Riggio's final days

Iconic restaurant in Niles to close 65 years after Chicago opening.

Tony Riggio, owner of Riggio's restaurant in Niles, talks June 2 about the long history of the restaurant, which began 65 years ago. The Riggios are closing the restaurant Aug. 27.
Kim Hackl, new business co-owner

Kim Hackl and her husband, Craig, opened Fast Signs in the 3400 block of Dempster Street in Skokie at the beginning of the year. In addition to a graphic design background, Hackl said she has also spent much time in retail, serving as a district manager for Goodwill, overseeing more than 200 employees and serving as operations manager for Tiffany & Co. in Florida.

Q: Where did you grow up?
A: I grew up in Jupiter, Fla. Craig grew up in Wilmette, where we live now. We've been there for 4 1/2 years and before that, we lived in Evanston.

Q: Pets?
A: We have a dog — Bella. She's a little Shih Tzu. She's 3 years old.

Q: What book are you currently reading and what would you like to read next?
A: I'm not reading a book at the moment. I'm too busy. I haven't read a book since we opened this place. Who has time to read? I'd like to read "Carpe Diem Regained: The Vanishing Art of Seizing the Day" by Roman Krznaric.

Q: As a kid, what did you want to be when you grew up?
A: I wanted to be an art teacher. I didn't end up too far away, but I was in retail management for a really long time and now I've kind of come back.

Q: A movie you'd recommend?
A: The most recent I saw that I thought was very interesting was "Founder." It was interesting the way McDonald's got started.

Q: Do you have children?
A: I do. We have one child. She's 7.

Q: Favorite charity?
A: I'd have to say St. Jude's. Children's Research Hospital. Any charity that has to do with children is near and dear to me. St. Jude's, I think, does a really great and important job.

Q: Words of wisdom?
A: You don't succeed if you give up. You just need to keep trying and keep reaching for the top. You need to have goals and keep striving to achieve them.

Q: Favorite local restaurant?
A: I love Found (Found Kitchen and Social House Restaurant) in Evanston. We go to Dengeo's a lot. It's quick and the food is good.

Q: What is an interesting factoid about yourself?
A: I have a blue eye and a brown eye.


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Iconic Italian eatery has been staple for 60 years

BY MIKE ISAACS
Pioneer Press

In these final days in the life of the popular Riggio's restaurant in Niles, 84-year-old owner Tony Riggio said he can't help but remember a family breakfast when he was just a teenager that started it all.

The restaurant, a staple at Oakton Street and Milwaukee Avenue for the last six decades, is scheduled to close in late-August, inspiring nostalgic memories in him, he said.

While his father was away in Sicily, Riggio's mother, Adreana, bought a Chicago building that would become home to the first Riggio's.

"My mom was a dynamo," Tony Riggio said. "She could have been an empress of Rome if given half the chance."

Upon Pasquale Riggio's return home, there was nervous tension as the children waited for their mother to break the news to him. What they didn't know was he already knew, Tony recalled.

"You and your sisters - you buy a building?" Tony recounted his father's suddenly saying while pointing to his oldest son. "I think it's a good idea. It's a good idea."

Tony Riggio recreated that exchange from over 60 years ago with great gusto, taking on his late father's heavy Sicilian accent as if it happened yesterday.

If that moment is considered the unofficial first chapter in the history of Riggio's restaurant, then the last chapter is ready to be written next month.

More than 65 years later, and with his children taking up other pursuits in life, Tony Riggio has concluded it's the right time to close up shop, he said. Riggio's will serve its last meal Aug. 27 before becoming an indelible memory for the many regular customers it has served, he said.

Riggio's first opened in 1952 in the 4100 block of Western Avenue, the result of a shrewd deal Adreana made on her own at a time when few women made such transactions, the Riggio said. Five years later, the family acquired property to open Riggio's at 7530 Oakton Street in Niles, they said.

The colorful history of the family-run Riggio's is never far removed from the current business. Hanging on walls throughout the restaurant are large photos - mostly black and white - showing Pasquale and Adreana brimming with life at different stages.

Some of them were taken in that storefront restaurant on Western, which had a dining counter and a window where people on the street could watch pizzas being made.

From the beginning, Tony Riggio and his brother and two sisters worked at Riggio's and even had to pay rent to their father, Tony Riggio said. The building was a 25-foot wide three-flat. The family lived on one floor, rented another and ran the business on the ground floor, he said.

The second Riggio's in Niles included checkered table clothes, straw wrapped wine bottles and seating for large families and groups, according to the

Turn to Riggio's, Next Page
Riggio's, from Previous Page

restaurant's written history. The menu soon expanded with the help of other family members.

Riggio's offered an "all-you-can-eat" weekday promotion and dining in the basement - both long since gone. But still, Tony Riggio said, people come in asking about basement dining even now after all these years.

The Riggios said they have seen children grow up and even return with their own children and grandchildren.

Michael Lufrano, executive vice president, community affairs and chief legal officer with the Chicago Cubs, said he took advantage of a Riggio's dish that was named after his father.

The Lufrano Special, still on the menu, was his father's suggestion: penne pasta baked with meatballs and sausage under a topping of green peppers, Pomodoro sauce and Italian cheeses. In exchange for creating the dish, it was named after him, and all Lufranos would be charged only $2.75 when they ordered it, Michael Lufrano said.

So Lufrano said he would bring his dates there and impress them by showing them the "Lufrano Special" on the menu. He even made up stories about why the dish had his last name, giving more credit to himself than his father, he said.

"Time moves on, but Riggio's will forever be a part of me," Lufrano said, adding he wants to get to Niles before it closes. "There's always time to have one more Lufrano Special."

Lufrano's memories of Riggio's come from his frequent visits to the original Western Avenue restaurant.

John McDonough, president of the Chicago Blackhawks, remembers the Niles Riggio's, he said.

I loved going in there. I'm really, really saddened to see it closing."

Even though Tony Riggio said he was supposed to be a lawyer and not part of the family business, it didn't turn out that way. Tony stayed on and helped secure the property for the Niles Riggio's.

Over time, the original Riggio's on Western closed and the Niles Riggio's underwent a major expansion, he said. His wife and his children have all been part of the business, too, but the children hold other jobs and so there is no one to take over, he said.

Tony Riggio said it will be the end of an era when Riggio's closes, but he is convinced this is the time. He is getting older, he said, and he still wants to enjoy his life, play a little more golf and travel more.

He recently broke the news of the restaurant's closing to his longtime staff, he said, calling them in one-by-one because they are considered family.

On the last day Aug. 27, Riggio's will open at 1 p.m. and close at 10 p.m. just like any other Sunday, Tony Riggio insisted. Only this time, Riggio's will never open again.

"I'm sure I'll be very nostalgic," he said. "I'm going to have mixed feelings that day, I've got to be honest."

Family will be with him, he said, including his brother who is flying in from San Francisco. And two other family members - Pasquale and Adreana Riggio - will be with him too, he said.

"I'm sure I will be thinking of them," he said. "I'll be thinking of them a lot that day."

Pasquale and Adreana Riggio are seen in the Goethe Street "Little Sicily" neighborhood in Chicago in 1949 before it became Cabrini Green. Three years later, they opened Riggio's Restaurant on Western Avenue in Chicago, which would become a fixture for Italian food for the next 65 years there and in Niles.

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Electric bikes on display at mall in Lincolnwood

Pedal-assist bicycles useful for older riders

BY KARIE ANGELL LUC
Pioneer Press

A portion of the parking lot at a Lincolnwood mall recently became a test track—of sorts—for testing out pedal-assist electric bikes.

Some 1,000 to 1,500 registrants, organizers estimated, tested electric bicycles, also known as eBikes, at the June 23-25 Bike Expo held at Lincolnwood Town Center mall in Lincolnwood.

The eBike weekend was promoted as an opportunity to test eBikes provided by approximately 25 manufacturers, said Ray Verhelst, executive director of the Las Vegas-based Electric Bike Association.

“This is kind of an experimental tour to introduce electric bikes primarily to people who have never ridden and might have just heard about them,” Verhelst said.

Registrants could choose to test electric pedal assist bikes such as commuter, mountain to cargo bikes or compact folding bikes with various motors, he said.

“Our number one age group that comes through here is probably 55 to 64, number two is 45 to 54 and actually the third largest group is 65 and older,” Verhelst said.

He said the majority of the people who are riding the eBikes use them for commuting.

Verhelst explained that many well-dressed eBike buyers use them to get to work and typically arrive to their workplace not as sweaty as they would have if they cycled non-pedal assist bikes.

And others like to transport groceries on the eBike, he said.

Pedal-assist eBikes are, "designed to take the terrain out of the ride," he said.

"Through the course of life, we might have, through some other sports, we hurt a knee or hurt a hip but it doesn't stop us from doing our daily routine," Verhelst said. "But if you were to go out and ride for two to three miles on a regular bike, maybe one of those old ailments might start kicking in."

Costs for eBikes that were featured at the expo ran from $1,500 to $7,000. Verhelst said the higher end priced eBikes might be something like a mountain bike or a road race one.

The Lincolnwood bike tour stop followed one held in May in Salt Lake City, Utah. The tour will continue in July and August, expo officials said.

Karie Angell Luc is a freelancer.

Craig Podge of Chicago tries out an eBike.

The more than 1,000 people estimated to have attended the 2017 Chicagoland Electric Bike Expo in Lincolnwood included John Wagner, 70, pictured, of Racine, Wisconsin.
Evanston film company seeking extras for upcoming movie

Political thriller needs people of all ages, vehicles

BY GENEVIEVE BOOKWALTER
Pioneer Press

An Evanston-based independent film company is looking for extras to participate in a feature-length movie filming in around town through the end of July.

CorradoMooncoin is shooting its newest production, a "female-driven political thriller" called "The Pages," around Evanston, according to a news release from the company.

The movie stars Jamie Lee Curtis and Tika Sumpter, according to Chicago Tribune reports. It is written and directed by Joe Chappelle, an executive producer of television series "Chicago Fire.”

"We are so pleased to have the opportunity to make 'The Pages' in the diverse City of Evanston and in the great state of Illinois," said unit production manager Brett Hays in the release. "We look forward to working with the people of Evanston, and appreciate the warm welcome and generous support we've received from Evanston city officials and local businesses on this exciting venture.”

Producers need extras of all ages, as well as a variety of cars, trucks and other vehicles for the movie, according to the release.

The movie production team is working with a variety of Evanston businesses and is expected to spend about $300,000 in the city this summer, according to the release.

One of those businesses is Curt's Cafe, which is working as a caterer for the cast and crew while filming proceeds, according to the release. Curt's Cafe is a nonprofit that provides job training and life skills to at-risk Evanston youth ages 15 to 22.

"Catering opportunities help sustain our programming and also offer a great opportunity to introduce our young men and women to specialty food service training as well as a variety of industries," Susan Trieschmann, executive director of Curt's Cafe, said in the release.

"We're excited to serve the cast and crew on a movie production that takes place in our own backyard," Trieschmann said.

Residents interested in working as an extra should send an email to extras@corradomooncoin.com. An auto-reply should come back asking for name, age, general availability, contact information and a photo. Kids ages 5 to 18 must be accompanied by a parent or adult, according to the release.

Anyone with a car, truck, van or company-owned car, truck or van that could be used in the film should e-mail vehicles@corradomooncoin.com, according to the release. Include contact information and a photo of the vehicle.

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POLICE BLOTTER

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

THEFT

■ Jerome Graham, 31, of the 4200 block of Oakton Street, Skokie, was charged with retail theft on June 13 after police said he took $234 worth of alcohol from a store in the 5700 block of Touhy Avenue.

■ A 34-year-old man from Morton Grove was ticketed for public intoxication on the morning of June 14 after he was seen stumbling in the parking lot of a fitness center in the 9200 block of Milwaukee Avenue, police said. He was taken to Advocate Lutheran General Hospital in Park Ridge.

DISTURBANCE

■ A man allegedly became irate and threatened to slap an employee of a medical office in the 8000 block of Milwaukee Avenue while the employee was trying to reschedule the man's appointment on June 14.

■ Police were called to a store in the 7900 block of Milwaukee Avenue on the afternoon of June 14 after a 46-year-old man began repeatedly using profanity, despite being asked to stop doing so, police said. He was escorted out of the building and told not to return, according to police.

BURGLARY

■ A jet ski and trailer were reported stolen from a condominium garage on the 8100 block of Courte Drive overnight between June 14 and 15.

■ A woman told police that someone took $200 in cash from her wallet while she was away from a desk at IceLand Skate and Swim, 8435 W. Ballard Road, on the afternoon of June 12.

THEFT

■ An iPhone was reported stolen June 12 after it was left behind in a shopping cart at a store on the 8900 block of Greenwood Avenue.

■ Tools estimated at $4,000 were stolen June 12 from a van parked in the 8600 block of Dempster Street between 10:30 and 10:55 a.m., police said.

■ On June 13, a man and woman stole $225 worth of packaged food from a store in the 8900 block of Greenwood Avenue, police said.

■ A woman told police that someone took $200 in cash from her wallet while she was away from a desk at IceLand Skate and Swim, 8435 W. Ballard Road, on the afternoon of June 12.

DISPUTE

■ On June 10, police were called to an apartment in the 6900 block of Rosemary Lane for a report of two women arguing over a dog bed. According to police, one of the women had loaned the dog bed to a friend without permission.

Niles unveils plans for Fourth of July festival

Staff Report

The village of Niles will roll its Fourth of July parade bright and early.

The event will step off at 8:45 a.m. July 4 at Norte Dame College Prep, 7655 Dempster Street.

Planners listed the parade route as Ozark Avenue to Main Street, Main to Harlem Avenue, Harlem to Monroe Street, and Monroe to Oketo Avenue before finishing up at Grennan Heights Park.

It is at Grennan Heights Park, 8255 N. Oketo Ave., where organizers have planned a grand post-parade festival, they said. Featured events are scheduled to include a children's water play area, children's games, inflatable attractions, pony rides, face painting, a community information tent, a raffle and more.

The Niles Fourth of July parade is one of many in the area and so times for various parades are spread out so participant can attend multiple events.

The parade will trigger certain parking restrictions, village officials announced.

Officials note that there will be no parking along the parade route, on Crane Street from Ozark to Ozanam avenues, on Ozanam from Greenleaf Street to Dempster, on Keeney and Kedzie avenues from Odell to Olcott avenues and on Odell from Keeney to Kedzie.

The parade is free, made possible by multiple sponsorships, Niles officials said. Multiple other businesses contributed, officials said.
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Barbecue chain opens location in Skokie

Restaurant another addition to Touhy Avenue corridor

BY MIKE ISAACS
Pioneer Press

Skokie welcomed a new addition to the village’s bustling Touhy Avenue corridor, with a barbecue chain opening in the area June 23.

Real Urban Barbecue, the successful local restaurant chain, held a grand opening to celebrate opening its fourth franchise restaurant and another key addition to the village’s Touhy Corridor on the west end of town.

Skokie Chamber of Commerce Executive Director Howard Meyer said Skokie has been as productive as any municipality in the state when it comes to economic development since the recession ended.

According to Meyer, the village has now issued at least 5,000 building permits three years in a row, even more than before the recession.

And no area in the village has been more active than the west end of Touhy over the last couple years, he said.

Meyer said he believes the development on the east end of Touhy about five years ago — including opening a Walmart and a Mariano’s grocery store among other big retailers — gave an economic boost to the entire length of Touhy in Skokie.

“I think it’s a connectedness,” he said. “It’s not only people traveling the street, but it’s investors and developers seeing what happened on the east end and really seeing the potential on the west end.”

The area of Touhy west of the Edens Expressway to the village’s border of Niles has seen a flurry of economic development activity in relatively short time. Jack’s Restaurant, which sat as a fixture at Touhy and Larimore Avenue for decades, cut its hours to daytime-only years ago and then finally sold its property and closed its doors.

Now, a new Starbucks and other stores are located in a strip shopping center named — for history’s sake — Jack’s Corner. Across the street is the new Real Urban Barbecue, 5238 Touhy, which sits next to Orangetheory Fitness, another relatively recent addition.

Properties further west and across from the Village Crossing Shopping Center have been targeted for recent retail development in under-used industrial sites that have diminished over the years, village officials said.

A new prototype Panera Cafe and a Mod Pizza opened in this stretch of Touhy, and other developments are in progress, village officials said.

Meyer said a Jewel grocery store once occupied the site where the new barbecue franchise and other retailers are located, but it closed after Village Crossing was developed in the ’80s. The area was fairly dormant for some time, he said.

“They think with a little bit closer to Chicago,” he said. “We’ll get all the Chicago fans driving down the Edens and now they can stop in Skokie.”

At Friday’s grand opening, Skokie Mayor George Van Dusen said he had driven by the site every so often to keep tabs on the progress because he eagerly awaited the opening.

“This is the one spot I always stopped at to see how they (were) doing,” he said.

Family of slain Uber driver suing Walmart

Murder weapons allegedly stolen

BY SUSAN BERGER
Chicago Tribune

The family of an Uber driver who was hacked to death while on the job has sued Walmart, where authorities said the driver’s teenage attacker stole her murder weapons — a machete and knife — moments before the killing.

Grant Nelson’s family filed suit in Cook County court June 26 against Walmart and two companies that handled security for the retailer’s Skokie store. Authorities allege that 16-year-old Eliza Wasni stole the machete and the knife from a Walmart about 3 a.m. May 30, then got into Nelson’s car and hacked and stabbed him to death moments into the ride.

The wrongful death lawsuit said Walmart’s security contractors were negligent because they failed to stop Wasni, question her or ask her to show a receipt as she allegedly left the store carrying the weapons.

According to the lawsuit, two Walmart employees or contractors were standing immediately in front of the door as Wasni exited, passing within feet of them.

Walmart said in a statement that its associates “acted properly.”

Following the attack in Lincolnwood, Nelson, a 34-year-old Wilmette resident, was able to exit his car and run to a nearby building and press door buzzers pleading for help before he died.

The Nelson family’s attorney, Robert Bingle, said the suit was filed to preserve and examine the evidence, which he said includes surveillance video of Wasni leaving the store.

“We feel strongly that Walmart had an obligation to stop this young person at 3 in the morning who had been walking around in their store with an 18-inch machete and 5-inch hunting knife and didn’t purchase them and — no one did anything to stop her,” Bingle said.

“It doesn’t take much to figure out that someone leaving (the store) at 3 in the morning, and leaving without a receipt with a machete and knife, is not going to be up to anything good,” said the attorney, of the Chicago firm Corboy & Demetrio.

The Tribune earlier reported that Skokie police were not immediately made aware of the alleged thefts. It’s not clear when thefts were reported to local authorities.

Wasni, of Chicago, has been charged as an adult with first-degree murder and is being held in a juvenile detention facility. She did not speak at either of her two court hearings so far.

The two security companies named as defendants, Monterey Security Consultants and Allied Universal Security Service, could not immediately be reached for comment.

Tribune reporter Steve Schmadel contributed. Susan Berger is a freelancer.
Evanston man sues Niles YMCA

Attorney: Lifeguards at pool did not notice stricken swimmer

BY GENEVIEVE BOOKWALTER
Pioneer Press

An Evanston man found unconscious last month at the bottom of the Leaning Tower YMCA swimming pool in Niles has sued the facility, saying its lifeguards were "negligent" and "should have known" that he was in distress and underwater, according to court documents.

Yosef Bornstein, 61, remains hospitalized with "serious brain injuries" after another swimmer passed "failed to maintain lifeguard stations that provided clear, unobstructed views of the pool area."

"It is a miracle he is alive after being underwater so long, but he has a difficult recovery ahead of him," attorney Timothy Cavanagh said in the release.

Bornstein was a longtime member of Leaning Tower YMCA and a regular swimmer there, according to the release. He was swimming laps May 28 when he felt chest pains and collapsed underwater.

"We promptly started our own fact-finding process after this incident," Tormon said. "Further, we continually review our policies and procedures to reflect YMCA of the USA best practices, including ongoing review of certification, staffing and procedures, as well as lifeguard training from both YMCA of the USA and the American Red Cross."

The statement quoted YMCA officials as saying their "hearts go out to the family of Yosef Bornstein, and we wish him a full and swift recovery."

Bornstein was a longtime member of Leaning Tower YMCA and the YMCA of Metropolitan Chicago declined to comment on specifics of the lawsuit June 22.

"The consequences are devastating," Brian Cox is a freelance reporter.

In Nordstrom murder case, gun buyer cleared of charge she lied

BY BRIAN L. COX
Pioneer Press

A woman has been cleared of charges that she filed a false police report about a gun later used in the murder of a department store employee by her ex-boyfriend.

Nina Dones was the only person ever charged in connection with the murder-suicide that occurred at the Michigan Avenue Nordstrom store in Chicago on the evening of Black Friday 2014.

As customers scrambled for cover on one of the busiest shopping days of the year, authorities said a man named Marcus Dee shot his ex-girlfriend Nadia Ezaiden on her 22nd birthday as she was working at the store. Dee, 31, then fatally shot himself. Ezaiden, whose family had been waiting to surprise her with a birthday party after her shift, died the next day.

A few days later, authorities charged Dones, then 23 and of Skokie, with disorderly conduct, alleging she had filed a false report months earlier saying the same weapon -- a .45-caliber semi-automatic handgun -- had been stolen from her.

Authorities said at the time that the gun had been traced to Dones, who they said purchased it in 2013 on behalf of someone who was ineligible to own a gun. That person was not the man who committed the murder-suicide, officials have said. But the Cook County State's Attorney's Office confirmed this week that Dones had been cleared of the charge.

"Based on earlier rulings by the court, we had insufficient evidence to establish our case beyond a reasonable doubt," said a statement released by the office.

Dones could not be reached for comment. Authorities said at the time she was charged that she had no criminal history.
Bench installed to honor mail carrier

Postal worker close with community died on Jan. 14

BY KARIE ANGELL LUC
Pioneer Press

Many central Northbrook neighbors along United States Postal Service Route 8 knew their mail carrier as Rudy, the same postman who had handled their route for two decades after he started in 1997. But his family knew him by another name.

“We called him Alex,” said Gloria Vazquez of Buffalo Grove, the older sister of Rudy Alex Loosa. “I was his hug. I miss his hugs,” Vazquez said. “What would I do for another hug?”

Loosa, also of Buffalo Grove, died on the job Jan. 14 of a heart attack, according to his family. He was found inside a mail truck.

More than 50 members of Loosa’s family gathered the day before Father’s Day in central Northbrook, with approximately 200 others, to honor Loosa on a warm sunny afternoon. The occasion was a dedication ceremony held outdoors and the unveiling of a bench dedicated to Loosa. The seating is installed in front of Hope Union Heritage Center at 1812 Chapel Court.

After Loosa’s death, Peggy Donnelly, a 22-year Northbrook resident and initiative organizer, opened a GoFundMe account and a bank account to manage donations in honor of her neighborhood’s mail carrier. Those donations were used to pay for the bench.

“We raised $11,500,” Donnelly said shortly before the ceremony. The bench and customized plaque cost nearly $2,000. Bronze mailbag detailing was about $500. Donors voted on how they wanted to honor Loosa’s memory. Remaining funds of the collection are earmarked to help fund a photo memory book for the Loosa family and other incidents, Donnelly said.

“His volunteer friends always took the time to help a neighbor get something to the curbside,” Donnelly said.

Judy Loosa, Rudy’s wife, is a music teacher and preschool assistant.

Loosa’s wife used oversized scissors during the June 17 ribbon-cutting before removal of a blue tarp had a reveal. A red bow had topped the package.

Red ribbons have some significance to those who remember Loosa. Within a week of his death, neighbors placed red bows on trees and mailboxes. Donnelly said. Red, representing love, was “churlish” to their mail carrier; she said, crediting two neighbors with initiating the red-ribbon movement.

During the ceremony, Judy Loosa received a surprise gift of $4,500 via a “handyman fund” from donors.

“The intention is for things that Rudy would have been doing if he were here, some little extra trash fund for her (Loosa’s wife) if she needs something fixed or wants to hire someone to do something in the yard, or whatever,” Donnelly said.

“She doesn’t have to worry about going into her budget, that she will have this extra little fund.”

Two days after the bench dedication, Judy Loosa revealed that in May, she had a front yard pipe repaired, costing $4,000, with a dental bill for about $500, both unexpected fees adding to nearly the same amount as the amount in the fund.

“It shows how God is taking care of me,” Loosa said.

She also said since her husband’s passing, she stops in the neighborhood on occasion on her way home from work to connect with Route 8 neighbors.

The dedication ceremony included speeches, and one speaker’s hands shook with emotion. Judy Loosa, seated on the bench, viewed the bronze mailbag and wiped a tear.

“It’s very emotional. I’m very overwhelmed,” Loosa said at the ceremony.

Swastika graffiti removed from OPRF High School

‘Hate has no place at Oak Park and River Forest’

BY STEVE SCHERING
Pioneer Press

Oak Park and River Forest High School officials are condemning the actions of someone who recently drew a swastika inside the school building.

According to a letter from Superintendent Joylynn Pruitt-Adams, which was posted on the school’s website, the swastika was discovered at the high school, and it was immediately removed.

“Hate has no place at Oak Park and River Forest High School,” Pruitt-Adams wrote. “Our buildings and grounds staff removed this deeply offensive symbol of oppression and genocide as quickly as possible.”

According to OPRF spokeswoman Karin Sullivan, the swastika was found last week in a window sill at the building’s southern-most entrance on Scoville Avenue. Sullivan said the graffiti was “very small,” and was brought to the school district’s attention by a parent.

Even more disturbing, school officials said, is the possible source of the graffiti.

“We were unable to determine when the graffiti was drawn or by whom, but we believe it is possible the person or group responsible may be part of our own school community,” Pruitt-Adams said.

According to Sullivan, the building has more limited hours and experiences less traffic in the summer. Sullivan also said it was not possible for the graffiti to have been written onto the carpet just outside of her room.

“University officials and students gathered in that same building Jan. 24 for an interfaith gathering.

According to Dominican University officials, swastikas were also discovered on campus drawn in the dirt of a car window in October 2016 and scratched into a parking lot in September 2016.

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Becky Flood and Vivian Janes were recognized as "outstanding parents" at a recent Maine Township High School District 207 board meeting.

Recent Maine South graduate Grace Janes submitted a winning essay for her mother. Hannah Flood submitted the winning Maine East essay for her mom.

Grace Janes said she knew that her mom deserved to win. She said her mom is a volunteer tutor for inner-city kids.

"She just shows so much love for all of the students at Maine South. Sometimes my friends will text her, ask her for advice. She looks out for the education and well-being of everyone she comes into contact with, so it was a no-brainer," Grace Janes said.

Grace Janes said that her mother cares about others to the point that she forgets about caring about herself. "She doesn't think of herself; she just gives too much. Sometimes she needs to bring it back and say, 'no, I need to do something for me' but she never does," Grace Janes said.

She also mentioned in the essay that after she lost her father at 11 years old, her mother had to take on both roles.

"She said that 'my mom did this all on her own financially and still reaches out to other people." You just do things quietly, and you know you have to push forward and want the best for your kid," Vivian Janes said.

Grace Janes said that she submitted the essay without telling her mom.

"For Mother's Day, at the end of the day, I went to the library because we don't have a printer at our house, and I printed it out. I gave it to my mom, and she read it. I think she was pretty touched by it," she said.

Vivian Janes said that she did not realize that everything was making such a big impression on her daughter.

"I was touched by her quietly seeing the things that I do. I didn't even think that she knew some of these things. Grace is a very humble girl, so she doesn't talk a lot about what she sees or assesses," she said.

At Maine East, Becky Flood was honored. In her essay, Hannah Flood talked about how her mom helped out in every way she could on her daughter's cross-country team as well as several other Maine East events.

"I love her attention to serving others; she's just so accommodating to people," Hannah Flood said.

She said that she told her mom about the essay a couple of weeks after she submitted it. Becky Flood said that she had never heard of the award before her daughter told her that she had been submitted.

"Our family loves getting to know others, especially other people from different cultures," Becky Flood said.

"It was a pleasure not only to get to know the students, but also the coaches and the faculty as well. "Any time we had kids at our home is one of my favorite memories," she added.

When Becky Flood received an email saying that she had won the award, she said she felt shocked. She said she heard the essay for the first time at the meeting.

"It was a little awkward hearing it, but it was very honoring as well," Becky said.

Becky Flood, second from left, and Vivian Janes, second from right, hold "outstanding parent" awards from District 207 as daughters Hannah Flood, left, and Grace Janes, right, smile.

Vivian Janes said that she had never thought about writing an essay for her mom.

"Any time we had kids at our home is one of my favorite memories," she said.

Grace Janes said that she had written several of her own essays.

"Our family loves getting to know others, especially other people from different cultures," Becky Flood said.

"It was a pleasure not only to get to know the students, but also the coaches and the faculty as well. "Any time we had kids at our home is one of my favorite memories," she added.

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Our radical U.S. ideas are worth celebrating

Randy Blaser

Life. Liberty. The pursuit of happiness.

Those are the bywords we celebrate as we approach another Fourth of July, the 241st since the colonists declared their independence from Great Britain in 1776.

Those are radical ideas — that we are all endowed by our creator with the right to life, the right to liberty and the right to pursue happiness, and the role of government is not to grant us those rights, but to protect them.

Government either acts to limit those rights or to preserve them. But they don't issue them. We have them already.

And it is the way of human nature that when government acts to preserve some aspect of one, it limits another.

The first two rights, you'll notice, are guaranteed. The right to life and the right to liberty does not hinge on any action on our part. The just are. They are the natural state of man.

The third leg of freedom's stool is different. It says we are guaranteed the right to pursue happiness.

Notice the difference. We are not guaranteed happiness, per se, for that would be an impossible thing to guarantee. Instead, we have the right to pursue happiness. Some will fail in that pursuit. Others will succeed. The trick is knowing what brings happiness. Either way, we just get to go for it, here. No one is told what it is.

And we have this thing about tyranny in this country. We oppose it.

We are wary of the tyranny of the despots, so we have checks and balances built into the system to keep any one man or woman from wreaking havoc on our system.

We also have divided government, in order to keep any one branch or any one party from imposing their will on the people. We even work to avoid the tyranny of the majority, by giving the states certain powers in a federal system.

This federalism played out in the recent election cycle, where Hillary Clinton won a majority of votes but Donald Trump was elected because he won a majority of votes in a majority of states.

To avoid the tyranny of the majority of a few populous areas imposing its will on all the rest, the founders came up with the idea of federalism.

There is no such thing as a national election, even though we vote on the same day. By virtue of the genius of the founders, who wrote the Constitution in order to implement the ideas of the Declaration of Independence, there is only one office for which all the people vote — president.

And, to complicate it more, there is not one national vote. There are 50 elections — one in each state.

So we come together again on this Fourth of July to celebrate the main idea of being an American — independence.

Whether your ancestors came on the Mayflower or fought in the American Revolution, or first stepped on American soil at Ellis Island or the north side of the Rio Grande, the lure of America is the same for all: independence.

Like most Americans, I come from immigrant stock. I am proud of those great-grandparents who risked all with an ocean passage with little or nothing in their pockets.

I also have ancestors who came on the Mayflower, or soon after. And I am proud also of those first patriots, and the great-grandparents who fought in the Revolution.

We are creating a society of isolated individuals, of people who don't have — don't want to have — interaction with other humans.

And that is unhealthy, dangerous and very sad.

But I don't see any way to stop it.

Randy Blaser is a freelance columnist.

Automation is dangerous and sad for American workers, consumers

Paul Sassone

It's a misanthrope's dream.

You can go through an entire day — working, commuting, shopping, dining, recreating — without encountering another human being.

OK, you can't do that now. But, it's coming.

Thanks to automation.

I was reading that cashiers in stores and restaurants and retail workers are the next group with a bull's eye and sign painted on their backs: Replace with robot.

A report by the McKinsey Global Institute states that half the tasks done by cashiers and salespeople can be automated using technology available today. And two-thirds of tasks done by grocery store workers can be automated.

Proponents of automation say it will replace only routine jobs, routine tasks.

Routine? What's routine? A 90 mph fastball is routine to Chicago Cubs pitcher Jake Arrieta, but not to the rest of us.

It takes skill and ability to do the routine. Does anyone claim robots do these routine jobs better than people? No, what's behind automation is money. Robots are cheaper and less trouble than human beings.

According to the Bureau of Labor Statistics, 8 million people (6 percent of American workers) are cashiers or in retail sales. What will happen to them?

Again, automation enthusiasts say these workers will be freed to do other tasks. Or, they will be trained to do jobs that aren't replaceable (yet) by robots.

Do you believe — honestly — that this will happen? Isn't it much more likely businesses will fire the former routine task workers, that millions of people without the skills and perhaps the aptitude to learn these new jobs will be out on the street? Will there even be enough of these "Brave New World" jobs to go around?

And who is thinking about us — the customers, the consumers? When I shop or dine, I like to deal with people.

I like chatting with the cashier at the grocery store.

I like to explain my needs to a sales clerk.

And most of all, I like to be a regular at a restaurant where the servers know me and make me feel welcome. Yet, horribly, waitresses and waiters are on the automation hit list.

We are creating a society of isolated individuals, of people who don't have — don't want to have — interaction with other humans.

And that is unhealthy, dangerous and very sad.

But I don't see any way to stop it.

Paul Sassone is a freelance columnist.
How to cope with injury

Last week, I hurt my back (at my SI joint) the day before leaving for vacation to Europe. We had planned an active trip, with lots of walking, hiking and park playtime. I had two choices: Get depressed and load up on painkillers, or adjust my expectations and make the most of the situation. I'm glad I chose the latter. I'm in Poland now, exploring new cities, eating plenty of ice cream and enjoying quality time with my family. Despite missing morning runs and the chance to show off at some new cool playgrounds, I'm having a lot of fun.

Over the years, injury has shaped my character more than any other factor. It's taught me to not get too attached to my body or to physical goals. It's saved me from being a person whose sole identity lies in mileage and personal bests. It's helped me slow down and enjoy the trail instead of always rushing to get to the end of it.

Being sidelined by injury can be incredibly frustrating; especially if being an athlete is a big part of your identity or if you have a very active lifestyle. Here are the things that have helped me cope the most:

- Start your day productively. If you know there are certain exercises or stretches that you can do to help speed your recovery, make them a priority. Do them as soon as you wake up and start your day on a positive note.
- Remember that progress is not linear. If you hit a bump in your recovery, this is totally normal. Don't stress out and go overboard with exercises or other modalities trying to get back on track. Stay the course and be patient. If after a few days, you continue to feel like you're regressing, seek help from a professional.
- Spend time in nature — even if all you can do is walk in the woods. If you're missing your usual endorphin fix, take off your shoes, feel the ground under your feet and let yourself get a little uncomfortable. If the terrain is rough or the weather is slightly too hot, cold or wet, you might find this discomfort is actually fulfilling.
- Drop the "all or nothing" attitude and the phrase "I used to." Instead of thinking about what you can't do, focus on the things you can do. When you're doing these things, try to live in the moment and enjoy how they feel.
- Find other outlets besides your sport or physical activity to help you relieve stress and find happiness. Make plans with friends, do something enjoyable with your family, or try something creatively stimulating, such as painting or cooking.
- Don't deprive yourself of treats. If you're used to burning a certain number of calories a day, it's easy to freak out and think you need to go on a diet now that you're sidelined. Don't. Continue to eat when you're hungry and treat yourself occasionally. Your appetite will naturally adjust with your activity level.
- Remember that you're not alone. It might seem that everyone around you is running with their dog or showing off their hard-earned muscles, but the reality is that many people are dealing with some kind of pain or physical limitation. (Raises hand.)

Nicole Radziszewski is a freelance columnist and a certified personal trainer. Check Nicole out on Facebook at Facebook.com/mamasgottamove.

Are freedom and independence just quaint notions these days?

In a few days we celebrate the most joyous national holiday of the year. Independence Day, observed every July 4, marks the official beginning of our illustrious, imposing, infuriating, incomparable and beloved country.

While we often focus on the celebratory part of the day that features picnics, parades, fireworks and festivals, we should never forget the serious undertones that accompany this holiday. Freedom.

That's the reason small bands of English folk left their homeland and sailed across an imposing ocean in search of the kind of life that was denied to them back home. Think about it. You had to be awfully put upon to embark on such a frightening, treacherous journey with such an uncertain outcome. Yet, they came, they did, and freedom they found.

And how are we doing with those principles these days? Hmm, that's almost a trick question. As I write this column, we have high-powered secret meetings going on in Congress where the future of our health care is being engineered with no input from the people.

Corporate giants like Amazon have patented special technology that blocks shoppers from comparison shopping. While they are inside one of their brick-and-mortar stores. And now they have just acquired Whole Foods, causing analysts to predict that soon there will be only two grocery giants, Walmart and Amazon.

Sen. Jeff Flake, R-Ariz., leaves a closed meeting with Senate Republicans on Capitol Hill on June 22. The meeting was held so Senate GOP lawmakers could get the first look at the health care bill intended to replace the Affordable Care Act.

Niemoller that began, "First they came for the Socialists, and I did not speak out because I was not a Socialist." The writing continued in the same vein, using other groups who have been persecuted, including Jews, while the rest remained silent.

It ended with his most famous line, "Then they came for me, and there was no one left to speak for me."

There have been many versions of this sentiment over the years, even a recent President Donald Trump-driven version. But the bottom line is if we really intend to take seriously exactly what Independence Day means, we have some heavy lifting to do. Let's not let our Founding Fathers down.

Happy Birthday, America!

Pet Lenhoff is a freelance columnist and can be reached at viewfromvh@yahoomail.com.
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The Fourth of July is just around the corner, and with it, daytime fun like festivals and parades and those wonderful nighttime displays of fireworks. Here is a list of suburban fireworks and other festivities for this holiday weekend.

**Arlington Heights**

No fireworks
847-368-5000; www.frontierdays.org
Frontier Days Festival takes place 10 a.m.-11 p.m. June 30-July 4 at Recreation Park, 500 E. Miner St., Arlington Heights. The Fourth of July Parade kicks off at 10 a.m. July 4 from Dunton and Oakton to Miner to Recreation Park. The festival includes food, beer garden, pony rides, carnival rides and live music. Main stage: Jefferson Starship (June 30), Gin Blossoms (July 1), Rick Springfield (July 2), Hoobastank (July 3), American English (July 4).

**Elmwood Park**

Fireworks 9:30 p.m. July 4
Elmwood Park High School, 8201 W. Franklin Ave., www.elmwoodpark.org
In addition to fireworks, festivities include a parade (10 a.m.) Gates open at 5 p.m. for evening celebration with live music (5-9:30 p.m.) by Packy Angelo and R Gang.

**Evanston**

Fireworks 9:30 p.m. July 4
Any lakefront area east of downtown
Evanston, www.evanston4th.org
The all-day celebration begins with playground sports from 9-11 a.m. at Kamen West Park, Baker Park, ETHS Track and Raymond Park, and from 9 a.m.-noon at Lincolnwood School, Willard School and Robert Crown Center. Roller skating and refreshments from 9-11 a.m. at Fleetwood-Jourdain Center. Kids Fun Run starts at 12:15 p.m. at Ackerman Park The parade down Central Street kicks off at 2 p.m. The Palatine Concert Band will perform at 7:30 p.m. at Dawes Park Lagoon, Sheridan Road at Church Street. Tune your radio to 90.5 FM for musical simulcast of fireworks celebration.

**Glenview**

Fireworks Dusk, July 4
Pre-parade, children ages 3-9 are invited to bring their decorated bike to the Glenview Community Center parking lot, 1000 Elm St., by 10:30 a.m. The bike parade rolls out at 11:15 a.m. Glenview's Independence Day Parade kicks off at 11:20 a.m. from Glenview Road and Elm Street. The 100-piece North Shore Concert Band will perform patriotic music at 7 p.m. followed by the fireworks display synchronized to a recorded musical score.

**Harwood Heights**

Fireworks Dusk, July 4
Ridgemoor Country Club, 6601 W. Gunnison St., Chicago
Non-country club members can view the display from Butera Foods Parking Lot, 4761 Nagle Ave., Harwood Heights, and the surrounding area.

**Morton Grove**

Fireworks Dusk, July 4
American Legion Memorial Civic Center, 6140 Dempster St., Morton Grove,
**Art**

Stone carver shares skills and gargoyles at Kalo Foundation

**By Bruce Ingram**

Pioneer Press

By the time he was 12 years old, sculptor and stone carver Walter S. Arnold had already picked up a chisel and decided on his future profession.

He decided this despite being told that no one knew how to make his favorite stone carvings, gargoyles, anymore and that creating them was a lost art. So it should be all the more gratifying for anyone exploring Arnold’s upcoming exhibit — opening July 9 at The Kalo Foundation of Park Ridge — that gargoyles are prominently featured among a wide range of his other works.

“I had already fallen in love with them at that age,” said Arnold, who started making a specialty of gargoyles when he returned from several years of apprenticeship in Italy and became a stone carver at the Washington National Cathedral in D.C., working with a fifth-generation Italian stone carver.

In fact, Arnold was so sure about the work he intended to do that he applied at the age of 16 for a similar position at the Washington National Cathedral. He had a few years of high school to finish first, however, before arranging an early transfer to the University of Illinois at Chicago, taking all the art history courses he could until he turned 18.

“Was he out of there?”

Soon after that, he was training as an apprentice under master stone carvers in Italy, working in marble.

It’s important to others as well, since the only way to learn stone carving is through apprenticeship. Arnold, a proud member of the Journeyman Stone Cutters Association, the oldest trade union in America, points out that there were roughly 1,000 stone carvers working in Chicago in 1900, but now there are only 60 to 100 nationwide.

Arnold recalls that while he was working at Washington National Cathedral, a man in his late 80s stopped by to talk and told him he worked on the cathedral decades before — and had his first job in the 1920s working on the Tribune Tower. After watching Arnold work, the man invited him to his home and gave him all his tools “because he wanted his tools to stay alive.”

Soon after that, when Arnold moved back to Chicago in 1985 and opened his own shop, one of his first jobs was repairing stone carvings on the Tribune Tower and he used the old man’s tools to do it.

While the number of people who have mastered stone carving is nowhere near what it once was, Arnold believes stone carving and sculpture will always be viable because its appeal is both ancient and universal.

“It’s such a basic, solid, permanent material. Stone is a very simple building block of nature, but it’s also something we know will last,” he said. “It’s a small number, compared to what it once was, but a few of us are dedicated to doing it and doing it right.”
In his new memoir, Andrew Evans balances tales of his travels to Antarctica with his story about growing up Mormon and gay in rural Ohio.

KEENPRESS

Journey is story of a lifetime

Author Andrew Evans' memoir-travelogue 'The Black Penguin' explores travel, religion and gay identity.
Family starts from scratch

Sausage business helps create new opportunities

By Judy Buchenot
The Beacon-News

“When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us,” inventor Alexander Graham Bell once observed.

The Graves family has experienced some closed doors in the past years but they have always been willing to look at the doors that open for them, including one that has landed them in the sausage-making business.

“It really has been a journey for us,” said Sarah Graves, who lives with her husband, Ron, and their three daughters in Montgomery.

The couple is originally from the area but had moved to southern California, where they had a successful mortgage company. Then, nine years ago, the banks starting having trouble and “we pretty much lost everything,” Ron said. When Ron’s mother, who lives in Aurora, needed assistance following surgery, the family decided to return to the Midwest to help her until new opportunities arose.

“We were on a tight budget, and one of the ways we chose to save money was to make everything from scratch,” Sarah Graves said. “It was not only an economical decision but also a health decision. I started making 90 meals a month all at home, all from scratch.”

Cookies, salad dressings and even butter were made in the Graves family kitchen. Each month, Sarah purchased eight whole chickens that she cut up and separated into bags to use for everything from stock to dinner. Ron and their daughters all joined in the effort of chopping, mixing and fixing. As part of their resolve to eat healthy, the family decided to give up pork and focus on turkey, chicken or beef. This not only meant giving up pork chops but also pork sausage, pork sausage pizza and many other pork-based favorites.

The family tried some chicken sausages but the cost was high and the quality was fairly low. Then Ron decided there had to be a way to give chicken sausage the same satisfying flavor as pork sausage. “For two years, I kept playing with it,” said Ron, who started by buying a meat grinder attachment for his KitchenAide mixer. He found that dark meat gave him the most flavor and that care had to be given to grinding the chicken to achieve the correct texture.

He found a way to add broth to keep it moist. He discovered lamb casing to use in place of pork casing. “I did not want to use any preservatives or too much salt or any fillers,” he explained. After many trials, he discovered a secret ingredient that was a game changer. He had friends and family try the chicken sausage and the common response was, “Are you sure this is chicken?” The ingredient remains a family secret giving them a competitive edge.

After receiving rave reviews for their chicken sausage from friends, the Graves decided the door to opportunity was opening. “We realized that we were on to something,” says Ron.

They found a packing plant that would make the chicken sausage the same way they did in their home kitchen and went into the chicken sausage business. Caseys Foods in Naperville was the first store to carry the chicken Italian sausage that contained basically chicken, herbs, peppers and Kosher salt, making it a sausage without gluten, MSG, preservatives or additives.

Other stores began to also carry the Scratch Family Foods, and food service operations began using it to prepare dishes. Caputo’s, Standard Market, Pete’s Fresh Markets and Caseys Foods in Naperville and Woodman’s Market in North Aurora carry the chicken Italian sausage in several different varieties.

The family also is now making a chicken meatball that has been well received. The family will be selling their chicken sausages at Ribfest in Naperville this weekend as a fundraiser for Lilie’s Quest Camp, a children’s summer camp sponsored by nonprofit groups the Carlton Center and 5 Breads & 2 Fish.

“It all started when we wanted to make something healthy for the family,” said Ron.

After cooking from scratch for nearly nine years, Sarah has an impressive collection of tried-and-true recipes that she has altered to meet her healthy standards.

Judy Buchenot is a freelance writer for The Beacon-News.

Gluten-Free Almond Bars (or Brownies)

- 2 cups raw almonds
- ½ cup peanut or grape seed oil
- 4 eggs
- ½ cup honey
- 2 teaspoons vanilla
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- 1 tablespoon cinnamon
- ¼ cup butter
- ½ cup cocoa powder
- walnuts (optional)


2. To make into brownies, follow recipe but omit cinnamon. Additionally, melt ¼ cup butter and combine with ½ cup cocoa powder. Add to blended ingredients and blend until smooth. Pour into pan and sprinkle with chopped walnuts if desired. Bake at 325 degrees for 22 minutes. Makes about 36 bars.

Cream Cheese Wontons

- 8 ounces cream cheese
- 1 tablespoon pureed onion
- 1½ teaspoons sugar
- 2 green onions
- 24 wonton wrappers
- 1 egg white
- oil for frying (peanut or other)

1. Allow cream cheese to come to room temperature and place in a medium bowl. Puree yellow onion in a blender, strain to remove most of the water and add to cream cheese. Mix to blend. Add sugar and combine.

2. Slice green onion and stir into mixture. Lay out a wonton wrapper and place about 1 teaspoon of the cream cheese mixture into the center. Slightly beat egg white. Moisten 2 edges of wonton wrapper with egg white.

3. Fold in half to form a triangle. Press to seal edges.

4. Continue until filling is used up. Heat a few inches of oil in a wok or large saucepan over medium-high heat to 375 degrees. Deep-fry wontons, a few at a time, 2 to 3 minutes, or until brown and crispy. Serve with dipping sauce. Makes about 24 wontons.

WONTON DIPPING SAUCE:

- 4 tablespoons soy sauce
- 2 tablespoons water
- 1 tablespoon vinegar
- 2 tablespoons sugar
- 1 teaspoon sesame oil
- Whisk all ingredients together and serve with wontons.

Makes about ½ cup.

JUDY BUCHENOT/BEACON-NEWS

Ron and Sarah Graves of Montgomery cook meals for their family from scratch and have named a company after their efforts. The girls often offer their opinions of new recipes. The family includes, clockwise, Ron, Trinity, Sarah, Joyah and Noelle.
Journey is story of a lifetime

Author explores travel, religion, and gay identity

By Joseph Hernandez
Chicago Tribune

The cover to Andrew Evans' memoir-travelogue "The Black Penguin" can almost be described as a cynical choice, a gaggle of cute penguins enticing readers into a tale of an adventure to the end of the world. In an age of viral animal videos, who doesn't need to frame like a silver lining of light, the gregarious story is a parallel journey in National Geographic's "The Black Penguin," he writes.

I had been riding buses and bulls on a school bus in Ohio to riding a chicken bus through unpaved jungle roads among kind strangers, Twitter stalkers and clumsy cows, Evans charts his self-discovaly and self-discovery. I didn't want to write a coming-out book, but travel helps you come to terms with who you are, which is why the book is the way it is today.

Q: You've written guidebooks to Iceland, Ukraine and others, this is your first narrative book. What's the reception been like?
A: I think we all live our lives thinking we're the only people dealing with a particular issue or problem. I've met readers not in the same boat as me: not religious or gay, but they still connect with bullying being ostracized. I thought I was being weak, recalling how difficult school was for me, but when I put it on the page, that's what people have brought up: "Yeah, my kid is getting picked on at school or I was bullied too." It's universal.

Q: You took an ordinary idea — ride the bus — and made it an extraordinary adventure, and yet the story is so deeply about your upbringing in Ohio. As a former deeply devout Mormon, you went from schoolyard taunts to excommunication from the church you loved, along with familial problems.
A: Everyone struggles with loving their family, fighting to be an individual and to realize that everything your family is not who you are. My mother did not react well to my writing the book. It was to be expected; when you write a book like this, people aren't just characters. The thing I hear all the time from other writers is "I want to write something like this, but I can't because of my family." I had to write it honestly as I could, without any of that influence.

Q: You write about your family in the book; what do they think about your criticisms?
A: When I post online about the church, I am criticizing the leadership. Unfortunately, my friends and family think it's an attack, that I'm anti-Mormon. Why? It's my heritage, it's who I am. I'm seventh-generation Mormon. They can't dictate to me how I express that.

Q: And yet you're still a deeply spiritual person.
A: The blessing of excommunication was that I discovered God as an independent being. When you are so very violentlyjetisoned to the curb and yet still feel the same feelings from God, the same guidance, you realize you didn't really need the church. You still have God.

Q: Why a bus?
A: While I began writing about the bus, I was a 34-year-old man who had a partner, now husband. I was out and happy. When I started writing about that journey to Antarctica, with broken lines down to the bottom of the map, rather than one simple flight, I realized life isn't that neat.

Q: So you don't believe in gay travel, does that inform your experience of the world, even a little?
A: I don't want that to become my defining thing, to be a "gay writer." I don't want my career to be attached to my preference.

Q: Why a bus?
A: I think we all live our lives thinking we're the only people dealing with a particular issue or problem. I've met readers not in the same boat as me: not religious or gay, but they still connect with bullying being ostracized. I thought I was being weak, recalling how difficult school was for me, but when I put it on the page, that's what people have brought up: "Yeah, my kid is getting picked on at school or I was bullied too." It's universal.

The world is very big, and I've been exploring it for decades, and, yes, we do see the world from our experience. I see homophobia a certain way, but I also think when you're gay, you seek out the other and the elsewhere because we all have to get out of our own worlds. The same can be said for a lot of people with wanderlust, the people flinging themselves around the world because it's easier for them to connect with the kindness of other humans. I relate to that.
Keeping your birds safe while painting home

Precautions need to be taken to avoid exposure to VOCs

By Cathy M. Rosenthal
Tribune Content Agency

Q: We would love to have the interior of our home painted professionally, but we have two birds. One is a cockatoo that we've had for three years. I've done research on using low VOC paint, but I still don't trust what I've read. We love our birds, but haven't painted in the 18 years of residing at such home. We also have two dogs. - Michelle, Naugatuck, Conn.

A: As a long-time bird parent, you clearly know how sensitive birds are to even the slightest change in the air and environment, and are smart to ask questions about painting around them. The fumes from a freshly painted room can be lethal for your feathered friends. That's because some of the most harmful chemicals in paint come from volatile organic compounds, or VOCs, which are released into the air not just when you paint, but for several years afterward.

Low VOC and no VOC (which is just super-low VOC) paints are good alternatives to regular paint because they reduce VOCs released into the air. But it doesn't mean there are zero VOCs in the paint or that there aren't other aerosolized toxins that can affect birds.

"Whenever you're dealing with anything aerosolized, you must remove the bird from the room or home," says Dr. Laurie Hess, author of "Unlikely Companions, Adventures of an Exotic Animal Doctor." "You also should consider the dust you will stir up while sanding walls and preparing to paint, which can be harmful to birds and make them sick."

Hess recommends asking a neighbor, friend or family member to watch your birds in their home or board your birds for a few days until your home has time to air out.

As for the dogs, you could keep them outside while you paint or board them as well, so they don't have to breathe in the fumes and are not underfoot while you paint. Dogs are not as sensitive to paint fumes as birds, but they should be treated with the same precautions you might have for a young child in the home.

Q: My three dogs, Reesie, Captain Jack and Dobie, all eat grass. I was told the dog food I feed them is a good one. When I feed them, I add a little water to the food, so it isn't so dry. I do not let the food get soggy. I think, if they didn't eat grass, they might not be able to poop. All three act like they are starving, but they do get enough to eat. I feed them twice a day. Are they missing something in their food that makes them want to be fed all the time, and should I give them something to loosen their bowels? I have had dogs all my life. I am almost "older than dirt" and I have never had a dog eat grass unless it wanted to throw up. Do you have any insights on this? - Carleen Bubenik, Sanger, Calif.

A: Thank you for including your dog's names. I love to know the names of the pets I am trying to help.

Nibbling on grass usually isn't cause for concern unless Reesie, Captain Jack and Dobie are eating copious amounts of grass and then vomiting. You mention they might need grass to poop, which may mean they are not getting enough fiber in their diet. Veterinarians say dogs need 2.5 to 4.5 percent fiber in their food. Ask your vet if the food you are feeding provides enough fiber. If you don't want to change their food, you can add a little canned pumpkin, sweet potatoes or canned green beans to their diet daily to see if that helps.

You also mentioned you feed them twice a day, but they always act like they are starving. Of course, some dogs treat every meal as if it's their last meal and practically "inhale" their food. This behavior, however, also can lead to tummy troubles that may make them want to eat grass. If they are speed-eaters, buy each one of them a "slow food dog bowl," which is designed with twists and turns to slow them down. Eating slower can help their digestion.

Finally, their grass-eating habits could indicate they all have intestinal worms. Take samples of their poop to the vet to rule out that possibility. And, let me know what you eventually find out.

Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Reach her at cathy@petpundit.com.
Q: As the executor of my uncle’s estate, I am attempting to recover the unused portion of his nursing home room and board from Courtyard Healthcare Center in Berwyn, which required him to prepay for each month. My uncle died on Oct. 17, 2016, leaving 14 days paid for but unused. There are no outstanding invoices from Courtyard. I was told his estate was due a refund of $1,522.70 based on the check request form provided to me by a Courtyard employee. I did not ask how Courtyard arrived at that figure. However, the invoice for October’s room and board lists a charge of $6,200, which might place the refund closer to $2,800.

On Oct. 24, I wrote to Courtyard’s administrator to request a refund of the unused portion of October's room and board. Courtyard did not respond and I later learned the administrator no longer worked there. Since my first request, I have made numerous phone calls, sent numerous emails and made numerous appearances at Courtyard. However, my uncle’s estate has yet to receive a refund. On my last appearance, a staff member provided me the check request form submitted to Courtyard’s financial services company. I recently learned this company no longer works with Courtyard.

To provide some background, near the end of each month I had to call Courtyard and ask that I be provided an invoice. Based upon my observations, I formed the opinion that Courtyard made its money with Medicaid residents and was unprepared to deal with someone who paid his own way.

When I picked up my uncle’s personal items, two Courtyard employees stated I should expect a refund in about six weeks. It has been seven months since I first requested this refund. Perhaps you can assist.

— Patrick, Indian Head Park

A: Patrick provided me his uncle’s October invoice, a copy of the check request form submitted to Courtyard’s former financial services company, a copy of the cashed room and board check, his uncle’s death certificate, his initial refund request letter and a copy of Courtyard’s check request.

With this information in hand, I called the account manager for Courtyard’s former financial services provider. He said he would let Courtyard’s corporate office know I was looking for Patrick’s refund. I then called Courtyard and was given the email address of the employee who provided Patrick a copy of the check request. I sent her an email requesting Patrick’s refund and asked for an explanation of the dollar amount. When I subsequently spoke with her, she transferred me to the facility administrator. Though I did not reach the administrator, I left a message for her to call me back and also sent her an email. I received no response to either.

Then, three days later, I received an email from Patrick. “I wish to thank you for assisting me in obtaining a refund from Courtyard Healthcare Center. Today, a check arrived for $1,522.70. I will take the check to the bank and pray that it does not bounce.”

It was great Patrick had finally received a refund, but was the amount correct? As Patrick was not able to locate the original contract, he said he would mail a letter to Courtyard to request a copy.

For some expert advice on this trying situation, I contacted David Voepel, executive director of the Illinois Health Care Association.

He advised that Patrick should ask for a copy of Courtyard’s contract and admission packet and also inquire if they have an arbitration agreement. These documents should then be reviewed by a lawyer. Voepel further counseled that if Patrick receives no response, he should contact the Illinois Department of Public Health for assistance.

Need help? HelpSquad@pioneerlocal.com.

Cathy Cunningham is a freelance columnist.
Diaries tell of will to be heard

Sedaris' 'Theft by Finding' reveals how Art Institute taught him to see

By John Warner | Chicago Tribune

On Jan. 15, 1984, David Sedaris moved into an apartment at 820 W. Cuyler Ave. in Chicago.

I know this because Sedaris recorded the occasion in his diary, and the entry made the cut for inclusion in his "Theft by Finding: Diaries 1977-2002," a recently released collection of daily remembrances culled to just over 500 pages from the original 156 volumes.

I do not know why I was so struck by this largely innocuous entry, other than I know exactly where 820 W. Cuyler is. Thirteen years after Sedaris moved in, I would rent a basement apartment no more than a half-mile away on West Grace Street. Judging from Sedaris' descriptions, the neighborhood changed quite a bit in the interim.

Reading from his diaries is a standard part of a Sedaris performance, and yet I found this volume jolting. I have enjoyed his art for decades, but reading the origins of it in these pages reveals that just about all art is the result of a miracle.

Sedaris was already 27 when he moved to Chicago from Raleigh, N.C., to attend the School of the Art Institute. A restless autodidact, he'd previously worked itinerant labor jobs, including apple picking and construction, even as he fitfully pursued visual art with some success. Reading not far between the lines, we see that he was also addicted to drugs and alcohol. Sedaris' humor has never been light, but, stripped of the artifice of his essays, the source material for his worldview makes palpable the deep pain that infused his early adult years.

Chicago is where things start to turn around for Sedaris. The simultaneously jaundiced and humane eye Sedaris brings to his observations is evident from the initial entries, but it's in Chicago where they form into the sensibility we've come to know. His stories and essays grow out of required school critiques. A chance meeting with Ira Glass ultimately leads to "The SantaLand Diaries" being aired on National Public Radio.

I lost track of the number of times I've read Sedaris' path could've been severed. It reminds me of another favorite set of diaries, by Monty Python co-founder Michael Palin, "Diaries 1969-1979: The Python Years," where readers learn that what started as a lark became one of the most influential sources of comedy for multiple generations. But Palin's diaries fascinate for the behind-the-scenes glimpses of seminal moments, such as the filming of "Monty Python and the Holy Grail."

While Sedaris fans will recognize the origins of many of his treasured essays, I began to also see connections with another recommended read, Flannery O'Connor's "A Prayer Journal." In it, O'Connor wrestles to reconcile her deep belief in God with her literary ambitions, worried that the latter will make it difficult to be true to the former.

Having been written with no intention of being published, these diaries allow us to see the raw parts of artists as they confront their desires. Like O'Connor's, Sedaris' diaries are also essentially about belief, about his faith that he has something to say to and about the world.

It is egotism, no doubt, but, coming from Sedaris, it is endearing. It is ultimately just a wish to be seen and heard, to be noticed and accepted for the person he is. The early years of the diaries show us how difficult that battle must have been.

John Warner is the author of "Tough Day for the Army."

Twitter @biblioracle

1. "The Hate U Give" by Angie Thomas
2. "Hourglass: Time, Memory, Marriage" by Dani Shapiro
3. "Evicted: Poverty and Profit In the American City" by Matthew Desmond
4. "One of the Boys" by David Magaril
5. "Crazy Rich Asians" by Kevin Kwan

Samantha Irby's essays are always funny, but, similar to David Sedaris, as you peel back the layers, serious engagement with deeper issues of the world emerge. I'm recommending Irby's latest, "We Are Never Meeting In Real Life."

1. "Animals In Translation: Using the Mysteries of Autism to Decode Animal Behavior" by Temple Grandin
2. "For One More Day" by Mitch Albom
3. "Razor Girl" by Carl Hiaasen
4. "Christine Falls" by Benjamin Black
5. "Hammerhead Ranch Motel" by Tim Dorsey

Bob should connect with the humor and pacing of Matthew Norman's "Domestic Violets."

1. "The Revenge of the Radioactive Lady" by Elizabeth Stuckey-French
2. "Labor Day" by Joyce Maynard
3. "The Nest" by Cynthia D'Aprix Sweeney
4. "The Leftovers" by Tom Perrotta
5. "The Middlsteiins" by Jami Attenberg

This immigrant story set during the second term of President George W. Bush seems more relevant today than when it was published: "My New American Life" by Francine Prose.

Get a reading from the Biblioracle!

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

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

Clues

A. Bold
B. Map or runner start
C. Having confidential into: 3 wds.
D. Waterfly painter
E. Decorate
F. Hereditary
G. Decapitate
H. Easy
I. Lowest level: 2 wds.
J. Sit back:

Words

Across
1. Heal
5. Blackmailed
9. Bigger than huge
13. Island west of Maui
14. Wander
15. Gudrun killed him
16. Algerians and Egyptians
17. Time divisions
18. Swag
19. Tatting loop
20. Totaled
22. Relapse
24. Buffalo's county
25. American caricaturist
27. Of greater stature
31. Begins
36. Wary
37. Woods or Jackson
38. Jinn: var.
40. Kind of starch
41. Breathless
43. Discharge a gun
45. Ballet or belly
47. Miss Gwyn
48. Dollar bills

Down
1. Mme. Curie
2. Pass a law
3. Indian ruler
4. Remote
5. Terminates an engagement
6. Head of a feudal estate
7. Sidestep
8. Mohave or Gobi
9. Without worth
10. On
11. ___ machine
12. Josip Broz
13. ___ up: eats greedily
14. Phone part
15. Don's domicile
16. Italian city
17. Laban's daughter
18. Consequently
19. Peasant of India
20. Fish
21. Roman robe
22. Actor Ladd
23. Scrubbed over
24. Skid protector
25. Honduran seaport
26. House
27. The whole thing
28. Balls up again
29. Romanian river
30. Girl's name
31. Heart, e.g.
32. Hatfield-McCoy misunderstandings
33. Gratia
34. Executive's game
35. East Indian shrub
36. Slime
37. Daylight or standard

Starting Point

By CHARLES PRESTON

50. Cancel
55. Date
59. Sculler
60. Aroma
61. Song by Steber
62. Musical form
63. Take it easy
64. John or -tasse
65. Turkish decree
66. Lammed out
67. British gun
68. Prepares hides

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

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Crossword

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ACROSS
1 Use a strainer 49 Vane direction
5 Reaction to a 51 Curvy letter
mosquito bite 52 Fawcett of films
9 Shining 56 Go higher
14 Off the 58 One kind; unique thing
out of 61 As sore as
trouble 62 Reckless thrill-seeker
15 Apple's center 64 Incline
16 Show to be true 65 Smell
17 Utterly revolting 66 Not as much
19 Summoned with 67 Child's bear
a beeper 68 Camp shelter
20 Word attached 69 5 _ 10 is 2
to fly or about
21 on behalf of; represents
22 Fencing swords
23 Everyone
24 MA's Bunker carpet style
_ 25 Tiny bit
26 School bee participant
30 Yo-Yo Ma, for
one
35 Therefore
36 Watched
38 Linear measure
39 Passion
40 Mauna
41 Tree that grows
in moist soil
42 Ukraine's capital
43 Loud noise
44 Northeastern
U.S. state
45 Aged
47 Teach

Solutions

DOWN
1 Popular 1970s
carpet style
2 Tiny bit
3 20th-century
U.S. president
4 Fight result, for
short
5 Frozen eave
dripping
6 Tap the horn
7 Smash
8 "For ___ a jolly
good fellow..."
18 Visitor
22 Toboggan
23 Small recessed
part of a room
25 Blockbuster
animated film
26 Tremble
27 Danger
28 Finished
29 Passes on, as a
message
31 Purple flowers
32 Gandhi's nation
33 Perfume
34 Midafternoon
37 Hither and
38 Linear measure
39 Passion
40 Mauna
41 Made laugh
42 Century 21 or ERA
43 Boring
45 Gobi or Sahara
46 Century 21 or ERA
47 Teach

Solutions

Last week's crosswords

"FOR FATHER'S DAY"

CLARA HOST MALES THAN
ROSES TIGER ECONO HOST
EVIL PEACE CURA HOST
PEAK OPERATOR OH
ERAS ROG FLU ENOW
SONIA TRIMO SMOOKS
SAMBORA HON APES TETI
AWARD O VEY ETA NES
MORINI CLEO
ELKS ASON TROY KNEE US SWA
AFISH OR TOF REM ASE
LINED RAE ASN REE
PACIFIC COEADAPNE RUF
STATE AEXSC AAS
CZAR ROM FEVER PROFIT
OMO CLO RED TIRA AMIOTH
ALO NIM INING BAKE ELS TAE SCEN

"Moving Along"

ASCOT SLIP SHED CLARETT LUI
TI NIT AMIGO GUNN
ODS SKIN TRANCE
REDOLENT UNDER
ROAD GONG
WREATH BRASH IT
HILT ALIAS TILE
ISLE NERVE EAD
MEAD DUDES REAM

"Pop Culture"

MADS LAWL ARMAN SWABS
ODIE EUICE ATI A
GADADADY GOAD ADIN
LEVEE KUSA ENGINE
SAIL BLOOD ROADS
SALA CLASHAVOCH BEACH
NOSE A RAA AMANDAR
NDLFY TF::ON ARRIVAL
HAYLATE SCASE RS
SEN 1000 CHOO ON PAP
MEDDLING ARNE SAVES
REH VS KILLS DENT
IPODAPDE FEUD AHEAD
BITES LATTE AMEN PAVE

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

6/28/17

Last week's Quote-Acrostic

(Emma) BOMBECK: PASS THAT PEPPER: I don't know when pepper mills got to be right behind frankincense and myrrh in prominence. It used to be next to the salt on the table and everyone passed it around, sneezed, and it wasn't a big deal.

Last week's Sudoku

Last week's Jumble

FAIR-WEATHER FRIEND

This week's Jumble

FAIR-WEATHER FRIEND

The meteorologist turned on his co-worker because he was a —

FAIR-WEATHER FRIEND

chicago
tribune.com/games

Interactive puzzles and games
Track spouse’s phone at risk of resentment

I'm the kind of mom who wants to know where my kids are at all times. My parents were the same way. In my family, you had to call home when you got to your friend's house, you had to call when you were leaving your friend's house and if plans changed you had to call to let them know.

The difference between when I was growing up and now is that technology has replaced the need for direct communication between kids and their parents. The days of texting 'Are you at Jimmy's house yet?' or 'What time are you coming home?' are over. One click on your phone will show you the exact location of each kid.

I'm referring to tracking apps, specifically Life360, which I downloaded last weekend. It's not that I don't trust my two teenagers. I truly do. For me, having the capability of knowing exactly where they are at all times gives peace of mind and a sense of safety. Call me a helicopter mom, but one week in and I'm loving this app.

As a single mom, tracking ends with the kids. But I started to think, what if I were married? Would my husband and I track each other's phones? Similar to children, it might feel warm and fuzzy to see a spouse's whereabouts and confirm he is safe. But is tracking a spouse intrusive? Does it imply a lack of trust?

Anne Brennan Malec, a Chicago-based licensed marriage and family therapist and licensed clinical psychologist says yes. "It might lead to a lot of unnecessary questions like, 'I saw you were downtown today. What were you doing there?'" said Malec, who has been in practice for 14 years. "That can make a spouse feel like you don't trust them, which can lead to negative feelings and resentment, especially if they have never given you a reason not to trust them."

Malec, who counsels many couples after infidelity, said tracking after someone has cheated is a different situation. "When someone has been unfaithful and the couple comes in for counseling, I typically hear things like, 'I want your passwords,' 'I want to check your Facebook page,' 'I want to read your texts and emails' and 'I want to track your phone,'" Malec said. "Surveillance can lead to increased trust. But if the tracking continues for a long period of time, couples tell me it doesn't feel good to either one. The one who is checking might feel humiliated, and to the one who is being tracked, it might feel invasive or disrespectful. The person can start to feel resentful."

"The decision to track or not to track is a conversation couples might want to have, in my opinion, but be prepared. It might lead to a discussion about trust, the most important component of a happy, healthy romantic relationship, according to Malec. "Trust is the foundation of everything in the relationship. It is the basis of feeling safe and committed," said Malec, who has been married for 18 years. "Trust allows the couple to be vulnerable with each other, and know that the other knows their fears and flaws and weaknesses and won't use it against them."

Malec said that when trust is breached, it might take a long time, but it can definitely be repaired. "The way to repair trust is to make daily deposits into the trust bank to show you are trustworthy," she said. "Doing what you say you are going to do, being completely transparent."

She said trust issues often arise when couples are conflict avoidant and keep things from their partner that they think would make that person unhappy. "Couples need to share their feelings and thoughts and perspectives even if they think their partner is going to disagree," Malec said. "Be honest, even when it's hard."

Be an open book. That sounds like a pretty good case for accepting your spouse's request to track your phone. By the way, the tracking app also shows the percentage of battery power left on the phone's battery. What does that mean? It means you can never say "Oh, my phone died," unless it really did.

Malec and I both agree that the happiest, most fulfilling relationships have just the right balance of a great connection and a healthy dose of freedom and independence.

So, if you and your spouse decide to track each other's phones, make sure you are clear on your reasons for it. And try to avoid asking questions after seeing all the details of how your spouse spends his or her day. It can feel very smothering. Just ask my kids!

Jackie Pillosoph is a freelance columnist for Chicago Tribune Media Group. She is also the creator of her divorce support website, Divorced Girl Smiling. Pillosoph lives in Chicago with her two children.
ASK THE DOCTORS

Aspirin may help reduce risk of specific cancers

By Dr. Robert Ashley
Ask The Doctors

Dear Doctor: Every now and then, I’ll see a news story about the benefits of daily aspirin. A recent story linked it to a lower risk of cancer. What gives? Just how healthy is aspirin?

Dear Reader: We’ve long known that aspirin can reduce the chances of heart attack and strokes in people at high risk for the conditions. In fact, studies on those benefits provided the first inklings of a decreased risk of cancer, especially colon cancer.

Although those studies themselves couldn’t verify the benefit of aspirin, what we know about the drug supports such a connection. Aspirin inhibits cyclooxygenase-2, or COX-2, an enzyme important to the formation of inflammatory compounds. Hypothetically, the loss of these inflammatory compounds, called prostaglandins, may lead to decreased cellular replication and decreased recruitment of new blood vessels. That is, with a reduced ability to multiply and grow, cancer cells could have less of a chance to take hold.

One of the earliest assessments of aspirin’s impact on cancer came from the Nurses’ Health Study, which randomized 39,876 women to taking a placebo or 100 milligrams of aspirin every other day. The women were followed on average for 10 years, and the majority had additional follow-up for 7 ½ additional years. Researchers found little difference in the rates of breast, lung and many other cancers, but after 10 years, they found a 20 percent reduction in the rate of colon cancer among those taking aspirin. The decrease of colon cancer was even greater among women who continued taking aspirin in the 7 ½-year follow-up period. Note that there was a 14 percent increase in incidents of gastrointestinal bleeding among those taking aspirin versus placebo, but no change in death rates from bleeding between the two groups.

A 2016 study assessed aspirin use among patients in two large ongoing studies: the Nurses’ Health Study and the Health Professionals Follow-Up Study. The combined studies looked at 88,084 women and 47,881 men who had been followed since the 1980s. Those who used aspirin two or more times per week, in either regular or “baby aspirin” doses, had a 19 percent reduction in colon cancer and a 15 percent reduction in stomach and esophageal cancers. However, this benefit was not noted for any other cancer.

Further, the decrease in colon cancer rates became significant only after five years of taking aspirin. The authors note that the population in these two studies was predominantly Caucasian and so may not be applicable to other races. The same researchers recently presented a follow-up to this study to the American Association for Cancer Research. In this re-evaluation, the authors found a 31 percent decrease in the risk of colorectal cancers — as well as reductions in breast, prostate and lung cancers. The reasons for such significant improvements are unclear.

Overall, the data point to a 20 percent reduction in colorectal cancer risk with the regular use of aspirin — specifically 81 milligrams every other day — but the numbers for other cancers are not convincing.

Be aware, however, of the risk of gastrointestinal bleeding. If you’ve had an ulcer or stomach problems with aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) in the past, daily aspirin use is not for you.

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

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

PEOPLE’S PHARMACY PRESCRIPTIONS AND HOME REMEDIES

Ordinary cassia cinnamon can manage blood sugar

By Joe Graedon and Teresa Graedon
King Features Syndicate

Q. My doctor says I have prediabetes. I know about the advantages of Ceylon cinnamon for people with diabetes. Would this help me with my prediabetes?

Ceylon cinnamon is hard to find. Would Saigon cinnamon work as well? Are there other natural herbs or spices I should consider taking?

A. Cinnamon and other spices and herbs rich in plant polyphenols can help control blood sugar and insulin spikes after meals (Diabetologia, July 2015). One placebo-controlled trial found that a supplement containing cassia cinnamon, chromium and carnosine successfully lowered fasting blood sugar in people with prediabetes (PLoS One, Sept. 25, 2015).

Most studies of cinnamon to lower blood sugar have used ordinary cassia cinnamon (Cinnamomum cassia) rather than the more expensive Ceylon cinnamon (Cinnamomum zeylanicum). Saigon cinnamon is closely related to cassia cinnamon. You shouldn’t need Ceylon cinnamon to get the blood-sugar benefits.

If you take either cassia or Saigon cinnamon, be aware, you ingest a water extract rather than the powdered spice. Both cinnamon and Saigon cinnamon contain coumarin, a natural compound that can harm the liver when taken in large amounts. Coumarin is not water-soluble, however.

There are a number of other spices that can be helpful. They include caraway, cumin, ginger, fenugreek and turmeric. You can learn more about these spices and their beneficial effects from our 200-page book “Spice Up Your Health.” It is available at www.popleyspharmacy.com.

It is important to monitor your blood-sugar levels very carefully. Your doctor will want to monitor your progress, so a daily diary with glucose levels will enable her to make sure you are within normal limits. If natural products, exercise and a low-carb diet don’t work, you may need medication.

Q. A few months ago, I bought lavender soap to put in my bed for my restless leg syndrome. I experienced a good bit of relief.

When I told a friend about it, she decided to try lavender oil. She had been unable to sleep well due to RLS and achy legs. She rubs lavender oil on her feet and legs, and she has been sleeping through the night.

I have tried putting lavender oil on my knees and experienced even greater relief than I had with the bed soap. I hope this approach will help others.

A. Aromatherapy with lavender oil has a long history as a sleep aid to ease restlessness. Lavender-oil massage has been shown to work better than placebo in easing symptoms of RLS (Nursing and Midwifery Studies, December 2015).

Q. In a recent health newsletter, I read that you should avoid fish-oil supplements if you take a blood thinner. Is this true? If it is, why hasn’t my cardiologist suggested that I stop taking fish oil?

A. A lot depends upon which anticoagulant you are taking. Years ago there were case reports suggesting that fish-oil supplements might “thin” the blood too much if someone were taking warfarin (Coumadin). Increased INR values on a blood test could indicate a higher risk for hemorrhage (Annals of Pharmacotherapy, January 2004).

Fish oil may have mild anti-clotting activity of its own. It probably would be prudent not to take fish-oil supplements if you are taking any anticoagulant medication. Eating fish should not pose a problem.

In their column, Joe and Teresa Graedon answer letters from readers. Send questions to them via www.popleyspharmacy.com.
Romance builds a foundation for ‘treetop’ living

Couple’s dream home features lots of natural light and open space

By Harriet Edleson
The Washington Post

Take a widowed physician and a school psychologist. Mix in land with a steep grade and an imaginative architect. Meet every Tuesday night for close to two years to discuss the plans.

What do you get?
A house situated near Washington’s Rock Creek Park that appears to be floating and a happy couple.

That is the story of Myron Murdock and Judy Herzog Murdock (previously Judy Herzog), who have been living in Washington for the past year.

The pair met because Herzog was friends with Murdock’s wife, Rose, who died in 2010. Murdock and Rose had been married for 44 years. After Rose died, Herzog gradually got to know Murdock, and ultimately they married in 2014.

Creating their “ultramodern house in the trees,” as Myron Murdock likes to call it, required time and patience. “We had a basic concept,” he said.

The “treehouse” began with the search for a lot.
“I got on the internet and saw the land,” Herzog Murdock said. “It wasn’t the first lot they considered, but it appealed to them for its location and value. It was actually one of two side-by-side lots.

When deciding on the lot, they knew some of the challenges.
“This was a very steep hill,” Murdock said. “A 14-degree angle.”

Three architects drew plans for the pair’s dream house, but they ultimately chose Sol Levina, a partner with Shinberg Levina in the District.

The couple had an idea of what they wanted yet spent many hours working with Levinas on how to achieve it. “They were open to my suggestions,” Levina said. “It was an open dialogue.”

All agreed that every effort would be made to have as much open space as possible with “no impediments to the view,” he said.

At a quarter-acre, plus the frontage that is owned by the city, the site is a third of an acre, just enough to fit the 5,900-square-foot, three-level house. The main living area on the second level — open space that includes the living room, dining area, kitchen and adjacent outdoor porch — is 3,900 square feet. The entry level consists of 2,000 square feet, and the upper level is 800 square feet.

The house and floor plan are designed to utilize every bit of natural light, optimizing the views from each window. Using triple-pane glass from Lithuania and foam insulation has resulted in minimal heating and air-conditioning bills, Murdock said.

The house opens into a foyer lit by a dramatic skylight and a hand-carved staircase leading to the main living area on the second level. Though the house is designed for a busy urologist and a now-retired school psychologist who has a private practice, it accommodates family and other guests. Murdock has three grown, married sons and two grandchildren. He even built in two lower-level bedrooms with a bath and separate entrance.

“The third level creates separate space for both husband and wife — a knitting room for her and an office for him — as well as a shared workout room. His office overlooks the second level rather than being closed off from the rest of the house. Her knitting room opens onto the windows at the front of the house, allowing her to take in the views.

A second staircase connects the second and third level; an elevator is available for their future use or for guests who need it.

In addition to its dramatic architectural design, the house has 21st-century features, from radiant heating to the outdoor porch to electronic features.

But because the house features so much glass, sometimes the couple just wants to close out the world.

“We can hit one button and close everything in the house,” Murdock said. “It’s all electronic. It’s all controlled.” Security, temperature and audiovisual controls and shades can be accessed from wireless chargers.

Murdock said he likes the open floor plan and “treetop” living. But there’s more. The house opens onto a patio that has three levels of terracing. He said he loves that there is “glass everywhere” and a screened porch with unobstructed views. He said he enjoys the heated floor in the master bedroom, the shower that “is like a carwash” and the soaking tub “for relaxation and meditation.”

Herzog Murdock put it simply: “The views we have, the beautiful entry and stairwell. I love being out on the porch. We’re on top of the park, but we’re in the middle of the city.”

Harriet Edleson is a freelance writer.
Barrington Hills estate with barn: $1.3 million

ADDRESS: 17 Oakdene East in Barrington Hills
ASKING PRICE: $1,285,000
Listed on June 5, 2017

This home is tucked away on over five acres close to town in the sought after Oakdene neighborhood. Bring your horse home to the three-stall barn with run-out, paddocks, pastures, ponds and dressage area. The main house features hardwood floors throughout, volume ceilings, heated floors, four fireplaces, covered front porch, circle drive and garage spaces. There are four bedrooms including the master suite with his and hers closets, master bath and second ensuite bedroom. This spacious home has formal living and dining rooms, den with custom built-ins, kitchen and eating area and a heated sun room. Outside has pool and patio with built-in grill station, brick paver deck, seating and pergola.
Agent: Tara Kelleher of @properties, 847-826-2178

*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.

To feature your luxury listing of $800,000 or more in Chicago Tribune's Dream Homes, send listing information and high-resolution photos to ctc-realestate@chicagotribune.com.

chicagotribune.com/homes | Visit us online for exclusive Home of the Day photo galleries, plus views of other featured homes and real estate stories.
The property will NOT be open for inspection and plaintiff makes no representation as to quality or quantity of title and without recourse to Plaintiff and in "AS IS" condition. The sale is further subject to confirmation by the court.

Upon payment in full of the amount bid, the purchaser will receive a Certificate of Sale which will entitle the purchaser to a deed to the real estate after confirmation of the sale. You will need a photo identification issued by a government agency.

IF YOU ARE THE MORTGAGOR/HOMEROWNERS, YOU HAVE THE RIGHT TO REMAIN IN POSSESSION FOR 30 DAYS AFTER ENTRY OF AN ORDER OF CONFIRMATION.

For information call the Sales Department at Plaintiff’s Attorney, 500 N Dearborn Street, Chicago, Illinois 60601.

You can also visit The Judicial Sales Corporation at www.tjsc.com for a list of properties currently available for sale.

You will need a photo identification issued by a government agency.

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NOTICE TO BIDDERS

BIDS 4017-019

SUBJECT TO CONSTRUCTION

SHEEHY'S COOK CHAMBER

The Village of Skokie is now accepting bids for the demolition of a residential structure located at 7127 Oakton Street, Skokie, Illinois 60077. The project is expected to be completed by February 28, 2017.

Bids will be accepted at the Skokie Village Purchasing Office located at 5127 Oakton Street, Skokie, Illinois 60077, in room 327, from 9:00 AM to 4:00 PM, Monday through Friday, until 4:00 PM on January 30, 2017.

All bidders must be licensed contractors and must have adequate experience in the type of work to be performed. The successful bidder will be required to furnish a Performance Bond in the amount of $50,000.00.

For further information, contact the Skokie Village Purchasing Agent at 847-835-7700, ext. 327.

NOTICE TO BIDDERS

BIDS 4017-033

STREET NAME: VILLA專家

1. The Village of Glendale Heights is now accepting sealed bids for the demolition of two residential structures located at 6411 & 6415 Villa Terrace, Glendale Heights, Illinois 60021. The project is expected to be completed by December 31, 2016.

2. Bids will be accepted at the Village of Glendale Heights Purchasing Office located at 555 Skokie Boulevard, Glendale Heights, Illinois 60021, in room 210, from 8:30 AM to 4:00 PM, Monday through Friday, until 4:00 PM on January 30, 2017.

3. All bidders must be licensed contractors and must have adequate experience in the type of work to be performed. The successful bidder will be required to furnish a Performance Bond in the amount of $50,000.00.


LEGAL NOTICES

PUBLIC NOTICE

The Village of Glendale Heights, Illinois, hereby gives notice that a hearing at the Village Hall, 555 Skokie Boulevard, Glendale Heights, Illinois 60021, will be held on Monday, July 17, 2017, at 8:00 PM, at which time the Village Board of Trustees will consider the adoption of an ordinance establishing a moratorium on the issuance of any building permits for residential structures, effective immediately.

The moratorium is proposed to be effective for a period of one year, and is intended to allow the Village Board to consider the appropriate regulations and procedures for the issuance of building permits for residential structures.

All interested persons are invited to attend the hearing and to make their views known.

For further information, contact the Village of Glendale Heights Purchasing Agent at 630-563-8900, ext. 210.
FAMILY FRIENDLY

‘Island’ of carnival fun and music for families

BY MYRNA PETLICKI
Pioneer Press

Go on an island adventure with your children at the Island in the City Festival, July 6-9, at Norridge Park District, 4631 N. Overhill Ave.

For $25 each, you and your children can get wristbands that allow you to take all the carnival rides. There's even a family-friendly Kids Zone on the Midway with milder rides.

A full schedule of live music is planned in a wide variety of styles from hard rock to blues to tribute bands. The last day of the festival is declared Country Sunday.

Even the fussiest young eaters should find food that they love from the huge selection that includes such kid favorites as cheeseburgers, hotdogs, nachos, tacos, roasted corn, pizza and curly fries. There's even an ice cream parlor. Vendors will also offer food favored by grownups.

The carnival runs from 5-10 p.m. July 6, 5-11 p.m. July 7, 1-11 p.m. July 8 and 1-10 p.m. July 9.

For details, call 708-457-1244 or see www.islandinthecity.com.

Marching orders

You’ll see the Chicago Hawaiian Dancers, Ensemble Español Spanish Dance Youth Company, Incredible India, the Jesse White Tumbling Team, the Medinah Clown Unit, Those Funny Little People and more in the Skokie Fourth of July Parade. The event begins at noon at Lincoln Avenue and Dobson Street, heading down Lincoln to Niles Center Road and then down Oakton to Oakton Park.

For details, call 708-457-1244 or see www.islandinthecity.com.

Full Fourth

You can celebrate the Fourth of July all day in Evanston. There will be playground sports in the morning at seven locations, roller skating and refreshments at Fleetwood-Jourdain Center and a Kids Fun Run before a 2 p.m. parade. Evening activities will include a band concert, 7:30-9 p.m., followed by Lakefront fireworks.

For details, see www.evanston4th.org.

Sundaes every day

Also hand-dipped cones, floats and shakes made with Homer's Ice Cream. That's what you can get during Historic Wagner Farm Sweets & Treats, 11 a.m.-5 p.m. Mondays-Saturdays and 11 a.m.-3 p.m. Sundays, through August, at 1510 Wagner Road, Glenview.

For details, call 847-724-5670 or see www.glenviewparkdistrict.org.
Inaugural gala raises $80,000 for Hana Center

Event: Hana Center's Inaugural 'Root to Fruit Gala'

Celebrating: The creation of the Hana Center in Chicago through a merger of the Korean American Community Services and the Korean American Resource and Cultural Center

Benefiting: The Hana Center's advocacy work and social services, which support more than 15,000 community members

Date: May 5

Location: Holiday Inn Chicago North Shore, Skokie

Attended: 330

Raised: $80,000

Website: www.hana center.org

Hana Center Board President Arnold Park and Board Member Paula Kim, of Chicago

Korean Broadcasting Chicago's Olivia Yoo of Evanston and K-radio's David Youl Cho of Mount Prospect

Niles tea spotlights hats

Staff report

Forty fashion and history aficionados attended a spring Tea and Hat Fashion Show at Niles Historical and Cultural Center, 8970 N. Milwaukee Ave., March 23. The sold out event included guests from local Red Hat societies. Models showed a variety of vintage hats, ranging from pioneer bonnets to floral fantasies of the 1950s.

Debi Gajewski of Niles, chair of the event, served as moderator and displayed a small portion of her collection of more than 200 teapots at the event.

Some of the vintage hats displayed at the Tea and Hat Fashion Show.

Sarah Wynne and Diane Michalski, both of Niles, model vintage hats.

Tea and Hat Fashion Show at the Niles Historical and Cultural Center on March 23.

Share your event

We want to publish your photos. To submit, email sburrows@pioneerlocal.com.
COMMUNITY REAL ESTATE HOMES IN YOUR AREA

EVANSTON

Three-bedroom split-level home. Hardwood floors on first and second levels. Freshly painted interior. Large eat-in kitchen with view overlooking backyard with brick patio and perennials. Large family room with sunlight and new laminate floor. One full and one half bathroom. One-car attached garage. Freshly painted, enclosed work area off the kitchen.

Address: 2750 Crawford Ave.
Price: $414,000
Schools: Evanston Township High School
Taxes: $7,691
Agent: Coralie Norwell/Baird & Warner Winnetka

LONG GROVE

Brick home in Ravenna subdivision. High ceilings, hardwood flooring throughout, custom crown molding. The grand entrance invites you to a spacious layout & great flow that is perfect for entertaining. French doors lead into living room. Formal dining room. Stainless steel kitchen appliances, viking stove, granite countertops and island. Two-story family room with brick fireplace. Master bath has enclosed shower, whirlpool and dual vanity. Four beds, 3.5 baths total.

Address: 7293 Claridge Court
Price: $799,900
Schools: Stevenson High School
Taxes: $21,297
Agent: Jane Lee/RE/MAX Top Performers

MORTON GROVE


Address: 9047 Mango Ave.
Price: $409,000
Schools: Niles West High School
Taxes: $6,164
Agent: Christos Prappas/Properties

HIGHLAND PARK

Tri-level home is situated on landscaped lot. Vaulted ceiling living room flanked by screened porch. White kitchen with newer stainless appliances. Enlarged master bedroom with sliders opens to balcony. Over-Anderson windows throughout, hardwood flooring under the carpet in most areas. Four beds, 2.5 baths.

Address: 2700 Marl Oak Drive
Price: $399,500
Schools: Highland Park High School
Taxes: $10,575
Agent: Lauren Schreyer/Coldwell Banker Residential Brokerage Gold Coast

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COMMUNITY REAL ESTATE TRANSFERS

<table>
<thead>
<tr>
<th>ADDRESS</th>
<th>BUYER</th>
<th>SELLER</th>
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This list is not intended to be a complete record of all real estate transactions. Data compiled by Record Information Services  ■ 630-557-4000  ■ public-record.com
**COMMUNITY CALENDAR**

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

**Thursday, June 29**

**The John Avila Trio at Green Street Grille:** The John Avila Trio performs classic jazz, rock, blues, and more at Green Street Grille. 7:30 p.m. Thursday, Green Street Grille, 120 W Green St., Bensenville, free, 630-474-3201

**The Last Bandoleros:** With Dave Herrero. 8 p.m. Thursday, SPACE, 1245 Chicago Ave., Evanston, $10-$18, 847-478-8860

**Summer History Tours:** The Summer History Tours take place during 11 a.m. Thursdays, Fridays, Saturdays and Sundays, from June 13-Aug. 20. Take a tour of the historic buildings with costumed interpreters who show guests what pioneer life was like over 150 years ago. The tours are free and include demonstrations plus fun activities for kids. 11 a.m. Thursdays, 11 a.m. Saturdays, 11 a.m. Sundays and 11 a.m. Tuesday. The Grove, 1421 Milwaukee Ave., Glenview, free, 847-724-5670

**Historic Wagner Farm - Daily Farmhouse Tours:** Drop in for free activities every day this summer at Historic Wagner Farm. No advance registration is required. For more information, call 847-724-5670. Daily from 10 a.m. to 3 p.m., Historic Farmhouse Tours to learn about daily life on a 1920s farm. 10 a.m. daily, Wagner Farm, 1510 Wagner Road, Glenview, free, 847-657-1506

**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. Fridays, 7:30 p.m. Saturdays and 7:30 p.m. Sundays, Actors Gymnasium, 927 Noyes St., Evanston, $20 for adults, $15 for kids, students and seniors, 847-328-2795

**Paper Sumo grades 1-4:** In Japan, Paper Sumo is a huge game; join special guest instructor and visiting Larnasian scholar Eric Kanda, to design and build your own set. Register at glenviewpl.org/register or call 847-729-7500. 4 p.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

**Morton Grove Days:** Bring the family for carnival rides, food, children's activities, entertainment and a Fourth of July parade to end the fest. 4 p.m. Friday, 2 p.m. Saturday, 2 p.m. Sunday, 4 p.m. Monday and 2:30 p.m. Tuesday, Morton Grove American Legion Civic Center, 6140 Dempster St., Morton Grove, free, 847-965-4100

**Gentle Yoga:** Yoga instructor Olga Rudiak leads a series of yoga sessions for improved physical strength, relaxation and mental clarity. Exercises are done in a chair or standing not on the floor. 9:30 a.m. and 11 a.m. Fridays, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**Stories in the Park for All Ages:** Join the Northbrook Public Library at the North Suburban YMCA for a special storytelling in the park with fun stories, rhymes and songs. 10 a.m. Friday, North Suburban YMCA, 2705 Techy Road, Northbrook, free, 847-772-7250

**Monsters to Destroy: America in the Middle East:** What explains the emergence of ISIS? Investigate the historical roots of events taking place in today's Middle East by tracing the development of this ever-changing region from the birth of Islam to contemporary times. 1 p.m. Fridays, North Shore
Saturday, July 1

Bill Frisell & Thomas Morgan: 8 p.m. Saturday, SPACE, 1245 Chicago Ave., Evanston, $25-$55, 847-492-8860

Animal Arts and Seasonal Stories: “Animal Arts & Seasonal Stories” are recommended for children ages 5 and up, and there is no minimum age requirement. Activities are offered at varying levels of difficulty and interest to engage the entire family. An adult must accompany participants. 10:30 a.m. Saturdays and 10:30 a.m. Sundays, Mitchell Museum of the American Indian, 3001 Central St., Evanston, $3 kids, $5 adults, 847-475-5440

Chicago Botanic Garden Art Festival: Stroll and shop among 100 juried artists on the Esplanade. This one-of-a-kind art festival brings botanical-themed and botanically inspired photography, paintings, ceramics, metal, fiber, wood, jewelry and other pieces to the Chicago Botanic Garden. 10 a.m. Saturday and 10 a.m. Sunday, Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe, free, 847-835-5440

Glenview Farmers Market: This Farmers Market takes place from 8 a.m.-12 p.m. through Oct. 28. This weekly event takes place rain or shine, to shop for seasonal fruits and vegetables, flowers, homemade jellies and preserves, cheese and eggs. For a full list of vendors and special market events visit: www.glenviewfarmersmarket.org. For more information, call 847-492-8860. 8 a.m. Saturdays, Wagner Farm, 1510 Wagner Road, Glencoe, free, 847-734-5670

Family Night Golf: These family golf driving contests. Outside food and coolers are prohibited. Parking is available at the MB Financial Park parking garage and is free with validation from any of the park's venues. 7 p.m. Friday, MB Financial Park at Rosemont, 5501 Park Place, Rosemont, free, 847-349-5008

Sunday, July 2

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

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

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-31075817701

Monday, July 3

The Mudflaps live every Monday: The Mudflaps sing and play their hearts out every Monday in the pub from 8 p.m. until 12 a.m. Food and drink served late. 8 p.m. Monday, The Celtic Knot Public House, 626 Church St., Evanston, free, 847-864-1679

Knitting Roundtable for Adults: Ronnie Rand, 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 Library, 6410 Lincoln Ave., Morton Grove, free, 847-965-4220

Tuesday, July 4

Evanston Fourth of July Celebration: The Evanston Fourth of July Association’s annual display launches from Clark Street Beach and can be viewed from any part of the lakefront area east of downtown Evanston. 9:15 p.m. Tuesday, Clark Street Beach, 1811 Sheridan Road, Evanston, free

Fourth of July Fireworks in Glenco: Enjoy the annual fireworks show and arrive early for live musical performances at 6 p.m. 9 p.m. Tuesday, Lakefront Park, 647 Longwood Ave., Glencoe, free
Knitting Club: If you want to learn to knit, or you are working on a knitting or crochet project, drop in to share tips, show off your work and converse with fellow needle arts enthusiasts. Bring your own knitting supplies. 11 a.m. Wednesday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277

MGPL Writers Workshop: The MGPL Writers Workshop is for writers who want to share their works in progress and support other writers in drafting, revising and finishing manuscripts, essays, poems or any other type of writing. For questions, contact Chad at chad@mgpl.org. 7 p.m. Wednesday, Morton Grove Public Library, 6410 Lincoln Ave., Morton Grove, free, 847-965-4220

Summer Stories: This is for all ages to enjoy fun summer stories at the library. 10:30 a.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224.

Community Wednesdays: Join in every Wednesday for a few hours of mind, body and spirit enrichment.

First Ladies: Nancy Reagan to Melania Trump: The role of the modern First Lady is nothing that Martha Washington could ever have imagined. Discover how modern times are reflected in the education level and aspirations of the most recent First Ladies. 1 p.m. July 6, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224.

First Ladies: Nancy Reagan to Melania Trump: The role of the modern First Lady is nothing that Martha Washington could ever have imagined. Discover how modern times are reflected in the education level and aspirations of the most recent First Ladies. 1 p.m. July 6, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224.

Geoscience Embroidery: Works by Bonnie Peterson: The Evanston Art Center (EAC) welcomes the public to Geoscience Embroidery, featuring the works of Bonnie Peterson. The artist uses embroidery to investigate cultural and environmental issues. 6 p.m. July 7, Evanston Art Center, 1717 Central St., Evanston, free, 847-475-5300.

Armbach Travel: Venice The Queen of the Adriatic: Take a tour of Venice with Al Poppow Europe the Easy Way. Wind down the Grand Canal and learn about historic bridges, churches and palaces along the way. Enter the Piazza San Marco and visit the 11th century Basilica di San Marco. The magnificent Ducal Palace, the Bridge of Sighs and more. Register at glenviewpl.org/register or call. 1 p.m. July 7, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Friday Film - "Patriot's Day": This rated R film is the story of the 2013 Boston Marathon bombing and the aftermath. It includes the city-wide manhunt to find the terrorists responsible. 1 p.m. July 7, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277.

Movies, Theaters, Museums and More: Let's Talk: Enjoy an informal monthly conversation about the arts and culture in and around Chicagoland. Share your interests, experience, and knowledge about what's happening. And listen to what others have to say about theater, music, dance, museums and more. Vivian Mitchel moderates the discussion as you discuss the cultural scene in the Chicago area. 1 p.m. July 7, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-784-6030.

Cruisin' Park Ridge: Come out for Cruisin' Park Ridge, the car shows in Park Ridge on the first Fridays of June, July, August, and September. Hosted by the Park Ridge Chamber, held in the library lot. 6 p.m. July 7, Park Ridge Public Library, 20 S Prospect Ave, Park Ridge, free, 847-625-3121.

Rat Pack Returns Spectacular: We're excited to announce a truly spectacular spring show — the Rat Pack Returns Spectacular at the Estate by Gene & Georgetti in Rosemont. 6 p.m. July 7, Gene & Georgetti, 9421 West Higgins Road, Rosemont, $75, 847-653-3300.

Saturday, July 8

BimBamBoom at Temperence Beer Co: This is a night of comedy, magic and dance galore. This show combines an appreciation for the finest brewed beers with the classic American tradition of burlesque! Every performance showcases adults strippease and Chicago's best comedians, along with jugglers, comedy songs, magic and more! Featuring the incredible burlesque talents of Cyn Cat, Kevelar B. Lightning, Sauda Namir and Zatanna Zorelle. 9 p.m. July 8, Temperence Beer Company, 2000 Dempster St., Evanston, $10 suggested donation, 847-864-1000.

We Want To Have Fun, Too - Special Needs Social Dance: A weekly program of social dancing geared to the Special Needs community featuring live, acoustic world music by the Evanston-based band Jutta and the Hidukes. All skill levels are invited to do fun traditional dances from many cultures. This is partially supported by a grant from the Evanston Arts Council. 11 a.m. July 8, Evanston Civic Center, 2100 Ridge Ave., Evanston, $5 admittance, Aides enter free, 847-864-1022.

"The God of Isaac": Grippo Stage Company presents James Sherman's semi-autobiographical account of a young American Jew searching for his identity. 3 p.m. and 8 p.m. July 8 and 3 p.m. July 9, Piven Theatre Workshop, 927 Noyes St., Evanston, $30, 800-838-3006.

Sun Science and Art: Learn about nature's original power source, the Sun. Then get creative and use it to design an original piece of art. This is suggested for ages 5 years and up. Please register at glenviewpl.org/register or call. 11 a.m. July 8, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Illustration by Design: Meet artist Turn to Calendar, Page 26
Illustrator Kathy O’Malley to learn how children’s books are illustrated from the ground up — from manuscript to publication. Kathy reads from one of her books, walks with attendees through her current Art in the Library exhibit, and encourages aspiring artists, young and old alike, to follow their dreams. Register at glenviewpl.org/register or call. 2 p.m. July 8, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

PSAT or SAT Practice Test — Grades 9 to 12: C2 Education facilitates practice tests for either the PSAT or SAT. Gain experience with these tests, now a standard for Illinois college testing. Note: Students should choose the test they wish to take when registering for the program. Attendees bring pencils and a calculator and tests begin promptly at noon. Emphasis: please do not be late. Register by July 7 at glenviewpl.org/register or 847-729-7500. Noon July 8, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Adding Context: Social History for Genealogists: Ginger Frere discusses the value of adding social context to family stories, reviews samples of narratives where context is provided, and looks at some published social histories to determine where and how to find materials of interest to genealogists. In partnership with the North Suburban Genealogical Society. Please register at glenviewpl.org/register or call. 1 p.m. July 8, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Family Film — “The Secret Life of Pets”: This rated PG film is about the quiet life of a domestic terrier. Life turns upside down after his owner brings home a large and bumbling mutt. Moreover, the two dogs get lost in Manhattan. 2 p.m. July 8, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277.

Old Town Family Jam: Ben Tatar: This is a wiggling, jumping, shaking and singing Saturday session with Ben Tatar (of Ben Tatar and The Tatar Tots). Tatar is a Wiggleworms instructor at Chicago’s Old Town School of Folk Music and a kindergarten through 5th grade general music educator. 10 a.m. July 8, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224.

North Shore Art Market: View works from juried artists from across the country in a variety of mediums, specializing in painting, photography, ceramics, glass, jewelry, sculpture, furniture, and more. In addition to the incredible artwork available for purchase, attendees will be able to interact with artists through demonstrations and booth chats. 10 a.m. July 8 and 10 a.m. July 9, Westfield Old Orchard, 4905 Old Orchard Shop Center East Ring Road, Skokie, free.

Sunday, July 9

“Hacksaw Ridge”: Just drop in to see this R-rated film about the true story of WWII Army Medic Desmond T. Doss, who served during the Battle of Okinawa. Doss became the first conscientious objector to earn the Congressional Medal of Honor. 1:30 p.m. July 9, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Concert: Vocalist Petra van Nuis—Guitarist Andy Brown: Swing by for an afternoon of jazz songs with this jazz duo. Petra van Nuis gets the audience’s toes tapping with hit dance songs from a bygone era. Features guitarist Andy Brown. 2 p.m. July 9, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277.

Second Sunday Community Breakfast: Everyone is invited to join us for food, conversation, and fun. Eggs, casseroles, fruits, and the baked goods you crave will be there. 9 a.m. July 9, Saint Giles Episcopal Church, 3025 Walters Ave., Northbrook, free, 847-262-6622.

Pet Blessing: Bring your pet to St. Luke’s Lutheran Church, for a Pet Blessing outside on the west lawn. All friendly pets are invited on a leash, in a carrier, or you can bring a picture of your pet to be blessed. 10:15 a.m. July 9, St. Luke’s Lutheran Church, 205 N. Prospect Ave., Park Ridge, free, 847-825-6659.

Have an event to submit? Go to www.chicagotribune.com/Calendar.
NOW PLAYING

"Cars 3" ★★
G, 1:49, animated
"Cars 3," a reasonably diverting account of middle-aged pity as experienced by race car Lightning McQueen, is not the weakest of the Disney/Pixar sequels. But it's the most guilt-ridden. Owen Wilson lends a hint of pathos throughout this movie, in which Lightning contends with a younger champion, Jackson Storm (Armie Hammer); transforms his trainer Cruz Ramirez (Cristela Alonzo) from Type A annoyance to Class A racer herself; and reconnects with values recalled in flashbacks by Lightnings now-departed trainer Doc Hudson, the Paul Newman character. The script keeps the stakes simple and the focus on getting Lightning back into the winners circle, on his terms. — Michael Phillips, Chicago Tribune

"Wonder Woman" ★★★½
PG-13, 2:21, action
Gal Gadot takes center stage in "Wonder Woman," director Patty Jenkins' almost entirely successful entry to the DC Comics movies. Daughter of Queen Hippolyta (Connie Nielsen), Diana trains like a fiend for the day she will confront Ares, God of War and learn the secret of her origin story. One day, a plane goes down near Diana's island home carrying American spy Steve Trevor (Chris Pine). Diana and Steve travel to Europe, where World War I is grinding toward a conclusion. Doctor Poison (Elena Anaya), working for the Germans, is toiling away on a deadly nerve gas, and her commander (Danny Huston) becomes Hulk-like in his strength when he whiffs a special evil inhalant. — M.P.

"All Eyez on Me" ★★
R, 2:20, drama
Rapper Tupac Shakur was a brilliant artist cut down in his prime. His life story has been overdue for the biopic treatment; now after a long gestation, the film arrives, directed by Benny Boom. But this biopic isn't quite worthy of its subject's remarkable life. Playing the part of Shakur is newcomer Demetrius Shipp Jr., channeling Shakur in a performance where actor and real person ultimately meld together. But the film gets off to a bumpy start, as it skitters around from life event to life event. The first 45 minutes of the film never jells and finds its legs in the second half. While it's a delight to watch Shipp channel Tupac, the imitation doesn't come close to the real thing. — Katie Walsh, Tribune News Service

"The Mummy" ★
PG-13, 1:47, action
Tom Cruise stars as Nick, a U.S. Army soldier and soldier of fortune, robbing off precious artifacts for resale. In 1127 England, a Crusader knight's tomb was buried beneath the future London. Flash forward to modern-day Iraq, where Nick and company stumble upon the entombed Ahmanet (Sofia Boutella). Ahmanet was in line to rule Egypt, but she was passed over and went on a revenge-killing spree. After a comic-relief airstrike, Ahmanet's free, and Nick is her conduit to global domination. — M.P.

"47 Meters Down" ★★½
PG-13, 1:29, horror
This is a surprisingly effective shark-in-the-dark thriller from horror director Johannes Roberts. Lisa (Mandy Moore) and Kate (Claire Holt) are two Americans on vacation on the Mexican coast. They meet two locals who convince them that they need to dive with sharks. Lisa is reluctant but Kate is totally up for it and before you know it, the two are in a cage underwater marveling at all the fish. Then a mechanical mishap sends the metal box plunging into the depths. — Cary Darling, Fort Worth Star-Telegram
Bragdon, Elsie M.
Elsie Mae Bragdon, 92 years young of Morton Grove, passed away June 23, 2017. Cherished mother of Jean Bragdon (Connie McMahon) and John (Rose) Bragdon; proud grandmother of Katelyn and Timothy Bragdon; dear best friend of Carolyn (nee Gritten) Lawrence. Visitation Wednesday, June 28th, from 2-8 PM at Oehler Funeral Home, 2099 Miner Street, Des Plaines. Funeral service Thursday, June 29th, at 10:30 AM, at Cornerstone Evangelical Free Church, 2 Shermer Road, Glenview. Entombment Ridgewood Memorial Park, Des Plaines. Memorials may be made to The King's Camp, 9560 Lindenwood Rd., Chana, IL 61015.

Huber, Mortimer George "Mort"
Mortimer George Huber, Jr., age 84, passed away on Wednesday, June 21, 2017 at his home in Clinton, WI surrounded by his loving family and friends. Mort was born on August 22, 1932 to Mortimer George Huber and Mary Ellen Osborn Huber in Madison, WI. He attended the University of Wisconsin-Madison and graduated from Beloit College. He served his military obligation in the US Army from 1955-1956 and was stationed in Germany. Mort and Susan Verthein were married on July 14, 1962. They began their life together in Park Ridge, IL. Mort was the oldest founding principal of Geneva Advisors, which was created in 2003, bringing more than 57 years of experience managing portfolios to the company. Mort looked at Geneva not just as a business but as his family. Prior to joining the firm, Mort was a Principal and Portfolio Manager at William Blair & Company for 25 years and a Vice President at AG Becker for 12 years. He began his career with the Continental Illinois National Bank & Trust Company where he managed corporate pension and profit sharing trusts. Mort admired history and was deeply devoted to tradition and family heritage. Mort and "Susie" were fond of antiques. His passion for classic antique cars led to a remarkable collection. Mort was an avid University of Wisconsin Badger and Green Bay Packer fan, skier and sports enthusiast. He loved life and lived it to the fullest. Mort was generous with himself in supporting others in their lifelong journeys. Mort is survived by his beloved wife of 54 years, Susan; loving children Margaret Mary (Mike) Hackworthy and Mary Beth Schell; cherished grandchildren Mary Kate and Annmarie Hackworthy and Ali, John and Isabella Schell; dear brothers Dan (Pat) and Jim (Joyce) Huber; special nieces and nephews; and many wonderful friends. Visitation was held Tuesday, June 27, 4 p.m. to 9 p.m., at Ryan-Parke Funeral Home, 120 S. Northwest Hwy., Park Ridge, IL. Funeral mass was held Wednesday, June 28, 9:30 a.m., at St. Paul of the Cross Church, 140 S. Northwest Hwy., Park Ridge, IL. Interment followed in Clinton Cemetery, Clinton, WI. In lieu of flowers, memorials to St Stephen Catholic Church, Clinton, WI, www.ststephen.weconnect.com or Mercy Hospice Care, Janesville, WI, www.mercyassistedcare.org, are appreciated.

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Plugging in to the future

5 reasons electric vehicles to upend conventional cars

By Kelsey Mays
Cars.com

Plug-in cars may still seem few and far between on your daily commute, but a new report says they're progressing toward broader acceptance. The 40-page study, released this month by the University of Michigan's Transportation Research Institute, says plug-in and battery-electric cars are increasingly competitive with conventional vehicles.

The institute credits recent advancements in a range of areas, plus future trends in vehicle costs and charging infrastructure, as reasons that plug-in cars such as pure electric vehicles and plug-in hybrids can replace their plug-free counterparts for most U.S. drivers "in the relatively near future."

Why? Here are five reasons.

People are buying more of them: U.S. shoppers bought about 72,000 plug-in cars through the first five months of 2017, per InsideEVs.com. That's only about 1 percent of all passenger vehicles sold through the same period, by Automotive News' count. But sales for such cars are on the rise despite relatively cheap gas. Electricity remains a bit more expensive than gasoline. But if density improvements come, drivers "in the relatively near future" could replace their plug-free counterparts for most U.S. drivers, the report says, and that could happen as soon as 2045.

At the same time, batteries have improved to less than double the charge time, on average, versus plug-in hybrids, or 4.8 hours compared with 2.8 hours on 240-volt (Level 2) chargers.

Charging Infrastructure is growing: Citing government data, the report says U.S. drivers have access to some 16,000 public stations and 43,000 outlets. Stations have doubled since 2014 and increased eightfold since 2011, the institute says, though they're still few compared with the country's 112,000 or so gas stations. About 80 percent of public charger connections are Level 2, while 13.1 percent are DC fast-chargers. The remainder are Level 1 (household-style outlets), with a smattering of inductive chargers. More public chargers are coming via a $1.2 billion settlement as part of the Volkswagen diesel emissions cheating scandal.

Electric cars are cheaper to operate: Citing government data, the institute says the average cost to charge a plug-in car is equivalent to paying $1.21 per gallon of gas, more than a dollar less than the price of gas. Over the next 30 years, the study says, the government projects that cost to increase less than 50 cents a gallon-equivalent, versus a projected increase in gasoline costs of $1 per gallon.

Put another way: In 2050, the government projects the cost to charge a plug-in car as equivalent to paying less than $1.50 per gallon of gas, while that gallon of gas will run more than $3. Prices are likely to fluctuate less too: Between 2000 and 2017, the price of electricity fluctuated 62 percent, the institute notes. The price of gas, by contrast, fluctuated 253 percent.
SHOWING OFF

Local collegiate players showcase soccer skills for Chicago FC United

BY BRETT CHRISTIE

Moments after his team’s 1-0 loss to Christos FC in the third round of the U.S. Open Cup soccer tournament, Chicago FC United forward Jeff Farina was understandably frustrated. Farina and his teammates had squandered several chances to equalize during the May 31 game, and a win would have meant a fourth-round match with D.C. United.

There’s plenty yet for Farina and the rest of the club, which is comprised primarily of college players, to play for. However, an opportunity to showcase themselves against an MLS team like D.C. United would’ve served as the ultimate payoff of playing with the Northbrook-based summer team.

“It’s a huge deal for us,” Farina said of playing in the U.S. Open Cup. “The next game would’ve been D.C. United, and that would’ve been a great opportunity for us. A great opportunity for guys to see where they stand as players and see whether they could make it to the next level or not.”

Farina, who will be a senior at Notre Dame in the fall, hopes his experience with FC United will not only prepare him for his upcoming college season, but also give him a chance to display his talent for professional scouts who often attend the team’s Premier Development League matches.

That is, in essence, the stated goal of the team, which is in its first year of operation, said general manager Kyle Retzlaff.

The key people in charge of the FC United PDL team, which also includes owner John Dorn, came over from the Chicago Fire’s PDL outfit. The Fire decided not to retain a connection to the PDL, according to Retzlaff, and so the squad now falls under the umbrella of FC United, an established boys and girls soccer club on the North Shore.

Through their experience and college contacts with the Fire, Retzlaff, Dorn, and coach Charlie Trout, among others, put together a roster of Chicago-area college soccer players in search of a common goal.

“It’s a great platform for our players to showcase themselves and continue their development. I think each individual player has a little bit different goal when they come into the summer,” Retzlaff said. “Some of the players are looking to either regain fitness or improve their on-field product for their college seasons, and some of our players are also showcasing themselves for professional opportunities.”

Lyons alumnus and current Illinois-Chicago player Cristian Sanchez was among the players whom Retzlaff contacted. Sanchez, who will be a sophomore at UIC, fits into the category of a player who is preparing himself for the upcoming college season. Against Christos, Sanchez started at left back and was a bright spot for the defense.

“I knew this team would be a bright spot for the defense. I knew they would have some great talent and that I wanted to keep on playing beyond my year in school, so during the summer I wanted to get a head start on the next year of college soccer, so I knew playing on this team would really improve me as a player with all these great talents from different schools,” Sanchez said.

“Coming from UIC, I’m getting to play with four or five of my UIC teammates and we should have a really good team next year, because we’re playing right now outside of school and it’s only going to give me a heads up for next fall.”

Like Farina and many of the players on the roster, Lake Forest alumnus and current Northwestern player John Moderwell played with the Fire PDL team last summer, so he was more than familiar with the newly-formed FC United club. Moderwell didn’t join the team during the summer and so the squad now falls under the umbrella of FC United, an established boys and girls soccer club on the North Shore.

Through June 20, FC United was in fifth place out of six PDL teams in the Heartland Division of the Central Conference. The team practices at Techy Prairie Park and Fields in Northbrook and plays most of its home games at Northwestern and Loyola of Chi-

Other area FC United players

Alex Alfaro (Buffalo Grove)
Francesco Moore (Highland Park)
James Keefe (Libertyville)
John Freitag (Hersey)
Frank Bak (Glenbrook South)
Greg Solawa (Niles West)
Louis St. John (Hinsdale Central)

As far as travel is concerned, Retzlaff said the team takes a bus to games in St. Louis, Des Moines and Detroit and flies to Canadian cities like Winnipeg and Thunder Bay. Retzlaff said that all expenses are paid for by the club.

“From our standpoint, we’d like to keep that model of a player-development-driven model so we don’t charge anything from our players to participate,” Retzlaff said. “We have an owner and an ownership group who finance the team, who cover the operating expenses, the league fees, all the expenses that are incurred by running the team during the summer.”

FC United has several more PDL games before the regular season ends in Des Moines on July 15. Aside from player development, the team seeks a top-two finish in their division, which would guarantee them a spot in next season’s U.S. Open Cup tournament and a playoff berth.

“We’re obviously competitive, so we’d like to see our team advance into the playoffs, Retzlaff said. “So from a team perspective, we’re looking to be successful on the field, but also showcasing our players for potential opportunities in the future for them.”

Brett Christie is a freelance reporter for Pioneer Press.
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Niles North grad helps lead junior college to national tournament

BY STEVE SADIN
Pioneer Press

Kienya Jones is driven by an overwhelming desire to win basketball games.

"She hated losing," said Dan Paxson, Jones' basketball coach at Niles North. "She is very fiery and when she senses losing she gets fired up and gets her teammates fired up.

Jones, an Evanston resident, used her passion to help lead a turnaround of the Motlow State Community College women's basketball team. A year after the Lady Bucks went 11-16, Jones helped lead her new team to the 2017 National Junior College Athletics Association Division I national tournament.

After graduating from Niles North in 2015, Jones spent her freshman year at Eastern Florida State, a community college in Melbourne, Fla. She transferred to Motlow State (Tenn.) before her sophomore year. Jones, who is 5-foot-9 and primarily plays power forward, said she transferred because she saw an opportunity with a team that lacked experienced talent. She also saw a chance to win.

"I was going to have more freedom to do what I do well," Jones said. "It really looked like a good basketball fit. When I went to the gym there was always a teammate there wanting to get better."

Coach Bart Walker and assistant coach Donnie Woods took over the Lady Bucks before the 2016-17 season.

"Recruited a lot in the Chicago area and knew about her," said Woods, who became interim head coach after the season when Walker became coach at Northwest Florida State. "I knew she had Division I talent. She's a tough kid, a very strong team leader and a strong rebounder."

Motlow State went 27-6 this past season, finished second in its conference and got an at-large bid to the NJCAA tournament for the first time in team history. The program began in 1974.

Starting every game, Jones averaged 11.9 points and a team-high 7.2 rebounds. She was named first-team all-conference. In addition, Jones said she helped her teammates achieve their potential.

"She was a mother figure for the younger players," Woods said. "She helped the freshmen grow up fast."

After finishing second at the conference tournament, Motlow State was not guaranteed a spot in the national tournament. Jones said the team gathered together and kept watching their phones for news as selections took place.

"I kept thinking is it really over, just give us a chance," Jones said. "Then I hit refresh and it came up Motlow State."

After Motlow State lost its first-round game to South Georgia Tech in Lubbock, Texas, 64-56, Jones' fire for more came out.

"We should have won the tournament," Jones said.

Paxson said he was not surprised by Jones' reaction.

"She still hates losing," Paxson said. "She is very committed."

Jones is spending the summer in Evanston and taking correspondence courses through Motlow State. She said she is actively engaged in finding the right place to study and play basketball her junior year. She has several schools in mind; however, she declined to provide names.

Wherever she lands, Paxson said he expects success.

"She has a level of physicality better than anyone I've ever coached," Paxson said. "She plays much bigger than her size. She can definitely be a Division I player."

Steve Sadin is a freelance reporter for Pioneer Press.

Kienya Jones averaged 11.9 points and a 7.2 rebounds per game as a sophomore at Motlow State.
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