.m. Sunday, Jan. 29.

In a festive atmosphere of teaching and learning, visitors can see students and teachers in action: observe a lesson en français, investigate science fair displays, visit the computer lab, hear instrumental music students per-

form, test the I.Q. of a SMARTBoard, learn about the 1:1 iPad program, view athletic and academic awards, and browse the art fair.

Do students mind school on Sunday? Not really — they get a pizza lunch and a day off to make up for it.

Holy Trinity Catholic School is located at 108 S. Linden Ave. in Westmont. For more information, call 630-971-0184.

CONTINUED ON NEXT PAGE



MARY, SEAT OF WISDOM CATHOLIC SCHOOLS WEEK OPEN HOUSE

Tours and Registration for 2017-2018 School Year
January 29, 2017 • 10:30 a.m. – 1:00 p.m.
Family Mass 9:30 a.m.

1352 Cumberland Avenue, Park Ridge, IL 60068
847-825-2500 | www.mswschool.org



[maryseatofwisdom](https://www.facebook.com/maryseatofwisdom)



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Our Lady of Perpetual Help School

A Premier Private Education in the Finest Catholic Tradition



Celebrate Catholic Schools Week

OPEN HOUSE Preschool-8th Grade
Sunday, January 29 following
the 9:30 & 11 am Masses

Preschool-Kindergarten

Information Night

Wednesday, March 8
7:00 - 8:00 pm

Preschool-8th Grade

Open House

Wednesday, March 8
4:00 - 6:00 pm

Thursday, March 9
9:00 am - 2:00 pm

Faith • Knowledge • Discipline • Service

olph-il.org • 1123 Church Street • Glenview • 847.724.6990

PRIVATE SCHOOLS

Central

CONTINUED FROM PREVIOUS PAGE

Lake Forest Country Day School

Lake Forest Country Day School delivers a diverse and rich educational experience grounded in academics, arts and athletics to 2-year-old through eighth-grade students. The LFCDS experience ensures that talented teachers inspire and challenge individual students at the top of their abilities, according to their needs. At LFCDS, students from more than 30 communities thrive in a state-of-the-art, hands-on learning environment that encourages self-expression and confidence through inspired teaching, academic rigor, individual attention, and responsible citizenship.

LFCDS is located at 145 S. Green Bay Road in Lake Forest.

To learn more about the LFCDS experience, come to one of the open houses (9 a.m. on Feb. 7 or March 13), visit lfcds.org, or call the Admission Office at 847-615-6151.

Our Lady of Perpetual Help School

When you set foot on the campus of Our Lady of Perpetual Help School

in Glenview, you enter a place unlike any other — a vibrant 21st century Catholic school in an idyllic eight-building campus filled with 3 to 14 year olds. OLPH School invites you to discover the distinction that makes the school an extraordinary place of learning. When you select OLPH School, you join a community bound by a mission of faith, with families passionate about education, students fully engaged in their learning and teachers committed to their practice as caring professionals.

As the school celebrates Catholic Schools Week beginning Sunday, Jan. 29, guests are invited to attend the 9:30 or 11 a.m. Mass and open house following each Mass. More information may be found on the school's website.

Lady of Perpetual Help School is located at 1123 Church St. in Glenview. For more information, call 847-724-6990 or visit olph-il.org.

St. Athanasius School

St. Athanasius School educates and nurtures the whole child. St. Athanasius fosters success through academic integrity and emotional, physical and spiritual guidance. The



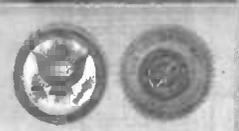
St. Athanasius School in Evanston offers an enriching, faith-filled experience.

curriculum and school life are a vibrant mix of the arts, sciences, math, athletics, religion, service, technology and two foreign languages. From junior kindergarten through eighth

grade, students become part of an enriching, faith-filled experience. St. Athanasius graduates life-long learners prepared for the adventures and rigors of high school. The goal at St.



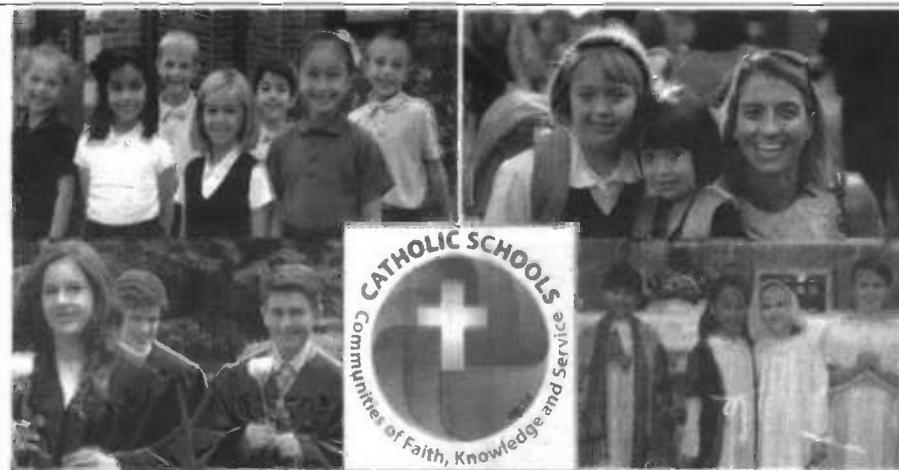




Holy Cross School
A Leader in Me School & A 2014 Blue Ribbon School of Excellence

Invites you to our upcoming events!
Tour Day and Open House
 Sunday, January 29, 2017 at 11:30am
Tour Days and Evening Open Houses at 7:00pm
 Wednesday, February 1, 2017
 Tuesday, March 14, 2017
 Wednesday, May 17, 2017
 Early Registration and Military Discounts
 Financial Assistance Available to Eligible Families

To apply or tour call 847-345-0125 or visit www.holycrossdearfield.org






Open House

We invite you to join us as we celebrate Catholic Schools Week.

Come for a visit, meet our students and teachers.
 Experience why St. Paul is the Place to Be.

Sunday, January 29, 2017
 9:00 - 10:00 am • New & Prospective Families only
 10:00 am - 12:00 pm • Open to All

Preschool through Eighth Grade
 Before & After Care (7:00 a.m. - 6:00 p.m.)
 Full and Half Day Preschool, Prekindergarten, and Kindergarten
 Applications for the 2017-2018 school year are now being accepted.

140 S. Northwest Highway • Park Ridge, IL
www.spc-school.net • 847-825-6366

A's is to guide students to become confident, knowledgeable, compassionate and responsible individuals. You are invited to visit St. A's and take a closer look. The school is located at 2510 Ashland Ave. in Evanston. For more information, call 847-864-2650 or visit santas.net.

Woodlands Academy of the Sacred Heart

Young women are losing ground in the STEM fields. At the bachelor's degree level, between 2004 and 2014, the share of STEM-related bachelor's degrees earned by women decreased in all seven discipline areas: engineering; computer science; earth, atmospheric and ocean sciences; physical sciences; mathematics; biological and agricultural sciences; and social sciences and psychology.

Graduates of girls' schools, however, are faring much better than their peers from coeducational institutions. Girls' school graduates are three times more likely to consider majoring in engineering and six times more likely to consider majoring in math, science and technology.

"Not only do our graduates go on to pursue degrees in the STEM fields," says Meg Steele, head of school, "but they go on to become leaders. We are immensely proud that our graduates are blazing trails in traditionally male-dominated fields."

Woodlands Academy of the Sacred Heart is Lake County's only single-gender school. Located in Lake Forest, the 159 year-old school is an independent, Catholic day and boarding, college-preparatory school for young women of all faiths grades nine through 12. Its challenging academic program and extracurricular offerings prepare students to pursue degrees in STEM fields. For example, the Woodlands Academy Robotics team will be advancing to the FTC Illinois State Championship in February after making an impressive showing at the regional competition in December. Additionally, Woodlands Academy students earned an average score of 4.5 on the A.P. Calculus exam compared to a 2.9 national average in 2016.

For more information, visit woodlandsacademy.org.



Woodlands Academy of the Sacred Heart is Lake County's only single-gender school.

PRIVATE SCHOOLS

Chicago Tribune Media Group

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Visit our webpage to view all of the articles from today's section at: chicagotribune.com/suburbs/advertising/privateschools



Lake Forest Country Day School

OPEN HOUSE

Tuesday, February 7, 9:00 a.m.

Monday, March 13, 9:00 a.m.

To learn more about the LFCDS Experience

Please call (847) 615-6151 or email admission@lfcds.org to register for an Open House.

A co-educational independent school for students age 2 through Grade 8. Graduating students of strong character with a passion for learning since 1888.

145 South Green Bay Road, Lake Forest, IL 60045 | www.lfcds.org | (847) 615-6151

"The first few years of life are the most fundamentally important years in terms of how a child sees and understands himself or herself, others, and the world around him or her. As a clinical psychotherapist, I trust LFCDS to nurture and develop my children on a cognitive, social-emotional, and cultural level."

— KATE MURSAU '90

LFCDS ALUMNA & CURRENT PARENT,
CO-AUTHOR OF "SMART PARENTING"



Sunday, January
29th, 2017

1:00 - 3:00 pm

Saint Mary School

50 North Buffalo Grove Road
Buffalo Grove, IL 60089
847-459-6270
www.sms.stmarybg.org

- ⇒ Students matriculate to Top High Schools in the Country
- ⇒ Full & Half day 3 & 4 yr. Preschool
- ⇒ Full Day Kindergarten
- ⇒ Innovative STEM Lab for grades K-8
- ⇒ Before and After School Programs
- ⇒ Continued growth in enrollment over the last 5 years



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PRIVATE SCHOOLS

Central

Kids and sleep

School-aged children are busier than ever before, and some may be sacrificing sleep to accommodate their lifestyles.

The National Sleep Foundation says school-aged children need between nine and 11 hours of sleep each night to function at a healthy level.

Sleep deprivation can be linked to a host of health ailments, including issues affecting the development of the brain. Growing evidence suggests that lack of sleep can cause disturbances in metabolic rates that could affect the risk for cardiovascular disease, diabetes and obesity.

A recent study from Johns Hopkins University found that, for each additional hour of sleep a child gets, the risk of that child becoming overweight or obese decreases by 9 percent.

Children who slept the least, according to the research, had a 92 percent higher risk of being overweight or obese compared to children with longer sleep duration.



The NSF adds that poor or inadequate sleep can lead to mood swings, behavioral problems and cognitive problems that impact kids' ability to learn in school.

To promote good sleep habits in children, parents and other caregivers can establish consistent sleep/wake routines; ensure children avoid excess caffeine, particularly late in the day; create a cool, dark sleep environment; keep televisions and other media devices out of bedrooms; and help children work through stressors that may impact sleep.

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GIRLS
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THE WORLD



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OF THE SACRED HEART



WOODLANDS ACADEMY OF THE SACRED HEART

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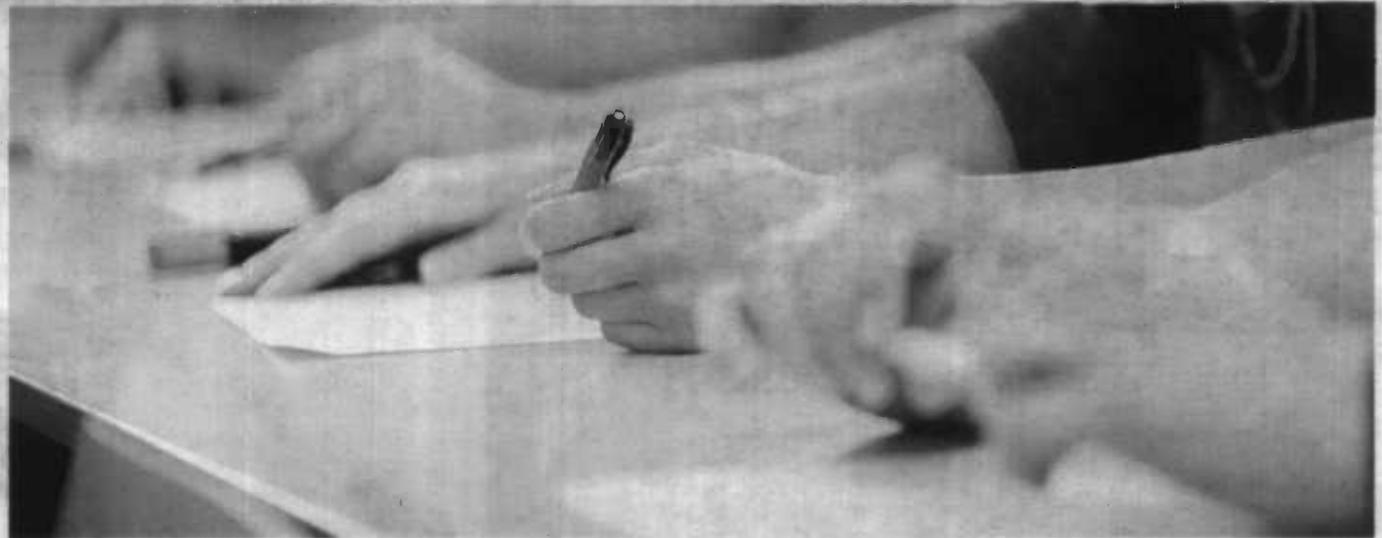
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Lake Forest Country Day School

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lfcds.org

Mary, Seat of Wisdom School

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Park Ridge
847-825-2500
mwschool.org



Our Lady of Perpetual Help School

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Saint Athanasius

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Saint Mary School

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stmarybg.org

Saint Paul of the Cross School

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- Kindergarten – Grade 8
- Small Class Sizes
- Spanish, French, Technology, Art, Music and PE
- Extensive Co-Curricular Activities
- Athletic Teams
- Before/After Child Care
- Lunch Program

OPEN HOUSE

Sunday, January 29th

10:30 am to Noon

Please RSVP to Judy Berg at jberg@saintas.net



SAINT ATHANASIUS SCHOOL

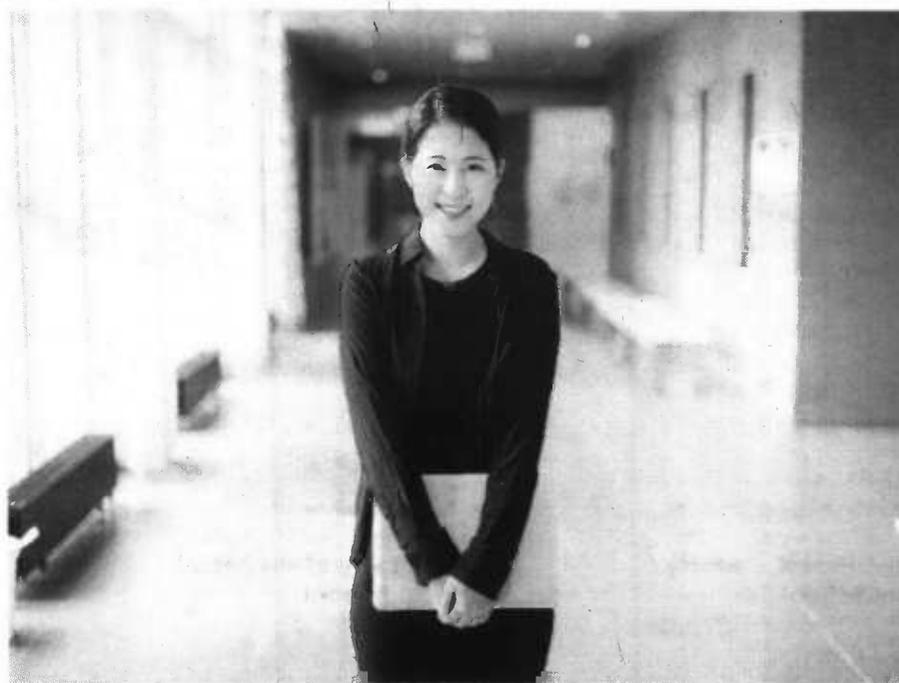
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PRIVATE SCHOOLS

Central



Student exchange programs offer cultural diversity

A love of travel can be fostered early in life by parents who encourage their children to immerse themselves in various cultures. One way for students to do that is to participate in student exchange programs.

Many schools are affiliated with exchange programs, and families can look into programs on their own as well. For example, the nonprofit AFS-USA (formerly the American Field Service) is a leader in intercultural learning and offers international exchange programs in more than 40 countries around the world through independent AFS organizations.

Study abroad and exchange programs vary in length and the ages of students. Some may be a full-year program consisting of 10 months of education, while others may last just a semester or trimester. Exchange students usually are placed with private host families who have been carefully vetted and are eager to participate in the program and share their rich culture with students. Exchange students will enroll in a public or private school, depending on the cost and parameters of the exchange.

Parents and students considering exchange programs should take the following into consideration as they look to learn more about their options.

- Age limits vary depending on the

program, but many work with high school students between the ages of 15 and 18.

- Apply for a student visa from the country a student plans to visit. This process may take some time, so build it into your schedule.

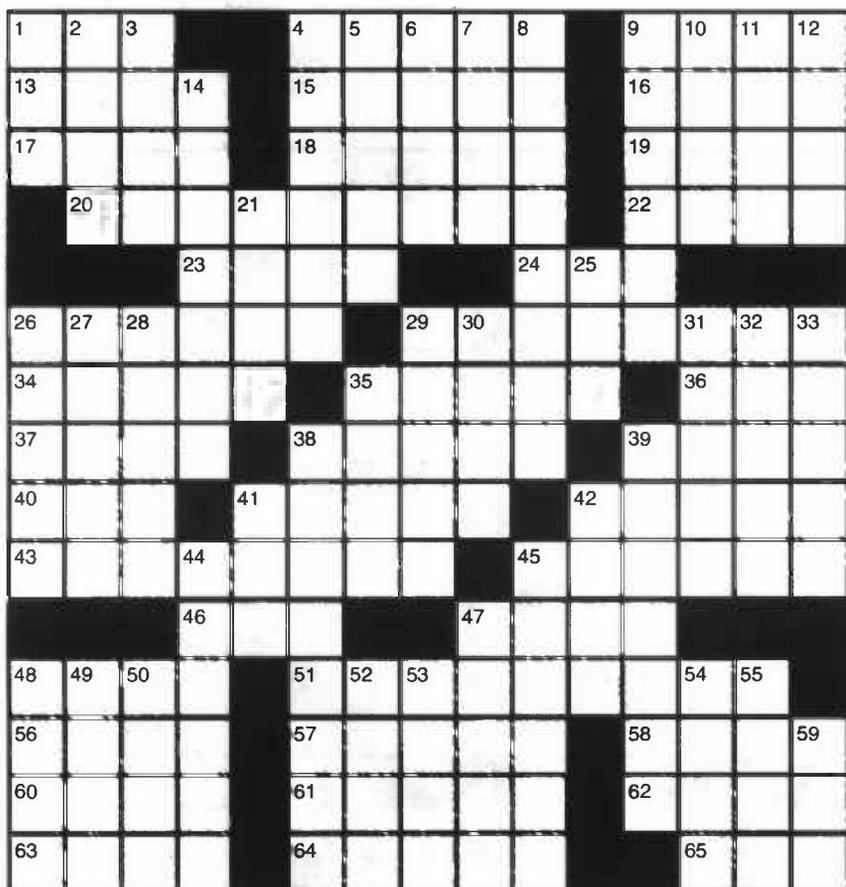
- All fees are the responsibility of the student visiting the host family. These fees may include, but not be limited to, insurance, tuition and application fees. Students and their parents will be responsible for their travel expenses. Students also should take a decent amount of spending money with them so they can fully experience the country and city where they will be living.

- Foreign language experience may be required if you are traveling to a non-English speaking country. Make sure you know the requirements or restrictions.

- Host families typically undergo stringent background checks by representatives of the placement agency or organization. Therefore, students and parents can rest assured that these are secure places. The placement group also will work to address any issues that may arise during the exchange to ensure all parties are happy and safe.

Foreign exchange programs enable students to immerse themselves in different cultures and understand the international education process.

Crossword



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1/25/17

ACROSS

- 1 Mandible
4 Frolic
9 Thailand, once
13 Loved
___; cherished relatives
15 Superior to
16 Jab
17 Small biting fly
18 Punctures
19 Tell it like ___; be frank
20 Most slender
22 Rather and Aykroyd
23 Rod and ___; fishing gear
24 Part of a royal flush
26 ___-eyed; too optimistic
29 Driver
34 Did an electrician's job
35 Did a lawn chore
36 Daniel ___ Kim
37 Elderly
38 Rescued
39 Wild feline
40 Guys
41 Annoyed
42 Actress Burke
43 Grasslands
45 Cuddly-looking marsupials

DOWN

- 46 Singer Tillis
47 Critter once bred for its soft fur
48 ___ around; look for a good buy
51 Aide
56 Do part of a secretary's job
57 Invalidates
58 Actor Will of "The Waltons"
60 Mimicked
61 Norway's dollar
62 Vane direction
63 Cowboy Autry
64 Take ___; look like or act like
65 Poet Eliot's monogram

Solutions



- 25 Fish-and-chips fish, often
26 Marsh
27 Striped animal
28 Sports venue
29 Relocates
30 Was in the red
31 Peaceful poem
32 ___ Barbara, CA
33 Waco's state
35 "___ hay while the sun shines"
38 Asian nation
39 Faucet problem
41 Wrath

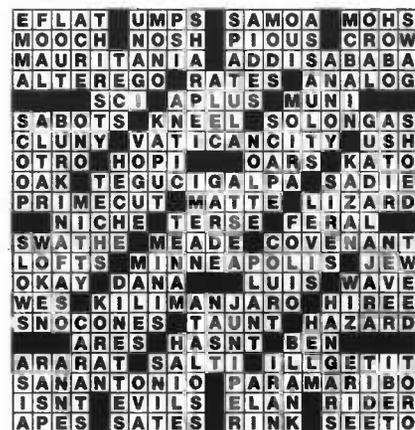
- 42 First word in a warning
44 Block; hinder
45 Mouth, slangily
47 Pooh's creator
48 Male deer
49 Excessive publicity
50 Not closed
52 Ride the waves
53 Job opening
54 Orderly
55 Actress Harper
59 Mailman's beat: abbr.



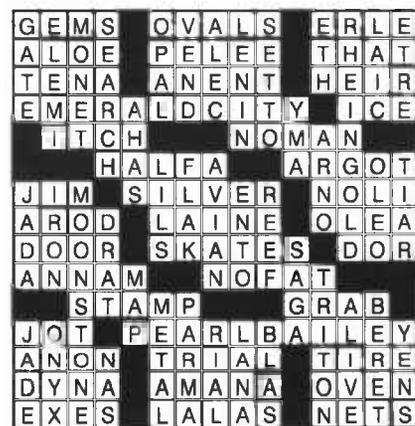
puzzle island solutions

Last week's crosswords

"GEOGRAPHICALS"



"Valuables"



"Say Cheese!"



Last week's Quote-Acrossic

E(mily) YOFFE: BEWARE THE BEAGLE: Beagles are hounds. They can smell the turkey sandwich you stored in your tote bag and ate a week earlier, and nothing will persuade your beagle not to shred your bag in pursuit of this ghostly fare.

Last week's Sudoku

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

This week's Jumble

CHERUB CAVORT TIRADE
CANCEL STIGMA INFANT

The fashion boutique had a shop-lifting problem, so they installed —

"CLOTHES"-
CIRCUIT TV

chicago
tribune.com
/games

Interactive
puzzles and
games

For some, new year means taking off ring

The new year means so many different things to people. Some celebrate with Champagne and parties, others say good riddance to the prior year, and of course, most people implement resolutions, which — let's be honest — have probably already gone



JACKIE PILOSSOPH
Love Essentially

by the wayside. But for some, ringing in the new year means taking off a very significant piece of jewelry — a wedding ring.

Known as "Divorce Month" to those who work in the divorce industry, January has been known to produce a spike in new divorce cases.

"I don't have the statistics, but I would estimate that there are twice as many divorces filed in January than every other month," said Daniel Stefani, a Chicago-based divorce attorney who has been in practice for 22 years.

Stefani said he attributes the uptick to clients feeling like this time of year makes sense psychologically.

"Typically what I've seen is one spouse is more unhappy than the other, but because of the kids they want to get through the holidays," he said. "The new year is a logical time for them. It's a new beginning."

So what happens after one or both people take off the ring and decide the marriage is over? According to a reader who emailed me, confusion and numbness:

"My husband told me New Year's Day he was done, and moved out last Sunday," this reader wrote. "I knew things hadn't been perfect for awhile but had no idea it was to this point. We've been married 21 years and have four kids together. I am totally confused and numb. So many things to figure out and I have no idea where to start."

Having gone through a divorce personally, I can agree that being confused, feeling numb and even shocked at the beginning is typical. I remember feeling dazed for weeks, unable to accept the reality of what was happening. I felt lost, along with an intense fear of the unknown.

"People argue and fight and might even throw out the divorce word, but you never really think it's a real threat, and when you finally see those papers, it's human nature not to believe that your spouse of many years would really leave," Stefani said.

Anne Brennan Malec is a licensed marriage and family therapist and licensed clinical psychologist. Malec said the level of shock depends on the couple's style of

communication.

"If a spouse is conflict avoidant, he or she might not share concerns during the marriage because they are afraid of the reaction," said Malec. "So, they grow quietly resentful until they've had enough and then they announce,

'That's it. I'm done.' Meanwhile, the spouse is thinking, 'Yes, we struggle, but every couple I know struggles. I didn't think we were different than anyone else. I had no idea he or she was that unhappy.'"

So when the rings come off, where do you start?

"From a legal standpoint, we have to talk first and foremost about protecting yourself financially, as well as how to protect your kids from the process as best you can," Stefani said. "It's very important to come up with a parenting plan that fits the couple and that is in the best interest of the children."

Stefani described the divorce process as "typically emotionally draining," and therefore recommends clients seek emotional support, such as a therapist.

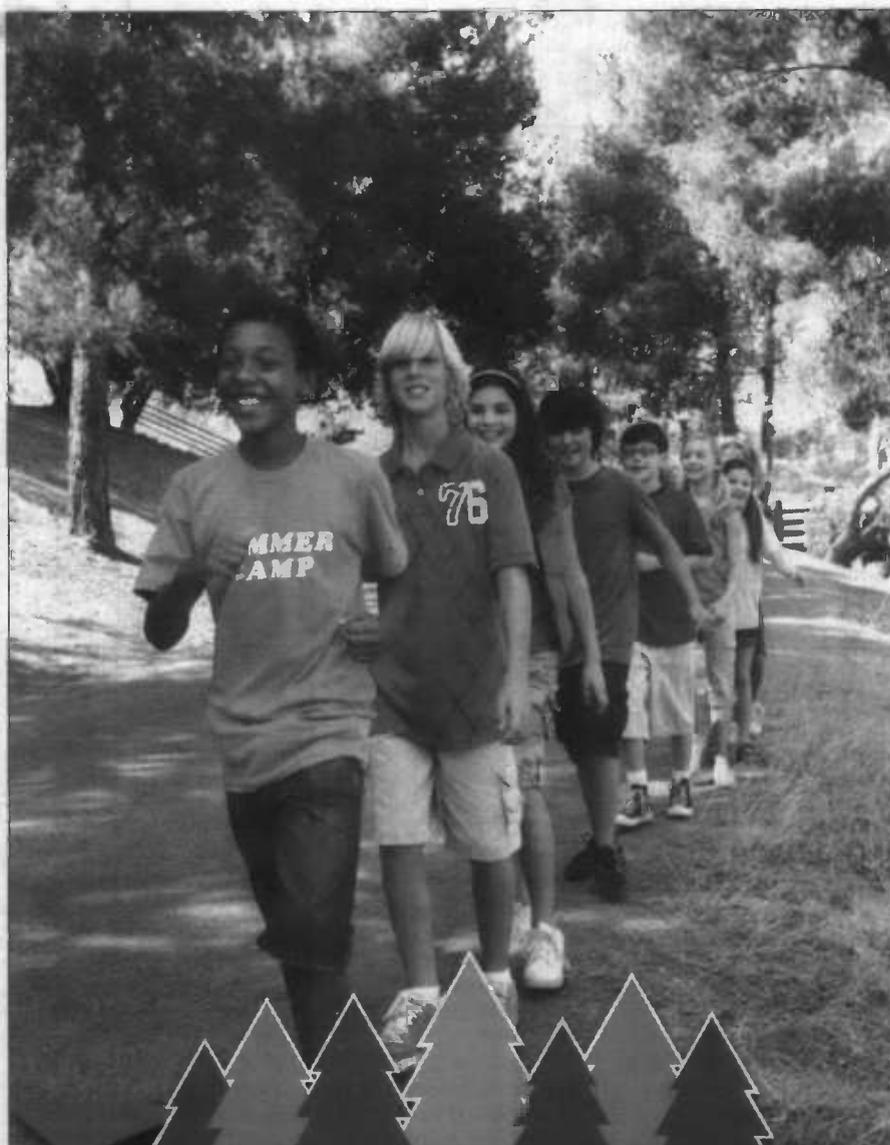
Malec said it's not easy to ask for finality and that hearing a marriage is really over can be heartbreaking.

Based on my own experience, here is my January to-do list for those who have just become separated:

- Start seeing a therapist.
- Avoid drinking alcohol in excess.
- Don't be shy about leaning on friends and family.
- Visit the gym regularly and start doing yoga.
- Get massages.
- Contact your physician if you are having sleep and/or anxiety issues.
- Give your mind a rest from the pain for part of every day. Find distractions such as good television, books, hobbies or get-togethers with friends.
- Meditate for 10 minutes every morning and every night.
- Lean on faith and your spirituality.
- Let yourself grieve and cry as much as you need.

"Marriage is a commitment by both parties and when one party is not committed, the other party is better off in the long run not being in the marriage," Stefani said. "I find that once my clients get through the divorce, they find that they are much happier, whether they wanted the divorce or not."

Jackie Pilossoph is a freelance columnist.



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HEALTH

ASK THE DOCTORS

Marijuana potentially useful for managing pain

By Dr. Robert Ashley
Ask The Doctors

Dear Doctor: I try not to use opioids for my chronic back pain, but I'm finding myself turning to them more often. Could marijuana help?

Dear Reader: Pain is one of the most difficult aspects of medicine to understand. No one can actually feel the pain of another person, but we can see the suffering that it causes. As doctors, we try to alleviate pain in a number of ways.

Opiates — starting with opium, which is derived from the poppy plant — have been used for pain relief for more than 3,000 years. The opiates morphine and codeine, also from the poppy plant, were isolated and made available in the early 1800s. Since that time, multiple synthetic opiates such as hydrocodone and oxycodone have been widely used for pain. These drugs attach to opiate receptors in both the brain and spinal cord.

One problem with opiates is that they relieve pain in the short term but will not control it in the long term. Thus, to relieve chronic pain, a person has to perpetually use the medication — creating one of the addictive aspects of the drugs. The other problem with opiates is that people become tolerant of the medications, meaning that with consistent use, a person needs more medication to relieve the same amount of pain.

For these reasons, opium and its progeny have been abused worldwide. The United States is facing an epidemic of opiate abuse, with prescription opiate medication leading to a rapid



ROBERT F. BUKATY/AP

Studies have shown marijuana can help ease pain and muscle spasm in certain patients.

increase in lethal drug overdoses. In 2014, more than 18,000 people died from overdosing on prescription opiates, according to the federal Centers for Disease Control and Prevention.

Marijuana has been used also for more than 3,000 years. It works through the endocannabinoid system of the body, which has receptors in the brain and spinal cord as well as the immune system. The receptors in the brain and spinal cord can decrease muscle spasms and pain, while those receptors in the immune system can decrease inflammation and pain.

A 2015 study published in the *Journal of the American Medical Association (JAMA)* looked at 14 different clinical trials of marijuana use by multiple sclerosis patients and found relief from chronic pain, nerve pain, and pain and muscle spasm. Another study published in 2015 in *JAMA* looked at 28 different studies with 2,454 patients and found a 30 percent reduction of pain with cannabis-related products compared with placebo.

Opiates can relieve pain in the short term, such as after surgery or an acute

injury. But due to their addictive potential and lack of long-term benefit, opiates are not a good choice for long-term pain relief.

Marijuana is not without its own risks and side effects. These include short-term memory loss, poor motor coordination, paranoid thoughts and, for some, psychosis. Long-term use can also create the potential for addiction, but not to the degree of opiate medications. Also, overdosing on marijuana doesn't lead to death, as it can with opiates.

My suggestion in regard to chronic back pain is to try other methods of pain control over opioids. These include physical therapy, yoga and stretching. If these don't work, marijuana is an option, but beware of its side effects — and try to minimize its use.

Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.

Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o Media Relations, UCLA Health, 924 Westwood Blvd., Suite 350, Los Angeles, CA, 90095.

PEOPLE'S PHARMACY PRESCRIPTIONS AND HOME REMEDIES

Dangers of OTC drugs often given short shrift

By Joe Graedon and
Teresa Graedon
King Features Syndicate

Will your vitamins or dietary supplements hurt you? Millions of Americans take multivitamins, herbs or other supplements every day. Most people don't worry about possible dangers from these pills.

Many health professionals, on the other hand, warn that dietary supplements could send you to an early grave. The Food and Drug Administration often cautions about the risks of taking supplements.

While high doses of some vitamins or minerals certainly could be harmful, they rarely cause life-threatening reactions. Prescription and over-the-counter drugs, on the other hand, might cause serious complications. Public health authorities rarely warn about dangers associated with OTC medications.

If a vitamin, herb or other dietary supplement caused hypertension, heart attacks, strokes, bleeding ulcers and kidney disease, there would be headlines in newspapers. Physicians would demand that the product be pulled off the market.

Yet millions of people take nonsteroidal anti-inflammatory drugs daily without a second thought. The OTC label often is hard to read because of tiny print. About the only side effects mentioned are allergic reactions and stomach bleeding.

Doctors frequently prescribe NSAID such as diclofenac, ibuprofen, meloxicam, naproxen and piroxicam without warning their patients about all the potential side effects. These pain relievers can trigger hypertension, fluid retention, heart attacks,



MARK LENNIHAN/AP

FDA and health experts often warn about supplements but seldom issue similar warnings about OTC drugs.

strokes, atrial fibrillation, congestive heart failure, severe allergic reactions, bleeding ulcers, kidney damage and liver damage. Any of these could be fatal.

Because NSAIDs can be irritating to the digestive tract, it is not unusual for people on such medicines to be prescribed heartburn medicine. Proton-pump inhibitors to treat heartburn are among the most popular drugs in the pharmacy.

Medications such as omeprazole (Prilosec), lansoprazole (Prevacid) and pantoprazole (Protonix) originally were developed to treat severe gastroesophageal reflux disease. But they are so good at alleviating the pain of reflux that doctors soon were prescribing them for all sorts of digestive distress.

At first, PPIs were considered pretty innocuous. The FDA decided they were so safe, in fact, that no prescription was necessary. You can find OTC esomeprazole (Nexium 24HR), lansoprazole and omeprazole.

According to Danish scientists, though, PPIs are associated with an increased risk of stroke. These investigators reviewed the medical records of almost a quarter-million

Danes and told the doctors attending the recent American Heart Association meetings that people taking a PPI were more likely to experience a stroke than those not taking an acid-suppressing drug.

Last year, researchers found that PPI users were 16 percent more likely to have heart attacks (*PLOS One*, June 10, 2015) than nonusers. Other drugs used to treat heartburn (cimetidine, famotidine, ranitidine) had no such association.

Other side effects of proton-pump inhibitors include an increased risk for infection, kidney damage, dementia, weakened bones and fractures, and blood disorders. Nutrients such as calcium, iron, magnesium, vitamin B-12 and zinc may not be well-absorbed.

Treating over-the-counter drugs as if they had no hazards is shortsighted. Perhaps it is time for public health authorities to be more evenhanded in their warnings.

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



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Opposites may attract — but then repel

In a marriage, differences can cause problems

By Danielle Braff
Chicago Tribune

When Monica Zanetti and Jeremy Reed first noticed each other at a furniture store, it was love at first sight.

Zanetti is tiny and outgoing, the product of a Catholic, Mexican-Italian family; Reed is a towering teddy bear, straight-laced yet raised in a secular family by hippie parents. They knew right away they'd marry.

But the Chicago couple, who have two children together, started to bump heads. Reed was used to a calm household, and an evening's entertainment might involve two couples and quiet conversation. For Zanetti, loud parties were the rule: the more, the merrier — BYO friend.

"Right away, we started to see the differences," Zanetti said. "Every week, something really big comes up."

In every marriage, there are plenty of issues that can divide couples, from differing cultures and religions to their stances on children, money and sex, said Gail Saltz, a New York-based psychiatrist and author of "The Power of Different."

"Opposites most definitely attract, but that's a different question than longevity," Saltz said. "In my experience, the further apart couples are on multiple things, the harder it will be."

Compromise is necessary, which is easier to do if the two people are flexible,

Saltz said.

But the closer a couple is on broad issues — life goals, values, morals — the less likely it is that hurdles will tear them apart.

Still, some differences are less important than others, said Gwendolyn Seidman, associate professor of psychology at Albright College in Pennsylvania. For example, those in interethnic marriages tend to be just as satisfied as other couples.

"This is generally because, despite their different backgrounds, they actually are quite similar in terms of age, educational attainment and interests," Seidman said.

However, recent research has shown that those from a lower socioeconomic status are less likely to strive for power than those who are from a higher socioeconomic status.

"This could create conflicts where one partner thinks the other is not ambitious enough or one partner disapproves of the other's scheming," she said.

In general, Seidman said, the more important a value is to someone, the more important it is that his or her partner shares that value.

So if one partner is conservative and the other is liberal, but neither is particularly politically active, this difference is less likely to be a problem than if both partners are strong partisans.

An omnivore and a vegetarian can happily co-exist if the omnivore is content to cut down on meat.

"But if he needs meat at every meal, there is going to be a problem," Seidman said.



LORI SAPIO

For Monica Zanetti and Jeremy Reed, pictured with their children, opposites attract — but putting in the work still matters.

If the couples are vastly different in terms of other parts of their backgrounds, they will need to be more open-minded and willing to try new things, which can be difficult, especially when it comes to raising their children.

That's the reason couples who are similar have fewer conflicts.

"The more alike you are, the less there is to fight about," Seidman said. "But the good news is that, as couples spend more and

more time together, they start to become more similar, both because of their many shared experiences and because of deliberate efforts to get along."

But no two people are completely alike

"Every couple comes from two different families of origin, was raised with two varying sets of ideologies and experienced two quite unique paths to adulthood," said Adam Smithy, marriage counselor in Greenwood, Ind.

They need to discuss their differences to find a solution that works for everyone.

That's exactly what Reed and Zanetti do. They meet with a life coach weekly, who helps them understand each other and work through their issues.

Compromise isn't always the best solution when it comes to raising children, however, if the couple come from different religions. Research on interfaith marriages found that the

best outcome is to choose one religion or the other, Seidman said.

"Leaving it ambiguous by raising the child with both or neither can lead to confusion for the child," she said.

Still, this method works for Zanetti and Reed, who are raising their children "Catholic light," Zanetti said.

"We make it work with humor," she said.

Danielle Braff is a freelancer.



NIHAR BRAHMBHATT PHOTOS

Waterfront estate in Bloomingdale: \$1.8M

ADDRESS: 147 Los Lagos Dr. in Bloomingdale

ASKING PRICE: \$1,750,000

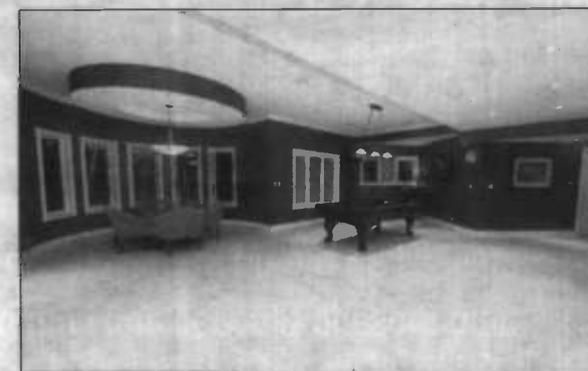
Listed on Oct. 14, 2016

All-brick mansion with over 9,000 square feet. Features include circular driveway, 2-story foyer, 10" ceilings throughout the first floor and 22' ceilings in the grand family room. The chef's kitchen has high-end appliances, an island with breakfast bar and walk-in pantry. All upper level bedrooms are en-suite along with walk-in closets.

Master suite is appointed with a whirlpool, steam shower and over sized walk in closet. Walkout basement has a spa room with hot tub, curved bar, second kitchen, home theater with retractable screen and tv and a billiards room. Expansive terrace overlooking pond/fountain.

Agent: Omar Azam of Berkshire Hathaway HomeServices Starck Real Estate, 630-440-5261

At press time, this home was still for sale.



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trbcht-129712

FAMILY FRIENDLY

Dads, daughters can share a night of '80s fun

BY MYRNA PETLICKI
Pioneer Press

They're turning back time at the Morton Grove Park District for "I Love the '80s," the annual Daddy Daughter Dance, 6-8:30 p.m. Feb. 10 at Prairie View Community Center, 6834 Dempster St.

"We have a lot of couples that come every year. They really get into dressing up," said recreation supervisor Kari Redmond. She expects that the regulars, as well as first-timers, will don '80s clothing for the event.

The room will be festooned '80s style. "We try to decorate as much as possible with the theme so this year it's neon," Redmond said. The DJ will also be playing some music from that decade.

In addition to dancing, dads and their daughters, ages 4-14, will dine on chicken nuggets, hot dogs, salad and fruit, among other selections. They will also work on a craft project, play games and take a souvenir photo.

The cost is \$32 for resident couples; \$43 for non-residents; \$20 per additional daughter.

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

Experience experiments

Hands-on activities and interactive demonstrations will stir an interest in science in your children at the fourth annual Family Science Expo, 1-3 p.m. Jan. 29 at Skokie Public Library, 5215 Oakton St. The drop-in event is appropriate for all ages.

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



MORTON GROVE PARK DISTRICT

Dads and daughters will have an '80s-style fling at "I Love the '80s," the annual Daddy Daughter Dance of the Morton Grove Park District, 6-8:30 p.m. Feb. 10 at Prairie View Community Center, 6834 Dempster St.

Something to crow about

Your kids can commemorate the Year of the Rooster at a Kids Craft Special: Make a Chinese Paper Lantern, 4:30-5:15 p.m. Jan. 30 at Niles Public Library, 6960 Oakton St. The activity is for kids in kindergarten and up; a parent or caregiver must stay with kids in second grade or lower.

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

Batting order

The first of three celebrations of the LEGO Batman Movie at Barnes and Noble, 55 Old Orchard Center, Skokie, will be 2 p.m. Jan. 28. There will be giveaways and a chance to make and play themed

moments from the movie. Kids will receive two limited edition trading cards at each event. The other two events are Feb. 25 and March 11.

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

Performing with pucks

Four hundred hockey players of all ages will participate in Hockey Days in Evanston, Jan. 27-28, at Robert Crown Community Center, 1701 Main St. You and your kids will meet the Chicago Blackhawks Ice Crew, play games and have a chance to win an autographed Corey Crawford Jersey at this free event.

For details, call 847-448-4311 or go to www.cityofevanston.org.

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LEE A. LITAS/PIONEER PRESS PHOTOS

Martha Hauber of Glenview, president, from left, Shweta Stuart, event co-chairman, Heather Shaffer, event co-chairman and Michael Schaffer, past president and event co-chairman, all of Chicago

Red Tie Ball supports birth heart defects research



LEE LITAS
Social Studies

The Event: Some 280 supporters of the Children's Heart Foundation enjoyed the 3rd annual Red Tie Ball held at the University Club of Chicago on Dec. 10. The evening was also planned to raise awareness and funding for advances in congenital heart defect research for the Foundation.

Dr. John M. Costello, medical director Regenstein Cardiac Care Unit, Ann & Robert H. Lurie Children's Hospital, and Dr. Tarek Husayni, pediatric cardiologist and founding member of the Heart Institute for Children, were honored with the Congenital Heart Defect Medical Champion Award.

Since 1996, CHF has funded more than \$9.6 million in research projects. The leading non-profit solely devoted to



David Cartwright and Dana Schneider of Park Ridge

congenital heart defect research, CHF's mission is to fund the most promising research to advance the diagnosis, treatment and prevention of congenital heart defects.

Cause célèbre: "Heart defects are the most common and the most deadly of birth defects," said Martha Hauber of Glenview, board president. "One in 100 kids is afflicted with this and the research helps to prevent, diagnose and treat congenital heart defects."

Statistics show that some 40,000 babies are born with CHD annually in the U.S. "The vast majority of those being born now have been helped by our research," said Hauber.

Tamara Thomas of Columbus, Ohio, is CHF's national board president. Her son was born with CHD. "(The doctors) told us 'do not expect him to live,'" said Thomas. Today her son is 21 years old.

"That's why it is so important for us to continue to fund new scientists so all the babies that continue to be born (with CHD) can lead healthy lives," said Thomas.

"The challenge," said Heather Shaffer of Chicago, event co-chairman, "is that there are incredible, innovative projects out there that we are unable to fund because we simply run out of money. The science is there but the dollars are not."

Bottom line: The benefit raised more than \$260,000 for congenital heart defect research. More at www.childrensheartfoundation.org.

ART AIDS UNDERSTANDING OF CLIMATE CHANGE



"Emission Levels Determine Temperature Rise," by Alisa Singer of Northbrook, is one of 16 works that are part of "Environmental Graphiti: The Art of Climate Change," on display Jan. 25-Feb. 25 at Oakton Community College in the first floor lobby of the Margaret Burke Lee Science and Health Education Center (Lee Center), 1600 E. Golf Road, Des Plaines. The show uses art to encourage greater understanding of the compelling science of climate change. A talk on climate change takes place at 11 a.m. Feb. 1, in Oakton's TenHoeve Center, Room 1610. The talk and art exhibit are free and open to the public. More information at 847-635-1893.

OAKTON COMMUNITY COLLEGE

SKOKIE WOMEN VISIT HADASSAH HOSPITAL



HADASSAH CHICAGO-NORTH SHORE

Joan Cook, from left, Nicole Surkes (Hadassah Hospital guide), Esther Manewith, Judy Arkin, Judy Frank, Sally Jablo, Gloriann Levy, members of Hadassah Chicago-North Shore and of Ezra-Habonim, the Niles Township Jewish Congregation in Skokie, recently toured Jerusalem where they visited Hadassah Hospital and the new Sarah Wetsman Davidson Hospital Tower. The group learned about hospital innovations and concluded with a visit to the chapel to see the Chagall windows.

Share your event

We want to publish your photos. To submit, visit community.chicagotribune.com or email sburrows@pioneerlocal.com.



NILES

Two-bedroom, two-bath brick ranch home built in 1958. Hardwood floors under first floor carpeting, two built-in cabinets in dining room area, updated first-floor bath. Kitchen has eating area, porch located just off kitchen, storm windows. Lower level has rec room with wet bar. Second kitchen set up but has no appliances, two-car garage has concrete drive.

Address: 7026 W. Madison St.
Price: \$279,900
Schools: Niles West High School
Taxes: \$1,796.34
Agent: Marti Corcoran, CENTURY 21 McMullen



VERNON HILLS

Four-bedroom, three-bath home with brick exterior built in 1977. Freshly painted interior walls throughout, new carpeting, light and bright floor plan. Fenced yard. Kitchen with black appliances, wood flooring and bayed eating area. Double door entry into master bedroom. Family room with stone fireplace, office/playroom area, laundry area.

Address: 14 Monterey Drive
Price: \$329,900
Schools: Vernon Hills High School
Taxes: \$8,474
Agent: Leslie McDonnell, RE/MAX Suburban



LAKE FOREST

Three-bedroom, 2.5-bath traditional design home built in 1922. Formal dining room, kitchen with stainless steel appliances and eating area, living room with wood-burning fireplace, and office. Master suite with private bath, custom built-in closets and dressing area. Full basement with exterior access, professionally landscaped yard, bluestone courtyard patio.

Address: 374 E. Wisconsin Ave.
Price: \$599,000
Schools: Lake Forest High School
Taxes: \$9,794
Agent: Julie Pawl, @Properties



PALATINE

Four-bedroom, 3.5-bath wood-exterior home built in 1998. Eat-in kitchen, formal dining room, family room, fireplace. Family friendly loft area. Master bedroom with french doors, walkout basement has full bath. Three-car attached garage and two-car detached, pond visible from property and house.

Address: 1267 N. Forest Ave.
Price: \$589,000
Schools: Palatine High School
Taxes: \$14,855
Agent: Keeli Massimo, Coldwell Banker Residential Brokerage

Listings from Homefinder.com

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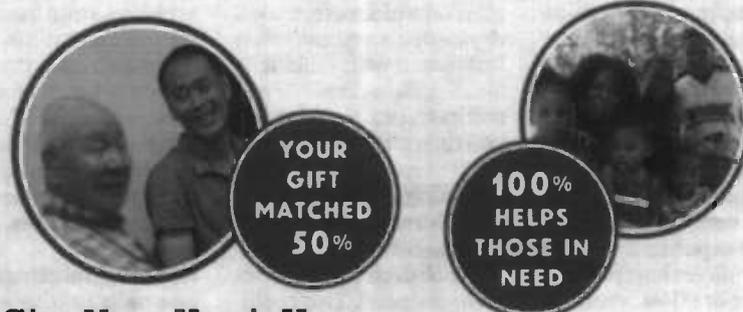
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GORAN KOSANOVIC/THE WASHINGTON POST

Don't spray or pour glass cleaner on framed art; the fluid can seep in and cause damage.

6 mistakes most often made when hanging, cleaning art

BY JURA KONCIUS
The Washington Post

Whether your gallery wall contains rare French lithographs or drawings by your children, chances are you want to protect what you have chosen to display.

Often, we hang things up quickly when moving in, not taking into consideration factors that may damage art over the long term, such as exposing it to sunlight or direct heat from a radiator or HVAC vent.

But how do you clean your artworks? Experts say as little and as gently as possible. And if you have a cleaning service, make sure to go over the procedures you would like them to follow when dusting your framed items.

Tiarna Doherty, who is chief of conservation at the Smithsonian American Art Museum, discussed common art cleaning and hanging mistakes and offered solutions.

Make sure you aren't making these common missteps when it comes to caring for your framed art.

Using glass cleaner: You should not spray or pour any glass cleaner on your framed art. As tempting and

efficient as it might seem, this fluid can seep into the edges of the frame and damage the art and the mat, Doherty said. To clean the glass on a piece of art, use a dry cloth. Or you can mix a little water with rubbing alcohol, dip a corner of a soft cloth into the mixture and then wipe your glass.

Cleaning wood frames with furniture polish: Spraying or wiping furniture polish on frames is not recommended. This could disrupt a coating or patina on your frame, Doherty said. It's best, she said, to lightly dust a frame with a small, soft dry brush that you can pick up at an art store. Don't ever use water or any other liquids.

Displaying art near an exterior door: Hanging original artwork near a front door exposes it to a lot of light and fluctuations in humidity, both of which can damage art, possibly causing it to fade or crack. Try to hang original artworks in a more stable environment away from exterior doors.

Storing surplus art in a basement, attic or garage: This is a no-no. Basements can be damp envi-

ronments, and attics and garages tend to have vast temperature fluctuations. Generally, Doherty said, if you are not displaying your artworks, store them leaning against a wall in a closet or a guest room. If you have a stack of them, separate them by boards. Museums use acid-free boards, said Doherty, who recommends Gaylord Archival as a source for supplies.

Hanging paintings on one nail: Two hooks are always better than one nail. She recommends attaching two metal D-rings, one on each side of a frame, and then attaching to a wall with their corresponding hooks. This type of hardware is readily available and is sold by size indicating the weight it can hold.

Placing art in the bathroom: The condensation, humidity and steam from bath tubs and showers can damage art over time. It's better to hang your good pieces in places that have less moisture and more ventilation, Doherty said.

For specific concerns, she recommends the American Institute for Conservation and its "Find a Conservator" service.

ADDRESS	BUYER	SELLER	DATE	PRICE
1216 S New Wilke Rd, # 8 206, Arlington Heights	Jessica Pando Salazar	Fannie Mae	12-23-16	\$80,000
703 E Falcon Dr, # C204, Arlington Heights	Lowell Mccullough & Kathleen Mccullough	James Gabriel Iii	12-23-16	\$90,000
100 N Lincoln Ln, # 2C, Arlington Heights	Anjil Youisif	Christopher W Hoffman	12-28-16	\$111,000
2638 S Embers Ln, # B, Arlington Heights	Karen A Potter & Daniel A Potter	Roger F Urso	12-22-16	\$226,000
151 W Wing St, # 602, Arlington Heights	Jonathan M Watrach & Linda Smith	Cynthia A Quiroga	12-28-16	\$226,000
536 S Rammer Ave, Arlington Heights	Jacek Bojarzynski	Roman Lodkin	12-23-16	\$245,000
1836 N Fernandez Ave, Arlington Heights	Bridget K Geary	Robert N Warren Jr	12-22-16	\$290,000
1201 N Arlington Heights Rd, Arlington Heights	Saji Chiramal Jose & Mary Amudha John	Paul J Cumberland	12-28-16	\$457,000
795 Grove Dr, # 102, Buffalo Grove	Joyce Huang Ting	Mikhail Samovsky	12-22-16	\$120,000
101 Old Oak Dr, # 301, Buffalo Grove	Tim Toporovski	Martin Kom	12-22-16	\$145,000
180 Selwyn Ln, Buffalo Grove	Richard I Sakoda & Meredith Sakoda	Larry D Fabian	12-28-16	\$395,000
490 Mayfair Ln, Buffalo Grove	James R Sikora	Prasad Bollineni	12-23-16	\$430,000
721 Elmhurst Rd, # H, Des Plaines	Dasbrath Patel	Cvf Ii Residential Investments	12-27-16	\$62,000
8974 N Western Ave, # 214, Des Plaines	Grzegorz Piwko	Susan Rinke	12-28-16	\$74,000
1760 Mannheim Rd, Des Plaines	John O Mateo & Karissa J Pochop	Hope L Dulleck	12-23-16	\$143,000
9377 Landings Ln, # 502, Des Plaines	Henry K Marquez	Elvira Smajlovic	12-22-16	\$153,500
390 S Western Ave, # 404, Des Plaines	Kazimiera Rekas	Ann Mancini	12-28-16	\$157,000
711 Forest Edge Ln, Des Plaines	Rosa I Navarrete & Maribeha Fernandez	Peter Lambiris Estate	12-28-16	\$160,000
480 Good Ave, Des Plaines	Sergiu Bulbuc	Gennady Mednikov	12-28-16	\$201,000
1775 Farwell Ave, Des Plaines	Peter Olujić	Thomas R Koster	12-28-16	\$210,000
435 Alles St, # 402, Des Plaines	Kyle S Grage	Kalina Ivanova	12-22-16	\$227,500
9418 Ironwood Ln, Des Plaines	Karam Dawood	Mina Shah	12-28-16	\$228,000
2136 Spruce Ave, Des Plaines	Wilberto Arnobit & Rosemarie Arnobit	James A Guenther	12-23-16	\$305,000
1271 Evergreen Ave, Des Plaines	Uday Koduri & Swetha Koduri	Lambros Konstantellos	12-28-16	\$315,000
556 Amherst Ave, Des Plaines	Robert G Grob & Allison S Donlon	Dgde Llc Series Iv	12-22-16	\$435,500
1837 Hovland Ct, Evanston	Ainy Vimawaia	Samuel A Mckinley Estate	12-22-16	\$90,000
2145 Ridge Ave, # 1B, Evanston	Paul Christensen & Jennifer Christensen	Thomas H Baltés	12-28-16	\$190,000
2501 Central St, # 4E, Evanston	Kathryn Judd	Melvin Sigel	12-28-16	\$227,000
2539 Crawford Ave, # A, Evanston	Louise Mazgay & Allison C Rieff	Vahap B Uysal	12-27-16	\$271,500
2311 Cowper Ave, Evanston	Dariusz R Borowiec & Rachel A Borowiec	Sparrow Trust	12-27-16	\$330,000
6 Williamsburg Cir, Evanston	James Campbell & Rose Campbell	Donald L Barbeau	12-28-16	\$405,000
97 Williamsburg Rd, Evanston	Martin C Heffner & Simone J Larson	Mariene J Igel	12-22-16	\$405,000
1112 Cleveland St, Evanston	Oliver Cossairt & Stephanie Hunt	Robbie Bogard	12-23-16	\$580,000
10365 Dearlove Rd, # 1A, Glenview	Bolormaa Tserenjäv & Khishigdelger Gombold	Bank Of New York Mellon Ttee	12-28-16	\$112,000
3246 Bellwood Ln, Glenview	Danny Shamoan	Judicial Sales Corp	12-28-16	\$277,500
1109 Harms Rd, Glenview	Konstantins Kociasvili	Byline Bank	12-23-16	\$290,000
4281 Linden Tree Ln, # 8, Glenview	Dennis O Webster & Gretel C Webster	Lynne Mcmillion	12-22-16	\$475,000
924 Burnham Ct, Glenview	Brian Vescl & Antigone S Matsakis	Jeanine Walkenhorst Tackla	12-28-16	\$475,000
10372 Michael Todd Ter, Glenview	Mikel Younan	Saladin Ayoub	12-22-16	\$525,000
2808 Wilson Ln, Glenview	Shamsuddin H Paniwani & Woorjehaw Paniwani	Development Solutions Gln Llc	12-23-16	\$1,009,000
420 Washington St, Glenview	Jason A Ko & Mary Ko	Orchard Glen Homes Llc 420	12-28-16	\$1,195,000
1807 Balmoral Ave, Glenview	Nitin Kumar & Anjali Patel Kumar	Patrick Quinn	12-23-16	\$1,425,000
5500 Lincoln Ave, # 107, Morton Grove	Sahar F Rizvi	Aneliya Frys	12-28-16	\$95,000
8847 Meade Ave, Morton Grove	James Younatham & Nahren Younatham	Justin Done	12-28-16	\$230,000
9227 New England Ave, Morton Grove	Alexander J Slagg	Sang Ok Han	12-23-16	\$250,000
7238 Church St, Morton Grove	Saad Shahab	Margaret Vasile Estate	12-22-16	\$275,000
5815 Keeney St, Morton Grove	Kristofer Malinowski & Kimberly Malinowski	Nancy A Pearson Estate	12-28-16	\$299,000
8133 Parkside Ave, Morton Grove	Gilberto Caballero	Alicia Panayotov	12-27-16	\$310,000

ADDRESS	BUYER	SELLER	DATE	PRICE
5401 Warren St, Morton Grove	Awais Naeem Khan & Salman Naeem Khan	Klemptner Trust	12-28-16	\$320,000
5512 Madison St, Morton Grove	Marcin Sanok & Diana Sanok	Ionel Rodila	12-28-16	\$390,000
1400 N Elmhurst Rd, # 309, Mount Prospect	Michal Stefanski & Stanislaw Negrete	Paul Birch	12-23-16	\$62,000
290 N Westgate Rd, # 407, Mount Prospect	Clint Samuel	Murphy Trust	12-22-16	\$131,500
203 S I Oka Ave, Mount Prospect	Karin S Schmidt	David R Jourdan	12-27-16	\$284,000
112 N School St, Mount Prospect	Geoffrey Solvig	Aurora Michalakos Estate	12-23-16	\$290,000
208 N Kenilworth Ave, Mount Prospect	Nafaiz Meeran Mohamed	Jonathan Mendoza	12-28-16	\$304,500
1817 W Thornwood Ln, Mount Prospect	Ancy Alex	Paulette A Greene	12-28-16	\$315,000
103 S Hi Lusi Ave, Mount Prospect	Michael Danaher & Natalie Danaher	Trenton Wilson	12-27-16	\$318,000
1715 W Willow Ln, Mount Prospect	Bhikhal Patel & Hansaben Patel	Eapen Chandy	12-22-16	\$332,500
8815 W Golf Rd, # 3E, Niles	Joanne Lee	Julie Radovanovic	12-22-16	\$132,500
6755 N Milwaukee Ave, # 205, Niles	Joseph Kurowski	Micell Trust	12-23-16	\$197,000
7617 N Olcott Ave, Niles	Margaret Rose Keating	John S Jedrzejewski	12-22-16	\$229,000
1 Court Of Harborside, # 307, Northbrook	Emestina M Sanchez	James R Nelson	12-23-16	\$202,000
4605 Forest View Dr, Northbrook	Orhlideja Trpeska Stefoska & Stefan Trpeski	Janet A Larson	12-23-16	\$274,000
1443 Church St, Northbrook	Michael G Randall & Ann E Randall	Sixers Corp	12-23-16	\$280,000
1052 Briarwood Ln, Northbrook	Angela Gannon	James R Doar	12-23-16	\$460,000
132 Arrowwood Dr, Northbrook	Richard Adler & Barbara Adler	Like New Homes Llc	12-28-16	\$525,000
2425 Oak Ave, Northbrook	Joey Sherman & Kimberly Sherman	Allen R Barmelster	12-23-16	\$562,000
3734 Pebble Beach Rd, Northbrook	Michael Markovitz & Rhoda Markovitz	William Oppenheim	12-28-16	\$875,000
1402 Carol Ct, # 3B, Palatine	Ivan Nartsev	Tesla Solar Technologies Co	12-27-16	\$100,000
1412 N Sterling Ave, # 203, Palatine	Tomasz A Jurek	Ladislav Nyitray	12-27-16	\$100,000
1325 N Sterling Ave, # 210, Palatine	Ross Swansen	Federal Home Loan Mtg Corp	12-27-16	\$107,000
1971 N Hicks Rd, # 112, Palatine	Janusz Czekaaj & Danuta Czekaaj	Stephe N Hallier	12-28-16	\$127,000
404 W Hamilton Dr, Palatine	Adam Arvanitakis	Jared Lindeman	12-27-16	\$156,000
245 W Johnson St, # 306, Palatine	Megan Hayes	Mitchell Trust	12-27-16	\$230,000
1007 E Olde Virginia Rd, Palatine	Joseph A McCormick & Elisabeth Kormeler	Krzysztof Karas	12-23-16	\$305,000
1065 N Old Mill Rd, Palatine	Jean W Chol	Adam J Czarnik	12-23-16	\$306,000
442 N Charlotte St, Palatine	Darryl H Colen	Stonefield Group Inc	12-27-16	\$741,500
1277 S Patrick Ln, Palatine	Mukund G Thakkar & Ketana Thakkar	Jeffrey D Sek	12-28-16	\$792,000
524 N Broadway Ave, Park Ridge	Ewa B Czosnyka & Krystyna Fornalewska	Jacqueline T Nugent	12-28-16	\$305,000
639 Park Plaine Ave, Park Ridge	Martin Nevarez & Antonia Nevarez	Daniel Dudlak	12-23-16	\$330,000
817 Courtland Ave, Park Ridge	Douglas Hilficker & Cynthia Hilficker	Dean F Whiford	12-23-16	\$450,500
303 S Northwest Hwy, # 5, Park Ridge	Margaret Pereira	Brighton Mews Venture Llc	12-27-16	\$517,000
446 Stewart Ave, Park Ridge	Michael B Goldstein & Deanna Goldstein	Pencore Llc	12-23-16	\$890,000
938 E Old Willow Rd, # 102, Prospect Heights	Rumen H Panev	Jozef Popieluszko	12-28-16	\$82,000
13 Glenbrook Dr, Prospect Heights	Martin S Lazarus & Hope M Kass	Leland W Johnson	12-23-16	\$320,000
104 S Maple Ln, Prospect Heights	Valeria Djokova & Dimitre Karastoyanov	Optimum H & C Llc	12-28-16	\$500,000
127 N Wolf Rd, # 42B, Wheeling	Victor Ramirez Martinez	Piotr Bystrzanowski	12-28-16	\$97,000
1550 Sandpebble Dr, # 101, Wheeling	Johana Jenifer R Rubio Penilla	Ted J Romanowski	12-23-16	\$115,000
1450 Sandpebble Dr, # 111, Wheeling	Alex Emelyanov	Corneliu Cioara	12-23-16	\$128,000
459 Hickory Dr, Wheeling	Chad Bauer	Leona Flynn Estate	12-28-16	\$153,000
762 River Walk Dr, Wheeling	Sarah Kim	Fannie Mae	12-23-16	\$210,500
264 Wheeling Ave, Wheeling	Vanessa Delgado & Miguel Angel Delgado	Mary D Garbus	12-28-16	\$252,000
2401 Glenview Rd, Wilmette	John P Mechan & Kathleen J Mechan	Helen Ruth Friedman	12-22-16	\$570,000
1204 Lake Ave, Wilmette	Charles A Cassell & Shannon J Cassell	Right Residential II Fund 2	12-22-16	\$570,000
1536 Maple Ave, Wilmette	Ryan Watson & Annie Watson	1536 Maple Inc	12-23-16	\$1,570,000

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

HOME REMEDIES

Have cracks in basement walls? Monitor, stabilize

By C. DWIGHT BARNETT
Tribune New Service

Q: We moved in to a new walkout basement home two years ago, and I'm noticing a crack in the front basement wall.

The crack is in the center of the wall from top to bottom. I then found a small crack on the outside brick on the opposite wall. A friend told me they had the same thing happen to an older house.

Is this something I need to have inspected?

A: A basement wall is made of either poured concrete or of concrete blocks. Either type of wall rests on a poured concrete footing. It is not uncommon for the footing to shrink as it dries, creating strains on the basement wall. Settlement usually occurs within the first few years after construction. If settlement continues over several years, you need to have the walls inspected by a professional.

The crack in the middle of the wall is common, and as long as it does not expand beyond a simple vertical crack, there is no need to worry.

The crack should be monitored to make sure it has stabilized. Make a mark with a pencil or marker at the widest point of the crack. Measure the width at the widest opening and write that measurement on the wall where you made the mark. Also indicate the date when the mark was made. In the future you will be able to determine if the crack has expanded or not.

A crack in the brick is also common and is usually near a window or door opening. The brick, like the basement wall, is under stress during initial settlement. Once the crack



ANDREAS KINDLER/JOHNER

If cracks in walls continue to expand, there are companies that specialize in foundation stabilization, but the repairs are expensive.

reaches the window or door opening, the stress in the brick is relieved, and the cracking should stop. Again, measure and mark the crack. Take pictures of the cracks for future reference.

If the cracks continue to expand, there are companies that specialize in foundation stabilization, but the repairs are expensive.

You should contact a qualified building inspector or structural engineer to make recommendations before calling a foundation contractor.

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

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AUCTIONS

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(COUNTY FARM & MANCHESTER)

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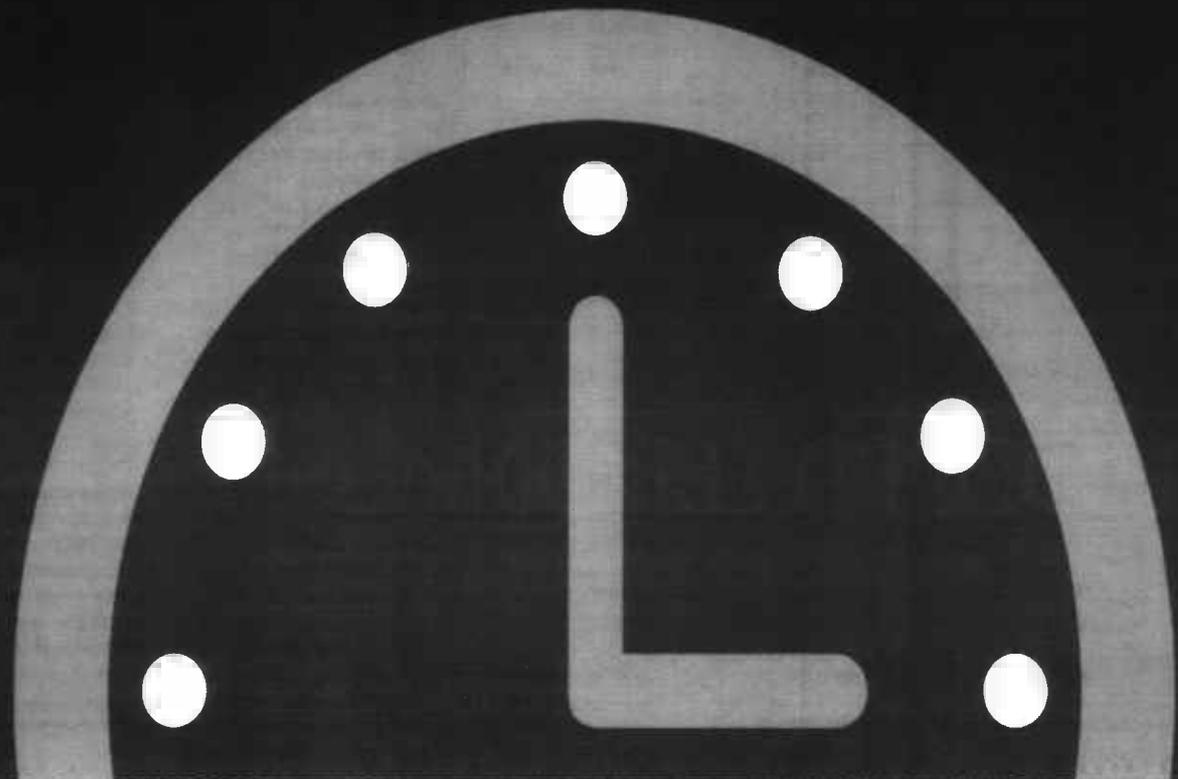
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Listings are subject to change. Please call the venue in advance.

Thursday, Jan. 26

Zach Williams of the Lone Bellow: 8 p.m. Thursday, SPACE, 1245 Chicago Ave., Evanston, \$15-\$25, 847-492-8860

"Steel Magnolias": 7:30 p.m. Thursday-Saturday, 3 p.m. Sunday, First Congregational Church of Evanston, 1445 Hinman Ave., Evanston, \$10-\$25

Lobster Festival 2017: Enjoy 1.25-pound whole Maine Lobster with drawn butter and side dishes for only \$24.95. Prairie Moon's Lobster Festival 2017 features various other lobster dishes including its famous Lobster Bisque and is sponsored by Ommegang Witte Beer pints for \$5.50, a perfect pairing with lobster. 11:30 a.m. All week, Prairie Moon, 1502 Sherman Ave., Evanston, free, 847-864-8328

Officeheads Open House Party for Small Businesses: The open house event celebrates a healthy and prosperous financial new year and our new office site. During the event, Berneck, the mastermind behind the Officeheads Financial Management System will speak. 4:30 p.m. Thursday, Officeheads, Inc., 1900 Greenwood St. #9, Evanston, free, 847-866-8877

Screening of "How to Die in Oregon": This documentary's filmmaker, Peter Richardson, gently enters the lives of the terminally ill and he examines both sides of this complex, emotionally charged issue. What emerges is a life-affirming, staggeringly powerful portrait of what it means to die with dignity. A discussion follows each screening. Sponsored by Final Options Illinois. 6:30 p.m. Thursday, Evanston Civic Center, 2100 Ridge Ave., Evanston, free, 815-366-7942

Kader Attia: Reflecting Memory: The Block Museum will present an exhibition of newly commissioned work by the internationally acclaimed French-Algerian artist Kader Attia, based in part on the artist's research in the collections of Northwestern University's Herskovits Library of African Studies and interviews with university faculty across disciplines. 10 a.m. All week, Mary and Leigh Block Museum of Art, Northwestern University, 40 Arts Circle Drive, Evanston, free, 847-467-4602

An Evening of Comedy, Music and Spoken Word: This is an evening with author and comedian Debbie Sue Good-

man and friends. Debbie Goodman is an author of the books "Still Single," "Still Dating" and "My Husband the Stranger." Go to www.stillsingle.org. 8 p.m. Thursday, The Rock House, 1742 Glenview Road, Glenview, no cover charge, 224-616-3062

YMCA Preschool Art for Ages 3 to 5 with adult: The North Suburban YMCA Art Academy provides opportunities for preschoolers to create art. Register at glenviewpl.org/register or call. 1:30 p.m. Thursday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Parkinson Wellness Recovery Brain-Body Training: Parkinson Wellness Recovery/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, is an exercise physiologist. 9 a.m. 10 a.m. Thursday, Friday and Monday, Glenview Park Center, 2400 Chestnut Ave., Glenview, \$12-\$17, 847-502-0630

Senior Resource Specialist: Stop by and find out information on how to select of the right retirement benefits, picking the right health insurance and Medicare programs, determining housing needs, identifying supportive resources, and more. 10:30 a.m. Thursday, Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 000-000-0000

"Between the Lines: Girl Waits with Gun" by Amy Stewart: This is a book discussion. The story is about three sisters who take the law into their own hands in this fast-paced, darkly humorous caper set in 1914 New Jersey. 10 a.m. Thursday, 7 p.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

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

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

CinemaSpeak Film Discussion Group: Watch at home. Talk at library.

Join the movie lovers in this MultiMedia Department for a discussion of the film "Mighty Aphrodite." 7:30 p.m. Thursday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Podcasting Meetup: Whether you're expert or an amateur, join our podcasting discussion group the last Thursday of every month to share ideas and advice. 6:30 p.m. Thursday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Age of the Dinosaurs: Located on the second floor across from the AMC movie theater above the children's play area, Age of the Dinosaurs transports visitors of all ages to the prehistoric glory days of the Dinosaurs, when they ruled the world before going extinct. Incredibly lifelike moving and roaring exhibits offer a rare look at heartwarming scenes of Jurassic family life. 10 a.m. All week, Northbrook Court, 2171 Northbrook Court, Northbrook, \$6 at the door

The Summit of Uptown Memory Care Ribbon Cutting: Join the Park Ridge Chamber of Commerce, Mayor Maloney, other city officials, Chamber Board members, ambassadors and other members as they celebrate the grand opening of Summit of Uptown's Memory Care! Enjoy tours, refreshments, and a raffle. After 33 years of serving the senior population, Summit of Uptown is adding a Memory Care neighborhood. 4:30 p.m. Thursday, The Summit of Uptown, 10 N. Summit Ave., Park Ridge, free, 847-825-3121

Storytime for Threes with Adult: Stories, songs and fun for three-year-olds. Siblings are welcome. 10:15 a.m. Thursday, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

Busy Bees Playgroup for Birth to 4 with adult: Join us for a story, a song and lots of playtime. Siblings welcome. 11 a.m. Thursday, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

Storytime for Twos with Adult: Stories and songs specially chosen for two-year-olds and an adult. Siblings are welcome. 9:30 a.m. Thursday, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

Chicago Wolves Professional Hockey: The four-time champion Chicago Wolves deliver top-flight hockey and top-notch, live entertainment from October through April at Allstate Arena. The fun starts with the pre-game show

that features fireworks and pyro. Go to the website for the team's schedule. 7 p.m. All week, Allstate Arena, 6920 Mannheim Road, Rosemont, Tickets start at \$11, 800-843-9658

Faceless: 7:30 p.m. Thursday, 8 p.m. Friday, 2:30 p.m. and 8 p.m. Saturday, 2:30 p.m. and 7 p.m. Sunday, Northlight Theatre, 9501 Skokie Blvd, Skokie, \$30-\$81, 847-673-6300

Friday, Jan. 27

Free Fitness and Program Fair at Lattof YMCA: Come to this fair featuring: workshops in all areas, fitness demos, and more. Be on the lookout for more info to come. This event is free and open to the community. 6 p.m. Friday, Lattof YMCA, 300 Northwest Highway, Des Plaines, free, 847-296-3376

Billy Strings with the Suitcase Jacket: 8 p.m. Friday, SPACE, 1245 Chicago Ave., Evanston, \$12-\$22, 847-492-8860

St. Lawrence String Quartet: The quartet performs Joseph Haydn's String Quartet No. 23 in F Minor, Jonathan Berger's String Quartet ("Swallow") and Felix Mendelssohn's String Quartet No. 4 in E Minor. The St. Lawrence String Quartet maintains a commitment to established quartet repertoire while championing new works by such composers as John Adams, Osvaldo Golijov, Ezequiel Viao and Jonathan Berger. 7:30 p.m. Friday, Pick-Staiger Concert Hall, Northwestern University, 50 Arts Circle Drive, Evanston, \$10 - \$30, 847-467-4000

Friday Night Meltdowns: This is a great night out for teens to join in an awesome skate and dance party. A DJ plays today's hits and disco lighting shines on the ice throughout the night. Call for more information. 8:15 p.m. Friday, Glenview Ice Center, 1851 Landwehr Road, Glenview, \$8 per person; \$4 for rental skates, 847-724-5670

Institute for Therapy through the Arts - Music Therapy: This is for children in grades 3-8 who want to make friends in a supportive environment. Trained friendship ambassadors (in grades 4-12) host these events where everyone feels welcome. Generously sponsored by the Kiwanis Club of Glenview-Northbrook. Please register at glenviewpl.org/register or call. 4:30 p.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Turn to Calendar, Next Page

Calendar, from Previous Page

Western Hoe Down: Join in the fun at this Western Hoe Down, when doors open at 11:45 a.m. and lunch starts at high noon. Special guest entertainer Rick Pickren performs "Songs of the Singing Cowboys" starting at 1:00 p.m. Western wear is encouraged. For more information, please call. 11:45 a.m. Friday, The East Wing Glenview Senior Center, 2400 Chestnut Ave., Glenview, call for more information, 847-724-4793

Craft Swap Drop-Off: Do you have craft supplies that you no longer need, such as yarn, quilting fabrics, buttons and rubber stamps. Drop off your donations today, then come to the Jan. 29 Craft Swap to find free materials for your next project. Anyone who donates gets an early entry ticket for 1:30 p.m. on Sunday, Jan. 29. 1 p.m. Friday and Saturday, 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. Friday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Toddler Science Ages 18 months - Three Years with Adult: Join in a science project geared for the youngest learners. Limit: one class. Registration begins Saturday, Jan. 14. 9:30 a.m. Friday, 10:30 a.m. Friday, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

Women in Business with Catherine Johns: This breakfast and networking event is with speaker Catherine Johns, whose talk is entitled Make Your Voice Heard! You have a message the world needs to hear. If your business is going to succeed, your message needs to be heard. Come learn how to speak up, stand out and cut through the noise so people know what you have to offer and why they have to have it. 8:30 a.m. Friday, Park Ridge Chamber of Commerce, 720 Garden St., Park Ridge, \$12 members; \$17 non members, walk-ins, 847-825-3121

Saturday, Jan. 28

Support Oakton scholarships at Chicago Bar Association: Guaranteed to put a smile on your face, This Case Is a Shamilton, the Chicago Bar Association's 93rd Annual Holiday Spirits Revue, lampoons celebrities in

politics, sports and show business. Chicago's best legal minds sing, dance and perform comedy at the college's Footlik Theater. This benefit performance supports student scholarships at the college. 7 p.m. Saturday, Oakton Community College, 1600 E. Golf Road, Des Plaines, \$50, 847-635-1893

David Gans: 7 p.m. Saturday, SPACE, 1245 Chicago Ave., Evanston, \$15-\$25, 847-492-8860

Liquid Soul: 10 p.m. Saturday, SPACE, 1245 Chicago Ave., Evanston, \$15-\$25, 847-492-8860

Overeaters Anonymous: Overeaters Anonymous meets Saturdays. New-comer meeting on the last Saturday of the month. No dues, fees or weigh-ins. For information, call Hannah. 9 a.m. Saturday, 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. Saturday, 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. Saturday and Sunday, Mitchell Museum of the American Indian, 3001 Central St., Evanston, \$3 kids, \$5 adults, 847-475-1030

Genealogy Research Day: Our genealogy experts can help with your research. Join us in the Technology Lab or visit the Genealogy and Local History Room to use our print collections. 1 p.m. Saturday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Italian Storytime with Insieme a Chicago: Ages 3-5, with adult can experience a touch of Italy with instructors from this Italian language and culture program. Register at glenviewpl.org/ register. or call. 1:30 p.m. Saturday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Baby Signs for birth to age 3: Pre-readers learn sign language with their families through new vocabulary, songs, and play activities. This is led by Jamie

Stevens, ASL interpreter and certified baby signs instructor. Tickets are given out 20 minutes prior to storytime sessions, and preference is given to Glenview Library cardholders. 10:30 a.m. Saturday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

ACT Practice Exam: Teens ages 13-18, must register before joining us for a free ACT Practice Test administered by college and test prep center C2 Education Evanston Center. Students should bring water, a light snack and a pencil for the four-hour test. 10 a.m. Saturday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Teen Film "Miss Peregrine's Home for Peculiar Children": Teens, come enjoy this free screening of "Miss Peregrine's Home for Peculiar Children". The movie is rated PG-13. 2 p.m. Saturday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Chicago Parent Playdate Special Needs Edition: Registration required for Chicago Parent Magazine's popular Playdate event for families with special needs. Join us for swimming, bouncy houses, an entertainment stage, a quiet room and more. 10 a.m. Saturday, Bernard Weinger JCC, 300 Revere Drive, Northbrook, free, 224-406-9200

Lunar New Year Kickoff at Fashion Outlets of Chicago: Fashion Outlets of Chicago will host special performances and exclusive offers for its shoppers celebrating Chinese Lunar New Year from Jan. 28 through Feb. 12. The celebration kicks off with a variety of games, activities and cultural performances presented by the Xilin Association. 1 p.m. Saturday, Fashion Outlets of Chicago, 5220 Fashion Outlets Way, Rosemont, free, 847-928-7500

"Crawl into the New Year" Bar Crawl: Enjoy discounted signature food and drink items from MB Financial Park's venues while viewing an ice carving competition in the middle of MB Financial Park. Tickets include two Zanies Comedy Club tickets, access to the food and drink specials and a FROZEMONT-branded swag item. Noon Saturday, MB Financial Park at Rosemont, 5501 Park Place, Rosemont, Advance tickets are now available online for \$10. Day-of tickets will also be sold onsite at MB Financial Park for \$15., 847-349-5008

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. Saturday, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4800

Sunday, Jan. 29

Monica Raymund: 7 p.m. Sunday, SPACE, 1245 Chicago Ave., Evanston, \$12-\$22, 847-492-8860

Skokie Concert Choir's Winter Concert: Songwriters often take their inspiration from the poets. Our winter concert draws from a broad range of these collaborations. 3 p.m. Sunday, Unity on the North Shore, 3434 Central St., Evanston, \$15 adults / \$5 children, 847-864-8977

Simone Lamsma with Andrew Armstrong and Kenneth Olsen: The 2017 Festival program concludes with Violinist Simone Lamsma, Cellist Kenneth Olsen and Pianist Andrew Armstrong. The program includes: Franz Schubert's Violin Sonata No. 1 in D Major, Sergei Prokofiev's Sonata No. 1 in F Minor and Peter Ilyich Tchaikovsky's Piano Trio in A Minor. 7:30 p.m. Sunday, Pick-Staiger Concert Hall, Northwestern University, 50 Arts Circle Drive, Evanston, \$10-\$30, 847-467-4000

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

Choral Evensong Service: This musical event takes place with combined choirs of St. Luke's and Christ Church Winnetka conducted by Andrew Lewis and Richard Clemmitt. Christine Kraemer and Jay Peterson, are the organists. 4 p.m. Sunday, St. Luke's Episcopal Church, 939 Hinman Ave., Evanston, free, 847-475-3630

"Hell or High Water": Drop in to see this film starring Jeff Bridges as a Texas Ranger. Rated R. 1:30 p.m. Sunday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Concert: Spring Valley Koto Ensemble: Come and experience traditional and contemporary Japanese Koto music. Koto is Japan's national instrument with 13 strings that sounds similar to the harp dating back to the late 600 AD period. 2 p.m. Sunday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

French Symphonies and Tales from Space Concert: Enjoy as the Chicago Gargoyle Brass performs French Symphonies and Tales from Space. 3 p.m. Sunday, St. John Brebeuf Parish

Turn to Calendar, Next Page

Calendar, from Previous Page

Church, 8307 N. Harlem Ave., Niles, free, 847-966-8145

Craft Swap: Are you looking for a new hobby? Come to our craft swap to find free materials for your next project. 2 p.m. Sunday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Skating in the Park: The parks' great lawn has been transformed into an NHL-sized, outdoor skating rink where visitors can skate under breathtaking lights for a magical experience this holiday season. Admission to the ice rink is free. Skate rentals are \$8. 2 p.m. Sunday, MB Financial Park at Rosemont, 5501 Park Place, Rosemont, free, 847-349-5008

Monday, Jan. 30

The Mudflapps live every Monday: The Mudflapps sing and play their hearts out every Monday in the pub from 8 p.m. until 12 a.m. Food and drink served late. 8 p.m. Monday, The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

Knitting Roundtable for Adults: Ronnie Rund, an expert knitter, shows attendees how to knit or how to solve knitting challenges. Bring one's current project(s) and needles. 2 p.m. Monday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Monday Movers for walkers up to 24 months: Join in for a half hour of moving, singing, reading, and fun. This is for toddlers with a caregiver. 10:30 a.m. Monday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Chicago's Amazing Literary Heritage: Chicago has played a major role on the national and international literary scene for more than a century. This amazing literary heritage is explored through a lively and informative presentation of two dozen personages, the men and women whose talents have left our city with an incredible written legacy. 1 p.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, \$19 NSSC members; \$25 non members, 847-784-6030

Storytime for All Ages: Enjoy stories, songs and fingerplays for the whole family. 1:30 p.m. Monday, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

Teddy Bear Time Ages 12 to 24 months with adult: Come take part in

stories, songs and fingerplays for children from 12 through 24 months with an adult. Siblings welcome. 9:30 a.m. Monday, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

Great Decisions Discussion - Future of Europe: The same eight topics based on The Foreign Policy Association briefing booklet articles are offered at both the afternoon and evening series. Purchase the briefing booklets or borrow from the library; there is no charge to participate but registration is requested at winnetkalibrary.libcal.com/event/2992652 To purchase the books, contact Joan Fragen, by calling or joanfragen@gmail.com. The topic for Jan. 30/Feb. 1: Future of Europe, its many issues including European Union post-Brexit. 12:30 p.m. Monday, Winnetka Public Library, 768 Oak St., Winnetka, free, 847-446-0184

Tuesday, Jan. 31

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

Job Search Preparation: Use library resources to help you write resumes and cover letters, prepare for interviews and career exams, learn workplace skills, and identify employers. Glenview Library card required; register at glenviewpl.org/register or call. 2 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Drop-in Homework Help Center for grades K through 8: Thirty-minute help sessions for homework, reading, and math skills with High School volunteers. This help is provided on a first-come, first-served basis. Children may be grouped by subject and grade level. 6 p.m. Tuesday, 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. Tuesday, Glenview Park Center, 2400 Chestnut Ave., Glenview, free first lesson; Registration for 9-week session \$46/\$54., 847-724-5670

Niles Metropolitan Chorus J.S. Bach's St. John Passion: Rehearsal days take place beginning Jan. 3, from 7-9 p.m. and every week on Tuesdays

prior to the performance. Their spring concert of J.S. Bach's St. John Passion is presented on Sunday, April 2, 2017 at 3 p.m. 7 p.m. Tuesday, St. John Brebeuf Parish Church, 8307 N. Harlem Ave., Niles, suggested free will donation, 702-806-8421

Preschool Storytime for ages 3 to 5: Children ages 3 to 5 are welcome to enjoy this free storytime. 10:30 a.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

TEDxNorthbrookLibrary Small Talks Big Ideas: Join in a power hour of short TED Talks meant to leave you inspired and refreshed. Registration is required. 1 p.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Two-year-old Storytime with Caregiver: Children ages 2 and 3 are welcome to enjoy this free storytime. 10:30 a.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Maker Meetup: Join this group on the last Tuesday of every month to share your latest low- and hi-tech projects. Every month they do a very brief intro on a piece of technology or project, followed by at least one hour of time to meet and share. 6:30 p.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Hassle-Free Outings and Daily Life Enrichment: A loved one's declining memory or other health conditions can be hard on family and friends. Make outings, casual visits, and daily routines meaningful and comfortable for all involved. Learn how to use art, music, and other creative activities to show life purpose. The fee is \$15 per person per session, when registering at the door. There is a \$5 discount when signing up for two or more sessions. 11 a.m. Tuesday, Park Ridge Presbyterian Church, 1300 W. Crescent Ave., Park Ridge, \$15 per person per session, 847-951-3365

Storytime for 4s & 5s: Join us for storytime. No adults or siblings please. 10:15 a.m. Tuesday, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

Baby Bounce Storytime for Birth to 12 months with adult: Join us for storytime just for babies. Enjoy stories, songs, rhymes and a playtime at the end. 9:15 a.m. Tuesday, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

Teddy Bear Time: Stories, songs and fingerplays for children from 12 through 24 months with an adult. Siblings wel-

come. 11 a.m. Tuesday, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

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. Tuesday, Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, \$420 for entire year plus book fees, 847-675-4141

Wednesday, Feb. 1

Riley Walker with We/Or/Me: 8 p.m. Wednesday, SPACE, 1245 Chicago Ave., Evanston, \$15-\$25, 847-492-8860

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

Meet Children's Author Kevin Henkes: Come celebrate the release of "Egg," the 50th book by illustrator Kevin Henkes. Mr. Henkes is on hand to discuss his work, demonstrate his drawing, and autograph books. Registration is required by calling the library and registrants are asked to be present at least 10 minutes before the program begins; unclaimed seats will go to those in the stand-by line. 4:30 p.m. Wednesday, Evanston Public Library, 1703 Orrington Ave., Evanston, free, 847-448-8610

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

Park Center Winter Art Show: Stop by Park Center to see the great artwork submitted by visual art class students for this annual art show. View art by students of all ages and levels. 9 a.m. Wednesday, Glenview Park Center, 2400 Chestnut Ave., Glenview, free, 847-724-5670

MGPL On the Go: Catch the library staff at the Civic Center for a monthly talk about upcoming events at the library, books and e-books, movies, mobile devices and much more. They are more than happy to answer questions about the library and to register you for a library card. 10:15 a.m. Wednesday, Morton Grove American Legion Civic

Turn to Calendar, Next Page

Calendar, from Previous Page

Center, 6140 Dempster St., Morton Grove, free, 847-965-4220

Book Talk: Let's Read Our Way to China: Bring your Library card with you to the American Legion Memorial Civic Center of Morton Grove where books will be available for check out. No registration is required. This event supports coming together celebrating Chinese culture in the community. In February, a variety of books about China, set in China, and written by Chinese and Chinese-American writers are featured. 1 p.m. Wednesday, Morton Grove American Legion Civic Center, 6140 Dempster St., Morton Grove, free, 847-965-4220

MGPL Writer's Workshop: The MGPL Writers Workshop is for writers who want to share their works in progress and support other writers in drafting, revising, and finishing manuscripts, essays, poems, or any other type of writing. Readings can be in any genre or format. Writers of any level or professional aspiration are welcome. The workshop meets on the first Wednesday evening of every month. Contact Chad at ccomello@mgpl.org with questions. 7 p.m. Wednesday, Morton Grove Public

Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Two-year-old Storytime with Caregiver: Children ages 2 and 3 are welcome to enjoy this free storytime. 10:30 a.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Preschool Storytime for ages 3 to 5: Children ages 3 to 5 are welcome to enjoy this free storytime. 10:30 a.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Chess Club: Whether you're a skilled player looking for a challenge or a beginner interested in learning new skills, all are welcome at this new, weekly Chess Club. Chess sets and clocks provided. No registration is required. 7 p.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Community Wednesdays: Community Wednesdays begins Jan. 18, at Bernard Weinger JCC. We will host three, one-hour lectures/classes throughout the day, along with our fitness class offerings at the Marvin Lustbader Center. 9:30 a.m. Wednesday, Bernard We-

inger JCC, 300 Revere Drive, Northbrook, \$10 per day for nonmember, 224-406-9257

Prohibition and the Dust Bowl: From 1920 to 1933 our country tried a grand social experiment that not only failed but also led to unintended criminal consequences. There was no time to celebrate the end of that experiment because both our economy (the Great Depression) and our agricultural environment (soil erosion and drought) were ravaged. These caused massive migrations and anti-migrant confrontations. Gary Midkiff presents the story of these two phenomena. 10 a.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, \$19 NSSC members; \$25 non members, 847-784-6030

Knitting Studio and Workshop: Each Wednesday afternoon, Certified Knitting Instructor Mary Staackmann provides personalized instruction, answers any questions about knitting, and perhaps gets you started on a new project. 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. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-

784-6060

Park Ridge Fly Tying Club Meetings: Chicago Fly Fishers Club meet at 7 p.m. Wednesdays, from October through May. An experienced demonstrator does demonstrations of fly tying, with members tying the same pattern using tools and materials provided by the club. 7 p.m. Wednesday, Park Ridge Community Church, 100 S. Courtland Ave., Park Ridge, free, 847-823-3164

Storytime for Threes with Adult: Stories, songs and fun for three year-olds. Siblings are welcome. 10:15 a.m. Wednesday, Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

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. Wednesday, First Congregational Church of Wilmette, 1125 Wilmette Ave., Wilmette, free, 847-251-6660

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

COUNTRY FINANCIAL

PRESENTS:

HIGH SCHOOL ATHLETE OF THE MONTH

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NOW PLAYING

**"Hidden Figures" ★★ 1/2**

PG, 2:07, drama

"Hidden Figures" is a fairly entertaining gloss of a docudrama elevated by its cast. It takes place mostly in 1961 and early 1962, three years into the life of NASA. With Russia's successful launch of Sputnik, America had to play catch-up in the space race. "Hidden Figures" focuses on three African-American female mathematicians working behind the scenes, and behind a long wall of white colleagues, at a stubbornly segregated NASA

in Jim Crow-ruled Hampton, Va. The bigotry and sexism these women endured cries out for a tougher-minded movie. But there's no doubt that many will respond to this easygoing picture and be grateful for something that at least deals with subjects overdue for some of the space-race glory. — *Michael Phillips*

**"Patriots Day" ★★ 1/2**

R, 2:13, drama

Peter Berg's movie retells the tale of the manhunt for the Boston Marathon bombers. The film uses Mark Wahlberg's Bean-town flatfoot Tommy Saunders as the furrowed yet ruggedly handsome face of the army of law enforcement officers that was mobilized after two bombs exploded near the finish line of the 2013 marathon, killing three spectators and injuring hundreds. "Patriots Day" starts slow and somewhat predictably,

jumping between scenes that introduce us to Saunders, the bombers and some of their soon-to-be victims. In the second half of the film, Berg shifts into high gear, powerfully evoking the feelings of dread and white-knuckle excitement that much of America no doubt felt as the manhunt progressed. — *Michael O'Sullivan, The Washington Post*

**"La La Land" ★★★★★**

PG-13, 2:08, musical comedy

At its best, "La La Land" hits three, four, five bells at once, reminding us of the multilayer satisfaction a musical can provide. Ryan Gosling stars as a stubbornly idealistic jazz pianist and aspiring club owner. More crucial to the film's success, Emma Stone co-stars as a striving, occasionally employed Los Angeles actress. Stone is spectacular, and she's reason enough to see "La La Land." Damien Chazelle is a born filmmaker, and he

doesn't settle for rehashing familiar bits from musicals we already love. He's too busy giving us reasons to fall for this one. — *M.P.*

**"Rogue One: A Star Wars Story" ★★ ★**

PG-13, 2:13, action/adventure

"Rogue One," the tale of a controversial Death Star and those who loathe it, operates as a prequel to the 1977 movie that became a flexible, malleable religion to millions. The new movie is a little bit "Guardians of the Galaxy," a little bit "Dirty Dozen" in its mass wartime slaughter and a pretty good time once it gets going. "Rogue One" takes its name from the U-shaped spaceship whisking Alliance fighters to the tropical planet Scarif for

the big showdown against Empire forces. The movie's pretty violent. Deliberately, director Gareth Edwards' effort is rough around the edges, hectic in its cross-cutting but increasingly effective as kinetic cinema. — *M.P.*

**"Sleepless" ★★**

R, 1:35, action/adventure

Although it's far from being a terrible movie, "Sleepless," a Las Vegas-set cop thriller starring Jamie Foxx, actually put me to sleep for a few minutes. Fortunately, the exposition is thick and repetitive enough to keep you from getting too lost. Or, for that matter, too engaged. Director Baran bo Odar orchestrates the smashing of bodies and automobiles with a moody, Michael Mann-esque panache, often cutting away to aerial establishing

shots that make the Strip look like a shimmering nocturnal jewel box. But all that glitters is not gold. — *Justin Chang, Los Angeles Times*

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DEATH NOTICES

We extend our condolences to the families and loved ones of those who have passed.

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Death Notices

Schnitzer, Benjamin J.

Benjamin J. Schnitzer, 57, of Skokie. Cherished son of the late Herbert and Gloria Schnitzer; beloved brother of Steve (Leeann) Schnitzer. Ben is also survived by his adorable niece kitty Mei Mei Benjamin J. Schnitzer. Friends and family gathered Sunday, January 22 at 10:00 a.m., until time of funeral services, 11:00 a.m., at **Weinstein & Piser Funeral Home**, 111 Skokie Blvd., Wilmette, IL 60091. Contributions to American Heart Association (www.heart.org), American Lung Association (www.lung.org), Jewish United Fund (www.juf.org), or your favorite charity appreciated. "To our beloved big brother Benjamin ... rest in peace. Missing you always, forever, and until eternity." For funeral information please call 847-256-5700.



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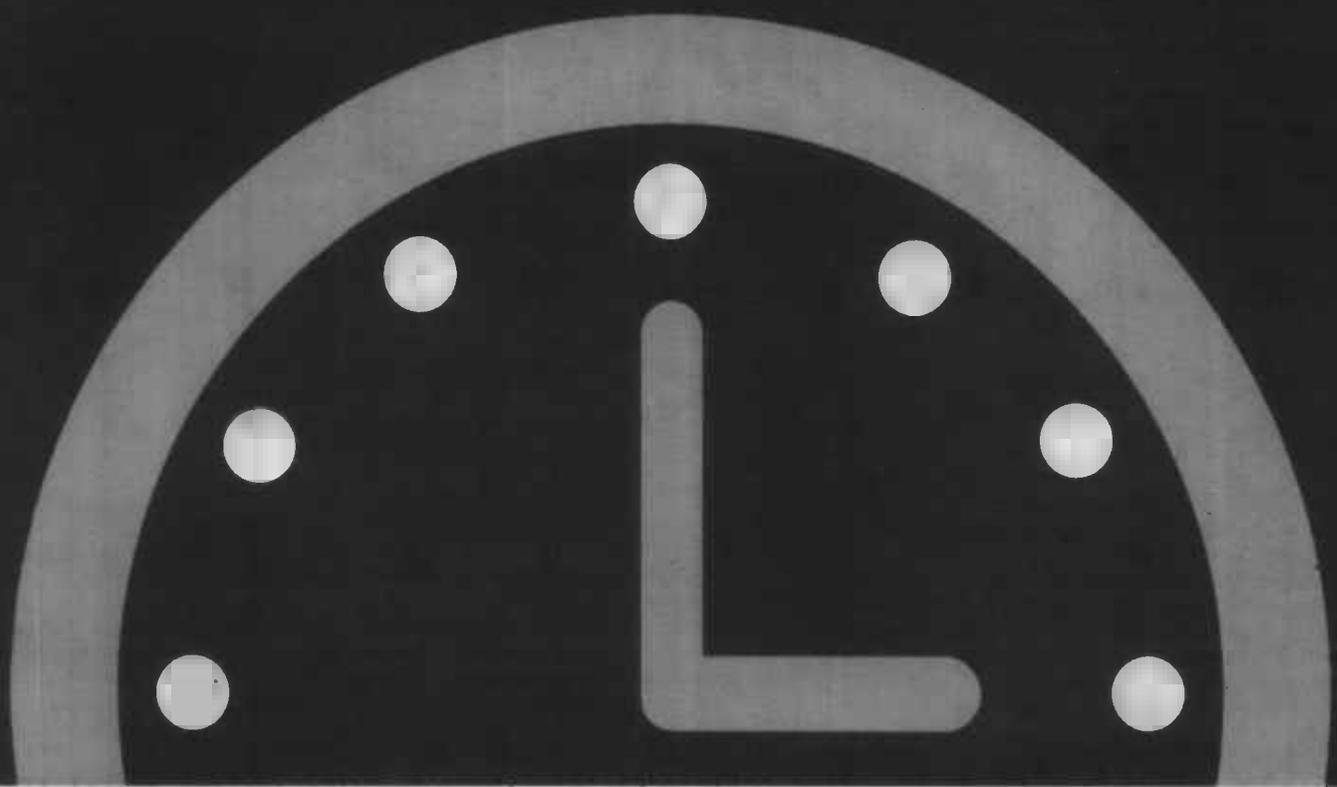
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As child of deported parents, Elmwood Park wrestler savors opportunity

BY GARY LARSEN
Pioneer Press

Sometimes at the end of wrestling practice, Elmwood Park coach Neil Posmer asks his wrestlers if any of them want to come in at 6 a.m. the next day for early training.

Junior Olsi Rama's hand always goes up.

"He makes my life hard," Posmer joked. "I live in Carol Stream. I don't want to get up at 5 a.m. to meet him here. But of course I do. He's such a dedicated kid. He makes the minutes of his day count."

A competitive two-sport athlete, Rama has tried to maximize his opportunities. He knows all too well how opportunity can be taken away.

"My parents live in another country," Rama said. "They came here undocumented with my sister, and my mom came here pregnant so I was born here and I have American citizenship."

Rama's parents and sister were deported back to Albania "10 or 11 years later," he said.

"It's hard," Rama said. "But they made sacrifices for me and I have to take advantage of the opportunities they've created for me."

Rama lives with his grandparents in Elmwood Park. Olsi Rama sees his parents, Ferrick and Natasha Rama, and 20-year-old sister Lediana each summer. They've been unable to watch him play football or wrestle in high school.

What they're missing this winter sports season is a 20-0 wrestler ranked sixth in Illinois at 182

pounds in Class 2A by Illinois Matmen. In a competitive wrestling state, that's quite a feat for someone in only his third season in the sport.

Olsi Rama went 33-10 as a state qualifier at 182 last year. He lost to eventual state champion Jacob Warner of Washington in his opening match, then lost his second match and was eliminated from the tournament. He considers last year's downstate experience as a lesson learned.

"It's like a whole new world of wrestling downstate, but now I feel like I've paid my dues," Rama said. "Remembering how rewarding it felt to be down there is really driving me forward this year."

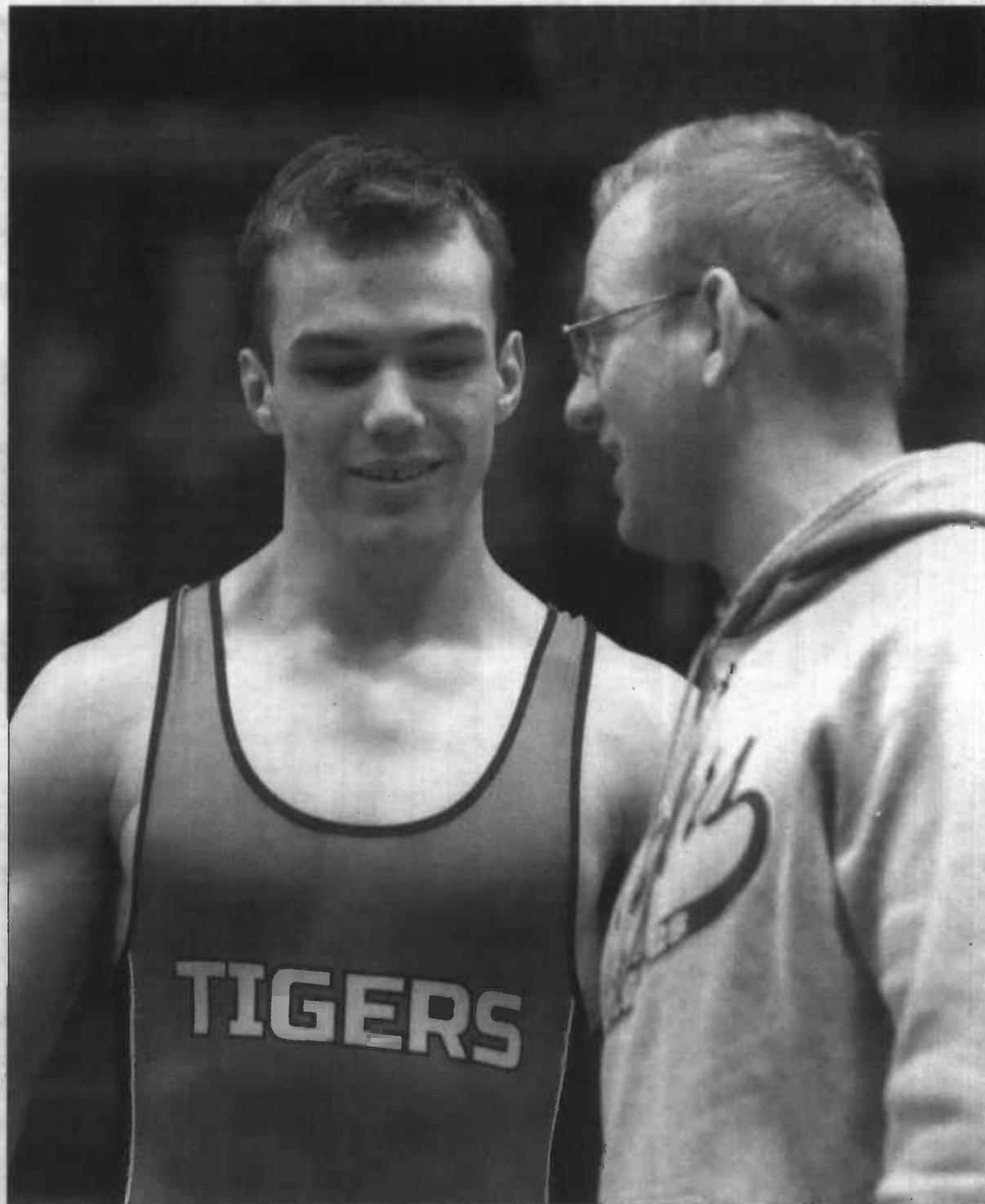
"As soon as we got on the bus home, (Posmer) and I started talking about what I needed to do better for this year. I've been constantly adjusting and learning this year, and I think it's paying off."

On the mat, he's good in the top position and his stocky, muscular frame is almost impossible to ride in the bottom position. But he's best on his feet.

"I wrestle with him every day and when he wants to attack, he's a hard kid to stop," said Posmer, who wrestled collegiately at Marquette from 1996-2000. "He's very physical and has very good technique."

"He's just a good athlete. He's got great flexibility, he scrambles well, and he fights everything. He's really hard to score on."

He's also a pinner: Rama had two pins in three matches and won an individual title while wrestling up at 195 pounds at a 12-team tournament at



JAMES C. SVEHLA/PIONEER PRESS

Elmwood Park junior Olsi Rama talks to coach Neil Posmer during a wrestling meet at IC Catholic on Jan. 12.

Walther Christian on Dec. 10. One week later he won the title at 182 at Harvard's 16-team tournament, posting two more pins.

Rama said he has approached matches more methodically this season.

"It's not that I'm holding back, but in some matches I'm on the attack and some I'm not, rather than just

going out there in every match and trying to end it in the first period," Rama said.

"I'm pretty strong for my weight class, but I know I'm going to run into guys that are stronger and more technical than me."

Rama doesn't know yet if he wants to wrestle, play football or do neither in college. He's considering

electrical engineering or business and finance as potential college majors.

Another significant event in Rama's future is the potential return of his parents. He said they were established in Albania but would prefer to move back to the United States.

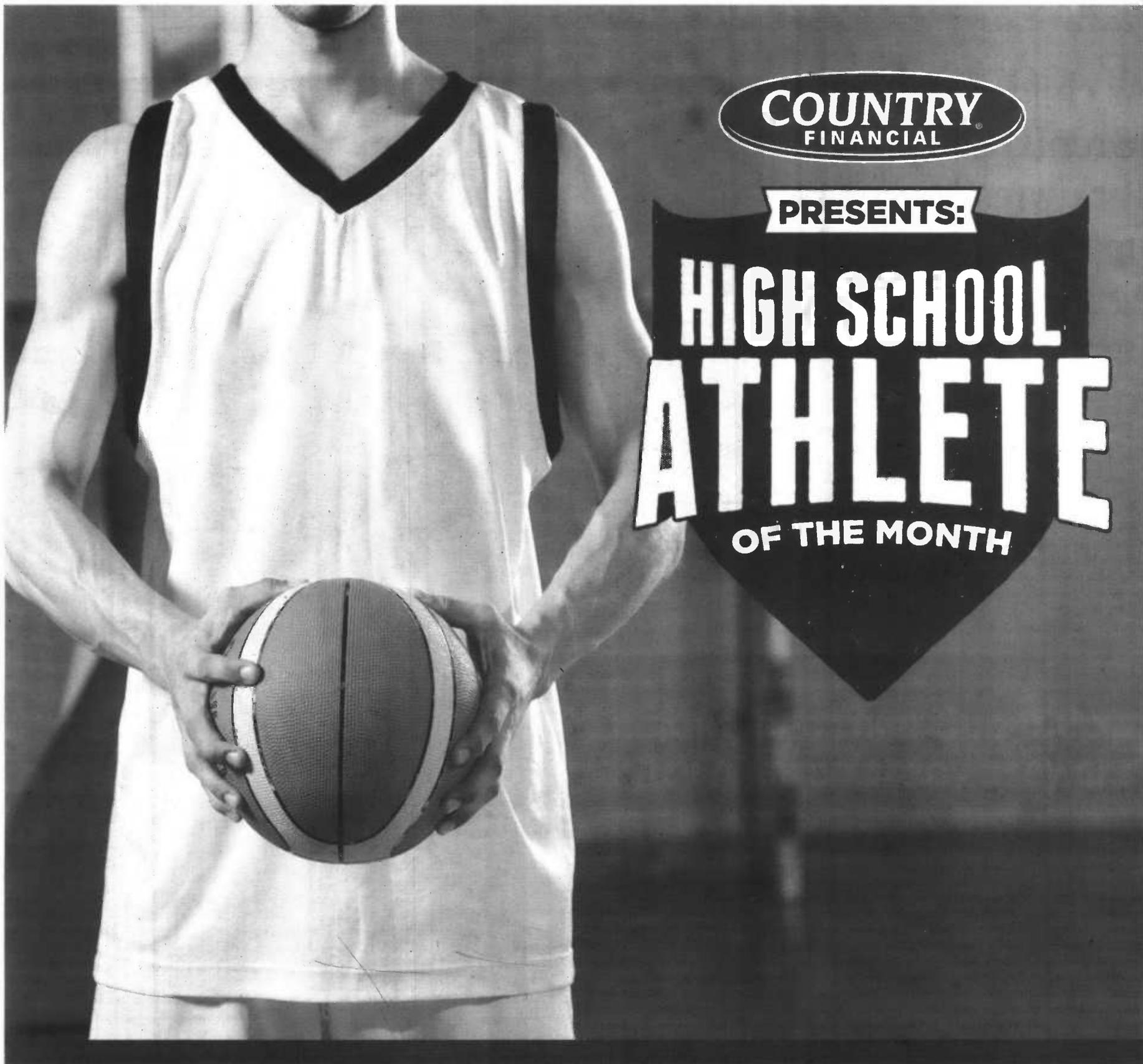
Rama must be 21 years old to petition for his par-

ents.

"My parents' eyes are on me," he said. "The opportunity they created for me, I just want to push that to my maximum potential. I can't let them down."

Gary Larsen is a freelance reporter for Pioneer Press.

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COUNTRY
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COLLEGE NOTES

Fenwick grads stand out in bowl games

BY SAM BRIEF
Pioneer Press

Fenwick graduate **Robert Spillane**, a Western Michigan junior linebacker, recorded six tackles and a sack as the Broncos fell to Wisconsin 24-16 in the Cotton Bowl on Jan. 2. Western Michigan, which won the Mid-American Conference title, entered the game undefeated and finished 13-1. Stevenson graduate **Zach Novoselsky**, a sophomore lineman, also played in the game for the Broncos.

Another Fenwick graduate saw action during the college football bowl season: **Ryan Smith**, a junior tight end for Miami (Ohio), reeled in seven catches for 72 yards and a touchdown in the St. Petersburg Bowl on Dec. 26, which Miami lost to Mississippi State 17-16. Smith is a River Forest native.

Two Lake Zurich natives see action

Minnesota senior linebacker **Jack Lynn**, a Lake Zurich graduate, recorded four tackles for Minnesota as the Golden Gophers took down Washington State 17-12 in the Holiday Bowl on Dec. 27.

In Wyoming's 24-21 loss to BYU on the Poinsettia Bowl on Dec. 21, **Zach Wallace**, a sophomore Lake Zurich graduate, started at left tackle for the Cowboys. Wyoming finished 8-6 on the season.

Elliott kicks final college field goal

Memphis senior kicker **Jake Elliott**, a Lyons graduate, hit one of two field goal attempts — for 33 yards — in

the Boca Raton Bowl on Dec. 20, in which Memphis fell to Western Kentucky 51-31. Elliott ended his career as the Tigers' all-time leaders in points (445) and field goals made (82).

Other locals in bowl games

When Army took on North Texas in the Heart of Dallas Bowl on Dec. 27, **Mike Houghton**, a Prospect graduate and Arlington Heights native, started at right guard for Army. **Mike Johnson**, a freshman offensive lineman from Hinsdale Central, also played in Army's 38-31 win.

Maryland offensive lineman **Joe Marchese**, a Stevenson graduate and Vernon Hills native, played for the Terrapins in their 36-30 loss to Boston College on Dec. 26 in the Quick Lane Bowl. For the Eagles, Montini graduate and Burr Ridge native **Jimmy Lowery** started at right tackle in the win.

Northwestern junior safety **Tommy Odell** from Oak Park-River Forest, red-shirt freshman super back **Cameron Green** from Stevenson and senior kicker **Matt Micucci**, also from Stevenson, all appeared in the Wildcats' 31-24 Pin-stripe Bowl win over Pittsburgh on Dec. 28.

Stevenson graduate **Jake Hurcombe** started at center for Eastern Michigan as the Eagles fell to Old Dominion in the Bahamas Bowl on Dec. 23.

Have a suggestion for College Notes? Email Sam Brief at briefsam@gmail.com.

Sam Brief is a freelance reporter for Pioneer Press.



CHRIS O'MEARA/AP

Fenwick graduate Ryan Smith (right) celebrates his touchdown for Miami (Ohio) during the St. Petersburg Bowl on Dec. 26.

CORRECTION

A story in last week's paper in which area high school baseball coaches paid tribute to Chicago Cubs scout Stan Zielinski after his death misspelled the first name of the Niles West baseball coach. He is Garry Gustafson, not Gary.

Sibling rivalry

Notre Dame's Stritzel scores 41 points less than week after sister's career game

By **BOB NARANG**
Pioneer Press

Matt Stritzel was just following in his younger sister's footsteps.

Or maybe his dad's.

Either way, Nazareth sophomore Annie Stritzel scored a career-high 31 points in her season debut on Jan. 10 in a 56-52 loss to Downers South. Six days later, Matt Stritzel, a 6-foot-1 senior guard at Notre Dame, poured in a career-best 41 points against Downers South at the Wheaton Warrenville South MLK Classic.

"I didn't even know how many points I had," Matt Stritzel said. "I got hot early and hit a few open shots. We have a few big guys and they crashed the paint to open some opportunities for myself and I hit a few pull-up 3s."

Matt Stritzel finished with five 3-pointers in the Dons' 79-62 win.

Annie Stritzel transferred from Trinity to Nazareth to play for her dad. After sitting out the first 16 games this season following her transfer to comply with the IHSA, Annie Stritzel averaged 25.5 points through her first four games.

"It's pretty cool and it's fun for our family," said Matt Stritzel, a Chicago resident. "It's awesome to see her do well."

After Annie Stritzel scored 31 points against Hinsdale South on Jan. 19 — with her brother in the stands — she talked about the two siblings hitting their career highs within a few days of each other.

"He's super supportive and we've always played (basketball) together, but we're competitive," Annie Stritzel said. "We're happy for each other, sometimes we play one-on-one in the backyard. He's got me right now (scoring 41), but I've only played four games."

Matt and Annie's father, Ed Stritzel, was a standout guard at Gordon Tech, then went on to play at Loyola of Chicago before transferring to Rosary, which is now called Dominican. He coached at Trinity for nine years. The IHSA

suspended Ed Stritzel for 30 days at the start of last season, and he resigned from Trinity the day before the suspension was set to end. He took over the Nazareth job this season.

Ed Stritzel laughed while saying his son and daughter still have some work left to reach his high school big-scoring games.

"We joke a bit," Ed Stritzel said. "After Matt scored 41, I told him I had 40 three times in high school, but we didn't have 3-pointers, so my record is little better than his."

"(My dad) said he would've had 50 (points) in a game if they would've had the 3-point line (when he played)," Matt Stritzel added.

Ed Stritzel, a shooting guard in his playing days, coached Matt Stritzel during his grammar school days. His varsity coaching duties force him to miss plenty of Matt Stritzel's games at Notre Dame. Matt Stritzel, a three-year varsity player, is averaging nearly 20 points per game for the Dons this season.

Ed Stritzel acknowledged he sees some of himself in his son's game.

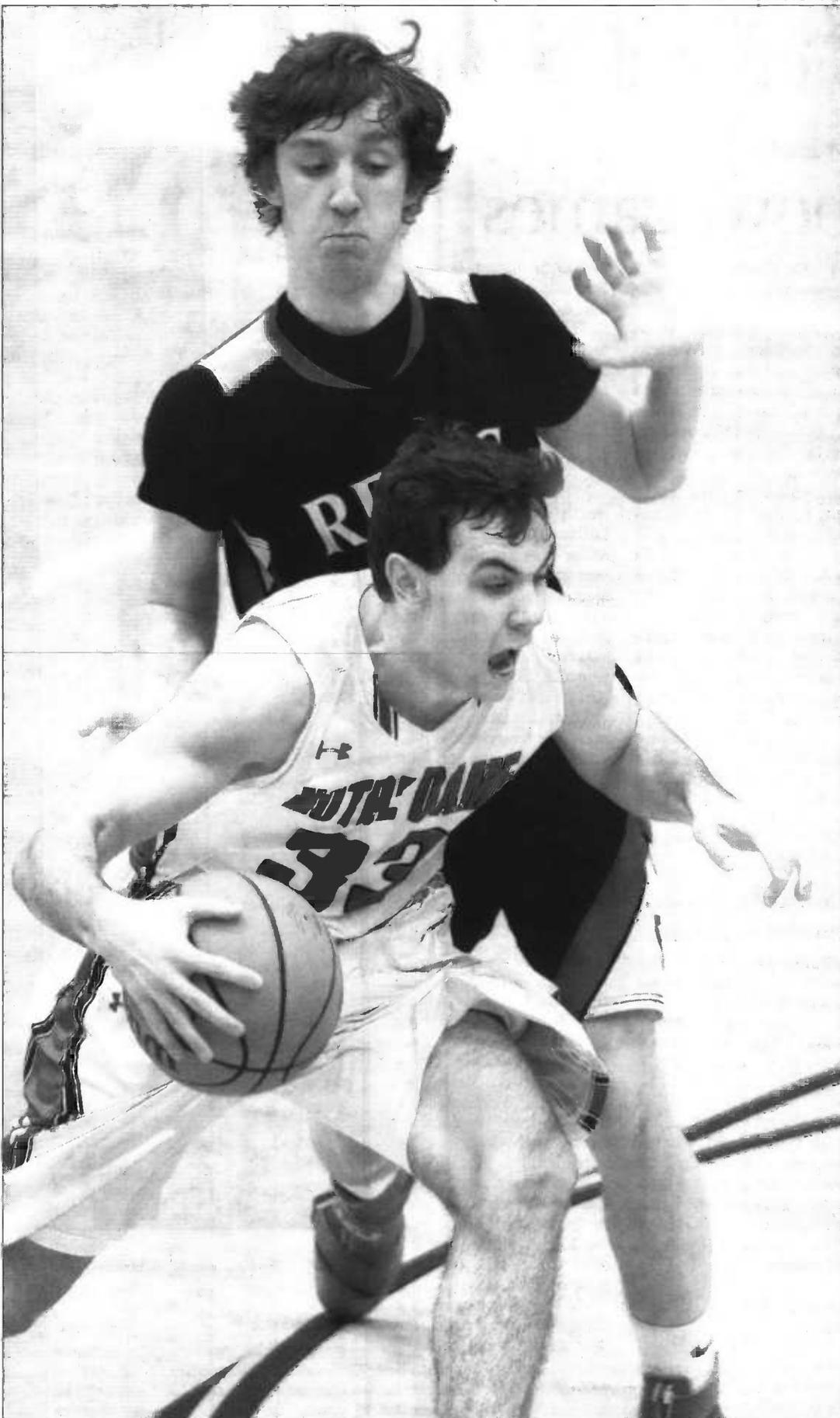
"Scoring-wise, we are about the same," Ed Stritzel said. "He's a better combo guard than I was. I was more of a shooting guard. He's more athletic than me."

Matt Stritzel, mostly a spot-up shooter last season, admitted the recent attention as a result of several high-scoring games is good and bad. He's receiving more attention from colleges — and opposing defenses, too.

"I worked on my game where I could create my own shots," Matt said. "Last year I was living off other guys. This year I'm creating for other guys, especially with the defenses I've been seeing lately, the guys are just collapsing on me. If not me, I'm creating for somebody else."

Bob Narang is a freelance reporter for Pioneer Press.

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ROB DICKER/PIONEER PRESS

Notre Dame's Matt Stritzel (33) drives past Ridgewood's Josh Carrasquillo on Saturday in Niles.

Ramirez sets sights on state tourney

BY GARY LARSEN
Pioneer Press

When a Niles North freshman football coach talked Dylan Ramirez into going out for wrestling three years ago, he agreed to give it a try.

After losing badly in his first two matches that year, Ramirez was ready to quit.

"I didn't think wrestling was for me," Ramirez said. "Nobody likes to lose and I didn't like how it felt. I ended up taking first at our freshman tournament that year. It took a while but I got better."

Ramirez continued to improve and became Niles North's varsity heavyweight as a sophomore, reaching the sectional. But it was his junior year on the mat that opened his eyes to how good he could be.

"It was just confidence," Ramirez said. "Once I started winning a couple matches, and believing I could beat the other kid, I gained confidence and started to wrestle more aggressively."

Ramirez won the heavyweight title at last year's Central Suburban League meet, and then earned an overtime win on the third-place mat at the Class 3A Maine East Regional to advance to the sectional meet at Conant.

Ramirez needed to finish in the top four at Conant in order to advance downstate. While the title mats and third-place mats at

sectionals in Illinois often feature wrestlers with years of experience in the sport, Ramirez was an exception. He beat Lane's Jeremiah Olojo in the consolation semifinal match to become a state qualifier.

"I didn't really think I would make it to state," Ramirez said. "It was an awesome feeling because I had no idea I could make it that far."

Ramirez entered the state finals in Champaign with a 29-9 record. The bright lights inside the State Farm Center were a whole new experience for him.

"It was crazy just being in that place. It's amazing," Ramirez said. "I had some butterflies. All the heavyweights in 3A kind of knew each other but I was that one guy no one knew."

Ramirez lost his first match downstate by 11-4 decision to eventual runner-up Bryan Ditchman of Lincoln-Way Central. He lost his next match and was bounced from the tournament, but Ramirez learned from those two losses.

"I learned that I have to take shots and move quicker," Ramirez said. "If you just keep pummeling, it will be a longer match. You have to take shots and put pressure on the other guy."

Niles North coach Chris Albandia is happy with the way Ramirez is now using his athleticism against other heavyweights in his senior year.

"As a freshman, he just wanted to go out there and be tough and be brutal," Albandia said. "He's still that guy but he has developed his technique. He had that in-your-face, pound-you style and now he's putting that together with more technique and a better attack."

"Heavyweights don't expect the things that Dylan can do offensively. It's an advantage that can get him a long way. We believe he can be on the awards stand in Champaign this year."

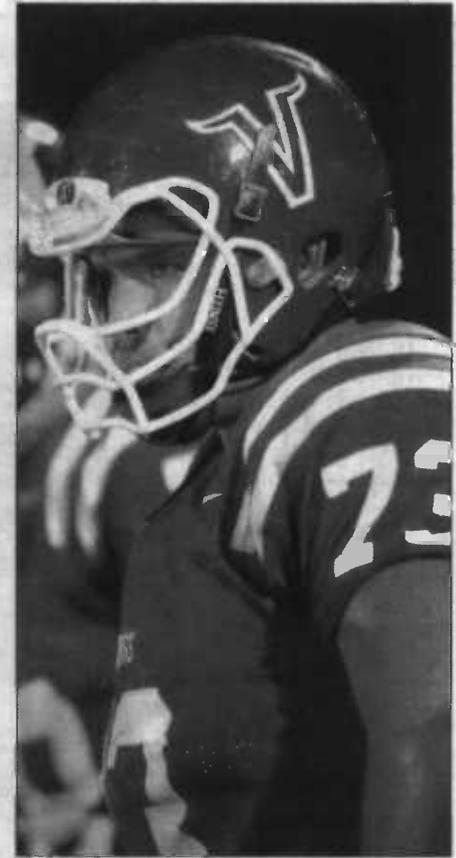
Ramirez improved to 23-3 and placed second at the Kaneland tournament on Jan. 14, and he has placed second in tournaments at Glenbrook South and Prospect this season. He defended his CSL title at this year's conference meet on Saturday at Maine South.

"Sometimes I'll be in situations that I haven't been in and I've gotten caught in some of those big matches," Ramirez said. "I just need to stay out of those situations."

"I expect to get downstate and get up on the (awards) stand. That's what my coaches and I are planning for. I know it won't be easy getting there but I'm ready to work for it."

Gary Larsen is a freelance reporter at Pioneer Press.

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KEVIN TANAKA/PIONEER PRESS

Niles North's Dylan Ramirez is pictured during the Vikings' first game of the football season on Aug. 26, 2016.

Niles North grad Arcus now helps Niles West gymnasts

BY ELI HERSHKOVICH
Pioneer Press

When Susan Arcus began participating in girls gymnastics at Niles North, then-coach Bill Bro produced unique routines for each of his gymnasts that were meant to showcase their individual talents.

For Arcus, her best apparatus was bars. Although she says her speed and strength weren't up to par with some of her teammates, her scores tended to still be high due to her effort to learn and conquer the needed skills.

"I was more graceful and slow twitch, and Bill (Bro) really let me own that," Arcus said.

Now, Arcus has shifted over to Niles West to preach the same craft that Bro did.

Following her four-year career at Niles North, she competed in gymnastics at Northern Illinois. Immediately after she received her diploma, Arcus, who started teaching gymnastics at a local park district when she was 15 years old, returned to her alma mater to become an assistant coach.

Although many young gymnasts hope to compete in the Olympics one day, she says she knew that wasn't a realistic dream growing up.

"Our (she and her high school teammates') goal was very much to just be able to do it (gymnastics) in college," she said.

Two years later, she was then promoted to the head coaching position at Niles North. However, she stepped down in 1996 once she gave birth to her first son.

However, the itch to coach again came about 7 years down the road, so she signed up for the girls gymnastics assistant coaching position at Niles West. Arcus then got the head job there after two years.

"A lot of people do tease that I'm a traitor for leaving the purple (Niles North) and coming to the red (Niles West)," she said. "But I feel very at home here, and our team (of gymnastics coaches) is just amazing."

Arcus' husband, Dan, is involved with gymnastics, too, serving as the assistant director of Viking Gymnastics Club in Niles. Before that, he was an assistant coach at Niles North for 18 years. The two met at

Niles North's John Cress Invite following their college days.

"As coaches, we spend a lot of time with our athletes, probably more so than their parents do," Dan Arcus said. "When they (Niles West gymnasts) are in school, that's their mom away from home."

Furthermore, the Arcus' influenced each of their sons to participate in the sport. The youngest one is scheduled to compete in the aforementioned event in April 2017.

During the last several seasons, Susan Arcus has influenced two of Niles West's four-year gymnasts. Haley Aichholzer, who's a co-captain on the team, says she was nervous to compete for the Wolves at the beginning of her freshman year due to her lack of experience.

Once Aichholzer participated in the high school's summer camp, though, she started to witness an unexpected side to the coach.

"I could tell she cared about them not just as gymnasts, but as people (too)," Aichholzer said. "It just makes things so much easier to know that she'll be there for me in gymnastics or my personal life."

In the gym, Claire Embil, a fellow co-captain, says she and Arcus spend a great deal of time going through her score sheets in order to point out areas to improve upon. Embil's fellow gymnasts receive a similar level of one-on-one attention from Arcus.

Out of all the routines in Arcus' high school days, her favorites were on the floor and beam because she could tack on a certain dance move with them. Now, she tires to help each gymnast discover a specific motion through dance, so they can reach their highest potential in either event.

"I try to connect with my girls in order to make them more confident people," Arcus said. "Being in front of a group of people, wearing a leotard and standing on a 4-inch beam, 4 feet above the ground, it's tough. But I remind them that if they can do this, if they can believe in themselves, they will be better women in the future."

Eli Hershkovich is a freelance reporter for Pioneer Press.

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Strong freshman class has Maine East optimistic

BY STEVE REAVEN
Pioneer Press

After 10 seniors on last year's squad graduated, Maine East wrestling coach Emiliano Hernandez had a choice to make entering this season.

He could rush a group of talented freshmen onto varsity, or allow the Blue Demons' rebuilding project to consist largely of older wrestlers who don't all possess the experience of some of their younger teammates.

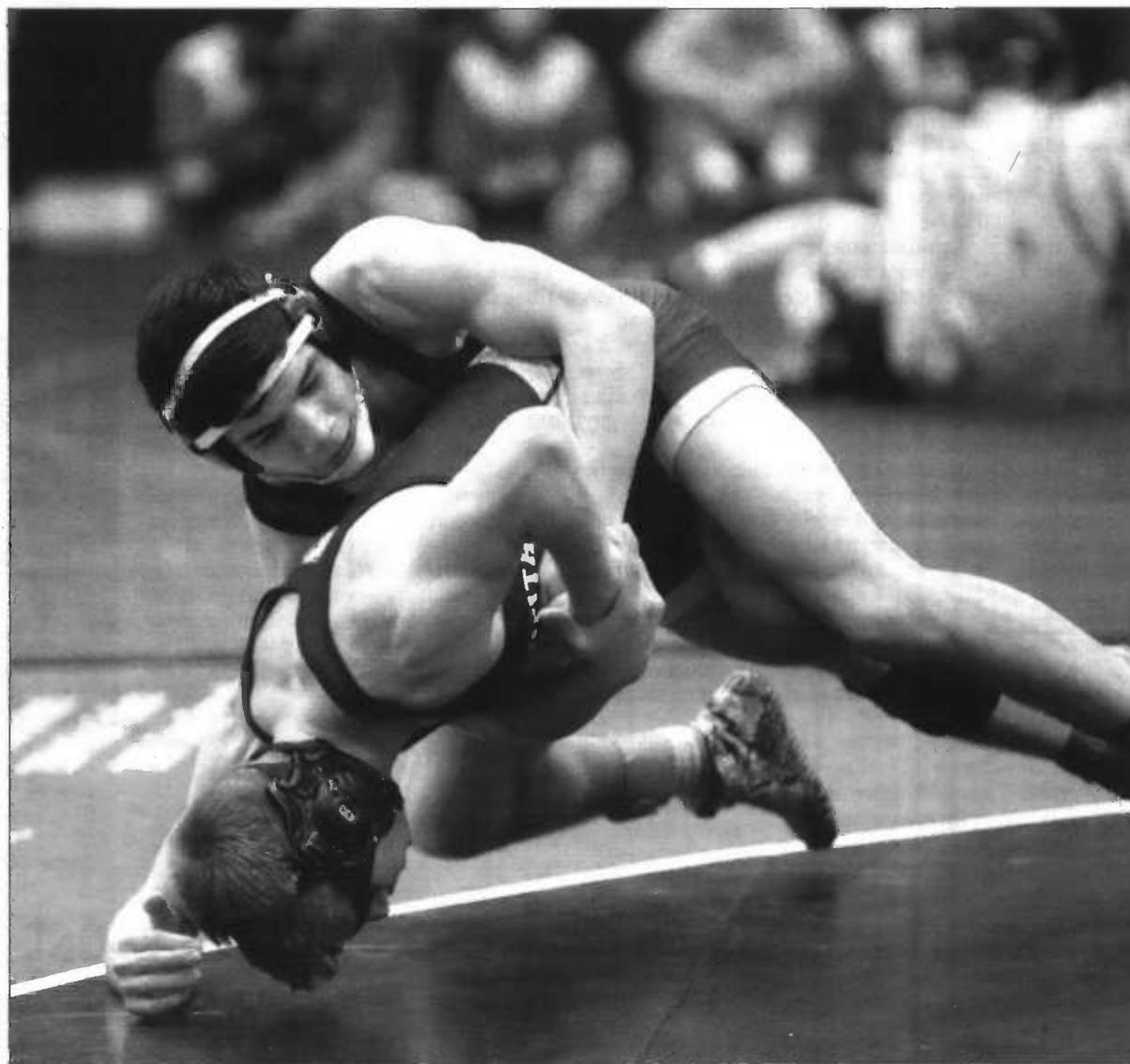
Hernandez chose the latter. That decision kept the talented freshmen out of the spotlight and allowed for their continued development against grade-level competition. It also resulted in the Blue Demons struggling at times on the varsity level for the sake of reaping future dividends.

Maine East finished 12th out of 12 teams with 275 points at the Central Suburban League meet on Saturday at Maine South. Deerfield won with 310.5 points.

However, the Blue Demons' top two varsity wrestlers — junior Julio Cabrales (132 pounds) and senior Caesar Hernandez (160) — competed hard in Park Ridge.

Cabrales finished fifth after a first-period pin of Maine South sophomore Ryan Pena, while Caesar Hernandez lost a pair of decisions.

Cabrales missed a large chunk of the season because of a concussion he suffered at the Vernon Hills tournament at the end of November.



KEVIN TANAKA/PIONEER PRESS

Maine East's Julio Cabrales drives Glenbrook South's Ethan Bond into the mat at the Central Suburban League wrestling tournament on Saturday at Maine South in Park Ridge.

"I'm still working on my conditioning because I wasn't able to wrestle as many matches as I would have liked because of being hurt," said Cabrales, who resides in Park Ridge. "It's

been tough because I fell behind a lot of my competition. It's been frustrating at times."

One of Caesar Hernandez's defining features as a wrestler is his scrappiness.

"He'll give you a full six minutes every match," Emiliano Hernandez said.

Caesar Hernandez lost a 6-0 decision to Maine South senior Matt Schneider in the quarterfinals on Sat-

urday and then lost a 16-9 decision to New Trier junior Joey Klinger in the wrestlebacks. Caesar Hernandez said there are still things he wants to upgrade before the state series,

which starts in two weeks. Maine East will be at the Class 3A Notre Dame Individual Regional.

"I've always liked to fight; I don't like to lose, that's the main thing," said Caesar Hernandez, a Niles resident. "I think I still need to work on my shooting and some of the defensive moves. That'll help me later in the year."

While the Blue Demons haven't enjoyed much success, Emiliano Hernandez is confident he made the right decision by keeping the freshmen together.

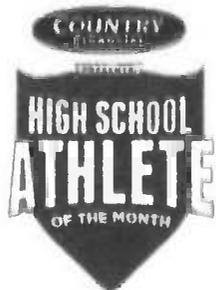
"It was all done with the future in mind," Emiliano Hernandez said. "In the end, I didn't want those young guys struggling or getting beat up against older, stronger competition. That group is phenomenal and their development is going to show up down the road."

The freshmen have thrived: The Blue Demons' freshman team takes a 16-3 record into the Central Suburban League freshman meet on Jan. 28 at Glenbrook South.

Among the headliners on that squad are Balto Cabrales (145), Francisco Montesinos (120) and Jonathan Gonzalez (126). Balto Cabrales, Julio Cabrales' younger brother, was the only Maine East underclassman to wrestle on Saturday. He competed at 145 pounds and didn't score any points for the Blue Demons.

Steve Reaven is a freelance reporter for Pioneer Press.

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READY FOR THE FEBRUARY CHALLENGE?

Check back to see who our finalists are for the February Athlete of the Month challenge. Voting begins at noon on Feb. 9 at chicagotribune.com/suburbs/athletes. Thank you to everyone who voted in December!

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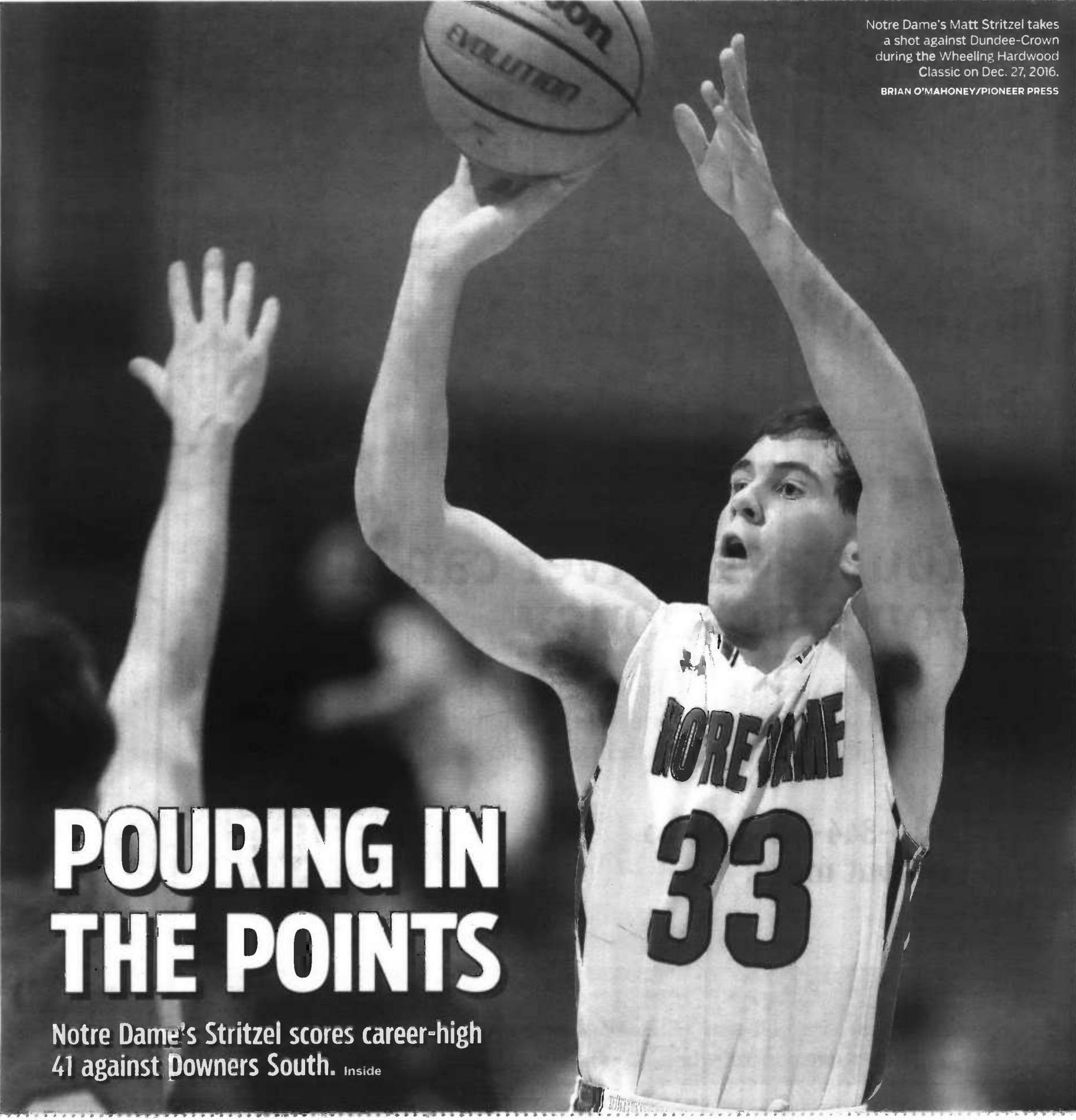
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Notre Dame's Matt Stritzel takes a shot against Dundee-Crown during the Wheeling Hardwood Classic on Dec. 27, 2016.

BRIAN O'MAHONEY/PIONEER PRESS



POURING IN THE POINTS

Notre Dame's Stritzel scores career-high 41 against Downers South. *Inside*

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