Tree full of history

In observance of Arbor Day, volunteers, including Niles West High School students, help plant a sapling at the high school in Skokie. Village leaders chose to plant a sapling from a tree that grew during the Holocaust near a concentration camp in what today is the Czech Republic. Page 6

LIVING

Green thumbs can come in all sizes

A family garden is more than a fun summer project. It's a lesson in botany, biology, ecology and conservation — as you and your children watch a complex ecosystem at work in your own backyard. Inside

Off to the races

Arlington Park begins a season of racing, family events and live music. Page 23

OPINION

Speech is bedrock of a free society

Randy Blaser is concerned with recent trends to block speakers on college campuses. “Free speech is a basic human right that exists naturally,” he writes. Page 19

SPORTS

Competing interests

Spring sports coaches, athletes have many challenges beyond games and the weather. Page 40
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Steve Greenberg, Tailgators owner

Skokie resident Steve Greenberg has owned Chicago Tailgators for seven years, operating the kosher catering company out of Skokie. It was the idea of the proud father of three "amazing" sons to provide kosher catering for tailgating during sporting events, and the business grew from there, he said. He also eventually opened Premier Catering as well.

Q: Where did you grow up?
A: I grew up in Cleveland, Skokie and Southfield, Mich.

Q: How long have you lived in Skokie?
A: A total of 39 years.

Q: First job?
A: Besides mowing lawns, I remember working at the McDonald's on Dempster Street and Skokie Boulevard during high school.

Q: As a kid, what did you want to be when you grew up?
A: I really wanted to be a sports announcer.

Q: Favorite charity?
A: There are several that closely touch my heart. Each has a personal reason attached. The Epilepsy Foundation of America, Saving Tiny Hearts — which helps raise money and awareness for undetected heart issues in children that mostly show up in cases of death — and Little Heroes, which raises money for kids with cancer. I also would add Chai Lifeline for all the work they do to help families with children who have life-threatening illness. They don't only help the children, but the families as well.

Finally, the Ark and the Chicago Chesed Fund, which assists families in need, whether it is with food, clothing, furniture, shelter or medical support, just to name a few items.

Q: Words of wisdom?
A: Be true to yourself.

Q: What song best sums up Skokie for you?
A: "Sweet Home Chicago."

Q: Favorite local restaurant?
A: Chicago Tailgators, of course. Taboun Grill is a close second, as my friend Shameir always treats us well, and the food is consistently delicious.

Q: What is an interesting factoid about yourself?
A: I used to sing in a band in college and now I just love karaoke.

—Pioneer Press Staff

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

Tree descended from one grown during world war

BY MIKE ISAACS
Pioneer Press

In observance of Arbor Day, a tree was planted April 27 at Niles West High School that has a connection to a Nazi concentration camp.

Skokie village leaders choose a new location for a tree planting every Arbor Day and hold a brief ceremony extolling the virtue of trees in the village and in the world.

This year, officials chose to plant a sapling from a tree that had been planted near Theresienstadt concentration camp in the city of Terezin - what is now the Czech Republic. It was planted in the school courtyard as students and faculty, representatives from the Illinois Holocaust Museum and other village officials looked on.

A widespread legendary Holocaust story says that a child in the camp, one of the many who did not survive, helped plant the tree and then wrote a poem about its significance, museum officials said.

DeDe Harris, wife of Holocaust survivor and former Illinois Holocaust Museum President Sam Harris, read the full poem during the planting.

"We have to remember this wonderful idea of no matter how hard life is, we can always make this world a better place as the children of Theresienstadt did in this miserable camp known as Terezin," she said.

For many, the original tree came to symbolize continuing life and hope - even though it was lost in a flood more than 15 years ago, Harris said.

Seeds from the original tree have been planted in 600 locations worldwide in memory of the children, she said.

The environmental benefits and products received from trees in general are important, said Skokie Forester Liz Zimmerman, but the children of Terezin did not secretly plant their tree for those reasons.

"They planted a tree because it was fun, they planted a tree because it brought them great joy to care for the tree and they planted a tree because trees are beautiful," she said.

When Zimmerman researched the tree, she said, she learned there was this group of people constantly looking to make their lives better - "to bring normalcy back to their lives" and even risk their lives to do so.

Niles West student Spencer Lopez called it "a great honor" for the school to plant such a tree.

"Although this sapling will be many different things to many different people," he said, "most of all it symbolizes the human connection between each of us."

Niles West student Spencer Lopez called it "a great honor" for the school to plant such a tree.

Led by Skokie Park District Landscape Supervisor Steve Ames, several volunteers grabbed shovels and filled in the soil around the new maple sapling. The soil and wood chips were stamped down as Ames talked about the best ways to make a tree grow.

The Arbor Day celebration was sponsored by the Skokie Park District, the village of Skokie and its Beautification and Improvement Commission.

Harris has gone on to write a children's book about the Terezin camp, the children there, the tree and the hope and inspiration the tree has come to symbolize.

misaacs@pioneerlocal.com
Twitter @SKReview_Mike
New board of trustees seated at Oakton College

Staff report

The Evanston community leader and Skokie lawyer recently elected to the Oakton Community College trustee board were sworn in and officially seated April 25.

Martha Burns and Paul Kotowski were elected to the posts April 4 and replace a long-serving trustee and one who held the position for a single term.

"I am honored to be part of the Oakton family and community, and I'm available to anyone in the district who wants to have a conversation with me," said Burns, who previously spent 12 years on the Evanston Township High School District 202 school board— including a stint as its president.

She also worked for 16 years for the Community and Economic Development Association of Cook County, a nonprofit community resource agency, where she was part of implementing job training and other employment-related programs, according to a news release from Oakton College announcing the new trustee board.

Kotowski, a practicing attorney for 16 years, grew up in Skokie and attended classes at Oakton from 1992 to 1994 before earning an accounting degree from Loyola University and a law degree from DePaul University's School of Law.

Kotowski credits the community college with influencing his decision to pursue advanced education.

"My colleagues on the board are brilliant and it will be a pleasure to work with them," he said. Returning to campus is one of the nicest things about it and I'm looking forward to infrastructure improvements on the horizon.

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Holocaust survivors add to sacred Torah

Skokie Holocaust museum's annual brunch honors Chicago-area survivors

BY MIKE ISAACS
Pioneer Press

Dozens of Holocaust survivors stepped in front of a refurbished, incomplete Torah scroll April 25 and helped write on it a little bit more so that some day it could be completed.

About 120 Holocaust survivors from throughout the Chicago area were at the Illinois Holocaust Museum and Education Center in Skokie for the museum's third annual appreciation brunch.

But this brunch held even extra meaning, survivors said, because they were asked to help write on a Torah scroll that dates to the time of the Holocaust.

The Torah scroll is known as the most sacred item in the Jewish religion and this particular scroll has been saved for over 70 years, said Jonny Daniels, of From The Depths, an organization started by Holocaust survivors' families. The organization, its website states, works to preserve remembrance of the harrowing genocide and is behind the Torah scroll project.

It is now traveling the world so that Holocaust survivors can help complete it little by little, he said.

Sam Harris, a Holocaust survivor and the museum's first president, was among the first April 25 to contribute to writing on the scroll. He stepped up to a scribe (sofer in Hebrew) and touched his arm as the scribe began moving his antiquated writing instrument. Harris and other survivors who took their turns were asked to think of loved ones - many of them killed in concentration camps - before they reached out to the scribe for the actual writing.

Illinois Holocaust Museum CEO Susan Abrams said this gathering of survivors was created as an annual brunch so survivors know this museum is their home.

"We wanted our survivor community and family to really feel like this was their place and to show our appreciation for all they have done and continue to do," she said.

This year, one survivor said, they were not only eating but playing a role in keeping Jewish tradition and the memory of lost loved ones alive forever.

As part of a special brunch in honor of area Holocaust survivors, survivors helped contribute to an unfinished Torah from the time of the Holocaust. The brunch was held April 25 at the Illinois Holocaust Museum and Education Center in Skokie.
**POLICE BLOTTER**

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

**BATTERY**
- Kaitlyn Moskowicz, 22, of the 8000 block of Lyons Avenue, Niles, and Matthew Burger, 27, of the 5500 block of Leland Avenue, Chicago, were each charged with domestic battery on March 28. Police said the two men began to scuffle after the employee reported that they tried to take him back inside the store. The employee was reported to be in the 5600 block of Touhy Avenue. Burger was also charged with retail theft April 2 after he stole a television from a store in the 5600 block of Touhy Avenue. Police said, Williams was scheduled to appear in court April 26.

**DUI**
- A 55-year-old Lake Bluff man was charged with driving under the influence March 31 after a traffic stop in the 8500 block of Dempster Street, police said.
- A 28-year-old Niles man was charged with driving under the influence April 4 after police were called to the 8100 block of Fernworth Drive. The man was taken to Advocate Lutheran General Hospital.

**THEFT**
- Credit cards were reported stolen from an unlocked car parked in the 8100 block of Prospect Street on the night of March 26.
- A woman told police she discovered her cellphone missing on April 2 while shopping in the 8000 block of Milwaukee Avenue. Police said the woman tracked the phone to a Niles residence, but a man present in the home denied having the phone.
- A woman told police that her wallet was stolen from her purse while she shopped inside a store in the 8700 block of Dempster Street on April 1.

**PUBLIC INTOXICATION**
- A 55-year-old Lake Bluff man was charged with public intoxication after police were called to a bar in the 8700 block of Milwaukee Avenue. Rathod was scheduled to appear in court April 19.

**PROPERTY DAMAGE**
- A window of a business in the 8700 block of Milwaukee Avenue was reported broken. Police said the man was asked to leave the establishment.
- A 52-year-old Niles man was charged with public intoxication April 3 after police were called to the 8100 block of Fernworth Drive. The man was taken to Advocate Lutheran General Hospital.

**POLICE BLOTTER**

Each was elected to serve one term.

During the special meeting April 25, trustees approved a resolution naming Wadhwa a trustee emeritus, honoring his 30 years on the board.

Wadhwa was elected to serve as president in 1987, according to the news release. "Jody has fiercely held values that truly guide his life. He believes in the value of education, the value of peaceful resolutions to conflict, and the value of actively contributing to one's community," Oakton President Joanne Smith said in the news release. "He lives these values and has helped the college community live those values."

Also at the meeting, the newly seated board of trustees elected officers.

William Stafford, of Evanston, replaced Ann Tennes as president, according to the release. Trustee and Des Plaines resident Joan DiLeonardi was elected vice president and Benjamin Salzberg, of Northbrook, is the board secretary.

Finance major and sophomore Oakton student Brian Chan, of Des Plaines, is the new student trustee, according to the release.

**Oakton seats board of trustees**

Oakton, from Page 7

The new trustees were the top vote-getters in March in a race that had four candidates vying for two seats. Burns garnered 35 percent of the vote and Kotowski got 25 percent, according to election results from the Cook County Clerk's office.

Each was elected to serve a six-year term.

Burns and Kotowski replace Jody Wadhwa, of Northbrook, and Patricia Harada, of Wilmette, on the board.

Wadhwa decided not to seek re-election this year after serving five six-year terms on the board. Harada exited after serving only one term.

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Niles to sell, get rid of 17 vehicles no longer in use

BY LIBBY ELLIOTT
Pioneer Press

Niles village trustees approved a resolution at the April 25 Village Board meeting that allows for selling or disposing of 17 village-owned vehicles, valued collectively at $50,000.

The vehicles the village will get rid of include construction equipment, cars and vans that have been deemed no longer necessary or useful.

Niles fleet manager Mike Haws said the vehicles were being decommissioned also due to age and mileage. He said they had been used by such village departments as public works, the Police Department and the Fire Department.

Haws said some of the vehicles would be auctioned off online to the highest bidder via the auction site www.govdeals.com, a service that sells government surplus and unclaimed property including heavy equipment, cars, trucks, buses and airplanes.

Sales on the auction site incur no cost to the village, as the vehicle buyer pays seller fees, Haws said. "We've worked with GovDeals for the last eight to 10 years," Haws said. "Anyone can bid. We've had old vehicles wind up in Florida, Ohio, New York and even locally to private citizens."

According to Haws, a first grouping of vehicles will be placed on the auction site as early as the week of May 8, and they'll remain online for a minimum of two weeks before the highest bidder is awarded the sale.

"We only post a few vehicles at a time to keep it from becoming overwhelming," he explained.

Haws said all remaining vehicles to be auctioned would be listed on the site in the weeks ahead.

The 17 vehicles the village is shedding range in value from $1,000 for a 2000 Chevrolet Impala with 111,860 miles on it, to $7,500 for a 1980 John Deere tractor that has logged 2,032 hours. The oldest vehicle includes a 1948 Caterpillar Grader 12, with an estimated value of $4,000.

Libby Elliott is a freelancer.

Three more are sentenced in medical insurance fraud

BY IRV LEAVITT
Pioneer Press

Authorities announced that a federal judge sentenced three members of the same north suburban family to prison April 26 in connection with a $10.9 million insurance scam.

Vladimir Gordin Jr., 46, of Northbrook, was sentenced to seven years; his brother Alexander Gordin, 34, also of Northbrook, was sentenced to two years, and their father, Vladimir Gordin Sr., 70, of Riverwoods, was sentenced to seven years; and even locally to private citizens.

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No consensus on becoming a sanctuary

Morton Grove residents, others debate ordinance

BY MIKE ISAACS
Pioneer Press

If the Morton Grove Village Board were looking for community consensus over whether to adopt a welcoming community ordinance, its packed town hall meeting April 24 did not provide much help.

Dozens of Morton Grove residents and non-residents spoke for more than two hours at the standing-room-only forum.

Village trustees did not take any actions during the forum, but were there just to listen, they said.

They promised to take comments under advisement.

In total, some 225 people attended the forum, which was held at the American Legion Civic Center.

Morton Grove residents were given two minutes to speak, non-residents one minute, and the board heard vastly different views from both.

It remains unclear whether a welcoming city— or sanctuary city, as it is commonly known— ordinance proposal will come before the Village Board for a vote.

For the most part, opinions were mixed, with some in favor of adopting a welcoming ordinance and others against.

Resident Jon Cole, a psychologist, said he strongly supports a welcoming ordinance.

"We like that our village is diverse and that it promotes itself as welcoming to all people," he said. "However, we don't think it's enough to say this without backing it up with legal protections that this ordinance would provide."

Cole said many immigrants have experienced an increase in stress, anxiety and fear since the election.

"I'm certain we have some immigrants in our community who are being affected by ... problems because of the increase in stress," he said. "These are people who live here, work here, go to school here, shop here and attend religious services here."

Resident Pam Lundsberg said opponents of the ordinance are not against immigration, just unlawful entry into this country.

"Many people want to come to the U.S. for noble reasons, but that doesn't make it right for them to come here illegally," she said. "Just because you can sneak into the country for years doesn't give you the right of our citizenship."

Lundsberg questioned whether the country can pick and choose which laws to obey.

Mayor Dan DiMaria called the issue "complex" and said the outpouring of impassioned opinions is what democracy is all about.

DiMaria said a group of residents in recent weeks approached the Village Board and asked that an ordinance be passed, which prompted the meeting.

Under most welcoming city or community ordinances, municipalities commit to not pursuing residents because of their immigration status.

The text of the local legislation, like what towns such as Evanston and Skokie passed, usually calls for not denying undocumented immigrants services, not detaining them and refusing to turn them over to federal authorities without a court-issued warrant.

Bon Grove police Chief Michael Simo said police officers are sworn to do their job and turn over those with a court-issued warrant.

Morton Grove residents were not against immigration, just not who the president said.

One Morton Grove resident said she is the mother of an adopted child from Central America, a legal immigrant.

"I speak to you tonight about my fear that my child, now an adolescent, could be stopped, harassed, put on a registry, detained and deported merely because of the way he looks," Elsner said.

"And it's not just him I worry about," she said.

Former pastor Robert Burkhart, who lives in Morton Grove, urged the Village Board to adopt a sanctuary ordinance simply because "it's the right thing to do," he said.

Resident Mary Elsner said she is the mother of an adopted child from Central America, a legal immigrant.

"He comes from a country where 2,000 to 3,000 people were murdered in a little-known genocide," she said. "He has never had any problems here, she said, but she worries he could.

"I speak to you tonight about my fear that my child, now an adolescent, could be stopped, harassed, put on a registry, detained and deported merely because of the way he looks," Elsner said.

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Former pastor Robert Burkhart, who lives in Morton Grove, urged the Village Board to adopt a sanctuary ordinance simply because "it's the right thing to do," he said.

Speakers from other communities— including Glenview, Niles, Skokie and Evanston— also spoke out either in favor of or against passing a welcoming ordinance.

A representative of Open Communities, an organization that aims to promote "just and inclusive communities" in north suburban Chicago, also spoke in favor of the ordinance.

Other speakers were residents who immigrated to the U.S. from other countries.

Some recounted the difficult conditions under which they had to leave their homeland, but they had different views about whether a sanctuary ordinance should be adopted in Morton Grove.

One Morton Grove resident said she immigrated to the United States in 2004 and originally was opposed to illegal immigrants staying in the country. The last six months have made her change her mind, she said.

"I didn't manage to put myself in other people's shoes," she said.

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Hot lunch service headed to District 64 schools

BY Lee V. Gaines
Pioneer Press

In response to overwhelming interest from parents and students, hot lunch will be coming to Park Ridge-Niles District 64's five elementary schools beginning this fall, officials said.

The District 64 Board of Education unanimously voted April 24 to approve a three-year contract with Lombard-based Quest Food Management Services for hot lunch service four days a week at all of the district's seven schools, including Emerson and Lincoln middle schools, as well as a bid to remodel all of the district's elementary school kitchens.

The cost of the remodeling work totals nearly $139,000 and includes demolition of the current kitchens, replacement of kitchen floors, ceiling tiles, the installation of new LED lighting, food grade vinyl tiles, hand-washing sinks, painting, cabinets and electrical service for appliances, according to district documents.

Chief School Business Official Luann Kolstad used three different metrics, including price, past performance and references, and business plans, to compare proposals submitted from three food service management companies, including Addison-based Arbor Management - which currently provides food service to the district's two middle schools - and ultimately recommended Quest.

Kolstad said start-up expenses, which include refrigerators, hot boxes, a box truck to deliver lunches and point-of-sale systems, are estimated to cost the district more than $128,000. Both the start-up costs and remodeling expenses will be fully recouped by the district within three to four years, she said. The district estimates a minimum profit of $70,000 in the first year the hot lunch service is up and running, according to Kolstad.

Kolstad said Quest estimated district profits at $61,000 during the first year growing to $100,000 by the third year of the program.

Per the contract, Quest will receive 5 percent of total program revenue as a management fee and an additional 2 percent of revenue as an administrative fee.

Kolstad said parents will receive menus ahead of time so they can discuss which days their students will purchase lunch.

Board President Anthony Borrelli said the approval of the new hot lunch service marked more than a year's worth of work by district administrators. He said he received more than 100 emails from district parents expressing their desire for hot lunch at the elementary level.

Only one email expressed reservations about the new lunch program because the spaces where the kitchens will be rebuilt are used for other functions, he said.

"That's not going to be any significant issue we'll have to deal with," Borrelli said. He added that the lunch service should be a "benefit to the families of our district" and shouldn't necessarily be a profit center" for the district.

Up until 2007, students at the district's two middle schools provided a hot lunch to students one day per week, according to district officials.

Six students from the district spoke out in support of the hot lunch service program at the meeting. "Some people don't think very highly of hot lunch, but I do," said Luciano Binza, a 4th-grade student at Roosevelt Elementary School. "If I did not like it, believe me, I would not be here giving this speech."

Scott Bennett, a member of George Washington Elementary School's PTO, said Quest appeared to be a "top-notch vendor." He said when he showed his daughter the company's menu options, "you wouldn't believe the smile on her face."

Board member Tom Soto said the hot lunch service at both the elementary and middle school levels will "make our district a little more appealing for some people when they're considering moving here."

Lee V. Gaines is a freelance reporter for Pioneer Press.
Thousands line streets to ‘stand against racism’

North suburban event focuses on inclusivity

BY MIKE ISAACS
Pioneer Press

Thousands of people are estimated to have lined the streets April 28 in parts of Evanston and Skokie, participating in an annual event that its organizers say is aimed at calling attention to racism.

Residents, business owners, employees, students, religious leaders and members of various groups stood along well-traveled streets in the north suburban towns — which share borders — and held up signs, recited strongly-worded pledges and declared that their communities stand against racism.

For the 25 minutes they were there, drivers consistently honked their horns while passing through.

“This is an issue that is critical and the people want to demonstrate that they have a commitment to ending racism,” said YWCA Evanston/North Shore President and CEO Karen Singer.

The nonprofit organization hosts the annual Stand Against Racism event, “a movement of the YWCA that aims to raise community awareness of the effects of racism,” according to its website.

Singer leaned over Ridge Avenue in Evanston to see hundreds of participating people standing in unison.

“People want to have a voice and say something,” she said.

Singer said participation has grown in each of the previous three years the YWCA Evanston/North Shore has hosted the event, and she expected this year to follow that pattern.

“We jumped from 2,000 to 4,000 to 10,000,” she said.

The gathering places this year were less centralized, she said, and more locations throughout the city were selected so more people could have easier access to participating.

A year after YWCA Evanston/North Shore kicked off Stand Against Racism in 2014, Skokie joined in. Skokie’s 25-minute stand occurs first every year, Evanston’s a short time after it ends. The partnership sprung from an Illinois Holocaust Memorial Education Center exhibition on race that was co-sponsored by the museum and the YWCA.

“I think it’s important to show our commitment to an inclusive community,” said Skokie resident Alex Chaparro, who said he was participating in his village’s Stand for the first time.

“Once person at a time. It's a grass-roots type of thing to open your hearts to different people and let them know they're welcome.”

Chaparro stood outside Skokie Village Hall facing Oakton Street. Other people began gathering around him including village officials — the mayor, village trustees, village clerk, commission members and more. To the immediate west were library employees and patrons standing near their building, across the street from them members of St. Peter’s United Church of Christ, down the road more Niles West students and faculty.

Temple Judea Mizpah Rabbi Amy Memis-Foler, a member of the village’s Human Relations Commission, said Stand Against Racism remains an important event for the community.

“I think it’s especially important for people to stand against racism no matter what color your skin is,” she said. “The beauty of this has been in watching it grow. You start with standing and giving a half hour commitment of your time, you read a pledge and maybe these words will speak to you. Maybe you’ll say, ‘You know what? When someone is telling a racist joke, I’m going to interrupt them and say this is not funny.’”

Skokie Human Relations Commission Chairman Will Evans called Stand Against Racism a “necessary” addition to the many ways Skokie has defined itself as a welcoming community.

“If you look at our times right now, it shows that it’s even more important to take a stand,” Evans said.

“What’s important is for everyone to take that stand. It cannot just be the victims of racism that are talking and raising the issue.”

Nearly five miles way, people from young children to senior citizens lined Ridge Avenue in Evanston. Outside the YWCA Evanston/North Shore, they held up signs and waved to drivers who sounded a relentless series of beeps.

Elizabeth Brasher, of Northwestern University’s Office and Equal Opportunity and Access, was one of many who came as part of a group and displayed a sign.

“Especially in this day and time, it’s important to show that we need to embrace everyone,” she said.

“It’s such a tumultuous time right now. It’s important to do what we can. We can’t change the world alone, but we can do our little part.”

Singer said the growing turnout for Stand Against Racism is telling of the Skokie and Evanston communities and their engagement and commitment to racial equity.

“A lot of people are engaged in this work during the year,” she said. “I think more now than ever, it is really a significant response to what’s happening in our country. I think people are recognizing that so many of the gains we’ve made are under threat.”
Trustees award $2.1 million water main contract to Arlington Heights company

BY LIBBY ELLIOTT  
Pioneer Press

Arlington Heights-based Lampignano and Sons construction company has been awarded a $2.1 million contract to work on the Niles water main replacement project, after trustees voted April 22 to approve the company's bid.

"We consider the line's impact on residents and whether or not it's experiencing repeated breaks," Anderson said. "I need and importance."

She said work on the first section of the water main line is scheduled to begin this month at the intersection of Waukegan and Oakton streets, near the Niles Public Library.

"We need work on getting this stretch of road completed before the summer," Anderson said. "It's going to go up dramatically," she added.

Work on replacing six stretches of the water main line will continue over the course of the summer, and potentially into October, Anderson said.

"We try never to shut down a road entirely," Anderson said. "There will be detours and reroutes indicated by signage and flaggers. Plus, there are some stretches of the project that don't affect traffic at all."

The bid award and contract was approved unanimously by the Village Board.

Before the roll call vote, Mayor Andrew Przybylo asked Trustee Joe Lo Verde whether or not it's experiencing repeated breaks, and he replied, "Yes," Przybylo replied. "Yes," Przybylo replied. "They've done several with us (the village) and they're very competitive. This is very aggressive pricing."

Trustee Danette O'Donnovan Matyus also endorsed Lampignano and Sons, citing its work with the village on past projects.

Over the course of the project, several streets are expected to be affected, Anderson said.

Those include Oak Park Avenue, Jarvis Avenue, Milwaukee Avenue, Waukegan Avenue and Chester Avenue.

Libby Elliott is a freelancer.

Catholic priest receives 4 years for child porn

BY GEORGE HOUDE  
Chicago Tribune

A former associate pastor at an Arlington Heights church was sentenced to four years in prison April 27 for distributing child pornography, according to court records.

Clovis Vilchez-Parra, 36, also was ordered to register as a sex offender after pleading guilty to the charge during a hearing in Cook County's Rolling Meadows branch court.

Numerous other pornography charges were dropped in exchange for his plea. Vilchez-Parra was withdrawn from ministry "pending the resolution of this matter, " prosecutors said.

A native of Peru, Vilchez-Parra worked at Our Lady of Mercy in Chicago before going to Mision San Juan Diego Catholic Church at the time of his arrest in 2015 by police in Palatine, where he lived in housing provided by the Archdiocese of Chicago, authorities said.

Prosecutors said Vilchez-Parra used computer file-sharing software to locate, download and distribute pornographic images of children younger than 13. The computer activity was traced by the Internet Crimes Against Children Task Force, prosecutors said. Authorities obtained a search warrant and found the images on a laptop and a flash drive at his residence.

After his arrest, the archdiocese said in a statement, "Vilchez-Parra was withdrawn from ministry " pending the resolution of this matter."

George Houd is a freelancer.
SAE appeals suspension, to stay on NU campus through spring

Fraternity placed on probation back in fall of 2016
BY GENEVIEVE BOOKWALTER
Pioneer Press

Members of the Northwestern University chapter of Sigma Alpha Epsilon fraternity have appealed the suspension handed down from the university last month, and will not be forced to move out of the Sheridan Road fraternity house before the end of the school year, a university spokesman said May 1.

"The SAE students, all of them in the fraternity, can stay in their house until the end of the quarter," said Northwestern spokesman Bob Rowley.

He said the current academic term ends June 16. Fraternity representatives appealed the suspension late April 28, Rowley said.

The university appeals panel typically takes three to four weeks to review the complaint. The panel also would have final say on any suspension and its duration.

"That is really for the panel to decide," Rowley said.

Friday was the deadline in which to appeal the university's decision to suspend the fraternity, which would have been effective starting May 6.

University leaders first placed Northwestern's SAE chapter was first placed on probation in fall 2016 for serving alcohol to minors, Rowley said. Under those disciplinary terms, which were to end Dec. 31, the fraternity was not to host social events.

However, SAE hosted parties in January where minors were served alcohol, Rowley said.

Further, in February, Northwestern sent out an all-campus alert that four women allegedly were drugged and, of those, two possibly sexually assaulted at a Jan. 21 gathering at the SAE house. While university officials ultimately decided not to pursue disciplinary action for the alleged drugging or assaults, they and fraternity leadership launched separate investigations into other potential violations, university officials previously said.

The fraternity's suspension appeal can be based only "on new evidence or procedural errors, or proof the outcome didn't reflect predominant evidence," Rowley has said.

He explained that fraternity members must abide by the terms of their existing disciplinary probation while they remain on campus during the appeal process. Those terms include no social gatherings and no alcohol, Rowley said.

SAE representatives were not available for comment.

Last month, Northwestern officials gave SAE members until May 6 to vacate the fraternity house, Rowley said then.

SAE appeals suspension, to stay on NU campus through spring

Lucky Day Lotto ticket worth $350,000 sold at area Truck Center

A Lucky Day Lotto ticket purchased at a truck stop in Northlake is worth $350,000. The winning quick pick ticket, sold at the AF Truck Center at 300 W. North Ave., matched all five numbers — 8-10-32-38-43 — in the April 26 evening drawing, according to a news release from the Illinois Lottery. The retailer receives 1 percent of the prize amount, which is $3,500.

Winners have up to a year from the drawing date to claim the prize. According to the release, the winner must sign the back of the ticket and visit one of the lottery's prize centers, which are in Chicago, Des Plaines, Rockford, Springfield or Fairview Heights.

— Pioneer Press staff
Former Skokie Mayor Jacqueline “Jackie” Gorell, died April 24 at age 86. She previously served in the top elected village post for more than 10 years.

When Gorell took the reins of mayor in 1988, she became the first female mayor of Skokie, according to village records. She followed longtime Mayor Al Smith before retiring 10 years later when current Mayor George Van Dusen succeeded her.

Gorell was also one of the founding members of the Skokie Caucus Party, which has been the ruling party in the village for decades, and helped introduce the council-manager form of government to Skokie, Van Dusen said.

“Village leaders say Gorell left a mark as mayor in many ways still felt today. In particular, Van Dusen said, she leaves her legacy on four areas of the village: the redevelopment of what is now Westfield Old Orchard mall, Skokie’s continuing property tax freeze, the Skokie Northshore Sculpture Park and the North Shore Center for the Performing Arts.

Gorell was trustee when she pushed for development of the Skokie Northshore Sculpture Park, Van Dusen said. A section of what is called Channel Park near the sculpture park is named after her. The village also invested in developing the Skokie North Shore Center for the Performing Arts under Gorell’s mayoral leadership, Van Dusen said.

Skokie Village Trustee Ralph Klein said Gorell was always committed to the public arts. He served as chairman of the Skokie Fine Arts Commission after Gorell convinced him to get involved, he said.

Klein said she was a leader committed to getting things done. He said he often uses a quote that comes from her: “If you give people good city services – you pick up their garbage, you plow their streets — they like living here. You give them the arts — and they love living here.”

Barbara Meyer, village attorney under Gorell’s administration, said the late mayor had a palpable love for the community.

“She was great politically, but the politics isn’t what drove her,” Meyer said. “It was the community. That was the driving force for her.”

At the time of her announced retirement, Van Dusen, a trustee then, said that one of the biggest secrets of her success was that she maintained her own personality in office.

“A lot of other people would have come in knowing that they were going to be compared to Al Smith —

"I had the pleasure of sitting next to her when I first started as village trustee," Van Dusen said. "Even when we disagreed on issues and she found herself in the minority opinion, she maintained a positive approach and would try to make the final policy better for the good of the community.”

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Maine South fundraiser nets $44,000

Money will be used to combat Rett syndrome

BY JENNIFER JOHNSON
Pioneer Press

A high-adrenaline performance by the Jesse White Tumblers wasn't the only excitement during Maine South High School's final assembly of the school year.

By the end of the one-hour event April 28, students learned they had set a new fundraising record by collecting close to $44,000 for RettSyndrome.org, the beneficiary of this year's School-Wide Fundraiser.

"We're so grateful they chose RettSyndrome.org," said Colleen Foster, a supporter of the organization and parent of a child with Rett syndrome, a neurological disorder that can affect cognitive, sensory, emotional, motor and autonomic functions. "It's not an organization that many people have heard of, it's not a neurological disease that many people have heard of, so the awareness and money raised is outstanding. It's a small, but very well-run and worthwhile charity."

Foster, of Mount Prospect, attended the assembly with Karen Irizarry, of Norwood Park, and her 6-year-old daughter, Emma, who has Rett syndrome. Irizarry told students that Emma took part in a clinical trial that was possible only because funding was available for it.

"The money you raised is going to pay for those kinds of studies," Irizarry said.

Money poured in for RettSyndrome.org through a variety of unique fundraisers hosted by student groups, including Hawkfest, a carnival-like event on school grounds; a color run, at which participants paid to be doused with colored powder and water; a "miracle minute," when students donated whatever change was in their pockets at a given time; Pizza Madness, a pizza sampling night; and Mr. Hawk, a type of male beauty pageant.

As in past years, students voted to select the charity they would support during the School-Wide Fundraiser.

Emmett Zima, student council treasurer, said he campaigned for his classmates to choose RettSyndrome.org, as it has a special connection to him.

"My mom (who is a speech pathologist) worked with a girl who had Rett syndrome, so it was something close to home," he said. "I just thought of the idea and was like, 'We've got to do it.'"

Zima called the $43,920 that was raised "unbelievable."

"It's never been done before," he said.

Last year's School-Wide Fundraiser collected $32,016 for Cure SMA, which, at the time, was the highest amount raised by the school. Previous fundraisers brought in $27,006 for St. Jude Children's Research Hospital and $19,400 for Wright-Way animal rescue.

The spring assembly also acknowledged spring athletes; the Constitution Team, which recently won 10th place in We the People: The Citizen and the Constitution national finals; and retiring staff members Donna Spanos, Sue Baker and Chris Deger.

Students were then treated to a performance by the Jesse White Tumblers, who were joined by Secretary of State Jesse White himself.

Junior Jacob Lenzini introduced White after speaking briefly about organ and tissue donation, a program promoted by White and the Illinois Secretary of State's Office. For Lenzini, it's a personal issue, as his father, who died suddenly, was an organ and tissue donor.

"One of his corneas restored sight in somebody's eye in Japan, which is incredible," said Lenzini, who has spoken publicly about his family's experience.

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The concerning evolution of free speech

Randy Blaser
Back when I wanted to be a journalist more than anything, I used to take these classes on reporting, writing, journalism history and the idea of a free press.

My classmates and I would conduct after-class bull sessions at a local college writing hole talking about the importance of a free press in a free society. Basically, we decided it is essential. Take it away, and the whole thing will collapse.

That's why they made it the First Amendment, my one friend would say, noting that no one can really remember the Fourth Amendment or Sixth Amendment or Eighth Amendment.

So it went for the young and radical of my generation. Our rallying cry was free speech - total and unfettered.

When Tipper Gore, wife of then Sen. Al Gore, wanted to put warning labels on record albums, the alarms were set off. That's an infringement on free speech. No labels.

I may not agree with what you say but I will defend to the death your right to say it. That was our mantra. But who believes in such an idea today?

The college campus was one place where free speech abounded. Ideas were debated. Speakers and newsmakers were invited to speak out. Protestors protested. Free speech was cherished.

But today, colleges create free speech zones, outside of which speech is restricted. How ironic when the entire United States should be free speech zone.

Colleges used to invite speakers of all stripes. Today, students riot to keep speakers, mostly those with conservative views, off their campus.

And just last week an administrator at New York University argued in an essay in the New York Times that speech that fails to advance society and humanity should be restricted. He adds that universities have no need to invite speakers with opposing views of the current progressives that run the universities because of the plethora of views that can be found on the Internet.

These are frightening ideas when you carry them to their logical conclusion. Here's what I mean: Thanks to the Internet, all learning is available to anyone. Why have universities, then?

If only speech that advances humanity is allowed, then how is that advance measured and who does the measuring? How best to advance humanity is essentially a political question, and political questions are settled by those in power.

The founding fathers meant for ideals like freedom of speech, the press and religion to be above and beyond petty political decisions.

Out in public discourse, the mantra of my generation - that although I don't agree with what you say I will defend your right to say it - has been supplanted by an idea familiar to anyone that has read George Orwell's "Animal Farm" or "1984."

Sure, you're free to say what you want, just remember, the new generation says, speech has consequences.

Randy Blaser is a freelance columnist for Pioneer Press.

Lawmakers should protect landline phone service

Paul Sassone
Sometimes it seems as if there is a controlling force determined to snuff out every vestige of individuality remaining to us.

Does that sound paranoid?
Maybe so.
But the pressure to conform, to do, be and behave like everyone seems close to irresistible.

Take news for just one example. You can't get the full story from TV news anymore. Every news item ends with "To learn more, visit our website."

So, you have to buy a computer - if you can afford to.

Now, that controlling force is after your telephone.

AT&T is backing legislation that would allow the communications behemoth to no longer provide landline service.

Too expensive, AT&T says. That money could better be used for research to provide better communications technology and thus better service to customers.

You might want to ask, though, if spending money on research will result in better products, hence more customers and thus more profits, why doesn't AT&T do it whether it supports landlines or not?

I don't see how eliminating landlines and conducting research are necessarily joined.

And there are other factors to consider when talking about landlines.

It is estimated a million Illinois residents and businesses rely on landlines. That is a substantial number of people from which to take what they say they need.

From a customer's point of view, landlines are inexpensive when compared to costs for Internet-based phone service or wireless phone. So, eliminating landlines is going to hurt the poor, people on fixed incomes.

Landlines are reliable. Which is more than I can say for my cellphone. It's always down with something like a Romanov prince.

Thank heaven for my landline. My cellphone has decided it doesn't want to work. And when I finally do get it to work I might forget to charge it.

Some day cellphones (or their future incarnations) will be as affordable and reliable as landines.

This is not that day. And Illinois lawmakers should not disgrace themselves by ignoring the wants and needs of a million Illinois residents.

Paul Sassone is a freelance columnist for Pioneer Press.

This rationale dares people to say what they will, but warns they will be punished if what they say doesn't toe the party line. It is, as Hillary Clinton rightly described it, public shaming.

That's not free speech.
That's tyranny.

Such proponents acknowledge that free speech exists, but frame it only as a right granted by government. Free speech has no right to exist in public discourse.

Of course this is completely backward and opposite of what has been the historic understanding of free speech. Free speech is a basic human right that exists naturally. We form government to protect our right to free speech, not to grant it.

But that idea is going by the wayside.
Will anyone march for free speech?

Randy Blaser is a freelance columnist for Pioneer Press.
OPINION

Recovery is a piece of cake when you have actual cake

SALLY HIGGINSON

Here’s how it ends: Everyone’s fine and one cake was delicious.
Here’s how it began: On my sister’s birthday, mom had surgery to blast two kidney stones. How the day unfolded will become funny family lore in a few years. Right now it’s just fodder for therapy. At dawn, Betsy called me. “I’m picking up a chocolate fudge cake from Deerfield’s Bakery, and a coconut cake from The Bent Fork. I couldn’t decide which I wanted, so I ordered both.”

“Happy birthday and yum. How’s Mom?” In our family, Betsy is the official switchboard.

“She’s out of surgery. Everything’s fine. Dad’s taking her home now and I’m going over. By the way, do you think Dad will remember it’s my birthday?” As the baby of the family, Betsy’s convinced she’s the forgotten child. I always correct that misconception, reminding her that she’s not forgotten. She’s just a mistake.

“He’ll remember,” I say, silently calculating the odds against it.

Five minutes later, Betsy called back. “So as I was driving to Mom’s, Dad was leaving. He stopped to roll down his window....”

“Did he say Happy Birthday?” I asked.

“Nope. He was glad I was getting there to see Mom, whom he’d just left. Can you believe that?” It took no stretch of the imagination to believe that.

A few hours passed, and I started getting a lot of phone calls, none of which I saw because I am notorious for never looking at my phone. Here’s what transpired while I was off the grid. Around noon, Betsy passed the nursing baton to our sister-in-law, Claudia. Betsy went to lunch with a friend to celebrate her birthday. While at the restaurant, Betsy noticed first a fire truck, and then an ambulance, racing in the direction of our childhood home.

“What are the odds they’re going for Mom?” Betsy asked her friend. As she reached for her phone, it rang.

“The EMT guys are here,” Claudia shouted. “How fast can you get here?”

Betsy arrived at Mom’s before the ambulance left for the hospital. The details are fuzzy, but the gist of it is that Mom’s fever spiked, her blood pressure dropped, and as Claudia caught her and held her, Mom’s eyes glazed and she was non-responsive. Somehow Claudia held Mom, called 911, and administered CPR, all while telling Mom in no uncertain terms, “You can’t die on my watch!”

When Betsy called Dad to alert him, he answered by saying, “I know why you’re calling!” He then started to sing Happy Birthday.

“Dad,” Betsy interrupted, “stop singing!”

He kept singing. By the time he finished, Betsy and Claudia were in their cars, following the ambulance. When Mom recovered enough to look around, she saw eight family members and two birthday cakes enshrined at her bedside. Her first words? “Oooh. Coconut cake!” I’m no MD, but even I knew that meant she would be fine.

Betsy, however, was suffering. It turns out the chocolate fudge cake was dry.

Sally Higginson is a freelance columnist.
LETTER TO THE EDITOR

Career politicians are what ails Illinois, not Gov. Rauner

Once again, Pioneer Press freelance columnist Paul Sassone writes a misguided column regarding Gov. Bruce Rauner and Speaker Mike Madigan. He states, "Madigan could dress up as Robin Hood. You know, take from the rich and give to the poor." Are you kidding me? It should be, "take from the rich and give to his cronies."

Gov. Rauner ran on a platform of a balanced budget. He has maintained that throughout his term. He has even agreed to raise taxes if there are compensating tax cuts.

Most people, at one time or another, have had financial difficulties. The time to take action to correct financial difficulties is not tomorrow, rather it is yesterday. Passing an out-of-balance budget is not the answer. All that does is make it more difficult to ever solve Illinois' financial problems. How will the problems with social service programs, education and infrastructure programs ever be solved if you do not address the shortfalls now?

Passing an unbalanced budget now just pushes the problem to tomorrow. That is not what he promised to get elected.

If you really wish to help the poor, bring jobs back to Illinois. Give people the opportunity to work. Do not chase employers out of the state.

Illinois will only become relevant again when term limits become the law. The representatives that got Illinois into this mess must be removed. They are the ones that got us to the brink of bankruptcy, not Gov. Rauner. He's been the governor for three years. Illinois has been going downhill significantly longer than that.

Holding political office is a privilege, not a lifelong profession.

— Clifford A. Levy, Skokie

LETTER TO THE EDITOR

Tri-State improvements needed

The Illinois Road and Transportation Builders Association strongly supports improvements to the Central Tri-State (Interstate 294) under tollway consideration. The association is the voice for the transportation design and construction industry across the state.

Illinois is the transportation crossroads of our nation. Our transportation network provides the foundation needed to keep businesses and families moving every day. To get to work or school, to bring families together and to move goods and services in and out of our state. We are consistent advocates for congestion relief, safety, reliability, innovation and promoting future growth.

Through the Move Illinois Program, the Illinois Tollway budgeted $1.9 billion to repair the 22-mile corridor. Simply patching the crumbling infrastructure, however, does not solve the congestion problems. We must invest in our roads for the 21st century and beyond. The proposed project would allow for a safer, more efficient roadway that nearly 400,000 vehicles travel daily.

The proposed project would create 43,000 jobs, reduce travel times by as much as 55 percent and relieve local congestion.

This project would allow local agencies to partner to address safety, noise, flooding and aesthetic issues surrounding neighboring communities near the Tri-State.

In November, nearly 80 percent of Illinois voters said transportation is so important that its funding should be constitutionally protected. The people understand wise investments in transportation are needed to maintain our competitiveness and quality of life. The Tri-State is a key investment that we cannot neglect. Let's get to work.

— Mike Sturino, president and CEO, Illinois Road and Transportation Builders Association

Letters to the editor
Send your letters to the editor to suburbanletters@tribpub.com. Letters should not exceed 250 words and should include your name, phone number and address.
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Off to the races

Arlington Park's season of special events from Derby Day to Country Night

BY MYRNA PETLICKI
Pioneer Press

You can bet that the horses will be off and running at Arlington Park starting May 5. You'll have 71 chances to watch thoroughbreds spinning out of the turns, Friday-Sunday through July 9; Thursday-Saturday, July 13-Sept. 4; and Thursday-Saturday, Sept. 7-23.

In addition to the races, there are dozens of events planned throughout the season at Arlington International Racecourse — many annual ones plus several brand-new events. For the full schedule, visit www.arlingtonpark.com/visit/events-and-promotions. Here are some of the special events:

May 5: Free general admission online only for Opening Day. A DJ will provide entertainment and the first 1,000 guests receive a free Arlington Park umbrella.

May 6: Dixie Crush performs to celebrate Kentucky Derby Day. There will also be a derby hat contest and Mint Julep specials.

May 13: A three-hour wine tasting will be paired with a chef's table for Binny's Food and Wine International Day. The Johni Paris Trio performs.

May 19: New this year is Happy 90th Birthday Arlington. Hot dogs will cost 90 cents and everyone will be treated to party hats and cake.

May 20: A two-hour themed chef's table marks Preakness Stakes Day.

May 26: State Fair Family Day offers amusement park rides, games, activities, a petting zoo, pony rides and a performance by popular children's entertainers: Joanie Bl and the Jelly Beans.

May 29: The band Murley will perform for Memorial Day. There will be games, activities, a petting zoo, pony rides and a presentation of Santa's Village Azoosment Park Exotic Animal Show.

June 3: Twilight Life's a Beach Nite, a new event, will include live music from the Boat Drunks plus a fire breather, hula dancers, Tahitian drummers and island food.

June 11: Arlington Park's mascot Arli will be the guest of honor on Mascot Day. He will also race on the track.

June 17: You'll have a chance to adopt a shelter pet at Horses & Hounds. A band will perform.

June 18: Father's Day activities include a DJ, pony rides, petting zoo, face painting, crafts and visit from Santa's Village Azoosment Park Exotic Animal Show.

June 25: Scribble Monsters will present a concert on Little Comicon Family Day. There will also be amusement park rides, games, activities, a petting zoo, pony rides and more.

June 30: Country Night: Party in the Park After Dark features the band Jake Dodds, a photo booth, games and a mechanical bull.

July 1: Classic and luxury cars will be on display during Motors & Music. Three bands will perform: The Sting Rays, Bopology and 28 Days.

July 3: Live music and fireworks at dusk.

July 8: Food Truck Festival will feature 20 food trucks, including The Slide Ride, Fat Shal- lot and Beavers Coffee and Donuts.

July 15: Singles Social is a ticketed event with drinks, food and the chance to meet other singles.

July 16: Staley da Bear will be the featured guest on Chicago Bears Day. There will be a football toss and other Bears-related activities.

July 22: Hollywood impersonators and roaming magicians will set the mood at a new event, Twilight: Hollywood Date Night.

July 30: Celebrate early at Christmas in July Family Day, with amusement rides and other activities plus a concert by Chuck A Roo & the Fabulous Memories.

Aug. 12: A best-dressed competition is one highlight of the 35th Running of the Arlington Million.

Sept. 9: Try samples from hundreds of varieties of wine and food from Chicago area restaurants at the ticketed event, Binny's Taste at the Track II.

Sept. 16: Dillon-Gavin School of Irish Dance and Chicagoland Irish Bagpipers perform during Luck of the Irish.
Rarely does a stage adaptation deliver the CHARM, WIT, HUMOR and ROMANCE of the film. But this production ABSOLUTELY DELIVERS!

NOW PLAYING
TODAY 7:30, FRI 7:30, SAT 3:00 & 8:00, SUN 2:00

Mike Nussbaum a natural as Einstein in ‘Relativity’

At age 93, actor Mike Nussbaum clearly recalls when Albert Einstein left Germany in 1933 and settled in the United States. “Of course I remember,” says Nussbaum. “When I was a young Jewish lad growing up, Einstein was a bellstar. We were all so proud of him, and his accomplishments.”

This month, the veteran film and stage star gets the chance to step into the bell-star’s shoes. When playwright Mark St. Germain’s drama “Relativity” opens in previews May 11 at Skokie’s Northlight Theatre, Nussbaum will lead the cast, playing the genius physicist who authored the Theory of Relativity.

“Relativity” delves the contrast between Einstein the scientist and Einstein the family man, using a murky episode in Einstein’s private life to explore the contradictions within a man who did great things for the world while doing bad things to his family. “Einstein is a flawed hero in the play,” says Nussbaum. “His entire life was dedicated to science and the satisfaction of his sexual impulses.”

Many biographers claim that Einstein had an out-of-wedlock daughter, Lieserl, in 1902. She’s mentioned in a 1903 letter Einstein wrote, and then never heard of again. The fate of the baby is central to “Relativity” which unfolds in 1948 with Einstein giving an interview to a reporter roughly the same age that Lieserl would have been.

“The great men of the world, they’re never totally good. The play really grapples with that,” Jones says. At one point in the play, Einstein invokes beloved novelist Charles Dickens. “Einstein asks why should we care that Dickens was an adulterer? He left us his books. That’s what’s important,” says Jones. “As artists, I think this is something we all struggle with to a degree. I’m not a philanderer, but I’ve missed a lot of graduations, a lot of birthday parties because I was working on a play. I can see the conflict between always striving to do great work and being a good family man.”

Einstein famously explained the fundamental law of physics and because of him we know that movement through space and time is relative. Although to be sure, audience members don’t have to be rocket scientists to become engrossed in St. Germain’s drama, Nussbaum stresses.

“There are moments when I think I can almost understand the theory of relativity. And then the moment goes away,” Nussbaum says.

Nussbaum does bear an almost eerily striking resemblance to Einstein. “I have a full head of wild hair. No need for wigs,” he says. “They send a Lyft to take me to rehearsals. They tell the driver, ‘just look for the guy who looks like Einstein.”

Nussbaum credits good genes for both the hair and his ability to keep up with a demanding performance schedule. He starts every day by doing almost six dozen pushups, and he memorized his “Relativity” lines before rehearsals began. “Pure genetic luck,” he says, “although I do have to work hard to memorize lines at my age.”

Jones credits more than genetics for Nussbaum’s prowess as an actor. “I’ve known Mike for decades, and I’ve always said I want to be like him when I grow up,” he says. “He’s not some guy resting on his laurels, handing down wisdom from Mount Olympus. He’s always looking for the next mountain to climb.”
Making backyard gardening a family affair is magical, natural

Kelly Herron runs the Blooms to Brews half marathon in April 2016. Herron has returned to running after being attacked in March this year.

Finding the courage to run

After an attack, women take steps needed to feel safe
Recipes with history are the best kind

Aurora resident's simple dishes are full of memories

By Judy Buchenot
The Beacon-News

It was 55 years ago when Aurora resident Antje Brandon came to America from her home in Berlin, Germany.

Brandon, 22 at the time, had never been to the United States and recalls that "the only thing I knew about America was from Hollywood movies. I expected lots of high rises and new things." As the new bride of an American in the military, she ended up in Georgia at the Army base, Fort Benning. She was surprised to see stately old homes.

"I also was surprised by all the fruit stands," she said. Fresh produce was scarce following the war in Germany and Brandon was surprised to see roadside stands with plentiful supplies of peaches, watermelon, cantaloupe and other fruits. "I had never had watermelon or cantaloupe before," she said. "I liked the watermelon but it took me awhile to get used to the cantaloupe." She also was introduced to broccoli, lima beans, okra and succotash.

Because she married so young, Brandon had little experience with cooking. "My mother did all the cooking when I lived at home," she said.

She kept her romance with Edward, an American soldier, a secret from her parents for a while because she wasn't sure they would approve. But they welcomed her boyfriend when they met him. "My mother found out that he was cooking for himself in a little apartment at the base so she invited him to dinner three times a week," Brandon said.

"She would always make him cookies because he had a sweet tooth. She would give him the cookies and say, 'Antje made these.' I didn't make those cookies. She did. Edward was in for a surprise when we married because I couldn't even bake a cake from a box mix," she said, laughing. Her mother and grandmother both cooked and baked without recipes so there was no way she could get them to write down recipes for dishes.

In the early years of marriage, the couple cooked together and figured out how to make a variety of meals. "He knew how to make Southern fried chicken and I knew how to make rouladen so when we entertained, we just made one dish or the other," Brandon said. Although Edward died several years ago, Brandon still makes his simple fried chicken. "We always used only drumsticks. We just put some salt on them, rolled them in flour and fried them in vegetable oil slowly until they were nice and crispy. We served it with rice and corn."

One of the foods that Brandon was not able to find in the United States for many years was "German bread. The bread here was so spongy and fluffy," she said. German bread is composed mainly of whole grains, such as rye, spelt, millet and wheat that are less processed. The end result is a very moist dense bread. She has found a very similar bread at Mariano's supermarkets in recent years.

Although she has fond memories of Germany, she does not want to return. "Germany has changed. I remember all of the little markets and bakeries. There were so many bakeries. On Sundays, the bakeries would open from 2 until 4 each afternoon so people could get cakes for afternoon tea. Now, it is all Americanized with supermarkets. It is not the same as I remember," she said.

Over the years, Brandon, 77, learned how to make several new dishes and often hosts her children and their families for dinner.

She has four grown adult children and five grandchildren, which makes for a full table for holiday meals. She still prefers simple recipes and often pulls out her favorite almond pound cake recipe. "It is an old recipe that only has five ingredients. They are all ingredients that I usually have on hand and it can be made so quickly," she said. When strawberries are in season, the cake makes a perfect base for strawberry shortcake. She usually uses soft tub margarine but said that butter can also be used for a firmer cake. She shares the recipe for others to try for a quick dessert.

Brandon also shares her recipe for rouladen. The most challenging part is to find the thin slices of beef. Butchers usually will slice the beef for customers on request.

She notes that the slices have to be thin like for fajitas but larger, about 4 inches by 6 inches. "Otherwise, it is really an easy meal," she said.

Judy Buchenot is a freelance writer.
A growing family puts down roots

Parents and kids will enjoy creating a backyard garden

BETH ENGELMAN
Mommy on a Shoestring

Planting a garden is not just a way to beautify your backyard — it's also a great way to get your family off their screens and outdoors. There are lessons here too — in botany, biology, ecology and conservation — as you and your children watch a complex ecosystem at work just outside the back door.

It's magical, too, watching a single seed sprout up and up to become a 10-foot tall sunflower.

You can taste that magic by growing edibles to use in cooking and salads. And what better way to help children understand the connection of the earth to their daily lives.

I recently spoke with several local gardening experts who shared their best tips for creating a successful backyard wonderland.

Make it child-friendly

Kathy Johnson, youth education director at the Chicago Botanic Garden, advocates a garden for all five senses. For visual interest, grow flowers and plants that vary in size and color as well as form and function. For taste and touch, Johnson susts vegetables that are fun to harvest, like snap peas and tomatoes, the ones children can eat straight from the vine.

"In terms of fragrant flowers, there are so many options," says Johnson. "Marigolds, alyssum, and herbs like basil, and oregano can work in small spaces. I also highly recommend thyme because I personally love the fragrance of the leaves and flowers, and because it is the 'official' herb of flower fairies, should a child want to cultivate a space that invites the fairies into the yard."

Feed the pollinators

Bees may get a bad rap, but they are vital part of a garden's ecosystem, helping plants grow and reproduce. As a horticulture specialist and education manager at Chalet Nursery and Garden Center in Wilmette, Jennifer Brennan encourages gardeners to choose plants that help a garden flourish by providing food for pollinators. While bees, butterflies, and other hardworking pollinators feast on the nectar of various plants, they spread pollen throughout the garden, which allows the plants to reproduce and grow.

Brennan also advocates "companion planting," which is the idea that specific plants do better when they grow near each other. For example, basil and tomatoes are excellent neighbors because the basil helps repel nonbeneficial insects such as mosquitoes and flies. I love the idea that teamwork helps a garden grow. It takes a village, even in the garden.

Gardening information

Visit the Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe. Check out programs, classes and special exhibits, including their "Butterflies & Blooms exhibit that will run May 27-Sept. 4. See www.chicagobotanic.org.

Chalet Landscape, Nursery and Garden Center, 3232 Lake Ave., Wilmette, offers seminars, workshops and events about gardening, including an upcoming free seminar on "Plants to Feed the Bees and other Pollinators," 6:30 p.m. May 11 and 10 a.m. May 12. More at www.chaletnursery.com.

Have fun with themes

Both Brennan and Johnson recommend adding a bit of whimsy into your garden with special theme or concept. For example, a pizza garden could include tomatoes, basil, oregano and green peppers. Imagine creating homemade pizzas with freshly harvested toppings.

If you have plenty of sun, you might plan a butterfly garden. Johnson recommends planting dill and fennel, which attract swallowtail butterflies. They lay their eggs on the feathery leaves, and the caterpillars that hatch feast on the dill and fennel until they've grown enough to create their pupae. Then sit back and watch until the lifecycle begins again when new butterflies emerge and take wing.
Q: We have a 3-year-old Chiweenie (Chihuahua/Dachshund mix). As a puppy, she was abused and kept in a small cage. We brought her home at 8-months-old. When we put her down on the floor, she took off running around the house and was so excited she ran until she collapsed. We are still having trouble keeping her from bolting out of the yard every time the gate opens and are afraid she will get hit or hurt. What can we do to get her to stop? We have other dogs, but they don’t try to leave the yard; only Mollie does this.

— Mollie’s Mom, Muldrow, OK

A: Mollie’s confinement as a puppy might have contributed to her initial need to run around your house, but I don’t think her current energy levels are related to her confined puppyhood. My guess is, her previous owners had a hard time managing her energy, too, and may have kept her confined because of it. It’s not uncommon for pet owners to give up on high-energy dogs. These dogs need people, like you, who are willing to find gentle ways to manage their enthusiastic personalities. Here are a few things that might help.

First, high-energy dogs need a lot of exercise. Backyard time does not count. In a multi-dog home, dogs might play with each other — and that helps, but they often don’t expend enough of their reserves. You can learn to play games with Mollie, like fetch, or take her to the dog park where meeting new dogs and running around can help. The simplest thing, however, almost any pet owner can do for their dog is take them for a walk twice a day for at least 20 minutes each time.

Second, begin shaping calming behaviors by rewarding your dog for standing still, sitting, and laying down. Use a training clicker (available at pet stores) to “click” and mark the behavior as soon as it happens, then give your dog a treat. Mollie may get a little excited at first and break her calm behavior when you click, but eventually, she will learn the “click” means a reward is coming for the calm behavior. Once Mollie understands you can pair words like “chill out” or “calm down” with the behavior so you can control when the calm behaviors occur.

Finally, begin training “wait,” which also is a calming behavior. Put food on the floor in front of Mollie and ask her to “wait” or “leave it.” Hold a treat in your hand, which will make her sit still in anticipation. When she “sits” and “waits,” click and give her the treat from your hand. Then pick up the food from the floor.

“Wait” training with food can shape other behaviors, like waiting at a door or gate. Put a leash on Mollie and ask her to sit as you open a door or gate. Put a leash on Mollie and ask her to sit as you open a door or gate. If she breaks the sit command, close the door/gate. Repeat this training for several weeks until you can open a gate or door, walk through it, and she remains sitting on the original side.

If you are committed, you can reshape her behavior over time, which may take weeks or months. Until then, supervise her outside and make sure she has an ID tag and microchip, just in case.

Q: Here is another suggestion for Wendy Rutland in Pensacola, Fla., for handling a cat pooping in her yard. She might try putting some coffee grounds or some other scented substance in the garden areas. We have feral cats in our neighborhood that like to poop in our mulch, and these scents seem to distract them.

— Tom Schreiber, Hellertown, PA

A: Your suggestions for keeping cats out of garden beds are very good. One scent that cats don’t like is citrus, so some people will put orange or lemon peels in their garden beds to keep cats away. You also can install motion-detector sprinklers to keep cats out of the yard or garden bed. Or spread pine cones over the mulch or push Popsicle sticks into the soil roughly two to three inches apart, so they stick out an inch or two above ground. These humane solutions create undesirable areas for outdoor cats to walk in and relieve themselves.

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 @cathymrosenthal.
HELP SQUAD

Billed wrong for lab, med debt lesson learned

My mother recently received a bill from a medical collection agency for lab work performed at a hospital 200 miles from her home that she has never visited. After several phone calls and a lengthy complaint letter, the debt was identified as a free, at-home, mail-in screening she had been provided by her health insurance provider. The only problem was no results were ever received by her or her doctor, and rather than her insurer being charged for the screening, she received the bill - from the hospital's collection agency! The charge was ultimately zeroed out - without further explanation regarding any of the above - but not before Mom and I learned some interesting facts about medical billing and medical debt.

First, it is important to note that no lab or other medical procedure performed outside your primary caregiver's office can be ordered without a referring doctor. My mother was told this by a billing representative at her hospital and it was confirmed for me by Nikki King, medical assistant to Chicago-based internist Dr. Scott Palmer. A referring doctor was an important piece of information that was missing from my mother's lab record.

Second, according to King, most third-party lab work is ordered without a patient's Social Security number. However, unpaid medical debt can be reported to a credit agency without this.

For this reason, it is important that consumers contest any bills they think they've received in error or in the wrong amount. All disputes should begin with the request of a line-item bill and include documentation of the date, time and name of everyone with whom the individual has spoken. And if the dispute involves pricing, a useful website for researching the average cost of medical procedures by geographic region is HealthcareBluebook.com.

Barry Paperno, a credit scoring expert who blogs at CreditCards.com explained, "(A) debt can appear on a credit report in your name and without a Social Security number. While hospitals and doctors' offices don't report their bills directly to credit bureaus, they typically transfer bills that go unpaid for a number of months to a third-party collection agency. These companies then report the debts to one, two or all three major U.S. credit bureaus: Equifax, Experian and TransUnion ... (To) report your hospital bill to a credit bureau, a collection agency only needs to submit the amount you owe, your name and the address you provided when receiving the billed services."

Experian (and others) offer products and services that assist companies with a function called skip tracing. Skip tracing enables collection agencies to locate debtors who are hard to find or whose contact information is no longer valid. As you may have guessed, skip tracing doesn't always result in identification of the correct individual.

In early 2016 a new version of the FICO credit scoring formula was introduced called FICO 9. The most significant change to this FICO calculation is the way the formula treats medical debt. Following studies conducted by the Consumer Financial Protection Bureau, FICO was modified to treat medical bills sent to collections differently than other debts. According to the FICO website, "FICO Score 9 differentiates unpaid medical accounts in collections from unpaid non-medical accounts in collections. FICO's research found that unpaid medical accounts were less indicative of credit risk than unpaid non-medical accounts."

Once a collection debt has been paid in full - whether medical or non-medical - it is no longer negatively factored into the FICO 9 formula. Considering that close to half of all outstanding debt awaiting collection is medical debt, according to the Consumer Financial Protection Bureau, this is a significant and welcome change.

Send questions and complaints to HelpSquad@pioneerlocal.com.

Cathy Cunningham is a freelance columnist for Pioneer Press.
No need to fear graphic books

Like poetry, literary form simply requires reader to slow down, appreciate its depth

By John Warner
Chicago Tribune

There was a time I was too intimidated to read poetry. I'd been exposed to poetry in school, but I always felt I didn't get it, and that my failure to get it was a judgment of my own shortcomings.

I was disabused of this notion in graduate school when a professor — John Warner, himself a wonderful poet — declared that you should read poetry not for understanding but for "experiencing."

This made instant sense, of course, because already believed this to be true for other art forms. I felt foolish for not realizing it sooner.

School had made me believe poetry is to be "figured out," but that's a lie.

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

1. “A Dog's Purpose” by W. Bruce Cameron
2. “Small Admissions” by Amy Poehler
3. “Eligible” by Curtis Sittenfeld
4. “The Vacationers” by Emma Straub
5. “The Nest” by Cynthia D’Aprix Sweeney

This is a book everyone was reading eight or nine years ago, but it seems to have faded a bit: “The Elegance of the Hedgehog” by Muriel Barbery.

I'm assuming "Year of No Sugar" is a horror novel. I can't imagine what else it might be. Kris seems to be drawn to stories of family struggle that also are leavened with a little bit of wit. "The Financial Lives of the Poets" by Jess Walter should fit the bill.

1. “A Life in Parts” by Bryan Cranston
2. “When Breath Becomes Air” by Paul Kalanithi
3. “The Subtle Art of Not Giving a F—” by Mark Manson
4. “The Good Girl” by Mary Kubica
5. “Everything I Never Told You” by Celeste Ng

I can't imagine what else it might be. Kris seems to be drawn to stories of family struggle that also are leavened with a little bit of wit. "The Financial Lives of the Poets" by Jess Walter should fit the bill.

1. “A Life in Parts” by Bryan Cranston

Get a reading from the Biblioracle!

Send your last five books to printersrow@tribune.com.

Write "Biblioracle" in the subject line.
Quote-Acrostic

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

Clues

A. Strip of rayon, e.g. 74 120 127 96 155 21
B. Bird's wing, outer part 84 65 122 132 25 16
C. Make fit 125 140 162 35 89 14 103
D. Hard to manage 49 31 101 69 128 147 22 93
E. Like a gull 110 152 12 42 164 130
F. Gain control over 134 94 77 41 50 18 165
G. In general: 3 wds. 97 48 57 29 38
H. Tenant 146 45 68 83 105 7

Words

I. Not costly 32 43 60 81 19 159 4
J. Guide the growth of 115 137 46 92
K. Rambling 161 129 71 121 58 3 4 111 13 40
L. lucida or obscura 34 72 24 116 156 80
M. Unpleasant consequence 163 131 88 56 58 102 145 70 113
N. Reluctant 37 9 142 53 108
O. Have influence: 2 wds. 62 75 160 26 106
P. Social wasp 2 100 85 143 61 28
Q. Line of verse 135 66 33 157 124 78 112 15 95
R. Bankrupt 76 104 56 64 36 10 114 91 133
S. Become excited: 2 wds. 39 148 17 118 63 154 86 99 27
T. Official foreign mission 11 158 151 30 144 51 126
U. Portentous guide the growth of 2 wds. 23 141 87 109 123 5 47 96

Last week's answers appear on the last page of Puzzle Island © 2017 Creators News Service.
Last week's crosswords

"THE SOONER YOU KNOW"

APRUUTAHLEAHHEMINTINERHANMERERSELMERORPERONROWDENRTOMMYFRANKSONTAPLECCOGOLOPUSAURASALROSYSTES
WOODYGUTHRIEITSCAVEINNABCLANDOAHAYMOVEDINNAMICRIVERTVTCANTURSLABMCENTCARTERGAMBRALENABVULCANEESSERGREGERQUASKS
IVESTARSTHEGREATMICKPENMANMASTERSTAIRWAYSISTERITOUTAUTOICEAMATERAUTOCREATIONSETSUMERALPHELISONPRONGSMAPLINER
AGARABROOKSSAMMYLYNHATCHSALONALONGUNLITTLETOMATOMOITY
DIDSEDGEINSHADY

Solutions

DADSJAWSLARD
ALIETERATOALOE
LEXNITERTUBE
SAMANTWOHTIMER
EWEBSTUN
MINEARTUNSAPFANCYMARNEVOW
OISEPILEDTARE
UNEATESBEST
RETAILSEVENTY
SNAPTATS
ONESIDEDLAPSDES
MILEIRENEDOUST
INKSNILOTTITO
TESSSTESS

Last week's Sudoku

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

This week's Jumble

PLURAL SPOOKY HIGHER

VELVET INFUSE DETACH

When the innovative mail carrier built his own mail cart, he —

PUSHED THE ENVELOPE
A way to decide if you should stay or split up

It's been almost 10 years and I still vividly remember how tormenting, difficult, and complicated it was for my ex and me to decide which path to take: stay together or get divorced? Since then, I hear the same dilemma from countless men and women, all who just want to be happy but who face a monumental choice that will greatly affect the rest of their lives and the lives of their children.

So when I happened to be talking with a friend of mine who told me she knows a therapist who offers “discernment counseling” — a process that helps couples decide whether or not to work things out or get divorced — my ears perked up. How could someone like me, a self-styled relationship expert, not know about discernment? Defined by Merriam-Webster as “the quality of being able to grasp and comprehend what is obscure,” discernment sounds like a good option for solving an agonizing problem for unhappy couples.

To learn more about the process, I sat down with the therapist to whom my friend was referring: Caralyn Graham. Graham, a North Shore-based marriage counselor, said she calls discernment “counseling for couples on the brink.”

“This isn't marriage counseling,” said Graham, who has been in practice for 15 years. “What they are doing here is deciding if they are going to make a commitment to stay together for 3-6 months and during that time attend counseling on a weekly basis with the goal of getting back to a healthy marriage, or move toward separation and divorce. The focus is on making the best decision.”

Graham, who is also a certified divorce mediator, said that by no means does she try to influence the couple's decision during this process, which includes four to six sessions.

“I'm not here to tell them what to do,” said Graham, who personally went through a divorce 20 years ago. “I take them through the process, which is designed to help them come to what they feel is the right decision for them. I have no agenda except to help them come to a conclusion.”

According to Graham, discernment sessions are customized to the needs of each couple's history and dynamics, and either spouse can terminate the process at any time. Some sessions are conducted together in the same room, and some are separate, depending on the couple's level of pain and conflict.

Graham said that perhaps the most important feature of discernment is looking beyond themes of incompatibility and blame to each spouse's role in the breakdown.

Graham estimates that at least 50 percent of couples who come in for discernment counseling end up coming back for subsequent counseling sessions.

"Even if someone says 'I'm not in love with you anymore' or 'I’m not attracted to you' they still have a chance to make the relationship work," she said. "Discernment helps people realize that it isn't that they don't have these feelings anymore, but that the feelings are so buried under the resentment that it's hard to see clearly. The point of counseling is to unburry the resentment and air out the toxins so the feelings can come out again."

Other benefits of discernment:

■ It prevents couples from making an impulsive decision in the aftermath of a big fight.
■ It provides insight into each one of these roads.

"If you are going down the divorce path, do you want to litigate, do mediation, have a collaborative divorce and settle everything out of the courts?" Graham said. "I can explain all of these options."

When asked how couples end up on the brink of divorce, Graham said one reason is that they wait too long to seek marriage counseling.

"I read a statistic that reported it takes 6-10 years for a couple to actually get into counseling from the time it was initially brought up," she said. "Because they wait so long, so much damage is done in those years."

It's easy to understand why couples put off therapy. One, because most people are too busy and perhaps it never seems to be the right time. But also, confronting issues in front of a therapist might be uncomfortable and hurtful.

The bottom line is, it's not easy to face the truth, but the discernment process seems to be one that brings real issues to the surface and forces couples to see what's really going on. That to me seems a heck of a lot better than living unhappily and in a state of limbo. Discernment might be a painful road, but it's one that could lead to a much better place.

Jackie Pilossoph is a freelance columnist.
Acupuncture may provide some relief for tennis elbow

By Dr. Robert Ashley

Dear Doctor: I have played tennis for many years, but have been unable to play over the last year, due to tennis elbow. Would acupuncture help?

Dear Reader: Lateral epicondylitis, or tennis elbow, is a tendon inflammation at the elbow. You don't have to play tennis to develop the condition, but the specific motion of hitting a ball with a tennis racket is, unfortunately, an effective way of doing so. There are many different types of treatment for tennis elbow, including anti-inflammatory medications, physical therapy, ultrasound, platelet-rich plasma injections and steroid injections.

As for acupuncture, a review of multiple studies published in the British Journal of Sports Medicine attempted to answer your question. One of the studies found significant pain relief with acupuncture compared with placebo. Overall, reduction of pain was 55.8 percent in the acupuncture group and 15 percent in the placebo group.

However, another study showed an immediate improvement of symptoms with acupuncture after two weeks, but no difference after two months compared to placebo. Lastly, a study comparing acupuncture to ultrasound therapy for tennis elbow found no difference between the two treatments.

Overall, the authors concluded that acupuncture was helpful for tennis elbow, but it did not have a sustained response, lasting only two to eight weeks.

A 2015 study combined results from six different studies. Two of the studies compared real acupuncture with sham acupuncture, which involves placing the needle in non-traditional acupuncture points at random. The authors found a benefit with standard acupuncture compared to sham acupuncture.

Also, there were conflicting studies on whether acupuncture with electrical stimulation was beneficial or not.

One other review from 2002 showed that acupuncture for tennis elbow did have immediate benefit, but the authors could not conclude a long-term benefit.

Now, I have to acknowledge that I've been performing acupuncture for tennis elbow for the last 12 years and have seen that the treatment has been beneficial for the majority of patients. I've treated these patients with non-traditional acupuncture points at the tendon insertion of the elbow and have used electrical stimulation. I also add traditional acupuncture points. It is difficult for me to assess how much of the benefit is from the acupuncture, how much is from physical therapy and how much is just the time of comparison.

The studies do appear to show pain relief, but I feel that acupuncture should be combined with physical therapy. The bottom line: Acupuncture is one of many therapies that can help the pain of tennis elbow.

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

Send your questions to askthedphysicians@mednet.ucla.edu or write: Ask the Doctors, c/o Media Relations, UCLA Health, 924 Westwood Blvd., Suite 350, Los Angeles, CA, 90095. Owing to the volume of mail, personal replies cannot be provided.

Beet juice + meds can drop blood pressure too much

By Joe Graedon and Teresa Graedon

Q: I read that beet juice is good for your health and heart. I have high blood pressure and take losartan and metoprolol to control it. I also had three stents inserted in my arteries about four years ago. I started to drink small amounts of beet juice in February. Within two days I had episodes of lightheadedness, vertigo and nausea.

That might have been the result of food poisoning, so I held off drinking more beet juice for several weeks. Three days ago I drank a bit more, and again I had episodes of lightheadedness after a couple of hours.

Is there any possible relation to beet juice? I'll be asking my doctor as well when I have my annual physical.

A: Adding beet juice to medications such as losartan and metoprolol might have lowered your blood pressure too much. Symptoms of low blood pressure include lightheadedness, dizziness, feeling faint and nausea.

One study discovered that a glass of beet juice lowered systolic blood pressure by over eight points (Hypertension, February 2015). That's more than some antihypertensive medications.

We would encourage you to measure your blood pressure at home. If it is under good control with the medications you are taking, your doctor may advise you to avoid the additional effect of beet juice.

Q: I read your column about someone with joint pain in his hips, knees, wrists and spine. I told a colleague I had similar pains. He said he had, too, and that he'd told his physician.

His doctor suggested an over-the-counter glucosamine tablet after each meal. My colleague got the desired relief when he did this.

I tried it, and my pains have not returned. We recommend glucosamine to anyone who is not allergic to the pills.

A: Glucosamine has been a controversial dietary supplement for arthritis for decades. The Glucosamine/Chondroitin Arthritis Intervention Investigation (GAIIT) concluded that "Glucosamine and chondroitin sulfate alone or in combination did not reduce pain effectively in the overall group patients with osteoarthritis of the knee" (New England Journal of Medicine, February 23, 2006).

More recent research has found that a crystalline glucosamine sulfate formulation is equivalent to non-steroidal anti-inflammatory drugs like ibuprofen and naproxen (Current Medical Research and Opinion, June 2016).

This crystalline form of glucosamine appears to work better than acetaminophen (International Journal of Rheumatic Diseases, online March 23, 2017).

Q: I was diagnosed with acid reflux and gastritis. After being on an omeprazole for years, I was determined to get off the drug.

My gastritis worsened when I followed a plant-based diet, until it developed into an ulcer. I quit drinking coffee and began consuming green tea with fresh ginger and fresh turmeric. One month later I have no ulcer, no gastritis, no acid reflux at all. My joints aren't as achy, either.

A: Ginger is renowned for its ability to ease digestive distress. Turmeric is less frequently used, but research suggests that it acts like acid-suppressing drugs such as cimetidine and ranitidine (Biological & Pharmaceutical Bulletin, December 2005). Both herbs also have anti-inflammatory activity, which may explain your reduced joint pain.

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

After an attack, women take steps needed to feel safe

By James Fell
Chicago Tribune

I'm a man, and I run. I occasionally worry about dogs and cars. That's it. For a woman, it's different.

"Women have to deal with something that most men just don't," said Brian Pinero, vice president of victim services at Rape, Abuse & Incest National Network (RAINN). Street harassment is a pervasive reality for women. He said 65 percent of women experience it in the U.S.

A 2016 survey of 2,533 women and 2,137 men published in Runner's World found that 43 percent of women were harassed while running, whereas only 4 percent of men were.

Pinero said the level of harassment is an added challenge for women who are deciding whether to start running. Now imagine the fear of returning to running after having been attacked during a run.

Kelly Herron, who had been training for a June marathon, began running again shortly after her attack in Golden Gardens Park in Seattle.

In March, the 37-year-old runner took a restroom break and was attacked by a registered sex offender hiding in a stall. Herron had attended a self-defense class offered by her company a few weeks earlier and used all that she learned to fight off the man. With the help of a passerby, they locked the assailant in a bathroom stall until police arrived.

"Two days after the attack, I met with a local women's running group, and it was very supportive and encouraging," Herron said.

"They made Chuck Norris jokes about me, and it helped." Herron then used Facebook to find a running group that matched her desired pace and distance.

Herron said she loves running because it gives her a chance to think about the things she appreciates in life. "It's meditative," she said.

But it's been different since the attack.

"I'm not yet back in my Zen," said Herron, who is in therapy to help deal with the trauma of the attack. She hopes that once she crosses the finish line in June, "this is going to most-likely go away."

But for now, she's focused on controlling her fear.

"I had an amazing 8-mile run with my mom 10 days after the attack," she said. "That's when I felt like I was starting to heal."

She just recently finished her first run alone since the March 5 attack.

"I was looking over my shoulder every 20 seconds," said Herron, who now carries a Kubotan, a hard, blunt instrument the size of a marker pen designed for striking. She also is considering taking more self-defense classes.

"The victim needs to know what their options are and what they can do to minimize the loss of control they feel," he said, adding that society needs to do a better job of letting potential perpetrators know this is egregious, unacceptable behavior.

"Your normalcy has changed, and how you cope is for you to decide," Pinero said. If a weapon or self-defense training helps, that's fine.

Sometimes, the answer has four legs. It's what got Lisa Carroll, of Monroe, N.C., back outside.

After she was attacked while running near her home in 2006, Carroll's husband, a police officer, bought her a treadmill so she could run indoors.

But she missed the outdoors.

Carroll ended up cutting her hair really short — her attacker had dragged her by her ponytail — and adopting a pit bull-mastiff mix. She said the "big, intimidating dog" became her running partner for the next 10 years. She said her dog's presence did not initially take away all of her fear.

"The attack was on my usual route," she said. "The first few times I went through that area, it was really hard. The dog wasn't a magic bullet."

She also began taking self-defense classes, studying Krav Maga and Brazilian jujitsu to be able to better defend herself.

When her first dog died, Carroll immediately got another big dog. She said she won't run without one.

Pinero said dealing with an attack is a "long-term approach."

"It's about getting to the point where you're most comfortable," he said.

"People can't tell you how to do it," Pinero said. "You do what you must to feel safe."

For some, it means talking to a therapist, running with a group of friends or a dog, taking self-defense classes, carrying a weapon, or even buying a treadmill and running indoors.

James Fell is a freelance writer and certified strength and conditioning specialist.
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 Seventeen animatronic dinosaurs and dragons will take Brookfield Zoo visitors on a journey into the past at the zoo's new interactive exhibit, "Dinos & Dragons." The exhibit also includes live large and small lizards, which are modern-day dragons, showcased in three themed areas, Medieval, Asian and paleontology.

"Both dinosaurs and dragons, throughout history, have had a deep impact on cultures around the world," said Andre Copeland, interpretive program manager for the Chicago Zoological Society, which manages the zoo. "They've shaped how a lot of our cultures think. They've been widely portrayed in many forms of literature and entertainment."

Visitors will begin exploring the cultural connections between people and dragons at the exhibit's first area, which is indoors.

Activities for children will include putting on a puppet show in front of a castle backdrop, digging for realistic-looking dinosaur bones and fossils, a dragon texture rubbing project and more.

Outdoors, the animatronic dinosaurs will be waiting. These include a Triceratops, Apatosaurus, Tyrannosaurus rex and Chinese dragon, among others. The dinosaurs will be visible along a winding path with the animatronic figures coming to life as people pass by.

"Games of Bones," including "Dinoparcy," "Are You Smarter than a Paleontologist?" and "Dino Feud" video games so he can't see it. He starts to come around when the pair hunt for a dinosaur friend for Alberta. In the process, they discover that birds may be modern-day dinosaurs.

"We want people to realize that our environment, people and animals all change over time," Copeland concluded. "If change happens slowly, animals can adapt to those changes whereas if changes happen too quickly and animals aren't given enough time to adapt, that's when they're threatened with extinction.

What we're seeing now is that there are a lot of changes in our world that are happening extremely quickly. If we can take alternative steps to mitigate these changes, we can give the environment, as well as animals and ourselves, time to adapt."
A tribe of felines will take over the stage of the Skokie Theatre when the Ensemble at the Performer's School presents "Cats."

"I've had a passion for this show for many years after performing it at Marriott in 2003," said Stacey Flaster, Performer's School co-founder with Liz Fauntleroy, who directs and choreographs the Andrew Lloyd Webber musical.

Flaster admitted wondering if her 6th- through 8th-grade cast could handle the show's dancing demands. Then she realized, "It's about communicating and telling the story — which is about forgiveness and redemption."

The plot revolves around deciding which member of a tribe of Jellicle Cats will ascend to the Heaviside Layer to be reborn. It turns out to be an ostracized candidate. "Everyone eventually realizes that she's the one that gets to be forgiven," Flaster said.

Performances are 7:30 p.m. May 11-12, 3 and 8 p.m. May 13, and 1 and 5 p.m. May 14 at 7924 Lincoln Ave., Skokie. Tickets are $18.

For details, call 847-677-7761 or see www.skokietheatre.org.

Takeaway trash

Everyone willing to lend a hand is needed at the Des Plaines River Clean Up, 4-5:30 p.m. May 16 starting from the Maine Park Leisure Center, 2701 W. Sibley, St., Park Ridge. You'll be given garbage bags, pick-up sticks and rubber gloves for collecting litter. Registration is required. Children under 12 must be accompanied by an adult.

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

Food for thought

If there was any doubt about the meal dragons prefer it's dispelled in "Dragons Love Tacos 2: The Sequel." Kids will hear Adam Rubin's new follow-up to his popular book, 11 a.m. May 6 at Barnes and Noble, 55 Old Orchard Center, Skokie. There will be related activities, too.

For details, call 847-676-2230 or see www.barnesandnoble.com.
Relive all of the magic of the Chicago Cubs in this comprehensive decade-by-decade collection of stories and photos from the Chicago Tribune. Finally, you can revisit the players you love, the moments you treasure (and the ones you’d like to forget) all in one place.

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Date: March 4
Attended: 275
raised: $42,600
Website: www.mnasr.org/liponi-foundation

Samantha Petkofski of Niles, from left, Jaelah Hicks of Roselle, Klassee Ray of Chicago, Hannah Gard of Fort Wayne, Ind., and Ashlynn Hill of Lake in the Hills, were among the many student-models in Exhibition: Fashion Is Art, the 2017 fashion showcase at Dominican University, River Forest, on April 1-2. Curated by the school’s 2017 Apparel Class, the show featured some 100 garments created by apparel design and apparel merchandising majors and pieces from the Senior Collections of six graduating seniors. More than 500 attended the two shows, held at Dominican’s Lund Auditorium. More at www.dom.edu.

The Eclectic Choral Artists of Northwest Chicago close their inaugural season with “Amazing Grace: The Power of the Human Spirit,” a concert exploring the transformative power music and text can have on the human spirit in times of tragedy. Performance is 7 p.m. May 6 at St. Mary’s Episcopal Church, 306 S. Prospect Ave, Park Ridge. Tickets are $15 for adults, $10 students and seniors. Enter promo code NEWSPAPER for $3 off per ticket. Available at the door, or at www.eclecticchoralartists.org.

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**WINNETKA**

Five-bedroom, 4.5-bath Colonial design home built in 1926. Fireplace in living room, French doors leading from living room to screened porch. Cook's kitchen, family room with fireplace as well, hardwood floors through much of the house. Fully finished attic, partially finished basement, 96-acre lot, garage. Near lakefront, Metra and I-94.

Address: 1154 Pine St.
Price: $1,895,000
Schools: New Trier High School
Taxes: $47,787
Agent: Carol Hunt, Baird & Warner

**WHEELING**

Four-bedroom, 2.5-bath home built in 1980. Updated kitchen with granite countertops and stainless steel appliances, living & dining rooms have hardwood floors, All bedrooms freshly painted. Full finished basement with wet bar. Rec room, private fenced yard with brick paver patio, newer concrete driveway.

Address: 459 Anita Place
Price: $319,000
Schools: Wheeling High School
Taxes: $9,048
Agent: Connie Hoos, Coldwell Banker Residential Brokerage

**PALATINE**

Updated five-bedroom, 3.5-bath colonial first built in 1996. Hardwood flooring on most of first and second floors, updated kitchen boasting granite, large center island, and newer appliances. First-floor den, bonus room in finished attic space, full finished basement with bedroom, full bath, office/playroom, rec room area. Landscaped lot, garage. Near shopping, schools, parks and Metra.

Address: 990 N. Martin Drive
Price: $495,000
Schools: Palatine High School
Taxes: $11,002
Agent: Sally A. Leoni, Baird & Warner

**LIBERTYVILLE**


Address: 1906 S. Osprey Lane
Price: $420,000
Schools: Libertyville High School
Taxes: $16,432
Agent: Leta Gold, Coldwell Banker Residential Brokerage Deerfield

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Chicago Tribune
Do the research: Costs can go through the roof

By Cynthia Wilson
Angie's List

Roof replacement carries a significant cost, and it can’t be put off once it becomes necessary. But the urgency of needing a new roof doesn’t mean you should blindly hire the first contractor you interview.

How roofers charge:
While you can replace your own roof, it’s rarely a good idea. Without the right tools and experience, you’ll likely make a mistake, which could reduce the life span of your roof and endanger the integrity of your home.

A standard 2,200- to 3,400-square-foot roof replacement with asphalt shingles will cost DIY homeowners between $2,500 and $6,000; professionals will charge $5,000 to $12,000 or more for architectural asphalt shingles. Roofers charge for their work by “squares.” One 10-by-10-foot patch of roof makes a square. The average residential roof needs between 22 and 34 squares to be replaced.

Roofers charge labor for removing your old roof. A one-story roof with a single layer of shingles costs between $100 and $150 per square to remove; a double layer, $115 to $165; and a triple layer, $125 to $175. If you have a particularly high roof or one that’s extremely steep, you will pay more.

Roof Installation costs:
Asphalt shingles, the most common roofing material, cost between $120 and $400 per square. You’ll also pay for flashing, trim, vent covers and gutters. You can keep costs down by shingling over an existing roof, rather than replacing it.

Roofers say that often lowers the life span of a new roof because they can’t repair any damaged roof deck or apply newer synthetic membranes that offer superior protection against water and ice damage.

The cost of a metal roof ranges between $500 and $1,500 per square. Homeowners usually select corrosion-resistant metal prices between $750 and $1,000 per square.

A natural slate tile roof can cost between $800 and $1,500 per square. But pros say the final tab for a slate roof can exceed $4,000 per square if the slate is high end and the installation pattern is intricate.

While the cost of a clay tile roof ranges between $600 and $800 per square for an average-size home, the price can exceed $4,000 per square for premium-grade, custom-made tiles.

Hiring a professional roofer:
Not all roofers deliver reliable performance. Finding a solid contractor means considering several factors.

First, a true roofing pro should be familiar with local building codes. They should know whether the jurisdiction or shingle manufacturer allows more than one layer of shingles and any rules governing underlay or shingle type.

Contractors should inspect any existing damage to your home’s structure, either from fire or water. If this isn’t dealt with before a new roof is installed, it can necessitate frequent repairs, cause premature failure or void the shingle manufacturer’s warranty.

Reliable roofers offer substantive guarantees for their work, between five and 10 years on workmanship, which includes free repair of any defects due to improper installation. These typically cover leakage or total failure but won’t cover normal wear and tear, general maintenance, damage from weather such as hail or storms, or bacterial and insect infestations. Some will offer 40-year or more warranties, but these usually apply to specific high-end roof products and require specific installation procedures.

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<td>Hael</td>
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<td>4 Julie Ln, Riverwoods</td>
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<td>Yun L Muy</td>
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<td>Lisa Reed</td>
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<td>Thomas L Simpson &amp; Allison L Simpson</td>
<td>Arnavaz U Mistry</td>
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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

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## Spring has sprung: Here's what to do around the house

**By Cathy Hobbs**

Tribune News Service

Spring is an ideal time to make sure everything is in working order. From checking your home’s vital equipment such as water heaters and furnaces to replacing windows, cross these 10 items off your spring checklist.

1. **Check attics and your home’s exterior for openings and cracks.**
   - The spring is when nature comes out of hibernation, and even the tiniest of holes can serve as an entry point for unwanted animals.

2. **Have your home’s equipment serviced.**
   - From water heaters to furnaces, spring is an ideal time for a checkup.

3. **Have your septic tank pumped.**
   - In many parts of the country, homes are serviced by individual septic tanks that usually need to be pumped annually. The spring is a good time, as the ground has softened from the winter thaw.

4. **Check your driveway.**
   - Winter snow and salt can damage driveways and pathways. The spring may be a good time to have driveways, pathways and walkways resurfaced.

5. **Check your water.**
   - With so many homeowners opting for their own water purification and filtration systems, checking the safety of your home’s water is a smart move.

6. **Evaluate your home’s lawn.**
   - From downed tree limbs to areas that may have been damaged by winter weather, tend to your lawn now so it is nice and lush for summer.

7. **Start preparing your garden.**
   - For many homeowners, the joy of gardening begins in the spring by preparing garden areas for early planting.

8. **Repaint.**
   - Repainting is an instant refresher for many homes. Consider freshening your home with a new coat of paint either on the inside or the outside for a sense of renewal.

9. **Trim trees.**
   - If you live in an especially wooded area, trim trees back so they don’t become a hazard during a storm or provide animals with easy access to your roof.

10. **Replace windows.**
    - Doors and windows that are old or improperly installed create a draft year-round. Especially in the warmer months, when you may be opening and closing windows more frequently, make sure they are fully functioning and operational.
COMMUNITY CALENDAR

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

Thursday, May 4

Works by Shulin Sun: Through May 29, the Art Center will be exhibiting Shulin Sun's paintings in a solo exhibition. Employing traditional Chinese painting methods alongside aspects of contemporary American and European art, Shulin's paintings marry east and west. 9 a.m. Thursday, Evanston Art Center, 1717 Central St., Evanston, free

If You Remember, I'll Remember: This exhibition presents a selection of works by artists Kristine Aono, Shan Goshorn, Samantha Hill, McCallum & Tarry, Darío 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. daily, Mary and Leigh Block Museum of Art, Northwestern University, 40 Arts Circle Drive, Evanston, free, 847-467-4602

86th Annual Waa-Mu Show: Community Day offers musical theater workshops and accessible performance. The matinee includes sign language interpretation and modifications for students with autism, learning differences or other sensory needs. 7:30 p.m. Thursday, Friday and Saturday, 2 p.m. Sunday, Cahn Auditorium, 600 Emerson St., Evanston, $10-$30, 847-491-7282

Restorative Yoga and Gong Meditation: Taking place at Park Center Health & Fitness, this is an evening in deep relaxation participating in restorative yoga and gong mediation. In Fitness Studio 2, the class features Kenny Kolter, a musician and certified reiki healer. Register at glenviewpark.org. This is for ages 16 and older, with admission of $35 at the door, if space is available. Please a yoga mat, 6:30 p.m. Thursday, Glenview Park Center, 2400 Chestnut Ave., Glenview, $25 residents; $30 non-residents in advance, 847-724-5670

StoryWalk: The Grizzly Bear Who Lost His Grrrrrr: Little Bear Garden at Gallery Park, 2500 Chestnut Ave., is the place to go on the Storybook Trail and find out where that Grrrrr got off to. 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 collaboration with the Vermont Bicycle and Pedestrian Coalition and the Kellogg-Hubbard Library. 9 a.m. daily Little Bear Garden Park, Patriot Boulevard and Chestnut Avenue, Glenview, free, 847-724-5670

Everybody Move — Ages Birth to 2 years with Caregiver: Celeste Cifala Roy, from early childhood movement and music program “Everybody Move!” has planned an hour of activities and exploration including scarves, balls, hoops and instruments to get children up moving, singing and dancing. Weekly Thursday attendance is encouraged for this eight-week session. Registration is required and is for the entire series; through May 25. Note: there is no class May 11. 9:30 a.m. Thursday, Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 847-677-5727

Bestsellers and Beyond: Join Librarian Lorí Siegel for reviews of a variety of books that one might add to a reading list or share with a book group. 1:30 p.m. Thursday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Nature Fun and Frolic — Thursdays: This is for age 2 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. Thursday, Emily Oaks Nature Center, 4650 Brummel St., Skokie, $95 Skokie resident, $119 non-resident, 847-677-7001

Quilt Lecture: Illinois Quilters Inc. presents Nancy Mahoney. She presents a Scrap Quilt Trunk Show. The doors are open at 6:30 p.m. for sign-ups, library and socializing; the meeting starts at 7 p.m. Thursday, Beth Hillel Congregation B’nai Emunah, 3220 Big Tree Lane, Wilmette, $5 for guests, 847-480-9777

Friday, May 5

The Apollo Chorus’ Spring Concert: American Masters: The Apollo Chorus concludes its 145th season with its highly anticipated Spring Concert: American Masters, featuring the work of musical composer Jeff Beal. The season finale performances are: Friday, May 5 at 7:30 p.m. at Fourth Presbyterian Church, 126 E Chestnut St., Chicago, and Sunday, May 7 at 3 p.m. at Alice Millar Chapel, 1870 Sheridan Road, Evanston. 847-941-7256

Fred Tackett and Paul Barrere of Little Feat: Legendary guitarists Fred Tackett and Paul Barrere perform at SPACE on May 5 at 8 p.m. The doors open at 7 p.m. This event is open to patrons of all ages. For more information call or visit the website. 8 p.m. Friday, SPACE, 1245 Chicago Ave., Evanston, $20-$35, 847-556-9756

Bach Week Festival: Virtuoso Soloists: This Bach Week Festival concert features J. S. Bach keyboard works with internationally recognized pianists Sergei Babayan of the Cleveland Institute of Music and one of Babayan’s former students, Southern California-based concert and recording pianist Grace Fong. Chicago Symphony Orchestra members Jennifer Gruen, flute, and Katinka Kleinjan, cello, will perform solo works. Richard Webster, the event’s music director since 1975, will conduct. 7:30 p.m. Friday, Nichols Concert Hall, Music Institute of Chicago, 1490 Chicago Ave., Evanston, $30 general admission, $20 seniors; $10 students, 847-262-9050

Sergei Babayan, piano: Enjoy a program of solo and concerto keyboard works by J.S. Bach. 7:30 p.m. Friday, Nichols Concert Hall, 1490 Chicago Ave., Evanston, $10-$30

Studio5 Fine Arts Series: Face the Music and Dance: This is an evening of improvised swing dancing to dance-themed jazz standards. Featuring swing dancing by Denise Williams and Tom Bachtell, with Petra van Nuis, vocals; Eric Schneider, reeds; Andy Brown, guitar; Dan DeLorenzo, bass; and Bob Fong. Chicago Symphony Orchestra concert and recording pianist Grace Bachtell, with Petra van Nuis, vocals; Eric Schneider, reeds; Andy Brown, guitar; Dan DeLorenzo, bass; and Bob Fong. Chicago Symphony Orchestra concert and recording pianist Grace

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, Saturday and Sunday, Actors' Flagship, 927 Noyes St., Evanston, $20 for adults, $15 for kids, students and seniors, 847-328-2795

Opus 327 presents Dexter Kennedy In solo organ recital: Opus 327 presents Dexter Kennedy, the Grand Prize winner of interpretation in the 24th International Organ Competition Grand Prix de Chartres. Kennedy will be at the console the E.M. Skinner's 1922 Opus 327 organ. 7:30 p.m. Friday, St. Luke's Episcopal Church, 939 Hinman Ave., Evanston, $25 general; $30 premium; $15 senior and student, 312-480-5966

Friday Night Meltdowns: This is a night out for teens to join in a skate and dance party. A DJ plays today's hits and disco lighting shines on the ice throughout the night. Call for more information. 8:15 p.m. Friday, Glenview Ice Center, 1851 Landwehr Road, Glenview, $8 per person; $4 for rental skates, 847-724-5670

Minecraft for Grades 4-8: Use your account or play on one of the library's. The Space is limited, so register at glenview.org/register or by calling. 1 p.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Fire Safety Tips for Seniors: Learn how protect yourself with instructions by the Glenview Fire Department experts. Learn the steps that can be taken to remain safe from fire and be prepared if it occurs. especially for those ages 65 to 75 and older. Register at glenview.org/register or by calling, 1 p.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Silver Screen Series: "Thoroughly Modern Millie" is about a small town girl turned flapper, who heads to the big city in search of fun, excitement and a husband during the roaring 1920s. This film from 1967 is not rated, but the cast includes Julie Andrews, and Mary Tyler Moore. 2 p.m. Friday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Gentle Yoga: Due to high demand, two yoga sessions are now offered. Space in each session is limited to five first 50 people. Yoga instructor Olga Rudin leads a series of yoga sessions for improved physical strength, relaxation and mental clarity. Exercises are done in a chair or standing not on the floor. 9:30 a.m. Friday, Saturday, Sunday, Actors' Flagship, 927 Noyes St., Evanston, $20 for adults, $15 for kids, students and seniors, 847-328-2795

Cinco de Mayo Celebration — For Families: Learn about and celebrate this festive Mexican holiday with music, dance, storytelling and art, featuring a special performance from a native Laura Crotte. 3:30 p.m. Friday, 331 1851 Landwehr Road, Glenview, $8 per person; $4 for rental skates, 847-724-5670

Due to high demand, two yoga sessions are now offered. Space in each session is limited to five first 50 people. Yoga instructor Olga Rudin leads a series of yoga sessions for improved physical strength, relaxation and mental clarity. Exercises are done in a chair or standing not on the floor. 9:30 a.m. Friday, Saturday, Sunday, Actors' Flagship, 927 Noyes St., Evanston, $20 for adults, $15 for kids, students and seniors, 847-328-2795

Turn to Calendar, Next Page
Celebrate Free Comic Book Day — For Teens: Teen Scene is for ages 13 to 18. Stop by the Teen Scene to pick up a comic book, courtesy of Pastimes Comics and Games Niles. 9 a.m. Saturday, Glenview Public Library, 1390 Glenview Road, Glenview, free, 847-729-7500

Free Bird Walk: Learn about the birds found on the prairie. All levels of birders are welcome. Bring field guides, binoculars and a dress for a day outside. If there is inclement weather, the walk may be canceled. For more information, call 9 a.m. Saturday, Kent Fuller Air Station Prairie/The Tyner Center, 2400 Compass Road, Glenview, free, 847-724-5670

Birds, Goggles and Crafty Squiggles for ages 2-6: Enjoy a silly morning with storyteller Beth Horner, with craft provided by the Glenview Public Library. Register kids ages 2 to 6, with family at theglenlowncenter.com. 10:30 a.m. Saturday, The Book Market at Hangar One, 2651 Navy Blvd., Glenview, free, 847-904-7304

Spring Dance Recital: Enjoy performances by dance students of all ages. Center Studio for Dance at Park Center offers a variety of classes for children ages 2 to 18, as well as several adult dance classes. Students learn technique taught by the professional dance staff. The recital tickets are $6 and are available in advance at the Park Center front desk or can be purchased at the door the day of the show. 3 p.m. Saturday, Glenbrook South High School, 4000 W Lake Ave., Glenview, $6, 847-724-5670

International Film Shorts and Discussion: Several short films are screened from a variety of languages and genres. This includes drama, comedy and animation, and is followed by a short discussion of each. 2 p.m. Saturday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Dave Rudolf’s Beach Party — For Families: Musician Dave Rudolf leads families in a rockin’ beach party-themed concert, complete with interactive dances like the Limbo and the Conga Line. Beach balls and bubbles are provided to get participants into the summer spirit. 10 a.m. Saturday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

An Amazing Grace — Concert by Eclectic Choral Artists: Join the Eclectic Choral Artists to explore the relationship music has on one’s ability to endure tragic events that test our human spirit. 7 p.m. Saturday, St. Mary’s Episcopal Church, 306 S. Prospect Ave., Park Ridge, free

TheFitExpo Chicago: This is an action-packed health and fitness weekend that offers a variety of events and competitions. For information, call or visit the website. Adult admission tickets are $25 per day or $40 for the entire weekend. Children 12 years and under are $10 per day, and children under 6 are free. 10 a.m. Saturday and Sunday, Donald E. Stephens Convention Center, 5555 N. River Road, Rosemont, $10-$40, 818-409-6837

Nature Fun and Frolic — Saturdays: This is for age 2 with a parent for weekly classes that introduce toddlers to different plants, animals and nature elements while singing songs, playing games, reading books and exploring nature in many different ways. The class takes place primarily outdoors, weather permitting. 9:30 a.m. Saturday, Emily Oaks Nature Center, 4650 Brummel St., Skokie, $84 Skokie resident, $105 non-resident, 847-677-7001

Breakfast at Tiffany & Co.: Kentucky Derby Day: Tiffany and Co. is opening its doors to host "breakfast at Tiffany's" in support of raising funding to help former racehorses on Kentucky Derby Day, with lively DJ music as well as passed breakfast creations from a caterer, which includes Shrimp and Grits, French Truffled Eggs and Mini Biscuits and Gravy. Guests of legal drinking age can enjoy champagne as part of their breakfast experience. 8 a.m. Saturday, Westfield Old Orchard, 4999 Old Orchard Center, Skokie, $75, 847-673-6800

Preserving Survivor Stories: Ask Holocaust Survivor Pinchas Gutter a question, and "natural language" technology software will respond as if Pinchas were in the room. 10:30 a.m. Saturday, Illinois Holocaust Museum and Education Center, 2500 North Lake Drive, Skokie, free, 847-967-4800.

The Birds are Coming — Discussion and Film Clips: This fun kick off to the 2017 birding season provides an opportunity to learn about migrating birds that stop in the neighborhoods on their journey north, to find out about local bird watching opportunities and to learn how to create backyard bird habitats. The discussion includes clips of migrating birds throughout the world. 9:30 a.m. Saturday, Wilmette Public Library, 1242 Wilmette Ave., Wilmette, free, 847-256-5025

Sunday, May 7

Knife Single Weapon Certification: This class is taught by Chuck Coyer to learn the oldest and most visceral weapon style. Attacks, defenses, footage

Turn to Calendar, Next Page
CharityWERQ for Northfield Township: Bring non-expired, non-perishable food items to the Glenview Community Church. Then attend a free WERQ dance class, a new dance fitness. Those ages 10 and older are welcome. Help restock the Northfield Township Food Pantry. 2:30 p.m. Sunday, Glenview Community Church, 1000 Elm St., Glenview, free, 847-724-2210

Animal Rehabilitation Presentation: Find out what to do if you encounter an injured or orphaned wild animal from a former wildlife rehabilitator. This program is recommended for ages 4 and older; children under 12 must be accompanied by an adult. The class is free, but advance registration is required. For more information, call (call p.m. Sunday, The Grove, 1421 Milwaukee Ave., Glenview, free, 847-724-5670

"Fences": This film is rated PG-13 and is about a working-class African-American father who tries to raise his family in the 1950s while coming to terms with the events of his life. Denzel Washington directs and stars in this adaptation of August Wilson's Pulitzer Prize-winning play, Just drop in. 1:30 p.m. Sunday, Wilmette Junior High School, 620 Locust Road, Wilmette, free, 847-256-9630

Guided Bird Walks at Gillson Park every Sunday in May: Join in the bird walk to look for colorful warblers and other migrating birds that use the lakefront to rest and eat on their way north. Guided bird walks begin at the corner of Gillson Park and Michigan avenues. 8 a.m. Sunday, Gillson Park, Lake and Michigan avenues, Wilmette, free, 847-256-9656

Monday, May 8

Chicago Trilogy Stage Reading: Award-winning playwright Sandra Seaton brings to life the world of Cyrus Colter in this special stage reading directed by Fleetwood-Jourdain Theatre's Tim Rohe. Experience the 1960s, the frustrations and triumphs of black life on Chicago South Side in this powerful adaptation of Colter's prize-winning short stories. 7 p.m. Monday, Evanston Public Library, 1703 Orrington Ave., Evanston, free, 847-448-8600

The Case for the Gospel as Being Good News for The Jews: The Kesher Forum welcomes Stuart Dauermann, the director of Interfaithfulness based in Los Angeles and the author of "Converging Destinies: Jews, Christians, and the Mission of God." 7 p.m. Monday, Willow Creek North Shore, 2200 Shermor Road, Glenview, free, 312-560-5680

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

Minecraft Monday: Students in grades three to five are welcome to register to try their hand at this monthly Minecraft Monday challenge. The group meets in the new computer training lab on the lower level. 4:30 p.m. Monday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

From Mini Skirts to Hijab: A Personal Journey: Jacqueline Saper was born to a Jewish family in Tehran. In her late teens she witnessed the civil uprising that led to the success of the Iranian Revolution. Saper continued to live in the Islamic Republic of Iran for eight more years. Follow her journey as a teenager in Imperial Iran, a newlywed in Revolutionary Iran and a mother in the Islamic Republic of Iran. 1 p.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, $12 member, $15 non-member, 847-784-6030

Better Communication for Those with Hearing Loss: If you have trouble understanding conversations, join this informative program about Speech Reading, American Sign Language and Cued Speech. The speakers are Mary Blumer-Beed, LCSW, social worker and teacher of Speech Reading at the North Shore Senior Center; Lara Sviatko, American Sign Language Interpreter at Oakton Community College; and Liz Hupp, past chapter president and cochlear implant user. This program has live captioning and is hearing-loop equipped. It is presented by the Chicago North Shore Chapter of the Hearing Loss Association of America. 10 a.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-784-6040

The 19th Century Russian Musical Nationalists: Beginning with Glinka, this class pursues the development of a Russian musical language. Led by the "Powerful Kuchka," sometimes called "The Mighty Five," these self-taught composers banded together and put Russia on the musical map. 10 a.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, $10 member, $13 non-member, 847-784-6030

Tuesday, May 9

Lego Club for Grades 1-2: Calling all Master Builders, join in for their monthly free build. The library provides the Lego bricks, attendees supply the ideas. Space is limited; register at glenviewpl.org/register or by calling. 4 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Movies, Munchies and More — Film: "Fences": Rated PG-13. "Fences" is about a working class African-American father who tries to raise his family in the 1950s while coming to terms with the events in his life. Cast includes Denzel Washington, Viola Davis, and Stephen Henderson. 11:30 a.m. Tuesday, Morton Grove Public Library, 6410 Lincoln Ave., Morton Grove, free, 847-965-4220

Needlework Meet Up for ages 13 and up: Meet up with other crafters and share ideas as you work on your own projects. Be sure to bring your own materials. The staff is available to discuss and guide self-directed work. 6:30 p.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Nazi Hunter Fritz Bauer: A Heroic Story: Historian Anette Isaacs pays homage to German-Jewish attorney Fritz Bauer, who provided pivotal information leading to Adolf Eichmann's capture in South America. 2 p.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Urgent Reality: What Is Known — Global Climate Change: Jim Kenney believes climate change is real. Kenney surveys the science, explores the key arguments of the climate change skeptics, examines the politics of energy and responds to questions and controversy. An audience of good will and a spirit of open inquiry is encouraged. 1 p.m. Tuesday, North Shore Senior Center, 161 Northfield Road, Northfield, $24 member, $30 non-member, 847-784-6030

Apple Devices: A Beginner's Basic: If you suffer from "technophobia" and have an iPhone or iPad, get started by gaining familiarity and confidence with the device. Learn about the functions and features as well as how to set up your personal preferences for ease of use. 1 p.m. Tuesday, North Shore Senior Center, 161 Northfield Road, Northfield, $29 member; $35 non-member, 847-784-6030

Grief Share Support Group: This is for anyone who can use help and en...
Composting Green Tea: Go Green Winnetka facilitates a discussion about residential and commercial composting opportunities in Winnetka. Learn what can be composted easily in the backyard and how even more compostables may be collected "curbside." RSVP to liz.kunkle@gmail.com. 1 p.m. Tuesday, Winnetka Public Library, 768 Oak St., Winnetka, free

Wednesday, May 10

Lego Club for Grades 3-6: Calling all Master Builders, join in for their monthly free-build. The library provides the Lego bricks, attendees supply the ideas. Space is limited; register at glenviewwp.org/register or by calling. 4 p.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Bringing It Home: Back Country Blues: On tour from his North Carolina home, Jon Shain brings a fingerpicked folk sound that sparkles like fine crystal. Experience the Piedmont blues through soft-spoken story-songs delivered in an easygoing tenor. Please register at glenviewwp.org/register or by calling. 7 p.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

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

ESL Conversation Group: Registration is required. All skill levels are welcome to practice speaking English in an informal and friendly group setting. 10 a.m. Wednesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

New Game Wednesday: Horizon Zero Dawn: Play as young machine hunter Aloy to track and destroy the machines. Patrons are invited to play on the PS4 console. Pizza is served. All teens ages 13 to 18 are welcome. 4 p.m. Wednesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

College Illinois Tuition Savings Program: Learn about College Illinois, a state program that lets parents prepay their child's college tuition at today's plan rate. 7 p.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Spring Into Bird Watching: With the spring migration of birds in the month of May, the potential for great birding is at its height. Novice and experienced birders are welcome to hike through the woods in search of the prettiest songbirds and the largest raptors, and to spot those elusive migratory birds who are simply passing through. 9 a.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-784-6060

The Outrageous Films of Mel Brooks: "The Twelve Chairs": Brooks set his film in 1920s Russia with a distinctly Russian style of grim comedy. Two wildly disparate character types are thrust together by circumstance, and their friendship is forged amidst conflict and friction. Ron Moody and Frank Langella play their roles with real dramatics. 12:30 p.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, $12 member, $15 non-member, 847-784-6030

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

Park Ridge Fly Tying Club Meetings: Chicago Fly Fishers Club meet at 7 p.m. Wednesdays, from October through May. An experienced demonstrator does demonstrations of fly tying, with members tying the same pattern using tools and materials provided by the club. 7 p.m. Wednesday, Park Ridge Community Church, 100 S. Courtland Ave., Park Ridge, free, 847-823-3164

Have an event to submit? Go to chicagotribune.com/calendar
"The Fate of the Furious" ★★
PG-13, 2:16, action/adventure
"The Fate of the Furious" illustrates the limits and hazards of multigenre blockbuster engineering. For an hour, director F. Gary Gray's pileup of gravity-free drag racing, supercool cyberterrorism, vehicular Ice Capades and World War III prevention program stays on the side of the good (or good enough) stupid. But the second hour gets to be a real drag, and not the racing kind. Dom (Vin Diesel) runs afoul of Cipher (Charlize Theron), the blackmailing witch who forces Dom to turn against his gang. The climax feels approximately 50 years long. I wonder if the massive global fan base wouldn't mind getting this franchise back to basics after this exercise in excess. — Michael Phillips

"The Boss Baby" ★★ 1/2
PG, 1:37, animated
The film 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 Maria 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. In theory, the idea seems about as interesting as "Baby Geniuses," but in execution the film is surprisingly 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. — 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 big-budget 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. — M.P.

"Born in China" ★★ 1/2
G, 1:16, documentary
"Born in China," directed by Lu Chuan, gets up close and personal with some of the unique species found in China: pandas, snow leopards, cranes, Chiru antelope and golden monkeys. The drama captured is remarkable, from a territorial snow leopard standoff to the first steps of a baby panda and the antics of a group of young golden monkeys. The message stays firmly on spiritual questions about the circle of life, and doesn't educate or leave the audience with a call to action about how to personally act to protect these animals, which feels like a missed opportunity. — K.W., Tribune News Service

"Going in Style" ★★ 1/2
PG-13, 1:36, comedy
A pleasant hangout session for its stars, and those who love them, 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. If that sounds like a qualified endorsement, you're reading me loud and clear. With their approximately $45,000 annual 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 a lot pushier than the original, and more determinedly ingratiating. — M.P.
Gorell, Jacqueline B. 'Jackie'
Jacqueline "Jackie" B. Gorell (nee Brody), 86, former Mayor of Skokie, beloved wife for 61 years of the late Nathan; loving mother of Larry (Nancy Santos) Gorell, Julie (Kevin) Becker, Barbara (late Larry) Pressl and Michael (Roberta) Gorell; cherished grandmother of Kevin, Sam, Amanda, Rachel, Ethan and the late Sarah; dear sister of the late Sally Pastin; daughter of the late Lee and Julian Brody. Funeral services were held Thursday April 27 at Weinstein & Piser Funeral Home, 111 Skokie Blvd. Wilmette. Interment at Memorial Park Cemetery. In lieu of flowers, contributions may be made to EMILY'S LIST, www.emilyslist.org. Info: 847-256-5700.

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Spring sports offer no shortage of distractions

Students, coaches contend with spring break, exams, graduation, prom

BY DAN SHALIN | Pioneer Press

Evanston athletic director Chris Livatino can see some humor in the incident now. But he didn't find it funny at the time.

It was the spring of 2005, and Livatino, then the Wildkits boys volleyball coach, was preparing to face Maine South in a sectional final. However, the match fell on the day of Evanston's prom. The two events didn't overlap, but one still interfered with the other.

“Our seniors brought their tuxedos to the game. The second I saw that I was like, ‘We have no chance.’ Their hearts weren't in it,” said Livatino, who said the tuxedos hung in the locker room during the match. “The kids were like, ‘Coach, it will have no bearing on our game. We have them here because as soon as the game is over, we're going to jump in our cars and go prom.’”

“It was not ideal. It's also not the only reason we lost the game. Maine South probably outplayed us.”

Prom falling on the same day as a big athletic competition is hardly unique to Evanston. But it is something that happens only during the spring season, when high school athletes seemingly face more distractions and conflicts than they do during the fall or winter seasons. Among the circle-the-date events that take place during the spring season are spring break vacations, AP tests, final exams, graduation and prom, to name a few.

Coaches are forced to schedule around these events, overcome player absences and, like Livatino, deal with players who are physically present while their minds are elsewhere.

“In the fall, school is starting, and people have had their vacations in the summer and kids are ready to get back to competing,” said Prospect first-year boys track and field coach Jay Renaud, who previously was the boys cross country coach at Hersey. “(The fall) has no AP testing, there are no breaks during the fall season. You do get that week or two (off from school) in the winter. But mostly kids (in the fall and winter) are at practice every day. There are fewer distractions in the fall than the spring.”

The approach to spring break varies by sport and school. Some teams practice or play games, even going on trips to compete in warmer locales. Many coaches find ways to work in a few practices during the week, while still allowing their players time off to be with their family.

Hinsdale Central first-year softball coach Brittany Wolski, who spent the last two years as a Red Devils assistant, said there was a time when the softball program held several practices during spring break, but no longer.

Wolski said so many local families go on vacation that when she tried to squeeze in one workout toward the end of this year's break, only five of the team's 12 players were able to attend.

“We say that when these girls are going to these luxurious beaches, we expect them to take their glove and play catch with a sibling or family member. And just stay active,” Wolski said.

Glenbrook North senior Hannah Wilson, who finished fifth in the 100-meter dash at the Class 3A state meet, said she and some teammates found time to train during a spring break trip to Georgia's Tybee Island in March. The Spartans girls track team held practices during the second half of spring break for athletes still in town.

“We found a quiet neighborhood. Flat, paved roads,” said Wilson, who lives in Northbrook. “They weren't ideal for sprinting, but I ran a couple of sprints and we did some body-weight exercises like squats, lunges and push-ups, which you really can do anywhere.”

Wilson plans to attend the school's prom on May 13, and said she is happy the event will take place a week before the state meet. In the past, the two have fallen on the same weekend.

Of course, Wilson will be in training mode at the time of the dance, which is two days after the sectional, and said she expects to turn in quite early on prom night.

“My sport always comes first, and I want to make sure to set myself up to do well (at state),” Wilson said.

Added Wilson: “My friends understand when I have to go to bed early. They are used to it.”

At New Trier, girls soccer coach Jim Burnside has found a creative way to ensure his players are in top form when the Mustangs play in the Class 3A state final on May 12, 2016, in Skokie.

“It would have been a tuxedo-free zone. We found a quiet neighborhood. Flat, paved roads,” said Burnside, who said this year's seniors won't face a conflict because the graduation party is the day after the conclusion of the state tournament. “All their friends are there until the end of the party and then go to the beach. But the players are getting some sleep, so they don't let their teammates down.”

Last year, Mundelein seniors graduated on May 15. That meant when the Mustangs played in the Class 4A baseball state final on June 11, they lost 10-3 to Providence, the Mundelein players already had been out of school for several weeks.

Mundelein's Will Michalski, who was the starting pitcher in last year's championship game as a junior, said it's a luxury to sleep in late and fish with teammates before a weekday playoff game.

But the Mundelein players also faced off-the-field distractions during the playoffs. Their friends were throwing graduation parties and already enjoying their summer break. It's something Michalski said the coaching staff addresses with the players.

“I think they have trust in us. But they sit us down and talk about how we're a team, and that's more important than going out and having fun,” said Michalski, who lives in Hawthorne Woods. “They have responsibilities, and you don't want to be that guy who (gets in trouble) and lets a lot of people down. Also, before prom, they reminded us to 'be responsible and use your head.' I'm glad our team has a lot of people who have their head on straight.”

The Mustangs, who are ranked No. 2 in the state by Prep Baseball Report Illinois, might face a similar scenario this spring. Mundelein seniors graduate on May 14 and the Class 4A state final is June 10.

Livatino said the coaches who succeed in handling the spring-season challenges are the ones who recognize spring break, prom and graduation parties are an important part of athletes' lives, and then work with the athletes to strike the right balance between those activities and their sport.

If he could go back in time to 2005, Livatino said he would try a different approach before the sectional final.

“I would have had more foresight and really talked through it with those seniors,” Livatino said. “I would have said, 'I know you want to go to prom, so how can we figure (out) the best way to do that, where you'll be 100 percent focused on volleyball? Then, when that's over, we'll turn our attention to other things.'”

In other words, the locker room would have been a tuxedo-free zone.
Rogalla named Big East pitcher of the week

BY SAM BRIEF
Pioneer Press

Oak Park-River Forest graduate Keith Rogalla earned his second Big East pitcher of the week honor of the 2017 season on April 24. Rogalla, a junior right-hander on the Creighton baseball team, pitched eight innings on April 23 against Villanova, allowing one run on four hits while striking out 10 batters. As of April 26, Rogalla had a 3.46 ERA on the season with a 2-2 record and 51 strikeouts in 54.2 innings pitched.

Grant wins multiple honors at DePaul

DePaul senior Jacqui Grant, a Maine South graduate, received a bevy of awards at the women's basketball team's season-ending banquet. Grant, a first-team All-Big East forward and co-Big East defensive player of the year, was named DePaul's defensive player of the year. She was also commemorated as a member of the 1,000-point club for her career. Grant finished the season as the Blue Demons' leading rebounder and shot blocker. Trinity graduate Lauren Prochaska, a junior guard, finished 6th for second on the Blue Demons in assists for the season.

Locals shine for Dominican softball

IC Catholic graduate Gabby Curran and Nazareth graduate Cat Klostermann have been major contributors for the Dominican softball team this spring. Curran, a sophomore from Elmhurst, was leading the team with a .407 batting average and had a team-high 20 stolen bases through April 27. Klostermann, a freshman pitcher from Oak Brook, was named the Northern Athletics Collegiate Conference pitcher of the week on April 10 and was 13-2 with a 0.94 ERA and a team-leading 77 strikeouts as of April 22. The duo is joined by Park Ridge native Olivia Bab uczci.

Bourbon heats up for Northwestern

Stevenson graduate Willie Bourbon, a sophomore infielder for the Northwestern baseball team, recently put together a five-game hitting streak. In an April 15 victory against Illinois, Bourbon drove in three runs. The next Friday against Penn State, Bourbon went 2-for-4 and scored a run. He also reached base three times in an April 21 win over Penn State. Bourbon is joined by OPRF graduate Hank Christie, Evanston graduate Charlie Maxwell and Lake Forest graduate J.R. Reimer, among others.

Above: Creighton junior Keith Rogalla, an OPRF graduate, was named Big East pitcher of the week.

Left: Park Ridge native Jacqui Grant, who helped lead the DePaul women's basketball team to the second round of the NCAA tournament, was named the Blue Demons' defensive player of the year.
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Racing nothing new for Niles North’s Francis

BY JON J. KERR
Pioneer Press

In one way or another, Jordan Francis has been preparing for his senior season on the Niles North track and field team for quite some time.

The 5-foot-9, 135-pound Francis ran both the 800 meters (eighth, 2 minutes, 11.13 seconds) and the second leg of the 4x400 relay (ninth, 3:29.22) at the Prospect Wanner Knight Invitational on Friday in Mount Prospect. Francis’ 50.4 split was a career best.

“He’s really versatile. He’s a little bit of a freak that way.”
— Vikings assistant coach Paul Swanson

Francis transferred to Niles North before his junior year. He previously attended Metea Valley, where he played soccer and ran track. At the end of his sophomore track season at Metea Valley, he ran a leg on the Mustangs’ 4x400 relay team at the sectional.

“That was one of my favorite memories,” Francis said. “The guys I ran with were all seniors and were my inspiration.”

He was hooked on track.

However, Francis was inspired to run long before he was in high school.

His parents, Kevin Francis and Grace Johnson, are Jamaican immigrants. In 2007, Jordan Francis traveled to Jamaica with his parents. He recalls playing soccer with local children in rural towns near the country’s capital city of Kingston.

“We would wander up these hills and play soccer in the dirt,” Jordan Francis said. “We’d run around and race kids up the street.”

Jordan Francis, a Skokie resident, strongly identifies with his Jamaican heritage. Only two sports are permissible to view in his house.

“Soccer, track and cricket are the most popular sports in Jamaica,” Jordan Francis said. “In my household, you watch soccer or track. During the (Rio) Olympics, you better have track on no matter what the race. I love watching track.”

Jordan Francis’ father coached him in soccer as a youth. He insisted his son never walk while on a soccer field.

Jon Roberts, a Vikings assistant coach, said Jordan Francis is well-suited for a combo role.

“He floats (when running) and from my point of view, he’s a combination distance and sprinter. Right now, that’s working out for him,” Roberts said. “I have no idea what he’ll run at the CSL (conference meet) or sectional. But no matter what he does, we know he will give us a good effort.

“Our goal for him is to get a state-qualifying time.”

Jon J. Kerr is a freelance reporter for Pioneer Press.

Niles North’s Jordan Francis (5) runs in the 800-meter race at the Prospect Wanner Knight Invitational on Friday in Mount Prospect.
Pair of aces lead way for Blue Demons

Schwab, Kelly have combined for 82 strikeouts in 45 2/3 innings

BY STEVE SADIN
Pioneer Press

Maine East pitcher Ashton Schwab has a theory about how to end the Blue Demons’ losing streak, which stood at four games entering the week.

“We need to relax and play the game,” said Schwab, a sophomore left-hander. “We were doing that earlier in the year and now we’re tense. We have to relax, play good baseball and go with the flow. You have to know your game and play it.”

In addition, it would help if Schwab and junior left-hander Antoine Kelly continued pitching with the same tenacity. Schwab has a 1.96 ERA and Kelly’s is 2.71. In 25 innings, Schwab has given up 19 hits and struck out 36. Kelly has struck out 46 and allowed 13 hits in 20 2/3 innings.

“Antoine (Kelly) is a physically big kid (6-foot-6) and throws in the upper 80s,” Maine East coach Ron Clark said. “He throws it hard and he’s just going to keep improving. Ashton (Schwab’s) command is very good. He has a good curve and changeup.”

Jusuf Zvizdic, the Blue Demons’ catcher and a junior who has handled both Kelly and Schwab throughout their high school careers, said the differences between the two Maine East pitchers often creates confusion for opposing hitters on CSL North teams who face them both in the same week.

Schwab started at Vernon Hills on April 25, but only lasted two innings because of an illness. Kelly pitched against Vernon Hills later in the week. The second game between the two teams started on April 27 and, because of darkness, had to be finished Friday. The Blue Demons (5-10, 2-6) lost 11-0 and 11-1, respectively, but Vernon Hills only had five hits on April 25.

Schwab’s ability to focus when he steps between the white lines is part of the reason for his success.

“Baseball is the best game,” Schwab said. “When I play, all my stress from everything goes away and I just play baseball.”

He also has great command of his pitches.

“He can throw his curve for a strike on a full count or he can throw it in the dirt on 0-and-2,” Zvizdic said. “He has a very good changeup which looks like he’s throwing a fastball. He can really use his offspeed stuff.”

Kelly dominates hitters with his fastball. Zvizdic said he can “blow it by anybody.”

Kelly likes to do exactly that.

“I like competing,” Kelly said. “I like striking guys out.”

Clark said Kelly’s fastball will keep getting faster as he continues to grow, and the pitcher said he is doing what he can to bolster his marquee pitch.

“Mark Kodjak Like Na/Pioneer Press

Maine East starting pitcher Ashton Schwab throws a pitch against Vernon Hills on April 25.

“Mark Kodjak Like Na/Pioneer Press

My fastball was in the low 80s,” Kelly said. “I played some long toss and lifted in the offseason so I could improve it a little bit.”

Steve Sadin is a freelance reporter for Pioneer Press.

Twitter @Pioneer_Press
Les retires after successful tenure at Notre Dame

Dons won an ESCC title, six regionals and one sectional in coach’s 10 years

By Dan Shalin

Tom Les said he took over as the basketball coach at Notre Dame because he wanted to give back to his alma mater in Niles.

He did so in ways that were apparent, like leading the Dons to some of the most successful seasons in program history. But also through less well-known actions, like spending the last decade as a volunteer donating his coaching paychecks back to the basketball team and the athletic department.

Les, 62, announced his retirement from coaching on April 22, ending a 10-season run in charge of the Dons. Notre Dame went 209-87, won an East Suburban Catholic title, six regionals and one sectional during his tenure.

He also coached notable players like Mike DiGregorio (McKendree, Philippine Basketball Association), Quinton Chevez (Tennessee, Hampton, NBA D-League), Rodney Pryor (Robert Morris, Georgetown), Matt Mooney (Air Force, South Dakota), Joe Mooney (UC Davis) and current seniors Matt Stritzel and Jeameril Wilson.

The Illinois Basketball Coaches Association named Les one of its 2014-15 Class 4A Coaches of the Year after the Dons went 26-5. Notre Dame followed that up with records of 25-7 (2015-16) and 25-6 (2016-17).

Les, a 1971 Notre Dame graduate who starred for the Dons and in college at Bradley, said he took some time after the end of this past season before deciding the moment was right to step away. A resident of Crystal Lake, Les said he is not retiring from his full-time job as CFO of Althoff Industries, a Crystal Lake-based provider of heating, air conditioning, plumbing and electrical services.

“I live an hour away from Notre Dame and every time we have a practice or game, I have to drive an hour each way,” said Les, who coached five seasons at Marian Central in Woodstock before taking the Notre Dame job in 2007. “I’ve (commuted) for 10 years because it was a way to give back to Notre Dame, which helped build a foundation for the success (me and my brothers Jim and Gary, also standout athletes at Notre Dame) have had.

“(After the season) I wanted to wait until after the emotional feeling had passed, to sit down and take a good long look, and decide (to stay or go). It was not an easy decision. Notre Dame is a great place. But it was time to turn the reins over.”

Les admitted there would be a void in his life without basketball, but said he looks forward to spending more time with his two grandchildren, who live near him in Crystal Lake, working on his golf game and also to finally taking full advantage of the second home he and wife Betsy have in Florida.

Notre Dame athletic director Mike Hennessey said the one thing they always did was thank coach Les and tell us to listen to him,” said Wilson, who lives in Chicago. “They all gave credit to coach Les for taking them to the next level.”

Matt Mooney, a 2013 Notre Dame graduate who averaged a team-high 18.6 ppg as a redshirt sophomore at South Dakota this past winter, remains close with Les, though he said there were times during his high school career he “didn’t really like the guy.” But Mooney said Les prepared him for college basketball.

“He ran Notre Dame like a college program,” said Mooney, who grew up in Wauconda. He added: “He’s not afraid to (really) coach guys, no matter how talented they are. He also built up the program to where it’s known in Chicago as one of the top (programs) every year.”

Dan Shalin is a freelance reporter for Pioneer Press.

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