

NILES HERALD-SPECTATOR

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nilesheraldspectator.com

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A day to remember

Holocaust remembrance ceremony set for April 23 in Skokie. Page 7



MIKE ISAACS/PIONEER PRESS FILE PHOTO

A lighting candle ceremony performed by Holocaust survivors and descendants, as seen here in this 2015 photo, often is the highlight of an annual Holocaust memorial service held at Skokie Valley Augudath Jacob Synagogue in Skokie. This year's ceremony is scheduled for April 23.

LIVING

With kid cooks, it's OK to make a mess

After teaching preschoolers for 30 years, Aurora resident Joan Chappell believes allowing mistakes is crucial to the learning process. She shares her favorite kid-friendly recipes and encourages parents to get their children involved in the kitchen. **Inside**



JUDY BUCHENOT/NAPERVILLE SUN

FACES & PLACES



GARDEN STUDY CLUB OF HINSDALE

Green scene

Our guide to the season's garden walks and plant sales. Page 27

OPINION

Vacation crackdown points to larger issue

Randy Blaser responds to a story about suburban schools cracking down on students missing class for vacation. The current industrial-age model of education, he writes, has outlived its usefulness. Page 19

SPORTS



JUDY FIDKOWSKI/PIONEER PRESS

Picking up speed

As IHSA adopts lacrosse, local players hope sport gains traction. Page 41



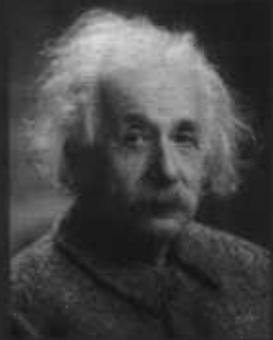
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SHOUT OUT

Ken Patel, owner of Niles 7-Eleven

Ken Patel owns eight 7-Elevens throughout Chicagoland, including the recently opened 2,400-square-foot one in Niles on West Dempster Street. He is also the president of the 7-Eleven Franchise Owners of Chicagoland.

Q: Where is the new 7-Eleven located in Niles, and what made you want to bring a location to Niles?

A: The new 7-Eleven/Mobil is located at 8575 W. Dempster St. (at the corner with Greenwood Avenue). I had owned this gas station with a small convenience store since 2014, but with the high traffic and densely populated area, I thought a 7-Eleven store could better service the needs of customers. So, I approached 7-Eleven and they agreed.

Q: What is one of the best features of your new store?

A: I think one of the best features of this store is that we sell a variety of hot food that is cooked fresh on site including chicken wings, mini tacos and pizza. Customers also love our Slurpees, our Big Gulp offerings and our very large selection of 7-Eleven private label prod-



KEN PATEL

Ken Patel

ucts.

Q: What do you like about being an entrepreneur?

A: 1. I can create my own destiny; 2. I am my own boss; 3. I will never hit a glass ceiling; 4. I can create jobs; and 5. I can stand up for what I believe in.

Q: What are your main responsibilities as president of the franchise owners group?

A: Being elected as president of the FOAC (Franchise Owners As-

sociation of Chicagoland) was truly one of my greatest honors. In this role, my primary responsibility is to help all of our franchisees become as successful as possible and support them as needed. It is also my responsibility to share important information from the 7-Eleven corporate office so our franchisees are always in the know. The FOAC is one of the largest franchise owners associations in the country.

Q: So far, what has been your "secret to success"?

A: I believe that the secret to my success is being consistent and also being able to understand various situations and solve problems. I'm also a big believer in open and honest communication, which has served me well over the years.

Q: How did the grand opening event go?

A: It was wonderful to see so many people at the store and to introduce them to what's new at 7-Eleven. I plan on doing another event in July, but it will be a Customer Appreciation Day.

Q: What is your personal favorite Slurpee flavor?

A: That's easy ... it's pina colada!

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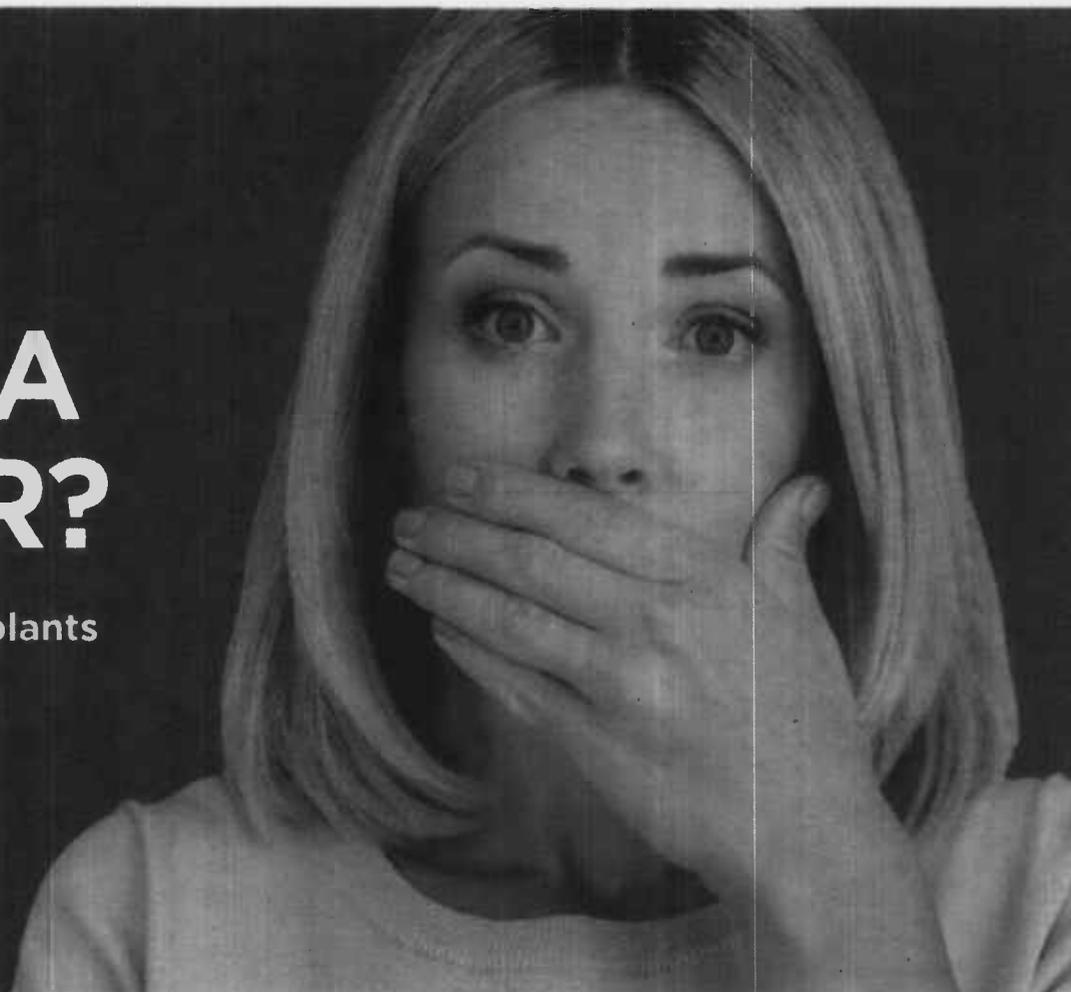
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ROOSEVELT UNIVERSITY PHOTOS

Mark Crayton, center, performs his signature solo in Hebrew from the second movement of Leonard Bernstein's Chichester Psalms for the last time with an orchestra on March 30 at the Auditorium Theatre. He will perform the piece with a choir April 23 at the Illinois Holocaust Museum.

Skokie performance to be among last of its kind

Countertenor stepping away from Chichester Psalms onstage to concentrate on 'training the next generation' at Roosevelt University.

BY PIONEER PRESS
Staff report

Mark Crayton will be singing his internationally known signature solo in Hebrew from the second movement of Leonard Bernstein's Chichester Psalms for one of the last times April 23 at the Illinois Holocaust Museum in Skokie.

His performance there follows what has been described as a moving performance of the selection last month at Roosevelt University's Auditorium Theatre in Chicago.

Crayton, a countertenor, is the choir director at St. Matthew Episcopal Church in Evanston and has performed the piece, which is based on the 23rd Psalm, since he was 9 years old, according to Roosevelt University officials.

During nearly 50 years of singing the role, Crayton, 58, said he remembers once receiving personal coaching from Bernstein himself.

"I remember him telling me not just to sing the piece for the audience. He wanted me to bring the people to me when I sing," said Crayton, who met the late com-

poser while Bernstein was a resident at Indiana University.

"I was still in high school singing soprano when I met him," said Crayton, who still possesses Bernstein's original score of the Chichester Psalms.

Over the years, Crayton has performed the role 179 times, including once before the queen of the Netherlands in Amsterdam, and with church choirs all over the world, including at St. Matthew's, university officials said.

Crayton, a voice professor at Roosevelt University, decided the time has come to let go of the role that he said made him famous.

"It's been getting harder to sing the piece now that I'm older," said Crayton, who teaches the role to voice students who are counter-

tenors at Roosevelt University. "I'm also much more focused now on training the next generation of countertenors."

The March 30 performance in Chicago was the last time for the role with an orchestra, but Crayton is scheduled to perform it April 23 with a choir in honor of Holocaust Remembrance Day.

"All of us at Chicago College of Performing Arts are thrilled that we were able to accompany Mark in his final major performance of the role," said Cheryl Frazes Hill, director of choral activities at Roosevelt and conductor of the CCPA choirs and orchestra for Vivid. "It was a wonderful way to engage our students, faculty, staff and the entire Chicago arts community."



Mark Crayton



MIKE ISAACS/PIONEER PRESS FILE PHOTO

Skokie Valley Augudath Jacob Synagogue in Skokie will host the annual Holocaust observance ceremony April 23 which is expected to draw people from all over the Chicago area. A full house is pictured in this file photo from the 2015 event.

Annual Holocaust remembrance ceremony to be held Sunday in Skokie

Guest speakers, groups to take part

BY MIKE ISAACS
Pioneer Press

A Skokie synagogue will hold its annual Holocaust memorial observance April 23, with a bevy of speakers scheduled, including a grandchild of survivors who will pay tribute to the contributions that survivors have made to the Chicago area.

Organizers say the service, which will be held at the Skokie Valley Augudath Jacob Synagogue, is the oldest of its kind in the Midwest and one of the oldest in the country.

Sheerit HaPleithah of Metropolitan Chicago, an umbrella organization of the area's Holocaust survivor groups, is hosting the event.

"Unfortunately, anti-Semitism continues to increase around the world, to the point where it is acceptable in some countries to

equate Israel with Nazi Germany," said Charles Lipshitz, president of Sheerit Hapleithah of Metropolitan Chicago. The commemoration is also co-sponsored by the Jewish United Fund of Metropolitan Chicago.

David Levine of the Association of Children and Grandchildren of Holocaust Survivors said the number of Holocaust survivors has shrunk to "a precious few."

"We as children and grandchildren of survivors are taking an active role in reminding the world that the crimes of Nazi Germany can happen again if we do not maintain vigilance," he said. "The legacy of the Holocaust survivors will be sustained and enhanced through our dedication and outreach efforts, for we shall never forget the sacrifices of the six million Jews who did not live to see the Nazi war machine defeated."

Scheduled speakers at this year's service include author Jeffrey Gingold; Israel's Consul General to the

"We as children and grandchildren of survivors are taking an active role in reminding the world that the crimes of Nazi Germany can happen again if we do not maintain vigilance."

-David Levine, Association of Children and Grandchildren of Holocaust Survivors

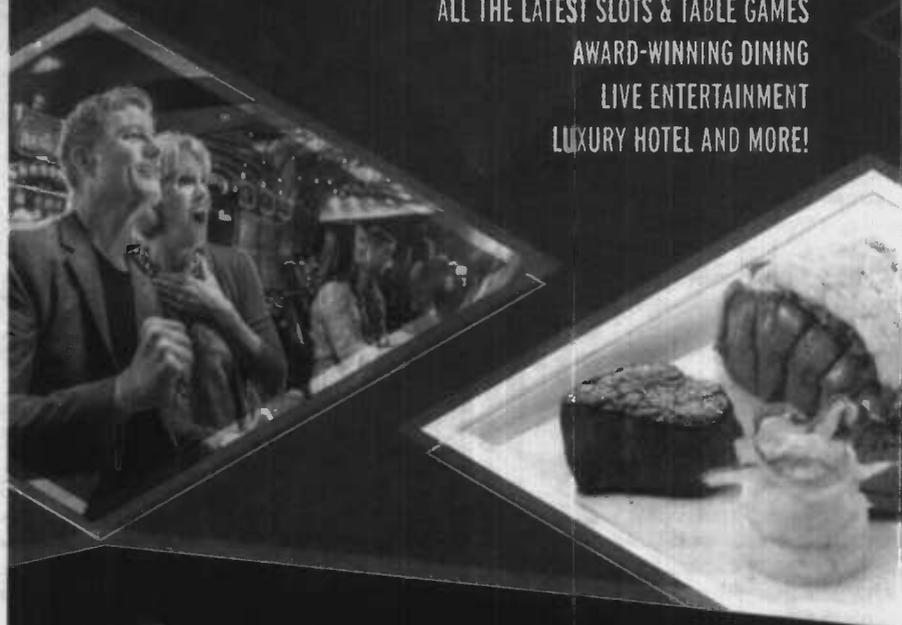
Midwest, Aviv Ezra; Skokie Mayor George Van Dusen; and Jewish United Fund President Dr. Steven B. Nasatir.

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Northwestern student's death raises questions

Rowers not required to wear life vests

By JOHN KEILMAN
Chicago Tribune

Northwestern University freshman Mohammed Ramzan drowned in the North Shore Channel after falling out of his eight-person rowing shell, an accident that highlights a controversial aspect of the sport: Participants are not required to wear life vests, and almost never do.

Coaches and officials say personal flotation devices hinder the rowing motion and could lead to more accidents and injuries. Getting tossed from a boat is rare, they say, and drownings are nearly unheard of. The last college drowning recorded by USRowing, the sport's governing body, happened in the 1980s.

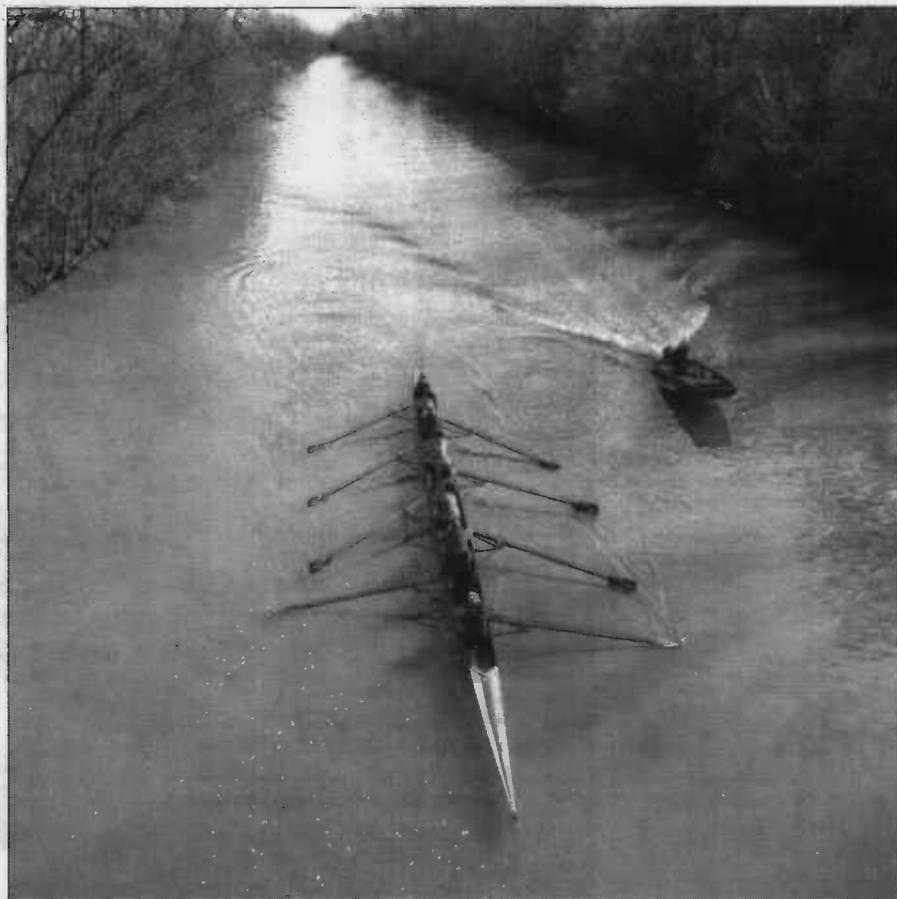
"Statistically, rowing is very, very safe," said Willie Black, who works with USRowing's safety committee. "This is an incredibly unfortunate incident."

But Marc Messing, a veteran rower and EMT in Ithaca, N.Y., said coaches risk danger when they send athletes onto rivers and lakes without personal safety gear. He runs a blog, RowSafeUSA.org, that argues for the use of flotation devices in cold water conditions.

"In any case of cold water rowing, there should be recognition that this can be life-threatening within minutes, and that it may be impossible to effect a rescue in time," he said.

Ramzan, 19, was practicing with Northwestern's student-run rowing club April 10 when he went overboard about 7:30 a.m., said Skokie Fire Chief Jim Walters. A coach in an accompanying boat dove into the water in an attempted rescue, Northwestern officials said, but was unable to find him.

About 12 hours later, div-



BRIAN CASSELLA/CHICAGO TRIBUNE

High school rowing teams practice April 12 on the North Shore Channel after taking off from the Dammrich Rowing Center.

ers using sonar located his body at the bottom of the 10-foot-deep channel, not far from where he disappeared. The Cook County medical examiner's office said the cause of death was drowning.

Walters said it's not clear what caused Ramzan to be ejected from the boat. The Illinois State Police, which is heading the death investigation, would not comment.

But some in the sport say a phenomenon known as "catching a crab" is the usual way racers are thrown from their boats. It happens when an oar strikes an object or isn't lifted from the water in time; the boat's momentum throws the handle back into the rower, striking him in the head or chest.

Though rowers' shoes are fixed to the boat, the Velcro straps have enough give so an athlete can pull free in case of capsizing. Sometimes,

the force of the blow is strong enough to knock a rower out of his shoes and into the water.

"It's not something you would expect to happen regularly, but it's not unheard of," said Mike Wallin of the Chicago Rowing Foundation, which tutors high school athletes in the sport. "Most teams, it happens to someone at some point."

The foundation, like most rowing organizations, does not require its athletes to wear life vests or any other kind of flotation device. Wallin said they would make the sport less safe.

"The life jacket would inhibit your dexterity," he said. "If you're not free to make that movement, the likelihood of one of these crabs happening goes up significantly."

The U.S. Coast Guard requires passengers in vir-

tually all recreational watercraft to have access to a personal flotation device, but racing sculls are exempt. In its 1993 announcement of the rule, the Coast Guard cited the dearth of fatal rowing accidents, the lack of storage area on sculls and the possibility of the gear causing rowers to chafe and overheat.

Illinois law does require people in sculls and racing shells to have flotation devices on board, but it makes an exemption for those "participating in an event sanctioned by the (Illinois Department of Natural Resources)."

DNR Capt. Brett Scrogins said the agency considers university team practices to be sanctioned events. The gray area comes when a rower isn't clearly part of a team.

"From my experience, if we encounter someone on



ALLIE GOULDING/
THE DAILY NORTHWESTERN

Northwestern University freshman Mohammed Ramzan.

the water in a racing scull (without a flotation device) ... and it appears they are there for recreational purposes, they would get a ticket or a warning," he said.

Ed McCabe, director of the maritime program at the Hull Lifesaving Museum in Massachusetts, said the technology has changed greatly since then, and now includes flotation devices that are tucked into fanny packs and thin vests that inflate automatically when they get wet.

But nothing has proven good enough for rowers, McCabe said.

"None of them answer what you're looking for," he said. "Anything with any sort of bulk to it, you get restricted and hot. It's a pain. From a plain, practical standpoint, they're uncomfortable and restrict your motion. A kid in a racing shell just couldn't do it."

Rusty Kingon, boating supervisor at the University of California Santa Cruz, hasn't found that to be the case. He has seen too many rowers fall overboard in the chilly waters of Monterey Bay, so he requires people in sculls to wear a belt that, with the pull of a ripcord, expels an inflated life vest.

"We found these little fanny packs don't hinder the stroke at all," he said. "I'm surprised more people don't wear them."

USRowing recommends

that the launch boat accompanying rowers have enough life jackets for everyone on the water, and that all rowers pass a swim test. Northwestern officials would not answer questions about whether its rowing club follows those guidelines.

Messing, though, said those precautions might not be enough in cold water.

Federal officials do not have temperature gauges in the North Shore Channel, but the National Weather Service measured the shoreline waters of nearby Lake Michigan at 48 degrees the morning of April 10. USRowing's safety guidelines call anything below 50 degrees a "very dangerous" threat for hypothermia.

While experts say people can survive up to three hours immersed in 40- to 50-degree water, Messing, who has assembled a long list of cold water fatalities, said other threats can kill long before that. The biggest hazard comes when people gasp involuntarily upon plunging into cold water — a reflex that can fill their lungs and cause them to sink.

Cold also compromises muscle and nerve response, he said, making it difficult for a capsized rower to swim to safety.

As for the argument that flotation devices are impractical for rowers, Messing said it recalls the former resistance of professional hockey players, cyclists and other athletes who didn't want to wear helmets. Now that helmets are standard gear, he said, those complaints are long forgotten.

"(Flotation devices) provide a significant margin of safety in critical accidents," he said. "... I've spoken to a number of Olympic rowers who wear life jackets in cold water because they've told me, 'That's not the way I want to die.'"

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'Our entire campus is grieving right now'

Mother of NU crew team member attends campus memorial service

BY GENEVIEVE BOOKWALTER
Pioneer Press

Hundreds of mourners packed a hall on the Northwestern University campus April 12 to remember Mohammed Ramzan, the 19-year-old freshman who recently died in a boating incident with his crew team.

The patter of feet and thumps of folding chair seats as people walked into Lutkin Hall on the university's Evanston campus and took a seat were the only sounds to be heard as the evening memorial service for Mohammed Ramzan got underway.

"He was the embodiment of what we all hope to be: generous and gracious," said Patricia Telles-Irvin, Northwestern University's vice president for student affairs.

Many of the mourners, most of them dressed in black, sobbed.

"It is OK to let yourself feel, let yourself mourn and have time to heal," said Telles-Irvin.

Others noted how the mourning for Ramzan extended beyond the memorial service.

"Our entire campus is grieving right now," said Christina Cilento, president of Northwestern's Association of Student Government.

Ramzan's mother, Seema Naz Ramzan, entered the hall dressed in a black coat and wearing a pink and green floral hijab. She was seated in the front row.

Several people, including university officials, said she had only hours earlier arrived in Evanston from Pa-



GENEVIEVE BOOKWALTER/PIONEER PRESS

The candlelight vigil for Mohammed Ramzan

kistan, following news of her son's death.

She was escorted by a man identified as Ramzan's grandfather — and he also aided the mother in walking.

Seema Naz Ramzan sat quiet and solemn throughout the service in the hall, which included several speakers, and a candlelight vigil held outside.

The memorial service started with a reading in what organizers said was Ramzan's favorite chapter from the Quran. The text was recited in English and his native language Urdu.

Ramzan went missing the morning of April 10 after he fell overboard while practicing with the Northwestern University club crew team, according to an NU news release.

His body was recovered later that day from the North Shore Channel in Lincolnwood, university officials said.

Neither the university nor the crew team has provided details about the incident, including how Ramzan fell into the water.

Also, the Illinois State Police, which is heading the death investigation, would not comment.

A GoFundMe page was

started the night of April 10 to raise money for funeral expenses for the family, according to the website.

As of April 17, the page had raised more than \$25,000, far exceeding the \$15,000 goal.

The organizers who set up the crowd-funding campaign said on the site that money left over from the funeral expenses would be donated to a charity "very dear and near to his heart."

In addition to several students who spoke at the memorial service of their friendship with the first-year freshman from Auburn, Wash., Maytham Al-Zayer, a member of the crew team, also paid tribute to Ramzan.

"He exuded love, trust and comfort," Al-Zayer said. "His soul may have been too beautiful for this world."

Tahera Ahmad, associate chaplain and director of interfaith engagement at Northwestern, told of the questions she said motivated Ramzan, and encouraged students to consider how those questions apply to their own lives.

"He was a mercy to all of us," said Ahmad.

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POLICE BLOTTER

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

THEFT

■ Alexander Apacible, 45, of the 4900 block of Troy Street, Chicago, was charged with theft on March 18 after police said he paid for items at a store in the 8200 block of Golf Road using bad checks.

■ Terrion McCree, 23, and DaQuan McCree, 21, both of the 14200 block of South LaSalle Street, Riverdale, were each charged with identity theft and forgery on March 18, police said. According to police, the pair attempted to cash fraudulent checks, totaling \$5,650, at a bank in the 5600 block of Touhy Avenue. Terrion McCree also cashed a check for \$2,900 the previous day, but the bank later learned that the account holder had

never written him a check, police said.

DUI

■ Melvyn Hayes, 73, of the 7900 block of Nordica Avenue, was charged with driving under the influence on March 20 after police said he was involved in a crash in the 8000 block of Oakton Street.

PUBLIC INTOXICATION

■ A 51-year-old Glenview man was ticketed for alleged public intoxication on March 20 after police responded to a complaint from a store in the 8300 block of Golf Road. According to police, an employee reported that the man was still inside the store, even though it had closed. The man reportedly told police he had been drinking and fell asleep.

DISORDERLY CONDUCT

■ A 24-year-old Des Plaines

man told police that after he honked his horn at another driver on the afternoon of March 21, the driver stopped his car, exited and engaged in a verbal argument with him. The driver also allegedly kicked the man's door shut when he opened it, police said.

■ A man accused of attempting to shoplift in the 5600 block of Touhy Avenue on the morning of March 21 spit three times on a Chicago police officer who confronted him in the parking lot, police said. When the suspect saw the store manager recording the incident on his phone, he allegedly knocked the phone out of his hand. The suspect and a group of other individuals, who were surrounding the Chicago police officer, then got into a minivan and left the area, police said. The manager told police the suspect and another man he was seen with had been previously banned from the store.

THEFT

■ On March 18, a man and woman stole all the merchandise on a shelf inside a store in the 200 block of Golf Mill Center, police said. The man ran out of the store carrying three or four bags full of merchandise and the woman followed behind him, police said.

■ A clock was reported stolen from a car parked in the 5700 block of Touhy Avenue on the evening of March 18. Police said a window was smashed to gain entry.

■ A group of teens between the ages of 14 and 19 walked into a store in the 200 block of Golf Mill Center on March 20 and stole 12 video game controllers, police said. An investigation is pending.

■ All four tires and rims were discovered missing from a car that was parked in the 8200 block of Newland Avenue on the morning of March 22, police reported.

Pedestrian hit by elderly driver in Niles parking lot

BY BRIAN L. COX
Pioneer Press

A 67-year-old female pedestrian sustained non-life threatening injuries on April 8 when she was struck by a vehicle in a retail parking lot, authorities said.

Niles police said the woman was walking in the lot, located in the 8700 block of Dempster Street, shortly after 5 p.m. when she was struck by a 72-year-old male driver who was attempting to pull into a parking space.

The driver then hit three other vehicles.

Police said no citations had been issued to the driver.

But they also said the Illinois Secretary of State's Office was notified about the driver and he may

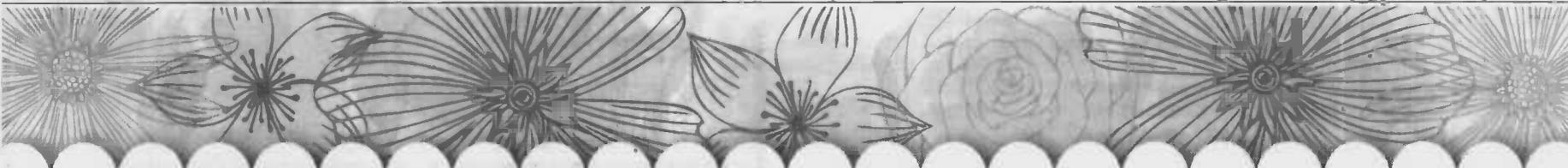
have to be retested for his driver's license.

Dave Druker, a spokesman for the secretary of state's office, said that when the office receives such notifications about motorists, the drivers are called in and have to be retested.

"Under any circumstance, if police cite somebody, we call them in," said Druker.

He added that if police or other authorities indicate the driver may have a medical or vision issue, the driver would have to provide documentation from a medical doctor or optometrist indicating the motorist was OK to be behind the wheel before they could be retested.

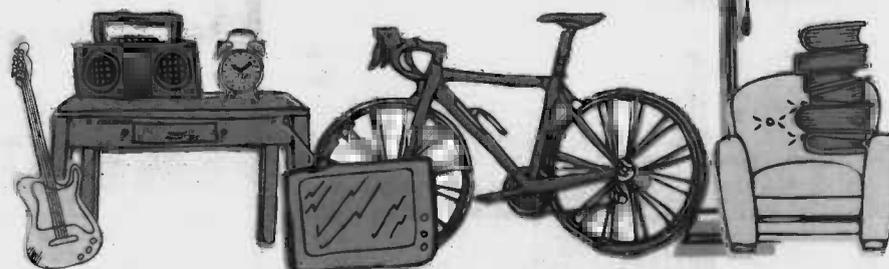
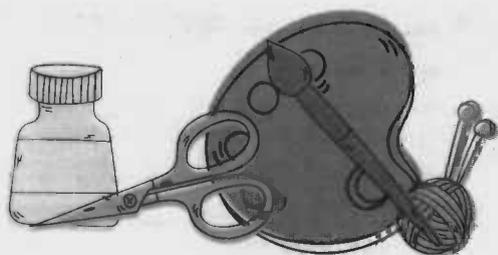
Brian L. Cox is a freelance reporter for Pioneer Press.



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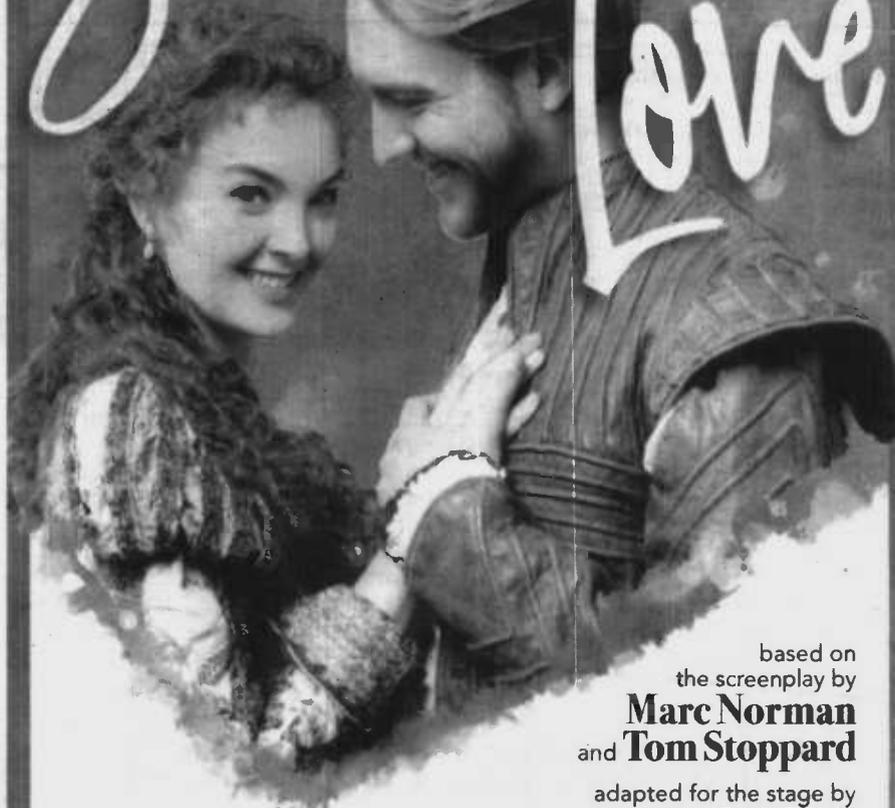
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Driver in fatal crash at fault, police say

Speed estimated at 135 mph

BY KAREN ANN CULLOTTA
Pioneer Press

The driver at fault in a fatal crash that killed three members of an Arlington Heights family in February likely was driving 135 mph at the time of the collision, creating enough force to push the victims' vehicle backward and sideways 195 feet, Des Plaines police said April 13.

After the collision unfolded on a stretch of Northwest Highway in Des Plaines, where the posted speed limit is 40 mph, authorities at the scene described the Chevrolet Impala driven by Kevin Crawford, of Arlington Heights, as resembling a "ball of aluminum foil."

The finding is a part of the recently completed investigation conducted by Des Plaines officers, who were assigned to the department's accident reconstruction team after 21-year-old Piotr Rog, of Des Plaines, crashed his Mercedes-Benz into the Crawfords' Chevrolet Impala, Des Plaines Police Chief William



CRAWFORD FAMILY/HANDOUT

Anita Crawford, 50, second from left; Kirsten Crawford, 20, center; and Kevin Crawford, 52, right were killed in a car crash in Des Plaines on Feb. 16. Also pictured are Hailee and Christian Crawford who were not involved in the crash.

Kushner said April 13.

Along with Rog, the crash killed Crawford, 52; his wife, Anita Crawford, 50, and their eldest daughter, Kirsten Crawford, 20. The

Crawfords at the time were turning into the local YMCA parking lot.

Investigators who looked into the Feb. 16 fatal crash also had attempted to re-

trieve information from the "black box" of Rog's Mercedes-Benz, but Kushner said representatives with the car company were "unwilling to cooperate."

"We had hoped to get the information from the black box, but unfortunately, Mercedes-Benz is not saying anything, and we're not getting any information from them," Kushner said.

But officials at Mercedes-Benz USA said the engineering department at its corporate headquarters, which lends its expertise to police upon request, particularly in situations involving fatalities, had no record of being contacted by Des Plaines police, Mercedes-Benz USA spokeswoman Donna Boland said in an April 13 email.

"Our area dealers were also canvassed, but none of them recall being approached by law enforcement officials," Boland said. "Our hearts go out to the families who suffered such a devastating loss, and we stand ready to assist the police in their investigation if that is of help to those involved."

The recent findings from the police department's investigation partly were based on the accident reconstruction team's examination of the "co-efficient of friction" on the roadway where the crash took place, Kushner said.

Investigators, for exam-

ple, determined no skid marks were left behind after the collision, he said.

Police also were recently able to interview the passenger in Rog's car, the lone survivor of the crash, who was previously in a medically-induced coma and remains hospitalized at Lutheran General Hospital, Kushner said.

"It's very surprising, but our detectives did have the chance to speak with him, and he's awake, alert and coherent, but says he has no memories of anything more recent than two days before the crash," Kushner said.

Police have spoken with medical authorities who confirmed that it is common for patients recovering from traumatic brain injuries to experience "a time loss," he said.

"We're still awaiting results from the toxicology report, which we should have in another week or so," Kushner said.

Records show Rog was ticketed eight times in the five years he was legally driving, and his license was suspended four times, though it was reinstated by Jan. 19, roughly a month before the crash.

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3 Park Ridge residents report phone scam attempts

Police warn to be wary of callers asking for money

BY JENNIFER JOHNSON
Pioneer Press

Three Park Ridge residents recently reported being targeted by phone scammers asking for money, two of them nearly falling for the scam, police said.

On March 27, a woman told police she was contacted by a man who claimed to be her grandson

and asked for money in order to return from a trip he had taken. The woman does not have grandchildren, police said, and when she informed the caller she was going to call police, he allegedly threatened her.

The following day, police said an 80-year-old woman received a call from a man posing as her son who needed money after being arrested. According to police, a second caller then got on the line and instructed her to purchase four \$1,000 Wal-Mart gift cards and

then call him back with the card numbers so the money could be transferred.

Ron Davis, administrative services supervisor for the Park Ridge Police Department, said the woman did purchase the gift cards, but before sharing the account numbers, she called her son and learned he had not been arrested.

On April 4, a 43-year-old woman nearly lost \$2,000 when she was contacted by men claiming to be with the FBI, police said. According to police, the callers told the

woman she owed taxes to the IRS and needed to pay it by purchasing two \$1,000 gift cards and calling back with the account numbers.

Park Ridge Deputy Police Chief Lou Jogmen said the woman attempted to buy the cards, but was told by a cashier that she was being scammed. The woman never made the follow-up call to provide payment, Jogmen said.

Police advise residents not to send money via gift cards over the phone or wire money to an unknown

address. In the event that a person claims to be a family member, police recommend verifying their identity by calling the individual on their known number.

"If you are contacted, double and triple check with family before making any hasty financial decisions," Davis said.

"The sad part is, once that money goes away, you're never going to see it."

In late February and early March, police said an elderly Park Ridge couple lost \$46,000 in a so-called

"grandparents scam" when they loaded money onto more than 20 gift cards and shared the account numbers with someone on the phone, believing they were helping a grandson pay his bail and legal expenses related to an arrest in Chicago.

Park Ridge residents who receive a suspicious phone call or are unsure about the legitimacy of a call they have received should contact the Police Department at 847-318-5252.

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Des Plaines woman pleads guilty to stealing over \$500K from employer

BY BRIAN L. COX
Pioneer Press

A Des Plaines woman was sentenced April 10 to four years in prison after she pleaded guilty to stealing over a half-million dollars from the Lincolnwood health care company where she worked.

Shawna Wolff-Giesler, 42, pleaded guilty to felony theft on April 10 for stealing \$562,000 from Lincolnwood-based Econocare, which specializes in helping long term care, assisted living and retirement facilities negotiate prices for various goods, according to the company's website.

Wolff-Giesler was arrested in June 2016 and had worked at the company as an office manager from March 2007 until August 2015, when she was fired, authorities said.

She was terminated after

officials at Econocare discovered "numerous suspicious checks" written to Wolff-Giesler from the company's corporate bank account, authorities said.

A police investigation showed that about 80 checks had been made out to Wolff-Giesler or to her credit card account, spanning the years she worked at the company, officials said.

The checks, forged with the company owner's signature, were then deposited into Wolff-Giesler's bank account or applied to her credit card balances, prosecutors said.

They said she spent the stolen money on "everyday expenses."

On April 10 during her sentencing hearing at the Skokie courthouse, Wolff-Giesler's attorney gave a representative from Econocare

\$50,000 in restitution from his client.

Wolff-Giesler did not say anything during the hearing except that she understood the plea deal she was entering into.

She was immediately taken into custody to start serving her four-year sentence in the Illinois Department of Corrections.

She was also ordered to pay fees and fines of \$729 and sentenced to two years of mandatory supervised release.

Judge Paul Pavlus on April 10 called Wolff-Giesler's crimes "deplorable" and told her he would have sentenced her to at least two more years in prison if she had not paid back the \$50,000 in restitution.

Brian L. Cox is a freelancer.

Coffee with the Clergy event upcoming in Lincolnwood

Staff report

A rabbi and Buddhist minister are slated to speak next week at Lincolnwood's Coffee with the Clergy event at the Lincolnwood Village Hall.

Each speaker will present an overview of the basic tenets of their faith followed by a question and answer session, according to members of the Multi-Cultural Task Force and Human Relations Commission, which organize the event.

Scheduled guest speakers for the April 25 event include Rabbi Zvi Zimmerman, associate rabbi at Congregation Bais Chaim Dovid of Lincolnwood, and the Rev. Patti Nakai, resident minister of the Buddhist Temple of Chi-

cago.

The initiative to bring different religions together in social settings was sparked nearly three years ago after protests erupted against the Palestinian flag being part of the village's annual Lincoln Avenue flag display. The flag display had been the hallmark of the village's long-running diversity month, officials said.

Since then, Human Relations Commission and Multicultural Task Force volunteers have staged small-scale events to embrace diversity as alternatives to the flag display, they said.

The two volunteer groups work to promote the village's mission to encourage its residents to embrace the cultural and

religious diversity of their neighbors, according to village information describing both groups.

The first Coffee with the Clergy was held in September 2015 and included priests from three Chicago-area churches talking about different facets of Christianity.

An installment held in January drew some 75 people to hear Dr. Husain Sattar, the director of Sacred Learning, a nonprofit Islamic education center, and Senior Pastor Peter Hawkins of Winnetka Covenant Church.

Sattar has a connection with Lincolnwood since he is leading Sacred Learning's plans to build the first mosque in the village, which would be located on Devon Avenue.

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Senior services provider ending personal care program

BY MIKE ISAACS
Pioneer Press

CJE SeniorLife will close its Personal Care Program later this month because of inadequate state funding and the financial crisis in Springfield, officials recently announced.

"For eligible older adults, CJE provides personal care services at home through a subsidized program for low-income seniors administered by the Illinois Department on Aging," CJE SeniorLife says about the program on its website. "These services, for those who qualify, include assistance with bathing, grooming, dressing, errands, light housekeeping, meal preparation and respite."

The program is scheduled to discontinue April 28.

The elimination means discontinuation of these services to about 265 older adults, according to CJE SeniorLife.

"These vulnerable and frail older adults will need to be transferred to new providers in a service network that is shrinking daily

as more providers cancel state contracts due to lack of payment," CJE SeniorLife officials stated in a news release.

Officials said closing the program will also result in eliminating about 86 jobs held by CJE's full-time and part-time employees.

"This was an extremely heart-wrenching decision for our board and senior leadership team," CJE SeniorLife President and CEO Mark Weiner said in the news release.

Weiner said CJE — which stands for Council for Jewish Elderly — was founded 45 years ago.

"Home and community-based services have been the cornerstone of our agency's work, and we know for a fact that it is more cost-effective for people to age in place than move to a nursing home," he said about the nonprofit in the release. "But our state's fiscal crisis is causing us to cut a vital program, and while we are committed to protecting our mission, we also have to be financially prudent."

Seniors in Lincolnwood, Morton Grove, Niles and Skokie are among those served by CJE, a company spokeswoman said.

As a result of the closing, according to the news release, CJE will terminate the Managed Community Care Program contract and its chore housekeeping contract. CJE had already closed its Community Care Program providing in-home personal care services through the Illinois Department on Aging earlier in the year.

Agency officials said that since July 2016, CJE SeniorLife has been reimbursed less than 40 percent of what it was owed by the state.

Over the last nine months, they said in the release, CJE reached out to the Illinois Department on Aging, state legislators and the comptroller's office to try to get reimbursed, but were unsuccessful.

"CJE simply does not have the resources to provide these services indefinitely without jeopardizing the viability of the entire

"CJE simply does not have the resources to provide these services indefinitely without jeopardizing the viability of the entire organization."

— Council for Jewish Elderly SeniorLife news release

organization," according to the release.

CJE annually serves more than 23,000 seniors with a wide range of health and human services, according to the organization.

Department on Aging spokeswoman Veronica Vera told the Skokie Review that seniors enrolled in the CJE program would not lose services as a result of its closure.

"Any affected CJE clients will be transitioned to other providers under the Community Care Program and will continue to receive the care and assistance they need without interruption," Vera said.

She said the Department on Aging also looks forward to the state coming up with an appropriations plan.

"We urge legislators to

work with the governor to pass a balanced budget with reforms to ensure the long-term stability of our human services programs and protect our aging network and the seniors they serve," she said.

CJE officials said other SeniorLife services and programs for low- to moderate-income seniors will continue to operate.

Those include adult day services with transportation, independent housing, short-term rehabilitation at Lieberman Center for Health and Rehabilitation in Skokie, assisted living at Weinberg Community for Senior Living in Chicago, benefits counseling and home-delivered meals.

CJE SeniorLife's home-delivered meals manager Magdaly Guzzo recently

said that state funding owed to that program, which serves nearly 300 seniors, has not come through for a couple of years.

What has made continuing on possible, she said, is that the program receives nearly 40 percent of program funding through the Older Americans Act distributed through the federal Department of Health and Human Services.

CJE SeniorLife's Personal Care Program relies more heavily on state funding, according to the organization.

Many of CJE's surviving programs also benefit from support by Jewish Federation of Metropolitan Chicago, grants from foundations and corporations and donations.

CJE officials said over the next few weeks leaders will work with the Illinois Department on Aging and AgeOptions to transition at-risk seniors from the personal care assistance to other programs.

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Blankets inspired by cancer patient, 8, donated to Advocate Children's Hospital

BY JENNIFER JOHNSON
Pioneer Press

Piles and piles of comforting fleece blankets — some rolled in on a wheel-chair, others pulled inside a wagon — arrived at Advocate Children's Hospital in Park Ridge, thanks to a communitywide project inspired by an 8-year-old girl.

Members of the Mount Prospect and Lions Park

community made the no-sew blankets as part of an effort called Knots of Love.

They will be distributed to the hospital's pediatric patients.

Helping to deliver the blankets — estimated by the hospital to total more than 600 — on April 13 were Lauren Graver, a pediatric cancer patient who inspired the blanket-making initiative, her family and members of her school community.



Left: Lauren Graver, 8, of Mount Prospect, gets a hug April 13 from one of the rotation nurses, Kelsey Ortiz, who was on duty when Lauren was going through cancer treatment at Advocate Children's Hospital in Park Ridge. Right: Volunteers photograph the handmade blankets delivered to Advocate Children's Hospital in Park Ridge on April 13.



KEVIN TANAKA/PIONEER PRESS PHOTOS

Graver, a 2nd-grader at Lions Park School in Mount Prospect, is undergoing treatment for a rare, mus-

cle-based cancer, Advocate Children's Hospital said. She received a blanket from the hospital during her first

cancer treatment and has been making fleece blankets for other patients since that time, according to the hos-

pital.

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The Nora Project becomes nonprofit, expands to other elementary schools

BY ALEXANDRA KUKULKA
Pioneer Press

A boy with disabilities is invited to a birthday party by a classmate, not a parent, for the first time. Students help another boy with disabilities wipe the drool from his mouth.

These are takeaways from teachers whose students participated this school year in The Nora Project, which aims to teach students empathy and create friendships between students and their peers with disabilities, according to Amanda Martinsen, founder of the project, which started at Glen Grove Elementary School in October 2015.

It recently became a non-

profit organization, allowing it to expand to other schools, Martinsen said. This school year, the project expanded by word of mouth to three schools in Chicago, Winnetka and the Atlanta area, she said.

At Arcado Elementary School in Lilburn, Ga., a fifth grade class was paired with student who is deaf, nonverbal and has Apert syndrome, a genetic disorder that causes abnormal development of the skull and, in this boy's case, webbed fingers, said special education teacher Janie Avant.

She said students spent time learning and writing about his disabilities, and even wore noise canceling headphones and tried to tie their shoes with rubber

bands around their fingers to better understand the challenges he faces.

The project has helped students learn to be kind to others who look different than them, and the student has felt more included and made new friends, Avant said.

"(The project) has given (students) a clearer understanding of (the student with disabilities) as their peer who happens to have these disabilities, rather than seeing him as the disabilities," she said.

Martinsen said she created The Nora Project after her cousin's infant daughter, Nora Levy, suffered severe brain damage after complications during an operation; Nora's mother worried Nora would not have

friends because of her disability.

The project pairs students with children with disabilities — or a "Nora Friend" — and teachers incorporate readings about the Nora Friend's disability and empathy into their lessons, Martinsen said. The students also interview family members and people who spend time with their Nora Friend and create a short documentary, she said.

"The lessons of empathy that are taught to students is just so heartwarming to see," Martinsen said. "(The students with disabilities) are not only getting this experience with the students, but they are also the leaders teaching our students and the world about



ALEXANDRA KUKULKA/PIONEER PRESS

Nora Levy, the daughter of Lauren Levy, left, and Adam Levy, right, suffered brain damage from complications during surgery.

these lessons of acceptance and kindness."

Lauren Levy, Nora's mother, said the organization received nonprofit status in January, allowing it to fundraise and apply for grants to help financially support the schools interested in the project, which

costs between \$5,000 to \$10,000 per classroom to operate.

Levy said she plans to step down from the organization's seven-member board by the fall to become its executive director.

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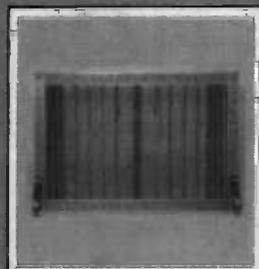
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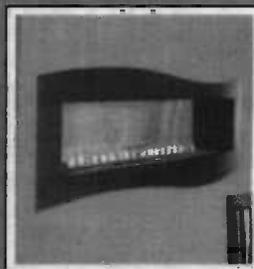
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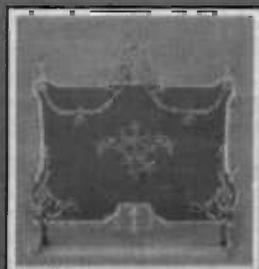
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NEWS

Elmwood Park looking at red light cameras

Grand Avenue at the Metra tracks and North and Harlem among possibilities

PIONEER PRESS
Staff report

Elmwood Park officials have entered an agreement with an outside firm to explore for the village the feasibility of stepped up enforcement around traffic signals in some areas, including the possibility of installing a red light camera at problem intersections.

At their April 3 Village Board meeting, trustees approved an agreement with Red Speed Illinois LLC to provide hardware, software and technicians to identify and enforce violations of traffic control signals within the village.

The terms of the agreement are for six years after installation. Red Speed and village officials will mutually agree to the intersection that will be enforced based on community safety and traffic, Village Manager Paul Volpe said in his report. If a camera is installed, the village would pay a monthly fee of \$1,400 for each active camera, he said.

The village would also pay individual fees for associated services rendered under the agreement, he said.

Village President Angelo "Skip" Saviano said the proposal is still in the fact-finding stage, with the village and company exploring which locations would warrant enforcement based on community safety and traffic needs. He said sites under consideration would be in "areas where we have had safety issues."

One area that could possibly get a camera — "and that's what the study is



PIONEER PRESS

A red light camera could add a special precaution at Grand Avenue and the Metra tracks, a source of safety concerns in the past.

about," stressed Saviano — is North and Harlem avenues, where a Walgreens is located on the village's side. The intersection also touches Chicago, Oak Park and River Forest.

The intersection includes a bus stop, "a lot of pedestrian traffic" and no designated turn lane — all adding up to "a lot of action" there, he noted.

Another possibility is the village's railroad tracks at Grand Avenue and the Metra station, where accidents have occurred over the years, including a multi-vehicle collision in 2005. Some kind of deterrent there "would be a very good thing," said Trustee Alan Kaminski.

"Despite the horrible incident that happened years ago, people still stop on the tracks; they change lanes on the tracks," he said. "If you try to wait on one side for traffic to clear, people, they go around you, they honk their horns. It's not a safe situation."

Saviano noted that cameras at that location, highlighting the safety issue, could be used to buttress the village's effort to secure funding for a reconstruction of the crossing.

"So it could be a win-win for us," he said.

Following the meeting, Saviano observed that the village did have a red light camera at one time at 76th and Grand, but ended up taking it down, "because so many of our residents were being affected, and it was kind of a catch-all, and from a safety standpoint I don't know if it was necessary. We put up new signage, and that seems to be working. But on some of our busier outskirts, the state highway areas, we have some safety concerns."

For instance, "Grand Avenue is a major thoroughfare from Bensenville all the way to the lakefront, so you have a lot of people who may not be familiar with that crossing," he noted. If a camera were installed at that location, the village could send violators a warning, underlining officials' safety concerns.

"This is not a revenue-generating thing for us," he said. "It's more of a safety thing."

In addition, he said, the village could use the findings in support of its bid to receive federal money to reconstruct the crossing, regarded as one of the most dangerous in the state.

Exhibit educates parents on teen substance abuse

BY LIBBY ELLIOTT
Pioneer Press

Parents soon will get a glimpse into the secretive lives of teenagers at an interactive exhibit entitled "Hidden in Plain Sight."

On display April 18 at the Jewett Park Community Center in Deerfield, the exhibit will feature a mock teenager's bedroom containing 100 items that may be warning signs of illicit behaviors in young adults. The items can point to substance abuse, underage drinking, eating disorders, sexual activity and suicide.

The exhibit, designed by Lake Forest nonprofit Leading Efforts Against Drugs (LEAD), travels regularly to schools, churches and community centers within a six-hour radius of the organization's home base. LEAD's programs and serv-

ices are aimed at helping parents and teens build healthy family relationships and preventing alcohol abuse, drug use and other risky behaviors.

"We created this exhibit as an extra teaching tool for parents," said Andy Duran, LEAD's executive director. "With today's changing drug trends and culture, we realized that a lot of them are in the dark."

Using conversations with high school students in the community, as well as research and data points gleaned from experts, LEAD sheds light on household items like hollowed-out pens, lipsticks and deodorants that are used to hide drugs. The exhibit also details how seemingly innocuous over-the-counter medicines like vapor rub and cough medicine can be abused. In addition to cre-

ating its own exhibits, LEAD helps other drug prevention groups build similar installations of their own.

"What shocks parents most is the ease of access," Duran said. "These are things that can just be found by going to a drug store."

LEAD's exhibit comes to Deerfield with financial support from Community — The Anti-Drug, a local coalition of parents, governments, school officials, clergy and health care providers with a mission to reduce the use of alcohol, marijuana and other drugs among the teen population of Bannockburn, Deerfield, Highland Park, Highwood and Riverwoods.

"Through our work we've learned that parent education is a key factor in reducing drug and alcohol abuse among teenagers," said Barbara de Nekker, executive

director of Community — The Anti-Drug.

After the group sponsored the popular "Hidden in Plain Sight" installation last year, a decision was made to reprise LEAD's exhibit with two stagings during the course of one day to attract as many parents as possible.

The full program includes a tour of the mock bedroom guided by Duran, followed by a digital presentation and Q&A session.

"It was amazing what I learned from Andy, even thinking that I already knew a lot," said Laura Kaufman, Community — The Anti-Drug's co-president and founding member. "He engages the audience, involves the parents and gives a fabulous Power Point presentation."

Kaufman's organization has evolved since 2008

when a group of concerned parents from Deerfield and Highland Park formed the group.

"Our children's number one influence in life is us — the parents," Kaufman said. "But we felt that the best way for this group to be more effective was to become a community coalition, not just a parent coalition."

After Community — The Anti-Drug received a grant in early 2016 from the Healthcare Foundation of Highland Park, an executive director was hired. Shortly thereafter, they received a federal five-year renewable grant from the Office of National Drug Policy and Substance Abuse and Mental Health Services Administration. That enabled the hiring of an additional staff member and more presentations.

"We now have the sustainability to make long term goals," de Nekker said. "That's how we're going to make a lasting impact."

Both organizations share the view that underage drinking is a pressing issue affecting teenagers today and that alcohol and marijuana are gateways to more serious addictive drugs.

"Our exhibit is not just about prevention and knowing what to look for," he said. "We offer parents with concerns the tools to start a conversation with their teenagers and point them toward local resources to help find solutions."

"Hidden in Plain Sight" will be held April 18 from 1 to 2:30 p.m. and from 7 to 8:30 p.m. at Jewett Park Community Center, 836 Jewett Park Drive, Deerfield.

Libby Elliott is a freelancer.

COUNTRY FINANCIAL

PRESENTS:

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Church completes restoration of organ

Instrument from former Canadian church to debut at St. Paul of the Cross' Easter Vigil

By JENNIFER JOHNSON
Pioneer Press

The familiar, distinct sounds of a pipe organ have been missing for the last five months from Upper Church Masses at St. Paul of the Cross Catholic parish.

All that will change April 15 when a newly acquired and restored 1928 Casavant pipe organ comes to life in its very first public performance inside the Park Ridge church.

The organ, rescued from a church set for demolition in Sackville, New Brunswick, Canada, will make its debut during the Easter Vigil Mass, which begins at 7:30 p.m. April 15.

"With the rich sound, I think it really transports us into a different space," said the Rev. Britto Berchmans, pastor of St. Paul of the Cross. "And the very look of the organ is so beautiful. It adds to the beauty of the church."

The organ will be officially dedicated during the 10:30 a.m. Mass on June 11, according to the parish. A dedication concert is scheduled for 2:30 p.m. that same day.

The organ's completion comes two years after it was discovered and offered to St. Paul of the Cross. Though there was no charge for the organ itself, the parish was required to cover the cost of moving, refurbishing and installing the organ — along with all 1,952 of its gold pipes — in addition to electrical improvements and other capital work in the choir loft.

The total cost is approximately

\$880,000, said Joan Macpherson, parish business manager. So far, about \$130,000 has been raised, she said.

St. Paul music director Ed Eicker and associate director Andrea Bartolomeo, both organists who play during Masses, have already had the opportunity to play the new organ, which Bartolomeo described as having "so much personality," in addition to a variety of new tones that the previous organ could not produce.

"The thing that has struck me so much about this installation is witnessing this part of the project, sitting at this instrument and knowing this beautiful instrument was close to being completely demolished," she said. "That's one of the things I find very moving — being able to sit here and enjoy its sounds."

Demolition work on the 135-year-old Sackville United Church, the organ's original home, was occurring as it was being removed, Eicker said, which resulted in damage to several gold facade pipes and a wind chest. The wind chest had to be rebuilt because of water that leaked in from the ceiling, Eicker said.

"The organ did suffer a bit before we got it," he said.

In a March interview with CBC Radio in Canada, Eicker described the organ as "literally a gift from God," as it fit perfectly into St. Paul's choir/organ loft and was what the church was looking for when it became clear its old pipe organ was failing.

Though pipe organs are com-



JENNIFER JOHNSON/PIONEER PRESS

Andrea Bartolomeo, organist and associate music director at St. Paul of the Cross Catholic Church, plays a newly restored 1928 Casavant pipe organ that was installed in the Park Ridge church's choir loft this year.

mon in churches, historical organs, like the 1928 Casavant, are less so, the music directors said.

"The fact that this organ was able to be completely restored, that's something that makes it very special," Bartolomeo said.

Eicker and Bartolomeo acknowledge the project's expense, but say they believe it is less costly than purchasing an entirely new pipe organ to fit the loft space.

"The materials that were used to

build (pipe organs in the 1920s) are of a much finer quality than you'll find nowadays," Eicker added. "The wood for instance — the case work for this organ is black walnut. Today, you're not going to get an organ for black walnut unless you pay a fortune."

The parish continues to accept donations toward the organ project at www.spc-church.org/about/news/our-pipe-organ.

Eicker said he hopes the new

organ will better support — and encourage — congregational singing during Mass. Bartolomeo indicated that she wouldn't mind if it produces more organ players.

"I am hopeful the children in the parish will be inspired, and it might become a draw for prospective organ students," she said.

jjohnson@pioneerlocal.com
Twitter @Jen_Tribune

Niles named among best locations for first-time homeowners

Staff Report

The village of Niles is one of the best communities for first-time homeowners to live, according to an article published in the April edition of Chicago magazine.

The article, headlined "Where to Buy Now," compared home prices throughout the Chicago area and how they've changed over the past decade, as well as the amenities offered in towns and

neighborhoods.

Niles was named one of the top suburbs in the "Best Areas for First-Time Buyers" category.

"The village was praised for its many affordable housing options, in addition to its recent initiatives for boosting entertainment, fine arts and dining, such as the Arts and Culture Master Plan and the Touhy Corridor redevelopment plan," Niles officials said on the village's website.

According to the article, the study looked for Chicago neighborhoods and fairly close suburbs that show good appreciation and low volatility for condos and small houses in the \$150,000 to \$450,000 range.

"We also looked at places with good schools — and not just because that's often a big factor for first-timers," according to the article. "Even if you don't have kids, strong schools bolster your in-

vestment, since they often go hand in hand with home price appreciation and stability."

The median home sales price for Niles was listed at \$296,000, a 26 percent drop since 2006, but a 7 percent gain since 2015, the article indicates.

"This near northwestern suburb has a particularly high number of residents aging out, which means young families willing to renovate will find lots of affordable

options," according to the article.

A Realtor is quoted as saying first-time homebuyers can purchase a house for less than \$300,000 in Niles, put \$30,000 of work into it and break even soon.

"Niles, which has a Metra stop nearby and free bus service, also recently launched a new initiative intended to enhance the village's options for entertainment, fine arts and dining," according to the article.

School vacation policies show need for education reform



RANDY BLASER

It seems some area school districts are up in arms about parents taking their kids out of class to go on vacation.

The practice ranges from kids skipping out early on regularly scheduled days off, like the Friday before spring break or the Monday after, to taking off a week or two during regular school days for a planned family vacation.

School administrators argue the practice is cumbersome and makes it difficult for teachers to plan and difficult for students to keep up.

The principal of an Elm-

hurst School was quoted in a recent Chicago Tribune story on the practice saying it is very challenging. And an Oak Park schools superintendent admitted that some parents have cursed out principals who call checking on the missing kids. I suppose if you're river rafting on the Colorado River through the Grand Canyon and Mrs. Rayburn calls, you might have a few choice words.

The parents, for their part, have plenty of reasons for taking their kids out of school beyond spring break or regular summer vacation.

The experience is a once-in-a-lifetime deal or it will be a rich and rewarding experience for junior. And in today's dog-eat-dog work environment, the vacation is a rare chance for the family to bond as a

family. Who spends hours in a packed station wagon in the heat of July on the road to the Dells these days?

If we're talking about kids who regularly get their work done and earn passing grades, is it really such a big deal?

I think this is more evidence that schools need radical change. The current industrial-age model of education has outlived its usefulness. It's not productive - just look at test scores. It's ill-suited for modern lifestyles, and there are better, more efficient ways to educate students.

Think about it. Why do we pack students into classrooms row by row and have the day's functions or lessons dictated by a series of bells? Why do teachers stand before them and give lessons, and then more

material and exercises to complete at home.

If there is so much work to do that students spend hours on homework, why does the school day end so early and the school year end so soon? Isn't the school schedule just an arbitrary leftover of a by-gone era?

Learning methods are changing so much with the advent of new technology, and more and more schools are embracing or innovating new methods. Here's an example: Teachers record video of their lectures and post them on YouTube for students to watch at home and then use class time to help with the tasks that would normally be given as homework.

And does it really matter if a student is at school? With online tutorials such as Kahn Academy, a stu-



MICHAEL TERCHA/CHICAGO TRIBUNE

dent can be anywhere and complete a lesson or keep up with the other kids.

Why shouldn't schools be more accommodating to parents' scheduling? Parents have been shuffling the deck on vacations, holidays, day care and work for so long, they probably feel they deserve some sort of vacation from the tyranny of an outmoded school schedule.

I wouldn't doubt if that is one of the motivating factors in scheduling a trip to

Paris in the fall. Plus the cheaper airfare and hotel rates.

Over the last two decades, we have all had to learn to be more flexible as advancing technology has changed work roles, work hours, jobs and schedules. It only makes sense that schools have to change, too.

And as we drones in the work world have learned, complaining fixes nothing.

Randy Blaser is a freelance columnist for Pioneer Press.

Keep American enterprise out of our government



PAUL SASSONE

Looks as if we have been worried about the wrong danger for the last couple hundred years.

We have been warned to keep church and state separate.

But what we should have been warned against as well was private enterprise worming its way into the legitimate functions of government.

The latest such attempt would make the infamous 19th century outlaw Jesse James proud.

For absolutely no good



ANDREW HARNIK/AP PHOTO 2015

The IRS says it is once again using private debt collectors to go after tax delinquents. The resumption of the program comes amid a wave of telephone scams in which fake IRS agents try to con taxpayers out of their money.

reason, Congress has authorized the Internal Revenue Service to hire private debt collection agencies to collect back taxes.

We are told these collection agencies will only go after long-time and wealthy tax delinquents. This seems to me a pleasant fiction to

lull us non-long-time, non-wealthy tax delinquents into believing they'll never come after us.

These tax collectors can

keep 25 percent of what they collect.

Will they want to spend months and years fighting wealthy tax delinquents with batteries of lawyers? Or will they prefer to harvest the low-hanging fruit of the little guy who made a mistake in addition?

Once the profit motive is introduced into tax collection, a wonderful world of corruption is possible.

There is a reason why throughout history tax farmers have been the most hated of occupations.

And it is all so unnecessary.

It's just the latest chapter in Republicans' hate-government saga.

It goes like this: Cut the budget for federal departments.

Then contend that department's work must be given to private enterprise.

That's exactly what happened to the IRS, which has seen its budget cut over the years.

The IRS can't do its job. Time to hire tax collectors.

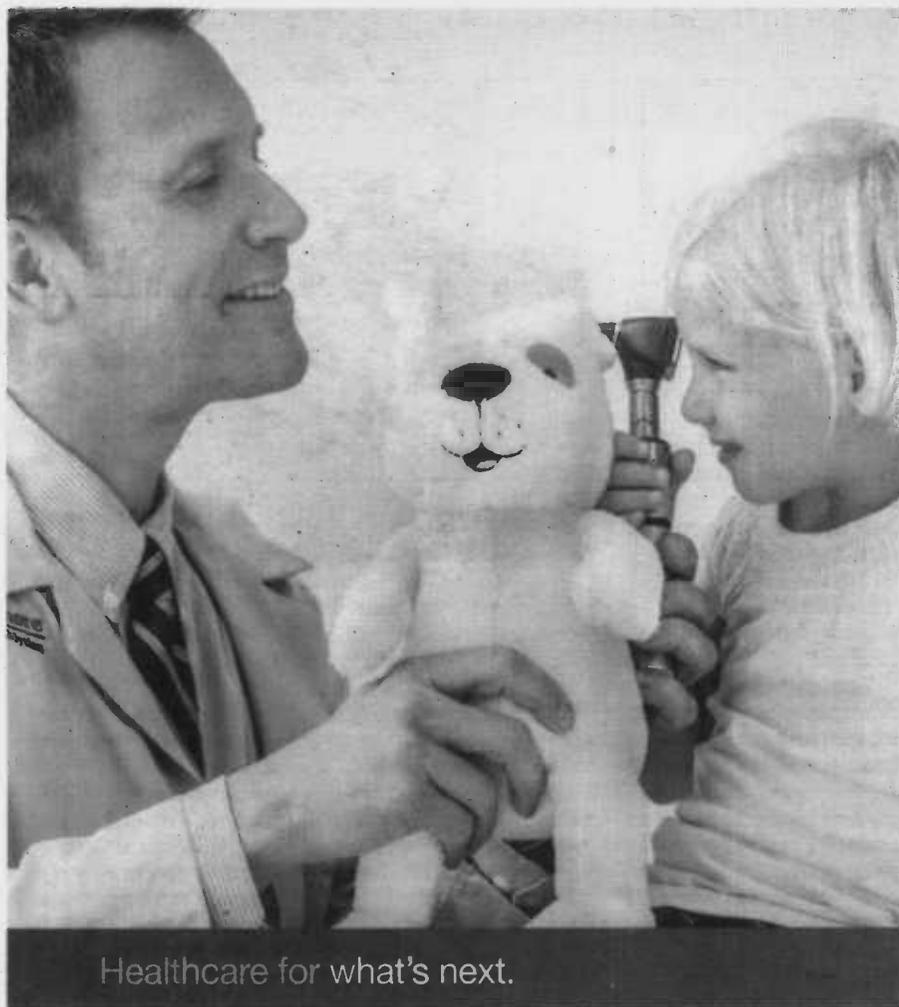
Or, we could do the sensible thing - adequately fund the IRS.

Then there would be no need for debt collection agencies.

Tax collection is a government function that should be carried out by the government.

What's next? Privatize the Army?

Paul Sassone is a freelance columnist for Pioneer Press.



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OPINION

PR teams need more sense, less crisis communications



ERIC SCOTT

Here they come spinning out of the turn, the derby of recently horrendous public relations disasters is in the home stretch!

United Airlines is still in front, catching plenty of flak for not allowing girls to board a flight wearing leggings — never mind the fact that plenty of other passengers wear shorts and flip-flops.

But Pepsi is charging up the rail fast and closing in. Did they really think no one was going to beef about their Kendall-Jenner-protest-in-front-of-police advertisement?

But hold on!

United is getting a huge second wind, sprinting way out in front after going viral with a video showing a passenger being dragged off a plane. They surely will not be denied victory in this race to the bottom.

But wait!

Out of nowhere, a new challenger breaks from the pack and is charging fast. White House Press Secretary Sean Spicer and his comment comparing Syria and Hitler now is threatening to take the lead.

It's looking like a photo finish between Spicer and United as they bolt for the finish line, and ... United stumbles ahead, "re-accommodates" Spicer and makes a last-second sprint to win this exciting disaster derby!

Or, would it be better to say lose, instead of win?

I'm beginning to think that the most lucrative career opportunity right now belongs to crisis communications managers. There seems to be an abundance of work on the buffet



SCOTT OLSON/GETTY

Demonstrators protest outside the United Airlines terminal at O'Hare International Airport on April 11.

line of damage control for everyone to pile up a big plate of oops.

The problem with this, though, is crisis communication professionals are called in to clean up a public-relations mess and apply bandages to open wounds on organizational reputations only after something goes haywire.

What's really needed are level-headed, common-sense communications teams to step in before things instantly blow up on YouTube, Twitter and other social media.

No one at United thought that playing the law-enforcement card to haul a passenger off a flight — a paying customer who did nothing wrong — wouldn't look good in front of a plane-load of flyers carrying smartphones?

Even if the passenger finally agreed and walked off the plane with police, video of that incident certainly would have made its way around the world in minutes. Maybe, that walk-off wouldn't have generated such rampant outrage like the barbaric drag-off did.

But someone connected to the whole incident had to have known that once force was applied, the ending would not be pleasant for anyone involved or watching.

Is it too simple to place a "common-sense filter" in these decision-making processes to head off the crisis?

Maybe, someone outside the Pepsi production team should have looked at the Kendall commercial to offer an opinion from a different set of eyes that weren't so close to the ad folks?

And instead of looking to his staff for an always available nod of message approval, maybe Spicer should have had someone outside his team to go over the message points on the Syria comparison before he stepped up to the podium?

In this era of ideological extremes and the inability to reach middle-ground compromise on too many issues to list here, we're seeing more high-level decisions that have greater potential for backfiring on a gigantic public scale.

The decisions may not be political in nature, but the thought process seems to mirror a this-way-or-the-highway mentality.

Maybe these decision makers should take a page out of the recreational golf playbook?

Taking a "Mulligan," or a do-over, after a bad golf shot is common on the links. But taking one in public with a mea culpa after the reputational roof caves in doesn't really get the job done.

What should happen is for someone to be in charge of applying the "Mulligan filter" to decisions before they're carried out.

Until that happens, I'm sure we'll see more public-relations golf shots landing in the water than winding up on the green. And if you're not a golf fan, saddle up for another PR disaster derby soon.

Eric Scott is a freelance columnist for Pioneer Press.

The secret of good recipes



SALLY HIGGINSON

About a week ago, while losing yet another round of mahjong, I asked if anyone had a good dessert recipe for Passover. Play paused for a moment while everyone's eyes glanced toward Madame X, sitting to my right. Then the cracking and bawling resumed.

"You have a good dessert?" I asked the good Madame, whom I'd only just met. I'm not rich enough to lose at maj on a regular basis. As an occasional substitute, I view each invitation to play as an opportunity to meet new people and give them my spare change.

Without so much as a glance my way, Madame X said, "I don't share my recipes."

Her beguiling South African accent did nothing to soften her tone.

"Is she kidding?" I asked, feigning nonchalance as I threw an eight crack.

"She doesn't share her apple cake recipe," Lady M. said from my left.

"We've all asked."

"Well now I need the recipe."

Madame X stopped play, peered at me over her glasses, and said in no uncertain terms, "It's my mother's. It's special. I don't share."

A significant glare followed, and though I'm not fluent in South African body language, I believe I successfully translated her non-verbal communication. The recipe did not change hands.

When I got home, I called a few friends. Not to get all Deep Throat about it, but not a single person agreed to talk to me on the record if I used their



SALLY HIGGINSON/PIONEER PRESS

The finished product from "Sally's Friend Linda's Friend Wendy's Cousin Paula's Challah" recipe.

names. I had suspected this was a delicate topic; I had not anticipated the depth of feeling the issue would reveal.

Here's all I asked: Do you share your recipes?

One of the best cooks I know answered immediately.

"Yes, because I am not that person," she said. "I don't like that person who doesn't. I don't leave out ingredients. The world of home cooking is not so magical that it's worth keeping secrets. I prefer people give credit where credit is due. So I like to think that somebody gives me credit when it's due." Then she added, "I think it's a little snotty when people don't share." She paused. "It's not very mature to say 'snotty'."

Mature? No. Accurate? Well, Madame X's behavior did seem a little snottier. That's Afrikaans for snotty.

Consider this. During a recent visit, my daughter and I decided to bake.

Leafing through recipes like "Aunt Annie's Hot Milk Cake" and "Betsy's Famous Limon Bars," we settled on "Linda's Friend Wendy's Cousin Paula's Challah."

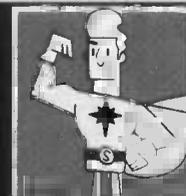
In my binder, a handwritten note amends the name to read "Sally's Friend Linda's Friend Wendy's Cousin Paula's Challah." (Editorial and grammatical note: I count both Linda and Wendy as friends, but Cousin Paula belongs only to Wendy. I'm choosing not to reconfigure the possessive apostrophes because really, life is too short.)

Correction. With luck, life is not short. There's time to read through recipes, annotating them to create a record of connections passed from kitchen to kitchen. It's a historical record of food and friendship. Both are worth sharing.

Sally Higginson is a freelance columnist for Pioneer Press.

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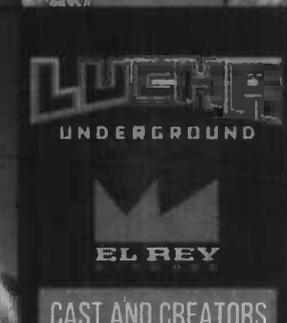
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Herb Alpert, Lani Hall do what they love

BY BRUCE INGRAM
Pioneer Press

Musician, composer, record label founder, philanthropist and all-around artist Herb Alpert isn't just still going strong at the age of 82. He's redefining the concept.

In the past three years, Alpert has released four albums of new music and reissued 24 of his older albums last year — the 50th anniversary of the year his Tijuana Brass band outsold the Beatles and had five albums in the Top 20. He's a nine-time Grammy Award winner and received his most recent nomination just this year for his album, "Human Nature."

Alpert has also maintained a regular touring schedule with his wife Lani Hall, a Chicago native, two-time Grammy winner and former lead singer for Sergio Mendes and Brasil '66. They'll be performing April 30 at the North Shore Center for the Performing Arts in Skokie.

We spoke separately with both Alpert and Hall about their early careers and how they've managed to maintain their love of music.

Herb Alpert

Q: What's the secret to remaining so productive and successful musically over the years?

A: Well, I'm passionate about what I'm doing. I love to play the horn. I've been playing since I was 8 and I play just about every



DEWEY NICKS PHOTO

Herb Alpert and Lani Hall will perform April 30 at the North Shore Center for the Performing Arts in Skokie.

day. I'm a right-brain guy. You know I also paint and sculpt — I currently have nine pieces at the Field Museum in Chicago — and I just try to have a good time doing my thing. You know, if you're not passionate about what you're doing — it doesn't matter if that's making shoelaces — it's just not going to work for you. Me, I can't wait to wake up in the morning and do my thing.

Q: Obviously, you also still have an appetite for touring, performing up to 40 concerts a

year.
A: I love everything about it. My wife is a world-class singer, for one thing, and it's always a pleasure to perform with her. And we always have great players on stage, which makes it fun.

Q: What will you be playing? A mix of old and new?

A: Yeah, it's always a mix of new and old and it's always different every night. I'll play a Tijuana Brass medley and Lani will do a Brasil '66 tribute, but surrounding that will be all sorts of great songs. It'll be very spontaneous, though,

Herb Alpert, Lani Hall

When: 7 p.m. April 30

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

Tickets: \$48, \$58 and \$68

Contact: 847-673-6300;

www.northshorecenter.org

because we allow ourselves a lot of freedom to make it fun.

Lani Hall

Q: The story goes that you were discovered by Sergio Mendes in 1965 while you were singing in a Chicago nightclub.

A: Yeah, I sang in a hootenanny night in a place on Wells street in Old Town called Mother Blues and a guy in the audience who owned a club down the street asked me to sing there the next week. That was when Sergio Mendes, who was breaking up his previous group at the time, was playing Mother Blues and he happened to walk down the street to the club, where I was singing — and he asked me to be the lead singer in Brasil '66.

Q: Just like that?

A: Just like that. And I said, 'You're going to have to ask my father.' (Laughing.) So he came over to our apartment in Albany Park and asked my father.

Q: Thinking back to that almost happenstance meeting back in 1965 with Sergio Men-

des, do you ever stop to think just how much your life changed as a result of that one encounter?

A: What's even more astounding is how easily it might not have happened.

The truth is that no one knew I sang. I sang alone in my room for years because I was so shy about it. Until one day, my friend Lea came to my apartment unexpectedly and knocked on my bedroom door asking, 'Who's in here with you?' I said, 'No one, no one. I was listening to a record.' And she said, 'No, I heard someone singing in here.' And she opened up the closet door to see if I was hiding someone. (Laughing.) Then she looked at me and said, 'Was that you?'

Now, Lea was a waitress at Mother Blues and, because of her, I used to hang out there a lot and listen to some great artists like Oscar Brown, Jr. and Dizzy Gillespie and Carmen McRae. So, on that hootenanny night I mentioned, she kept giving me these cream drinks and, at one point, she basically lifted me up off my chair and pushed me onto the stage. So I sang a song. Then I got off the stage and was heading straight for Lea to yell at her because I felt tricked — and it was right before I got to her that the man who owned the club down the street stepped between us and offered to pay me \$75 to sing there the next two weekends. And Lea said, 'She'll do it!' (Laughing.)

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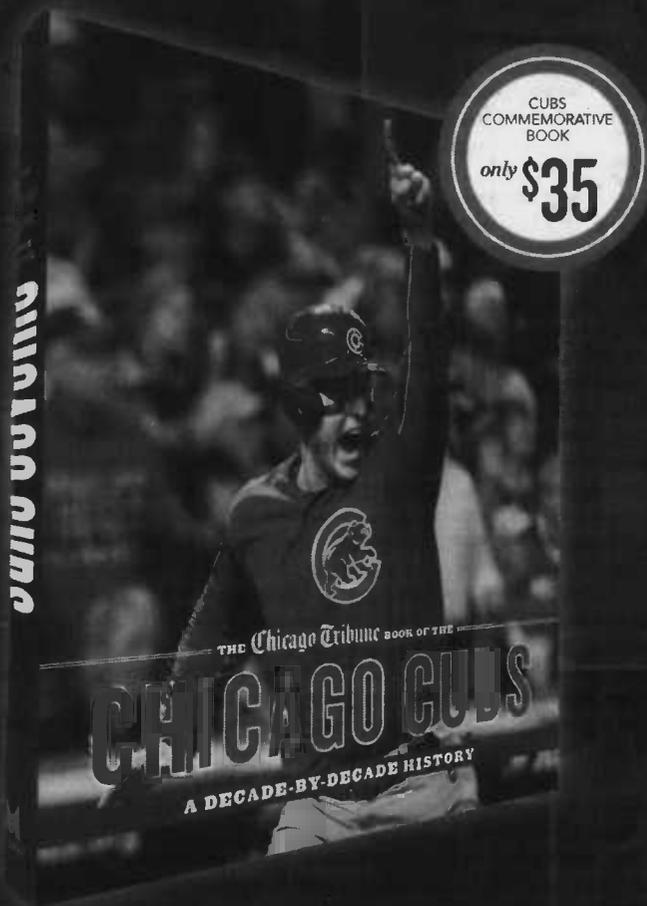
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GO

EXHIBIT

New Adler Planetarium show helps get you eclipse-ready

BY STEVE JOHNSON
Chicago Tribune

On Aug. 21, a celestial event that would have been really scary a thousand years ago will darken Chicago's doorstep.

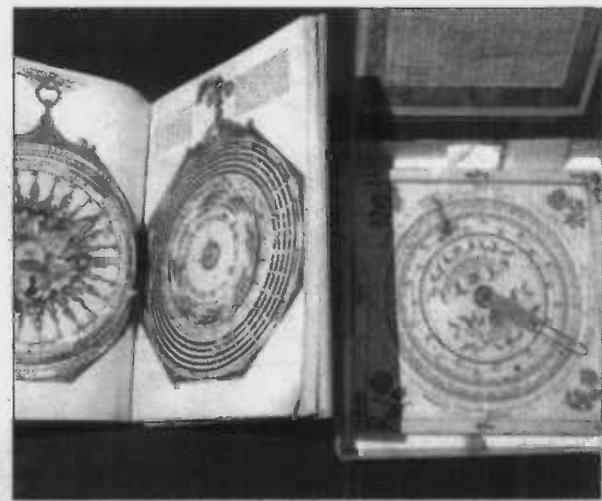
A total solar eclipse will occur on that date, which means either that the moon will line up between Earth and the sun or the gods are angry with us. Or both.

The view will be most extreme in downstate Carbondale, where there will be "totality," 160 seconds of darkness beginning at 1:21 p.m. But even here in Chicago, the phenomenon will be at high partiality, about 90 percent, the most profound solar eclipse over the meeting point of the Chicago River and Lake Michigan since 1806.

To commemorate this extraordinary happening, the Adler Planetarium has mounted "Chasing Eclipses," a temporary exhibition looking at the lore of celestial blockages. In a wide hall and an adjacent room on the planetarium's lower level, graphics and artifacts tell visitors most of what they need to know to prepare for the late-August event.

Some fun facts:

- Yes, you do have to wear special glasses to look at eclipses. Nobody — or almost nobody — wants an eclipse to be the last thing they see.
- Devotees scurry around the globe trying to get a glimpse of these. They'll even board special cruises whose voyage is expressly intended to be in the path of totality.
- Clouds are the worst enemy of the eclipse chaser. With some bad luck on high, a good solar eclipse can become just another cloudy day.
- People from centuries ago made absolutely stun-



JOSE M. OSORIO/CHICAGO TRIBUNE

A table with devices used to predict eclipses will be displayed as part of the Adler Planetarium's "Chasing Eclipses" exhibit, ahead of the solar eclipse on Aug. 21.

'Chasing Eclipses' at Adler Planetarium

When: Through Jan. 8

Where: Adler Planetarium, Museum Campus, 1300 S. Lake Shore Drive

Tickets: Included with general admission

Contact: 312-922-7827 or www.adlerplanetarium.org

ning celestial maps and mechanical devices to chart eclipses, a selection of which are on display, culled from the Adler's top-of-the-line collection.

Here's how the space museum describes an eclipse: "The wind picks up. Wildlife goes quiet. The temperature drops. The sunlight slowly dims in the middle of the day, bathing the surroundings in an eerie twilight. What feels like an otherworldly experience is attainable on Earth, and it will leave you in awe."

An eclipse made Einstein a genius, or, rather, confirmed it. In 1919, wall text explains, two British scientists set out to observe and photograph the May total

solar eclipse. Their goal: "to directly observe the bending of light around the Sun and confirm Albert Einstein's general theory of relativity. ... The results ... catapulted Einstein to international fame."

The planetarium will host an eclipse-watching party on the day of the event, handing out solar viewing glasses to an anticipated 10,000 people at its lakefront location.

Even more crowded will be the planned festivities in Carbondale, the home of Southern Illinois University. There, SIU expects 50,000 for the celebration that will be centered at the university's football stadium.

Ten thousand \$25 stadium tickets are available for the event, organized with Adler. If you're a family thinking about a summer science excursion, it's probably wise to book now, as Carbondale is not overrun with hotel rooms.

At the "Chasing Eclipses" exhibit, which will be up through January, you can even stand on a U.S. map that shows the eclipse path and walk along it.

Living

Thursday, April 20, 2017



Recipes in honor of the 50th anniversary of 'Casino Royale'

Page 3

CN



Siblings Jack, 14, and Lucy Cummins, 18, sit on the couch in their home.

ALLISON TERRY/
CHICAGO TRIBUNE

How to deal with teenagers

For most parents, their kids' teen years are the most difficult times, but there are ways to ease the tension Page 14

Messes, mistakes become lessons for kids

Aurora woman uses cooking to teach children life skills

By Judy Buchenot
Naperville Sun

Teaching a cooking class for preschoolers may seem like it would be as challenging as herding cats, but Aurora resident Joan Chappell has got a system.

After teaching preschoolers for 30 years, she has a good idea of what will work and what won't. She strongly believes in allowing preschoolers to "cook." She leads an enrichment session in cooking every Friday at Blessed Beginnings Preschool held at Bethany of Fox Valley United Methodist Church in Aurora. The 30-minute class is offered after the regular preschool program.

"I think it is really important to get children to be familiar with food. When they are part of the process of making something, they will try it. It is a great way to introduce new foods," Chappell said. "Working with food introduces all sorts of life skills like washing your hands, washing produce, cleaning up when you spill something, washing your dishes and putting them away and, of course, making mistakes."

Allowing mistakes is an important part of working with preschoolers. Chappell often cooks with her 4-year-old grandson Miles, who attends Blessed Beginnings.

"The first time Miles cracked an egg, he basically squished it," she said, laughing and shrugging her shoulders. "But now, several eggs later, he is pretty good at it." Being able to crack an egg is a skill that brings a sense of accomplishment to preschoolers, she said.

Cooking also introduces children to math concepts such as measuring and counting, Chappell said. Counting the number of tablespoons that go into the recipe or seeing that two half cups equal one cup are great introductions to the math concepts they will need to learn in the coming years.

"You really have to avoid getting upset and remember that



JUDY BUCHENOT/NAPERVILLE SUN

Joan Chappell helps her grandson Miles make a caterpillar out of fruit.

Joan's Culinary Cue

When cooking with nonreaders, try color coding your measuring cups and spoons. This makes it easier to give instruction by saying "put in one red scoop of flour and one blue scoop of sugar."

Earth Day Community Event

Who: Blessed Beginnings Preschoolers

What: A free community event featuring activities including making items from recycled materials, messy painting, planting seeds, a Scholastic book fair, a presentation on dealing with food allergies and a bake sale. There will also be an opportunity for free developmental screening for children birth to 5 by educational professionals. Tours and information about the preschool program will be available during the event.

Where: Bethany of Fox Valley United Methodist Church, 2200 Ridge Road, Aurora

When: 11 a.m. to 1 p.m. April 29

Information: www.bfvumc.org/blessedbeginningspreschool

kids are kids. They may not even stick with you until the recipe is finished. You have to go into the process knowing that it won't be the way you usually do things but that's OK," Chappell said. "It's OK if a little extra flour goes into the mix. It's OK if the cookies are all different sizes on the cookie

sheet. It's OK if the frosting is on the cupcake paper, the counter and your shirt as well as on the cupcake."

Chappell also encourages parents to take children to the grocery store. "Being at the grocery store is a great time for conversations about food and what to

eat. You might even ask them to pick out something for dinner. They are more willing to try something new if they picked it out," she said. "If they help you every day, they will begin to think about food and what is good to eat. It is a great age to start them thinking about where food comes from."

Blessed Beginnings Preschool makes an effort to introduce preschoolers to a variety of concepts to prepare them for their educational career, says Chappell. "We are hosting an Earth Day Community Event on April 29 that is open to everyone. I will be giving food demonstrations but there will be several free activities for children of all ages connected to recycling and other science concepts."

Chappell shares a few of her favorite kid-friendly recipes for parents to make with their children.

Judy Buchenot is a freelance reporter.

Sugar Cookie Fresh Fruit Tacos

- 18 ounce refrigerated sugar cookie dough
- 1 tablespoon cinnamon
- 2 cups cut-up fruit
- 1 cup whipping cream
- ¼ cup sugar

1. Grease two baking sheets. Cover round shapes such as a rolling pin or empty paper towel tubes with foil. Cut cookie dough into thick slices. On a lightly floured surface, pat each round into a three-inch circle. Sprinkle cinnamon on each circle.

2. Bake cookies at 350 degrees until lightly golden, but still soft — about seven to nine minutes. Gently remove cookies from baking sheet with a spatula and immediately drape over round forms to create a taco-style shape. Cool cookies about two minutes or until they are firm.

3. Gently remove cookies and allow to cool. Place whipping cream and sugar in a bowl. Beat with a mixer until stiff peaks form. Fill each cookie with about 2 tablespoons of whipped cream. Top with cut-up fruit. The fruit taco is ready to enjoy.

Grilled Cheese Roll-Ups

- 6 slices bread
- 6 American cheese singles slices
- 1 tablespoon butter

1. Use a rolling pin to flatten each slice of bread. Trim off crusts. Place a slice of cheese on the bread. Roll up bread into a tube shape. Set aside. Heat a skillet over medium low heat. Add butter and spread melted butter over skillet surface. Place roll-ups in the pan with the seam side down. Cook, turning frequently until bread is lightly browned. Serve immediately.

Meals fit for a super spy

Recipes in honor of the 50th anniversary of 'Casino Royale'

By Veronica Hinke
Pioneer Press

Ian Fleming first introduced James Bond to the world with the book, "Casino Royale," published in 1953. The movie followed in 1967 — 50 years ago this month. Bond was one of the original foodies, setting a signature style from caviar and oysters to maki rolls and those cocktails ordered with the greatest details. So, we asked local chefs for their best ideas for celebrating the 50th anniversary of "Casino Royale."

Miramar Bistro chef and owner Gabriel Viti knows seafood, and his Chilean sea bass in papillote (baked in parchment paper) would be the perfect meal for Bond. "It's light and full of flavor," Viti said. He's been making it for years and it's on the menu at Miramar, his restaurant in Highwood.

Viti warned home cooks to make sure the parchment "bag" (really a large, heart-shaped vessel made of parchment paper) is sealed well so no steam gets out. Viti said that using aluminum foil can be easier for some than working with parchment paper.

He blanches sliced new potatoes in a little bit of salted water. "Not too thin, if they're too thin they'll fall apart when you go to cook your papillote. You should cook them at least halfway through."

He gets a pan very hot to roast garlic. "You're going to want to get a lot of color on it so that it has a lot of flavor; dark brown, you never want it black." Then he adds generous amounts of thyme and white wine. "Let that cook for a while to burn off a little of the alcohol."

He prepares the other vegetables and the fish and then assembles the package. He fills the papillote using a large heart-shaped piece of parchment paper. He adds the artichokes, new potatoes, tomato and some roasted red pepper. He adds remaining ingredients before fold-



OCEANIQUE PHOTO

In celebration of the 50th anniversary of the movie "Casino Royale," Oceanique in Evanston will feature Chartreuse Royale as a drink special.

ing over the parchment paper. He puts the papillote on a baking sheet and bakes it at 400 degrees for 10 minutes. He finishes the dish with a simple vinaigrette (recipe below).

Viti will have specials on the sea bass papillote through the end of April.

At Oceanique in Evanston, Chef de Cuisine and Owner Mark Grosz will run a Casino Royale anniversary special through April on his Day Boat Sea Scallops with Yuzu Marmalade, Kumquats and Blood Orange. "Scallops are one of the most beautiful things that

come out of the sea," Grosz said.

He will also run an anniversary special on the perfect cocktail to toast 007: A Chartreuse Royale. It's Oceanique head sommelier Andrew J. "AJ" Heindel's recipe. "We love Chartreuse," Grosz said. "It's just a very noble liqueur. It's one of the most well-made liqueurs ever." The cocktail is made with five ounces of Perrier-Jouet brut Champagne, 1/4 ounce of yellow Chartreuse and a Meyer lemon twist. "Meyer lemon gives it a little bit of aromatics and an extra element of flavor," Grosz said.

Chilean Sea Bass in Papillote

- 3 artichokes
- 1 cup plus three tablespoons extra virgin olive oil
- 2 tablespoons garlic, minced
- 1 teaspoon coriander, ground
- 1 teaspoon fennel seeds, crushed
- 1/2 cup white wine
- 5 fresh sprigs of thyme
- Salt and freshly ground pepper, to taste
- Several large sheets of parchment paper, cut into large heart shapes
- 4 six-ounce portions of Chilean sea bass
- 1 red pepper, roasted, seeded, de-ribbed and chopped
- 2 tomatoes, peeled, seeded and diced
- 4 ounces new potatoes, sliced and blanched
- 4 tablespoons shallots, chopped
- Tarragon, basil, parsley, and chives — 1 tablespoon each, chopped, mixed together
- 2/3 cup white wine
- 1/2 cup extra virgin olive oil
- Salt and freshly ground pepper to taste

For the vinaigrette:

- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon shallots, minced
- Tarragon, basil, parsley and chives — 1/4 teaspoon each, chopped, mixed together
- Salt and freshly ground pepper, to taste

1. In a small mixing bowl, whisk all ingredients until well blended. Season with salt and pepper. Set aside.

2. **To prepare the artichokes:** Soak the artichokes in cool water for 10 minutes; drain. Using a very sharp knife, remove all tough outer leaves of each artichoke, usually found around the base. Peel the stems to remove the tough fibrous material; cut off the top half of each artichoke and discard. Using a small spoon, scrape out the hairy choke in the center of each artichoke and discard. Reserve artichokes in water with lemon juice to keep from darkening.

3. In a medium heavy-bottomed saucepan over medium-high heat, heat 3 tablespoons of olive oil to very hot. Add garlic; cook until nice and brown in color, 1 to 2 minutes. Add artichokes, coriander and fennel seed; stirring continuously to keep artichokes from becoming too brown. Add white wine; simmer for 4 to 5 minutes. Add fresh thyme sprigs, then season with salt and pepper. Add remaining olive oil; cover saucepan and continue to cook over low heat for 20 minutes. Remove artichokes from saucepan; cool, then cut into 1/4-inch slices.

4. **To build the papillotes:** Cut parchment paper into 2 heart-shaped pieces, approximately 18 inches wide. Fold in half and crease; re-open parchment paper. Season bass portions with salt and pepper. On one side of the parchment paper, layer one half of the artichokes, red peppers, tomatoes, potatoes, and shallots in a small mound. Place bass portions on top of vegetables; garnish with mixed herbs. Drizzle with olive oil and white wine. Fold the other half of parchment paper over the top and tightly roll the edges together, creating a rounded, sealed bag. Repeat the same process to create the second papillote. Preheat oven to 400 degrees. Place the papillotes on a baking sheet and bake for 10 minutes.

5. **To serve:** Place a papillote on each serving plate. At the table, cut open parchment paper with scissors, taking care not to get burned from escaping steam. Pull bag back, drizzle with vinaigrette, and serve.

Watch a video of Gabriel Viti making Chilean Sea Bass in Papillote:
<http://bit.ly/2p3FZ0s>

MY PET WORLD

What to do if your dog is licking obsessively

By Cathy M. Rosenthal
Tribune Content Agency

Q: We have a big 14-year-old silky Yorkie named Howie. In November, my husband got severely sick and was hospitalized for 11 days. He recovered at home for eight weeks. During his hospitalization, I took care of Howie while working and going to the hospital, but he was alone much more than usual. During that time, I noticed Howie licking the floor all the time. I mentioned it to my husband, but he did not make much of it at the time.

We are now nearly five months post-op, and Howie continues to lick the floor non-stop. Even at night when the lights are out, we can hear him licking the bedroom floor. My husband took him to the vet, but the doctor could not shed any light on this issue for us. He also has a clogged saliva gland that has to be drained every six to eight weeks and has lost several of his teeth. This past week I found one on our bedroom floor.

I don't know how to make him stop licking and worry about all the detergent, pesticide and dirt that he is ingesting. I hope you might have some thoughts and suggestions for us. — Marilene Valor, Boca Raton, FL

A: If your veterinarian ruled out medical problems, then Howie's licking probably resulted



CHUCK BERMAN/CHICAGO TRIBUNE

When suffering from stress or separation anxiety, dogs usually look for ways to self-soothe, which can present as destructive behaviors in the home, like chewing door frames, or excessive licking.

from stress or separation anxiety when your husband was hospitalized, and you were gone during those two weeks.

When suffering from stress or separation anxiety, dogs usually look for ways to self-soothe, which can present as destructive behaviors in the home, like chewing door frames, or excessive licking of themselves or other

things in the house, like floors. Obsessive dog licking is sort of the equivalent of humans biting their nails.

That's because there is a mental and physical component to repetitive licking: The behavior releases endorphins, which makes dogs feel better, so they continue doing it to keep those endorphins flowing. What starts

out as an innocent behavior can quickly develop into an addictive habit that drives some dog owners a little crazy.

If Howie always is licking the same spot on the floor, you can spray some Bitter Apple (available at pet stores) to discourage him. But most likely you will need to combine corrective training with some busy work.

When Howie starts to lick the floor, say "Howie, no lick" to interrupt the behavior. When he looks at you, and he should because you said his name, tell him "good boy" and give him a treat. (If he doesn't look at you, shake a can of coins to interrupt the behavior and get his attention.) Then give him a puzzle toy (available at pet stores) with a treat inside, so he must think about how to get the treat out. If he is thinking about something else, he should forget he needs to lick things. You also can walk him or play a game of fetch with him — anything to distract him and get his mind off his licking habit.

If he continues to lick obsessively, talk to your veterinarian or a veterinary behaviorist about introducing anti-anxiety medication until he breaks the habit. I also recommend having his mouth checked for gum disease since he is losing teeth. If his gums hurt, he may be licking the floor to make them feel better.

A: I read your recent column on how to get cats to stop clawing the couch and wanted to share my solution. As a woman

in her 70s, I have had two cats in my home at all times for decades. I am very much against declawing cats. To me, it's amputation. It's illegal in some countries; I wish it were illegal here.

My advice on how to prevent cats from damaging a couch is to buy microfiber couches. I have had four microfiber couches over the years, and they are impervious to my cat's claws. It must not be a satisfying texture for them to scratch because they seldom, if ever, try to use it. As a bonus, spots are removed easily with a wet cloth. — Colette Agazzi, Palos Heights, IL

A: Thanks for your letter. I wondered what might be an option for those of us who don't want to buy new furniture and found microfiber couch slipcovers available online. These slipcovers might be a permanent solution or a temporary training tool.

Provide a scratching post, so your cat always has something he can scratch.

Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathy_mrosenthal.

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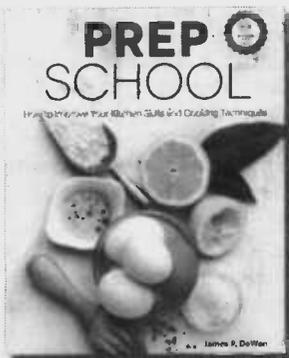
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ASUS laptop a lemon, so is company's service

I purchased my \$1,499 ASUS laptop in April 2016. I took out more money on my student loan and settled on what seemed to be the best value for the dollar. I was sadly mistaken. Minor problems with the track pad were immediate, then major issues started in August. Just about everything went bad — the touch screen, power, keyboard and track pad.

I've sent my ASUS UX501VW in for service three times!

I have spoken to representatives and gotten different dates on when my warranty expires, uncertainty on the status of my repair work, and an inability to explain why it took a month to repair in December. In total I was without my computer for over two months!

The laptop has a one-year warranty (which is now down to two or four months, depending on what day you speak to somebody). It also has Accidental Device Protection that provides a one-year repair/replacement warranty for spill damage, cracked screen, etc. The last time I shipped it out for repair I received a reconditioned laptop in return. I want a new laptop and

confirmation of when my warranty and ADP end.

Jay, Elmwood Park

If I were to document the multiple, time consuming and conflicting communications Jay and I have had with ASUS, this column would be the equivalent of five Help Squad columns long!

Below are just a few examples of the confusion that seems to abound at ASUS' Jamaica-based customer service center. (ASUS is headquartered in Taipei, Taiwan.)

On the topic of Jay's one-year warranty:

■ Tom emailed Jay on March 20 to say, "Your standard warranty still remains. If it passes your 12 month warranty, you have plus 30 days on any repair."

■ Via phone on March 31, Tim told Jay the warranty ends on April 4. He then said it ends on July 31.

■ When I spoke with Shervon on April 10, he told me Jay's warranty ends July 4.

On the topic of Jay's ADP coverage:

■ In the March 20 email, Tom said, "The



CATHY CUNNINGHAM
Help Squad

status of ADP stays with the new unit. So it nullifies your ADP with this refurb replacement."

■ In the March 31 phone call, Tim told Jay ADP will transfer to his refurbished replacement machine and he will receive an email authorizing ADP for the remainder of his warranty. The promised email was never received.

■ When I spoke with Shervon on April 10, he said Jay's ADP coverage ends on April 20.

These were three different answers to each of the two questions. Jay was never able to obtain any of it in writing, and when I requested that Shervon email me confirmation of the warranty and ADP information, he said, "The case number will reflect all this information, but we wouldn't be able to create any personalized email to send because we only have predefined emails that we send from tech support."

Considering that to this point the case number had resulted in providing nothing

but conflicting information, this was far from reassuring. Why was ASUS so reluctant to provide written confirmation of their statements?

ASUS' warranty is, unfortunately, as unclear as the information coming out of its customer service center: "All components that an ASUS Service Center repaired or replaced will be under warranty for three months or for the remainder of the warranty period, whichever is applicable." Applicable? Is that whichever is shorter, whichever is longer or whatever ASUS feels like that day?

In a Google search of "ASUS customer service reviews," complaints abound! Various articles and pages on LaptopMag.com, ConsumerAffairs.com, the Better Business Bureau website and Consumerist.com, along with others, show these issues have been commonly experienced.

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

Cathy Cunningham is a freelance columnist for Pioneer Press.

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BOOKS

Remembering the man who birthed 'Rosemary's Baby'

By John Warner
Chicago Tribune

Ira Levin.

Do you know the name? Probably not, but you know the work. Let's try it "Jeopardy!"-style.

This novel inspired a film where Mia Farrow had trouble with a devilish baby.

This novel gave birth to a term that has become synonymous with a spouse so subservient, she appears robotic.

Many of you will recognize that I'm referring to "Rosemary's Baby" and "The Stepford Wives," novels by Ira Levin that have become indelible cultural touchstones. Levin's resume doesn't end there. Novels "A Kiss Before Dying" and "The Boys From Brazil" were also made into classic films. "Deathtrap," one of the longest-running Broadway plays, also made it to the screen, starring Michael Caine and Christopher Reeve.

The occasion for this appreciation is the recent 50th anniversary of the release of "Rosemary's Baby," but we shouldn't need an excuse to recall Levin, who died in 2007 at 78. He was one of the most inventive and satisfying novelists I've ever read.

In 1967, "Rosemary's Baby" launched a literary movement in contemporary horror that would usher in "The Exorcist," "The Amityville Horror" and the entire early career of Stephen King. Levin brought the gothic to the contemporary world, where a satanic cult is operating out of a desirable New York apartment.

It's difficult to overestimate the impact of Levin's work in originating a genre that endures to this day, as recently manifested so brilliantly in Jordan Peele's suburban horror-comedy on race relations, "Get Out."

Peele's film owes a debt to my personal favorite Levin work, "The Stepford Wives." Clocking in at under 150 pages, the book ticks along scene to scene, each moment ratcheting up the tension and confusion, demonstrating what King called the "Swiss watchmaker" plotting of Levin's fiction.

The novel opens on Joanna Eberhart — a young, married, feminist mother of two whose loving husband,



PARAMOUNT PICTURES

Mia Farrow stars in "Rosemary's Baby," based on Ira Levin's 1967 novel.



ASSOCIATED PRESS

Levin, who died in 2007, originated a horror genre that endures to this day.

Walter, knows when it's his day to make dinner — practically being assaulted by the "Welcome Wagon lady" who has come bearing gifts. By the second page, the tensions are clear: a modern, free-spoken woman has landed in a town where her neighbor forgoes an evening coffee for a chance to wax the floors while hubby is down at the male-only neighborhood club.

This is John Cheever's suburbia, but Levin is interested in mining his own brand of cultural commentary. Levin's greatest contribution was to outline the potential for horror in the everyday. A scary, claustrophobic laundry room in his own apartment inspired the same in "Rosemary's

Baby," with a twist.

Levin almost certainly paved the way for King. "Carrie," a novel essentially about the terrors of being a teenager, is much more dour than "The Stepford Wives," but it is Levin's formula, well-executed.

Levin was rarely cited as a stylist, but not because he was incapable. Check out this lovely little passage from "The Stepford Wives" as the Welcome Wagon lady heads to her "battered red Volkswagen."

"Dogs suddenly filled its windows, a black and brown excitement of spaniels, jumping and barking, paws pressing glass."

A brown excitement of spaniels.

How great is that?

Levin's work is lean because he cut out the boring stuff, not because he couldn't write a sentence.

In another five years, we'll see the 50th anniversary of "The Stepford Wives," along with another brief spasm of attention for Ira Levin.

Ultimately, though, his name will be forgotten. But that's OK because, the stories will endure.

John Warner is the author of "Tough Day for the Army." Follow him @biblioracle.

Book recommendations from the Biblioracle

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

1. "The Princess Diarist" by Carrie Fisher
 2. "Lincoln in the Bardo" by George Saunders
 3. "Homegoing" by Yaa Gyasi
 4. "LaRose" by Louise Erdrich
 5. "We Are All Completely Beside Ourselves" by Karen Joy Fowler
- Kristen P., Chicago

I think Kristen will enjoy one of my favorites from a couple of years back, a story that fills itself in as much as it moves itself forward: "All the Birds Singing" by Evie Wyld.

1. "The Good Luck of Right Now" by Matthew Quick
 2. "The Martian" by Andy Weir
 3. "The Circle" by Dave Eggers
 4. "Fight Club" by Chuck Palahniuk
 5. "Stories of Your Life and Others" by Ted Chiang
- Vance P., Newark, N.J.

In addition to the list of recent reads, Vance informed me that "Fight Club" is a re-read for the 10th time. There's a lot of talk about the books that inform the age we live in, and "Fight Club," a novel about male alienation, might be one of them. In that spirit, I'm recommending a novel that perhaps speaks to our political climate: "The Man in the High Castle" by Philip

K. Dick.

1. "Tell the Wolves I'm Home" by Carol Rifka Brunt
 2. "Today Will Be Different" by Maria Semple
 3. "Commonwealth" by Ann Patchett
 4. "Small Admissions" by Amy Poeppel
 5. "Orphan Train" by Christina Baker Kline
- Franny T., Memphis, Tenn.

I think Franny will enjoy "Love, Nina," a funny and charming story of a nanny's London adventures by Nina Stibbe.

Get a reading from the Biblioracle!

Send your last five books to printersrow@tribune.com. Write "Biblioracle" in the subject line.



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4/16

CURMUDGEONLY QUOTES: From Bierce's "Devil's Dictionary"

By S.N. | Edited by Stanley Newman
(stanxwords.com)

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- 89 — Fernando Valley
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- 107 Very small thing
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- 5 Stevenson villain
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- 8 Said grace, e.g.
- 9 Creole cooking staple
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- 63 Du Maurier novel
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Last week's answers appear on the last page of Puzzle Island

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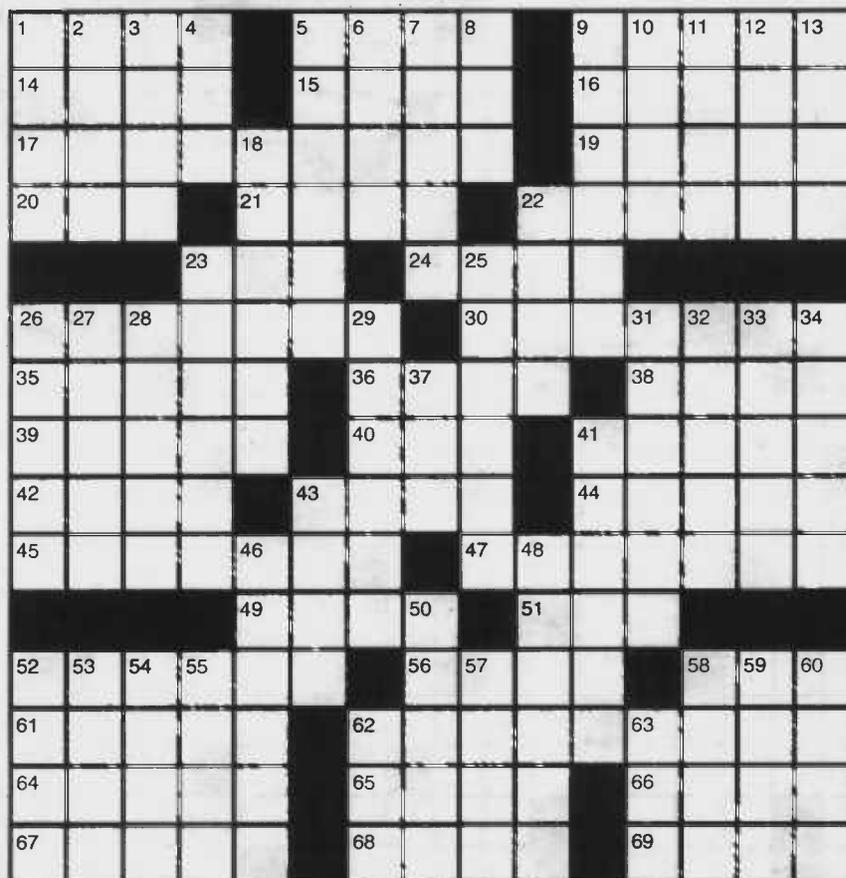
- 68 Spy missions, for short
- 69 Bolt holder
- 70 Volcanic product
- 71 *Dilbert* intern
- 72 Not up yet
- 73 Scratch out
- 74 Number spoken by pilots
- 75 Some ski lifts
- 80 The way you see me

- 81 *The Great Caruso* star
- 82 Equilibratory
- 83 Pi followers
- 84 "I am —" (*Green Eggs and Ham* beginning)
- 86 — Mawr College
- 87 River near the Leaning Tower
- 88 Stove neighbor, maybe
- 91 Frame seller

- 95 RENDERED THUS
- 96 Elk cousin
- 97 *Happy Days* hangout
- 98 Artless person
- 100 Opposite of "numerous"
- 103 Big game-show prize
- 104 Second-smallest continent
- 107 Beethoven's — *Solemnis*

- 109 Many HDTVs
- 111 Cellist's accessory
- 112 Ron Howard's acting daughter
- 113 Go rollerblading
- 115 Citation abbreviation
- 116 Docile
- 117 Soccer cheers
- 118 —do-well
- 119 Work in a cast
- 120 Lt. subordinate

Crossword



By Jacqueline E. Mathews. © 2017 Tribune Content Agency, LLC. All rights reserved.

4/19/17

ACROSS

- 1 Tabbies and calicoes
 5 Eve's husband
 9 Rub enough to make sore
 14 Smell
 15 Identical
 16 Corny; easy to live in
 17 Kangaroo or koala
 19 Give a speech
 20 Needle's hole
 21 Señorita or Fräulein
 22 ___ & groaned; complained
 23 Current month; abbr.
 24 Hot tubs
 26 More contrite
 30 "___ Rigby"; Beatles song
 35 ___ to; before
 36 Vane direction
 38 Tardy
 39 Excessive
 40 ___ up with; tolerate
 41 High society
 42 Mates for stags
 43 Cooking herb
 44 ___ in; enjoy
 45 Like poorly cleaned panes

- 47 Forest officials
 49 Heed one's alarm clock
 51 Stinging insect
 52 Came to shore
 56 BBQ favorites
 58 ___ moment; time of sudden realization
 61 Approximately
 62 Custodian
 64 Fabric
 65 Inquires
 66 Thailand, once
 67 Nairobi's nation
 68 Nickname for Elizabeth
 69 Crawling bugs

DOWN

- 1 Invitation word
 2 "Queen for ___" of old TV
 3 Ripped
 4 Yrbk. section
 5 Have ambitions
 6 Speaker's platform
 7 Pile up
 8 Singer Tillis
 9 Pick
 10 Israeli dance
 11 To ___; unanimously
 12 Celebration
 13 Black-___ peas

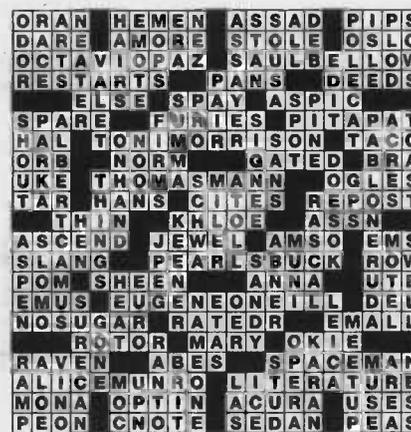
Solutions



puzzle island solutions

Last week's crosswords

"WRITE HONORABLES"



"Back Talk"



"Spout Nonsense"



Last week's Quote-Acrostic

(Scott) ADAMS: (How to) GET A REAL EDUCATION: Leave physics, chemistry, calculus and classics to the brainy student destined to propel civilization forward. Train B students in useful stuff like entrepreneurship. Why try teaching cats tax preparation?

Last week's Sudoku

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

This week's Jumble

EMBARK OPENLY SUMMON
 GUITAR IRONIC HECTIC

The hen had laid eggs for years.
 She was finally ready to retire
 because she was —

**NO SPRING
 CHICKEN**



Love is more in your control than you think

I'm serious when I say I have lost count of the number of both men and women who have expressed frustration and disappointment when it comes to dating and meeting the right person.



JACKIE PILOSSOPH
Love Essentially

"There are no good guys out there," "I have bad luck in relationships," "It's not meant to be that I meet someone," "It's so hard to meet available women." These are things I hear day in and day out from people who seem completely normal and wonderful. I just don't understand it. It's baffling.

So, when I happened to see an article written by Chicago-based relationship coach and therapist, Sue De Santo called "Am I Not Meant To Be In A Relationship?" it sparked my interest, because I felt like she was offering answers.

"There is not some Grand Poobah in the sky pulling the strings and deciding who gets to be — and who doesn't get to be — in a long-term relationship," De Santo wrote in the piece, which was published on her website last week. "I hold the philosophy that if we really want a relationship, we can have one, no matter our gender, profession, age or looks. The only thing stopping us is ourselves."

What? You mean all these people telling me how difficult it is to meet someone and fall in love should blame themselves? I talked to De Santo to find out.

"Believe me when I say it's not their fault. What inhibits people from achieving their goals is not lack of effort. On a conscious level, they are working their hearts out," said De Santo, who has been a psychotherapist for over 20 years and a relationship coach for six. "The inability to find that special someone is likely due to their unconscious belief system and behavior patterns that were established during early life."

De Santo said experiences that lead to negative beliefs and that can ultimately inhibit our potential could have occurred as young as age 5. She said this negativity remains alive in our unconscious mind, creating hidden patterns so ingrained in our subconscious that we don't even realize they are directing our life as an adult.

One example De Santo offered was a client of hers who explained that growing up, her older brother got all the attention from their parents. The client said she always wanted attention but never got any, so when she grew up and began dating, she was attracted to men who didn't give her attention because that is what felt like

love to her.

"People fall into bad patterns and they fall for the same people over and over again," she said. "They are using a strategy they used in childhood that no longer serves them in adulthood."

According to De Santo, here are some unconscious beliefs that could impede relationship success:

- I'm too fat (thin, ugly, smart) for someone to love me.
- My parents always said I was too sensitive (or too overbearing) to be in a relationship.
- My parents had a bad relationship and I'm afraid I'll replicate it.
- I'm afraid I don't have the capacity to love someone enough to be in a serious relationship.

If you're getting depressed reading this, don't. Change is definitely possible, according to De Santo. It just takes some work.

"Recognizing it is a huge step," she said. "If you are able to recognize it and you stop resisting what you really want, you can then uncover what your core beliefs are and resolve to do whatever it takes to clear away the beliefs that stand in the way of your potential."

This is the foundation of De Santo's relationship coaching practice, in which she helps her clients become aware of unconscious life patterns, helps them understand those patterns and supports them in clearing the patterns. She said deciding to change can feel scary and difficult, but that if clients are willing to do the work, they usually end up in happier, healthier relationships.

Reading her article and talking with De Santo made me realize that I spent my entire 20s, 30s and most of my 40s stuck in these bad patterns. Had I figured out how to break my patterns and fall for men who gave me what I really needed, I probably would have saved myself a lot of frustration, anguish and heartaches over the course of three decades.

The thing is, it's really, really hard to look within and recognize what's truly going on. When you have a string of bad dates and relationships, it's easier to say "What a bunch of losers" versus, "Maybe, it's me." But according to De Santo (and I have to agree), if you're willing to say "Maybe it's me," your love life will undoubtedly change for the better.

Jackie Pilossoph is a freelance columnist.

MARK AND MICAH



MARK SUPPELSA

MICAH MATERRE

WEEKNIGHTS

CHICAGO'S VERY OWN

WGN⁹ NEWS

HEALTH

ASK THE DOCTORS

Low levels of vitamin D linked to upper respiratory infection

By Dr. Robert Ashley
Ask the Doctors

Dear Doctor: I'm hearing that vitamin D can reduce the risk of colds and flu — and that more foods should be fortified with it. What's the evidence for that?

Dear Reader: As a doctor, I'll confess I'm skeptical about such a broad claim. As I wrote in a prior column, vitamin D is not so much a vitamin as a hormone within the body. It's produced by the body and, further, many foods are rich in the substance. If your vitamin D levels are normal, ingesting additional vitamin D wouldn't seem to help prevent the common cold.

That's not to say such thinking is new. The famed English general practitioner Robert Edgar Hope-Simpson, noting that the influenza virus occurred predominantly in the winter, surmised that lack of exposure to the sun may make people more susceptible to influenza. To produce vitamin D, the human body needs sun exposure, so the purported connection between vitamin D and colds seems to have started with that correlation.

Further, a deficiency of vitamin D can lead to decreased white blood cell function, impeding the body's ability to fight off infection. Additional vitamin D stimulates the production of antimicrobial peptides.

A 2012 study of 30 patients with chronic lung disease and very low levels of vitamin D (less than 10 ng/ml) showed a 43 percent reduction in exacerbations of the disease when they were given 100,000 units of vitamin D monthly (average 3,200 units per day) for one year.



ICHIRO/GETTY

The human body needs exposure to the sun to produce vitamin D.

Commonly, these exacerbations are related to infection. A 2015 study showed similar findings of a 43 percent reduction in moderate to severe exacerbations among lung disease patients with vitamin D levels below 20 ng/ml.

However, vitamin D supplementation did not change the upper respiratory infection rate. Also, in both studies, vitamin D supplementation had no effect on people with normal vitamin D levels, i.e., greater than 20 ng/ml.

In another 2012 study, patients with normal vitamin D levels were randomized to receive 100,000 units of vitamin D or a placebo monthly for 18 months. The authors concluded that there was no difference in the rates, or the severity, of upper respiratory infections between those who took vitamin D and those who took a placebo.

The latest study, to which I believe you are referring, was a combined analysis of 25 studies from around the world, including Afghanistan and Mongolia. This analysis linked vitamin D supplementation to a 12 percent reduction in the number of people who developed at least one respiratory infection.

However, in further

analyzing the data, the authors found that most of the benefit for vitamin D supplementation was seen in those with levels less than 10 ng/dl, which is very low. The authors did not find any statistical benefit in vitamin D supplementation among people with levels greater than 10 ng/ml. The authors also found that daily or weekly intake of vitamin D had a greater benefit than larger doses given monthly.

In summary, vitamin D does seem to have benefits in decreasing colds and flu in those who have exceedingly low levels of vitamin D — numbers not seen in the majority of the population. Further, patients with chronic illnesses, elderly people and residents with long, cloudy winters may find that vitamin D supplementation can decrease the frequency of upper respiratory infections.

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

Acupressure bands help teen sleep, parent says

By Joe Graedon
and Teresa Graedon
King Features Syndicate

Q: One of your recommended remedies has been very helpful for my teenage daughter. She was having a lot of difficulty sleeping and was taking prescription trazodone most nights to sleep.

I read in one of your books that Sea-Bands could be a possible solution to improve sleep. It was very affordable, so we decided to try this nonchemical solution. She has been using them for three months and hasn't had to take trazodone at all.

I am thrilled that she doesn't have to take a drug anymore, and she wakes up much more refreshed. We shared our success with a group of friends. Another girl had similar sleep problems. She tried Sea-Bands and had the same type of success.

A: Years ago, we heard from a reader who taped a dry kidney bean on the inside of his wrist every night to sleep. The spot was between the two tendons, three finger-widths from the wrist crease. This is an acupressure point called the inner gate that is said to alleviate anxiety and promote sleep.

Sea-Bands are elastic wristbands with a plastic button embedded in them. They are sold to ease motion and morning sickness. We are pleased to learn that this simple low-tech approach worked well for insomnia.

Q: I was surprised to see in your column a question about asafoetida. I had just mentioned it the day before to a friend, and no one I



JAMIE GRILL/BLEND IMAGES

A teen who was not getting enough sleep stopped taking trazodone once using Sea-Bands proved more effective.

know had ever heard of it.

I am 82 and was born and raised in Philadelphia. My brother and I were given these little sachets to wear around our necks in winter by a well-meaning little old lady. My mom used to say that if it didn't keep the germs away, it would sure keep people away because of the strong smell.

We had no wonder drugs, so our parents practiced preventive medicine. In winter we always got a tablespoon of Father John's Cough Syrup before bed. In summer it was sassafras tea. Once a month we were taken to the drugstore for a "physic" (laxative) of "prepared castor oil" in a milkshake or an ice-cream soda. A chest cold was treated with a chest rub of Mus-terole, then wrapped in flannel, and the soles of the feet were rubbed with Vicks.

My great-grandmother had been a slave and had lots of home remedies, I'm told. One was to peel a whole head of garlic and put it in a gal-

lon of water. It was kept in the refrigerator, and anyone with hypertension would drink only that water.

A: We have heard of many of the remedies your family used. One of the ingredients in Father John's Cough Syrup is cod-liver oil, which was traditionally used to boost resistance to respiratory infections in wintertime.

We are especially interested in your great-grandmother's use of garlic for high blood pressure. A stringent review notes that garlic can lower blood pressure, though there is not enough data to tell if it reduces heart attacks and strokes (Cochrane Database of Systematic Reviews, August 2012). More recently, a placebo-controlled trial found that a garlic supplement lowered blood pressure in people with heart disease (Iranian Red Crescent Medical Journal, Aug. 24, 2016).

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



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POLITICS

11:00 AM

12:15 PM



THE SUPREME COURT: What's Next and Why it Matters

Alison Gash • University of Oregon
Commendation for Excellence in Teaching

LUNCH BREAK: 12:15 PM – 1:30 PM

HISTORY

1:30 PM

2:45 PM



Five Turning Points That Changed American History

Edward O'Donnell • Holy Cross College
Presidential Award for Outstanding Teaching

PSYCHOLOGY

3:00 PM

4:15 PM



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How to deal with teenagers

Parents should give up control, allow for some space, experts say

By Danielle Braff
Chicago Tribune

If you enter two rooms of Candice Blansett-Cummins' otherwise immaculate home, you might need a mask to disguise the smell, along with some anti-bacterial soap.

That's because Blansett-Cummins is the mother of a 14-year-old and an 18-year-old, and she's learned to choose her battles.

One battle the Chicago woman won't pick: She never tells her teens to clean their rooms.

"It didn't make any sense to argue with them and make them clean it just to make it fall back apart again," Blansett-Cummins said. "Behind their doors, that's their space, and we're not going to govern what's in there, aside from the fact that there has to be a path for safety, and you shouldn't have rotting food."

Parents of teens are united in their mission to get through this time with their sanity intact, but it's a feat often failed.

"Teens are going through a very stressful time in their lives. They want to please us, but they also want to break away," said Michele Borba, educational psychologist, parent expert and author of "UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World." "Expectations are huge, the social scene is huge, peer pressure is enormous, college applications are due, peers matter more than we do, and psychologically and physiologically, there are a lot of changes."

Add that all up, and you get a melting pot of teenage emotions — and the target of those emotions is quite often the parent. For most parents, these teenage years

are the most difficult and frustrating times, but there are ways to ease the tension.

It's a very quick and emotional transition from being a child to becoming a tween and then a teen, and parents aren't used to giving up the control they had over their kids, which is commonly the source of the majority of the arguments, said Dan Griffin, a clinical psychologist specializing in adolescents and family therapy.

"Parents have a hard time making the transition from the preteen years, where it has been more helpful to be hands-on, toward increasing autonomy and stepping back," Griffin said.

If parents aren't anticipating their children's need for autonomy, they might perceive it as disrespect or lack of control, and this sets up a bad dynamic between the teen and the parent, he said.

"They get more controlling, and there's a dance of the clamping down and the resistance," he said.

Instead, parents can offer tweens or even 8- and 9-year-olds increasing opportunities to have control, to shift the hierarchy, which will help their relationship.

Let them choose the menu for dinner, the restaurant or the sports they'll be playing, Griffin said. You're still the parent, and you get to make the major decisions in their lives, but they're growing up, and they need to feel they're in control as well.

"If kids begin to feel a sense of respect coming at them, you'll often see a shift, and the kid will seem to become a bit more mature and engaged instead of just being a resistant gorilla," Griffin said.

Giving up the control is a



ALLISON TERRY/FOR THE CHICAGO TRIBUNE

Rob Cummins, from left, Jack, 14, Lucy, 18, dog Trixie, and Candice Blansett-Cummins at their Chicago home. Blansett-Cummins says she learned to choose her battles with her teens.

tough one for many parents, but there are other struggles besides control. It's a tough, passionate time for hormonal adolescents, and when they arrive home from school, they need to unwind.

Instead of giving them the privacy and space that they need, some parents feel insulted and rejected by their teens — which could cause tension in the home, said Lisa Damour, psychologist and author of "Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood."

"Rather than understanding that teenagers are often prickly at home because they are worn out by being pleasant all day at school, parents feel that the teenager no longer likes them," Damour said. "Rather than accepting that it is developmentally important for teenagers to question authority, they feel that their teenagers are being disrespectful."

That isn't to say that parents should ignore or celebrate the ways that teens become less pleasant. Teens should still be polite. But you can bypass much of the friction if you see the teenage years as something that your child is passing through rather than something your child is doing to you.

During this tumultuous time in their lives, teens really need their parents to be a nonjudgmental support system, said Lucie Hemmen, clinical psychologist and author of "Parenting a Teen Girl" and "The Teen Girl's Survival Guide."

You may feel that you have plenty of advice, but you should talk less, lecture less and listen more, Hemmen said.

Instead of yelling when your teen sleeps all day, resist criticizing him and say, "I noticed you've been sleeping a lot, sweetie," Hemmen suggested. "What's going on? I want to help."

Even for scary behavior, keep calm and be curious, she said.

For example, if you notice cuts on his arms, explain calmly that you saw the cuts and you're not angry, but you love him and want to help. "Can you please talk to me about what's going on?" Hemmen said.

There also are good times of the day and bad times to have those talks, whether you want to talk to your teen about a serious issue or you simply want to ask him about his day, Borba said.

You may be excited to chat as soon as he walks in after school, but this is usually the worst time, she said. And here's the tricky part: Each teen is different, and you're going to have to read his or her signs.

"But don't do the Barbara Walters approach — do more of the Kelly Ripa, the relaxed approach," Borba said. "The steady eye contact really bothers them, and don't be so inquisitive."

Alecs Variny, a widow

who is raising her 14-year-old son and 16-year-old daughter, tries to create a nightly safe space: the dinner table.

"We sit down, and as we eat, I ask them about how school went, how was their such-or-such activity," Variny said. "It is my favorite time of the day, and I really miss it if we don't get to do it."

Electronics are banned at the table, and moodiness is called out — even if it's Variny who is the moody one.

But moods happen, and home is the place where teens are allowed to have their moods, Blansett-Cummins said.

"It doesn't matter how good of a job you do as a parent or how the stars are aligned. There's nothing you can do because hormones are hormones," she said. "We have to give them the space to have their moods."

Danielle Braff is a freelancer.



VHT STUDIOS PHOTOS

Oak Park mansion with original details: \$2M

509 Oak Park Ave. in Oak Park: \$2,150,000

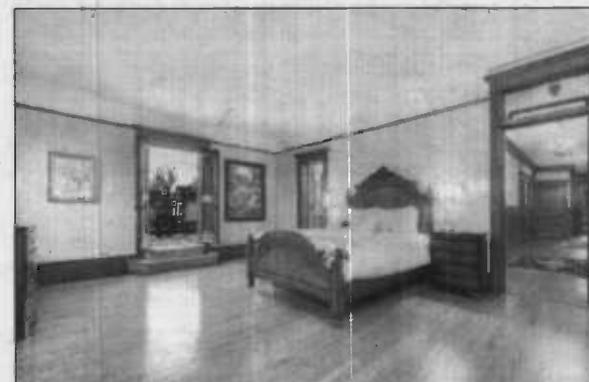
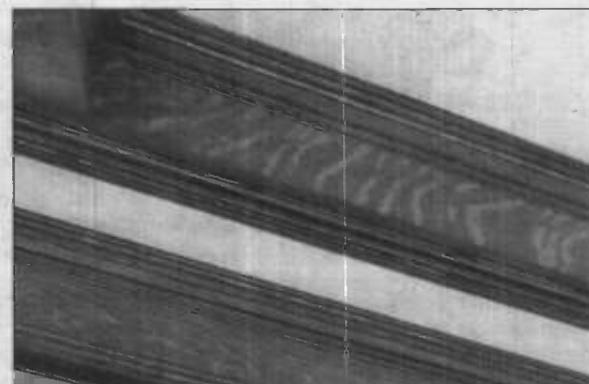
Listed on Feb. 27, 2017

This limestone Tudor revival mansion is designed by H.G. Fiddelke. The home sits on a 170x237 corner lot and features millwork, mahogany and oak paneling, beamed ceilings and stained glass windows. Car owners have a newly constructed 4-car garage with a lift.

Agent: Jennifer Vande Lune of Coldwell Banker Residential Brokerage's Hinsdale office, 312-593-8707

At press time, this home was still for sale.

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trbcht-129712

THEATER

'Equus' comes to Skokie

BY MYRNA PETLICKI
Pioneer Press

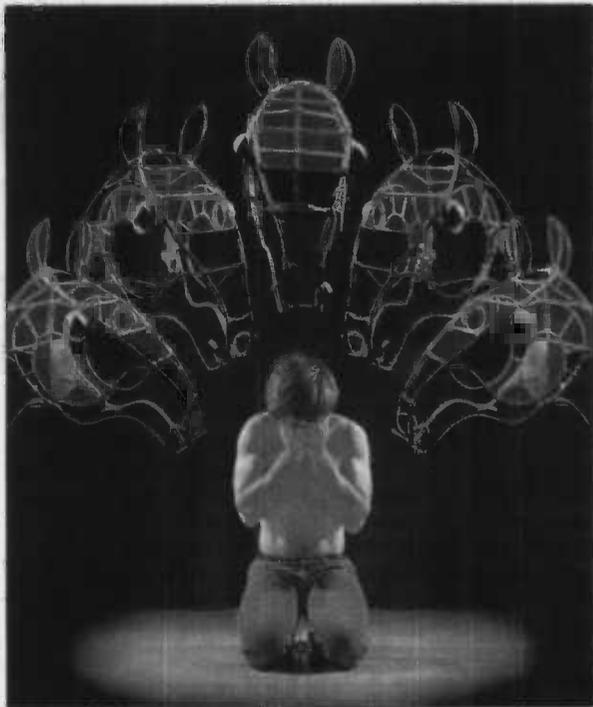
Seventeen-year-old Alan Strang, who has an obsessive love of horses, has blinded six of them. Psychiatrist Dr. Martin Dysart, who is fighting his own demons, is asked to take on Alan's case in "Equus." MadKap Productions is presenting the 1975 Peter Shaffer classic, which won a Best Play Tony Award and Drama Desk Award. Joseph Jefferson award-winner Stephen M. Genovese directs.

"Alan, on one hand, really knows himself," said actor Justin Dietzel, who plays the disturbed teenager. "But because he is so not a part of society, he is invisible. As much as he has found the passion that most people in his life don't feel, that's not made aware to anyone around him."

Dietzel said that he has wanted to play this role since he was the character's age. "For the last 12 years, I have read this play, I learned the monologue and used it for auditions, and had done research on it," he said. "I'm very blessed to play it at 29 because I have life experience. I've got a little more depth and richness to bring to it."

Vincent P. Mahler, who plays Dr. Dysart, saw Anthony Hopkins play that role on Broadway in the mid-'70s, when he was a college student. "I was hugely impressed with the play and wanted to do it ever since," he said.

Mahler noted that his character "is going through somewhat of a professional crisis which this particular case brings to the surface. He's conflicted about what he does. At the same time, he feels an obligation to relieve suffering in his patients — and in this one, in particular. It's an interesting combination of being somewhat repressed and very English, and also being



KEVIN KRUST MULTIMEDIA

MadKap Productions is performing "Equus," about a teenage boy with a pathologically religious obsession with horses.

MadKap Productions presents, 'Equus'

When: 7:30 p.m. Fridays and Saturdays; 2 p.m. Sundays, April 21-May 6, plus 1:30 p.m. April 26

Where: Skokie Theatre, 7924 Lincoln Ave., Skokie

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

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

very emotional and emotionally torn by his job."

The role is a demanding one because Mahler never leaves the stage, doing monologues and soliloquies, as well as questioning his patient, Alan's parents and other people involved with the case.

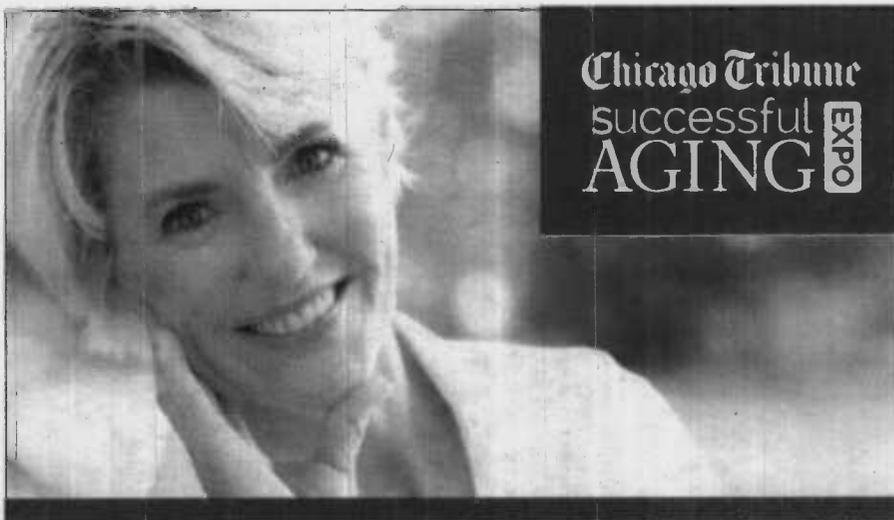
The actor hopes audiences will view his character sympathetically. "The play is, in many ways, more about him than it is about the boy," he posited. "It's his crisis of conscience and

his sacrifice, in a way."

The show provides some technical challenges including having six cast members also play the horses that Alan blinded. "They have very specific headgear and very specific foot ware that allows them to take on a more horse-like demeanor," Director Genovese explained. "There are safety issues and physical issues."

There is nudity in the show but Genovese described the scene as "innocent and lovely. It is so integral to what goes on that it is a non-issue." Actor Dietzel concurred, adding: "They've provided an environment that is so safe, it's very grounded in the artistic world that the playwright wrote."

Genovese concluded, "The play has such a complex structure and themes. You can take it at face value or you can dig a lot deeper. Both of those activities can allow you to enjoy a really great night of theater."



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SKOKIE PARK DISTRICT

Stronger women characters and great Rodgers and Hammerstein tunes will be two reasons audiences will enjoy "G2K Cinderella" at Devonshire Playhouse.

FAMILY FRIENDLY

Women are stronger in
Devonshire's 'Cinderella'

BY MYRNA PETLICKI
Pioneer Press

There's a different approach to a classic tale in "G2K Cinderella."

"The plot is much more updated," said Gayle Starr, who directs the Devonshire Playhouse Young Performers production. "The women are stronger. Instead of Cinderella obeying because she's meek and docile, she obeys because she's so good-natured. Instead of the stepmother being outright cruel, she's just more thoughtless and more interested in the advancement of her own daughters."

And her stepsisters aren't ugly — they have character flaws. One is clumsy, the other not too bright.

Starr is pleased that the Getting to Know You version of "Cinderella" is the Rodgers and Hammerstein version.

"The music is absolutely lovely," she said. "It's so exciting to introduce children to this kind of music."

Starr said that her 21 cast members, ages 8-14, "are singing it all the time."

Tickets are \$9-\$10. The

show runs 7 p.m. April 22 and 29, and 3 p.m. April 23 and 30, at 4400 Greenwood, Skokie.

For details, call 847-674-1500, ext. 2400 or see www.skokieparks.org.

Trees with a
history

Skokie will celebrate Arbor Day 10 a.m. April 27 by planting Terezin trees at Niles West High School, 5701 Oakton St., Skokie. The trees, which are being donated by the Illinois Holocaust Museum & Education Center, originated from a tree planted by children held in the Terezin concentration camp during World War II.

For details, call 847-933-8427 or see www.skokie.org.

Join clean-up
crew

All ages are welcome to lend a hand at an Earth Day Work Day, 9-10 a.m. April 22 at Maine Park, 2701 W. Sibley St., Park Ridge. You will help clean up the woodland, pond and prairie.

Registration is required. Children must be accompanied by an adult.

For details, call 847-692-5127 or see www.prparks.org.

Canine chaos

Life changes for a spoiled terrier when his owner adopts a giant, unruly dog in "The Secret Life of Pets."

The PG-rated, 90-minute film will be shown at 2 p.m. April 22 at Niles Public Library, 6960 Oakton St. A small snack will be served.

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

Foxy fun

Families will meet some of the earth's most unique creatures during Mammals and More with the Flying Fox Conservation Fund, 2-3 p.m. April 23 at Park Ridge Public Library, 20 S. Prospect Ave. Registration is required. There is a \$3 fee per person for non-Park Ridge Library cardholders.

For details, call 847-825-3123 or go to www.parkridgelibrary.org.

The green season

A list of area plant sales, garden walks

Staff report

Robins are back, daffodils are in full color, lilacs buds are getting fat. Time to start gardening, so we've gathered this information about plant sales and garden walks to help you find the plants and inspiration to get your garden growing.

Skokie Park District celebrates Earth Day with its annual Native Plant Sale from noon-4 p.m. **April 23** at Emily Oaks Nature Center, 4650 Brummel St., Skokie. Discover how people recognize and celebrate Earth Day in other countries, join in Earth Day rituals, ceremonies and activities. Earth-friendly foods available for sale. Admission is free. Call 847-674-1400, ext. 2500 or see www.skokieparks.org.

Skokie Park District holds a Wildflower Walking Tour 9:30 a.m.-11 a.m. **May 6** at Emily Oaks Nature Center, 4650 Brummel St., Skokie. Naturalist gives and informal introduction to the various spring wildflowers seen along the trails. For ages 16 and older. \$5 for residents; \$6 for non-residents. Call 847-674-1400, ext. 2500 or see www.skokieparks.org.

The Evanston Garden Fair will be held 9 a.m.-4 p.m. **May 12** and **May 13**, at Independence Park, 2000 Central St., Evanston. Homegrown perennials, hanging baskets, herbs, vegetables, container gardens, and more. Proceeds benefit the Lincolnwood Garden Club in Evanston. This even is sponsored jointly by the Lincolnwood Garden Club of Evanston and the City of Evanston. See www.cityofevanston.org or <http://www.cityofevanston.org>.

The Mt. Prospect Park District Spring Plant Sale takes place 9 a.m.-3 p.m. **May 13** at the Friendship Park Conservatory, 395 W. Algonquin Road, Des Plaines. The club will host a "Milkweed for Monarchs" table, selling milkweed and other butterfly



SKOKIE PARK DISTRICT

As In 2016, The Skokie Park District offers its 2017 Wildflower Walking Tour 9:30 a.m.-11 a.m. **May 6** at Emily Oaks Nature Center, 4650 Brummel St., Skokie.

friendly plants, and garden club members will answer questions - www.mppd.org.

The Talking Farm holds a Seedling Sale from 9 a.m.-noon on **May 13** and **21** and **May 22** and **27** at the Howard Street Farm, 3669 Howard St., Skokie. Over 40 heirloom varieties including tomatoes, pepper, egg-plant, cucumbers all be available. No fee. Email info@thetalkingfarm.org or see www.thetalkingfarm.org.

Des Plaines Garden Club holds its Plant and Bake Sale 8:30 a.m.-noon **May 20** at Frisbie Senior Center, 52 E. Northwest Highway, Des Plaines. Call 773-619-3025.

The Northtown Garden Society holds its annual Plant Sale at 9:30 a.m. on **May 20** at Warren Park, 6601 N. Western, Chicago. More information at www.northtown-gardensociety.org.

Park Ridge Garden Club holds its Plant Sale 9 a.m.-1 p.m. **May 20** at Hodges Park, 101 Cortland Ave., Park Ridge. A selection of annuals, hanging baskets, perennials, herbs, vegetables and member-grown plants will be available. Craft vendors offer garden-themed items. See www.park-ridgegardenclub.org.

Chicago Lighthouse Associate Board presents its 31st Annual House & Garden Walk on **June 22**. Walk is 10 a.m.-3 p.m. with last entry into homes at 2:45 p.m. Tickets purchased by **June 20** are \$75;

tickets at the door are \$95. Lunches are available at \$15 each. Registration and ticket pick-up is 9:30 a.m.-1:30 p.m. at North Shore Congregation Israel, 1185 Sheridan Road, Glencoe. Email lissa.wittenberg@chicagolighthouse.org or see www.chicagolighthouse.org/event/houseandgarden.

The Garden Club of Evanston's landmarked Shakespeare Garden, located on Northwestern University's campus, will be open to the public on two Sundays this summer through the Garden Conservancy's Open Days program. Those dates are **June 25**, and **July 23**, from 10 a.m. to 4 p.m. Call 888-842-2442 or see www.opendaysprogram.org or see www.thegardenclubofevanston.org.

Park Ridge Garden Club hosts its annual 23rd Garden Walk 2-6 p.m. **June 25** featuring a variety of Park Ridge gardens, refreshments and a raffle. Advance tickets are \$10 in at Devon Avenue Meats, 800 Devon; TeaLula, 11 S. Fairview; Lauren Roberts Salon, 632 Busse Highway; Chico's, 158 Northwest Highway; Uptown Girlz, 110 S. Prospect and Century 21 Elm Realtors, 741 Devon. \$15 day of the walk. Locations of gardens available by mid-May. See www.parkridgegardenclub.org.

Evanston Environmental Association/ Garden Walk Committee holds its 28th Annual Garden Walk noon-5 p.m. **June 25**, rain or shine. It will showcase eight private



PARK RIDGE GARDEN CLUB

Exceptional gardens like this one from a previous walk will be part of the Park Ridge Garden Club's 23rd Garden Walk from 2-6 p.m. **June 25**.

gardens, including two formal, European style gardens, a sculpture garden and a secluded, fully landscaped residential pond hidden within a condominium community. Tickets available **May 1** at www.evans-tonenvironment.org/gardenwalk. Tickets sold at selected garden centers and at the Evanston Ecology Center, 2024 McCormick Blvd., by **May 27**.

Go Green Wilmette holds its fifth Alternative Yard Tour 9 a.m.-1 p.m. **July 23**. Visitors can learn about aspects of sustainable gardening like planting native plants, composting, rainwater harvesting, habitat for bird, healthy soils amendments, and more. Start the tour in any order. There are generally 6-8 gardens and all addresses will be posted on Go Green Wilmette website a few days before the tour. The event is free. More at www.gogreenwilmette.org.

Eisenhower Public Library Garden Club, 4613 N Oketo Ave., Harwood Heights, and Ridgewood High School Organic Garden, Harwood Heights, offer a free ongoing Simple Seed Exchange Program for anyone to donate heirloom or open-pollinated seeds as well as prepackaged seeds. The Garden Club meets on the first Wednesday of every month to various gardening issues. The Club also participates in a Spring Planting Day to beautify the library grounds, sometime in June, date to be determined. Email Becca.Jozwiak@jozwiakr@eisenhowerpld.org or see www.eisenhowerlibrary.org.

If you don't see your garden walk or plant sale on this list, please send the event details to Debbie.Hoppe@pioneerlocal.com and we'll add it to our online list.



MORTON GROVE

Three-bedroom, two-bath bungalow built in 1921. Master bedroom suite with shower, kitchen with island, foyer/sun room combination. Living room with fireplace, family room leads to deck, oak floors, formal dining room, garage. Near schools, shopping, parks and Metra.

Address: 8617 Callie Ave.
Price: \$325,000
Schools: Niles West High School
Taxes: \$8,160
Agent: Tina Miritello, Century 21 Marino Inc



WHEELING

Three-bedroom, 2.5-bath split-level home built in 1967. Hardwood floors, updated eat-in kitchen, family room. Sun room overlooks landscaped yard, newly painted master bedroom suite on second floor, updated hall bathroom, finished basement, two-car garage. Nears schools, shopping, parks and public transit.

Address: 1015 Sherwood Drive
Price: \$349,900
Schools: Wheeling High School
Taxes: \$7,215
Agent: Randy Brush, Coldwell Banker Residential Brokerage



WINNETKA

Four-bedroom, 4.5-bath French design home built in 2005. Entrance hall, island kitchen with butler's pantry, family room with fireplace and patio access. Master suite and rec room both have fireplaces, office, fifth bedroom currently serving as exercise room, landscaped yard, garage. Near Metra, I-94, lakefront, schools, parks and shopping.

Address: 387 Provident Ave.
Price: \$1,339,000
Schools: New Trier High School
Taxes: \$22,010
Agent: Joanne Hudson, The Hudson Company



LINCOLNSHIRE

Four-bedroom, 3.5-bath brick exterior home built in 1978. Living room with floor-to-ceiling fireplace, formal dining room, updated gourmet kitchen. Family room features vaulted ceiling, master bedroom has private bath and shower, finished basement with rec room, screened-in porch.

Address: 63 Elmwood Lane
Price: \$629,000
Schools: Stevenson High School
Taxes: \$16,541
Agent: Leslie McDonnell, RE/MAX Suburban

Listings from Homefinder.com

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HOME REMEDIES

The medicine cabinet: Key player in bathroom

BY ED DEL GRANDE
Tribune News Service

Q: We are planning to do a bathroom remodel job this spring and wanted to ask you what you feel is the most overlooked item when planning a new bathroom.

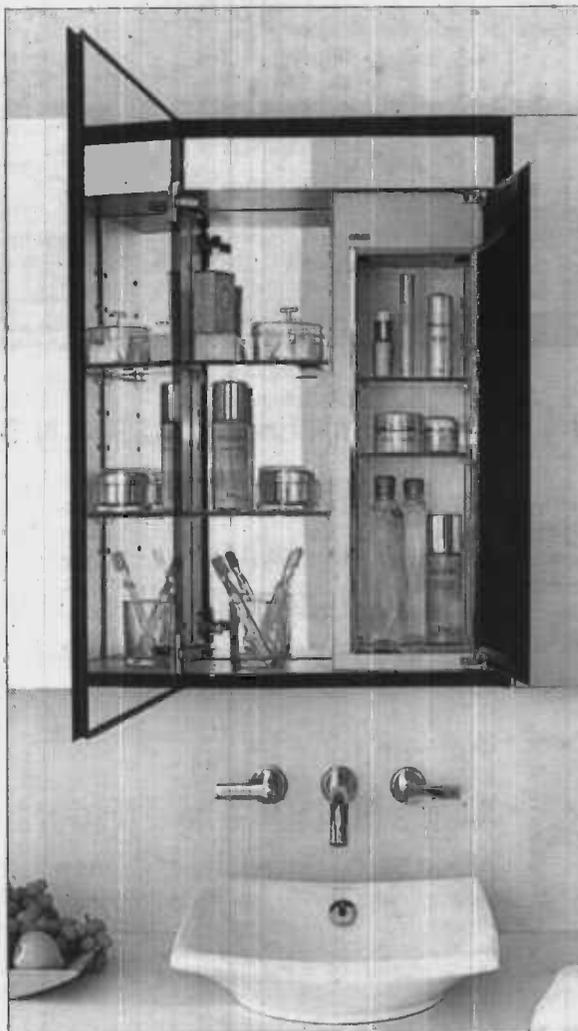
A: Lots of effort usually goes into choosing fixtures like toilets, faucets and tubs when planning a new bathroom. But there is another fixture to think about that I feel is just as important and often overlooked: the medicine cabinet. Especially nowadays when a lot of new features are available.

When planning your medicine cabinet, start with the basics. Decide if you want a recessed unit or a surface-mounted wall-hung cabinet. Also decide if a right-hand or left-hand door-swing would be more convenient.

Finally, look for quality construction with some cool features built into your medicine cabinet. Hot items include frameless mirrored doors with internal LED lighting, anti-slam hinges, customized shelving, internal charging stations and water-resistant finishes and trim.

Bottom line: A good medicine cabinet can be just what the doctor ordered to create the perfect bathroom.

Q: I'm in the process of designing my new kitchen and want to install either a cast-iron or stainless steel kitchen sink. Both materials have advantages, and I'm stuck in the middle. Can you please weigh in with your thoughts and ideas on this topic?



KOHLER

A: Kitchen sinks are available in many types of materials, but cast iron and stainless are very popular. Cast iron for its wide range of color choices and, of course, for its strength and durability. Stainless steel gives you classic looks to match just about any style, and it's a favorite with home chefs wanting a professional kitchen.

If you still can't choose, I've worked with a third material choice that brings in advantages from both worlds.

Composite sinks are a man-made alternative choice for kitchen sinks. A composite sink offers a

matte finish like stainless, with wide color choices like cast iron. It's exceptionally durable but can help absorb the impact of falling cookware. It's also heat-, stain-, scratch- and chip-resistant.

Bottom line: If you're looking for another material choice, a composite kitchen sink may bowl you over.

Master contractor/plumber Ed Del Grande is the author of the book "Ed Del Grande's House Call."

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ADDRESS	BUYER	SELLER	DATE	PRICE
1217 S Old Wilke Rd, # 206, Arlington Heights	Roman Onyshko	Jerome R Costello	03-17-17	\$85,500
2315 E Olive St, # 1L, Arlington Heights	Michael Castaneda & Valentin Castaneda li	Neil T Connolly	03-20-17	\$130,000
1630 W Partridge Ct, # 2, Arlington Heights	Anthony J Romito	Faustino N Pecora Estate	03-15-17	\$180,000
1619 N Mitchell Ave, Arlington Heights	Robert Drozdowski & Dorota Drozdowski	Thomas P Mcshane	03-20-17	\$250,000
626 E Central Rd, Arlington Heights	Marcéline B De La Cruz	Tamara J Collins	03-20-17	\$275,000
831 E Hamlin Ln, Arlington Heights	Yehor Mykhaylov & Inna Mykhaylova	Ashley C Schiff	03-20-17	\$375,000
214 N Lincoln Ln, Arlington Heights	Michael Hartman & Jennifer Hartman	Kevin D Schuman	03-20-17	\$380,000
423 S Banbury Rd, Arlington Heights	Matteo C Pigozzo & Deborah A Pigozzo	Maria Hocin	03-20-17	\$910,000
1079 Mill Creek Dr, # 208, Buffalo Grove	Rohit Yalavarthi	Catlin Bradford	03-15-17	\$102,500
1243 Ranch View Ct, Buffalo Grove	Khrystyna Bugay	Alexander Liberov	03-07-17	\$135,000
451 Town Place Cir, # 211, Buffalo Grove	Vid Desai	Drew A Brozak	03-13-17	\$155,500
125 N Buffalo Grove Rd, # 204, Buffalo Grove	Michael Ditommaso & Mary Ditommaso	Dmitriy Goldyuk	03-09-17	\$210,000
324 Hiawatha Dr, Buffalo Grove	Paul Nuara	R&s Investments Lp	03-17-17	\$215,000
338 Melinda Ln, Buffalo Grove	John M Bosch & Martha E Bosch	R&s Investment Lp	03-20-17	\$223,500
475 Patton Dr, Buffalo Grove	James Strzalka & Stephanie Merelos	Alexis Merydith	03-15-17	\$237,500
1134 Alden Ln, Buffalo Grove	Aravindan Manivasagan	Sherry Gertz	03-13-17	\$336,500
820 Dannel Rd, Buffalo Grove	Katarzyna Barnes	Benjamin Dolnik	03-09-17	\$373,000
5 Somerset Ln, Buffalo Grove	Chetan Srinivas	Jon K Perala	03-10-17	\$384,000
2761 Sandalwood Rd, Buffalo Grove	Tze Yin Wong & Chin Tee Wong	Lms Homes Llc	03-09-17	\$590,000
25 Chevy Chase Dr, Buffalo Grove	Kevin Kansler	Anthony Antony	03-10-17	\$2,300,000
640 Murray Ln, # 112, Des Plaines	Joseph N Thomas & Juana M Thomas	Viraj B Shah	03-20-17	\$65,000
8814 Briar Ct, # 3B, Des Plaines	Hanna Kwasniewska	Marija Grubnic	03-17-17	\$90,500
9406 Bay Colony Dr, # 1S, Des Plaines	Hisham Khair & Vira Khair	Dmitry Levites	03-20-17	\$106,000
8804 Dee Rd, Des Plaines	Michael David & Victoria David	Noel G Wilson	03-20-17	\$141,000
9505 Greenwood Dr, Des Plaines	Jolanta Nowakowski & Marek Nowakowski	Judicial Sales Corp	03-17-17	\$180,000
650 S River Rd, # 708, Des Plaines	Ebrahim Musten Kagalwala & Sakina Nuruddinbhal Kagalwala	Erin Roche	03-20-17	\$205,000
390 Western Ave, # 307, Des Plaines	Catia Iness Giannini	State Gate Of Des Plaines Llc	03-15-17	\$210,000
1451 E Algonquin Rd, Des Plaines	Todd A Levine & Waylet Y Levine	Principle Realty Inc	03-20-17	\$230,000
643 Westmere Rd, Des Plaines	Maciej Kuc	Patricia J Renkosiewicz	03-17-17	\$261,000
1010 Oakwood Ave, Des Plaines	Brendan C Mears & Breanne R Mears	Amy E Mccracken	03-17-17	\$280,000
1104 E Thacker St, Des Plaines	Nicholas Lebeau	Tony Michael Schlmka	03-17-17	\$287,500
397 W Dempster St, Des Plaines	Anna L Fiore & Philippe O Stapp	Theodore Scudder	03-15-17	\$362,000
1516 Hinman Ave, # 305, Evanston	Wilton N Tran	Nikolaus Miesing	03-20-17	\$98,000
2505 Prairie Ave, # 3K, Evanston	Louise Clemency	Pbg Properties Llc	03-20-17	\$156,000
140 Ridge Ave, # 3W, Evanston	Andrew Schmidth & Elizabeth Schmidth	Matthew Koschak	03-15-17	\$258,000
1114 Main St, # 2W, Evanston	Michael Zarobe	Stacey L Adams	03-20-17	\$268,000
1819 Brummel St, Evanston	Bonnie Jackson & Carrie Jackson	Adele Hochhauser	03-15-17	\$310,000
1944 Wesley Ave, Evanston	Elizabeth Bird & Matthew M Bird	Thomas W Scileppi Jr	03-17-17	\$320,000
1720 Maple Ave, # 1020, Evanston	Alexander K Davis	Fgmk Investments Llc	03-15-17	\$340,000
608 Hinman Ave, # 3S, Evanston	Mtargaret Ann Ferrell Ramos	Andrew M Sigesmund	03-15-17	\$360,000
531 Chicago Ave, # D, Evanston	Jeremy A Doherty & Jennifer R Doherty	James Robert Spalding	03-15-17	\$495,000
2541 Ridgeway Ave, Evanston	Matthew Switzer & Lori Switzer	Bradley J Dunlap	03-15-17	\$805,000
1112 Castilian Ct, # 103, Glenview	Seung J Choi & Seung H Choi	Hmk Well Llc	03-17-17	\$150,500
1112 Castilian Ct, # 202, Glenview	Seuno J Choi & Seung H Choi	Hmk Well Llc	03-17-17	\$163,000
1104 Castilian Ct, # 205, Glenview	Seung J Choi & Seung H Choi	Hmk Well Llc	03-17-17	\$165,000
1505 Maple St, Glenview	Jackie Lou S Zurbaro	Laherty Trust	03-15-17	\$319,000
515 Elm St, Glenview	Ioana Nan	Fannie Mae	03-20-17	\$345,500
1954 Robincrest Ln, Glenview	Vaughn G Frye & Erin G Mitchell	Edward B Dipiero	03-15-17	\$660,500
2136 Shermer Rd, Glenview	Elizabeth Poeteet	Development Solutions Gln Llc	03-20-17	\$692,000
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1:30 PM
2:45 PM



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1340 Alvin Ct, Glenview	Jordan M Bond & Amy B Bond	Gaughan Trust	03-15-17	\$950,000
330 Nora Ave, Glenview	David Friedman & Rachel Friedman	Northshore Development 2 Llc	03-17-17	\$1,100,000
96 Open Pkwy S, Hawthorn Woods	Kevin C Buck & Karen M Buck	Wells Fargo Bank Trustee	03-10-17	\$350,000
25630 N Kyle Ct, Hawthorn Woods	Peggy Sue Marlin	Albert Kinsey	03-13-17	\$385,000
83 Open Pkwy S, Hawthorn Woods	Ryan M Olliges & Marissa C Olliges	James R Hoglund	03-13-17	\$410,000
122 Glen Rd, Hawthorn Woods	Michael E Smigielski & Samantha R Smigielski	Alan L Boldt	03-13-17	\$427,000
19 Steeplechase Dr, Hawthorn Woods	Fei Lei & Xixia Yu	Chicago Title Land Trt Co Ttee	03-10-17	\$450,000
11 Old Barn Rd, Hawthorn Woods	Ran Givati & Beena Givati	Steven Hesslau	03-07-17	\$470,000
26 Foxtail Rd, Hawthorn Woods	Steven G Hesslau	Nicole Price	03-07-17	\$500,000
13 Eagle Ridge Dr, Hawthorn Woods	Ramesh C Garg & Rita Rani Garg	Andrew Giese	03-13-17	\$570,000
14 W Prairie Ct, Hawthorn Woods	Jason A Bonds & Heather Bonds	Mark G Hammerschick	03-09-17	\$598,500
23205 N Sanctuary Club Dr, Kildeer	Jeffrey Burchill & Brooke Burchill	Ibg Devco Llc	03-09-17	\$300,000
1140 Estes Ave, Lake Forest	Randy A Hara & Lauren A Hara	Deutsche Bank Natl Trt Co Ttee	03-10-17	\$506,500
1343 W Estate Ln E, Lake Forest	Anil Vasudevan & Bina Menon Anil	Dodge Jr Trust	03-10-17	\$810,000
751 Jennifer Ct, Lake Forest	Peter A Shepard & Jessica S Shepard	David R Cichocki	03-07-17	\$1,180,000
27 S Shore Ln, Lake Zurich	Richard E Butt	Jeffrey A Kolski	03-13-17	\$175,000
11 Rugby Rd, Lake Zurich	Alexander A Perrone	Dgdb Llc Series Iii	03-07-17	\$255,000
107 Arcadia Ln, Lake Zurich	Joseph Ozanic & Thomasina Tarvis	Jegath K Rengarajan	03-13-17	\$256,000
25880 N Anna Ct, Lake Zurich	Seth Hunter & Allison Hunter	Grandview Capital Llc	03-14-17	\$332,500
157 Lorraine Dr, Lake Zurich	Benjamin Safron & Erica Safron	Tony J Tom	03-09-17	\$385,000
1257 William Dr, Lake Zurich	Poonam Prakash & Jayant Vlkram	Saratha Nachappan	03-13-17	\$425,000
705 John Ct, Lake Zurich	Brad A Panozzo & Cynthia Panozzo	Seamus Fitzpatrick	03-09-17	\$655,000
152 E Winchester Rd, # F, Libertyville	Tiffany J Lutter	Johnathan Grote	03-14-17	\$149,000
1319 Pimlico Pkwy, Libertyville	David A Freitag & Megan N Meo	Columbus Trust	03-13-17	\$240,000
15646 W Idlewood Ln, Libertyville	Brandon Monie & Elise Monie	Bg Illinois Properties Llc	03-09-17	\$360,000
912 Bruce Ct, Libertyville	Keith Hendricks & Christina Hendricks	Kevin P Walsh	03-09-17	\$500,000
2450 Steeple Chase Cir W, Libertyville	Brian J Smith & Stephanie L Smith	Steven D Wood	03-13-17	\$525,000
14253 Oakwood Ct, Libertyville	Sebastian Francis & Sossamma George	Anirudha Mukhopadhyay	03-10-17	\$542,000
411 S Milwaukee Ave, Libertyville	James Mln & Helen Mln	Kevin Cho	03-09-17	\$600,000
46 Cambridge Ln, Lincolnshire	Harrison Yuan & Ping Zhang	Carl S Evans	03-07-17	\$278,000
27 Londonderry Ln, Lincolnshire	Alan Tiongson & Frelea Tiongson	Charles G Call	03-14-17	\$442,500
5501 Lincoln Ave, # 505, Morton Grove	Zuber Shethwala & Misbah Shethwala	Elzbieta Duzskiewicz	03-17-17	\$160,000
8660 Frontage Rd, Morton Grove	Balwinder Singh & Surjit Kaur	Daniel R Wehr	03-20-17	\$210,000
8309 Mango Ave, Morton Grove	Armaghan Rana	Mahesh Sharma	03-15-17	\$265,000
6409 Palma Ln, Morton Grove	Hussain Khatoon	Hoshdar H Khan	03-20-17	\$310,000
5925 Capulina Ave, Morton Grove	Thomas L Hottovy II & Andrea Hottovy	Peter Zundel	03-15-17	\$470,000
106 S William St, Mount Prospect	Nell T Flink II	Larocca Trust	03-20-17	\$250,000
1905 Bonita Ave, Mount Prospect	Matthew J Blsbee & Barbara E Blsbee	Yellow Star Properties Llc	03-17-17	\$360,000
6600 W Wood River Dr, # B102, Niles	Naramsin Odo & Ranla Odo	UIS Yi	03-17-17	\$165,000
8109 N Overhill Ave, Niles	Lukasz Siwa & Agnieszka A Sliwa	James Dusibier	03-20-17	\$273,000
7158 W Main St, Niles	Kenneth A O Neal Jr & Linda Suarez O Neal	Angela Kutyla	03-15-17	\$295,000
8252 N Merrill St, Niles	Ariel Mut & Murat Mut	Donald F Dornseif	03-20-17	\$333,500
1800 Thornwood Ln, Northbrook	Joung Suk Kim	Young Il Park	03-20-17	\$275,000
2411 Salceda Dr, Northbrook	Susan Cho	Norman Ritter	03-20-17	\$323,000
1125 Lake Cook Rd, # 511, Northbrook	Zbigniew Z Cianciara	Tila Rentals Llc	03-20-17	\$396,000
1234 S Knight Ave, Park Ridge	Adriana M Oberja	Carrie P Moyer	03-15-17	\$360,000
501 S Clifton Ave, Park Ridge	Stephen M Klesy & Milena Roslenlee	Julie M Daly	03-15-17	\$375,000
601 S Crescent Ave, Park Ridge	Gretchena R Spreitzer	Douglas J Palandech	03-15-17	\$613,000

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

Tackle grime with cheap DIY cleaning products

By **DOREEN CHRISTENSEN**
Sun Sentinel

It's time to bust out the buckets and brushes for annual spring cleaning.

Consumers spend hundreds of dollars each year on specialized cleaning products, sucked in by marketing hype promising to make cleaning jobs easy. The problem is, nobody's figured out how to bottle elbow grease, which is the active ingredient in getting things clean.

Many products we use on a daily basis are downright harmful, not only to humans and animals but also to Mother Earth. They pollute our oceans and threaten our drinking water. The nonprofit Environmental Working Group rates the safety of 2,500 products at www.ewg.org/guides/cleaners. Some products get A ratings, but plenty score poorly.

I've started mixing up homemade brews to bust dirt and grime in every room of the house. These do-it-yourself recipes are not only nontoxic, but they cost pennies to make. Most important, they are safe and work just as well as name-brand products. Ask your grandma.

If you don't have them on hand, stock up on white vinegar, ammonia, baking soda, bleach, isopropyl alcohol, castile soap and a bottle of your favorite essential oil, which will make formulas smell nice. And never underestimate the power of plain soap and hot water.

For safety's sake, when making your own products, always clearly label bottles with lists of ingredients and keep them out of reach of children. Test formulas on inconspicuous areas first to make sure they won't damage finishes. Never mix bleach



DREAMSTIME

with ammonia or other cleaning products, as dangerous, toxic fumes will result.

Now, grab a clean spray bottle and a measuring cup.

Window cleaner: Mix 2 cups rubbing alcohol, 1/2 cup ammonia and 1/2 teaspoon dishwashing liquid in a spray bottle, then top with distilled water. **Tip:** Use old newspapers to buff windows to a sparkling shine.

Tile floor cleaner: Mix 1/2 cup white vinegar with 1 gallon warm water in a bucket and mop away. This not only cleans ceramic floors well but disinfects too. For wood, check with the manufacturer for recommendations. **Tip:** Add a few drops of essential oil, and the whole house will smell terrific.

Oven-rack cleaner: Cooler weather makes it a good time to set the self-cleaning cycle on the oven. Use this trick to get stained, dingy racks shining like new. Fill the bathtub with very hot water and add 1/2 cup automatic dishwasher cleaner. Line the tub with a towel to protect the finish, add the racks and soak for a several hours or overnight.

With a little scrubbing, baked-on gunk comes off like magic.

Furniture polish: Mix 1/4 cup vinegar and 3/4 cup olive oil (use the cheap stuff) in a spray bottle and use sparingly to polish wood with a microfiber cloth.

Granite counter cleaner: Mix 2 cups water, 1/4 cup isopropyl alcohol, five drops essential oil and a few drops of dishwashing liquid or castile soap in a spray bottle. Spray liberally on countertops, wipe and buff dry with a microfiber cloth.

Toilet bowl cleaner: Sprinkle equal parts vinegar and baking soda into the bowl and let the bubbles do the work. Scrub and flush. This dynamic duo also cleans and deodorizes drains.

Mildew remover: Mix 3 parts baking soda and 1 part castile soap into a paste. Let sit on stain for a bit, then scrub and rinse. Also, spray mildew liberally with full-strength white vinegar and let it sit for 30 minutes before scrubbing. Vinegar also removes hard-water stains. (Of course, there's good old bleach too.)



AUCTIONS

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Monday, April 24th Starting 4:00 PM.
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Selling contents of local estates. Silver, gold, and costume jewelry; Cast Iron Bear Banks; Large collection of Wrought Iron, Cast Iron, Cooking Pots, Andirons, Spit stands, Fire Guards, Norwegian door hinges, Candle Stands, (fat or betty lamps) Wire stove displays, Cuff Irons and more. Collection is from Chicagoland retired antique show dealer.

Granite ware; Copper ware; File boxes; Tins; Bed warmer; Crocks; Clocks; Foot warmers; Stools; Book shelves; Old maps; Hand tied Rugs; Iron brackets; Plant stands; Scales; Pewter; Great Collection of Chinese Japanese Porcelain Early Imari porcelain; 1800 English Porcelain Mexican Pottery; Flow Blue; Taxco Tray; Wood Brackets; Collection of Moriage Dragon Ware Porcelain Vases, Biscuit Barrels, Tea Sets, Salt and Peppers, Serving Trays, Saki Bottles, Covered Boxes; Windstone Editions Dragons; Austin Sculpture "Portrait of a woman"; Tea Caddy; Stickley Brothers Book Stand; Silver Plate serving pieces and flatware; Tons of Sheet Music; German Stoneware; Pair Point Vase; Mantle clocks; Inlaid clocks; Dutch Marquetry Chairs; Weller Jardinière on stand; Lots of Primitives; Small Furniture; Iron Floor Lamp; Hope Chests; Tool Chests; Dry sink; 4 Stack Bookcase; Panel side Desk; Art Nouveau Clock; Fish Platter; Dutch Pine 2-Piece 6 Door Cupboard; Zeus Electric Zoom Binoculars; Beaded Purses; Silver Plate; and tons more!

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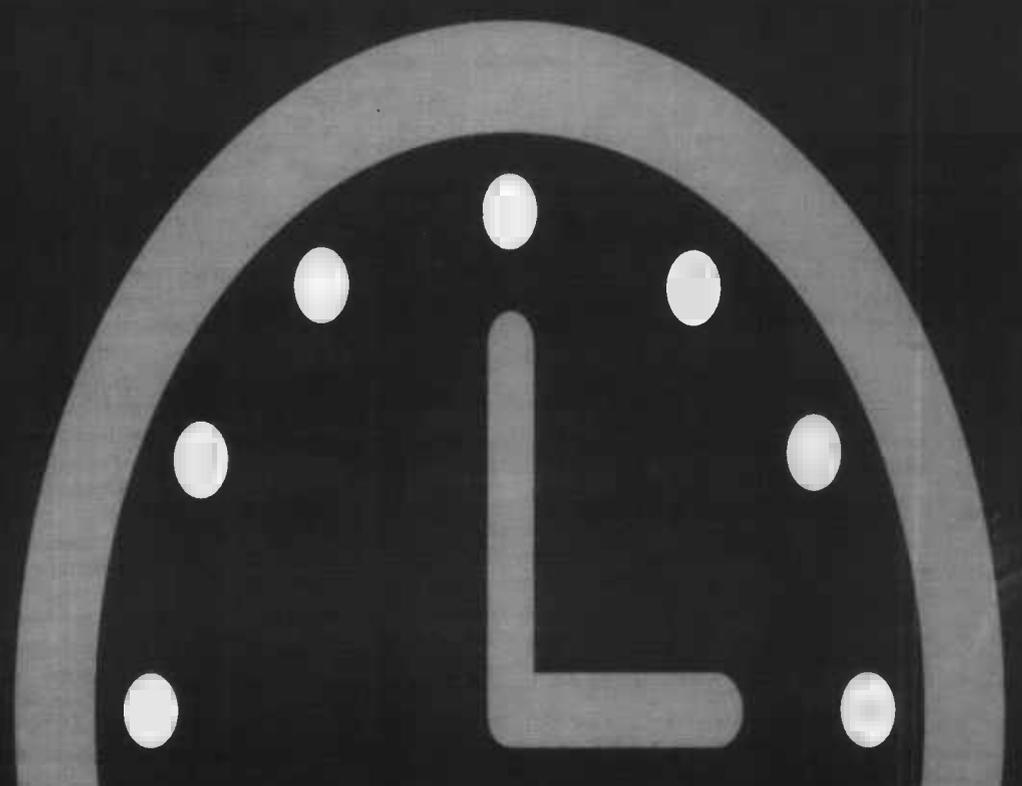
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Chicago Tribune

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

Thursday, April 20

Joy thru Movement - T'al Chl Chlh Classes: Learn how to de-stress and energize your life and create the kind of balance you want and need in your life. A new eight-week course begins April 20-June 8, 7-8:30 p.m. Holy Family Convent, 310 N. River Road, Des Plaines, \$80, 412-849-9117

Nature vs. Nature: The Evanston Art Center announces an upcoming exhibit curated by Younsoo Kim Flynn. It features the works by Nathan Braunfeld, Jack Flynn, Sae Jun Kim, and Everything is Collective (Jason Lukas, Zachary Norman, and Aaron Hegert). Each of the artists focuses on redefining the complex relationship between natural and urban landscapes. 9 a.m. All week, Evanston Art Center, 1717 Central St., Evanston, free, 847-475-5300

Society Artwork in Residence Program: The Evanston Art Center or EAC, announces its sixth Society artist resident, David Khan-Giordano, who will occupy the upstairs gallery at the Art Center from April 1 to April 28. David Giordano works—often and intensely—with other artists in book form. As such, David is involved with planes of inscription, accompaniment, and co-writing. 9 a.m. All week, Evanston Art Center, 1717 Central St., Evanston, free, 847-475-5300

Retail Therapy - Sip and Shop on Central Street: Central Street in Evanston, is a distinctive shopping district that presents its annual Retail Therapy Night, a late night shopping tradition going into its second decade. This year's event offers special discounts, raffles, refreshments and more. 6 p.m. Central Street shopping district, 1800-2700 Central St., Evanston, free, 847-864-5565

If You Remember, I'll Remember: This exhibition presents a selection of works by artists Kristine Aono, Shan Goshorn, Samantha Hill, McCallum & Tarry, Dario Robleto, and Marie Watt, who investigate aspects of 19th and 20th century North American history and resonate with contemporary concerns about war, racism, and xenophobia. 10 a.m. All week, Mary and Leigh Block Museum of Art, Northwestern University, 40 Arts Circle Drive, Evanston, free, 847-467-4602

Triple T: Thursday evenings is their weekly taco special. That is four chef's

choice tacos paired with a flight of their house-brewed draft beer-- all for \$15. 4 p.m. Peckish Pig, 623 Howard St., Evanston, \$15, 847-491-6778

Award-winning Composer Jake Heggie Leads Master Class: Budding opera professionals present a vocal recital of songs by contemporary opera composer Jake Heggie, accompanied on piano by the renowned artist himself. This concludes the School of Music's Vocal Master Class Series. Entry fee: \$10 for the general public, \$5 for students with a valid ID. 7 p.m. Mary Galvin Recital Hall at Northwestern University, 70 Arts Circle Drive, Evanston, \$5-\$10, 847-467-4000

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

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

Excel 2010 Intermediate: Basic EXCEL skills are required and this class is limited to 16 attendees. To do more with your spreadsheets, this class offers: several intermediate skills including tables and charts, conditional formatting, and absolute/relative cell references. A Glenview Library card and registration at glenviewpl.org/register or by calling are required. 1:30 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Suzuki Orchestra Concert: The Avoca West Elementary Grades 2-5 Suzuki Stringers present their annual Suzuki Concert. This concert features over 75 students on violin, viola, cello and bass performing Suzuki favorites along with traditional folk songs. 6 p.m. Avoca West Elementary, 235 Beech Drive, Glenview, free, 847-728-4128

StoryWalk: The Grizzly Bear Who Lost His Grrrrr: This is presented by the Glenview Park District, the Glenview Public Library, and the Bike Glenview Initiative. The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and was developed in col-

laboration with the Vermont Bicycle and Pedestrian Coalition and the Kellogg-Hubbard Library. 9 a.m. All week, Little Bear Garden Park, Patriot Blvd & Chestnut Ave, Glenview, free, 847-724-5670

Hot Ticket "Jackie": "Jackie," which is rated R, is an intimate portrait of one of the most important and tragic moments in American history, as seen through the eyes of the iconic First Lady. The film places us in her world during the days immediately following her husband's assassination. The cast stars: Natalie Portman, Peter Sarsgaard. 2 p.m. and 6:30 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

"Between the Lines: Between the World and Me": This book discussion is held at two different times, and no registration is required. New members are warmly welcome. "Between the World and Me," is a book told through the author's own evolving understanding of the subject of being black over the course of his life. (from NoveList Plus). 10 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Butterflies Encounter at Golf Mill: This is family-friendly event for all ages to encounter butterflies fluttering freely inside a special butterfly house located inside Golf Mill Shopping Center. Children ages two and under are free with an adult. Cost is \$5 per person. This is a chance to see a butterfly hatch, and also feed a butterfly. The Butterflies experience includes: a staff-guided tour about butterfly lifecycle, anatomy and ecosystem, plus complimentary craft projects for kids, storybook readings and more. 10 a.m. Thursday-Saturday, Noon Sunday, Golf Mill Shopping Center, 239 Golf Mill Center, Niles, \$5 per person; free kid under 2-years-old, 847-699-1070

Nature Fun and Frolic - Thursdays: This is for age two with a parent for weekly classes that introduce toddlers to different plants, animals and natural elements, while singing songs, playing games, reading books, and exploring nature in many different ways. Class takes place primarily outdoors, weather permitting. 9:15 a.m. Emily Oaks Nature Center, 4650 Brummel St., Skokie, \$95 Skokie resident, \$119 non-resident, 847-677-7001

Friday, April 21

Fuente Ovejuna: Lope de Vega's Spanish Golden Age drama illuminates protest movements of today. 7:30 p.m. Fri-

day and Saturday, 2 p.m. Sunday, The Virginia Wadsworth Wirtz Center, 1449 Campus Drive, Evanston, \$20-\$25; \$6-10 (students with ID), 847-491-7282

Third Coast Baroque present: Groove: This presentation shows the African and South American folk music roots of the dances known as the chaconne and passacaglia. Featuring chaconnes and passacaglias as set by Sanes, Biber, and Visee, as well as familiar friends from the era like Purcell, Strozzi, and Bach. Tickets for advance purchase: general admission \$30 during March only. At the door: general admission is \$40; \$10 students (with valid ID). 7:30 p.m. Nichols Concert Hall, Music Institute of Chicago, 1490 Chicago Ave., Evanston, \$30-\$40, 773-414-0951

Jesus Christ Superstar: Evanston Township High School presents the powerful rock opera "Jesus Christ Superstar." 7:30 p.m. Friday and 7:15 Saturday, Evanston Township High School Auditorium, 1600 Dodge Ave., Evanston, \$12, 847-424-7130

Dogs Take the Stage, Imagine U - "Go, Dog Go": Yellow dogs, red dogs, big dogs, little dogs, spotted dogs and dogs with extremely fancy hats sing, dance, race in cars and eventually end up at a big tree for a dog party in this musical adaptation of P.D. Eastman's beloved children's book "Go, Dog. Go!" A relaxed performance is offered for children with special needs on April 23. Touch tours are available for audiences with visual impairment. Tickets are \$10 for general public, \$8 for students and children under 18; Northwestern students are \$6 in advance or \$8 at the door. 7 p.m. Friday, 11 a.m. and 2 p.m. Saturday, 2 p.m. Sunday, Mussetter-Struble Theater at Northwestern University, 1949 Campus Drive, Evanston, \$6-\$18, 847-491-7282

The Complete Works of William Shakespeare Abridged: Three actors present all the Bard's 37 Plays in 97 minutes, making it an irreverent, fast-paced romp that will leave you breathless and helpless with laughter. 8 p.m. Friday and Saturday, 3 p.m. Sunday, Piccolo Theatre, 600 Main St., Evanston, \$10-\$25, 847-424-0089

The World Premiere of Quest: Quest is an original circus-theater production loosely based on Leo Tolstoy's short story The Three Questions. The protagonist asks three simple (but huge) questions, setting in motion a whirlwind journey to find the answers. 7:30 p.m. Friday-Sunday, Actors Gymnasium, 927 Noyes St., Evanston, \$20 for adults, \$15

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for kids, students and seniors, 847-328-2795

Crystal Lake First Congregational Youth Choirs concert: The Youth Choirs of the First Congregational Church of Crystal Lake kick off their 45th Annual Spring Concert Tour at 7:30 p.m. at the Glenview Community Church. 7:30 p.m. Glenview Community Church, 1000 Elm St., Glenview, donations are accepted, 847-724-2210

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. Glenview Ice Center, 1851 Landwehr Road, Glenview, \$8 per person; \$4 for rental skates, 847-724-5670

"Lion": Just drop-in to see this real-life story, which is rated PG-13, of a five-year-old boy who is separated from his family in India. He eventually is adopted by a couple in Australia. Twenty-five years later, he sets out on an epic journey to find his lost family and finally return to his first home. 2 p.m. and 6:30 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Crafternoons All Ages: Come make a craft in the children's department. 4 p.m. Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

AXPONA: AXPONA (Audio Expo North America) returns to the Westin O'Hare in Rosemont, IL, April 21-23, offering music lovers, audiophiles, and musicians three jam-packed days of incredible sounds, technology, presentations, design, and the very latest products in the industry. 10 a.m. Friday-Sunday, The Westin O'Hare, 6100 N. River Road, Rosemont, \$20-45, 203-371-6322

Saturday, April 22

Spring Book Sale at the Des Plaines Library: See our huge selection of fiction and non-fiction books, DVDs, and jigsaw puzzles. 9:30 a.m. Des Plaines Public Library, 1501 Ellinwood St., Des Plaines, free, 847-376-2922

RebbeSoul - World Music, Jewish Roots: American-Israeli singer, songwriter, multi-instrumentalist, composer, and producer RebbeSoul (Bruce Berger) brings music rooted in the ancient songs of Judaism. The music of RebbeSoul incorporates a modern vibe by uniquely blending Eastern European, African,

and Middle Eastern melodies into rock, pop, and jazz to create a one-of-a-kind sound. 7:30 p.m. Beth Emet Synagogue, 1224 Dempster St., Evanston, \$25 adults, \$18 seniors, \$10 students and children, 847-869-4230

Unmanned Entrepreneur: Make Money Flying Drones: If you love flying drones, come learn what opportunities are available and how to take advantage of this amazing technology and rapidly expanding industry. Reserve your spot today for the Unmanned Entrepreneur: Make Money Flying Drones. 9 a.m. 1700 Sherman Ave., Evanston, \$20, 847-220-5193

Earth Day at Northwestern: Learn about water and the roles it plays in our lives. All students college age or grades K through 12 and their families are welcome to attend. Participate in a tour of indoor and outdoor research labs at Northwestern, hear from Water Talk speakers and create your own climate change art. Please register online. 1 p.m. Swift Hall at Northwestern University, 2029 Campus Drive, Evanston, free

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

AP Biology Practice Test for Grades 9-12: C2 Education facilitates a practice test for AP Biology. Gain experience in a relaxed environment. Bring pencils and a calculator and register by April 21 at glenviewpl.org/register or by calling. Noon, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Restoration Work Day: Help the restoration team remove invasive plants to make way for native prairie grasses. Work parties may be canceled in case of inclement weather. 9 a.m. Kent Fuller Air Station Prairie/The Tyner Center, 2400 Compass Road, Glenview, free, 847-724-5670

Get Hooked Crafts: Accordion Books with Pockets: Registration is required to join in making an accordion book with pockets. This simple book making technique is perfect for storing photos and other paper memorabilia. Materials are provided. 10 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Feed My Starving Children Hunger

to Hope Gala: The 2017 Hunger to Hope Gala which takes place April 22, features inspirational speakers, the FMSC marketplace filled with new artisan-crafted items, a spectacular live auction, wine and beer pull, beach bag pull and raffle. Go to the website for more information. 6 p.m. Donald E. Stephens Convention Center, 5555 N. River Road, Rosemont, \$125 ticket, \$1,000 table of 10

Nature Fun and Frolic - Saturdays: This is for children that are at least age two with a parent for weekly classes that introduce toddlers to different plants, animals and natural elements, while singing songs, playing games, reading books, and exploring nature in many different ways. Class takes place primarily outdoors, weather permitting. 9:30 a.m. Emily Oaks Nature Center, 4650 Brummel St., Skokie, \$84 Skokie resident, \$105 non-resident, 847-677-7001

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

Sunday, April 23

The Salaam-Shalom Music Project: The Salaam-Shalom Music Project comprises artists from the Chicago Muslim music community and the Maxwell Street Klezmer Band. This is an intimate musical experience exploring a fusion of different folk cultures with songs in Arabic, Urdu, French, Yiddish and Hebrew, and a message of good will. Doors open at 12:30 p.m., show starts at 1 p.m. SPACE, 1245 Chicago Ave., Evanston, \$20-\$30, 847-492-8860

Giving Voice to the Silenced: This is a powerful musical program, performed by the Northshore Concert Band, that honors Holocaust Remembrance Day. The program tells a story of vitality, loss, contemplation and possibility. 3 p.m. Pick-Staiger Concert Hall, Northwestern University, 50 Arts Circle Drive, Evanston, \$10-\$20, 847-432-2263

Live Jazz with Chad Willets Trio: On Sundays, they have their full brunch menu with live jazz and the Chad Willets Trio from 11:30 a.m. - 2 p.m. Peckish Pig, 623 Howard St., Evanston, free, 847-491-6778

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

847-864-1679

Knife Single Weapon Certification: This class is taught by Chuck Coyl to learn the oldest and most visceral weapon style. Attacks, defenses, footwork and performance skills unique to the performance of safe and effective theatrical knife play are covered. Participants have the opportunity to take the Society of American Fight Directors skills proficiency test. 10 a.m. Actors Gymnasium, 927 Noyes St., Evanston, \$415, 847-328-2795

People, Water and Wildlife: New Look at Chicago River: A century ago, the Chicago River was designed into Chicago's plan for its new sewer system. Find out how things have changed and how the river is becoming a haven for people and wildlife. Presented by Margaret Frisbie, executive director of Friends of the Chicago River. Please register at glenviewpl.org/register or by calling. 2 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

The Planet Fitness Fashion Show: The Planet Fitness Fashion Show features designs from MegHan Styles, BeYou Multiwear, and Berdan. Expect the showcasing of modern athletic, active, and resort wear pieces to grace the floors of Planet Fitness Lincolnwood. Proceeds benefit American Cancer Society of Illinois for the launch of Power in Purple. The event host is Danni Allen of the "Biggest Loser 14." The cocktail and hor d'oeuvres are at 7:15 p.m. with the fashion presentation beginning at 7:45 p.m. 6:30 p.m. Planet Fitness Lincolnwood, 6850 McCormick Blvd., Lincolnwood, \$20, 312-532-4210

Critics' Choice Cinema: "Labyrinth of Lies": "Labyrinth of Lies" is rated R, and is spoken in German with English Subtitles. It is a story that exposes the conspiracy of prominent German institutions and government branches to cover up the crimes of Nazis during World War II. 2 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Whither American Judaism: Whither American Judaism: Reflections on the Movements is a two-part program which reflects the past and looks to the future. Four leading Jewish experts discuss the trends and the rifts within each segment of Judaism today. The programs are held on two Sundays, with the morning minyan at 9:30 a.m. Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, \$5 per person with RSVP; \$8 at door, 847-675-4141

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Unique Boutique at Skokie Synagogue: Hand-made scarves and purses, silk flower arrangements, fused glass, and hand-made jewelry are featured at a Unique Boutique. The boutique, which is hosted by the synagogue Sisterhood, opens at 11:30 a.m. and continues all day until 4 p.m. They say they have great new items for spring - and that includes Mother's Day and Father's Day gifts as well as presents for graduation. 11:30 a.m. Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, free, 847-675-4141

Nature Warblers: This is for ages 2-4 with a parent to learn about animals and the outdoors through music, movement and motion. Craft a musical instrument each week, and learn how to keep a beat. Classes are primarily outdoors, weather permitting. 10 a.m. Emily Oaks Nature Center, 4650 Brummel St., Skokie, \$74 Skokie resident, \$93 non-resident, 847-677-7001

Earth Day Celebration: Discover how different Skokie cultures recognize and celebrate Earth Day in their home countries, and join in Earth Day rituals, ceremonies and activities from around the world. Noon, Emily Oaks Nature Center, 4650 Brummel St., Skokie, free, 847-677-7001

Music of the Baroque - Imogen Cooper Plays Mozart: Two celebrated interpreters of Mozart and Haydn (British pianist Imogen Cooper and conductor Jane Glover) join forces for a Classical-era orchestral program. 7:30 p.m. North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie, \$27-\$75, 312-551-1414

Monday, April 24

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. The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

Telephone and Utility Bill Clinic: Citizens Utility Board (CUB) staff will review your telephone, electric, and natural gas bills and recommend ways for you to cut costs. Register at glenviewpl.org/register or call. 1 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Money Smart Week: Saving for College: A panel of representatives from College Illinois and Bright Start College Savings speak about the many facets of saving for college. A repre-

sentative from FAFSA also is present to answer questions on financial aid. Register by April 23 at glenviewpl.org/register or by calling. 6 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Knitting Roundtable for Adults: Ronnie Rund, an expert knitter, shows attendees how to knit or how to solve knitting challenges. Bring one's current project(s) and needles. 2 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Presentation: Utility Bills Out of Control? Representatives from the Citizen's Utility Board (CUB), Illinois' premiere utility watch dog group, will be here to speak to you about the latest on natural gas, electric, and telephone issues, and ways to combat high bills and resolve disputes with your utility company. 7 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Lego Club: For students in kindergarten through eighth grades to join in this club on the fourth Monday of each month to create masterpieces at this new Lego Club. No registration is necessary. 4:30 p.m. Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

Tuesday, April 25

Small Space Gardening: A Cook's Delight: Horticulturist and garden writer Nina Koziol offers tips on how to grow the best ingredients for a cook's kitchen in small, economical spaces. With six hours of sunlight on your balcony, deck or window sill, you can grow your own fresh herbs and vegetables. Please register at glenviewpl.org/register or by calling. 7 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Word 2010: Styles, Tables and Images: Format documents and learn how to work with pictures and clip art. Basic Word skills and a Glenview Library card are required. Please register at glenviewpl.org/register or by calling. 2 p.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

CJE Senior Life Counseling: CJE SeniorLife resource specialists provide counseling to adults 60 and over, their families, and caregivers. Counseling includes topics such as selecting appropriate retirement benefits, picking the right health insurance and Medicare programs, determining housing needs, and identifying supportive resources. For more information and to make an

appointment, call Kathy Gaeding at CJE SeniorLife, 773-508-1054. 9:30 a.m. Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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

"Between the Lines: Between the World and Me": This book discussion is held at two different times, and no registration is required. New members are warmly welcome. "Between the World and Me," is a book told through the author's own evolving understanding of the subject of being black over the course of his life. (from NoveList Plus). 7 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Movies, Munchies and More: Presents Property Tax 101: Taxpayer advocates explain how to lower property taxes, get tax exemptions and refunds, understand market value reassessment notices, use self-help links, and more. This is part of Money Smart Week April 22-29, 2017. 11:30 a.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Advanced Excel 2010: Pivottables: Learn how to use PivotTables to summarize, manipulate and present data. 7 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Grief Share Support Group: This is for anyone who can use help and encouragement after the death of a spouse, child, family member or friend. It is nondenominational and features Biblical concepts for healing from grief. These sessions include a weekly DVD, small group discussion and workbook. 7 p.m. St. Paul of the Cross Catholic Church, 320 S. Washington St., Park Ridge, \$25, 847-692-6767.

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

Toodlebugs: This is for ages 1.5-2.5 with a parent. Through exploration and

play in the natural world, your child, or Toodlebug, learns their sense of place in the world, builds and strengthens their motor and language skills. Each class focuses on a new animal and sensory experience and introduces simple sign language. 10 a.m. Emily Oaks Nature Center, 4650 Brummel St., Skokie, \$85 Skokie resident; \$106 non-resident, 847-677-7001

Nature Neighbors: Classes run weekly for those ages 4-5 to explore the wonders of the pond, prairie and woodland neighborhoods. They learn about the amazing animals that live there through exploration, play and creative projects. Activities change seasonally. Classes are primarily outdoors, weather permitting. Children must be toilet-trained. 1:15 p.m. Emily Oaks Nature Center, 4650 Brummel St., Skokie, \$162 Skokie resident, \$203 non-resident, 847-677-7001

Scouting Around for Homeschoolers: Explore the natural world, learn new skills, and have fun with friends this spring. Activities change weekly and include science topics and outdoor skills. A major portion of each class takes place outside. Classes run weekly. 1:15 p.m. Emily Oaks Nature Center, 4650 Brummel St., Skokie, \$99 Skokie resident, \$124 non-resident, 847-677-7001

Wednesday, April 26

Found's Salon Series Featuring Nicholas Barron: Found Kitchen and Social House are featuring a new collective of interactive events dubbed the Salon Series. As a part of this series, Evanston's own Nicholas Barron is set to perform every Wednesday night. 8 p.m. Found Kitchen & Social House, 1631 Chicago Ave., Evanston, \$10, 847-868-8945

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

How to Start Your Online Marketing Business: This free, internet Marketing Workshop schedule is Session 1-12:30-2:30 p.m.; Session 2-6-8 p.m. Learn simple, proven and exciting ways to build a successful online marketing business. 12:30 p.m. Hilton Orrington Evanston, 1710 Orrington Ave, Evanston, free, 447-474-1376

Turn to Calendar, Next Page

Calendar, from Previous Page

Triple B: Wednesday nights the burger special is of epic proportions. A burger of your choice, a house-brewed draft beer and a shot of buck bourbon -- all for \$15. 4 p.m. Peckish Pig, 623 Howard St., Evanston, \$15, 847-491-6778

Knitting Club: If you want to learn to knit, or you are working on a knitting or crochet project, drop-in to share tips, show off your work and converse with fellow needle arts enthusiasts. Bring your own knitting supplies. 11 a.m. Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 847-677-5277

Time Matters: A Women's Retirement Outlook Seminar: This women-focused seminar discusses retirement income, Social Security, withdrawal rates, preparing for the unexpected, inflation risks, and costs of health care and long-term care. 7 p.m. Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Free Film: "Son of Saul": This is screened in Hungarian, German, and Yiddish with English subtitles. The "Son of Saul" is set in the Auschwitz concentration camp during WWII and follows a day in the life of Saul Ausland-

er (Geza Rohrig), a Hungarian member of the Sonderkommando. This is part of the library's Celebration of Cultures Film Series. 1 p.m. and 7:30 p.m. Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Protect Yourself from Identity Theft and Fraud: Marilena Tanasescu, Vice-President of Northbrook Bank & Trust, and Dan Petka, community relations supervisor for the Northbrook Police Department, educate adults, especially seniors, about current scams and risks to their identity and their bank, credit, and other financial accounts. This is part of the YMCA's Wellness Wednesday Adult Education Series. 8:30 a.m. North Suburban YMCA, 2705 Techny Road, Northbrook, free, 847-272-2750

North Shore Annual Economic Outlook Breakfast: BMO Private Bank US Chief Investment Officer Jack Ablin is the keynote speaker at the Northbrook Chamber of Commerce annual Economic Outlook breakfast, held in partnership with the DBR and Glenview Chambers. Mr. Ablin's presentation is What to Expect Under President Trump, and he also shares his insight on basic economic indicators. Tickets cost \$30 in advance (before April 24), \$40 at

the door. 8 a.m. Hilton Northbrook Hotel, 2855 Milwaukee Ave., Northbrook, \$30-\$40, 847-498-5555

Community Wednesdays: 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. Bernard Weinger JCC, 300 Revere Drive, Northbrook, \$10 per day for nonmember, 224-406-9257

Jewish Genealogical Society of Illinois meeting: The Jewish Genealogical Society of Illinois will host a free video class for family historians presented by Clara Tomaz and Heather Hehman of Make Your Movie Inc. from 7 to 8:30 p.m. Wednesday, April 26 at Temple Beth-El, 3610 Dundee Road, Northbrook, Illinois. The JGSI research library and genealogy help desk will open at 5:30 p.m. For more information, go to tinyurl.com/zas3gcx or call 312-666-0100. 7 p.m. Temple Beth-El, 3610 Dundee Road, Northbrook, free, 312-666-0100

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. 1:30 p.m. 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. Park Ridge Community Church, 100 S. Courtland Ave., Park Ridge, free, 847-823-3164

Pokemon Club Grades K - 6: Play Pokemon at the library! Bring your own cards and meet up with fellow Pokemon fans. 4:15 p.m. Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge, free, 847-825-3123

Wills, Trusts and Estate Planning Basics: Attorney Jacob K. Ehrensaff will explain how to ensure your final wishes can be protected. Register through the calendar at www.wilmette-library.info. 7 p.m. Wilmette Public Library, 1242 Wilmette Ave., Wilmette, free, 847-256-6935

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NOW PLAYING

**"The Boss Baby" ★★ 1/2**

PG, 1:37, animated

"The Boss Baby" derives its premise from the notion that when new babies arrive in the household, they render parents into slavishly devoted employees with their demands and fits. Babies are like bosses, but, more satirically, bosses are like babies, right? That metaphor is explored in Marla Frazee's children's book, with a boss baby outfitted in a suit, and now that's been transported to the screen with Alec Baldwin voicing the titular

boss. The film is fun and clever. Written by Michael McCullers, it's almost too clever for its own good; only adults are going to appreciate the nuances of the jokes and wordplay about corporate middle-management culture. — *Katie Walsh, Tribune News Service*

**"Beauty and the Beast" ★★**

PG, 2:10, musical

This chaotic remake of Disney's 1991 screen musical "Beauty and the Beast" stresses the challenges of adapting a success in one form (animation) for another (live-action). The high points of director Bill Condon's resume suggest he was the right person for this remake. But his new movie is more of a grating disappointment, despite its best supporting turns, human and animatronic. Emma Watson makes for a genial, bland-ish Belle, the

outsider in her provincial French village. Underneath the digital fur and digital roars, Dan Stevens as the Beast, the transformed prince working on a rose-petaled deadline to become human again, locates some moments of pathos that stick. — *Michael Phillips*

**"Smurfs: The Lost Village" ★ 1/2**

PG, 1:21, animated

"Smurfs: The Lost Village" has enough bright colors and slapstick humor to enchant its target audience. But anyone much taller than a Smurf may turn blue long before its 81 minutes are over. The plot exposes its own lack of character development. Smurfette is shown embarking on a journey of self-discovery to figure out what, precisely, she's made for. The answer lies, sort of, in the Lost Village. Children may well find all this delightful —

along with any adults who have managed to retain the requisite level of childlike wonder and innocence. But when it comes to trippy children's entertainment, most people would be better off sticking with "Teletubbies." — *Pat Padua, Washington Post*

**"Going In Style" ★★ 1/2**

PG-13, 1:36, comedy

This remake of the 1979 comedy "Going In Style" allows its Golden Boys ensemble a measure of dignity alongside the slapstick, pathos and wish fulfillment. With their pensions frozen and presumed lost, retirees Joe (Michael Caine), Willie (Morgan Freeman) and Al (Alan Arkin) decide to go gangster and pull off their own heist. Director Zach Braff's remake is more determinedly ingratiating than the original. Caine, Freeman and Arkin

redeem a lot of the movie. Collectively these performers have learned more about what works with an audience, and how to serve a character, than can be measured. — *M.P.*

**"Ghost in the Shell" ★★★**

PG-13, 1:46, action/adventure

In Rupert Sanders' darkly imaginative new film, Scarlett Johansson plays the Major, a member of a cyberterrorism law enforcement division trying to keep hackers from sabotaging the artificial intelligence wonders manufactured by Hanka Robotics. She is a female human/robot hybrid, first introduced in Masamune Shiro's cyberpunk manga in 1989. The movie's half police procedural, half personal investigation, as the Major gradually

discovers the truth about her human past. I was enveloped by the visual world created by director Sanders, cinematographer Jess Hall and production designer Jan Roelfs. — *M.P.*

Chicago Tribune

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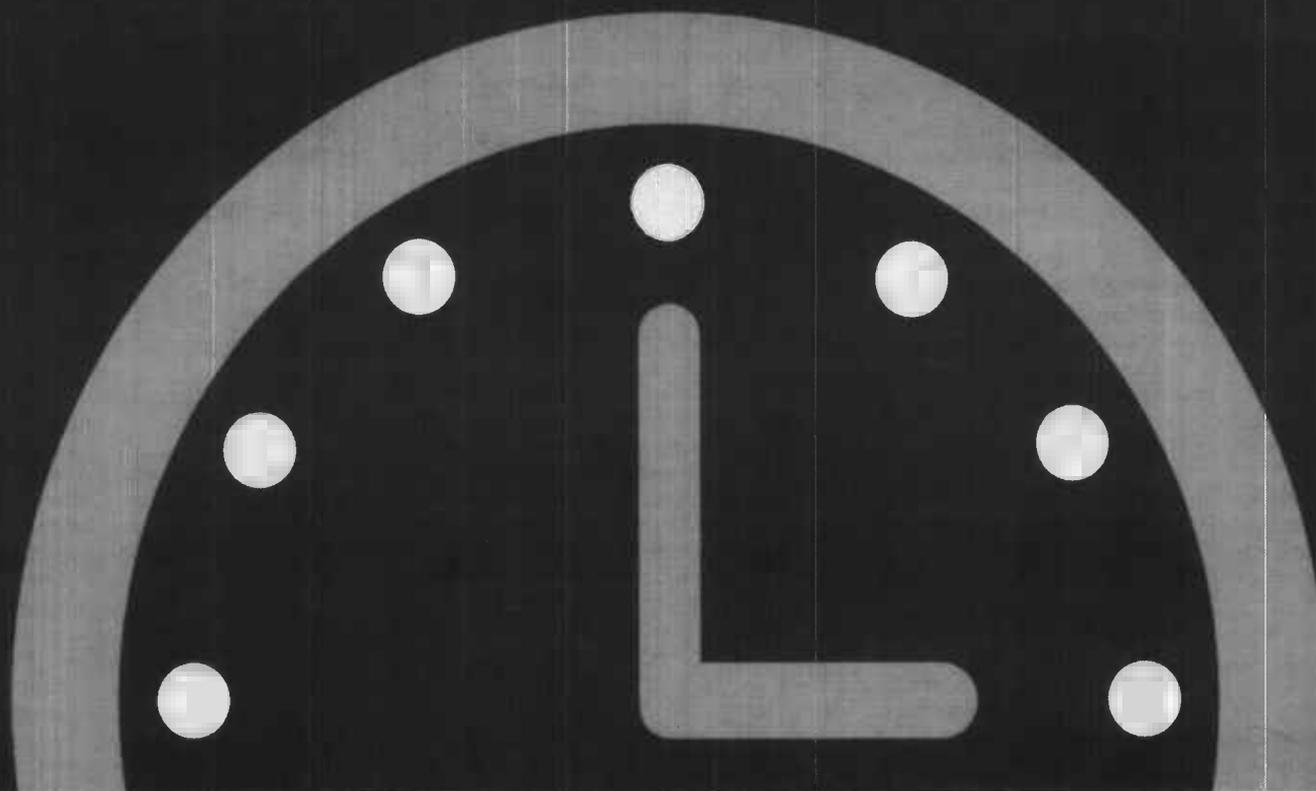
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Evans Scholar Ajith knows power of college degree

BY STEVE SADIN
Pioneer Press

Ashweita Ajith saw firsthand the value of a college education growing up. When Ajith was in sixth grade, her mother earned an associate's degree in respiratory therapy from St. Augustine College in Chicago, and lifted the family's lifestyle.

Ajith, a Skokie resident who is now a Niles West senior, knew there would never be a question for her about seeking higher education. However, the expense figured to be an obstacle.

"Everything changed when my mom got her degree," said Ajith, whose mom, Shaila, currently works at Advocate Lutheran General Hospital. "She got a better job and had more time for us because she was making more money. I could see our lives change because of the degree."

The cost of college disappeared as a barrier for Ajith late last year when the Evanston Golf Club caddie learned she was the recipient of a Chick Evans Scholarship, which provides a full-tuition grant and housing for recipients for four years.

The Evans Scholarships are awarded annually by the Evans Scholars Foundation, which is part of the Western Golf Association. When Ajith got the news she said it was hard to comprehend at first.

"I couldn't believe it," said Ajith, who is scheduled to attend Indiana. "It didn't feel like it was me. When I was in seventh grade (and started caddying) I dreamed about (the scholarship). Now I couldn't believe it's happening to me."

Ajith said she was 8 when her family moved from India to the United States for more opportunities.

"From a country deeply rooted in old ideology and traditions, America was freedom," Ajith said in an email. "Most importantly, we moved because of the schooling, the personal teaching experience, and the variety of schooling available was appealing to us."

Her family — her twin sister, older brother, mother and father, who died in 2014 of liver failure — settled in the Chicago area because an uncle and his family already lived there.

Ajith said she had health issues



CHARLES CHERNEY/EVANS SCHOLARS FOUNDATION

Ashweita Ajith waits to be interviewed for the Evans Scholarship on Nov. 10, 2016, at Skokie Country Club in Glencoe.

in the U.S. when she was younger and would pass out. One time she needed an ambulance to get her to a hospital.

"The ambulance bill was a burden to my mom," said Ajith, who noted her mom had to sell a gold necklace with a great deal of sentimental value to cover the cost.

Ajith took medicine for three years to help with the fainting spells. She still isn't sure what caused her to pass out, but was told she would grow out of the problem.

Toward the end of seventh grade, Ajith decided to become a caddie to earn money for college and help out at home.

Shortly after she started the job,

Ajith said she learned about the Evans Scholarship. It immediately became a goal. She saw it as the way to get to college without a financial burden at home.

"I decided to become a very good caddie," Ajith said.

She said with experience she learned to work with, and assist, the other caddies in her group to keep the round moving. For example, after her group finishes a hole, she will sometimes hand her golfer's driver to a fellow caddie, pick up her bag and the bag of the other caddie, and walk quickly down the fairway. Ajith also will keep an eye on the next shots. Ajith said she's currently working on reading greens.

With a goal of becoming a

neurosurgeon, Ajith said there will be a lot of schooling ahead of her. She wants to help others the way physicians helped her when she was younger.

"The physicians in my past helped guide my family and I through that confusing (time)," Ajith said. "Having no family history of random passing out, my parents were at a loss on what to do, and how to proceed. The physicians not only helped nurse me to perfect health, but they were very clear and thorough in explaining everything to my parents."

With a strong work ethic, Ajith is also inspiring people around her like Elijah Lancaster. He said they met as caddies at Evanston Golf

Club and will graduate from Niles West together this spring. He too is an Evans Scholar.

"It's awesome to see what she has achieved," Lancaster said.

Ajith's work ethic is obvious to her teachers as well, according to Paul Bellwoar. He taught her American literature during her junior year. Ajith sought his advice on how to organize essays and papers. He also helped her figure out how much detail to include.

"She wasn't performing as well as she wanted," Bellwoar said. "She came early in the morning for help."

He said she earned an A.

Steve Sadin is a freelance reporter for Pioneer Press.

PRIMARY GOALS

As IHSA adopts lacrosse, proponents hope it becomes mainstream

By **RICH MAYOR**
Pioneer Press

Michael Santos remembers why he started playing lacrosse.

He played baseball through eighth grade, then enrolled at Deerfield as a freshman. Jake Selbst, one of his best friends who now lives in Connecticut, constantly badgered Santos and his friends about lacrosse. No one in that circle of friends besides Selbst had any experience with the sport, aside from joking around in someone's yard or at gym class.

But Selbst's plea — begging his friends to come to one game, or one practice, or throw the ball around a little — eventually worked, as Santos learned to love lacrosse.

“(Selbst) begged us in many different ways,” said Santos, now a senior. “He started showing high-lights to our friends. Every time we'd go to his house, he'd put sticks in our hands to play catch.

“That was pretty much the start of it, and honestly, I've played ever since.”

Santos, a Riverwoods resident, still plays football every fall. He's not a die-hard lacrosse junkie — he plays only in a winter league and the spring season — but spoke highly of the competition and conditioning that lacrosse provides.

“I always tell guys how fun it is, just in terms of the basics,” Santos said. “You get to score goals, you get to hit kids, you get to run around. It's a lot like football and hockey, especially for seniors in their second semesters.

“A lot of (seniors) have nothing going on. Everybody wants to do something, and lacrosse is a great option.”

Many other athletes in Chicago's north and west suburbs appear to agree with Santos. Deerfield coach Chip Seiple estimated that when he played lacrosse at Loyola in the early 1990s, there were 12 to 15 high school lacrosse teams in the state, and he said all of them were in the Chicago area.

On April 19, 2016, the Illinois High School Association announced it would host a state series for boys and girls lacrosse in the spring of 2018. The IHSA cited

increased participation — with 83 boys teams and 59 girls teams as of last April — as a leading reason for adopting the sport.

Until the IHSA announced its inclusion of lacrosse, the Illinois High School Lacrosse Association had been the sport's local governing body and state tournament sponsor.

Seiple took over the Deerfield program last season and has been involved with lacrosse since 1989. After graduating from Loyola, he played at Miami (Ohio), then coached on the West Coast in the late 1990s. His final stop before Deerfield was Notre Dame College Prep.

When he arrived at Deerfield, Seiple thought he'd be walking into a program that had three full levels: freshman, junior varsity and varsity. In reality, there were 36 kids total — barely enough for two teams. This season, however, Deerfield has 52 players in the program, which Seiple called “tremendous” growth.

“The best part is how many new players have come out,” Seiple said. “Three weeks into the season and they're going. Man, this is the best thing ever, I wish I'd done this a couple years ago.”

“As coaches, when pitching kids, we always try to hone in on those key elements of lacrosse that are similar to the sports they're familiar with. If you play baseball or are a catcher, teaching a goalie is a piece of cake; that guy's not afraid to get his body in front of the ball. With basketball players, we tell them defense is the same. You stay between your guy and the goal or your guy and the hoop. Little things like that.”

Stephanie Braunstein, who was born and raised in Deerfield, moved east 20 years ago. Her family — including twin 16-year-old sons, Jacob and Noah — moved back 18 months ago. Their extended time in Pikesville, Md., introduced them to lacrosse.

“In Maryland, lacrosse is like a religion,” Braunstein said. “You have a baby, and the baby comes out holding a lacrosse stick.”

Her babies felt a slight culture shock at Deerfield, where the focus was on baseball and football. Jacob and Noah Braunstein and their parents have taken up the

cause of promoting lacrosse aggressively. They've also joined the club program True Lacrosse, which is expanding across the Midwest and includes many of the area's most serious students of the game.

True Lacrosse is based in Lombard and also has an office in Northbrook.

The Braunsteins often host their sons' young friends, who are dazzled by the family's lacrosse proclivities. Goals, sticks and a bounce-back net are fixtures in the their yard. It's their way of helping promote a sport that has meant so much to their family.

Promoting lacrosse to prospective parents, however, can often be more challenging than wooing the kids.

“I've heard (parents) say, ‘Oh, lacrosse? that's so cool,’” Stephanie Braunstein said. “But then they come out and watch it for a few minutes, and they go, ‘Oh wow, this is really a violent game. It's a physical game.’ When I explain it to other people, they think I'm crazy for letting my kids play this for so long.

“And trust me, I think that often,” she added with a laugh. “Sometimes I wish they'd picked up golf or tennis.”

Marc Offit, who hails from Pikesville but moved to the Chicago area in 1997, helped introduce the Braunsteins to lacrosse on the North Shore. Offit played lacrosse at Johns Hopkins and competed in the 1982 and 1983 national title games.

Whereas lacrosse in the Midwest is still gaining traction, Johns Hopkins first fielded a team in 1883 and has won 44 national championships, including nine in NCAA Division I.

Offit was an assistant lacrosse coach at Deerfield in 2000 and estimated 10 to 12 high schools had teams at the time. Most lacrosse players turned to club options.

“We fill the stands for football games here, and nobody goes to lacrosse games; it's the complete opposite in Maryland,” he said, adding that education is the key to lacrosse's growth in the Midwest.

Offit said he even reached out to the Deerfield Park District in hopes of starting a youth league,



JUDY FIDKOWSKI/PIONEER PRESS

New Trier's Zac Vassillon (left) and St. Viator's Andrew Johnson play in the IHSLA state semifinals last June. New Trier is an established powerhouse, and St. Viator is one of the stronger teams in the East Suburban Catholic Conference, which didn't sponsor lacrosse until 2013.

“At most schools, aside from the perennial powerhouses, lacrosse is still very much a secondary sport. We're trying to change that.”

— Deerfield coach Chip Seiple

but it never got off the ground. He returned to Deerfield as an assistant coach in 2015-16 but has since moved on.

“So much of sports is dictated by what parents did when they were younger,” Offit said. “You just don't have many lacrosse alums here. But as kids are starting to graduate now, go to college and come back, starting their own families, I think you'll see an even greater uptick.”

Offit praised the youth and feeder programs at Evanston, Lake Forest and Libertyville, while also tipping his hat to traditional powers New Trier and Loyola as exemplary programs. And while those schools might dominate the early years of the IHSA state series, other programs continue to take form.

The East Suburban Catholic Conference, North Suburban Conference and West Suburban Conference are among the area's

burgeoning leagues.

Bridging the gap from the entry-level programs to the established teams is among the next challenges, but the passionate lacrosse community won't give up.

“At most schools, aside from the perennial powerhouses, lacrosse is still very much a secondary sport,” Seiple said. “We're trying to change that. We want them to say, ‘Oh yeah, I play lacrosse, and in the offseason I do this other sport.’”

“We're working very hard to change that culture. Because in other parts of the country, that's just the way it is: Lacrosse is the main sport, and the other sports are used as offseason training. I hope we can get a bit closer to that point.”

Rich Mayor is a freelance reporter for Pioneer Press.

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MARK UKENA/PIONEER PRESS

Say hello to the Athlete of the Year!

Annika Wagner, Maine South freshman

Following a standout regular season and sectional meet, Maine South freshman swimmer Annika Wagner finished fourth in the 200-yard individual medley and the 500 free-style at the state meet.

She finished the 200 IM in 2 minutes, 3.34 seconds in the final and touched the wall in 4:53.07 in the 500 free on Nov. 19, 2016, at Evanston.

Both times earned consideration for National Interscholastic Swim Coaches Association All-American status.

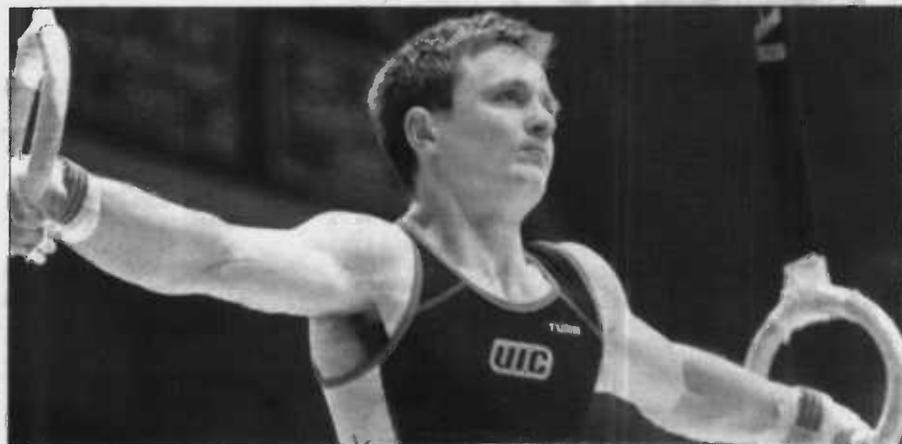
She set personal records in both events at the state meet.

Wagner won the 200 IM at both the sectional and conference meets. She also set a school record in four events (200 free, 200 IM, 500 free and 100

breaststroke).

"Annika is not only an extremely talented swimmer, but is also one of the most focused athletes and hardest workers that I have ever coached," Hawks coach Don Kura said in an email. "Her attitude and work ethic are contagious to the point that, through her actions, she makes every swimmer around her better."

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UIC ATHLETIC COMMUNICATIONS

UIC gymnast Keith Kohn, a Mundelein graduate, qualified to represent Team USA at the Maccabiah Games this summer.

COLLEGE NOTES

Illinois softball's Evans earns Arthur Ashe Jr. award

BY SAM BRIEF
Pioneer Press

Trinity graduate Nicole Evans, a senior on the Illinois softball team, was selected as the Arthur Ashe Jr. Female Sports Scholar of the Year on April 6. Evans was chosen from more than 1,200 nominees in the 25th anniversary on the award, which honors "undergraduate students of color who best exemplify academic and athletic achievement." To be eligible, nominees must have a GPA of at least 3.2 while being active on their campus and in their community.

Evans, an outfielder from Glen Ellyn, was batting a team-leading .387 through 38 games, with 13 home runs, 48 RBIs and a slugging percentage of .874 that ranked third among all Big Ten softball players.

Ramirez contributing for Michigan softball

Another former Trinity softball standout, Abby Ramirez, is on one of the hottest streaks of her col-

legiate career. Ramirez, a senior infielder at Michigan, was hitting .361 on the season, as of April 12. On March 31 against Northwestern, Ramirez, went 2-for-2 with two runs batted and two runs scored. The next day, she finished 2-for-3 with an RBI. In an April 8 doubleheader against Ohio State, she had four hits and two RBIs over the two Wolverines victories.

Maine South graduate Courtney Richardson joins Ramirez on Michigan, which was 29-8-1 through April 12.

Mundelein grad to represent America at Maccabiah Games

Keith Kohn, a Mundelein graduate and a senior on the Illinois-Chicago men's gymnastics team, will join Team USA for the Maccabiah Games in Israel in July, one of six American gymnasts who qualified. Kohn will become the first UIC gymnast to represent



ILLINOIS ATHLETICS

Trinity graduate Nicole Evans, a senior on the Illinois softball team, was named Arthur Ashe Jr. Female Sports Scholar of the Year.

the U.S. in an international multi-sport competition, of which the Maccabiah Games are the third-largest in the world.

Getz finds field hockey success at Georgetown

Loyola graduate Lindsay Getz wrapped up her freshman field hockey season at Georgetown in the fall, leading the Hoyas in goals (7) and points (15). The Northfield native was twice named to the Big East weekly honor roll during her first collegiate season.

Have a suggestion for College Notes? Email Sam Brief at briefsam@gmail.com.

Sam Brief is a freelance reporter for Pioneer Press.



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JUDY FIDKOWSKI/PIONEER PRESS

Niles North's Gina Loy dives back into first on a pickoff attempt while New Trier's Sophia Holt tries to apply the tag on April 11 in Winnetka.

Loy's heads-up play in field helps Niles North

BY STEVE SADIN
Pioneer Press

Gina Loy is a shortstop who never stops thinking about the next play while she competes for the Niles North softball team.

Loy, a four-year varsity starter and the Vikings' captain, wants to produce outs when she is in the field and the best way to do that is to outsmart batters and base runners.

"You have to keep up with what's going on on the field all the time," Loy said. "Keeping up is the way you get outs."

With six putouts, including two that were unassisted, Loy led the way for the Vikings in what coach Heather Joyce called the their best overall and defensive effort of the season, a 7-3 Central Suburban South loss to New Trier on April 11 in Winnetka.

"She is a wonderful player to coach," Joyce

said. "She is a leader and always thinking out there."

New Trier put up five runs in the fourth to wipe out Niles North's 3-2 lead, but Joyce said a heads-up play by Loy limited the damage.

With one out in the bottom of the fourth, a base runner on second and three New Trier runs already in, Loy fielded a hard grounder. The Trevians player on second took off for third as Loy picked up the ball.

"I knew she was coming off the base," said Loy, who plans to attend Iowa or LSU and try to walk on to the softball team. "I had time so I pump faked (a throw to first). I was able to tag her" for the second out.

Another reason Joyce said she was pleased with the Vikings' defensive effort was the corners of the infield were staffed by people new to their positions. Sophomore Dorothea Watkins got her first start

at first base while Natalie Erler, a senior, played third.

Erler — who had a pair of putouts, including moving to snare a line drive in the sixth inning — also said she had some assistance from Loy, her partner on the left side of the infield.

"Gina (Loy) helps me a lot," Erler said. "She's very vocal out there. She helps me find the best place to stand."

The offensive production for Niles North came from junior Alyssa Aragon and freshman Madison Precht. Going 2-for-3 with a pair of doubles, Aragon drove home junior Jaimie Frake, who walked, in the first and junior Adriana Oh, who reached on an error, in the third. Precht's base hit scored Aragon in the third.

Steve Sadin is a freelance reporter for Pioneer Press.

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Niles West shows resilience in 12-7 loss to Maine South

BY BRETT CHRISTIE
Pioneer Press

Down eight runs to Maine South in the fourth inning, the Niles West softball team didn't give in. The Wolves rallied for three runs in the fourth, scored two runs in the fifth and got the go-ahead run to the plate in that frame.

After her team's lackluster start to the season, Wolves coach Nicole Reynolds was encouraged by the fight Niles West showed in its 12-7 Central Suburban South loss on April 11 in Skokie.

"It was good to see," Reynolds said. "That's what I told them after the game is they never let up."

After Maine South senior pitcher Maddie Rog held Niles West to one hit and struck out seven in the first three innings, Niles West (2-7, 0-1 after the loss) took advantage of Rog's control problems in the fourth. The Wolves drew three walks to load the bases and senior catcher Amany Bousheh, the No. 8 hitter, connected for a bases-clearing double on a 3-2 count. That cut the Hawks' lead to 8-3.

"That was really nerve-racking, especially since it was 3-2 and two outs and it was bases loaded," said Bousheh, a Lincolnwood resident. "So I was really nervous, but she kept throwing balls, so I was thinking to myself, 'Watch it all the way and don't just swing at anything.' That's just what I was having in my mind and I just cleared it and once I saw the pitch I knew I was going to hit it"

In the fifth, senior shortstop Gianna Mahoney hit an RBI single and senior Leah Steinfeld worked a bases-loaded walk. A strikeout and groundout to the pitcher ended the bases-loaded threat.

Niles West's comeback effort was necessary, in part, because of some sloppy play



KEVIN TANAKA/PIONEER PRESS

Niles West's Amany Bousheh hit a three-run double in the Wolves' 12-7 loss to Maine South on April 11 in Skokie.

"For our team to stay up and stay cheering and stay focused, that really gave me confidence."

— Niles West senior catcher Amany Bousheh

in the field. Maine South (1-1, 1-0) scored two runs in the first inning with two outs after Niles West was not able to record the third out on a routine ground ball to Mahoney.

Down 5-0 in the fourth, Niles West pitcher Hope Cherian, a Skokie resident, looked poised for her first 1-2-3 inning after inducing a ground ball to third with two outs. However, junior Allena Healy was not able to field it cleanly. It triggered a three-run inning for Maine South.

"It's got to start with our pitching, definitely," Cherian said when asked about the defense. "Our coach always talks about three cylinders firing. Offense, defense and pitching. And the pitching definitely faltered. They hit three home runs."

Reynolds acknowledged that due to some inexperience, defensive miscues have been an issue this season. But she emphasized that in order for Niles West to turn things around, all

aspects of the game have to be cleaned up.

"Obviously no one wants to make errors, but they happen. We've talked about having all three cylinders firing and defensively when that doesn't happen, it affects everything in the game," Reynolds said. "Hope's doing a nice job, but she can't do it all. She at times pitches well and at other times not so much. It's one of those things where she was getting hit a little bit (against Maine South), too."

Niles West's ability to put seven runs on the board against Rog inspired confidence for the Wolves moving forward.

"For our team to stay up and stay cheering and stay focused, that really gave me confidence for the next few games coming up that we can beat any team," Bousheh said.

Brett Christie is a freelance reporter for Pioneer Press.

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Kaplowitz draws interest from elite programs

Vanderbilt, Louisville have inquired about Notre Dame junior

BY DAN SHALIN
Pioneer Press

There was a time when Notre Dame shortstop Jackson Kaplowitz did not find his name on lists of the top Illinois baseball players in the Class of 2018 and wasn't receiving attention from major-conference Division I programs.

That time, was a month ago.

But after a productive off-season, the 6-foot-3, 180-pound Kaplowitz has had a breakout first month of the high school season, both in the field and at the plate. In late March, the Wilmette resident debuted on Prep Baseball Report's Class of 2018 Rankings for Illinois.

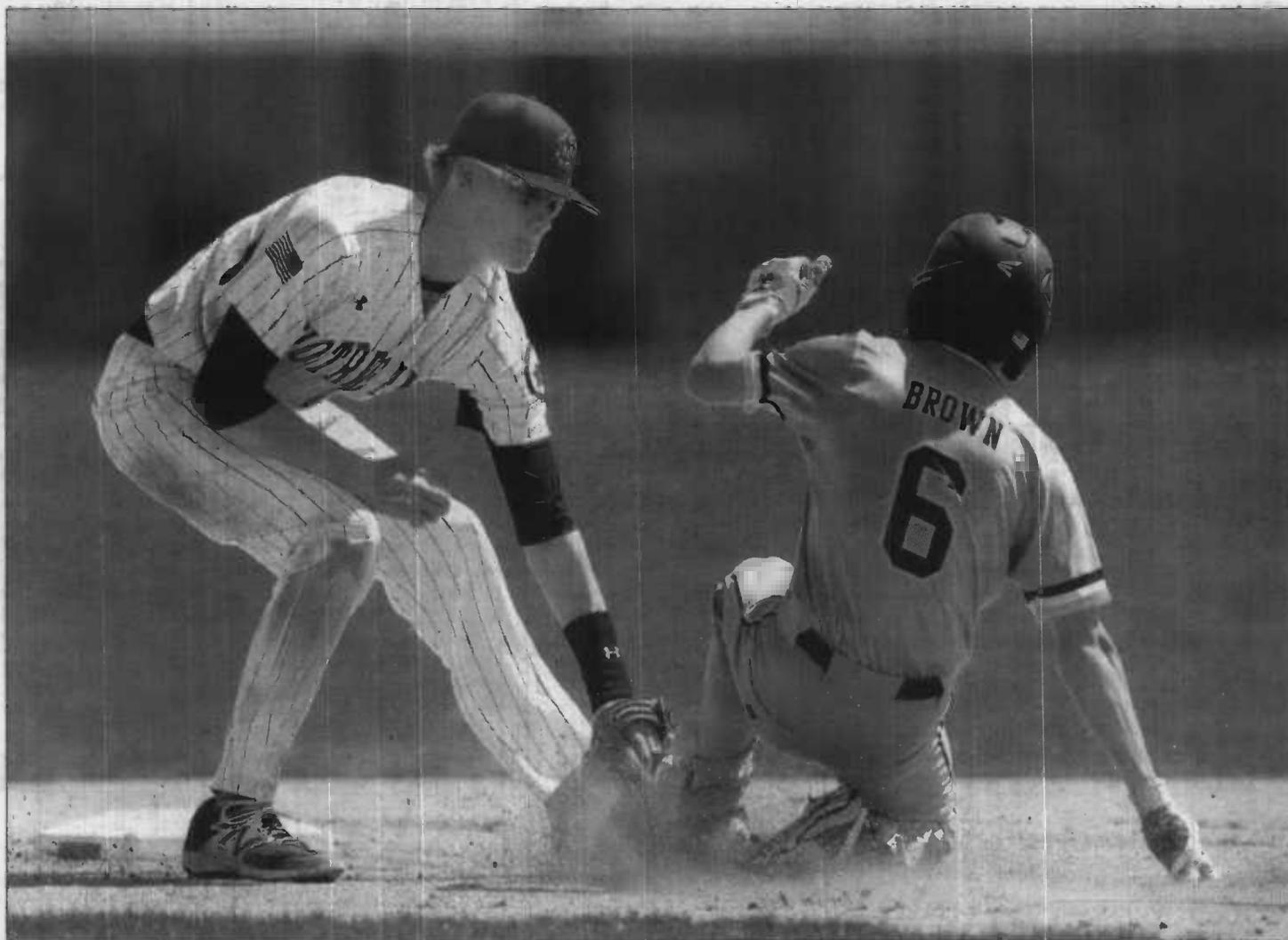
Meanwhile, Notre Dame coach Nelson Gord said he's recently been on the phone discussing Kaplowitz with coaches from Vanderbilt and Louisville. The Commodores won the national title in 2014 and were runners-up the following season. The Cardinals have won an NCAA Regional each of the last four years and made the College World Series in 2013 and 2014. Kaplowitz said schools like Davidson, Valparaiso and Southern Illinois also have shown interest.

It's a big change for a player who spent last season shuttling between the sophomore team and varsity, spending much of his time with the varsity as a defensive replacement.

"Once the game gets going, I'm zoning (all the attention) out and focusing on the game," said Kaplowitz, who was hitting .391, with a homer and 11 RBIs through 14 games. "But it's definitely a lot. It's a new experience."

Gord, who began coaching Kaplowitz on the Illinois Indians club team the summer before he enrolled at Notre Dame, said he always believed Kaplowitz had potential to play at the next level.

"If you asked me a year ago, I would have thought maybe (Kaplowitz would play at) an Ivy League school or a mid-major Division I. But (he's received high Division I attention) since we've been outside, really this spring," Gord said.



KEVIN TANAKA/PIONEER PRESS

Notre Dame's Jackson Kaplowitz tags out Marian Catholic's Ryan Brown at second base on Saturday in Niles.

Gord added: "The offseason between fall baseball and high school is only three or four months, and (this year) it was like a five-year difference for (Kaplowitz) in how much he's come along, especially as a hitter."

Gord said Kaplowitz always has been a slick fielder, but was somewhat overmatched at the plate on varsity as a sophomore. But Kaplowitz's hitting appears to have caught up with his fielding after an offseason of hard work.

During the winter, Kaplowitz chose not to play for Notre Dame's basketball team in order to focus on preparing for the spring. He said he spent hours in the weight room at Notre Dame and several nights a week working on his hitting and fielding at Players U, a training facility in Mount Prospect.

"The weight room, that was big

for me. I was pretty scrawny for the first two years of high school," said Kaplowitz, who has been hitting in the first or second spot in the Dons' batting order. "(In the offseason) I spent more time in the (batting) cage. Timing was a big thing for me. I was just tweaking things here and there to really solidify my swing."

Gord said Kaplowitz began turning heads during the team's three-game, season-opening trip to downstate O'Fallon, where he went 5-for-10 with 5 RBIs, and has continued to impress as the Dons have come north.

Power hitting can be the last component of a hitter's game to develop, according to Gord, but Kaplowitz showed he has some pop when he blasted a leadoff home run, his first on varsity, in a 6-4 loss at Evanston on April 11.

Notre Dame (6-7-1) is fairly

young this season and was swept by Marian Catholic in a double-header Saturday in Niles.

Notre Dame junior first baseman Kevin Garcia said he worked out with Kaplowitz during the offseason and has been impressed by his teammate's swift progress.

"Last year, he was good, though not with the bat. He needed to figure things out, and that's exactly what he did in the offseason," said Garcia, who lives in Chicago. "He's the best hitter on the team right now."

Kaplowitz has worked with Gord in club and high school ball for several years, and said Gord has been instrumental in his rise.

"(He taught me to) 'Trust in yourself. Even though guys are throwing hard, trust in yourself.' That's what he's been preaching my whole high school career," Kaplowitz said.

Born in Nashville, Tenn., Kaplowitz moved to the Chicagoland area as a toddler, when his father Craig took a job as a history professor at Judson College, now Judson University, in Elgin. Craig Kaplowitz earned his master's and doctorate from Vanderbilt. He also taught there.

Jackson Kaplowitz said he would love to return to his southern roots for college.

"I have a ton of friends and family down south. All our vacations were to the south," Jackson Kaplowitz said. "I want to go back down south (for college) — better weather, better players and better competition."

In the last month, Kaplowitz has gotten closer to making that dream a reality.

Dan Shalin is a freelance reporter for Pioneer Press.



RISING STAR

Notre Dame shortstop Kaplowitz has caught the attention of Vanderbilt, Louisville. [Page 45](#)

Notre Dame's Jackson Kaplowitz, a Wilmette resident, gets ready to field a ball against Marian Catholic on Saturday in Niles.

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