

NILES HERALD-SPECTATOR



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Artistic recognition

Two Niles North students take top honors in art competition. Page 6



OFFICE OF U.S. REP. JAN SCHAKOWSKY

U.S. Rep. Jan Schakowsky, D-Ill., takes a photo with Sidney Faanunu, first-place winner of the 9th District's "An Artistic Discovery" art competition in front of her artwork. Faanunu is a student at Niles North High School.

LIVING

Seeds of flavor

Cilantro leaves add a pop of green to this plate of aloo gobi flavored with coriander at Marigold Maison in Lincolnshire. Chef Sunil Kumar shares his recipe. The coriander seeds of the cilantro plant are being honored as the Herb of the Year for 2017. **Inside**



SUNIL KUMAR/MARIGOLD MAISON

GO



CHICAGO BOTANIC GARDEN

Chefs at the Garden

Chicago area chefs will cook up seasonal specialties all summer at the Chicago Botanic Garden. **Page 25**

OPINION

Bikers beware: Don't rely on law

Paul Sassone has a message for those planning to hit the roads on bicycle or foot during summer. "We cannot be trusted," he writes on behalf of all motorists. Riders and walkers should always stay alert. **Page 20**

SPORTS



BRIAN O'MAHONEY/PIONEER PRESS

Clearing a hurdle

Area girls track and field athletes qualify for state tournament. **Page 41**

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SHOUT OUT

Neama Abraham, D219 board member

Neama Abraham is a community leader, Niles North High School alumnae and one of the newest member of the Niles Township High School District 219 school board. Mother of one 16-year-old daughter, Abraham was recently sworn in to a four-year term on the board.

Q: What do you do for a living?

A: I am a seasoned human resources professional. Currently, I am in human services and manage benefits and payroll for a private company located in Skokie.

Q: Where did you grow up?

A: I grew up in Albany Park on the Near North Side of Chicago. My family moved to Skokie in 1979. I have been a resident of Skokie for 38 years.

Q: What book are you reading?

A: Currently, I'm reading "Hillbilly Elegy: (A Memoir of a Family and Culture in Crisis)" by J. D. Vance. It's a great book about the poor white in modern day America.

Q: What was your first job?



NAEMA ABRAHAM PHOTO

Neama Abraham

A: My first job was at the Evanston K-Mart on Main Street. Now, it's Food 4 Less.

Q: What did you want to be when you grew up?

A: Growing up, I didn't have any ideas about what career I wanted for myself. I somehow ended up in human resources and I love it.

Q: What's your favorite movie?

A: "The Last of the Mohicans." I recommend this movie to every-

one.

Q: What's your favorite Charity?

A: I tend to gravitate toward health charities such as Doctors Without Borders and American Cancer Society.

Q: Do you have any words of wisdom?

A: Never say something you'll later regret.

Q: What song reminds you of Skokie?

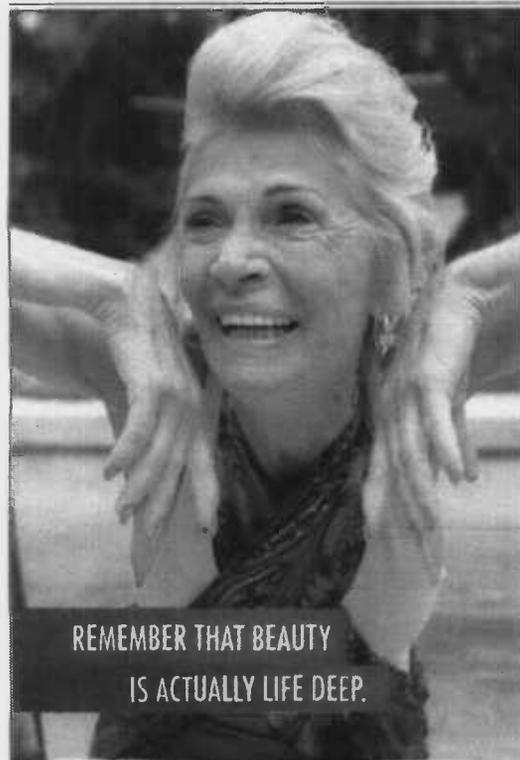
A: When I was a senior in high school, I was at a sports event at one of the schools. After the event was over, a bunch of us were hanging out in the parking lot when one of the kids blasted his car stereo to the song "In the Air Tonight" by Genesis. Every one of us started to sing along at the top of our lungs. Every time I hear that song, it takes me back to that moment.

Q: Favorite restaurant?

A: I have two favorites: Village Inn and Pita Inn.

— Pioneer Press

Shout Out is a weekly feature.



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Artistic recognition

Two students from Niles North High School take top honors in Schakowsky's art competition

Staff report

Two Niles North High School students were recently named winners of a local art competition sponsored by U.S. Rep. Jan Schakowsky's office, according to a news release announcing the recognitions.

Sidney Faanunu took first place in the Congressional Art Competition, with her artwork entitled "Ahhotep I," which used acrylic paint. Taking third place, behind a student from Evanston Township High School, was Jasmine David, of Niles North High School.

David used mixed media for her prize-winning "Dillon" artwork, the May 11 release states.

Schakowsky, D-Illinois, praised Faanunu's work.

"Not only was her painting visually stunning, but the inspiration behind it was especially important to me. Sidney was tasked with painting a strong woman from history, and went back as far as the ancient Egyptians to find a great example," Schakowsky said.

According to the congresswoman's 9th Congressional District office, 38 students from 15 area schools submitted entries to this



OFFICE OF U.S. REP. JAN SCHAKOWSKY

U.S. Rep. Jan Schakowsky, D-Illinois, with first-place winner of the 9th District's "An Artistic Discovery" competition Sidney Faanunu, of Niles North High School, and her artwork.

year's competition. The district event is part of the national "An Artistic Discovery" competition "designed

to showcase and reward the artistic ability of America's young artists," according to the release.

"Every year, I look forward to meeting the participants of my district's Artistic Discovery competition,"

Schakowsky said. "The competition for first place was extremely close, and I want to congratulate every single

participant in this year's event. The talent and creativity on display were awe-inspiring."

Campaign urges support of first responders

Republican group seeks solidarity through township

Staff report

Morton Grove resident and Niles Township Republican Committeeman Joe Hedrick has initiated a campaign to show support for first responders who work throughout Niles Township.

The goal is to encourage residents to actively support first responders by

using one of several methods, according to the Niles Township Regular Republican Organization.

"The police are there whenever we need help, so we should be there for them," Hedrick said in a news release announcing the program. "Their job is one of the most difficult jobs imaginable. Let's make the effort to show our first responders how much we appreciate all they do to protect our families and communities."

Niles Township includes

the villages of Lincolnwood, Skokie, Morton Grove, Golf and sections of Niles and Glenview.

Residents and businesses are encouraged to display one or more of the following shows of support: tying blue and red ribbons to trees, posts or railings on property visible from the street, inflating red and blue balloons and tying them to locations in front of a home,

using painters tape to place a strip on the inside of a vehicle's rear window and/or bumper and replacing porch light bulbs and/or outside garage light bulbs with blue light bulbs.



Joe Hedrick

Also, placing a string of blue and/or red LED lights around the front window or porch of a home, performing random acts of kindness such as purchasing a first responder's meal

in a restaurant, delivering a thank you card to a local police or fire station signed by neighbors, co-workers, family members and owners/employees of local businesses and carefully approaching a police officer or firefighter to offer thanks.

"We are hoping our neighboring villages will take notice of what we are doing in Niles Township and duplicate our efforts," Hedrick said in the release. "This will lead to a boost in community spirit and help to bring residents and pub-

lic servants together."

A Skokie resident initiated a similar campaign to support the village's police and fire personnel, the release states.

Residents and business owners have been encouraged to tie red and blue ribbons on trees and posts throughout Skokie during the month of May.

Ribbons and blue light bulbs are available at many area retail stores, according to the Niles Township Regular Republican Organization.



KARIE ANGELL LUC/PIONEER PRESS

Chris Georges of Morton Grove and David Hanna of Skokie take in the parade of flags in this May 21, 2016 file photo of the Festival of Cultures at Oakton Park in Skokie. For 2017, the event will kickoff with an international short film festival May 19, leading into the full two-day event May 20-21.

Skokie Festival of Cultures to start with short films

Represented countries include Armenia, Ireland

BY MIKE ISAACS
Pioneer Press

Organizers last year estimated 27,000 people attended Skokie's two-day Festival of Cultures, and they expect as many or more to be in attendance this year.

Celebrating the village's large ethnically diverse population, the Festival of Cultures is scheduled to run May 20 and 21 in Oakton Park.

"Skokie is a tremendously diverse community, with more than 90 languages spoken in residents' homes," said festival Chairman Jon Marquardt. "The Skokie Festival of Cultures serves to unite the people of the village for an entire weekend, allowing them to celebrate one another's customs and cultural backgrounds in a fun and colorful setting."

He said the event will

feature dozens of cultural booths, and attendees will also enjoy two days of ethnic folk music and dance, a wide range of food, unique arts and crafts and a merchandise marketplace.

Like in recent years, this 27th annual festival kicks off with a preview event May 19 that includes an international short film festival.

The weekend festival is also scheduled to have an international beer tasting area (for a fee), a children's area featuring hands-on exhibits and the "Passport to the World" official guide packed with a schedule of the many ethnic performances, educational information and a festival map.

The festival is staged by the Skokie Park District with support from the Village of Skokie and the Skokie Public Library. And over a dozen corporate sponsors contribute as well as the Illinois Arts Council, according to festival organizers.

Pamela Zeid, Oakton Community Center cus-

tomer service supervisor, said she has worked with the festival and its many volunteers for years.

"When people think of diversity, there's a political connotation to it and that's not what this is about," Zeid said at last year's festival. "It's about celebrating what makes everyone different."

The festival emerged from a Skokie ethnic diversity project called VOICES (Valuing Our Image Concerning Ethnicity in Skokie), according to festival history. The project was intended to promote a better understanding between Skokie residents of different ethnic, cultural and religious backgrounds.

The first festival in 1991 included only 14 cultures — well below half the number of participating cultures today.

Armenia, Assyria, Croatia, Cuba, Iraq, Ireland, Thailand and Tibet are all among the ones scheduled to be represented this year.

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Area residents pledge allegiance to U.S.

New citizens speak of love for country, pursuing dreams

By IRV LEAVITT
Pioneer Press

As 72 north suburban Chicago residents took their oaths of U.S. citizenship, many spoke of love for their new country and opportunities for their family, though some said the political climate had created a heightened urgency for them to seek citizenship.

Alma Castaneda, of Mundelein, has lived in the United States 26 of her 28 years, but didn't feel pressure to become a citizen until after the presidential election, she said shortly before becoming a citizen in the Northbrook Public Library ceremony.

"I think after the presidential election, it hit me," said Castaneda, who was born in Mexico. "It struck me that I want to make sure I am part of this country. This is my home now, and I don't want that taken away."

U.S. Rep. Brad Schneider, D-10th, who gave the keynote speech to the new Americans, said after the auditorium emptied that discussions in the last two years about immigration policy have driven people toward seeking citizenship.

"The nation has been a refuge from persecution, and a place to raise a family and seek opportunities and pursue dreams," he said. "In the current political climate, we have to search for ways to work to aggressively defend that."

Tom Cioppa, U.S. Citizenship and Immigration Services (USCIS) Chicago district director said that "citizenship applications have picked up across the board over the last two years."

The total number of naturalizations rose from 654,949 in 2014 to 729,995 in 2015, and 741, 548 through the first three



BRIAN O'MAHONEY/PIONEER PRESS PHOTOS

Virginia Lopez De Zamudio recites the Pledge of Allegiance during a ceremony in which new citizens were sworn in.



Irina Feldbein takes the Oath of Allegiance during a ceremony in which new citizens were sworn in.

quarters of 2016, according to USCIS.

One after another, the new citizens from 29 different countries said they had applied in the last three months of 2016, though most denied any direct rela-

tionship to the election.

Wilfredo Carrillo, formerly of Colombia, said that citizenship was part of his plans for security for his family of four.

"It's not so important for me. I'm 58," said the Anti-



Catherine Clarkson receives her citizenship certificate during the ceremony.

och resident. "But it's important for the future of my family."

He and his wife Vilma have two sons, 14 and 13, and his citizenship, the couple said, will lead to theirs.

With the filing of a few

forms, USCIS Congressional Liaison Anita Goss-Fields said, foreign-born children of a naturalized citizen can become citizens, too.

The Carillos only need one citizen parent, but Vil-

ma Carillo said that she, too, has passed the test, and hopes to soon be a citizen.

"It will be a better life for us," she said.

Ignacio Rivera, a Mexican immigrant living in Zion, has lived in the United States for 50 years, but didn't apply for citizenship until Nov. 22, he said. His daughter Araceli, his translator, said that he had previously taken English classes, but found them difficult and put off citizenship.

But she said he decided last fall to take advantage of one of the USCIS exceptions to the English requirement. It kicks in if the applicant is age 50 or over, and has lived as a permanent resident - a "green card" holder - for 20 years. Another exception is for those 55 or older with 15 years of residency.

"I want to stay," Rivera said.

Others who had applied for citizenship said their love for their adopted country stemmed from the welcoming environment.

"I trust America's political system," said Oscar Sanchez, a Waukegan resident from Mexico. The 16-year U.S. resident said that he admired Americans for their tolerance.

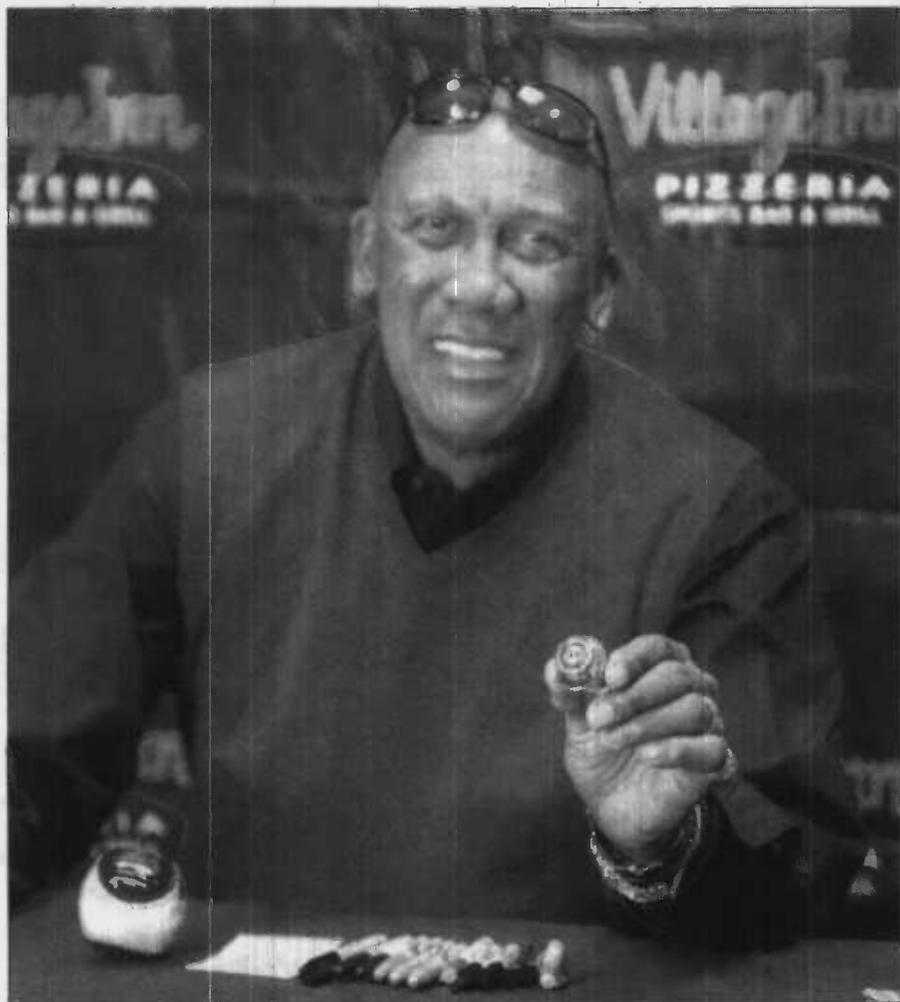
"You have to love America, for its legal protections, its tolerance. I'm blessed to be part of America. You can never take it for granted," he said.

Lake Bluff resident Catherine Clarkson, who emigrated from England 11 years ago, said she agreed.

"I felt so embraced by the people," Clarkson said. "So warm and welcoming."

Eight-year U.S. resident Giovanni Frezza of Italy said, "As soon as I was eligible, I applied. I love this country." He said he also still loves Italy, but "I want to vote, and make opportunities for my wife and family."

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HIDDEN DIAMOND PRODUCTIONS INC. PHOTOS

Cubs Hall of Fame pitcher Ferguson Jenkins holds up his Hall of Fame World Series ring during an autograph signing event May 4 at Village Inn pizzeria in Skokie.

Cubs Hall of Fame pitcher signs autographs in Skokie

Staff report

Chicago Cubs Hall of Famer Ferguson "Fergie" Jenkins held an autographing signing event May 4 at the Village Inn restaurant in Skokie.

For two hours, fans had an opportunity to take pictures with the former Cubs pitcher who started his major league baseball career in 1965.

At the signing, Jenkins also debuted his Hall of Fame World Series ring. He was inducted in the Hall of Fame in 1991.

After the signing, Jenkins mingled with patrons and fans.



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BATTERY

■ Dashty Danha, 37, of the 8400 block of Normal Avenue, was charged with domestic battery on May 4, police said. Danha is scheduled to appear in court May 19.

■ Earl Taliaferro, 60, was charged with battery and disorderly conduct on May 5, police said. According to police, Taliaferro was accused of pushing a stopping cart into a 41-year-old woman inside a store in the 5600 block of Touhy Avenue and then attempting to punch her after telling her to get out of the way. Police said a "pushing match" occurred between the two and customers began running from the area. Police provided an address for Taliaferro that is a non-

residential block in Park Ridge and includes the Park Ridge police office. Taliaferro is scheduled to appear in court May 17.

DISORDERLY CONDUCT

■ William J. Kelly, 51, of the 100 block of South Summit Avenue, Park Ridge, was charged with disorderly conduct, retail theft, criminal trespass and resisting a police officer on April 29, police said. According to police, Kelly was accused of threatening customers at a restaurant in the 7100 block of Milwaukee Avenue and police were called. Before officers arrived, police said Kelly walked over to the a neighboring CVS store, where he allegedly stole a can of beer and called a female employee "offensive names." When police attempted to take Kelly into custody in the 6300 block of Milwaukee Avenue, he allegedly began to resist.

Kelly is scheduled to appear in court May 30.

TRESPASS

■ Cristian Rivera, 37, of the 8800 block of North Grand Street, was charged with criminal trespass and disorderly conduct on April 29 after police said he was found intoxicated inside a home. He was taken to Advocate Lutheran General Hospital in Park Ridge and also ticketed for public intoxication, police said. Rivera is scheduled to appear in court May 17.

DISPUTE

■ Police responded to the 7400 block of Milwaukee Avenue on April 27 after a couple reportedly got into a verbal dispute over the husband giving their cat a bath. Police said the man was scratched by the cat.

BURGLARY

■ Police said a store on the 7800 block of Milwaukee

Avenue was forcibly entered April 30 and phones were reported stolen.

THEFT

■ A woman reported her reading glasses were stolen April 27 inside a store in the 8600 block of Golf Road.

■ On the morning of April 28, a man allegedly stole 19 packs of cigarettes, valued at \$274, from a store in the 5600 block of Touhy Avenue.

■ A 1998 Acura was reportedly stolen overnight April 27-28 from the 8200 block of Dempster Street.

■ Twenty-five plants, valued at \$625, were stolen April 29 from outside a business in the 7700 block of Lehigh Avenue, police said.

■ An unknown man in his 40s allegedly stole \$91 worth of crab legs from a store in the 5700 block of Touhy Avenue on April 30.

■ Three men reportedly ordered multiple sand-

wiches and drinks from a restaurant in the 800 block of Civic Center Drive and then left without paying on May 4.

■ Fifty storage containers, valued at \$150, were discovered missing May 5 from a store in the 5600 block of Touhy Avenue, police said.

BURGLARY TO VEHICLE

■ A purse was stolen from a car parked in a lot in the 9200 block of Milwaukee Avenue on the night of April 29. Four other cars parked in the lot were also forcibly entered, but nothing appeared to be missing, police said.

PROPERTY DAMAGE

■ Between April 29 and May 1, someone placed glue all over a bank's ATM in the 7700 block of Milwaukee Avenue, police said. Damage was estimated at \$1,000.

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Old park equipment finds new life

Parts of Skokie playgrounds now enjoyed by kids in Armenia, around the world

By MIKE ISAACS
Pioneer Press

Skokie playground equipment removed from village parks after years of use has been finding new life in places around the world, according to Skokie Park District leaders.

"The playground equipment we remove from our parks is being enjoyed in other places where kids have not had anything to play on," said Park District Supt. Michael Rea. "It's a really good feeling to see pictures of kids using the equipment."

The recycling of removed Skokie Park District equipment began because of a Winnetka doctor and his wife, the founders of the Armenian Relief Mission, Rea said.

Dr. Steve Kashian, who also has a practice in Skokie, approached the Park District around 2009 asking for a donation of equipment, Rea said.

"He's now taken four or five wooden structures from us," Rea said. "He reinstalls them in Armenia over there. These kids have never had a playground so it's all new to them."

The playground equipment initiative is only one of the undertakings of the Armenian Relief Mission, Kashian said. He said he first received donated playground equipment from Northbrook more than 10 years ago.

Kashian and his wife, Rozik, have spearheaded reinstalling seven sets of playground equipment in that former Soviet republic since then — all originating from this area and most of it from Skokie, he said.

"We discovered that essentially, there is no playground equipment in the country," Kashian said.

The playground equipment has been reinstalled at

various venues including outside some orphanages, near a school for deaf children and Armenian Relief Mission's clinic in Vandazor, Armenia, Kashian said.

"When we installed the first playground, we realized that these kids had never used a swing," Kashian said. "They had to learn. But they are very excited and happy to play on the playground."

The playground equipment for the most part is used in remote villages by children from poor families, Kashian said.

The Kashians say they visit Armenia — located between the continents of Asia and Europe and bordering Turkey — regularly and help install the equipment themselves with a large team of volunteers.

Removing the first playground equipment from Northbrook took a team of 30 volunteers as well as Zera Construction Co., a general contractor in Niles. The Kashians say Zera has always helped with equipment removal.

That first playground set was so large, they said, that it ended up at three locations in Armenia — in the backyard of the Armenia Relief Mission's medical clinic, at an orphanage and in the capital city of Yerevan.

Playground equipment from Skokie's Oakton Park was donated years after Northbrook's, the first from Skokie that the Armenian Relief Mission took, according to Rea.

Since Oakton, items from Devonshire, Sequoya and Emerson parks have been donated to the Armenian Relief Mission as well, Rea said.

More recently, he said, a similar non-profit group, Kids Around the World, received donated equipment from the Skokie Park District for similar reasons.



SKOKIE PARK DISTRICT PHOTOS

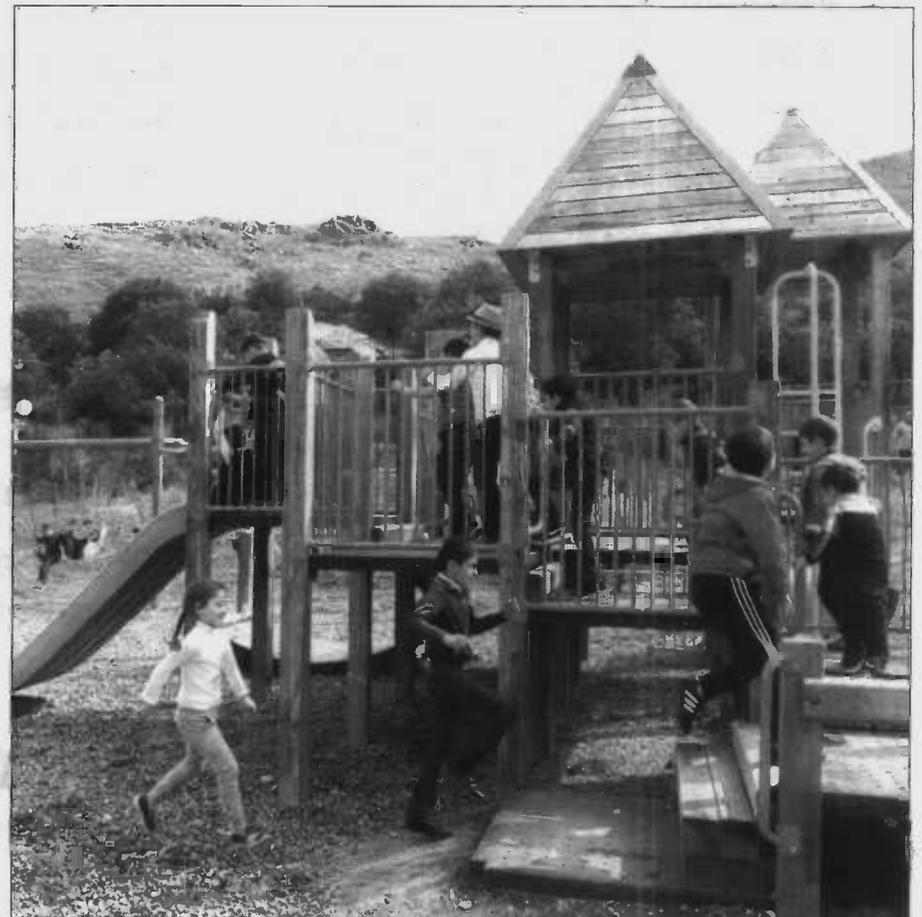
A worker removes playground equipment from Winnebago Park April 17 that will be donated for use somewhere else in the world. Kids Around the World, a non-profit, will re-install the equipment in an area of the world where kids don't have a playground, officials say.

"We partner with organizations to establish playgrounds in poverty-stricken communities," according to information on the non-profit organization's website. "Our play program restores the opportunity for children to enjoy the kind of play that is key to their physical, emotional, spiritual and cognitive development."

The Skokie Park District donated equipment from McNally Park in 2015 to Kids Around the World. More recently, Winnebago Park equipment was donated to the organization.

Unlike with the Armenian Relief Mission, Park District officials say they are unsure where Kids Around the World reinstalls the donated equipment. Sometimes, Rea said, equipment from different venues can be used together to create a playground overseas so it's hard to know, he said.

What Rea said he does know is that the equipment gets reinstalled where children have been without and are able to enjoy it.



Children in Armenia enjoy playground equipment that was once used in a Skokie park.

Peapod headquarters moving from Skokie

BY CHERYL V. JACKSON
Blue Sky Innovation

Peapod plans to relocate its headquarters from Skokie to downtown Chicago this year — a move that could affect 180 employees, an executive said May 10.

The internet grocer is moving all of its corporate employees to one location, Senior Vice President and Chief Technology Officer Thomas Parkinson said May 10 at the ITA Chicago Tech Summit.

“We’re consolidating, hopefully by the end of the year, into one big office with everybody from Peapod downtown,” he said. “We’re in the middle of leasing right now.”

The company has about 300 corporate workers in the Chicago area, including about 120 IT workers based at the Civic Opera Building, 20 N. Wacker Drive, Chicago, he said. The remainder are at 9933 Woods Drive in Skokie.

A company spokeswoman declined to comment further on the move.

The shift comes as many prominent companies are moving their suburban headquarters to the city, including Motorola Solutions, McDonald’s, Beam Suntory and Kraft Heinz.

Cheryl V. Jackson is a freelance writer.

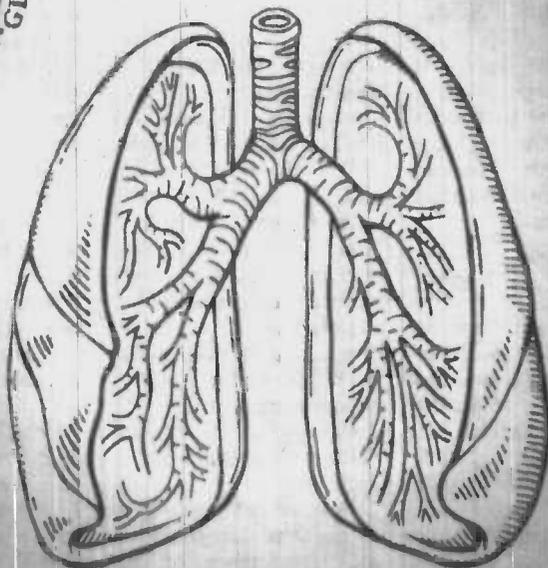
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KRIS TRIPPLAAR/SIPA USA

Delivery vans featuring Peapod logos outside of a distribution warehouse in Hanover, Md., on April 10, 2016.

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Meghan Wierzbicki, 38
Loyola Pulmonology Patient

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Evanston police: Man sicced dog on driver

Staff report

Evanston police announced on May 12 that a 47-year-old man has been arrested and accused of siccing his dog on a 65-year-old man who honked his horn at him.

Arthur Williams, 47, of Evanston, was arrested May 11 and charged with misdemeanor battery, according to a release issued by the Evanston Police Department.

Williams was walking his dog on March 3 in the 1200 block of Forest Avenue in Evanston when the second man, a Chicago resident, was trying to make a right turn onto Forest from Burnham Place and had a green arrow, the release said. The man reported to police that Williams, who was walking his dog, walked in front of the man's car, according to police.

Authorities said the man honked at Williams, at which point he is accused of kicking the man's car, opening the driver's side door and battering the man, before dragging him out of his car. Police said Williams then gave a "verbal command" to his dog to bite the man. The dog reportedly then bit him in the hand and groin, according to police. Williams then left, authorities said.

The Chicago man reportedly had scratches on his torso and left hand, and puncture wounds in his thigh area, according to police.

Authorities said detectives got a tip that Williams might be the person they were seeking in the dog bite incident and Williams came into the police department on May 11, when he was charged.

Backpack exhibit puts names, faces to college suicide

BY SUZANNE BAKER
Naperville Sun

Standing in the midst of 1,100 backpacks dotting North Central College's grassy commons May 12, Linda Pacha held out a white flyer with information on mental health resources and urged every student who passed her to visit www.nicksnetworkofhope.org.

For those willing to listen, the Naperville mom relayed the story behind the backpack at her feet and how Nick, a 19-year-old freshman at the University of Minnesota, took his own life on April 29, 2013.

It's a story Pacha relives every second of every day; Nick was her son. "It's something that never leaves you," Pacha said.

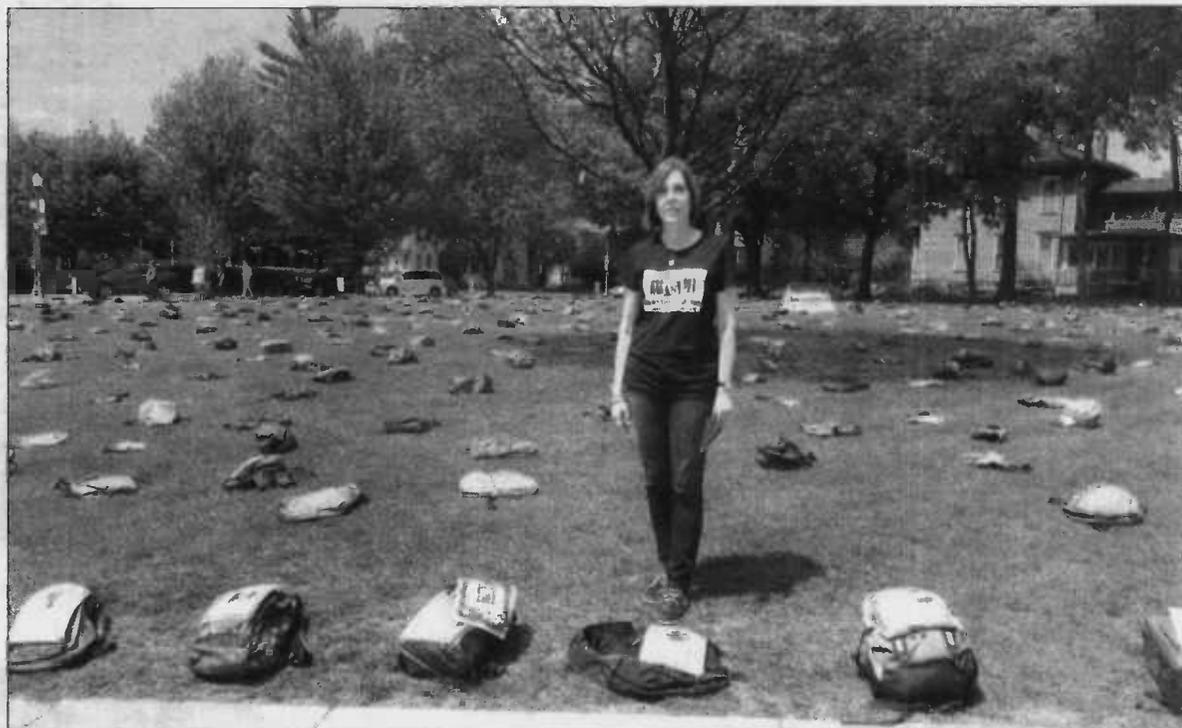
Four years later, the Naperville woman lifts up families who've recently gone through similar experiences and implores young people to seek help before they become another statistic.

"You might be at a point where it may seem like it's the end of the world, but it's not. ... Reach out now; there are plenty of people who care," she said.

The Naperville woman copes with her grief by spreading the message of help through the organization she founded — Nick's Network of Hope — and at events like last week's "Send Suicide Packing" brought to North Central's Naperville campus by the mental health advocacy and counseling group SamaraCare of Naperville.

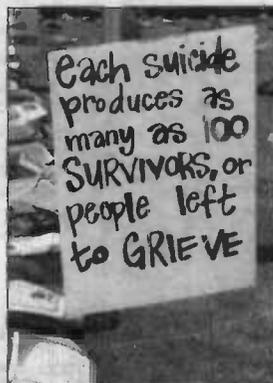
If her story saves just one life, Pacha considers it a victory.

Created by Active Minds, the traveling exhibit features 1,100 backpacks of all sizes, shapes and colors to represent the number of college students who take



SUZANNE BAKER/NAPERVILLE SUN PHOTOS

Linda Pacha, of Naperville, stands in front of a backpack representing her son, part of a traveling exhibit drawing attention to the fact that an estimated 1,100 college students take their own lives each year. The 1,100 backpacks in the "Send Suicide Packing" exhibit were displayed Friday at the North Central College campus in Naperville.



The traveling "Send Suicide Packing" exhibit was on display at North Central College in Naperville May 12.

their own life during a single year.

Pacha said the number is likely much higher because police often do not classify student deaths as suicide, in part because of the stigma for both the victim and the

college. Her own son's death is listed as a drowning.

She said the display is both visual and poignant.

Some of the backpacks spotlight an individual student's story; others contain items that were dear to the backpack's owner.

"This is not just a number. These are real people," Pacha said.

The exhibit started at the National Mall in Washington, D.C., in 2008, and has visited 140 cities across the country. North Central was the last college on a 15-campus spring 2017 tour that included schools in Alabama, California, Colorado, Oregon and Wisconsin.

Tatiana Sifri, director of the Dyson Wellness Center on the North Central campus, said the exhibit brings conversations about suicide

and mental health to the forefront.

"My main goal is to make sure our students know they can seek help. There's always hope and help. Don't hesitate and wait," Sifri said.

One way to get help, she said, is through an early referral system available at North Central in which a student, a friend, a faculty member or a staff member can alert the school when they see a student in distress. Sifri said a group of people work to ensure the student gets the needed intervention, support or counseling.

"We are so lucky to have so many resources within walking distance of our campus," Sifri said. But unless a student reaches out, or someone reaches out on the student's behalf, those resources go unused, she said.

Friends shouldn't be afraid of the repercussions, she added.

North Central senior Kathryn Bloch, of Oswego, said she was moved to tears after reading one of the stories posted on a backpack.

"I think this is a great way to express the subject of suicide. It's easy to feel isolated, even on a campus like this," Bloch said.

The exhibit also was supported by the Naperville Park District, KidsMatter, ParentsMatter Too, Nick's Network of Hope, Linden Oaks Behavioral Health, Edgewood Clinical Services, Interfaith Mental Health Coalition, Good Shepherd Church, Our Lady of Mercy Catholic Church and St. Elizabeth Seton Catholic Church.

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Cook County OKs compost plant despite resident fears

BY GRACE WONG
Chicago Tribune

A food composting plant won approval from Cook County commissioners last week despite opposition from nearby residents who fear it will be bad for the environment and their property values.

Some opponents shouted their disapproval to commissioners after they voted 11-2 in committee in favor of the Patriot Acres facility, which is planned on a site along the Des Plaines River outside Des Plaines.

Residents expressed concern the operation would bring noise, odor, truck traffic and rodents to the area.

Dozens of people spoke before commissioners May 10, both for and against, but

after the committee vote some opponents, among them Nancy Taylor, said they thought they weren't really heard.

"This is typical Chicago politics at work," Taylor said.

The plan passed with a long list of conditions related to things such as hours of operation and noise and environmental protections. Patriot Acres also will be required to operate a hotline for citizen complaints.

Matthew Smarjesse, one of the owners, said he understood residents' concerns and that "we believe we will be a great neighbor." He said the company plans outreach to the community with measures like an open house and the creation of an oversight

committee. John Lardner, the other owner, said he hopes to improve communication.

The County Board took a final, 13-2, vote later May 10, with two suburban Republican commissioners — Sean Morrison, of Palos Park, and Gregg Goslin, of Glenview — casting the no votes in both rounds. GOP Commissioner Peter Silvestri of Elmwood Park, whose district includes the site in question, abstained because, he previously said, he had worked for the law firm representing Patriot Acres.

The property will compost landscape waste and food scraps, but no meat, company officials said.

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Absent Cook County workers cause jail lockdown

BY ROSEMARY REGINA
SOBOL
Chicago Tribune

For the second Mother's Day in as many years, Cook County Jail was placed on lockdown May 14 after 32 percent of employees on the day shift did not show up for work.

Of the workers assigned to the 7 a.m.-3 p.m. shift, 206 failed to show up, said Cara Smith, a spokeswoman for the sheriff.

Eighty-six of them called off sick, and 120 others invoked the Family Medical Leave Act.

"It's the perfect storm of situations: It's Mother's Day and there is beautiful weather," Smith said. "Unfortunately, it's devastating to the people who do come

to work and for the taxpayers."

Additionally, Smith said that as of about 3 p.m. May 14, about 25 percent of staff for the second shift of the day also had called in sick.

Jail detainees were still allowed to have visitors and to go about their essential activities, such as those involving health or court dates, but the entire jail was placed on lockdown, Smith said. Jail programs for the detainees were also canceled.

The "extraordinary" number of absent workers puts additional pressure on the men and women of the sheriff's office who come to work as scheduled, a statement from the office said.

"We continue to find

ways to curb the absenteeism, but we have very few tools in the toolbox," Smith said.

Similar incidents have occurred in the past, including in January 2016 and on Mother's Day last year, when about 20 percent of workers called in.

During lockdowns, which affect all 10 divisions of the jail, inmates' movements are limited because not enough officers are around to ensure their safety and the officers' safety, the sheriff's office said.

A representative for the union that represents the staffers was not immediately available for comment.

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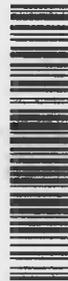
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NEWS



KARIE ANGELL LUC/PIONEER PRESS PHOTOS

Walk MS: North Shore began with temperatures in the 50 degree range under blue skies at 9:26 a.m. on May 7, 2017. The event was held at Blue Star Memorial Woods in Glenview.

Crowd takes part in Walk MS: North Shore

Nearly 1,000 people join in charity walk

BY KARIE ANGELL LUC
 Pioneer Press

Under sunny skies, approximately 1,000 people took part May 7 in Walk MS: North Shore at Blue Star Memorial Woods in Glenview.

Morning temperatures were in the 50-degree range. Participants were offered giveaways such as umbrellas, selfie sticks and food before walking their choice of a one-mile or three-mile path.

"Walk MS really brings hope to all of our individuals who are affected by MS, whether it's an individual living with MS, a caretaker, a family member, a friend, a loved one," said Meghan Melone, Walk MS manager at the National Multiple Sclerosis Society, Greater Illinois Chapter. "It really brings people together."

Walk MS: North Shore was expected to raise \$265,000.

Susan Rubin of Northbrook, MS specialist with



What drives you? "He's my son," said George Gikas of Lincolnwood. John Gikas of Lincolnwood, diagnosed with MS in 2010, looks skyward as his father pushes his mobility chair.

the department of neurology at NorthShore University HealthSystem, was available to answer questions by attendees.

"This is an exciting time for patients with multiple sclerosis," Rubin said. "And while nobody ever wants to be diagnosed with a chronic disease, it's exciting to see how much research is going on and how many new opportunities there are for patients."

Roberta Winter of Skokie is a care manager at the Shirley Ryan AbilityLab in Chicago.

"The snapshot is, when I started in MS in 1991, there

was nothing," Winter said. "And now there are 13, 14 drugs so that people being diagnosed now have a much better chance of less disability."

Now in her fifth year as a walk participant, Katie Keenan of Chicago said she was diagnosed with MS nearly nine years ago at age 22. She said she's been in remission for about three years, and takes medication that makes a difference.

"I can walk," Keenan said. "I'm doing great and I feel great."

Karie Angell Luc is a freelancer for Pioneer Press.

Student who tried to hack grading system sues

By **ROBERT MCCOPPIN**
Chicago Tribune

A student who was expelled from Glenbrook North High School for trying to hack into its grading system has sued the school board, saying the district abused its power by imposing an “unreasonable” and “oppressive” punishment.

An adult relative filed the lawsuit on behalf of the 15-year-old sophomore after Glenbrook High School District 225 officials expelled him for the remainder of the school year and all of next school year for his role in a grade-changing scheme.

The plot was engineered by another student, who created a fake email address that appeared to be from PowerSchool, where students' grades are electronically recorded.

According to the lawsuit and a report from the district hearing officer, the student who created the fake email sent it to several

teachers and asked them to use a provided link to log in. The login page was also fake but allowed the student to capture the passwords of teachers who fell for the scheme, and two of them did, according to the lawsuit and the report.

That student told investigators he was able to “view students grades and edit them,” the hearing officer's report said.

The student who is now suing over his expulsion had a marginal role, the lawsuit asserts. It claims that the other student shared a teacher's stolen password with him and that he used it to try to gain entry to the grading system but failed. The student also admitted in the lawsuit that he sent emails to two teachers from his own account asking about his grades, and those emails included the link to the fraudulent website created by the other student.

The student is identified in the lawsuit, filed in Cook County earlier this month, only by his initials. His attorney declined to

comment about the lawsuit, as did a school district spokeswoman.

School officials first suspended the student for 10 days and then the expulsion was handed down late last month following a formal hearing. It's not clear whether other students involved were also expelled.

The lawsuit argues that state law and legal precedence require that school districts consider other measures of punishment before expulsion, and that failed to happen in this case.

According to the hearing officer's report, an administrator at the Northbrook school did not specify whether other measures were considered but said a disciplinary committee that investigated “felt it was important to send a message.”

“If (the student) is allowed to return to school after serving a suspension, then other students could certainly decide that attempting to access a teacher's account to change grades is worth the risk,” the report said.

The lawsuit contends that the student has not had disciplinary problems at school and that his actions caused no disruption to school operations, factors that the suit contends should have resulted in lesser punishment.

In the hearing officer's report, however, district officials countered that “the disruption came in the form of the many work hours spent trying to find the problem and repair it. The loss of trust came in the form of attacking the academic honesty of the system.

“In other words,” the report continued, “if the teachers' grades were subject to attack and could be surreptitiously changed, the entire school district would lack credibility.”

The disciplinary committee did recommend that administrators consider reducing the length of the student's expulsion if he met certain conditions, such as completing an ethics or digital citizenship course and continuing his education through a private alternative

school and home tutoring provided by the district.

The lawsuit states that the student's conduct, though wrong, was not “egregious,” and that an expulsion will hurt his chances of getting into college.

District 225 spokeswoman Karen Geddeis said she couldn't comment about the lawsuit or on disciplinary actions taken against students, citing privacy concerns.

“The safety and security of our students and staff is our top priority, so this is something that would fall under that,” she said.

The district has also taken measures to ensure the security of its grading system.

“We do take the best preventative measures we can, but you're never dealing with absolutes with technology and security,” Geddeis said.

Tribune reporters Steve Schmadeke and Grace Wong contributed.

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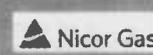
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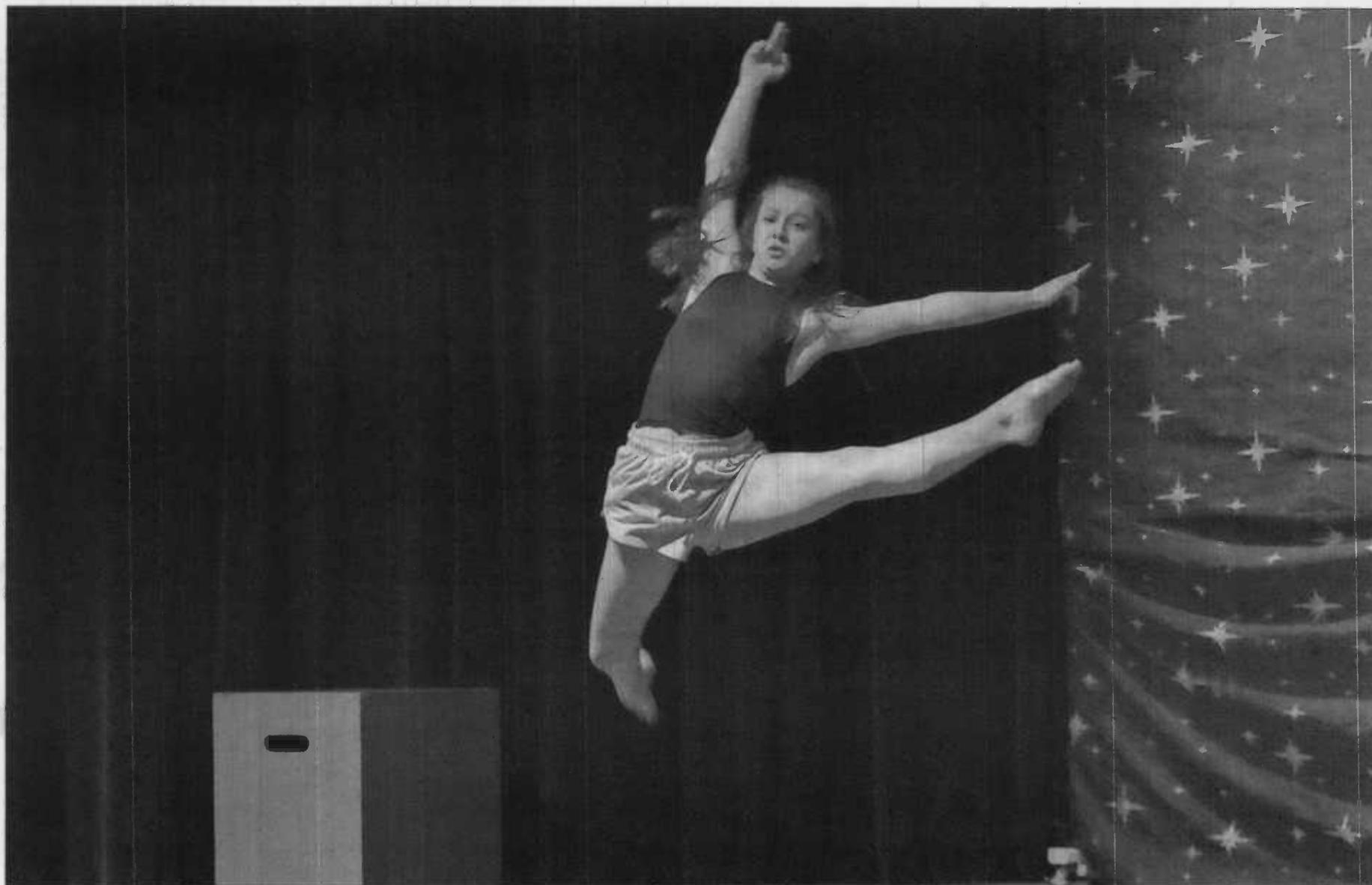


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ERIC P. DAVIS/PIONEER PRESS

Mia Murarescu performs a dance to the song "Never Let Me Go" by Florence and the Machine during the Emerson Middle School variety show.

Emerson student performances are showcased



Michaelene Marchetta and Glanna Bascomb perform a number complete with oceanic props on May 12.

BY JENNIFER JOHNSON
Pioneer Press

Live music, dance and even juggling were among student talents showcased during Emerson Middle School's 19th annual variety show on May 12.

The show, "Emerson's Got Talent," featured more than 20 student acts, with many of them popular songs sung by students, including Adele's "Someone Like You" performed by Taylor Truckenbrod, and Ed Sheeran's latest, "Castle on the Hill," in which Connor O'Shea played guitar

and sang. There were also dance routines, instrumentalists and light comedy throughout the production.

Students performed for their classmates during a late afternoon run before taking the stage again at 7 p.m. for a public performance at the Niles school.

The show was organized by parent volunteers and the Emerson Parent-Teacher Organization as a fundraiser for the school, said co-director Nadine Sorensen.

jjohnson@pioneerlocal.com
Twitter @Jen_Tribune



Taylor Truckenbrod, right, and Connor O'Shea perform Sam Smith's "I'm Not The Only One."

John F. Kennedy as inspiring as ever



RANDY BLASER

He was the youngest man ever elected to the presidency yet his term is perhaps best remembered for what might have been.

His early missteps in foreign policy brought the world to the brink of nuclear war, yet he pursued peace more passionately than any president since.

His time in office has been characterized as "One Brief Shining Moment," and is recalled as "Camelot." But to those Americans who lived through those times, he will never be forgotten.

This coming May 29 will be the 100th anniversary of the birth of President John F. Kennedy, who is forever the young president in our memory.

It is hard to believe that much time has passed.



President John F. Kennedy delivers his Inaugural address Jan. 20, 1961, at Capitol Hill in Washington, D.C.

Although he now has been dead longer than he lived, his presidency still looms large. And it is not for reasons people think.

Today, Kennedy is lionized by the left as a liberal giant. Every Democrat who has sought the presidency since has dared to be considered the next JFK.

But politically, Kennedy was not the liberal hero he is cast as today.

The liberals in the party

always tried to pin him down, yet he wouldn't be put in a box. Lyndon Johnson complained as majority leader that he couldn't count on a vote from Sen. Kennedy. And when asked if he was a liberal or a conservative, he answered, "I'm a realist."

Kennedy today is considered one of the heroes of the civil rights movement of the 1960s, but if he did lead the movement, it was

from behind. He often was bewildered by the movement of events, once wondering where the activists were getting their rhetoric.

Yet he made a great landmark speech in June 1963 calling for Congress to act on civil rights. Congress did after his death, urged to memorialize the fallen president by his successor.

While talking about vigor and looking the picture of health, Kennedy was actually a very sick man. He was a sickly child, and developed his self-deprecating humor as a way to survive in his overly competitive family. Some scholars doubt whether he would have lived past a second term.

He hid his many illnesses from the public, disguising his diseased back as a war wound. Truth is he probably never should have been cleared for combat, yet he became a war hero.

There was a dark side to Camelot, of course. His womanizing was shameful and reckless. It has been said part of his libido was

due to the steroids he took, but he certainly wasn't lacking in charm and good looks.

One of my journalism professors who covered the Kennedy administration described his charm to us this way: "All the men wanted to be him and all the women loved him."

Yet it was one woman who loved him forever, and when she died, Jackie Bouvier Kennedy Onassis was buried next to her husband.

He was a paradox, and that, in a sense, made him quintessentially American. He was his own man, and knew he was smarter and better prepared for the job than anyone else. Once asked why he appeared so calm during the 1960 campaign and his opponent so frazzled. He answered: "Because when I wake up in the morning, I know who I am. Dick Nixon has to figure out who he is going to be."

Despite his early mistakes, his last year in office gave us a glimpse of his real

potential — his handling of the Cuban missile crisis, his great civil rights speech, and his "Ich bin ein Berliner" rally in Germany.

But his greatest contribution to this nation was this: He opened the door to power to more Americans.

Until Kennedy, the idea of an Irish-American Catholic becoming president was ridiculous. Since Kennedy, Americans of all stripes entered politics. They came through the door that he opened in 1960, including President Barack Obama.

At this point in history, Kennedy is most remembered for how he died on that fateful day in Dallas. But on the 100th anniversary of his birth, we should remember how he lived, for he lived a fascinating life.

And his vision of America is still one that inspires. Read, or better yet, watch his inaugural address as a way to mark this anniversary. The words still ring true.

Randy Blaser is a freelance columnist for Pioneer Press.

Pedestrians mustn't rely on rights when it comes to sharing roads



PAUL SASSONE

I can't be trusted. That's something to keep in mind. Because if the weather ever becomes warm, suburban streets will become bikeways and hikeways.

Fueled by the instability of gasoline prices, concern for the environment and a desire for a more healthy lifestyle, biking and walking are becoming the preferred means of transportation for more of us,

Just look around. Bikers are in evidence on most suburban streets. And bike-sharing rental businesses starting up in suburbs only will increase the number of pedaling pedestrians.

Those little yellow signs are appearing in more crosswalks warning motorists that state law requires they must yield to pedestrians.

Yep, walkers and bikers have it pretty good these days.

Walking and biking are healthy and don't damage the environment. Cheaper than driving, too.

But, may I add one discordant note to this symphony?

Don't trust us.

By "us" I mean motorists.

State law may be on the side of bike riders and pedestrians, but Newton's law isn't.

In a confrontation, a 160-pound, crunchy-on-the-outside and squishy-on-the-inside biker or walker hasn't a chance against a couple of thousand pounds of metal, glass and plastic.

Never forget that we drivers are sometimes angry and hostile and most of the time distracted by talking on the phone, eating, drinking, dozing, texting, watching TV, surfing the internet, reading, writing, shaving, grooming,

selecting music.

And always, always, we are in a hurry.

Just because the sign in the crosswalk proclaims you are in the right, don't count on it.

We cannot be trusted.

The National Highway Traffic Safety Administration states that 5,376 pedestrians and 818 bike riders were killed in accidents with cars in 2015.

So, don't just rely on your rights when you're out walking and biking.

Rights won't stop an SUV. Be careful out here. You don't know what we drivers will do.

Paul Sassone is a freelance columnist for Pioneer Press.



ALLEN CUNNINGHAM/DAILY SOUTHTOWN

Greg Duffner, a bike enthusiast from Frankfort, talks May 10 about the importance of safety before setting out for a ride.



E. JASON WAMBSGANS/CHICAGO TRIBUNE

Aerial view of the Chicago skyline looking southeast on April 1.

Despite negative perceptions, Illinois sees rise in tourism

Had enough of the craziness in Washington, D.C., or the gridlock of state government? Is the bizarre airline story of the day looking like the same-old story, even when you throw in a viral video, or two or six?

Well, in case you missed it, there is actually good news in the media about Illinois.

New statistics, released by the state's tourism office and reported recently by the Chicago Tribune show that more than a million extra camera-slinging, Cubs-cheering, skyscraper-gawking travelers from around the U.S. visited Illinois last year.

The figures reveal that not only did about 110 million Americans stop in on our fair state in 2016, but that more than 80 percent of them were here on pleasure trips rather than business, and their average stay was a bit longer than the previous year.

And how much did people spend on their trips from all points between Chicago and Cairo? (Pronounced CAY-row by locals in the southern tip of Illinois. No, we're not talking about Egypt).

Try \$35 billion. Cha-ching! Thank you, Illinois visitors.

Finally, there is a positive story about outside perceptions of Illinois and Chicago. It's about time.



ERIC SCOTT

Given the constant drip, drip, drip of national news about Chicago's gun violence and crime rates, coupled with our state government's inability to agree on anything, it's refreshing to see a good story about Illinois that involves people spending money.

By no means do positive tourism stats absolve the state of all its problems or mitigate Chicago's growing wave of violence engulfing entire neighborhoods, but it shows that those outside Illinois and Chicago see beyond the surface headlines, and aren't scared to visit.

It also doesn't help when President Donald Trump goes on another infamous tweetstorm to spotlight Chicago's homicide rate or to proclaim how he'll "send in the feds" if the city doesn't solve its crime problem, after a relative of Chicago Bulls star Dwyane Wade was killed in a tragic neighborhood shooting.

Wasn't this the same guy who during his campaign said he could solve Chicago's crime problem in a week?

The bigger point is that both Chicago and Illinois have many more positive points than the news blurbs others pounce on to try and bring us down.

Sure, it helps to have multiple Chicago-based network TV shows, such as "Chicago Fire," "Chicago PD" and "Chicago Justice," to showcase the city and put things in a positive light. Did I leave any Chicago shows out?

But I like to think the big reason why visitors keep coming to Illinois is rooted in the people who live here, and our values when it comes to welcoming visitors into "our home."

No, not everyone is as welcoming as a hotel concierge or has the ability to nudge the needle on the pleasantries meter, but I'm willing to bet that most operate from a foundation of pride when showing off cool stuff around our city and state.

There has to be a reason why people keep streaming in for visits, why students choose to attend colleges in Chicago and elsewhere around Illinois, and why we're not falling out of the positive spotlight.

And it's not only because of hot dogs, deep dish pizza and the Cubs.

Eric Scott is a freelance columnist for Pioneer Press.

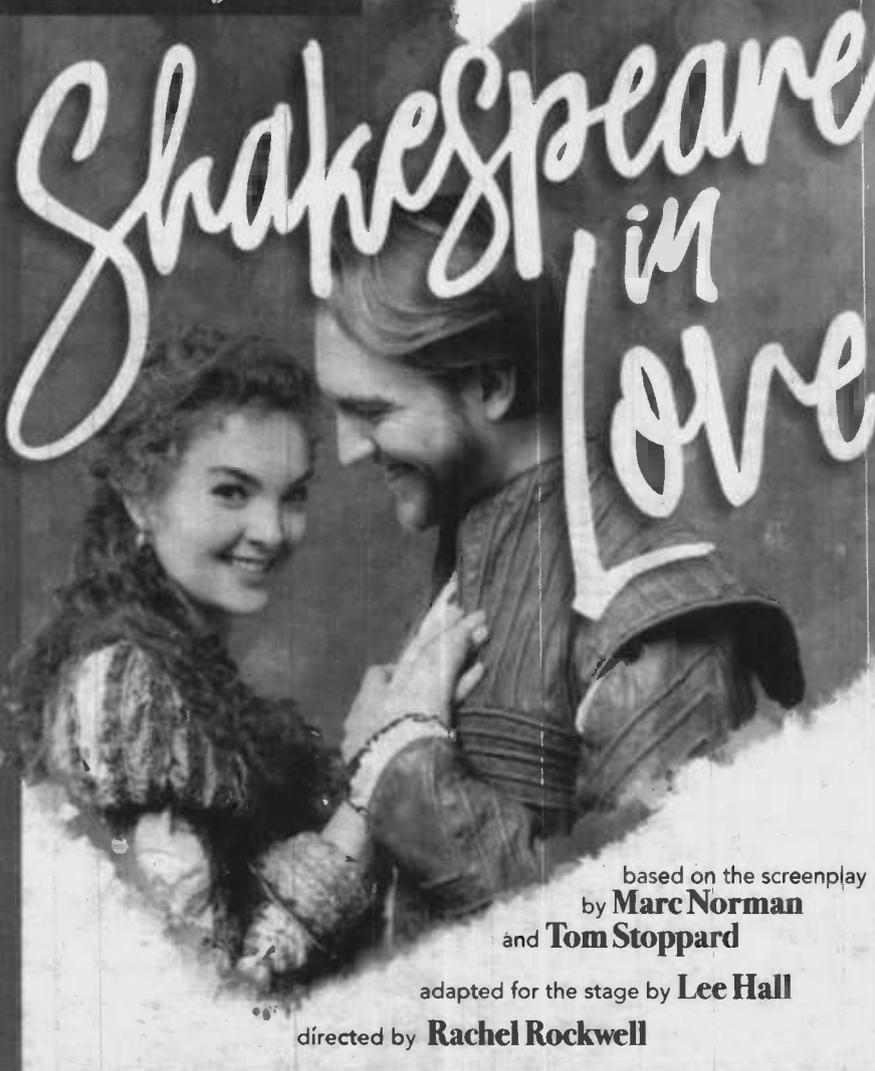
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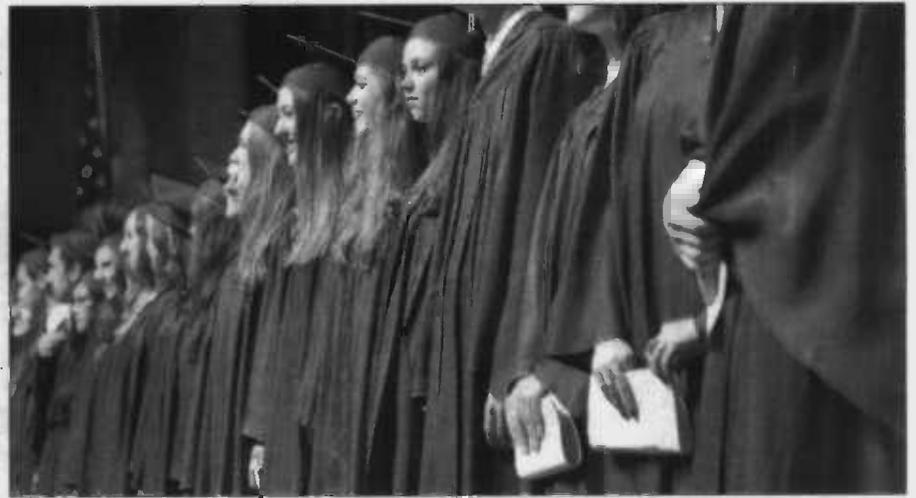
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OPINION



KARIE ANGELL LUC/PIONEER PRESS

The last few weeks of senior year offers memories that will last a lifetime.

Graduation a chance to make lasting memories



PAT LENHOFF

Last week we celebrated mothers and the many ways they influence the family dynamic. Today, we shift the focus to a younger generation as the latest round of prom-goers and graduates enjoy a very important part of growing up.

These whirlwind weeks are packed with activities related to the end of more than 12 years of school, extracurriculars, friendships and routines. The hoopla is exciting, exhausting and intense. Once it's over, it's over forever.

Yes, sadly there are no do-overs for the month of May for high school seniors. That makes it even more important to step back during the next couple of weeks and savor the important moments with everything you've got. Even if high school didn't turn out to be full of the best memories, someday years later you will view it as a valuable, one-time-only learning experience.

Maybe that's why there

are so many special events and celebrations surrounding this period. Unlike in earlier generations when, for the vast majority of people, high school was the end of formal education, today most high school graduates move on to another academic setting. But it's never the same after high school. Even the best of friends tend to go their separate ways as time passes after graduation, or at the very least the relationships change because of different goals and surroundings.

One of my favorite memories as my kids walked that path was the senior party, a relatively new thing at the time. Parent groups orchestrated and ran the all-night event that was attended by the vast majority of the graduating class.

Working with our fellow parents and friends all night long, we saw a different side of the kids as they celebrated and shared that last class event. Even kids who were not necessarily friendly in the halls and classrooms came together. Something about that one last night promoted a delightful camaraderie that was a joy to observe as they said their goodbyes and moved on to life's next big stage.

And so it begins once again, as it does every year at this time. Spring arrives, prom gowns populate the stores, graduation paper goods and balloons begin to crowd out the Mother's Day paraphernalia and newspapers are full of photos from commencement ceremonies. In those pictures, we see smiles and hugs, tossed mortarboard caps, selfies and high fives, all well-deserved.

If your family has a graduate to celebrate this month, enjoy every minute and remind him or her to do the same. Kids have a tendency to fast forward through life events. It seems to be the way of the world. But this special stage of life holds so many irreplaceable emotional experiences, it's important to savor them as much as possible.

If you doubt that, just ask someone like one of my kids. They are old enough to be well-removed from high school days, but young enough to remember how special those last days are. Happy memories that last a lifetime. Enjoy! Congratulations and best wishes to all!

Pat Lenhoff is a freelance columnist and can be reached at viewfromvh@yahoo.com.

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Living

Thursday, May 18, 2017



**Celebrate
the versatile
herb of the
year** Page 3



Megan Novotney does yoga with her children at her Chicago home in February. Novotney says being able to put herself first made her a better mom, yoga teacher and wife.

KRISTEN NORMAN/CHICAGO TRIBUNE

Making happiness a choice

Experts weigh in on habits that
provide a boost Page 14

SUBURBAN COOKS

Enjoy a taste of India at Glen Ellyn fest

Bombay Joe's owners serve up dishes that combine cuisines

By Judy Buchenot
Naperville Sun

One of the joys of living in the United States is being able to sample so many different types of foods.

On May 18-21, Glen Ellyn will provide ample opportunity to try new flavors during its 40th Taste of Glen Ellyn event. There will be several area restaurants providing festivalgoers with an opportunity to move beyond the ordinary into something new and delicious.

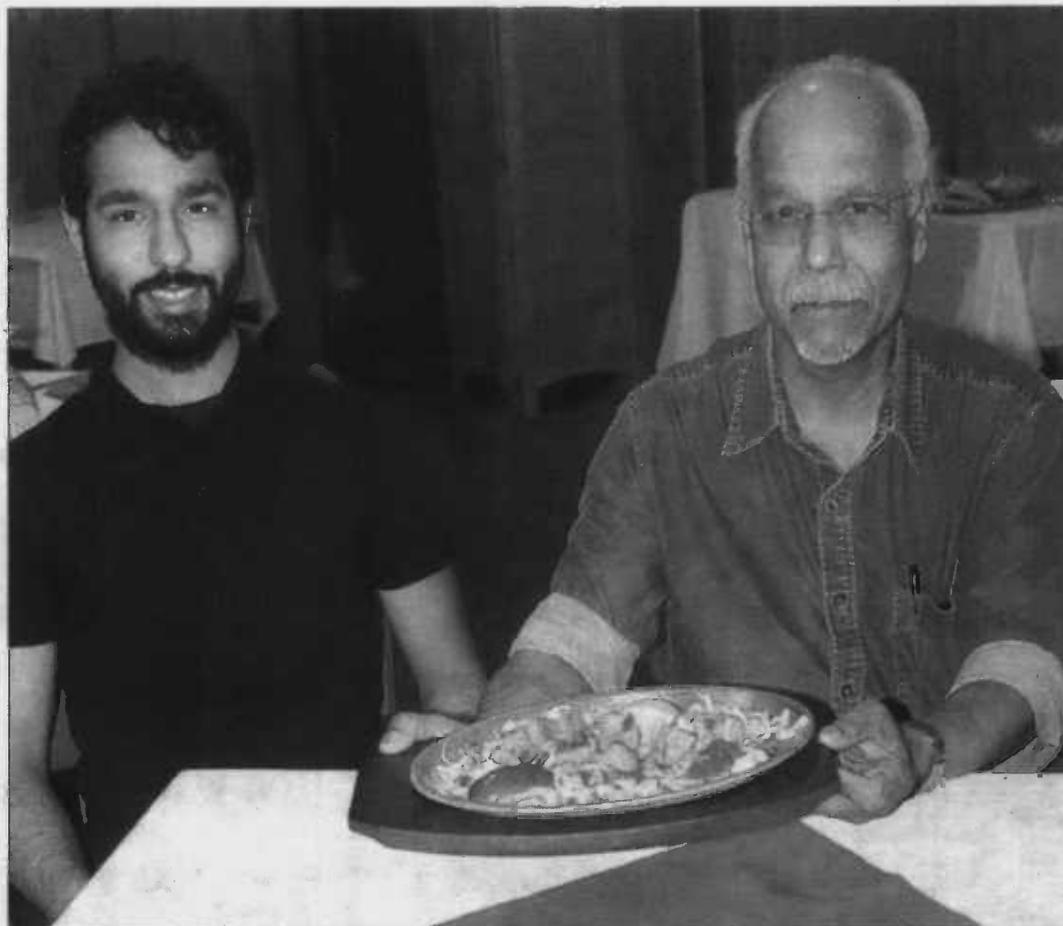
One of the restaurants bringing food to the event will be Bombay Joe's, which opened its doors in October 2016 in Glen Ellyn. Although many of its dishes have an Indian element, the restaurant co-owners Michael Herman and his son Rahul Herman say their menu features a fusion of cuisines.

"We offer a blend of Eastern and Western food," Michael said. "Bombay is a very cosmopolitan city. Like New York, it is a city that never sleeps. You can find restaurants there that serve cuisine from around the world. We are trying to offer this Bombay-cosmopolitan style."

A native of Bombay — known as Mumbai since 1995 — Michael enjoyed the diverse selection there before he came to the United States 28 years ago to work in the hospitality industry. He and his son, who live in Wheaton, opened Bombay Joe's to provide a new dining option in the area.

They have tried to take familiar dishes and add interesting flavors. For example, there is pizza on the menu but it has a definite Indian twist.

"We start with a pizza crust, but we put on Indian toppings like butter chicken, ground lamb, chicken tikka, spinach or eggplant," said Michael. Chicken tikka is small chunks of chicken marinated in yogurt and spices before cooking. Butter chicken does not involve butter but rather refers to chicken that is cooked so



JUDY BUCHENOT/NAPERVILLE SUN

Rahul and Michael Herman show off one of the many dishes offered at their Glen Ellyn restaurant, Bombay Joe's. The restaurant will be serving several different items at Taste of Glen Ellyn this weekend.

gently that it takes on the consistency of creamy butter.

Rahul said that many Americans mistakenly think Indian food is just about curry. "There are many different kinds of curry, but that is not the only thing to Indian dishes," he said. "We only have one curry dish on our menu."

Another misconception is that Indian cuisine has a lot of heat from spices. "We use many spices but they all do not have heat," Michael said. "One of our biggest sellers is Chicken Tikka Masala. It is a boneless chicken breast marinated in yogurt and spices and then grilled. It is very flavorful but also mild."

He said that spices are used both for flavor and for health benefits. For example, ginger is believed to relieve joint pain as well as provide a distinct flavor to dishes, and saffron provides a

golden color and unique flavor while improving digestion.

Several dishes on the Bombay Joe's menu mix together Chinese and Indian cuisine. "These type of fusion dishes are very popular in India," Michael said. One example is a ginger chicken dish that offers the Indian flavors of ginger-infused chicken served with Chinese style sauces.

Lamb is a big part of Indian cuisine, Michael said. He has taken the idea of an American hamburger and given it an Indian twist by using ground lamb instead of ground beef. The patty is served on a bun with yogurt cucumber tzatziki sauce instead of ketchup or mustard. He is making the portions small and serving them at the Taste of Glen Ellyn as lamb sliders.

Yogurt is another important ingredient in Indian cuisine.

"We make all of our own yogurt here," Michael said. The house-made yogurt is used in marinades, as a sauce base and even in a beverage. Bombay Joe's serves a mango lassi that is yogurt blended with sweet mango and spices. "We call mango the king of all fruits in India," Michael said. "It is very nutritional and full of flavor. If you eat a mango in the morning, it will hold you for several hours." Bombay Joe's will have the mango lassi at the Taste of Glen Ellyn as well as fresh lime soda and iced Bombay chai.

There will also be several other restaurants offering easy-to-eat portions to festivalgoers. Michael and Rahul offers two simple Indian recipes for others to try at home.

Judy Buchenot is a freelance writer for the Naperville Sun.

Michael and Rahul's Culinary Cue

When reheating cooked rice in the microwave, first sprinkle water on the rice or set a shot glass of water in the microwave with the rice to avoid drying out the rice.

Taste of Glen Ellyn

When: May 18-21

Where: South main parking lot in downtown Glen Ellyn

Information: Schedule of entertainment and other details can be found at business.glenellynchamber.com/events/details/taste-of-glen-ellyn-2017-6940

Mumbai mule cocktail

- 2 parts vodka
- 1 part Indian simple syrup*
- 1 part lime juice

1. Mix all ingredients in a glass. Garnish with a lime wheel and mint leaf. *Indian simple syrup can be found in liquor stores and is also called Tamarind Syrup.

Chana masala

- 1 medium onion
- 2 tablespoons vegetable oil
- 1 teaspoon red chili powder
- 1/2 teaspoon salt
- generous grind of fresh pepper
- juice of one lemon
- 16-ounce can chickpeas

1. Peel and finely chop onion. Heat oil in a frying pan and add onion. Fry until tender. Add red chili powder, salt, pepper and lemon juice. Stir. Rinse and drain chickpeas. Add to mixture. Bring to a boil and then lower heat and simmer until cooked through, adding a little water if needed.

Celebrate the versatile herb of year

Cilantro coriander blends well with many types of dishes

By Veronica Hlnke
Pioneer Press

While planting your garden, consider cilantro coriander. The coriander seeds of the cilantro plant are being honored as the International Herb Association's Herb of the Year for 2017.

You can use the cilantro leaves now and save the seeds, the coriander, for savory, comforting meals next winter. "It's the plant that gives all year," said Jennifer Brennan, Horticulture Information Specialist and Manager of Education at Chalet Nursery and Garden Center in Wilmette. "Cilantro is also wonderful for attracting pollinators to your garden," she said.

Brennan recommended growing cilantro in separate containers to help prevent seed dropping and germination that can easily happen. She said cilantro likes full sun and plenty of water, but not too much. "Cilantro likes a lot of water, but needs to get a little dry in between waterings." With herbs, she suggested avoiding fertilizer, because it can inhibit the natural oils that give herbs their distinct flavors.

From meat rubs to comfort cuisine to craft beers, coriander earns its keep.

When ground, coriander can make an excellent rub for grilling or roasting meats. "When you toast coriander and grind it, it becomes floral with a touch of tartness. For a pork chop rub, I like to combine coriander with fennel and then add some pimento, a little brown sugar and salt; it makes for a really good rub," said Sarah Grueneberg, chef/partner at Monteverde in Chicago.

Coriander sparks soft notes of flavor in Chef Monika Tantichula's coriander crispy shredded beef brisket at NaKorn in Evanston. "We roast the coriander seeds, and then pound them so the intense aroma will release when the coriander cooks," Tantichula said. "In Thai cooking



SUNIL KUMAR PHOTO

Cilantro leaves add a pop of green to aloo gobi flavored with coriander at Marigold Maison in Lincolnshire.

there are five taste sensations (sweet, sour, bitter, salt and spice), and a genuine Thai dish will combine at least three of those five so that the nuance of each can be tasted."

At Marigold Maison in Lincolnshire, Chef Sunil Kumar uses coriander in his cauliflower dish, aloo gobi. "Because coriander has such a mild flavor, it pairs well with the many spices we use in the aloo gobi," he said.

Kumar explained that a key to working with coriander is to bring the ingredient in just before serving a dish. "When coriander is added to hot dishes, it browns quickly, and impacts the flavor and beauty of the ingredient."

Too busy to plant? There are plenty of places to shop for cilantro.

Rare Tea Cellars in Chicago sells coriander from India. "It's got a little lemon aroma to it," President/CEO Rodrick Markus said. He also carries a flattened coriander from India. "They take green coriander, hit it with a pan, and pan-fire it. It's crunchy and amazing."

At The Spice House, which has locations in Evanston, Geneva, Chicago and Milwaukee, spice masters grind coriander seed about once every 10 days. "There is really no more lovely smell,"



RARE TEA CELLAR PHOTO

Indian coriander at Rare Tea Cellar in Chicago.

co-owner Patty Erd said. "Something about it is like a refreshing spring day."

Erd said coriander is one of the most universal spices; it has the ability to blend with everything. "I guess you could say it is a very synergistic spice," she said. "Coriander provides a more complex flavor profile of sweet, citrusy and bitter, which works wonderfully for craft beers such as Belgian witbier." Erd said she is selling more and more coriander as craft beer increases.

Peter Janusas, head brewer at Wild Onion Brewery in Lake

Barrington, said coriander is a key ingredient in the brewery's Wheat Stacker Belgian Wit. The coriander is used in the boiling process very close to the end. "This extrapolates the greatest aroma and flavor potential of this powerful little seed," Janusas said. The Wheat Stacker Belgian Wit will also be available at a second location, Wild Onion Tied House, which is scheduled to open in Oak Park this summer.

To learn more about the International Herb Association and the Herb of the Year program, visit www.iHerb.org.

Aloo Gobi

- 1/2 cup olive oil
- 2 teaspoons cumin seeds
- 2 teaspoons mustard seeds
- 2 cups fresh onions, diced into 1/4-inch pieces
- 1 tablespoon fresh ginger, minced
- 1 tablespoon fresh garlic, minced
- 1 cup tomato puree
- 1 teaspoon coriander powder
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala
- 1 teaspoon black pepper powder
- 1 tablespoon kosher salt
- 1 pound fresh potato, cut into 3/4-inch pieces
- 2 cups water
- 2 pounds fresh cauliflower flowerets, cut into 3/4-inch pieces

1. Heat oil in heavy bottom pan. Add cumin and mustard seeds and cook until golden brown.
2. Add diced onions and cook for 2 to 3 minutes; add ginger and garlic and cook for 1 to 3 minutes.
3. Add tomato puree, all the spices, potatoes, 1 cup water and cover the pot. Cook for 7 to 10 minutes.
4. Add cauliflower and stir to coat with spices. Add 1 cup water. Cover for 8 to 12 minutes.
5. Remove the cover from cauliflower, stir gently.
6. Remove cauliflower from heat and transfer to a serving container. Serve with rice or roti.

Executive Chef Sunil Kumar,
Marigold Maison

PETS/ANIMALS

MY PET WORLD

Both male and female dogs hump for different reasons

By **Cathy M. Rosenthal**
Tribune Content Agency

Q: Our Katie is a five-year-old Lab mix. She's always been obedient and will lick you to death if you let her. Now suddenly, when little kids come over, she gets super excited and starts humping them. Why now, after all this time, is she doing this? I thought only male dogs hump. Any ideas on why she does this and how to stop her? — *Anthony Meule, Valley Stream, N.Y.*

A: The truth is, both male and female dogs hump, and for many reasons. If dogs aren't fixed, it's a behavior tied to mating. But if Katie is fixed then she could be humping because it simply feels good, she's super excited or stressed, or has a health problem, like a urinary infection.

If there's no health problem, then the clues point to the excitement (or stress, depending on how she's interpreting her encounter with the kids). There is no general harm in the behavior, but most people don't want a dog humping their legs, which can become a compulsive behavior for a dog if allowed to continue. You can curb this behavior through distraction and training.

If possible, give Katie a quick walk before the kids come over. This reduces pent-up energy.

Then, distract her when the kids come over. Get her attention by shaking a can of coins or clapping your hands and telling her to "leave it" when she tries to hump anyone. Show her a toy or high value treat — something yummy she doesn't normally get, like a chew treat or a piece of hot dog. She should come over to you for the treat, which will help distract her during the initial excitement around the kids' arrival. If she acts too wild, put her on a leash for these encounters until you get her trained.

If the kids are super-excited when they first arrive, it's OK to ask them to be a little quieter until Katie has time to adjust and settle down.

Q: I have a 10-year-old and 13-year-old Boston terrier and a 2-year-old cat. My 10-year-old Billy is a handful. He is the busiest dog I have ever met. He licks constantly and cries and complains all the time. I love him to bits, but his behavior is very stressful and is a lot to manage. Neither the other dog or cat show any of these stress behaviors.

A: Billy has ruined furniture because the second you leave him he will lick it until it's soaking wet. He gets into these panic zones where he just goes at it until you physically have to stop him. He also has issues

when people come over. When the doorbell rings, he goes nuts. He is only 26 pounds, but he's all muscle and bulldozes and jumps on everyone.

A: My vet suggested a natural supplement to calm him down, but it didn't help. He also has night terrors and screams in his sleep. Any suggestions would be appreciated. — *Jennifer St. Pierre, Notre Dame de l'Île Perrot, Quebec, Canada*

A: It sounds like Billy needs two things: something stronger for anxiety and a little training.

It's often difficult to train dogs who suffer from anxiety until they are treated for it. So, ask your veterinarian about other treatments to reduce Billy's anxiety. With stressed dogs, one thing might not work; you may have to implement a combination of things, from anxiety medications or natural remedies, like plug-in or spray pheromones, which mimic a nursing mother dog to body wraps, which provide physical pressure that can calm some dogs. Once his mind calms, then you can train him.

Billy's alerts to the doorbell need to stop once you head to the door. Tell Billy, "thank you," and then ask him to "sit." Give him a treat. He needs to know you can handle what's on the other side of the door and don't need his help.

Ask a friend to stand outside



Flickr RF/Getty

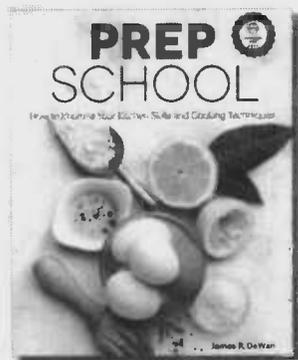
If a female dog is fixed, excitement, stress or a health problem may be the reason for its humping behavior.

the door and ring the bell, so you can train him inside the house. Put a leash on Billy and after he sits, open the door. If he lifts his hind end as you do it, close the door and ask him to sit again. Repeat this training over and over again every day for at least a month.

But wait until you find the right combination of medicine or natural therapies to control the obsessive licking. Once his anxiety is

reduced, the training will be easier to do.

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.



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Red flags abound with moving company

Our son Michael had a horrible experience with a moving company in September 2016. The company charged \$1,332 cash, plus a \$148 credit card deposit, to move his furniture to Scottsdale. A customer service representative over the phone promised delivery in 10 days but it was delivered 33 days later and many items were broken. Michael has been offered a settlement of only \$74. We were hoping you could help us get a fair settlement.

Pete, Western Springs

Three details in this brief correspondence raised red flags: a \$1,332 cash payment, 43 days for delivery and a settlement of \$74 for damage to items including a bike, sofa, box spring, dresser and two missing lamps. I additionally learned Michael had received an over-the-phone estimate and paid his initial deposit just six days before he moved. After obtaining Michael's paperwork, I called the moving company and was connected to someone who recommended I email the company's owner.

The company's owner pointed to the contract, which gave the company up to 30

business days to deliver items, with the window starting from the first available date for delivery, not the pickup date. Michael says this isn't what he was told over the phone but the contract did state this, though the delivery date was left blank.

Per Pete, Michael and the documents they forwarded me, I learned the following: Michael received only an over-the-phone estimate, not an in-home survey; his quote was provided in cost per cubic foot, rather than the legally required price per pound (per the Federal Motor Carrier Safety Administration/FMCSA); no written estimate was provided prior move day; he was required to pay a 60 percent deposit before his belongings were loaded; neither the pick-up nor delivery truck had the name of the moving company on the side; he did not receive the pamphlet "Your Rights and Responsibilities When you Move," he waived full replacement value protection and instead opted for the mini-



CATHY CUNNINGHAM
Help Squad

David Hauenstein — said individuals should be on guard for the following:

- Mover refuses to perform an in-home survey for an accurate estimate.
- Mover doesn't provide a written estimate, as required by law.
- Mover asks you to sign incomplete documents.
- Mover requires cash up-front, or a substantial deposit.
- Mover has a history of serious complaints at the U.S. Department of Transportation's ProtectYourMove.gov. Walker informed me that more than one complaint per year would be unusual for a reputable mover.
- Mover has a history of serious online

mum, legally required 60 cents per pound per article.

Representatives from the American Moving & Storage Association — senior director of communications Michael Keaton, president and CEO Scott Michael and compliance and government affairs consultant

complaints.

- The company did not provide you the booklet "Your Rights and Responsibilities When You Move" as required by law.
 - The company does not offer full value replacement valuation.
 - The company shows up with a rental truck rather than a marked fleet truck.
- Keaton recommended finding a reputable mover via AMSA's certified ProMover program at Moving.org.

Though much of Michael's experience was problematic, the bottom line is he unfortunately signed a contract agreeing to 60 cents per pound replacement value, which resulted in his meager reimbursement of \$74. Hauenstein concedes that because of this, Michael is "pretty much out of luck for any claim recovery." He recommends that Michael file a complaint with FMCSA.

Need help?

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Cathy Cunningham is a freelance columnist.

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Like Barry Manilow, I came out later in life

By Bill Daley
Chicago Tribune

Barry Manilow recently came out, and I had a flash of empathy. He was 73 and I was 46 — and I felt older than old when I did it. I also felt a great sense of relief. When I came out in 2004, social media were in their infancy; I just telephoned a well-connected friend working at the juncture of food and journalism and let him do the rest in my professional circle. Manilow came out via a *People* magazine cover story, and the social media reaction was swift and enormous.

"It's been great," Manilow told Savannah Guthrie and Carson Daly on the "Today" last month. "I mean, it's no news to me and no news to everybody around me, family, friends, band. I think even fans. I don't think it was news at all."

Tell that to Twitter and Facebook.

The news generated comments across social media that ranged from supportive to funny to really snarky — many of which, in turn, sparked more reaction. What surprised me wasn't that Manilow is gay or took so long to come out, but that the reaction was so markedly mixed.

Coming out, to me, has always seemed an almost sacred step. And if there were one common bond, one experience, I shared with anyone who publicly identified as lesbian, gay, bisexual, transgender or queer — or anywhere else outside what's considered heteronormative — it was that act of coming out. I thought there'd be, I don't know, universal cybercheers for Manilow. Instead, I was left wondering if people who were older would be discouraged from coming out by the jeers, even from some within the LGBTQ community.



KEVORK DJANSEZIAN/GETTY

Barry Manilow, right, and his husband, Garry Kief, attend a gala last year in Beverly Hills, Calif.

Center on Halsted, Chicago's LGBTQ center, posted on its Facebook page an April 5 story from the Huffington Post about Manilow coming out. The post had comments that mingled congratulations with a question about why Manilow had waited so long and quips about it being "old news" or "we knew" and so forth.

"Who knew BM would be such a lightning rod?" wrote Owen Keehnen, author, historian and co-founder of Chicago's Legacy Project, on his Facebook page. "The subject of apolitical celebrity obligations to come out and public vs. private personas is sure great debate fodder."

"Just shocked that coming out would take such a negative turn," Keehnen told me when I asked about the post. "Lots of comments directly and indirectly about how BM should have come out or when. ... Or, flip side insults

that treated his coming out as stating the obvious. He was doing something positive, and it was turned into a lose-lose situation."

Vinnie Kinsella, the Portland, Ore.-based editor of 2016's "Fashionably Late: Gay, Bi, and Trans Men Who Came Out Later in Life," said the varying reactions to Manilow's coming out are "fairly typical" for anyone coming out except this has been magnified to a much bigger scale because of the performer's celebrity. "You never get an all-or-nothing response," he said. "There are always supportive people and people who don't take it well."

Some faulted the performer for not using his position and celebrity to help on various LGBTQ issues, said Rick Clemons, a Riverside, Calif.-based motivational speaker, coming out coach and author of "Frankly My Dear, I'm Gay: A Late Bloomers Guide to Coming Out." But, Keeh-

nen said, how do people know Manilow isn't donating or supporting various LGBTQ causes? He might be.

"It was a different time," Clemons said. "You get that, 'Why don't you be yourself?' Society doesn't let us be ourselves. It was a different time and place in Hollywood and the music industry."

Manilow told *People* he was worried fans would be disappointed to know he is gay. But word that he is didn't come as a bolt out of the blue courtesy of the magazine. Manilow and Garry Kief, his business manager, were married in 2014 in what *People* described as a "clandestine ceremony." Word of the marriage got out about a year later.

"The (National) Enquirer, you know, kinda caught us getting married, and so we were stuck. So we let *People* magazine come on in," Manilow said on "To-

day." "I'm a private guy, I'm a musician. You know, yes, fame hit me, but I never really wanted to go on that ride. So I kept my — so I kept my dogs to myself, so I kept my house to myself. So, this part is uncomfortable but not, you know, the topic. No, I'm not uncomfortable about that. Garry and I have been together going on 40 years."

Still, one might wonder: Why come out publicly at 73 (or 46, or whenever "later" in life)?

Kim Fountain, Center on Halsted's chief operating officer, said each new generation seems to be coming out earlier than the one before it because earlier generations made it easier to do so. But there's also a view, she added, that there's a "right way" to come out and "unless you do it early and quick — it's not right."

I certainly felt there was a "right way" — and I hadn't done it. Some well-meaning friends once con-

gratulated me for being "brave" to come out when I did, married to a woman and with a tween daughter. I thanked them but noted the really brave people were those who came out as teens or as young adults.

And, really, I came out because I had to. The question was finally asked, I answered it truthfully. The answer had been there all along, of course, buried under fear and denial and way too many glasses of scotch to be considered healthful. But it had stubbornly pushed its way to the surface and erupted.

I liken the experience of coming out to walking through a great door (perhaps a closet door), leaving a great cacophony of nerves, frustration and lies behind. In the sudden silence, I felt my mind clear and my stomach quiet. Life was different now.

Coming out as a gay man wasn't all grand. My family broke up. My drinking worsened now that there wasn't a vigilant spouse to curb it. I picked up smoking again and acquired a dangerous taste for some rather dangerous men. But living my truth in public outweighed all that. I was free to be me at last.

So, I understood completely when Kinsella made this case for coming out whenever: "For me, living authentically and openly is so much freer than the way I was living before."

Clemons echoed that, saying, "You're tired of living a lie, tired of not being who you want to be."

"Every person has to come out in their own way," Fountain said. "There is no one way to do it and no one safe way to do it."

"We come out of the closet at the same time," Clemons added. "When we're ready."

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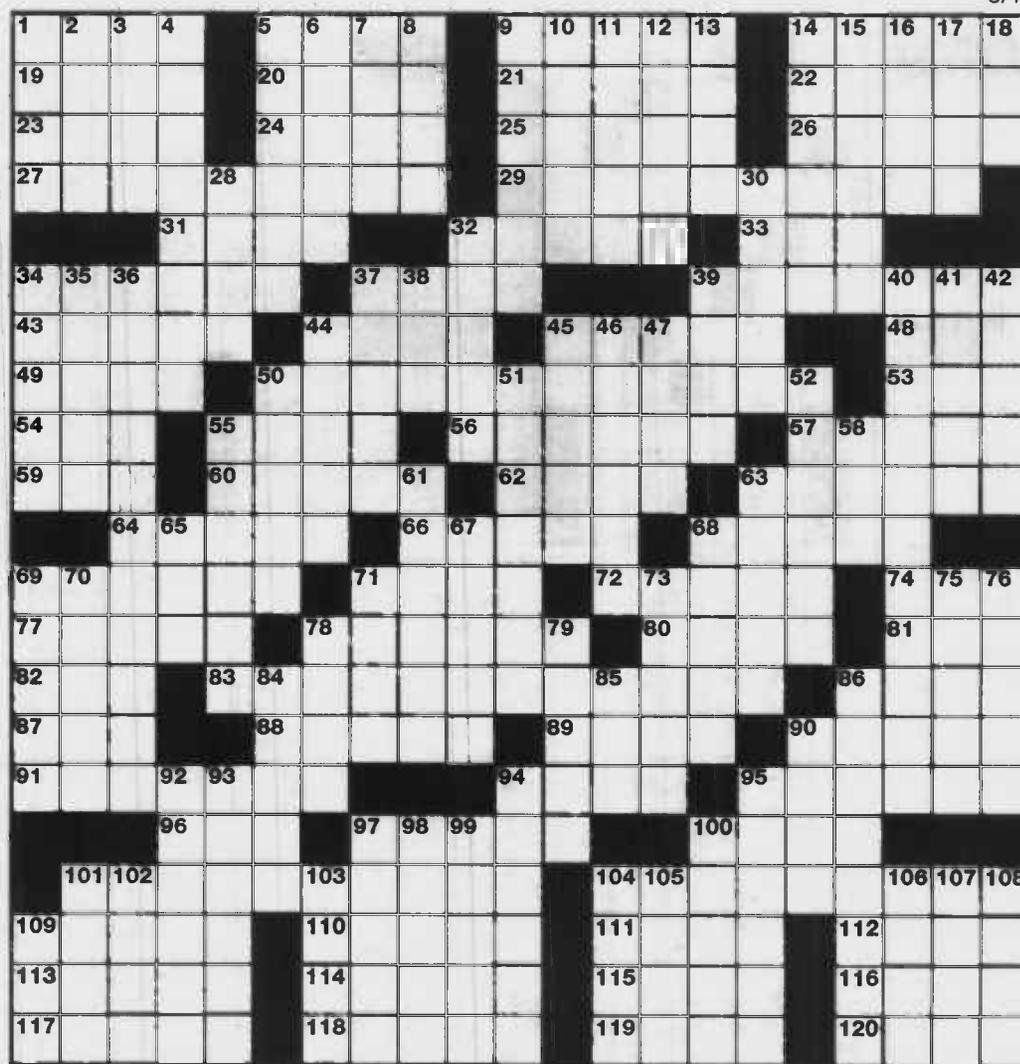
puzzle island

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

5/14

COMPONENT PARTS: Of what, you'll soon figure out

By GAIL GRABOWSKI | Edited by STANLEY NEWMAN
(stanxwords.com)



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

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Across

- 1 Things to learn first
- 5 Garden center purchase
- 9 Bottled models
- 14 Diver's device
- 19 Rude awakening
- 20 Data
- 21 Asian peninsula
- 22 Sealed up, as a carton
- 23 *Bleu* hue
- 24 Home of Galileo Airport
- 25 "No bid"
- 26 Chose, with "for"
- 27 Legendary outlaw archer
- 29 Get really angry
- 31 When many head to lunch
- 32 Long tresses
- 33 Fall parade participant
- 34 Toy for a kiddie cowpoke
- 37 Plundered goods
- 39 Loses interest in
- 43 TV host DeGeneres
- 44 Heroic act
- 45 Monastery leader
- 48 Charlemagne's realm: Abbr.
- 49 Gloomy
- 50 Buddy Holly played one
- 53 Suffix for racket
- 54 High school subj.
- 55 Falling-out
- 56 Member of the Corps
- 57 Reason to recalculate
- 59 Beach house view
- 60 Used as a dinner table
- 62 Blend together
- 63 Ham-handed

- 64 Low point
- 66 Called balls and strikes
- 68 Old Testament monarchy
- 69 Apollo 11 astronaut
- 71 Poet Angelou
- 72 Stylist's shop
- 74 Org. for hunters
- 77 Aware of
- 78 Request to remain
- 80 Mini-___ (convenience store)
- 81 Soda can opener
- 82 Photo blowup: Abbr.
- 83 Google or Bing
- 86 Bubbly rock
- 87 Org. supporting flossing
- 88 Customer inconveniences
- 89 Toward the dawn
- 90 Sups in style
- 91 Places for pampering
- 94 Runs in
- 95 Deal with
- 96 Sleeping soundly
- 97 *Love Story* author
- 100 Long sandwich
- 101 Bountiful harvest
- 104 Woodpecker's hangout
- 109 Hawaiian veranda
- 110 "Deck the Halls," e.g.
- 111 Usage fee
- 112 Persian Gulf land
- 113 Practice for a 56 Across
- 114 Cropped up
- 115 A long time ago
- 116 Hamster's home
- 117 Wranglers alternative
- 118 Serbian tennis great
- 119 "Home on the Range" beast

Down

- 1 Just shy of shut
- 2 Lug
- 3 Sandwich served with sticks
- 4 Part-time correspondent
- 5 Draw off
- 6 Salsa ingredient
- 7 "Assuming that's true ..."
- 8 Dishwasher contents
- 9 Vail headgear
- 10 Words to a hitchhiker
- 11 Angry
- 12 Annoying ones
- 13 Window framework
- 14 Squirrel or pack rat
- 15 Oscar role for Hoffman
- 16 Not exceeding
- 17 Gripe
- 18 Go on to say
- 28 Part of speech
- 30 Musical set in Buenos Aires
- 32 Internet connector
- 34 Relinquishes formally
- 35 Without assistance
- 36 Easy to connect, as a computer
- 37 Slow tempo
- 38 Brit. lexicon
- 39 Lug
- 40 WWII vehicle
- 41 Tiered sweets
- 42 Puget Sound crosser
- 44 Schedule for later
- 45 Think alike
- 46 Constructs
- 47 Tough spot

- 50 Mesh with the group
- 51 Destructive spree
- 52 Back down
- 55 Cockpit communicators
- 58 Chafe
- 61 Subtle distinction
- 63 Tiresome task
- 65 Tate Modern attractions
- 67 Legendary tales
- 68 Point of view

- 69 Leading
- 70 Vocalist Ronstadt
- 71 Poetic time
- 73 Off the mark
- 75 "Boleró" composer
- 76 Disparage
- 78 Lectern locale
- 79 Hoops great known for his "Attaq"
- 84 Overjoy
- 85 Talk at length
- 86 Movie counter candy

- 90 Feathered flier
- 92 Horn of Africa resident
- 93 Ones in class
- 94 City near Pompeii
- 95 Perch precariously
- 97 Fill with fright
- 98 Owl in Harry Potter novels
- 99 Aesopian source of gold
- 100 As a result
- 101 Undecorated

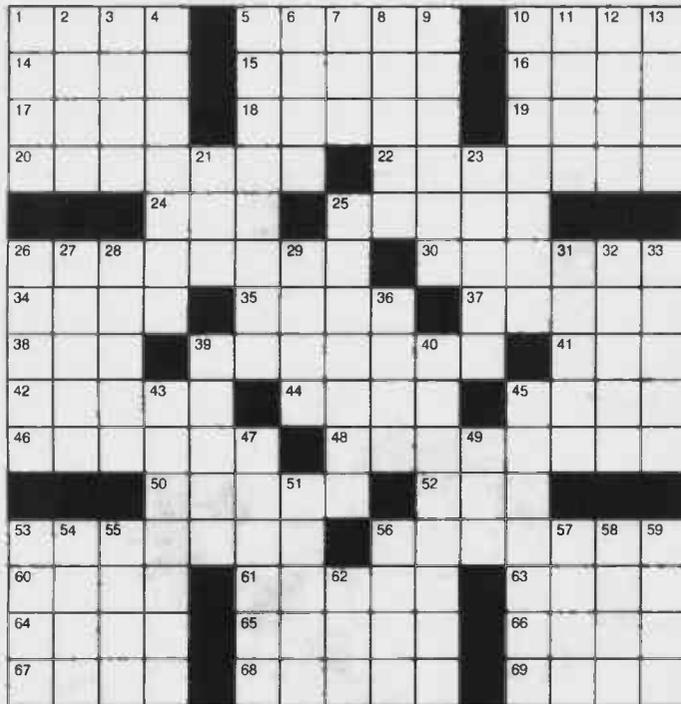
- 102 Brown or Auburn: Abbr.
- 103 Some HDTVs
- 104 Trampled
- 105 Philosopher Descartes
- 106 Russia's ___ Mountains
- 107 Vexes with reminders
- 108 Where a lap ends
- 109 "Bad" cholesterol, for short

CN

Gumshoe

BY CHARLES PRESTON

5/14



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

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Across

- 1 Ask payment
- 5 Anjou and bosc
- 10 Italia's capital
- 14 — Caliente, Mexico
- 15 Eject
- 16 The rainbow
- 17 Not short
- 18 Family member
- 19 Grocery roundall
- 20 Police roundup
- 22 Wrestles
- 24 Feel unwell
- 25 — voce
- 26 With 30 Across, immortal detective
- 30 See 26 Across
- 34 Possessed
- 35 Scheme
- 37 Attain
- 38 Ambition
- 39 Lineament
- 41 Heart, in anatomy
- 42 Lend —
- 44 Ancient Persian
- 45 In good health
- 46 Litter of pigs
- 48 Examined again
- 50 Exchanges

Down

- 52 One of the Gabors
- 53 Token
- 56 Pitcher plant
- 60 Middle East country
- 61 Move crabwise
- 63 Man's castle
- 64 — bean
- 65 Willow
- 66 Undisturbed
- 67 Distributed
- 68 Exigencies
- 69 Tear
- 1 Hairless
- 2 — Stravinsky
- 3 Moon goddess
- 4 Slow one
- 5 Symbol of patient wifehood
- 6 Way out
- 7 Mimic
- 8 Right-hand page
- 9 26 Across, e.g.
- 10 French cuisine term
- 11 Spoken
- 12 House pests
- 13 Questions

- 21 Nothing
- 23 Supply
- 25 Hockey players
- 26 Bundle
- 27 Beauty shop offering
- 28 Senior
- 29 Silent one
- 31 Large parrot
- 32 French school
- 33 Tatter
- 36 Without covering
- 39 Displeased look
- 40 Party people
- 43 Storehouse
- 45 *Calluna vulgaris*
- 47 Biographer of 26 Across
- 49 Climber
- 51 Equilibrium
- 53 Unexciting
- 54 New York's Canal
- 55 Nursery word
- 56 Decamped
- 57 Travel far and wide
- 58 So be it!
- 59 Await completion
- 62 Small cube

Quote-Acrostic

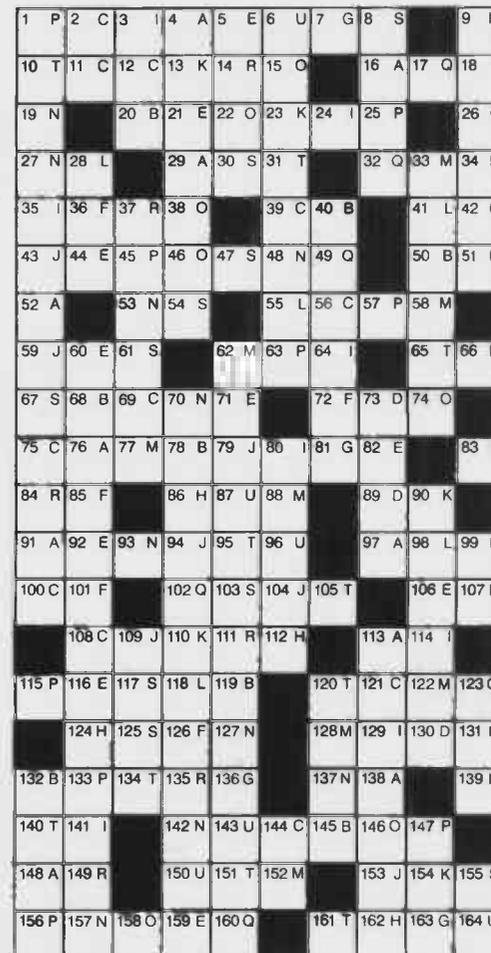
1. Define clues, writing in Words column over numbered dashes.
2. Transfer letters to numbered squares in diagram.
3. When pattern is completed, quotation can be read left to right. The first letters of the filled-in words reading down form an acrostic yielding the speaker's name and the topic of the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

Clues

- A. Close friend: 2 wds. 29 113 4 148 16 97 76 91 52 138
- B. Striped bass 78 132 20 68 40 145 119 50
- C. Obscure verbal expressions 39 100 12 2 75 11 56
144 121 69 108
- D. Adult human female 89 107 130 51 73
- E. Zealot 159 44 5 21 60 82 92 116 71 106
- F. Lift 85 72 126 101 36
- G. Parched, arid 26 163 81 42 7 136
- H. Inn 86 162 124 112 99
- I. Vespers 141 35 80 3 64 129 114 24
- J. Expressing feelings 153 94 59 79 43 104 109
- K. Timid 13 66 131 83 110 154 90 23 139
- L. Maintenance 98 55 18 28 118 41
- M. Been noted sign: 2 wds. 9 62 152 128 58 88 77 33 122
- N. Obliteration 157 137 48 70 34 127 27
93 19 142 53
- O. Brownd 158 146 22 38 15 46 74
- P. Odd one 1 45 57 25 147 115 133 63 156
- Q. Pet; caress 32 17 49 160 102 123
- R. Made motionless 149 37 84 111 135 14
- S. Inattentive: 3 wds. 103 155 47 61 54
117 30 8 67 125
- T. Laid aside: 3 wds. 10 65 134 140 105
31 151 95 120 161
- U. Dawdle 164 143 87 150 6 96

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

By Erv Kaczmarek. Edited by Linda and Charles Preston. © 2017 Tribune Content Agency, LLC. All rights reserved.



Sudoku

5/14

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

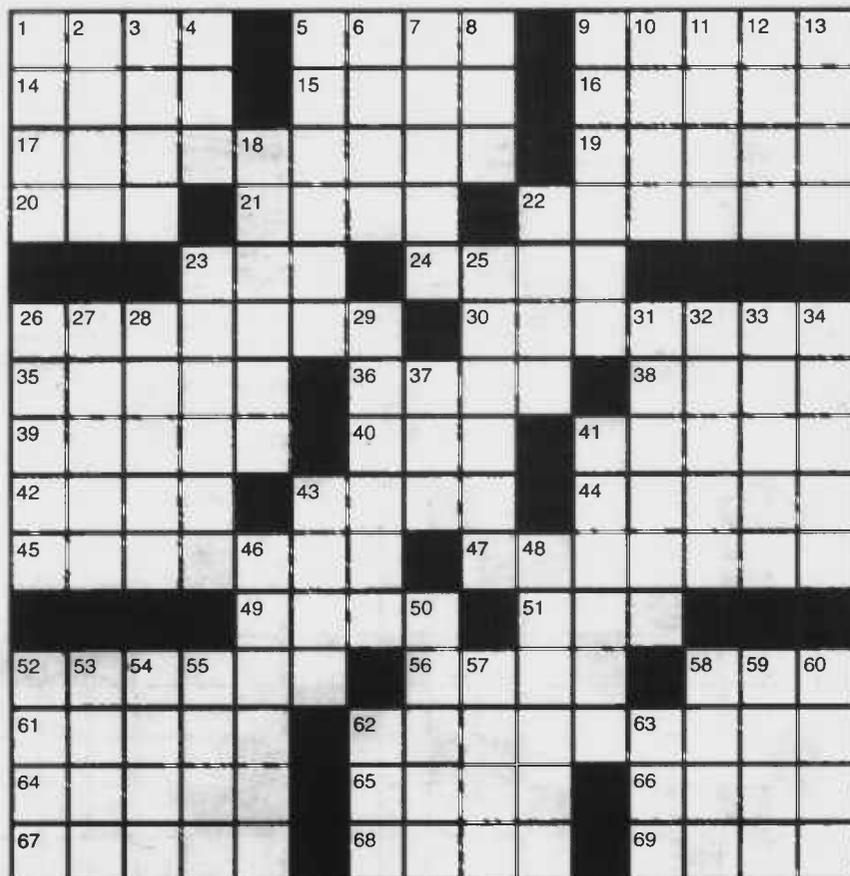
Level: **1 2 3 4**



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Crossword



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5/17/17

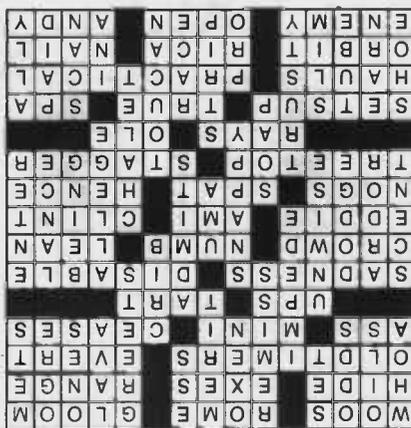
ACROSS

- 1 Wines & dines
- 5 Italy's capital
- 9 Darkness; dejected feeling
- 14 Conceal
- 15 Former mates
- 16 "Home on the ..."
- 17 Apprentice trainers, often
- 19 Chris of tennis
- 20 Burro
- 21 Skimpy skirt
- 22 Stops
- 23 FedEx rival
- 24 Sour
- 26 Melancholy
- 30 Make inoperable
- 35 Mass of people
- 36 Like gums shot with Novocain
- 38 Slender
- 39 Carrie Fisher's dad
- 40 "What Kind of Fool ...?"
- 41 Actor Eastwood
- 42 Eggy drinks
- 43 Quarrel
- 44 Thus
- 45 Nest location, perhaps
- 47 Walk unsteadily
- 49 Sunbeams
- 51 Bullfight cheer

DOWN

- 52 Arranges
- 56 ___-blue; loyal
- 58 Jacuzzi
- 61 Tows
- 62 Down-to-earth
- 64 Planetary path
- 65 Costa ___
- 66 Hammerer's target
- 67 Foe
- 68 Candid; frank
- 69 Actor Griffith

Solutions



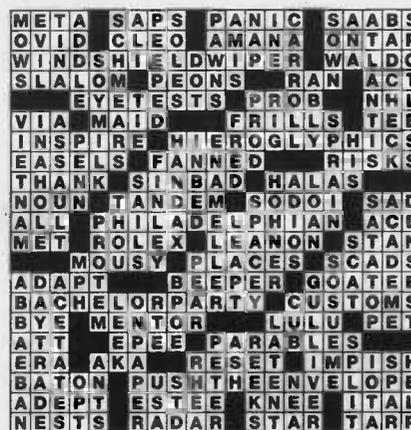
- 26 Perfume
- 27 Zeal
- 28 Stay away from
- 29 "Make it ___!"; "Hurry up!"
- 31 Assert without proof
- 32 Human ___; person
- 33 Steel-tipped spear
- 34 Go into
- 37 Ms. Thurman
- 41 Alpine cabin
- 43 Daytime serial
- 46 Dependable
- 48 Fruit-eating bird
- 50 Undress
- 52 Oxford, for one
- 53 Make money
- 54 Toothpaste holder
- 55 Thin
- 57 Run fast
- 58 Read over quickly
- 59 ___ for; bought
- 60 Actress Sheedy
- 62 Expert
- 63 One ___ million; beloved friend



puzzle island solutions

Last week's crosswords

"MAY DAY"



"Down to Earth"



"French Connection"



Last week's Quote-Acrostic

(Clifford) NASS: HARD DRIVE SOFT SPOT: Computers are trusted confidants, sharing our mundane online wanderings and irreplaceable photos. But if hard drives crash we take umbrage, professing outrage and betrayal toward these bloodless traitors.

Last week's Sudoku

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

This week's Jumble

OBLONG VIABLE LIQUID
LETTER ACCESS AGENCY

They were shocked when they found out they were having quadruplets. It seemed —

INCONCEIVABLE

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tribune.com
/games

Interactive puzzles and games

Why you should bring fashion into your love life

Several years ago, Suzanne Newman got invited to a social event where she said she knew women would be wearing expensive designer dresses and suits — clothing she could not afford at the time.

“I was newly divorced and had just begun dating, and I didn’t have the budget to shop at high-end stores,” Newman said. “I bought a dress at Target for \$10, but I felt really good in it.”

To her surprise, the dress she chose was a huge hit.

“Here’s the cool part. I ended up on the social pages in two newspapers. It taught me that style isn’t about money, but rather it’s about knowing what works for you, finding a really good fit and accentuating and understanding your own positive attributes.”

The experience was a big factor in Newman’s decision to become a personal stylist and wardrobe consultant, a career she has had for 14 years, in which she helps men and women dress for their professional and personal lives.

I met with Newman, founder of her company, Find Fashion Happiness, to talk about style trends, dating and putting fashion into your love life.

“The biggest mistake people make when they dress for a date is not putting enough thought into what they choose to wear,” said Newman, a University of Georgia graduate and former Liz Claiborne sales executive whose clientele includes many recently single men and women. “When you go on a date, how you look — your outfit, your makeup and accessories is sending a very strong message. Old, beat-up shoes or no makeup or a baggy sweater might make it look like you don’t care.”

Newman recommends that people dating have a “first date go-to outfit” and that the look should be fresh, yet uncomplicated, feminine (for women) and flattering to their shape.

“Dating is about highlighting your positives, which includes your body,” said Newman, who got remarried seven years ago. “While you should still be comfortable in the clothes you choose, you want to look like you’ve got a little something going on. Not overly provocative, though.”

Other tips include dressing appropriately for the date (if you are going for a walk, skip the 4-inch heels) and identifying your “confidence boosters.”

“Maybe you feel really good about your



JACKIE PILOSSOPH
Love Essentially

lips, so lipstick is your thing, or if you are happy with your shoulders, maybe wear an off-the-shoulder top, which is in style right now,” she said. “These are your confidence boosters and they will bring out the best in you because you will feel

poised and self-assured highlighting something you like about yourself.”

I asked Newman if dressing fashionably can take away from a person’s authenticity. Her response: Not a chance.

“You can still be you, and the person you are on a date with can still get to know all of your unique and wonderful qualities,” she said.

All you are doing by dressing fashionably is packaging yourself well so that you are attractive at first sight, giving the date an energetic, appealing tone right from the start. The other benefit is that because you look so good on the outside, you will most likely internalize it, and your personality will exude freshness, elegance and flair.

I did ask Newman if she had any fashion advice for men who are new to dating. She said being well groomed with an up-to-date haircut is very important and that the biggest mistake she sees in men when it comes to fashion is that they don’t wear clothes that fit properly.

“A great outfit for a guy on a date is updated, well-fitting jeans in a current looking wash and a slim-cut button-down shirt,” Newman said. “Nice tie shoes or a leather slip on shoe works much better than sneakers, and a leather jacket or sport coat is always nice. A nice watch is my favorite accessory for a man.”

There is another benefit to letting fashion into your love life: it can help keep a long-term romantic relationship or a marriage fresh. Mixing up how you dress and accessorize can be sexy. It can make a couple feel young and it keeps things exciting, like when you were first dating.

The bottom line: Being aware of fashion trends is great. That doesn’t mean throwing all your clothes away every year and wearing the newest styles, but rather choosing the trends that work best for you, the ones that make you feel pretty and sexy and smart and stylish. What never goes out of style when it comes to your love life? Appreciating, respecting and showing gratitude to your spouse, maintaining self-love and never losing hope for happily ever after.

Jackie Pilossoph is a freelance columnist.

MARK AND MICAH



MARK SUPPELSA

MICAH MATERRE

WEEKNIGHTS

CHICAGO'S VERY OWN
WGN⁹NEWS

HEALTH

ASK THE DOCTORS

Woman's melasma makes her feel self-conscious

By Dr. Robert Ashley
Ask the Doctors

Dear Doctor: I am a 60-year-old female who suffers from darkening of my face. A doctor did a biopsy and it was determined that I suffer from melasma, which began as soon as I hit menopause. Dermatologists seem unable to help. What can I do?

Dear Reader: Melasma is the hyperpigmentation of the skin that occurs mostly upon the sun-exposed areas of the face. This manifests as darker patches of skin that can be irregular and, when severe, cause significant cosmetic disfigurement, which can have a significant impact upon one's social life and the ability to enjoy leisure activities.

It has been linked primarily to various alterations in female hormones. In fact, 90 percent of cases occur in women. Potential melasma-inducing changes occur in the third trimester of pregnancy, when estrogen and progesterone levels are higher, and among women who take oral contraceptives. The breast cancer drug tamoxifen, which blocks estrogen receptors, also has been linked to the condition, and — for melasma of the arms — so has hormone replacement therapy. Menopause may increase the chance of getting melasma in other areas beside the face.

Because the condition occurs upon sun-exposed areas, the first intervention you can do is to use sunscreen with an SPF of at least 30. Your dermatologist may already have recommended skin-lightening agents such as hydroquinone, azelaic acid, mequinol or kojic acid. The



BILL HOGAN/CHICAGO TRIBUNE

The first intervention for melasma, which affects sun-exposed areas of the skin, is to use sunscreen.

side effects of those substances include redness and irritation of the skin, even peeling. Worst of all, bleaching agents can cause a decrease in pigmentation, so in addition, you may have to deal with patches of non-pigmented skin.

Retinoids (such as tretinoin), which are derivatives of vitamin A, also work well to treat melasma and have been used in combination with bleaching agents.

The best efficacy was seen in a study showing that a combination of hydroquinone, tretinoin and a steroid cream led to a 75 percent reduction of pigment in 70 percent of patients.

Superficial skin peels using chemicals — often glycolic acid or salicylic acid — have also shown success against melasma. One study compared the results of 20 patients in India who used six glycolic acid peels to the results of 20 patients who used a combination cream of hydroquinone, tretinoin and hydrocortisone. Eighty percent of the peel group reported their improvement as excellent, versus 60 percent of the cream

group. However, other studies have found that chemical peels were no different than bleaching creams in regards to efficacy.

Laser therapy has been used for melasma, but it has significant side effects and may lead to both decreased and increased pigmentation. The side effects are greater in those with darker skin. Finally, two studies have found that the topical serum rucinol, which inhibits the formation of melanin, can decrease pigmentation.

In your case, I would first and foremost try to decrease the sun exposure to your face and, if you're taking hormone replacement therapy, I would talk to your doctor about stopping it. Next, consider the use of a cream that combines hydroquinone, tretinoin and a steroid. If that doesn't work, consider chemical peels. If those don't work, then topical rucinol would be an option.

One other course of action is to use makeup with titanium or zinc oxide. Not only do these minerals camouflage the pigmented areas, they also work well as sunscreens.

Some of my patients have dealt with melasma, and I know it can be frustrating, but keep in mind that the dark spots may be more obvious to you than to others.

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

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



TETRA IMAGES

PEOPLE'S PHARMACY PRESCRIPTIONS AND HOME REMEDIES

Cinnamon can reduce rise in blood sugar and insulin

By Joe Graedon
and Teresa Graedon
King Features Syndicate

Q: I began sprinkling cinnamon on some of my food every day about three years ago. I've never had diabetes, but my blood sugar and triglycerides were climbing slowly. Since adding cinnamon, my blood sugar and triglycerides went down to less than 100, and my total cholesterol went along for the ride.

A: Some research has shown that taking cinnamon can reduce the rise in blood sugar and insulin that occurs after the meal.

Other studies have failed to show a benefit for people with diabetes.

One meta-analysis of 10 studies found that cinnamon lowers blood sugar, cholesterol and triglyceride levels (Annals of Family Medicine, September-October 2013).

A placebo-controlled study conducted in China with more than 100 volunteers demonstrated that consuming cinnamon extract daily for two months lowered fasting glucose and insulin, total cholesterol and LDL cholesterol (Journal of Traditional and Complementary Medicine, October 2016).

The extract used was CinSulin, a water extract of cassia cinnamon.

Q: Years ago, I had some warts on my hand. When they disappeared, I wondered what I had eaten differently at the time. It turned out to be a 12-ounce jar of stuffed olives that I consumed after work with a drink and crackers over about a week when I had run out of cheese.

A year or so later, my 8-year-old daughter had warts on her hand. I got her a 12-ounce jar of stuffed olives to eat in a week. She said, "I don't like olives." I said, "That's fine, but try it." She did, and the warts disappeared. It's worth a try.

A: We love your story, but we can't explain it. Not surprisingly, there has been no research on this remedy. We agree that this unusual wart cure is worth a try.

In children, warts often are susceptible to suggestion. The fact that your daughter doesn't like olives and doubtless paid a lot of attention to eating them might have influenced their effectiveness.

Q: I am in my mid-30s and am very interested in maintaining cardiac health. That is why I have been taking some form of omega-3 supplement for a couple of years. While I can't say they make a noticeable impact on my

day-to-day well-being, I defer to the scientific findings as far as long-term benefits.

However, I've always had a huge distaste for the "fish burps." They're enough to make me quit taking the supplements for months at a time.

Then I discovered krill oil. It appears that it is not only a vastly superior form of omega-3 in terms of absorbability and utility to the body on all relevant metrics, but it also comes with no fish burps whatsoever. So I guess you could say that I'm hooked.

A: Krill oil, like fish oil, is a good source of the omega-3 fatty acids DHA and EPA. The research that we found indicates that krill oil is as effective as fish oil for treating dry eye disease (Ophthalmology, January 2017).

A small study in monkeys with Type 2 diabetes reported that omega-3 fats from krill oil reduced total cholesterol, LDL cholesterol and triglycerides. Good HDL cholesterol went up (Lipids in Health and Disease, Jan 17, 2017).

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

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Making happiness a choice

Experts weigh in on habits that provide a boost

By Danielle Braff
Chicago Tribune

Megan Novotney was shocked to be pregnant six months after giving birth to triplets.

The Chicago-area stay-at-home mother had a choice: She could wallow in the fact that her life had become an endless cycle of diapers and bottles, or she could do something to try to make herself a little happier.

Novotney chose happiness, and this fall, when her children were 3 and 2, she enrolled in a yoga teacher training program.

"You lose yourself as a person once they arrive," Novotney said. "Now I'm able to put myself first, and it makes me a better mom and better teacher, a better wife. When the plane is going down, you put your own mask on first."

You can choose to be happy or you can choose to be unhappy, and that choice is up to you, said Gretchen Rubin, author of "Better Than Before" and "Happier at Home" and host of the podcast "Happier with Gretchen Rubin."

About 50 percent of happiness is genetically determined, Rubin said, so some people will naturally be happier than others. The next 10 to 20 percent of happiness results from life circumstances: age, marital status, income and education, Rubin said, estimating her percentages based on multiple studies by University of California researchers. That remaining 30 to 40 percent? It's all you.

She said we each have a range set, from one to 10, with 10 being the happiest.



KRISTEN NORMAN/FOR THE CHICAGO TRIBUNE

Stay-at-home mom Megan Novotney has 3-year-old triplets and a 2-year-old. She enrolled in a yoga teacher training program and says being able to put herself first made her a better mom, teacher and wife.

"You might be four to seven, and someone else might be seven to 10," Rubin said. "Even when they're blue, they might not be so blue, but you can always be lifted to the top of your range."

The trick is to know how to get there. If you don't know how to be happy, and you're not a naturally happy person, you may be stuck at four.

For example, many people incorrectly believe that shopping is the key to their happiness, said Karl Moore, author of five books, including "The 18 Rules of Happiness."

"It provides the temporary high," Moore said, "and once we're used to the new level of happiness that comes with the acquisition, it becomes the norm."

Others assume that having children will make them happier, and this also

isn't true, said Ruut Veenhoven, professor of social conditions at Erasmus University Rotterdam in the Netherlands.

"Marriage becomes less romantic and life choices more constrained, and these negatives tend to outweigh the evident positives of having children," Veenhoven said. "The reason that most parents had expected otherwise is colored information, both in the media and from their mothers, who are eager to become grandmothers and have forgotten their perils of the past."

Even winning the lottery or increasing your income doesn't necessarily equate to happiness, Veenhoven said. Once income rises above \$75,000, life satisfaction doesn't increase, according to a study by Princeton University

researchers. It goes back to the retail theory: that you become accustomed to whatever you purchase but also because you have to log many hours at work making that money, which makes people unhappy.

But there are other, easy ways to become happy quickly, and these don't cost anything, Rubin said.

Going outside is an easy fix, she said.

"There's light even on the cloudiest day, and it lifts your mood," Rubin said.

A University of Michigan study showed that strolling through nature can lower stress and can be a nonpharmacological approach to depression. If you're stuck at your desk, you can simulate the outdoor effect by simply looking at a picture of a nature landscape, according to a study published in the Korean Journal of

Radiology. Researchers found that those who looked at green landscapes had heightened activities connected with positive memories, compared with those who viewed urban photos.

Hanging out with cheerful people can also do the trick.

Happiness is a feeling, and it's contagious, so if you're around people who are happy, you'll probably be in a good mood.

Unfortunately, the flip side is also true, Rubin said. A study published in the Proceedings of the Royal Society found that each happy friend increases your chances of happiness by 11 percent, although each unhappy friend doubles your chances of being unhappy.

"We're constantly passing emotions back and forth to each other," Rubin said. "If they're happier, they will help lift you up; it won't take you all the way, but it will tend to pull you that way."

But you can surround yourself with miserable people and still remain positive because you're the only person in charge of your own emotions, said Moore, who believes that these contagious feelings can be quashed.

"Only you can determine your state of mind," he said.

One way to adjust your state of mind is to stop feeling sorry for yourself, Moore said.

"That's a massive block to people's happiness," he said. "Self-pity eats up everything around you, and it leaves you feeling bitter and twisted."

If you want to truly experience happiness, Moore said, you simply need to let go of your self-pity and start feeling grateful for what you do have, whether it's a warm home,

a cup of tea or a free country.

"You will naturally propel your happiness," he said.

In Novotney's case, she stopped feeling sorry about being stuck at home with four babies living off of one income. Instead, she focused on reasons to be grateful, such as being able to home-school the children.

And once she began taking care of herself through practicing yoga, she found an instant morale boost.

Saying "yes" to classes or other experiences is an easy way to increase your spirits.

A study from San Francisco State University found that experiences rather than material items make people happy because the memories from those experiences and adventures can last for a very long time.

The experiences don't need to be lavish, and they don't even need to take you out of your home.

Anything that deepens an existing relationship or broadens one has been shown to make you happier, Rubin said.

So reconnecting with old friends, starting a book club, going to a reunion, throwing a party or meeting someone for coffee will make you happy.

"Even fleeting connections with people boost the mood," Rubin said. "Go talk to someone face to face instead of sending an email."

And remember that life is fleeting, so you should take advantage of every moment.

"Learn to understand that life is only ever for now," Moore said. "Even this shall pass."

Danielle Braff is a freelancer.



MARK GUTIERREZ/VHT STUDIOS PHOTOS

Hinsdale home with golf center: \$2.8 million

ADDRESS: 502 W. North St. in Hinsdale

ASKING PRICE: \$2,795,000

Listed on April 14, 2017

Mike Abraham, Tim Thompson custom-built six bedroom, five full-bath home. Features include five fireplaces, a library with leather flooring, spacious kitchen, ceiling details, lower level golf center, a screened-in porch and music room with soaring ceiling. The second floor boasts five bedrooms, including a master suite complete with fireside room and spa bath. Three-car heated garage, gardens and multiple terraces.

Agent: Megan McCleary of Berkshire Hathaway HomeServices KoenigRubloff, 630-780-1913

**Some VHT Studios photos are "virtually staged," meaning they have been digitally altered to represent different furnishing or decorating options.*

At press time, this home was still for sale.

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Chefs to cook up seasonal dishes at garden

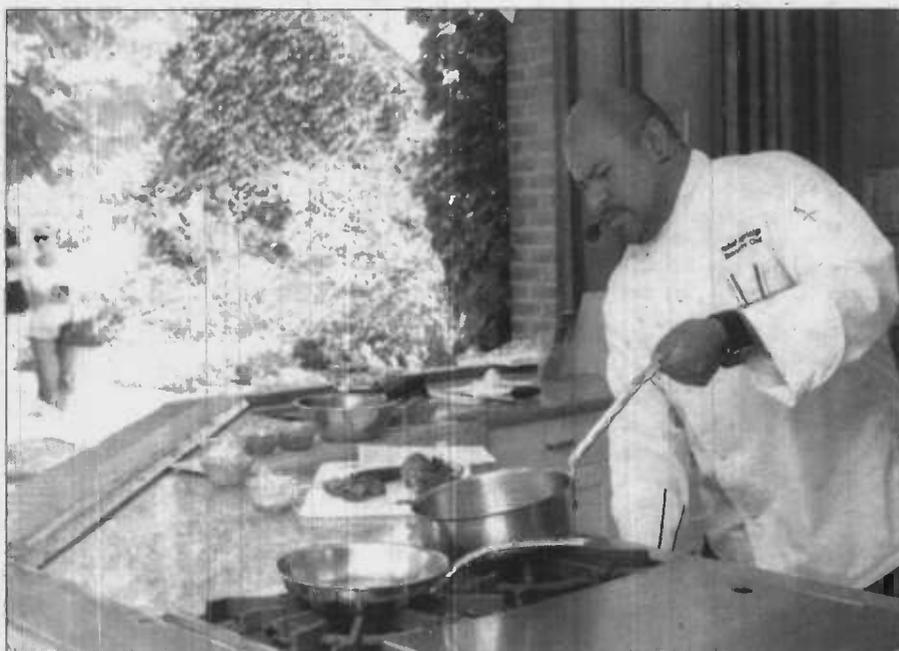
BY SAMANTHA NELSON
Pioneer Press

If you're looking for inspiration on how to cook produce from your back yard or the local farmer's market this summer, the Chicago Botanic Garden in Glencoe will help you out.

Chefs from throughout the Chicago area will demonstrate how they use seasonal products at their restaurants and offer samples at the annual Garden Chef Series, which runs every Saturday and Sunday from May 27 to Oct. 8. For the full schedule, go to www.chicagobotanic.org/chef.

The demonstrations are held in the Regenstein Fruit & Vegetable Garden, which shows off edible plants that can be raised in the Midwest and provides information on organic growing techniques. The space has been used for chef demonstrations since it was dedicated in 1985 and the Garden Chef Series has been running during summer and early fall since the 1990s.

"People really like topics about food and cooking," said Chicago Botanic Garden director of interpretive programs Kristie Webber. "I think the unique setting



CHICAGO BOTANIC GARDEN PHOTO

Chef Rafael Aguiliga at a previous Garden Chef Series demonstration.

here, in that it's an outdoor amphitheater under shade trees in the midst of the fruits and vegetable garden, has really sustained its popularity and grown it."

The events attract a wide range of garden visitors.

"We have people who love to come to the Chef Series," Webber said. "We know them by first name. They come pretty much every week. It's really kind of fun. Other people may be

just here for the weekend from Ohio. They're not from the local area, but they're here at the garden. New people are always becoming aware of it."

Some of the participating chefs have also made the events a summer tradition. Andy Novak, owner/chef of Northfield's Tapas Gitana, has been leading demos at the garden for five years and will be at this year's series on July 16.

"It's just so much fun seeing people learn something new and getting excited about what I'm showing them," Novak said. "The people who work there are just so wonderful."

Organizers are also constantly recruiting, visiting area restaurants to get to know chefs.

"We're always looking for new restaurants, especially restaurants who really do embrace that

Garden Chef Series

When: 1:30 and 2:30 p.m. Saturdays and Sundays, May 27 to Oct. 8

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

Admission: Free

Information: www.chicagobotanic.org/chef

sourcing of local ingredients and seasonal cooking," Webber said.

This year the Garden Chef Series will tie into the "Brazil in the Garden" theme, a first time effort that the Chicago Botanic Garden is running from June 15 to Oct. 15 by hosting demos from restaurants serving Brazilian fare including Oak Park's Taste of Brasil on July 1 and Highland's Longitud315 on Sept. 10. If that gives you a taste for more, you can view bromeliads and other plants from the country and a display of works from Brazilian architect and artist Roberto Burle Marx, catch Brazilian music performances, and try Brazilian fare at the Garden View Cafe.

Chefs work with a specific ingredient from event sponsors, such as tuna or

walnuts, and are often inspired by which of the garden's plants are ready for harvest. They can either make an item on their menu or develop dishes specifically for the event. Most chefs provide both food samples and recipe cards for attendees to take home.

"I try to come up with something creative but easy for a home chef to do," Novak said.

By focusing on seasonal produce, the series can also introduce guests to food they've never tried before.

"Sometimes people are like 'I've never had fresh fennel. I thought I didn't like it, but this is delicious. I'm going to make this recipe when I go home,'" Webber said.

The series also lets attendees discover new restaurants, which is a boon for the chefs.

"I get several new customers within days of the show, and more than that later on," Novak said. "It's a very good opportunity for me to be able to spread the word a little."

First up in the series on May 27 is Chef Luca Corazzina from 312 Chicago and Chef Dean Eliacostas from Real Urban Barbecue on May 28.

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BOOKS

Scott Turow laying down the thrilling law again

Author to discuss his latest novel 'Testimony' at Old Orchard

BY BRUCE INGRAM
Pioneer Press

This year marks the 40th anniversary of Scott Turow's first bestseller, the nonfiction "One L," written during his first year at Harvard Law, as well as the 30th anniversary of his first legal thriller, "Presumed Innocent."

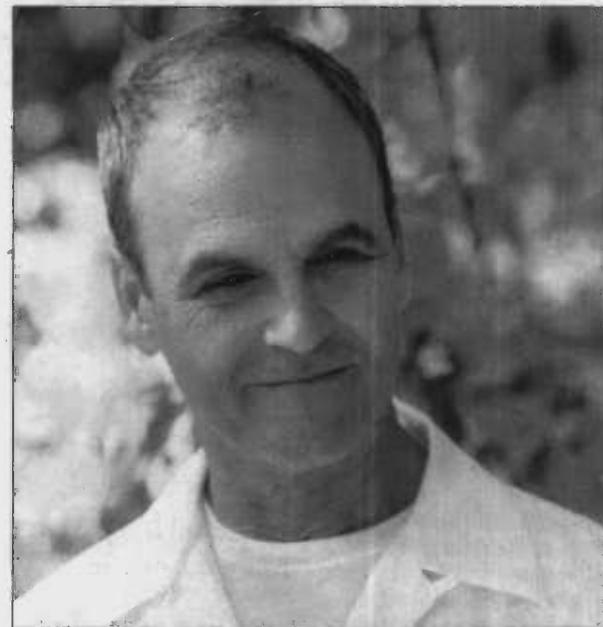
Turow will discuss his career and new book, "Testimony," on May 25 at the Barnes and Noble at Old Orchard. His 11th novel is set largely in the International Criminal Court in The Hague — with an American investigator looking into the disappearance of a refugee camp during the Bosnian War.

Q: This is your first book in four years. What accounts for the hiatus?

A: I've been on a three-year rotation, generally speaking. But "Testimony" required more research than usual and I had to spend time in Europe to write it. I spent a lot of time researching the Bosnian War, researching the International Criminal Court and researching the Roma community around the world.

Q: It seems you were once on track for an academic writing career. What made you decide to go to law school?

A: There were really two factors. The first was that I was finding life as a writer really hard — for emotional reasons. The other was that my dad was a doctor and my parents had wanted me to be a doctor, but I wanted no part of that. Even though I have immense respect for that



JEREMY LAWSON PHOTOGRAPHY

Author Scott Turow will discuss his career and new book at an event at Hollywood Blvd. Cinema.

Scott Turow

What: Author discussion and book signing. Copies of "Testimony" must be purchased in the store to join the signing line.

When: 7 p.m. May 25

Where: Barnes & Noble, 55 Old Orchard Center, Skokie.

Information: 847-676-2230; www.barnesandnoble.com and click on stores and events.

profession.

But my dad hated lawyers. As a result, I didn't know any lawyers and I had no idea what they did. So, when my college roommates marched off as a phalanx to Harvard Law School, I paid no attention until they began to practice. And then I found what they were doing to be really interesting. So it came down to deciding whether to continue with an academic career at Stanford, teaching English or to do something else. And the far more interesting option was going to law school.

Q: Why did you decide to set "Testimony" outside your usual fictional-

ized Chicago?

A: I've long promised myself I was going to write a book about the International Criminal Court, because I didn't think it had been done before in this genre. I actually stumbled on it by accident. I was in The Hague in 2000 and there was a reception for me at the American ambassador's house and I had all these American lawyers saying, 'Boy, you should really write a book about this place. There's all this back-corridor intrigue' and so forth. And it did sound really interesting. I've also had a lifelong interest in the Roma and I knew they'd often been the victims of war crimes.

EVENT

Seven storytellers take the stage for Israel: Many Voices

Performers chosen from roughly three dozen applicants

BY SAMANTHA NELSON
Pioneer Press

Evanston resident Michael Simon has done plenty of public speaking as executive director of the Northwestern University Hillel, but when he heard that the Spertus Institute for Jewish Learning and Leadership was looking for people to participate in a storytelling event, he was intrigued.

"I figured I should give it a try," he said. "They're going to give us some help and training. I don't have stage fright, but I have no-notes stage fright."

Simon will be one of seven locals sharing stories about Israel at the DoubleTree by Hilton in Skokie on May 21 at the Israel: Many Voices event. The other local storytellers are Dina Elenbogen of Evanston, Sarah Leibov of Wilmette, Debi Lewis of Evanston, Bruce Ogron of Highland Park, Shaily Hakimian of Chicago and Gili Sherman of Wilmette. Actor and singer Dan Tatar will emcee the program and Story Lab Chicago creator Scott Whitehair is coaching participants to get them ready to perform.

"These people are already storytellers and my goal is just to help them sharpen up and get them comfortable to tell them on stage," Whitehair said. "Quite a few of the members of our cast have not done this before. We're doing some workshops so they'll feel really good about the stories they share."

Whitehair has worked with hundreds of people at Story Lab, including performers with severe stage



SPERTUS INSTITUTE PHOTO

The Israel: Many Voices event will feature seven storytellers as well as emcee Dan Tatar, second from bottom right, and director Scott Whitehair, bottom right.

Israel: Many Voices storytelling event

When: 3:30 p.m. May 21

Where: DoubleTree by Hilton Hotel Chicago – North Shore Conference Center, 9599 Skokie Blvd., Skokie

Tickets: \$5 at www.spertus.edu/storytelling; \$10 at the door

fright who tried to drop out the night before.

"The challenge for me is every storyteller is different," Whitehair said. "There's no template. My job is to help them let that voice out and help them give themselves permission to be the storyteller they are. We tell stories all day long. Really it's not like I bring some magic to it."

The performers for Israel: Many Voices were chosen from about three dozen submissions, with the goal of having a diverse range of subjects, tone and experience levels.

"That job was incredibly difficult," Whitehair said. "There were so many amazing entries. There are stories that are heart-wrenching and stories that have a lot of humor."

Simon's is the former and he's shared versions of it before at ceremonies in honor of Israel's Independence Day or Memorial Day. He tells the story of how he fell in love with a

woman who was killed in the 2002 terrorist attack at Hebrew University in Jerusalem.

"The uncanny part of the story is four years after she died, almost exactly the fourth anniversary, I met my wife in Jerusalem," he said. "I happened to meet her in the same place I'd met Marla. Space and time is a little bit of an oddity. I fell in love with two women in different time periods."

Simon said he hopes that he can share with the audience that life can change in an instant, but also that tragedy can be overcome.

"My life had completely fallen apart but I got out from under this tremendous fog and got my life in order," he said. "I've had an awful traumatic experience but 15 years later as I look back I have a beautiful wife and two children. It's this charmed life, but there's also horror and terror in it."

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- How to Develop an Income Plan
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- Reasons Retirees Run Out Of Money
- Personal Wealth Index Score

WHEN: 3 Wednesdays: June 7, 14, 21 6:30pm – 8:30pm **OR** 3 Thursdays: June 8, 15, 22 6:30pm – 8:30pm

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PARK RIDGE LIBRARY

Families can tinker with electronic building blocks called littleBits during Family Mobile Makerspace Drop-In, 10-11 a.m. May 20 at Park Ridge Public Library, 20 S. Prospect Ave.

FAMILY FRIENDLY

Hone your STEAM skills at the Park Ridge Library

BY MYRNA PETLICKI
Pioneer Press

It will be full STEAM ahead for parents and kids at a Family Mobile Makerspace Drop-in, 10-11 a.m. May 20 at Park Ridge Public Library, 20 S. Prospect Ave. It's a chance for children ages 3-12 and their families to participate in activities focusing on science, technology, engineering, arts and mathematics.

"The Mobile Makerspace includes some very fun things to explore for all ages," said Children's Services Manager Parry Rigney. "At our Family Mobile Makerspace in the Children's Department we put out three to four different stations."

Activities might include playing with electronic building blocks called littleBits; coding and playing with small programmable robots called Ozobots; or creating circuits and exploring electronics with Squishy Circuits.

"Everything is designed for kids to explore on their own," Rigney said, adding that there will be two staff people there to "get kids and families excited" and guide them, if necessary.

There will also be drop-in sessions 10-11 a.m. June 17 and July 15.

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

Cultural connection

The diversity of the Village of Skokie will be celebrated at the 26th Annual Skokie Festival of Cultures, 11 a.m.-7 p.m. May 20-21 at Oakton Park, 4701 Oakton St., Skokie. There will be music, dancing, entertainment, cultural booths and food from the many cultures that exist in the village. Admission and entertainment is free.

For details, see www.skokieculturefest.org.

Ree-joice!

Ree Drummond, the Food Network star known as the Pioneer Woman, has a new picture-book series. Your children will hear the first book in the series, "Little Ree!" during a special storytime, 11 a.m. May 20 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.

YEA! Day

Over 1,000 children will display their visual artworks and some 400 children will perform on stage at the 30th Young Evanston Artists Festival, 10 a.m.-4 p.m. May 20 at Raymond Park, Chicago Ave. and Lake St., Evanston. Baseball hats, T-shirts, temporary tattoos and snacks will be sold at this event that is known as YEA! Day.

For details, see www.yeaevanston.org.

Journey to Japan

Kids will gain an appreciation of Japan's rituals, music and children's activities during the Malott Japanese Garden Children's Festival, 10 a.m.-2 p.m. May 20 and 21 in Nichols Hall at Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe. Hands-on activities will include designing a kimono-clad paper doll and constructing an origami samurai helmet.

For details, call 847-835-5440 or see www.chicagobotanic.org.



LAURA PAVIN/PIONEER PRESS PHOTOS

Maria Palferro of Norridge, from left, Winnie Raines of Chicago, Marge Dixon of Franklin Park and Jan Lariviere of River Grove

Resale Fashion Show raises \$60K for WINGS

Event: WINGS Oscars After Party — 10th Annual Resale Fashion Show

Supporting: WINGS' efforts to provide refuge and support to women and children trying to leave violent domestic situations.

Location: Stonegate Conference & Banquet Centre, Hoffman Estates

Date: March 5

Attended: 480

Raised: \$60,000+

Website: www.wingsprogram.com



WINGS CEO Rebecca Darr of Hoffman Estates, left, and Barb Snyder of Alton



Gerry O'Malley of Chicago, left, and Susan Tull of Niles

ART HISTORIAN SPEAKS ON KALO HISTORY

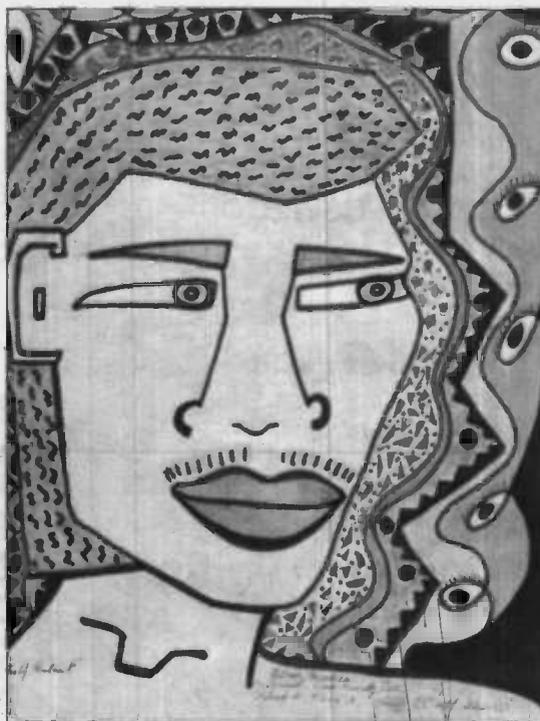
American Silver in the Art Institute of Chicago



Editor and author Elizabeth McGoey will present a program on her book, "American Silver in the Art Institute of Chicago" at 1:30 p.m. May 21 for the Kalo Foundation at the Iannelli Studios Heritage Center, 255 Northwest Highway, Park Ridge. McGoey is the Ann S. and Samuel M. Menco Assistant Curator of American Decorative Arts at the Art Institute of Chicago, and has written of the importance and influence of the Kalo Shop. The program is free and open to the public. More at www.kalo.foundation.org.

ART INSTITUTE OF CHICAGO

SHOW TAKES A NEW LOOK AT ARTIST ELMER SANDERS



More than 40 works by a one-time Cook County jail inmate are on display in "Elmer Sanders: Rediscovery of a Chicago Outsider Artist," a free exhibit running through June 22 at the Koehnline Museum of Art, Oakton Community College, 1600 E. Golf Road, Des Plaines. The show includes new material on the artist and his work, much of it done with pencils, markers and crayons on paper or cardboard. Summer hours begin May 30, when the museum is open from 10 a.m. to 7 p.m., Monday-Thursday. Call 847-635-2633, or go to www.oakton.edu/museum.

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Schools: Stevenson High School
Taxes: \$10,915.80
Agent: Gaetano Traversa



LINCOLNSHIRE

Located in Rivershire gated community features 3,711 square feet of living space, four bedrooms and three baths. Home offers volume ceilings, parquet floors & marble fireplace. Kitchen features granite countertops, high-end appliances & access to brick patio with pond views. Master suite has spa bath, two walk-in closets & enormous bed chamber with sitting area. New windows, heated two-car garage and two brick paver patios.

Address: 135 Rivershire Lane
Price: \$499,000
Schools: Stevenson High School
Taxes: \$10,819
Agent: Marcia Vecchione/@Properties



GLENCOE

Colonial home has four bedrooms and 2.5 baths. Renovated white eat-in kitchen includes granite countertops and stainless appliances. Custom cabinetry in dining room. Wood-burning fireplace in living room. New windows, updated bathrooms and hardwood floors throughout. Newer mechanicals, 2.5-car garage with storage loft above and asphalt driveway. Other recent updates: kitchen, baths, boiler, air conditioner, hot water heater, roof, landscaping & deck.

Address: 770 Vernon Ave.
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Schools: New Trier High School
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Agent: Elise Rinaldi/@Properties



PARK RIDGE

Expanded, well-maintained colonial home. Updated sunny kitchen with generous cabinets, counters and table space. Family room with brick fireplace and views of backyard. First-floor office/study. Four upstairs bedrooms, 2.5 baths. Generous closets and storage. Deck. Replacement windows. Newer furnace and flood control system.

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Thursday, May 18

Perspective Gallery Student Show:

The following VHHS students had photos selected for this limited juried show: Abbey Helfand, Zahra Nadeem, Ryan Pristas and Amanda Stenstrom. Gallery hours are Thursday-Sunday, Noon to 5 p.m. For more information, please visit the event website. Noon Thursday-Sunday, Perspective Gallery, 1310 Chicago Ave., Evanston, free, 224-200-1155

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 elements of contemporary American and European art, Shulin's paintings marry east and west. 9 a.m. daily, Evanston Art Center, 1717 Central St., Evanston, free

"The Tender Land": Aaron Copland's opera is set in a rural Midwestern town in the 1930s. Conducted by Virginia Opera Principal Conductor and Artistic Advisor Adam Turner, the story is about Laurie Moss. Laurie meets Martin, an itinerant worker hired to help with the spring harvest on her family's farm. As this coming-of-age story unfolds, a romance blossoms between the two. 7:30 p.m. Thursday-Saturday, Cahn Auditorium, 600 Emerson St., Evanston, \$18, 847-467-4000

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

Hot Ticket: "A Dog's Purpose": "A Dog's Purpose" is the soulful and surprising story of one devoted dog who finds the meaning of his own existence through the lives of the humans he teaches to laugh and love. The cast includes Josh Gad and Dennis Quaid and the film is rated PG. 2 p.m. and 6:30 p.m. Thursday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Converting Your VHS Home Movies: Registration is required for this lecture/demo. Learn how to convert your old home movies on VHS to DVD or digital format in the Digital Media Lab. Regis-

tration limited to four. 11 a.m. Thursday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

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

Winnetka Youth Organization Spring Fundraiser: Adults and youth are invited to support and to learn what's new and exciting at the Winnetka Youth Organization. Partake in dinner, dessert, bocce ball, auctions and a raffle of Cubs tickets. If you cannot attend, consider purchasing raffle tickets or donating to the WYO. 7 p.m. Thursday, Pinstripes, 1150 Willow Road, Northbrook, \$90 adult; \$50 youth, 847-446-0443

Sci-fi/Fantasy Movie Discussion Group: Will a band of rebels succeed in obtaining plans for the Death Star? Join us for "Rogue One: A Star Wars Story," followed by a discussion. 7 p.m. Thursday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

"Relativity": 7:30 p.m. Thursday, 8 p.m. Friday, 2:30 p.m. and 8 p.m. Saturday, 2:30 p.m. and 7 p.m. Sunday, 7:30 p.m. Tuesday, and 1:30 p.m. and 7:30 p.m. Wednesday, North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie, \$30-\$81, 847-673-6300

Friday, May 19

"High School Musical": When hoops star Troy and brainy Gabriella decide to audition for the Spring Musicales, they turn their world — and their high school — upside down! Facing resistance from all sides, they learn to follow their dreams by being true to themselves. An overnight sensation that rejuvenated the high school musical genre, this show features fun tunes, incredible dance moves and a message about friendship and not being afraid to challenge the status quo. 7 p.m. Friday, 2 p.m. and 6 p.m. Saturday, and 2 p.m. and 6 p.m. Sunday, Prairie Lakes Theatre, 515 E. Thacker St., Des Plaines, \$11-\$16, 847-516-2298

Segovia Classical Guitar Series:

Hopkinson Smith: 7:30 p.m. Friday, Mary Galvin Recital Hall at Northwestern University, 70 Arts Cir Drive, Evanston, \$10-\$30, 847-467-4000

The World Premiere of "Quest": "Quest" is an original circus-theater production loosely based on Leo Tolstoy's short story "The Three Questions." The protagonist asks three simple (but huge) questions, setting in motion a whirlwind journey to find the answers. 7:30 p.m. Friday-Sunday, Actors Gymnasium, 927 Noyes St., Evanston, \$20 for adults, \$15 for kids, students and seniors, 847-328-2795

44th Annual Ice Show — Skate Home Chicago: Talented skaters from figure skating and hockey programs will be showing off their skills in colorful costumes. The annual ice show features exciting performances from tots to the competitive level. This is open to the public and general admission tickets are \$8. For more information, call. 7 p.m. Friday, 7 p.m. Saturday and 2 p.m. Sunday, Glenview Ice Center, 1851 Landwehr Road, Glenview, \$8, 847-724-5670

"La La Land": Just drop in to see this original musical, which is rated PG-13 and tells the story of Mia (Emma Stone), an aspiring actress, and Sebastian (Ryan Gosling), a dedicated jazz musician, who struggle to make ends meet in a city known for crushing hopes and breaking hearts. 2 p.m. and 6:30 p.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Share The Warmth: Volunteers wanted — Join a group of warm, friendly, supportive women (men welcome) to prepare one-of-a-kind fleece blankets for chemo patients. Add a crocheted edge to fleece and send free blankets to new adult chemotherapy patients. A basic crochet stitch can be taught if needed. Bring lunch. Attendees often gather until 2 or 3 p.m. Donations are welcome to this 501(c)3 nonprofit organization. 9 a.m. Friday, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-293-6755

Emily Dickinson: I Dwell in Possibility: Emily Dickinson (1830-1886) was born in Amherst, Mass. to a successful family. Thought of as eccentric by the locals, she became known for her penchant for white clothing and her reluctance to greet guests or, later in life, even leave her room. 1 p.m. Friday, North Shore Senior Center, 161 Northfield Road, Northfield, \$12 member \$15 nonmember, 847-784-6030

The Poet of the Piano: Through

listening and lecture, explore the life and music of Polish composer and virtuoso pianist Frederic Chopin. This Romantic master's poetic genius was based on a thorough understanding of the instrument coupled with professional technique that was without equal in his generation. 10 a.m. Friday, North Shore Senior Center, 161 Northfield Road, Northfield, \$19 member; \$25 non-member, 847-784-6030

Women In Business Networking Breakfast: Join the Park Ridge Chamber for their May Women in Business Networking Breakfast "From Geeks to Geezers — Managing today's Generational Mix" with Trisha Svehla, President, Managing the Mosaic. This topic explores the four generations in today's workforce, examining the expectations of each generation. Register at www.parkridgechamber.org/calendar. 8:30 a.m. Friday, Park Ridge Chamber of Commerce, 720 Garden St., Park Ridge, Fee: \$17; member \$12, 847-825-3121

Saturday, May 20

Polyglots Toastmasters meeting: Polyglots is the only Toastmasters International Club in the United States that conducts its meetings in German. If you speak German or want to keep it fresh or improve it, visit this club. This is not a language school, but a place where you can speak and listen to German and, above all, have a good time with those at all levels and ages! 9:30 a.m. Saturday, Des Plaines Public Library, 1501 Ellinwood St., Des Plaines, free, 847-827-5551

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

Garden Talks: Sam Kass: As chef at the White House, Kass did more than cook for the First Family. He played an integral part in Let's Move!, the national healthy eating campaign; planted a vegetable garden on the White House's South Lawn; and served as senior policy adviser on nutrition. He continues to advocate for healthy food choices as the senior food analyst at NBC News. 3 p.m. Saturday, Chicago Botanic Garden,

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1000 Lake Cook Road, Glencoe, \$25 nonmember; members receive 20% discount, 847-835-5440

Friends of the Green Bay Trail Native Plant Sale: To attract butterflies and hummingbirds to your garden, grow an attractive habitat. Visit this native plant sale. All plants are \$5 each; 5 for \$20. More information is available on Facebook at: gbtrail.org. 8:30 a.m. Saturday, Native Plant Sale, Vernon Ave & Park Ave., Glencoe, \$5 each plant; 5 for \$20

Glenview PD National Missing Children's Day Event: Glenview Police Department's second annual National Missing Children's Day Event is a family friendly event, promoting child safety and honoring missing children. Offered are: Touch-a-Truck, special character appearances and lots of fun for kids. To preregister for the event send an email to NMCD@glenview.il.us. 11 a.m. Saturday, Glenview Police Department, 2500 East Lake Ave., Glenview, free, 847-901-6145

Get Hooked Crafts: Felt Flowers: Registration is required to come create a floral bouquet. Participants use colorful felt flowers, and are asked to bring a hot glue gun. 10 a.m. Saturday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Scratch for Teens: Registration is required to come learn to develop games, videos and other media. Use Scratch, a programming language developed by MIT staff, that helps young people learn to think creatively, reason systematically and work collaboratively. Visit <https://scratch.mit.edu/> to learn more. Noon Saturday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Anime and Manga Club: Gather with fellow fans to watch and discuss anime and manga, draw fan art, make cosplay costumes. 2 p.m. Saturday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

Your Self as your Friend – New Perspectives, Workshop: This is a workshop for midlife women who want more clarity and compassion navigating their transition. Reclaim your self – it is reboot time. Learn to release the drain of unfriendly habits like criticism and judgment and more. 10 a.m. Saturday, Inner Balance, 350 Pfingsten Road #107, Northbrook, \$30, 262-745-8362

Park Ridge Garden Club Plant Sale: Choose from a beautiful selection of annuals, succulents, hanging baskets, perennials, decorative stems, herbs,

vegetables, member-grown plants and garden themed crafters. 9 a.m. Saturday, Hodges Park, 20 S. Prospect Ave., Park Ridge, free, 773-807-2621

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

Niles Township Free Paper Shredding: Niles Township sponsors its free "drive up and drop off" paper-shredding event from noon to 2 p.m., in the Township's parking lot in Skokie. Due to an overwhelming response at last October's shredding event, participants are respectfully asked to please limit the amount of paper to two bankers boxes or two shopping bags' full. Noon Saturday, Niles Township Government, 5255 Main St., Skokie, free, 847-673-9300

Treatment Options for Blood Cancer Patients Conference: The Treatment Options for Blood Cancer Patients Conference is an educational program specifically designed for blood cancer patients and their families. Attendees learn more about their disease, current treatment options and emerging therapies; as well as have a chance to participate in a question and answer session with the presenters. 7:30 a.m. Saturday, Skokie Banquet & Conference Center at Holiday Inn, 5300 Touhy Ave., Skokie, free, 847-424-0600

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

Sunday, May 21

Oral Cancer Foundation 5K Walk and Run for Awareness: This is a family fun 5K walk and run with: Kids Zone, raffle/silent auction, awards for top finishers and fundraising efforts, sponsor expo, music, dancing and hospitality. Oral cancer screenings are offered. Register online at the event website. 8:30 a.m. Sunday, Redmond Park, 735 E. Jefferson St., Bensenville, \$10-\$40, 847-414-4919

ECC Spring Concert 2017: Join Directors Gary Geiger, Monica Blacconeri and Bryan Johnson as they lead the entire Evanston Children's Choir in their annual multicultural celebration of songs from around the world. To join, contact us by phone or gary@evanstonchildrenschoir.org. 4 a.m. Sunday, Unitarian Church of Evanston, 1330 Ridge Ave., Evanston, free, 847-733-0814

Rembrandt Chamber Musicians: Dreams of Jacob: This is a program of new and familiar works, including a classic Beethoven string trio. Darius Milhaud reimagines the Biblical tale of Jacob and his fantastic dreams, and Chicago's Sebastian Huydts debuts a new trio inspired by symbolist poetry. 7:30 p.m. Sunday, Nichols Concert Hall, Music Institute of Chicago, 1490 Chicago Ave., Evanston, \$38 adults; \$10 students, 872-395-1754

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

Drones 101: Commercially licensed drone pilot Dean Poignant explains how to get started with flying drones. Covered are: selecting a drone to purchase; federal and local regulations; safety while flying; and legal issues for unlicensed, recreational drone pilots. Weather permitting, a flying demonstration takes place at the conclusion of the program. 2 p.m. Sunday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Susan Merdinger Solo Concert: Merdinger celebrates the 30th anniversary of her New York Carnegie Hall solo recital debut with a solo performance, including her signature performance of Schumann's "Carnaval." 2 p.m. Sunday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

17th Annual Samuel Thavlu Memorial Concert: After studying with the then-concertmaster of the Chicago Symphony Orchestra (CSO), Mischa Mischakoff, Samuel was a member of the CSO's first violin section from 1934 to 1937. Samuel soon become a concertmaster himself. 1 p.m. Sunday, North Shore Senior Center, 161 Northfield Road, Northfield, \$12 member; \$15 non-member, 847-784-6030

Pure Barre Fundraising Classes: Pure Barre is offering two fitness donation classes Sunday, May 21, at 8:15 and 9:30 a.m. All proceeds go to the Farmer's Market. 9:30 a.m. Sunday, Pure Barre, 110 N Northwest Hwy, Park Ridge, standard, 847-696-7219

Norwegian Constitution Day Parade: This parade celebrates Norwegian Constitution Day featuring Scandinavian organizations with members in traditional costumes, marching bands, antique cars and floats. The pre-parade festivities in Hodges Park begin at noon with activities for children, refreshments, Scandinavian vendors and displays. The parade steps off at 1 p.m. at the intersection of Talcott and Cumberland, ending at Hodges Park. The Grand Marshal is Normenness Singing Society. Noon Sunday, Hodges Park, 20 S. Prospect Ave., Park Ridge, free

"Hava Nagila – The Movie" at Skokie Synagogue: A fascinating film, "Hava Nagila - The Movie," the story of the song and the dance steps that went with it, is shown at brunch and discussion. The movie is hosted by the Men's Club and the Sisterhood of the synagogue. 10 a.m. Sunday, Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, \$12 per person; \$15 at door, 847-675-4141

Dance, Diversity, Divinity: Performers from Central America, Europe, the Middle East, Asia and Africa demonstrate the beauty of unity-in-diversity through music and dance, in honor of World Day. 1:30 p.m. Sunday, Bahai Temple, 100 Linden Ave., Wilmette, free

30th Annual Spring Housewalk: This year's housewalk, "A Stroll in the Glow," explores the elegant, tree-lined neighborhood of southeast Wilmette that includes the charming streets of Gregory, Laurel, Oakwood and Woodbine Avenues (hence the acronym "GLOW"). Guides will be on hand to enhance the interior tours with details about the architecture of, and lives lived in each of these four beautiful homes. Visit <http://www.wilmettehistory.org/event/30th-annual-spring-housewalk>. 1 p.m. Sunday, Wilmette Historical Museum, 609 Ridge Road, Wilmette, \$25-\$60, 847-853-7666

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

Down Dog & Denim: Join us every Sunday for a free hourlong Vinyasa Flow Yoga Class. Register at <https://www.eventbrite.com/e/down-dog-denim-tickets-31076517701>. 10:30 a.m.

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Sunday, Down Dog & Denim, 908 Green Bay Road, Winnetka, free

Monday, May 22

Knitting Roundtable for Adults:

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

Lego Club: For students in kindergarten through 8th grades to join in this club on the fourth Monday of each month to create masterpieces at this new Lego Club. No registration is necessary. 4:30 p.m. Monday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-663-1234

Powerful Tools for Caregivers: This is a six-week educational series designed to provide you — the caregiver — with the tools you need to take care of yourself while caring for a loved one. 1:30 p.m. Monday, North Shore Senior Center, 7900 N Milwaukee Ave #2, Niles, free, 847-784-6041

Youth Film Festival: We'll celebrate our amazing local teen filmmakers and screen all the Film Festival entries and award prizes to our winners. Interested teens should submit their film by May 15, for consideration. 6:30 p.m. Monday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

See What's New In Old London

Town: The Cheese Grater, The Walkie Talkie, The Gherkin and The Shard are the names given to some of London's newest, tallest and most modern buildings. Another one, The Scalpel, is under construction and due to open in 2017. Through a digital presentation, visit London to see some old familiar places and how they contrast with London's new modern architecture which may be changing London's skyline but not its spirit. 1 p.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, \$10 member; \$13 non-member, 847-784-6030

Politics In Chicago from Depression to the Recession: Politics in Chicago has always been a give and take of the varied interests of the city's many ethnic groups. Richard Reeder, who worked in the administrations of three different mayors, will analyze how ethnicity influenced the governance of Chicago over a span of 80 years. 10 a.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, \$19 member, \$25 nonmember, 847-784-6030

Gardening with Wildflowers: This is for those ages 18 and older, to learn the basics of wildflower gardening. Attendees receive several native seedlings for their own wildflower garden. 7 p.m. Monday, Emily Oaks Nature Center, 4650 Brummel St., Skokie, \$20 Skokie resident, \$25 non-resident, 847-677-7001

Tuesday, May 23

Internet Essentials: Uncover tactics for using browsers, search engines, search strategies and website navigation in this hands-on class. A Glenview Library card required and please register at glenviewpl.org/register or by calling. 2 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

CJE Senior Life Counseling: If you have questions about retirement and health insurance options, the CJE SeniorLife resource specialists can provide counseling. This is for adults 60 and over, their families and caregivers. Counseling includes topics such as selecting appropriate retirement benefits, picking the right health insurance and Medicare programs, determining housing needs and identifying supportive resources. To make an appointment, call Kathy Gaeding at CJE SeniorLife, 773-508-1054. 9:30 a.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Bringing It Home: The True Story of Smoky the War Dog: From a chance discovery in an abandoned fox hole in Papua New Guinea during WWII, to becoming a famous entertainer, a decorated war hero and the world's first official therapy dog, Smoky's heroic tale is told by Adrian and Denise Brigham. The have their therapy dog "Hairy Pawter." Bring the spirit of Smoky home in honor of Memorial Day. Please register at glenviewpl.org/register or by calling. 7 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Movies, Munchies & More — Film:

"Collateral Beauty": This PG-13 rated film is about retreating from life after a tragedy. A man questions the universe by writing letters to Love, Time and Death. He receives unexpected answers. Cast includes Will Smith, Edward Norton and Kate Winslet. 11:30 a.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Android Photography: Registration is required for this hands-on workshop. Learn how to take, edit and share photos with your Android phone or

tablet. Registration is limited to six. 2 p.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Finals Study Night: All teens ages 13-18 are welcome to stop by the Baxter Room and Teen Space to find dedicated spaces for finals preparation. The library provides the atmosphere, brain food (pizza), and drinks to keep high school students motivated. Even consult the teen librarian for research and review help. 4:30 p.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

Armchair Tour of the Solar System: Author and Adler Planetarium Master Educator Michelle Nichols will showcase some of the latest NASA spacecraft images of our solar system from our stunning sun to dwarf planet Pluto and everything in between. 7 p.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

How Science Works: A Primer for

Time of Science Denial: Jim presents a useful outline of the nature, process and significance of scientific inquiry. Jim explores four key facets of the work of modern science: exploration and discovery, testing ideas, charting the benefits and outcomes of scientific progress. Along the way, learn why science is not a "democratic" process. 1 p.m. Tuesday, North Shore Senior Center, 161 Northfield Road, Northfield, \$12 member; \$15 non-member, 847-784-6030

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

The Weekend: 7:30 p.m. Tuesday, Allstate Arena, 6920 Mannheim Road, Rosemont, \$35-\$175, 847-635-6601

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

Toodlebugs: This is for ages 1.5-2.5 with a parent. Through exploration and play in the natural world, your child, or

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

The Role of the Media in Post-Fact Politics: The news media has historically measured its importance, and its relevance to our democracy, on its ability to inform a fact-based national debate. Discussed is the role of the media in the 2016 election and how journalists will move forward, with particular attention to partisan and social media and their implications. This is presented by Rachel Davis Mersey, Ph.D., Associate Professor, Northwestern University. 7 p.m. Tuesday, Wilmette Public Library, 1242 Wilmette Ave., Wilmette, free, 847-256-6930

Wednesday, May 24

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

BookIt! Nonfiction Book Group: "I Am Malala: How One Girl Stood Up for Education and Changed the World" by Malala Yousafzai, who became an international symbol of hope and inspiration when she challenged the traditions of her Pakistan community by pursuing her right to education. Just drop in. 7 p.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Happy Birthday Mr. President: Join in this presidential-sized birthday celebration to honor what would have been John F. Kennedy's 100th birthday. An All-American BBQ is served on the East Wing patio. Award-winning actress and choreographer Sheri Winkelmann entertains as diva Marilyn Monroe. Tickets are available at the senior desk. For more information, call. Noon Wednesday, The East Wing Glenview Senior Center, 2400 Chestnut Ave., Glenview, \$20 members; \$25 non-members, 847-724-4793

Knitting Club: If you want to learn to knit, or you are working on a knitting or crochet project, drop-in to share tips, show off your work and converse with

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fellow needle arts enthusiasts. Bring your own knitting supplies. 11 a.m. Wednesday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277

Sound Advice: Best of the Best – Audio Award Winners: This program features audiobooks recognized for outstanding narration and production as much as for engaging stories and memorable characters. Come in to check out audiobooks on CDs or learn how to download e-audiobooks straight to your mobile device. All attendees receive free ear buds. 6 p.m. Wednesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

College Planning for Students with Learning Differences: This is to help high school students make the often rocky transition to higher education. Two professionals who help high school students with learning disabilities make the transition to college, lead a free program. They are joined by students who have worked with JJB Educational Consultants. 7 p.m. Wednesday, Five Seasons Sports Club, 1300 Techny Road, Northbrook, free,

847-940-8090

Community Wednesdays: Join in every Wednesday for a few hours of mind, body and spirit enrichment. Three one-hour lectures/classes are hosted throughout the day, along with their fitness class offerings at the Marvin Lustbader Center. Lectures/classes run 9:30-10:30 a.m., 10:45-11:45 a.m. and noon to 1 p.m. These are free for Marvin Lustbader Center members; \$10 per day non-member; \$45 for 5 session punch card. 9:30 a.m. Wednesday, Bernard Weinger JCC, 300 Revere Drive, Northbrook, free members; \$10 non members, 224-406-9257

HAZAK Dine & Discuss: Join us for HAZAK (programming for adults over 55) Dine and Discuss at Congregation Beth Shalom. The program, "Peaceful Co-existence in the Desert: Is Saving the Environment the Key to Making Peace between Arabs and Jews?" features Ted and Cheryl Banks. 6:30 p.m. Wednesday, Congregation Beth Shalom, 3433 Walters Ave., Northbrook, Includes lecture and dinner: \$15 members of Congregation Beth Shalom, Northbrook, \$20 nonmembers, 847-498-4100

The Presidency of Bill Clinton: It has

been over 16 years since Bill Clinton left the White House. Professor Gary Midkiff examines Clinton's two terms as President – the good, the bad and the ugly. 10 a.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, \$19 member; \$25 non-member, 847-784-6030

Geronimo: America's Favorite Native American Over 100 Years: Take a look at how Geronimo's image has changed in America's imagination over time. In the 1800s, Geronimo was a cold-blooded savage. By the late 20th century, he had evolved into a noble hero. Learn how Geronimo was portrayed historically in movies. And get insight into what contemporary Native people have to say about him too. 1 p.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, \$10 member; \$13 non-member, 847-784-6030

Knitting Studio and Workshop: Each Wednesday afternoon, certified knitting instructor Mary Staackmann provides personalized instruction, answers any questions about knitting, and perhaps gets you started on a new project. Bring your supplies or project in progress. Brush up on your skills, learn new techniques or just spend an afternoon knit-

ting 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 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

Baseball Literature and American Identity: As America's oldest amateur and professional game, baseball has long provided writers with a lens for viewing American culture. From "Casey at the Bat" to "The Natural" to "Shoeless Joe" (the novel basis for "Field of Dreams") to the 2016 Cubs, this lecture examines how different baseball narratives engage with larger conversations about American identity. Presented by Bill Savage, Ph.D., Northwestern University. 7 p.m. Wednesday, Wilmette Public Library, 1242 Wilmette Ave., Wilmette, free, 847-256-6935

Have an event to submit? Go to chicagotribune.com/calendar

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**"Guardians of the Galaxy Vol. 2" ★★ 1/2**

PG-13, 2:18, action/adventure

A brash summer surprise back in 2014, "Guardians of the Galaxy" had plenty of pep and, for once, a lot of jokes. For the sequel, subtitled "Vol. 2" because sequels are sold by volume, not weight, James Gunn has returned as director and writer. Let's be honest: This one's a step down from the original. The testy banter between Peter Quill (Chris Pratt) and Gamora (Zoe Saldana) comes with a here-we-go-again quality. Also, that

ending! The universe is about to be destroyed, again. Two guys are beating the spit out of each other for minutes on end, again. I double-dare Gunn to get the third "Galaxy" picture down to the two-hour mark or less. Who'd complain? — *Michael Phillips*

**"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, and it makes the audience long for a simple scene back in a garage somewhere. — *M.P.*

**"The Boss Baby" ★★ 1/2**

PG, 1:37, animated

"The Boss Baby" derives its premise from the notion that when new babies arrive in the household, they render parents into slavishly devoted employees with their demands and fits. Babies are like bosses, but, more satirically, bosses are like babies, right? That metaphor is explored in Marla Frazee's children's book, with a boss baby outfitted in a suit, and now that's been transported to the screen with Alec Baldwin voicing the titular

boss. Written by Michael McCullers, it's almost too clever for its own good; only adults are going to appreciate the nuances of the jokes and wordplay about corporate middle-management culture. — *Katie Walsh, Tribune News Service*

**"How to Be a Latin Lover" ★★ 1/2**

PG-13, 1:55, comedy

Eugenio Derbez has yet to break into the American mainstream. "How to Be a Latin Lover" may be the film that finally introduces him to a wider audience. Its humor is broad, but most of the jokes work for the intended audience. When aging gold digger Maximo (Derbez) is dumped by his octogenarian sugar mama (Renee Taylor), he's forced to move in with his sister (Salma Hayek) and her son (Raphael Alejandro). Broke and jobless, he

tries to find a way to seduce his next meal ticket while showing his nephew how to romance his young crush (Mckenna Grace). — *Kimber Myers, Los Angeles Times*

**"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). Director Bill Condon's resume suggests 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.

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.*

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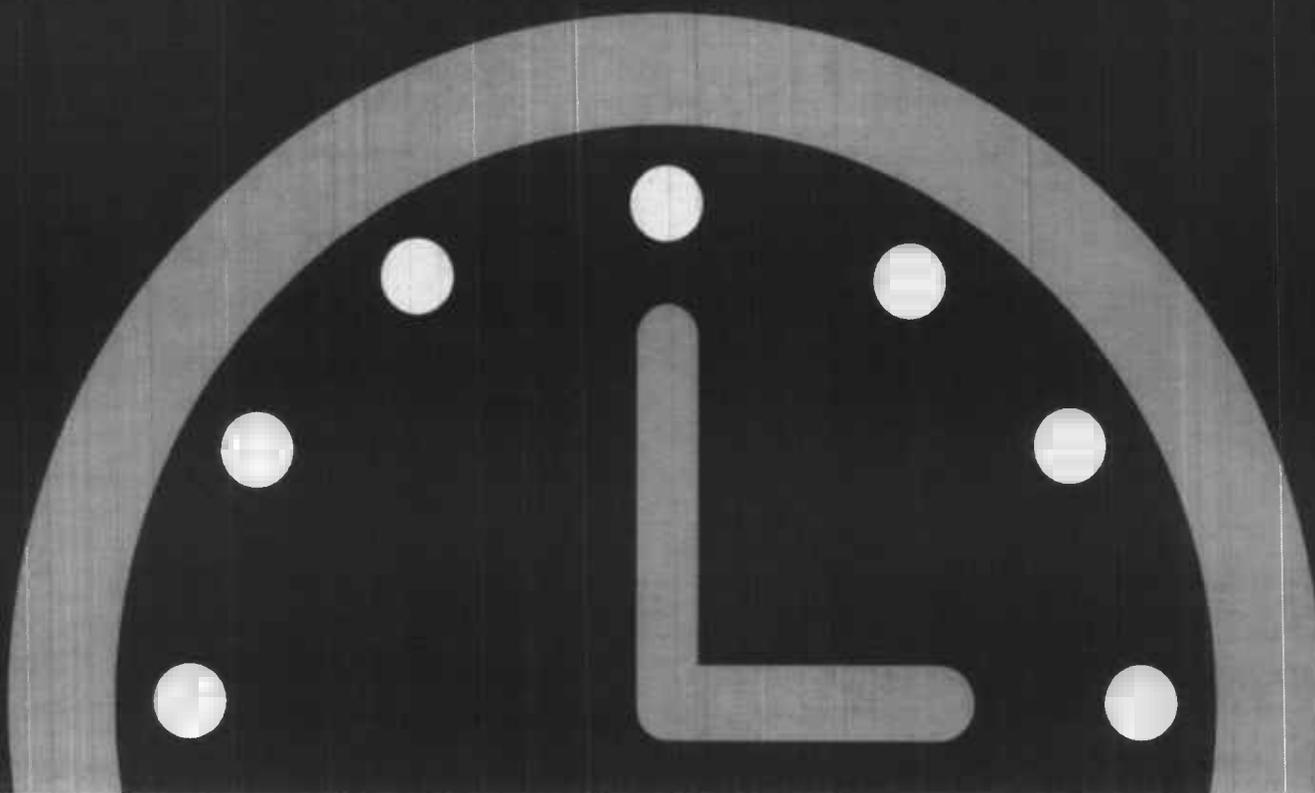
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TEXAS ATHLETICS

Texas junior Doug Ghim, a Buffalo Grove grad, was named Big 12 men's golfer of the year.

COLLEGE NOTES

Ghim named Big 12 men's golfer of year

BY SAM BRIEF | Pioneer Press

Texas junior **Doug Ghim**, a Buffalo Grove graduate, was named Big 12 men's golfer of the year on May 8. The Arlington Heights native became the seventh Longhorn to win the award, joining the likes of Jordan Spieth. On the season, Ghim has notched six top-10 finishes and was the runner-up at the Big 12 championship in April, where he led the Longhorns to their fifth straight conference title. Ghim also made his third consecutive All-Big 12 Team.

Locals selected to Maccabiah Games soccer team

New Trier graduates **Dani Kaufman** and **Jessica Ritchie** were named to the roster of

the Open Women's Soccer Team to represent the United States at the 20th World Maccabiah games. Kaufman, a Wilmette native, is a goalkeeper at Bucknell, while Ritchie, a Glencoe native, is a midfielder at Cornell. The Maccabiah Games will take place in Israel from July 4-18 and include 10,000 Jewish athletes from around the world.

Elmhurst native receives volleyball recognition

York graduate **Connor O'Ryan**, a senior on the Cardinal Stritch men's volleyball team, was named an NAIA All-American honorable mention by the American Volleyball Coaches Association. O'Ryan led the NAIA in blocks per game with 1.3 and finished second in hitting percentage, amassing a .467 mark. He was also named to

the All-Chicago Collegiate Athletic Conference first team.

O'Ryan is joined by fellow York graduates **Jason Bowles** and **Joe Duda**.

Moderwell shines in freshman season

Libertyville graduate **Noah Moderwell**, a freshman on the Wittenberg men's lacrosse team, led the Tigers with 36 goals on the season, the fifth-highest total in program history. During the season, he was named the North Coast Athletic Conference player of the week on Feb. 20.

Have a suggestion for College Notes? Email Sam Brief at briefsam@gmail.com.

Sam Brief is a freelance reporter for Pioneer Press.

BOYS GYMNASTIC STATE NOTES

Arcus ties for 17th on rings

BY DAN SHALIN
Pioneer Press

In just his second season as a gymnast, Niles North junior **Ben Arcus** reached state in two events, tying for 17th on rings (8.700) and tying for 39th on parallel bars (8.250) on Saturday at Hinsdale Central.

Vikings coach **Rick Meyer** said Arcus' goals as a senior should be to make state in the all-around and advance to the state finals in at least one event, likely rings. Meyer said he believes Arcus is up to the challenge.

"He scored a 46.8000 (in the all-around at sectional), so we figure if we can get up to a 50.0000, it should be enough to qualify (for state)," Meyer said. "I don't see any reason he shouldn't be able to do that, barring injuries. He has the motivation and the drive."

Meyer added: "(Arcus) also has an opportunity to make state finals with his rings routine, absolutely. That's a goal for next year."

Niles West

A year removed from winning a state title, the Wolves ended a rebuilding season with three entries in the state meet.

Sophomore **Jack Nguyen** tied for 28th on vault (8.850), junior **Simon Lee** tied for 36th on rings (8.200) and senior **Siraj Patel** finished 48th on high bar (6.500).

"We knew this would be a rebuilding year, and the kids we have are great (kids)," Niles West coach **Adrian Batista** said. "I'm really happy for Siraj Patel. Any time you make (state), it's huge. Having a sophomore and a junior qualify is promising for the future. We also have a lot of guys who almost made (state) as sophomores and juniors."

Batista added: "We're not going to have the best team every single year, and we honestly were better than I expected."

Dan Shalin is a freelance reporter for Pioneer Press.

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KEVIN TANAKA/PIONEER PRESS

Notre Dame's CJ Henley, second from right, pulls away in the 100-meter dash during the East Suburban Catholic boys track and field meet on May 10 at Notre Dame in Niles.

Notre Dame's Henley vanquishes nerves, then foes

BY RICH MAYOR
Pioneer Press

Before CJ Henley's first conference meet, he found a way to chase the nerves away.

"I was terrified," said Henley, a sophomore sprinter. "I was completely nervous. And one of my close friends on the team, Lou Jackson, we had a motto for the day. We just kept saying 'Go crazy, go crazy.' It meant go as hard and as fast as you can, go all out. And if you do that, you

don't have to worry about your time or score. Just have fun. That's the biggest thing about it."

Fun was had at the East Suburban Catholic boys track and field meet on May 10 in Niles. Competing on a rainy day, Henley crossed the finish line in 11.40 seconds in the 100-meter dash, which was good for a first-place finish. He won by 0.29 seconds — the same amount of time separating the second-place finisher, St. Patrick's Avan Edobor, and the eighth-place finisher.

It was a dominating performance from a runner who, less than three weeks earlier, finished in fifth in the 100 in 11.97 at the Don Relays.

"Sometimes I don't do as well as I want at meets, and people will say, 'Oh don't worry about it, you're still a sophomore,'" said Henley, who missed the end of his freshman season because of a stress fracture in his shin. "But in other meets, people know how dedicated I am and how much I want it."

Even Dons coach Mike

Jankowski was surprised by Henley's dominance.

"I didn't think he should shave off that much time," Jankowski said, laughing. "But he trains so well and so hard, I knew he'd continue to improve. But I didn't think he'd make that kind of leap, no."

"There are some really good sprinters in our conference, so for him to get the win as a sophomore was really a great thing. He works his tail off, he's a great kid on top of it. To see him be victorious was some-

thing I'm really happy about."

The Dons' 4x100 relay team, which was made up of Henley, juniors Jackson and Jake Martin, and sophomore Mario Olivello, finished in second place (45.08). It was symbolic of the Dons, who have just two seniors and excelled while also having to rake the sand pits, move the hurdles and perform the various other chores that came with hosting the meet at Notre Dame.

Notre Dame finished third (89 points) as a team,

outperforming its seed projections by about 40 points, according to Jankowski. Benet won the meet with 127 points, followed by Marist at 126.

"We're all young and have that young mindset, but at the same time, we know how good we can be in the future," said Henley, a Park Ridge resident. "So we'll joke around, but once it comes down to it, we're all serious and prepared."

Rich Mayor is a freelance reporter for Pioneer Press.

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Materials: Large assortment of lumber - cabinet, crafters, ornate bead work, 4"x21"x72" long beam, walnut slabs, walnut, oak, pine, hardwood lumber, veneer woods, cedar, maple, cherry wood, barn boards, old pine boards, stacks of lumber covered & stacked, doll rods, building supplies, rolls insulation, metal & plastic pipe, light fixtures, large amount of industrial steel shelving, electric supplies, closet shelf brackets, sanding discs, drum sander sleeves - various sizes, solvents and sprays, paint & spray, copper flashing, rolls of sand paper discs, turn buckles, 13 sections of gray industrial shelving, 2 sections of stainless steel post - rubber coated shelves, 3 sections industrial green shelving, black wire rack shelving.

Lawn & Garden: Garden planting supplies, MTD Yard Machine rear tire rototiller - needs work, hand post hole digger, Ryobi Gas Blower, weed eater gas hedge trimmer, homeite chainsaw, small hand rototiller, volt master gas generator gas Troy Bilt rear tire rototiller - horse, 2 push mowers - 6.5HP craftsman, lawn roller, leaf blowers, Mantis small handheld rototiller - gas, Mesterut 3.75HP pus mower, gas cans, Walk behind grass seed spreader, Craftsman Easy walk multi-speed push mower - Mulcher with bagger.

Antiques: 2 hard bards DeKalb Seed signs - Very Good Shape!, 5 steel wheels, wide steel wheels, wire basket shovel, brown crock, bird houses, 2 duck decoys, tin box, paper cutter, planters, large pottery & glass frogs, large galvanized tub, iron wagon wheel rings, iron rotary boxes, concrete cherub figurines, frog sprinklers, 18"x4"x47" long walnut slab, 4 ornate iron trellises, large galvanized fuel can, wood wagon wheel, 23" embossed cast iron gargoyle Mobil oil round flag stand, Harley Davidson Strap, 20" Sinclair oils iron round flag stand, auto tire pump, TL-130 Bras Torch, red truck stop light - Very Good Shape!, Sir Walter Raleigh, Wire grate, wood tool box, antique handheld trimmer, misc fishing gear, Zebeo 500 fishing reel, Mitchell excellence plus exp 20 reel, Metal-We Install Mufflers - Walker exhaust system sign 24" x 36" high very good shape, AP Muffler, Pipes converter advertising clock, old oil cans, old trophies, ribbed gas can, red marble reflector, 2 brass gas nozzles - buckeye, ornate brass ash tray, tin lanterns, brass Hanson water nozzle - Beloit Wise, barn mean auger, large assortment of files, large assortment on drill bits, antique carpenter tools, hand wood auger, diving bell weights, wood legs, wire stool, wood molding planes, old cabinet hinges & hardware, beam drills, fat bars, hammers & mauls, black flag spray pump, Seigels Lumber Co - Burg Lumber - phone 445 apron, Looean lumber company apron, Bristol Lumber Co. apron, Green Acres hybrids seed bag, Plano Molding Tackle Box, original pogo stick, fishing poles, taper funnel basket, 10-iron rotary hoes, old barn boards, 2 galvanized water cans, wire planters, metal oil bottle carrier, metal shop stool, iron park bench sides, horse collar mirror with brass wood hames, cedar chest, picture frames, oak school chair, old red barn boards, 2 man saw, cast iron round doors, brass upright shoe lathe, wood machinist tool chest, Stanley No. 45 wood plane in dovetail box, block planes, draw knives, vintage carpenter tools, daisy mod25 pump, engineering and woodworking book, Spirit of St Louis tool box radio - cassette CD player, pocket fisherman original box, cast iron start nail cup, spoke shavers, small sanding table hand crank, Rare - REPEAL 18th AMENDMENT Lie. plate - yellow and black, Harley Davidson metal sign 11" long x 2 1/8", 2 - 1956 and 1966 LaSalle, Peru and Oglesby Advertising, NAPA Beiden Automotive wire cable metal cabinet, 3M 2 door cabinet, assorted fishing lures, wall pachinko marble pinball machines, Schwinn boys bike, 3 swords, parking meter on stand, wood tool chest, weed trunk on stand, oak hall tree mirror, galvanized tubs, bar stools, oak dining set - table with chairs, 2 leaves, oak glass door china cabinet, 1920 walnut 2 door cabinet, concrete Americana man with lantern, copper pot, vintage pop cooler on legs, upholster furniture, steel lawn furniture, table and 4 chairs, pots and pans, 1800's Walnut ornate carved partner desk, John Kennedy Memorabilia - Kennedy for President Poster, Johnson for Vice President, Kennedy Fund Raiser Appearance, flight paper Feb 19, 1944, Red & Blue Bulls eye reflectors simplex Adv mini bottle jack, 9 examples of barb wire, iron park bench, iron park bench rails sides, Lum & Abners 1937 family almanac, Occo feeds 1961 calendar, DeKalb Seed screw drivers, several dolls, vintage lamps, wood 7Up box, small red, green ribbed fuel cans, Pyrex pieces, old meters, gauges, tire pump, Allstate tube can, barn lanterns, vintage coffee server set, brown jug, planters, the Hallcrafters Co., audio generator elco 378 tester, old brass water meter, 3 vintage dial table phones, Hobtail wall pocket with spigot, United Audio Turn table & Speakers, PFAFF Industrial-C commercial sewing machine with bobbin holder and organic work table - made in Germany for upholster, fabric and canvas seamstresses, large Pyrex glass square tank No. 58, 2 wood multi drawer cabinets, lamp table, several pictures & prints, vintage testers & electronic equipment, barn lanterns, vintage desk phone, wall pocket, concrete lawn ornaments, vintage stereo, military uniform and foot locker, 2 small dressers, oak iron base singer cabinet, 25 gallon Pennzoil can with lid.

Mowers: John Deere - 455 Diesel riding mower 60" with deck, Essick 729 gas engine ride roller machine with wide rollers, Woods pull tight, 3pnt, 3pt drive, wing bat mower - turf wing bat 15' cut, Grasshopper 48" zero turn mower max torque diesel tractor/mower with roll bar, 2 Diesel ZD Kubota Zero Turn mower 72" deck with fold down roll bar, Land Pride 5' 3pnt Pro Rototiller, Pull type mobile human tank tank with hardware and glass, 5' slider bucket, rigid stationary sewer rodder machine - electric, Rockwell upright commercial ban saw, 10" craftsman table saw, 10" craftsman radial arm saw, commercial ban saw, 10" craftsman table saw, 10" craftsman radial arm saw, 2 - Stylh chainsaws, 2 gas hedge trimmers.

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BRIAN O'MAHONEY/PIONEER PRESS

Niles North senior Isla Herrera competes in the 400-meter run during the Class 3A Loyola Sectional on May 11 in Wilmette.

Herrera shows her potential

BY DAN SHALIN
Pioneer Press

Former Niles North girls track and field athletes Jada Kirksey and Lilian Perrin were on the infield with the current squad at the Class 3A Loyola Sectional.

The Class of 2015 alumnae served as a reminder on May 11 of Niles North senior Isla Herrera's potential, when healthy.

As a sophomore in 2015, Herrera joined Kirksey, Perrin and then-junior Kebrea Parker on the Vikings' 4x200-meter relay team that ran at the state meet. They didn't advance beyond the preliminaries. However, Herrera missed much of the 2016 campaign with what she said was a left hip injury and then struggled with what she described as a right hamstring injury this spring.

On the final day of her high school career, Herrera ran a season-best in the 400 (1 minute, 4.67 seconds), winning the second of four heats and finishing ninth overall at the sectional in Wilmette. It wasn't a 59.0

like Herrera appeared capable of running as a junior, before the injuries set in, but it was a solid performance given the circumstances.

"I don't know how I did it honestly (because of the hamstring injury)," said Herrera, a Skokie resident who also ran the 200 (16th, 28.00). "I'm just glad I got through it."

The top two finishers in each event, and anyone who equaled or bettered the state standard qualified for next week's state meet.

Herrera plans to run at North Park next year, and Niles North girls track and field coach Jimmie Hawthorne believes Herrera's best days on the track are still in her future.

"Hopefully, she gets to college and she'll get stronger and show how good she is, and she's really, really good," Hawthorne said. "She was just floating around the track (May 11)."

Dan Shalin is a freelance reporter for Pioneer Press.

Twitter @Pioneer_Press

Maine East's Modi earns PR in final career meet

BY JON J. KERR
Pioneer Press

Maine East's Kaja Modi entered the final meet of her high school track and field career with no expectations.

So she changed things up at the Class 3A Loyola Sectional on May 11 in Wilmette.

The Blue Demons senior pole vaulter used a longer pole, 12 feet instead of 10 feet, and changed her step routine.

"People have told me I slow down in the my last two steps," said Modi, a Park Ridge resident. "So I took my first two steps slower and my last two faster."

The result was a career best jump of 8-6 and a fourth-place finish. The top two finishers in each event and anyone who met the qualifying standard, which was 10-3 in the pole vault, advanced to next weekend's state meet at Eastern Illinois in Charleston.

"She wasn't supposed to be in the top 10," Maine East coach Scott Schultes said of Modi. "A fantastic effort for (Modi). That's what we were looking for were girls to show up (May 11) and put up good marks."

Modi had a seed height of 8-0, which put her in a three-way tie for the ninth-best height, entering the sectional.



BRIAN O'MAHONEY/PIONEER PRESS

Maine East's Kaja Modi runs in the 1,600-meter race during the Loyola Sectional on May 11 in Wilmette.

Modi also competed in the 1,600-meter run. She finished in 17th place overall (5 minutes, 57.98 seconds).

Sophomore Kayla Gregorio was the lone Blue Demons state qualifier. She placed second in the 400

with a time of 58.73.

Maine East senior Wilencia Louis-Charles won her first discus flight, qualified for finals and placed sixth overall (89-8).

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

Veteran teammate helps Niles West's Adamczyk win heat

BY JON J. KERR
Pioneer Press

About an hour before the 800-meter race at the Class 3A Loyola girls track and field sectional, Niles West senior Merima Mackic turned to freshman teammate Veronika Adamczyk and shared her plan.

"I said, 'I'm going out hard,'" Mackic said.

It was the same strategy that worked so well for Mackic in 2016 when she qualified for the state meet in the 800 by surpassing the state standard.

This year, Mackic's strategy did not yield the same result. But it boosted Adamczyk's performance.

Mackic led her heat after the first 400 meters but could not sustain her strong pace on May 11. She finished ninth in her heat

(2 minutes, 37.64 seconds) and 23rd overall. Adamczyk overtook Mackic at the 550-meter mark and won the heat with a time of 2:25.45, which was good for 13th overall.

The top two finishers and anyone who equaled or bettered the qualifying standard of 2:19.88 reached state.

Having Adamczyk pass her was part of Mackic's plan all along.

"I knew Veronica would catch up with me," said Mackic, who did not advance out of the 800 preliminaries at the 2016 state meet. "When she did, I knew it was OK. I knew she would PR (set a personal record)."

Although neither advanced to state, both were pleased with how their seasons ended.

"I said to myself, 'I either

do what she says or I'm not going to make it,'" said Adamczyk, a Skokie resident. "She's my motivation."

"I already made state. (Adamczyk) has another three years ahead of her," said Mackic, who also lives in Skokie. "I'll never forget this."

Wolves senior Nicole Cho won the pole vault (11-3) and earned an automatic state berth. Senior teammate Karina Marin placed second (10-3) and also earned a spot in the state meet. Wolves sophomore Danielle Dimaria, who competes in the wheelchair division, advanced to state in the 100, 200 and 400.

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

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BRIAN O'MAHONEY/PIONEER PRESS

Niles West's Veronika Adamczyk competes in the 800-meter run during the Class 3A Loyola Sectional on May 11 in Wilmette.

Seniors help grow emergent Niles West program

BY BRETT CHRISTIE
Pioneer Press

Entering its semifinal match in the Glenbrook North boys water polo sectional, second-seeded Niles West had ambitions of notching the program's first win over Loyola, according to Wolves coach John Przekota.

Due to a slow start — Niles West trailed by five goals early in the second period — the Wolves suffered an 8-5 loss to the third-seeded Ramblers on Friday in Northbrook.

Despite the disappointing end to the season, Niles West's seniors took solace in the fact they went 19-12-1 and were an integral part of the continued growth of the program, which began as a JV team in 2010 and transitioned to varsity the following season. The Wolves showed steady improvement the past three seasons: They were 17-13 a year ago and 14-16 two years ago.

"I remember coming in my freshman year and it was my first year playing polo, so I didn't know what to expect," said senior Nick Greiner, a Morton Grove resident who scored three goals against the Ramblers. "... Over the four years we all learned a lot about each other and about polo and we came together as a team and we became really good."

Przekota said the seniors found success against tough odds.

"We play a tough schedule and don't hide from anyone," Przekota said. "Most of our losses are to teams that are considered top-10 in the state and we've competed in every loss. I think it speaks a lot to the work and the time our kids have put into water polo and what it means to them."

Greiner and fellow senior Mustafa Khan were the two key pieces for the Wolves this season, Przekota said. While they were not the most vocal members of the team, both led by example. Greiner had 43 goals and 20 assists while Khan had 25 goals, 25 assists and was second on the team in steals with 112.

Khan, a Morton Grove resident, said it was an easy group to lead, because of the



ROB DICKER/PIONEER PRESS

Niles West boys water polo coach John Przekota talks to his players during a break in the action against Maine West during the Glenbrook North Sectional quarterfinals. Niles West won 15-5 on May 11 in Northbrook.

team camaraderie, which helped yield a quality season.

"We're a really close group of guys, so it's not hard to get the guys going and get the guys amped up," Khan said. "Those are the

best group of guys I could've asked for as a team. To see what we've accomplished this year, it's a big improvement from where we were."

Brett Christie is a freelance reporter for Pioneer Press.

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Niles West girls water polo team ends season on high note

BY STEVE SADIN
Pioneer Press

An entire season of work came together for the Niles West girls water polo team in the fourth quarter of the Glenbrook North Sectional first-round game against Maine South.

The Wolves lost to the eighth-seeded Hawks 9-7 on May 8 in Park Ridge, but Niles

West senior co-captain Tia Chung-Swanson said it was the best quarter of water polo the ninth-seeded Wolves (6-19-1) played all season. It was the third meeting between the two teams — Niles West lost the first meeting 10-2 and the second 7-5 — and she said there was more adversity to overcome this time.

Two starters were evicted before the end of the third quarter and Claire Stepan, the

Wolves' other senior co-captain, watched from the pool deck because she said she suffered a concussion against Maine West on April 29. Niles West coach Kristie Przekota changed tactics.

"Our coach told us if we have a shot, take it, and that's not how we usually play," Chung-Swanson said. "Everyone was cheering, saying, 'Let's win it for Claire.' We felt we were really all together this time. We

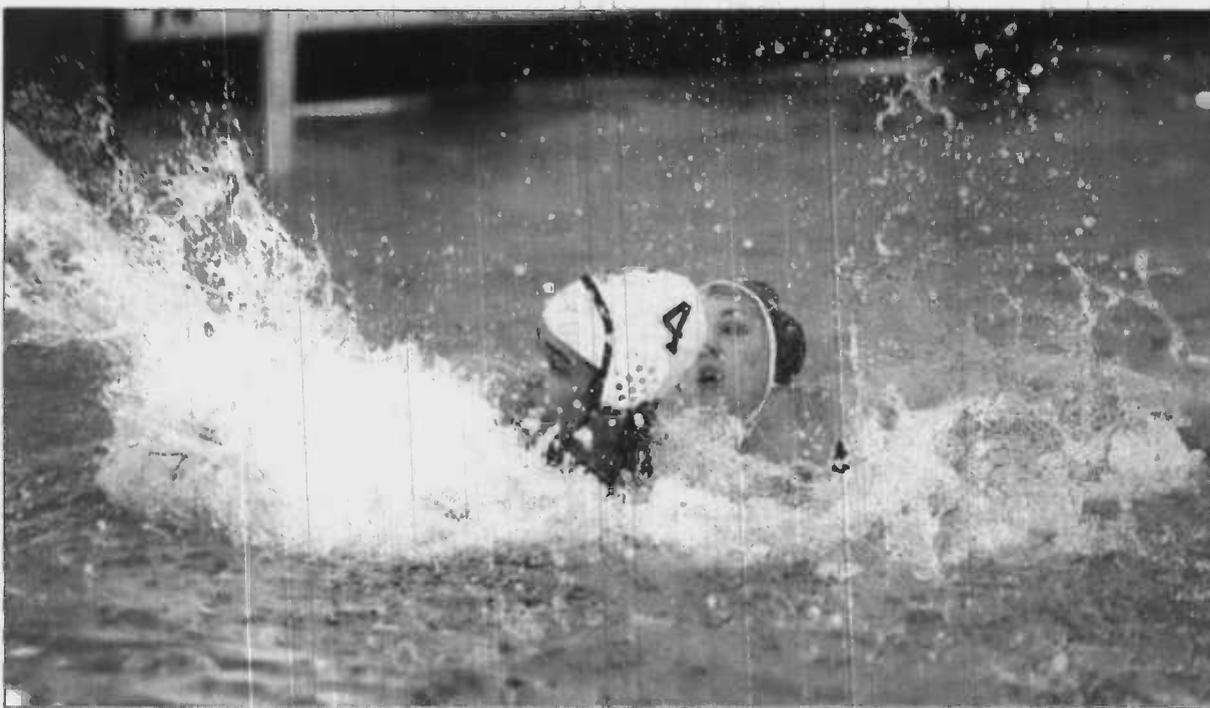
felt we could beat Maine South this time."

Stepan said she liked the way her teammates rallied around her.

"I was glad I could still play vicariously through them," Stepan said.

Steve Sadin is a freelance reporter for Pioneer Press.

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TRACY ALLEN/PIONEER PRESS

In this May 10, 2016, photo, Maine East's Rachel Koshy attempts a backhanded shot against Glenbrook North in the first round of the Glenbrook North Sectional in Northbrook.

Kotsifas proves to be a revelation

Freshman led Blue Demons in goals after picking up sport last summer

BY STEVE REAVEN
Pioneer Press

Growing up in Athens, Greece, Chrisavgi Kotsifas had no exposure to water polo.

The Maine East freshman did, however, arrive in the United States two years ago with an expansive well of swimming experience.

Kotsifas' background, combined with her desire to immerse herself in team sports at her new school, resulted in a breakout maiden season playing water polo: She scored a team-high 89 goals.

"I hadn't really been swimming since moving (to Park Ridge), so part of it was that I really wanted to get back into the water," Kotsifas said. "And I really like competing with other people and the team atmosphere."

Kotsifas' initial exposure

to water polo came last summer at SWIFT Aquatics, a year-round club that trains at Niles North.

Besides allowing Kotsifas to revisit her swimming roots, the experience introduced her to the more cerebral aspects of the sport. She said she grew to particularly embrace the opportunity to "outsmart" opponents.

But perhaps the biggest source of her early success, was simply her ability to swim faster than most other players.

"I'm a very energetic person, so I really like fast breaks," Kotsifas said. "Being able to get past people and try to score is fun. And it's a great way to exercise after a long day of school."

Kotsifas understands she'll need to become more acclimated to the intricacies of water polo. Becoming more strategic in her movements and making better use of the corners of the net on her shots are areas that she has pledged to pay particular attention to in the offseason.

In reflecting on her first

season, Kotsifas' biggest takeaway has little to do with performance, though.

What she is especially pleased with is the tight bond she forged with her teammates. That development mirrors the positive experience she has had while assimilating to life in a new country.

"A lot of the older players really helped me out, especially in the beginning," Kotsifas said. "There is a difference with the culture and people here, as opposed to back in Greece. But everything has been very positive and I'm hopeful of having a brighter future."

Moving on

To say that athletics occupied a substantial part of Rachel Koshy's high school life would be an understatement.

The Maine East senior participated in a sport in 11 of the possible 12 seasons. The lone exception was fall of her freshman year.

Koshy swam for her final three years and played four years of basketball and wa-

ter polo. Her final season came to a close when the sixth-seeded Maine East girls water polo team suffered an 11-1 loss to third-seeded Evanston in a Glenbrook North Sectional quarterfinal on May 10.

"It feels really weird not to have practice anymore," Koshy said.

She was proud of how the Blue Demons bounced back from a rough 2016 campaign to come within a two-goal loss to Maine West of claiming the Central Suburban North title. Maine East proceeded to beat 11th-seeded Resurrection 19-4 in the first round of the sectional tournament.

"This year, we truly played as a team, and it showed in our record (15-15)," said Koshy, a Des Plaines resident and 2017 team captain. "Hopefully the girls next year can continue what we built this year. We definitely finished off on a good note."

Steve Reaven is a freelance reporter for Pioneer Press.

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Maine East expects 'to build around' goalkeeper Kraft

BY BRETT CHRISTIE
Pioneer Press

The Maine East boys water polo team's 11-7 loss to eighth-seeded Glenbrook North in the first round of the sectional tournament on May 9 was the final chapter in a season wrought with inconsistency. The ninth-seeded Blue Demons' play was a byproduct of their inexperienced roster, coach Peter Przekota said.

Maine East (9-16) had just one senior, Josh Espinoza, and he led the team in goals and steals. Filling the void Espinoza leaves behind won't be easy, Przekota conceded, however, he's optimistic about next season given what the Blue Demons are returning.

Sophomore goalie Dylan Kraft figures to be the focal point next year. The 6-foot-4 Kraft had what Przekota labeled as a solid debut season on varsity and Przekota thinks Kraft's presence could be an integral part of a resurgence next season.

"It's always nice to have a stable goalie," Przekota said. "So I'm excited to have a consistent goalie for the next two years to build around, because goalie is the most important position in the game."

In addition, junior Evan Learnahan is expected back. He finished third on the team in goals and first in assists this season. Sophomore Haris Husejnovic, who ended up second on the team in goals scored, has brute strength, and Przekota expects him to star for Maine East next season if he can improve upon the technical aspects of play.

Przekota said in order for Kraft to take a step forward next season, he,

JON CUNNINGHAM/
PIONEER PRESS

Josh Espinoza led the Maine East boys water polo team in goals and steals in 2017. Espinoza is pictured on Feb. 11 after placing second in the 100-yard freestyle at the Central Suburban North meet in Park Ridge.

like the majority of the team, has to improve his physical conditioning and endurance in the water.

"Our kids really have to commit to the offseason and truly train their bodies, so when it comes to the season, we're not just beating teams that we're better than technically, but we're beating teams that are better athletes than us, because that's where we struggle," Przekota said. "When we can't keep up with teams in terms of speed and it becomes a counter game, we tend to lose those games."

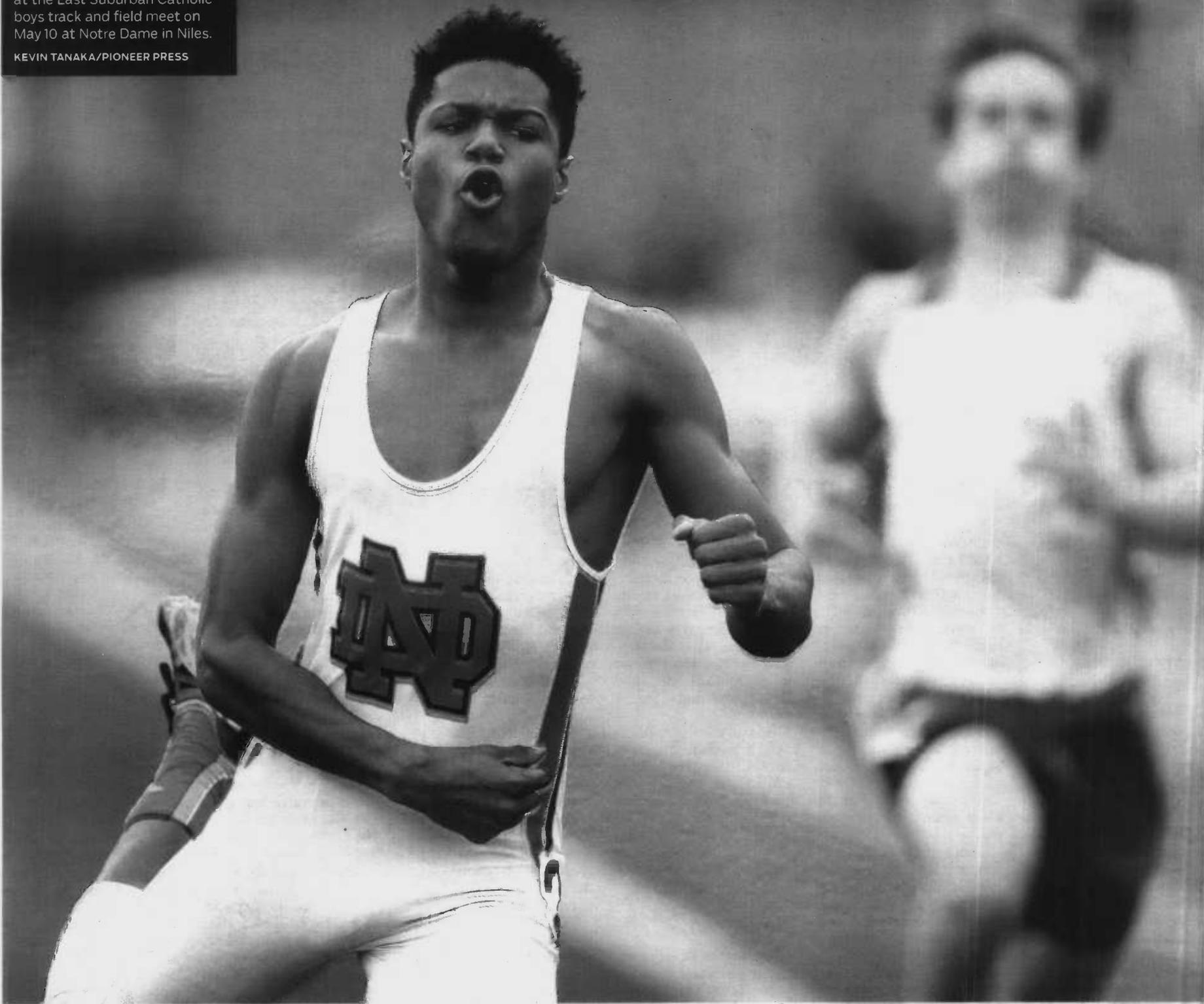
Brett Christie is a freelance reporter for Pioneer Press.

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SPORTS

Notre Dame sophomore CJ Henley wins the 100-meter dash at the East Suburban Catholic boys track and field meet on May 10 at Notre Dame in Niles.

KEVIN TANAKA/PIONEER PRESS



EXCEEDING EXPECTATIONS

Notre Dame's Henley wins 100-meter dash at conference. Page 42

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