Promoting unity
Niles West students pay tribute to Martin Luther King Jr. Page 6

LIVING
DNA reveals connections
Friends could be family. Family could be unrelated. DNA websites offer answers while raising more questions. Inside

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League leaders
Area wrestlers compete at conference tournaments. Page 32

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Could old-school nuclear training come in handy?
Randy Blaser dusts off childhood lessons in wake of false alarm in Hawaii. Page 15

Putting a face to factory closings
SHOUT OUT

Marko Ratic, Community Star Award winner

Niles resident and businessman Marko Ratic's involvement with cars doesn't end with his family-run company, North Shore Motor Works.

Each summer, on the first Friday of the month, Ratic heads up the Park Ridge Chamber of Commerce's Cruisin' Park Ridge car show next to the Park Ridge Public Library.

Ratic's work with the car show was noted in his nomination for a 2017 Community Star Award — an award he will receive Feb. 17.

Q: How did Cruisin' Park Ridge come about?
A: It was an idea that was started through the Park Ridge Chamber of Commerce with the retail committee. We were trying to create an event each and every month to draw a crowd to the Uptown area. It started off as a "First Friday" thing, and we decided to do a car show during the summer months.

Q: What does the car show raise money for?
A: We raise money for the (chamber's) retail committee so we can promote and do these type of events more and more, so the local businesses can benefit from it.

Q: Why do you think people like the shows?
A: It's in an exclusive area, and it's only four times a year, which doesn't make it too redundant. It's in the center of everything, and you have people come from all over. Skokie, Lincolnwood, Mount Prospect, Des Plaines.

Q: Have there been any cars exhibited that really stood out to you?
A: We had a classic ice cream truck from the '50s or '60s, and we had a car that is from 1915. We've also had award-winning Road Runners show up. During the last event, we had replica cars come out, like a replica of the General Lee from "The Dukes of Hazzard" and the car from "Knight Rider."

Q: If you could own any car in the world, what would it be?
A: Oh man. (Laughs). That's a tough one. When you've worked on cars for so long you don't have that big of a preference.

Q: But do you have a favorite type of car?
A: I'm a Mustang guy, just because of the sportiness and the look of it, that kind of stuff. And I grew up around people that would build them.

Q: What would someone be surprised to learn about you?
A: That I'm actually more shy than I appear.

Q: Have you made any new year's resolutions?
A: Just to help out as many people as possible.

—Jennifer Johnson
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Dem AG candidates talk Trump, pot at forum

Field shows broad agreement about variety of issues

BY ALEX NITKIN
Pioneer Press

Critiques of the Trump administration dominated a forum held Jan. 14 in Evanston for the eight Democrats vying for state attorney general, with other talk such as legalizing marijuana and holding police more accountable dabbled in.

All of the candidates threw their support behind the full legalization of marijuana for recreational use, vowing to stymie any efforts by U.S. Attorney General Jeff Sessions to crack down on medical cannabis sales already being run up across the state.

"Don't decriminalize. Don't go halfway. Don't investigate it," said civil rights attorney and law professor Aaron Goldstein, who is running for the post. "Illinois needs to show some courage and legalize this right now, and we need to stand up to (President Donald) Trump."

The candidates' answers to the final question asked at the two-hour forum, held at Grace Lutheran Church, echoed their broad agreement on issues ranging from gun safety to voting rights to police accountability, all while they competed to condemn Trump in increasingly emphatic terms.

The crowded field of Illinois attorney general candidates emerged after Democrat Lisa Madigan announced in September that she wouldn't seek a fourth term as the state's top litigator. Among the contenders are lawyers who have practiced in Chicago and its suburbs, including former Gov. Pat Quinn and political newcomers like René Mariotti, a Chicago activist and former federal prosecutor.

Eight Democrats and two Republicans are running for the office.

Organized by the National Organization for Women and Action for a Better Tomorrow, a progressive activist group that formed in the wake of the 2016 election, the forum repeatedly circled back to reports that Trump made a profane reference to Haiti and some African nations in a White House meeting Jan. 11.

Trump acknowledged using "tough language" but denied saying the expletive phrase.

State Sen. Kwame Raoul, D-Chicago, the son of Haitian immigrants, said that the day after that Oval Office meeting he called for the president to resign over the remarks.

Wearing a Haitian flag lapel pin, attorney general candidate Raoul touted his authorship of multiple criminal justice reform bills during his 13-year tenure in the state Senate, adding that he's now pushing legislation that would make it easier to fire cops over misconduct.

Currently, police in Illinois only see their certification removed if they're convicted of a felony, according to state law.

"As a lawyer, if someone has a complaint about me, they can go ... and have my license pulled," Raoul said. "We should have the same standard for those who carry deadly force."

Sharon Fairley also pledged to lean on local governments to tighten oversight of their police officers. She and Raoul are the only African-Americans running for the office.

Fairley said she would convene a panel to draft a statewide use-of-force policy, and recommend annual training sessions for officers, on top of enforcing the Chicago Police Department's ongoing consent decree with the U.S. Department of Justice.

The former federal prosecutor stepped down from her perch atop the Civilian Office of Police Accountability, the nascent agency charged with revamping oversight of the Chicago Police Department, to jump into the attorney general race last year. On Jan. 14, she called Chicago's "the most troubled police department in the country."

"I've proven that I have the capability to hold the powerful accountable," Fairley said.

Highland Park Mayor Nancy Rotering said she would use the office to take on gun manufacturers, having beaten back a lawsuit from the National Rifle Association when her town passed restrictions on gun sales in 2013.

"I'm the mayor of a city that banned assault weapons and large-capacity magazines, and you all have that constitutional right because of the lawsuit that took us to the U.S. Supreme Court," Rotering said. "I will be that advocate as attorney general."

The candidates' hard lines on liberal priorities -- especially their unanimous support for full marijuana legalization -- shocked Mia Furlong, who came from Chicago's Lincoln Square neighborhood to see the forum in person, she said.

"It was surprising to me that they're all just so blatantly progressive," Furlong said. "Between how strongly they emphasized criminal justice and how much they talked about protecting communities of color, it feels like there's not really a middle-of-the-road Democrat in there."

State Rep. Scott Drury, D-Highwood, whose 58th District includes Highland Park, Northbrook and Lake Forest and stretches up to North Chicago, emphasized a campaign to "clean up Illinois," targeting corruption among both Republican and Democratic leaders.

He emphasized his distinction as the only Democrat in the General Assembly who voted last year against Mike Madigan's re-election as House speaker.

Drury was also the only candidate to lob barbs at his opponents on the dais Sunday. He mentioned Raoul's 2013 support of a concealed-carry bill after saying the state's Democrats "need people with spines," and he accused Quinn of dragging his feet during efforts to switch the state's elections to an open primary system that wouldn't ask voters to identify by party.

While the Democrats found that their views overlapped on most issues, many highlighted their personal backgrounds as a means of distinguishing themselves within the pool of candidates.

Former Chicago Board of Education vice president Jesse Ruiz, who explained that his father immigrated from Mexico through the Bracero migrant worker program during WWII, mentioned Trump's 2016 comments against a Mexican-American federal judge. The comments were later described by GOP House Speaker Paul Ryan as racist.

"I look forward to being the first Mexican-American attorney general," Ruiz said.

"And if you think judge Gonzalo Curiel bothered Trump, wait until you get (President Donald) Trump ... I'm going to drive him out of his mind."

The forum's organizers said they had the president in mind for the crowded stage and the hundreds of spectators who packed the church sanctuary of Grace Lutheran Church, 1430 South Blvd., according to Alisa Kaplan, the director of Action for a Better Tomorrow.

"For a lot of people, myself included, we just didn't pay any attention to the state attorney general race," said Kaplan. "People were just ignorant of state and local politics, and a tremendous benefit of the (2016) election is that suddenly people are paying attention to dimensions of politics that they weren't before."

Republican attorney general candidates Erika Harold and Gary Grasso were also invited to the forum, but they both declined to attend, organizers said.

The Illinois gubernatorial primary will be held March 20.

Alex Nitkin is a freelancer.
Sale pending on land where the Purple Hotel once stood

BY GENEVIEVE BOOKWALTER
Pioneer Press

A Chicago development firm has secured the option to buy the former Purple Hotel property in Lincolnwood, with plans to build a mixed-use development on the site of the legendary lavender lodge just east of Interstate 94.

“We’re very excited to make a positive change in the community and make a positive change to that property,” said Todd Zima, co-owner and design director with ZS Development of Chicago. “It’s really about establishing a sense of place in Lincolnwood.

Lincolnwood Village Manager Tim Wiberg said the land sale is pending, waiting on village approval of development plans. The parcel, located in the 4500 block of West Touhy Avenue, has been owned by Skokie developer North Capital Group.

Zima said he hopes to break ground as early as spring 2019. The agreed-upon purchase price is confidential for now.

Zima said his firm plans to hold public meetings and work with the community to see what Lincolnwood residents want. They’ve already started meeting with the property’s neighbors.

Zima tentatively envisioned a mix of apartments, shops, restaurants, offices, a hotel and an event space.

The pending sale is the latest in a string of proposals, counter-proposals, lawsuits and foreclosure on the 8.5-acre plot at the corner of Touhy and Lincoln avenues.

The Purple Hotel, officially named the Hyatt House Hotel, first opened in 1962. It was a popular place among sports icons and movie stars, and the first Hyatt-brand hotel in the Chicago area, according to Chicago Tribune reports.

The property sits vacant at one of the village’s most prominent corners, with a chain-link fence surrounding the former hotel’s foundation. Broken and bulging assorted tiles remain on the frozen ground, and a painted sign reads “no diving” on the concrete next to a filled-in former swimming pool. Chips and chunks of brick that was painted purple litter the site.

The current cosmetic condition of the land follows cleanup the village did last year after suing North Capital Group for allowing the property to languish and become dilapidated.

North Capital Group tore down the hotel to make way for a proposed $135 million mixed-use retail center.

The Skokie developer had planned to have built what it called “Lincolnwood’s first-ever downtown.” Drawings included more than 91,000 square feet of retail, a 35,000-square-foot grocery store, a health club and a Marriott SpringHill Suites hotel, according to the proposal North Capital submitted to the village. The plans never materialized.

The village sued in June 2016, alleging that North Capital Group did not maintain its responsibilities to keep the property “clean and safe,” according to the complaint filed in Cook County Circuit Court.

Allegations included that the foundation was not backfilled; concrete and asphalt were not removed; the lot was not graded, covered with topsoil or seeded and was not kept “free from rodent harborage and infestation,” according to the lawsuit.

A judge ruled in 2017 that village staff could enter the property to mow and maintain grass and do other maintenance as necessary, with the cost of service being charged as a lien against the property, according to the final order.

The hotel closed in 2007 and stood vacant until 2013, when it was ceremoniously bulldozed. Residents scrambled to secure souvenir lilac bricks, according to Pioneer Press reports.

Chicago developers Kaufman Jacobs pitched scaled-down plans to the city in September 2016, but trustees rejected the proposal, questioning if it would bring in the necessary amount of tax revenue, according to Pioneer Press reports. At lease on elected official called the plans “unimaginative” and “unattractive.”

With the pending sale to ZS Development, Mayor Barry Bass said he hopes plans include another hotel.

“Lincolnwood needs one and this location is ideal,” the mayor said.

GENEVIEVE BOOKWALTER/PIONEER PRESS

Enjoy more access to your kitchen with custom pull-out shelves for your existing cabinets.
Niles West students emphasize unity

Start school day with celebration of King's legacy

Staff Report

Two days after Niles Township High School District 219 students had the day off from school in observance of Dr. Martin Luther King Jr.'s birthday, they experienced a rousing celebration of the slain civil rights leader's legacy to start their school day.

The Black Student Union at Niles West High School held two early morning assemblies Jan. 17, filling the auditorium with students and faculty for an event that lasted slightly less than an hour.

Student leaders Kayla Lawrence and Kayla Scott said this year the Black Student Union decided to focus on unity.

"Black Student Union chose this theme because of the unfortunate events that have been going on in today's society such as police brutality, mass shootings, hate speech and gender inequality," Lawrence said.

Scott said unity was an important subject for Niles West students. Quoting King, she said, "We must live together as brothers or perish together as fools."

The tribute included music and dance, personal reflections, speeches, poetry and more. The Niles West orchestra, dressed in black, performed in front of the stage.

"Regardless of our background, where we come from or how we got here, all that matters is that we come together to navigate our shared challenges, obstacles and successes," said Niles West student Simone Perrin.

Perrin also spoke about the importance of standing up for justice and what is right.

"No matter how young or old you are, you have a responsibility to make this nation better and positively impact the lives of people around the world," she said. "Although progress has been made, racism, along with many other injustices, still exist today."

Perrin urged her classmates to "speak up" when they see an injustice, and to "speak out" when they witness violence and hatred.

"Make your voices be heard," she said. "It's the most powerful tool you have."

Last year's Martin Luther King Jr. event focused on self-advocacy, leading the keynote speaker for this year's program, LaWanna Wells, to ask how now to move from that lesson toward unity.

"When we think about self-advocacy, it's your ability to make wise decisions that make you a better life," said Wells, the new NTHS Dist. 219 equity director. "It is studying when you'd rather sleep. It is apologizing when you're wrong. It's making wise decisions. It's coming home on time for curfew even though you don't want to. It is removing excuses and challenging yourself to do better."

Wells said people cannot unite if any one person is broken.

"If any of us are unable to stand on his or her own, we all lose," she said. "You can be a self-advocate and stand in unity at the same time."

Principal Jason Ness said the annual Martin Luther King Jr. program started five years ago, and has developed over time.

"This is a program that's completely inspired, developed, implemented by our students," he said.

He told the audience that no matter where they go from high school, they will serve as future leaders "for equity" and for those who don't have a voice or the confidence to use it.

"At Niles West, we're committed to realizing Dr. King's vision and serving as a model to the country to demonstrate what a truly integrated, socially just high school looks like," he said.

Niles West High School's orchestra performed Jan. 17 at a special event honoring Martin Luther King Jr.'s legacy.

Niles North High School also scheduled an after-school event Jan. 17 to honor King, with student and staff reflections on King's legacy, and featuring a positive and inspiring message, officials said.
3 books selected for Coming Together

In spotlighting Muslim-American cultures this year, the Coming Together in Skokie and Niles committee chose three books to serve as the basis for book discussions, and author visits and other activities during the six-week program.

="We've chosen some great books for the community and Skokie and Niles Township to share together, to read together, to meet together and discuss, to ask questions of one another," said Skokie Public Library Director Richard Kong.

Program organizers say the heart of the annual Coming Together program rests with carefully selected books geared toward different ages and reflecting the year's chosen culture.

The committee chose "Muslim Girl: a Coming of Age," by Amani Al-Khatib, as the primary book for teens and adults. Coming Together organizers described it as "a candid account of what it's like to be a young Muslim woman in the age of 9/11, during the never-ending war on terror, and through the current era of casual racism."

Kong said the author was a teenager when she began a popular website for Muslim girls and women. She provides regular commentary on social, cultural and political issues there, he said.

"This book is built as a memoir of her thoughts and reflections and insights about the world that she experiences every day," Kong said. "It's a tremendous book. I challenge anyone to read this and not have some kind of reaction or thought to what's expressed here."

"Amina's Voice," by Hena Khan, chosen as this year's middle school-level book, tells the story of a sixth-grade girl greeted by new challenges in her life.

"It deals with a very normal young girl in a family that happens to be Muslim-American in Milwaukee, Wis.," said Shelley Sutherland, Skokie Public Library youth services manager.

The title, she said, refers to Amina's beautiful singing voice even though the teenager is afraid of getting up in front of audiences.

Her best friend, Soojin, wants to change her name to something more American-sounding, Sutherland said. Her visiting uncle disapproves of her piano playing, and there is a hate crime that inspires her to find her voice.

"Yo Soy Muslim" for children is a picture book by Mark Gonzalez, with illustrations by Mehrdokht Amini. Sutherland describes the book's structure as "a father's letter to his daughter."

The letter is meant to inspire "not just Muslim children and their grown-ups, but anyone who feels like they are not valued or appreciated by others," Sutherland said.
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The following items were taken from the Niles Police Department reports. An arrest does not constitute a finding of guilt.

**BATTERY**
- Jan A. Bigoraj, 57, of the 1500 block of South Lawndale Avenue, Chicago, was charged with battery on Jan. 9 after she allegedly stole various video games from a store in the 9600 block of North Milwaukee Avenue. Simmons was scheduled to appear in court Jan. 29.

**THEFT**
- Luis Castaneda-Maldonado, 33, of the 2700 block of Louis Street, Franklin Park, was charged with retail theft on Jan. 9. According to police, Castaneda-Maldonado was accused of under-ringing 90 transactions while employed at a restaurant in the 8800 block of West Dempster Street, resulting in a loss to the restaurant of $927.39. Castaneda-Maldonado is scheduled to appear in court Jan. 25.

**ORDER OF PROTECTION VIOLATION**
- Constantin Olteanu, 35, of the 7500 block of Waukegan Avenue, was charged with violating an order of protection on Jan. 9. Olteanu is scheduled to appear in court Jan. 29.

**DUI**
- Matthew Moeller, 32, of the 6800 block of North Northwest Highway, Chicago, was charged with driving under the influence on Jan. 13 after police were called to a retailer in the 5600 block of Dempster Street. Moeller is scheduled to appear in court Feb. 27.

**PUBLIC INTOXICATION**
- Refugio Cruz-Salinas, 40, of the 300 block of Third Street, Northfield, was charged with driving under the influence on Jan. 14 following an incident in the 8700 block of North Milwaukee Avenue. Cruz-Salinas is scheduled to appear in court March 9.

**THEFT**
- A 56-year-old Chicago man was ticketed with public intoxication on Jan. 13 after police were called to a retailer in the 5000 block of West Touhy Avenue. The man reportedly told police he was having chest pain and had "drank a lot of alcohol." The man was taken to a local hospital, police said.

**BURGLARY TO VEHICLE**
- Tools valued at approximately $5,500 were reported stolen between Dec. 19 and Jan. 9 from a truck parked in the 6800 block of Milwaukee Avenue.

**BURGLARY**
- An apartment in the 8100 block of Dempster Street was reported burglarized on Jan. 10. Tools valued at $200 were reported stolen.

**BURGLARY**
- Tools valued at approximately $5,500 were reported stolen between Dec. 19 and Jan. 9 from a truck parked in the 6800 block of Milwaukee Avenue.

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Two-way stops planned for town border

Lincolnwood, Skokie joining forces to make shared intersections safer

BY ALEX NITKIN
Pioneer Press

Skokie and Lincolnwood will partner to add a pair of two-way stop signs along Jarvis Avenue, where the villages share a border, officials said.

The Lincolnwood Board of Trustees voted to approve the signs at Kedvale and Lowell avenues Jan. 16, setting the stage for crews to erect them in early February, according to Village Manager Timothy Wirberg.

Skokie leaders had asked the neighboring town early last year to consider the new traffic safety measures, according to Andrew Letson, Lincolnwood's director of Public Works.

Together, the two intersections have seen five crashes in the past two years, according to a traffic study launched in 2017 by Lincolnwood officials.

The study also found that the spots combine for more than 400 car crossings every day, according to village officials.

About one-third of those crossings go north or south across Jarvis — enough to make them stop for traffic on the larger street, Letson said.

“We have to be careful because if we build a stop sign where there isn't enough traffic to warrant it, people will just roll through it,” Letson said. “And that will just make it more dangerous.”

Two-way stop signs already stand over the intersections where Jarvis meets Crawford, Kildare and Tripp avenues.

The new signs are a welcome addition for Lito Mercado, who lives in the 7300 block of North Lowell Avenue. Mercado called Lowell and Jarvis a “dangerous intersection.”

“I definitely remember there being accidents there,” Mercado said. “It will be nice to have something to get people to slow down.”

Skokie officials will oversee the erection of the signs if their Village Board approves the measure during its Jan. 30 meeting, Letson said.

The Lincolnwood Village Board also approved at the Jan. 16 meeting measures to streamline the investigation process for allegations of sexual harassment within village government.

A state law passed and signed in November requires governments across Illinois to draw explicit procedures for reporting sexual misconduct.

In December, Mayor Barry Bass published an open letter to village employees promising a “comprehensive review” of the town’s sexual harassment policy, including a “new villagewide training initiative.”

“I want everyone associated with the village of Lincolnwood to know that we are fully committed to maintaining a professional environment, and a workplace free of any forms of unlawful harassment or discrimination,” Bass wrote.

Alex Nitkin is a freelance reporter for Pioneer Press.

Lincolnwood pushes forward plan to overhaul ‘problematic’ intersection

BY ALEX NITKIN
Pioneer Press

A plan for a $2.5 million road-widening project aimed at boosting traffic through the intersection of Touhy and Cicero avenues took a step toward reality Jan. 16, as the Lincolnwood Village Board voted to approve state funding for a design proposal.

Faced with heavy traffic on Cicero Avenue that can back up onto the Edens Expressway during rush hours, Lincolnwood officials began exploring ways to widen the northbound Edens off-ramp for traffic headed east on Touhy Avenue in 2016, according to the village’s Public Works Director Andrew Letson.

Officials also want to add a right-turn-only lane for cars turning onto Touhy from Cicero, Letson said.

“When you have such a high volume of traffic from the highway trying to make two turns onto Touhy, it creates a bottleneck and makes that stretch of Cicero really problematic,” Letson said. “Touhy is a major arterial road, and when it gets backed up, it affects not just everyone in town, but everyone going through it as well.”

With about 40,000 daily trips, Touhy Avenue is one of the busiest state-operated roads that isn't an expressway, Letson added.

The road is run by the Illinois Department of Transportation.

Village and state officials are hoping to score a Congestion Mitigation and Air Quality Improvement grant to fund the multimillion-dollar project. Lincolnwood tapped the same federal program to pay for a $4.5 million bike overpass scheduled to open above Touhy Avenue this summer, according to village officials.

Before the village can apply for the grant, officials need to hire engineers to draw up a final design.

IDOT offered up $75,000 for the job, and the village got another $175,000 through Cook County.

Last year, during the county’s inaugural round of funding, the Touhy-Cicero project was one of 41 projects awarded grants, according to John Yonan, the county’s superintendent for transportation.

The project caught the eye of county officials because of its potential to help shepherd pedestrians, not just cars, through the intersection, Yonan said.

“You have such a great continuous stretch of businesses along Cicero there, that it turns all those drivers into pedestrians after they park,” Yonan said. “So allowing that intersection some wider sidewalks could be a major enhancement.”

Officials are aiming to finalize a design by the end of the year, Letson said.

Alex Nitkin is a freelance reporter for Pioneer Press.
Two train-car collisions at same crossing in 48 hours

Two days after a Chicago Transit Authority Yellow Line train collided with an automobile that had ventured too far into a Skokie crossing earlier this month, an almost identical incident occurred at the same location, according to police records.

Police reports obtained by the Skokie Review through a Freedom of Information Act request show that both incidents occurred after a driver made an illegal left-hand turn out of a parking lot at 8440 Niles Center Road - just to the north of the crossing.

The incidents happened during the afternoons of Jan. 4 and 6, according to the police reports.

"I would not say we have a problem, but it's definitely very atypical to see a CTA Yellow Line train collide with a single vehicle at the same exact intersection almost in the exact same manner within 48 hours of each other," said Skokie police Officer Eric Swaback.

Unlike the Jan. 4 incident, there were two minor, non-life-threatening injuries reported in the second collision, said Swaback.

The train operator told police he was heading south from the Dempster Street station to the Howard Street station with 16 passengers, according to the crash report.

"He immediately activated the emergency brakes, but was unable to avoid making contact," the report stated.

CTA spokesman Jon Kaplan confirmed that the Yellow Line train made contact with a vehicle on the tracks at about 2 p.m. Jan 6.

Kaplan said rail service was disrupted for about 40 minutes as crews removed the damaged vehicle from the tracks.

"The driver of the car declined medical attention," he said. "The train operator and a passenger reported minor back injuries and were taken to Skokie Hospital."

The CTA checked and confirmed the train signal system at the Niles Center Road crossing "functioned normally and continues to work as designed," Kaplan said.

CTA officials said the gate was down when both collisions occurred.

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U.S. District Judge Milton Shadur wrote more than 11,000 opinions during 37 years on the federal bench, an output Chief District Judge Ruben Castillo called “a small reflection of his dedication to the rule of law.”

“In addition to this work, Judge Shadur has mentored a number of judges throughout his career, including me,” Castillo said in a statement Jan. 16. “Judge Shadur will be remembered for his passion — his passion for his wife and his family, the law and the Northern District of Illinois.”

Shadur, 93, who presided over a pivotal Chicago school desegregation case and a long-running lawsuit over severe overcrowding at Cook County Jail, died Jan. 15 after complications from surgery at JourneyCare hospice in Glenview, according to his daughter Beth. He was a resident of Glenview.

“Judge Milton Shadur devoted his life to upholding justice, to his country, and to his family,” Mayor Rahm Emanuel said in a statement. “He served the country bravely in uniform in World War II and eventually earned the rank of lieutenant. While on leave, he was introduced to a friend’s cousin, Eleanor. He left behind opera glasses at the family’s home so he could speak with her again. “The second day he saw her, he told her, ‘I’m going to marry you.’” his daughter said.

Shadur continued to oversee significant litigation, including a class-action lawsuit filed by the Chicago Teachers Union against CPS, which alleged discrimination against black teachers.

“Shadur was among the first federal judges to explicitly acknowledge abuse by Chicago police, using strong language to describe allegations of torture by officers in the 1990s. “It is now common knowledge,” Shadur wrote in 1999, “that in the early- to mid-1980s, Chicago Police Cmdr. Jon Burge and many officers working under him regularly engaged in the physical abuse and torture of prisoners to extract confessions.”

Though he was recommended for a federal judgeship, Shadur made the move to the bench even though he was taking a substantial pay cut. “I thought it was something you could contribute to society on,” he told the Tribune last year.

Shadur, who described himself as a child of the Great Depression and a “compulsive” worker, would joke that his version of a half-day was 6 a.m. to 6 p.m. Even after he became ill in June, he couldn’t shake his work ethic as he issued numerous opinions and orders from home.

After complications from surgery last year, he announced he would step aside in September, but he never officially retired. Instead, he continued to work on cases from his hospital bed. In the last two weeks of his life, he continued to work on a class-action lawsuit, only recently passing it off to another judge, his daughter said.

“He left a legacy of public service and justice for all,” his daughter said. “He would say it doesn’t matter if someone was disenfranchised or poor or didn’t have opportunities; he wanted them to have the same legal representation. “He taught our whole family the importance of taking care of others and taking a stand on things.”

Shadur also is survived by a son, Robert; three grandchildren; and four great-grandchildren. He was preceded in death by a daughter, Karen.

A funeral service was to be held Jan. 18 at Congregation Am Shalom, 840 Vernon Ave. in Glenview.
Morton Grove flying Illinois bicentennial flag

BY GENEVIEVE BOOKWALTER
Pioneer Press

Morton Grove visitors will be able to see a new Illinois bicentennial flag the next time they visit the Morton Grove Flag Plaza.

The flag is on display at the plaza located on Dempster Street through Dec. 2 as part of the village's efforts to mark the state's birthday celebration.

“Celebrating 200 years is pretty good, right?” said Morton Grove Mayor Dan DiMaria. “This is the state of Abraham Lincoln. There’s a lot of history here.”

The flag was provided by United Airlines, which is sponsoring the effort “to provide each county and municipality in the state with one bicentennial flag,” according to a village of Morton Grove news release.

Oakton Community College trustees hires new grant director

BY GENEVIEVE BOOKWALTER
Pioneer Press

Oakton Community College trustees on Jan. 16 agreed to hire Allison Grippe as the new head of grant strategy and development.

Trustees Martha Burns, Ann Tennes and Brian Chan were absent from the meeting.

“I think she can help us add a little strategy to how we apply for grants,” said Ileo Lott, Oakton’s vice president of academic affairs.

Grippe comes to Oakton College from William Raney Harper College in Palatine, where she served as director of grants, according to Oakton officials.

She holds a master’s degree in “management using technology” from Marlboro College in Vermont, and has worked for almost 15 years in “resource development, grant writing and management, budget development and strategic planning experience,” according to a news release.

Grippe has worked with community colleges for 11 of those years, according to the news release, and served as elected president for the Illinois Community College Resource Development.

Grippe’s annual salary will be $88,000, the release states. She is expected to start working at Oakton on Feb. 5.

Grippe’s hiring follows a recruiting process that attracted 30 applications for the position, according to the release. Grippe was one of four finalists who interviewed with administrators and employee groups on campus.

OAKTON COMMUNITY COLLEGE

Allison Grippe has been hired as Oakton Community College’s new director of grant strategy and development.

A Chicago Tribune Publication | Thursday, January 25, 2018 | NWS
Travel back in time to 1930s Chicago with *A Century of Progress: A Photographic Tour of the 1933–34 Chicago World’s Fair*. This historical collection features more than 100 rare – and in some cases, unpublished – photographs documenting the fair’s construction, demolition and everything in between. Readers will glimpse the technological feats and futuristic exhibits that characterized the fair, as well as elements of lasciviousness and insensitivity that, while clearly on display during the exposition, may prove shocking to modern readers.

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*Chicago Tribune*
Could old-fashioned nuclear attack training come in handy?

It's a good thing I still remember my training on how to survive a nuclear attack. As we saw recently in Hawaii, most Americans haven't been prepped recently on how to handle an inbound missile threat.

When the alert came across emergency notification systems in Hawaii, people had no idea what to do. They abandoned their cars and tried to find shelter. People in the hills headed for the valley. Tourists hung out in hotel lobbies. Panic reigned.

The alert was a mistake. Some state official reportedly pressed the wrong button during a shift change and sent out the alert of an inbound missile attack, throwing the entire state into chaos.

After 38 minutes of people fearing for their lives, Hawaii finally got the word that it was all one big mistake. As the GIIs used to say during World War II, it was just one big SNAFU.

The employee that made the mistake hasn't been fired. It probably took a lot less than 38 minutes for the button-pusher to hunker down with a union rep after the mistake.

But the error got me thinking: It's been decades since the United States really felt like its citizens were at risk of a nuclear attack.

Back in the day, we practiced these drills all the time, more than fire drills. An error during a fire drill... well, maybe there's time to fix it. But a nuclear attack? Time is of the essence. There's no room for error.

So we drilled. First, we were taught to not look out the window. The light from the blast will blind us. So don't look at it.

Next was the old “duck and cover.”

Here's what you do. You go out into the hallway, sit on the floor cross-legged, put your head down between your knees, then cover your head with your hands. If you're lucky, someone might be nearby to provide some additional cover, but don't count on it.

After a year or two of such drills, I began to think: This won't save me. We're all going to be crushed when the school collapses in a nuclear attack.

As the years passed and nuclear tensions eased, we all pretty much abandoned the “duck and cover” routine. We had a new tactic to survive: the fallout shelter.

But now, even the fallout shelter idea is a failure. When you found that symbol, you were to remember to go there when you got the warning that a nuclear missile attack was imminent.

But now, even the fallout shelter is gone. No one knows what to do or where to go when irradiation is imminent.

What do do in a nuclear attack? Well, this West Garfield Park school, a fallout shelter, closed in 2013.

Not to worry, though. When I look at a map of North Korea, the most likely country to send a nuclear missile toward Hawaii, I see there's ample ocean around it where a number of our nuclear submarines can hang out, just miles off the North Korean coast.

I bet they can obliterate North Korea long before we get any warning of an attack.

There should be some solace in that. Because “duck and cover” is never going to work, and the fallout shelter idea is a fallacy. In some sort of nuclear attack, the living might envy the dead.

Randy Blaser is a freelance columnist.

Trump's definition of what makes a good American excludes many

I think I might be deported.

I was looking recently at what it takes to be a good American citizen, as defined by President Donald Trump, and I'm sorry to say that I just don't make the grade.

The criteria can be found in a proposed immigration bill that has the president's backing. Most immigrants who are successful in their application to come to the United States are are related to someone who lives here. The proposed bill would reduce the number of family-based admissions in favor of what the bills' supporters call a merit-based system.

What is “merit”?

Preference would be given to:

- Who speak English.
- Who are young rather than old.
- Who are well-educated.
- Who have job skills.
- Who have been offered a high-paying job.
- Who have a record of achievement.
- Who have entrepreneurial initiative.

Quite a switch from the “poor huddled masses” the Statue of Liberty has welcomed over the years — masses that probably included both your ancestors and mine.

As for me, I fall in with the older criteria more than the new. Other than speaking English, I don't meet the grade. So I most likely would be rejected.

The Statue of Liberty first shone as a beacon to all, even people who did not possess "entrepreneurial initiative" or have a high-paying job waiting for them.

Through this proposed legislation, the federal government is now seeking to greatly narrow what kind of person can become a U.S. citizen. The framers and supporters of this bill have very specific — and exclusionary — ideas of who and what is valuable to the United States.

Columnist Paul Sassone says he's keeping a bag packed in case the "merit-based" immigration criteria gets applied to us all.

Do you think someone might have the bright idea of applying these immigration standards to those of us who already are citizens but are not determined to be useful enough? Might there eventually be a merit-based system not only to come here, but to be here at all?

I think I'll keep that bag packed. Just in case.

Paul Sassone is a freelance columnnist.
OPINION

It's easy to set up advance care directives, do it

Sara Clarkson
Dateline

In my family, we hate to talk about dying and death. Bring up the topic of how you might want things handled in case of a sudden accident or illness, and a hush descends.

"Let's not talk about that now," someone might say. That's our family, "denial isn't just a river in Egypt" as the old joke goes.

Statistically only 30 percent of the adult population has advance directives in place, meaning that in the case of a sudden accident or disabling illness, the patient may not have the care, treatment and even funeral services he or she may have wanted.

For that reason, I attended a recent talk and presentation on the Aging With Dignity Foundation's Five Wishes directive, which outlines end-of-life care. The Five Wishes is a legal document and living will that is recognized in Illinois and 41 other states. Founder Jim Towey is the attorney who designed the form in 1997 after working with Mother Teresa. She particularly inspired him in her care for a person's emotional, spiritual and personal concerns in addition to the medical ones.

Five Wishes, according to the document's description, "talks about your personal, emotional and spiritual needs as well as your medical wishes." It allows the person to communicate how he or she wants to be treated when he or she gets seriously ill. Five Wishes helps the person select people who will make care decisions for you when you cannot.

The kind of medical treatment you want or don't want, the sort of comfort you want to have, how you wish to be treated and what you want your loved ones to know.

It has five sections which correspond with the Five Wishes. The first concerns The Person I Choose as My Health Care Agent, and the second My Wish for the Kind of Medical Treatment I Want or Don't Want. That is the medical section.

The third is self-explanatory: My Wish for How Comfortable I Want to Be. It corresponds with number 4 — My Wish for How I Want People to Treat Me. Number 5 is also very important: My Wish for What I Want My Loved Ones to Know.

We need to confront these issues in advance of illness, dying and death so that the person whose life is ending can have the dignity he or she wants and deserves. Confronting and addressing these issues in advance can minimize family conflict, though my own experience shows that there is going to be some amount of conflict no matter how well prepared. Advance directives should be shared with family members and other important people — doctors, religious/spiritual leaders and close friends — before they need to be implemented. Finally, once the documents are ready, signed and witnessed, put them in an obvious, easy-to-locate place.

The Five Wishes document is easy to fill out, requires a signature to be verified by two witnesses and in some states does require notarization. It does not involve the expense of visiting an attorney. Make these decisions now. Think about the kind of treatment, comfort, pain relief and dignity you want.
Missile launch scare brings reflection: What would you do?

The false report of an incoming nuclear missile rattled Hawaii Jan. 13, and rattled a lot of the rest of us, who wondered what we would do facing an alert that we had minutes to figure out — flight vs. fight, or panic or accept.

I read one report of a man who said he got the alert on his phone while playing a round of golf, but opted to keep playing. If he was going to go out, he'd go out doing something he loved to do in a beautiful setting.

I read another report of a man who scooped up his daughter, desperate to get her out of what he suspected to be a blast zone near Pearl Harbor, and drove her to a target located several miles away in an area he deemed safer, because it was over the mountain range from the estimated ground zero.

Then I had to stop reading the reports, because it brought me back to my early 1980s abject fear of a nuclear exchange with Russia, the time of back-and-forth threats and nuclear war-themed TV shows ("The Day After") and songs ("99 Red Balloons").

A few days later, after hearing of a similar false alarm in Japan, I got thinking about it again. As unnerving as such thoughts are, they seep into your mind.

What would I do if I knew a missile was coming straight at me within a half hour's time?

For that matter, what would I do if I got news that a certain disease was going to rob me of precious time within a larger window of time, something that has happened to someone in most, and arguably all, of our lives?

That got me thinking of the song "Live Like You Were Dying" by Tim McGraw. The friend he sings about might have gone rocky mountain climbing and rode a bull, but that's not for all of us.

I guess that's the point. Our last minutes define us in ways nothing else can. Maybe we're the guy that just keeps golfing, because we know we have no control and accept it, and decide to live every second to the fullest.

Maybe we're protectors until the very end, like that dad in Hawaii, trying to move heaven and earth — or in this case, moving as fast as one can on earth to buy more time until heaven — to get to safety.

As someone who bought extra diapers during Y2K and who constantly frets about my loved ones' safety, I'd probably be like that dad, taking those last minutes to get out of harm's way while assuring my family how much I love them.

If I had minutes, that's what I'd do. If I had days, months or even a couple of years, I wouldn't go sky-diving like Tim McGraw's buddy in the song, but I'd like to at least go paddle boarding or enjoy a long boat ride into the sunset. I'd also take some quality beach time, just watching the world go by.

And remembering how nice of a world it can be. Sometimes we forget, until we're reminded.

Lynn Petrak is a freelance columnist for Pioneer Press.
Recognize any of these relationship lies?

The other day, I was having lunch with a girlfriend who was complaining that she hadn't heard from a guy she went out with a few times. I asked her what she thought the reason was that he hasn't called or texted, and her answer sparked the idea for this column.

"He's really busy with work right now," she rationalized. "Plus, he's going out of town."

Just then, I realized that my dear, sweet, naive girlfriend was a victim of a relationship lie - a little white lie told to sugarcoat the truth.

Later that night, I decided to write down a few more relationship lies and lines I've heard or heard about, and found myself vehemently typing. Before I knew it, I had 25! Here they are:

1. "Sorry I haven't called. Work has been crazy." Remember that movie, "He's Just Not That Into You"? This is what comes to mind when I hear a man or woman say this. If someone wants to see you, he'll make time, no matter what's going on in his life.

2. "I'm fine." This is a lie mostly told by a woman when she's being quiet and her partner asks, "What's wrong?" She definitely isn't fine. She is so upset she wants to scream and shout why. So why doesn't she? Because she wants him to keep asking.

3. "It didn't go any further than texting." This lie arises when someone finds a text conversation between his or her partner and another man or woman. In my experience, nine times out of ten, the person actually cheated.

4. The number of people someone has slept with. If someone finds shame in the number of sexual partners they have had, they'll lessen the number to their partner.

5. Gambling losses. Is there any explanation needed?

6. "I'm thinking about how much I love you." This is a lie men tell after sex. According to a male friend of mine, he said what a guy might really be thinking is, "Is the new Bears coach going to work out?"

7. Age, weight, height, income. Men and women sometimes lie about these things on a dating app or site, or at the beginning of a relationship.

8. "I'm just not ready for a relationship." This is a lie that means, "I'm not interested in going out with you again."

9. "I love your family." This lie can help a tense marriage immensely.

10. "I'm two minutes away." I once had a boyfriend who would become furious if we were meeting at a restaurant at a certain time and I was late (which happened often). So, I would tell this lie.

11. "I never said that." This is what people say when they know they said something they shouldn't have.

12. "Money isn't important to me." Really?

13. "I only had X drinks." People lie about this so their spouse won't get upset.

14. "I really hope we can be friends" (followed by "I'm not just saying that"). This is a way to appease guilt after breaking up with someone.

15. "I can't get together, I have the kids that night." This lie is one of the few benefits of being divorced.

16. "Let's get together after the holidays." Someone said this to me last month and I almost burst out laughing because it was so insincere. This lie really means, "I am in no rush to see you and don't care if I ever do."

17. "My phone died." Translation: "I didn't feel like talking so I never called you."


19. "You're breaking up, I can't really hear you. Hello? Hello?" This is an exit strategy for someone who desperately wants to get off the phone.

20. "I spent this much on that piece of clothing, handbag and/or shoes." The best way to avoid conflict with your partner is to reduce the price of material items when you know he would be horrified if he knew what you paid.

21. "I was just about to call you!" This is what people say when they're embarrassed that they never returned a phone call and the person calls them.

22. "We both wanted the divorce." This is never the case, in my opinion.

23. "This is the first time I can honestly say I'm over him (or her)." This is usually a lie someone is telling themselves, as well.

24. "I hate Facebook." People think they sound cool if they talk negatively about the social media outlet. In reality, people crave Facebook. It's food for our curiosity, it's entertaining, it can be funny, and it's a great way to get information about the ex.

25. "I promise I won't tell a soul!" Yeah... until I have one too many pinot noirs and can't resist telling my girlfriends.

Jackie Pilossoph is a freelance columnist for Chicago Tribune Media Group.
As an infant, Karen Helting was dropped off at a church in downtown Chicago. She found her family using ancestry.com last year and met her brothers, pictured in the photograph, Ed Biancalana, left, and Ray Biancalana, who live in Northern California.

JOSE M. OSORIO/CHICAGO TRIBUNE

Making connections

Friends could be family. Family could be unrelated. What people are finding out from DNA sites.

Page 3
MY PET WORLD

Distract and treat for timid dogs afraid of cars

By Cathy M. Rosenthal
Tribune Content Agency

Q: My son, who lives with us, has a 3-year-old, 106-pound female German shepherd/boxer mix. She is a very sweet and loving dog but very timid. We have a large fenced-in yard, which is where she typically goes. But we live at the end of a cul-de-sac and when we take her for a walk, she often gets scared if a truck passes the cross street and refuses to go. Often this will happen even if no vehicle passes, but you can see her looking down the block as if anticipating a truck coming by.

When we ask her if she wants to go for a walk, she gets very excited and runs to the door, but may stop within a few feet of the doorway once we put her in the car and drive her. Sometimes, she can be coaxed by raising her by her harness and walking her for a few steps, and as soon as she passes the cross street, she is fine and will walk as far as we can go. If we drive her past the cross street and then take her for a walk, she is fine as well. She is also good at dog parks. She is somewhat sensitive to loud noises. Can you suggest any solutions? I hate to have to put her into a car and drive her each time we want to go for a walk. — Scott, Oceanside, NY

A: Your instincts on how to handle this problem are right so far. Putting her in the car and taking her to a park is a good accommodation for now.

Walking her at the quietest time of the day — very early in the morning or later at night — and introducing some training may also reduce her stress at that cross street.

The goal is to distract her and keep her moving. Take her out when the traffic on the cross street is fairly quiet. When she balks and stops, gently turn back toward the house, using her name and saying “heel.” This will take her mind off the street for a moment and onto you to see what you are doing. Give her a treat to reward her for “heeling.” Then turn again and head back to the street. Repeat this process every time she balks. Before reaching the cross street, turn and go back to the house on the first few days of training.

When the number of balks reduces, walk her to the cross street, but turn back toward the house right before you reach the street. Take a few steps, turn again and approach the cross street at a quick pace. Use her name and give her treats as you walk through the intersection. Give her treats until you get her to a place where she feels comfortable again.

Not every dog gets past their fears, and sometimes you must make accommodations. But since this is only one intersection, I think a few days or weeks of distraction work will help her learn there is nothing to fear.

Q: I read your column where Rich from New York wrote about his 17-year-old cat pooping outside his litter box. You suggested the cat could be arthritic. My mom experienced this problem with her cat, and found that a Rubbermaid container lid turned upside down with litter in it worked wonderfully. Her cat could easily get in and out of the litter with minimal discomfort. To address the extra litter outside of the lid, she used a throw rug underneath it. Hope this tip helps others too! — Deb, Chicago, IL

A: Basically, your mom created a low-profile litter box for her arthritic cat.

The rug captures a lot of the litter, which probably requires only a broom for quick clean-up and daily maintenance. Thanks for sharing. Hopefully, it helps another arthritic cat.

Q: Each week, I read your column and rarely find postings about cats. Your column is mainly about dogs. I love dogs, but I have a cat and would like you to post more information about cat behavior, medical information, problems, etc. — Gloria, New York

A: Over the last few months, I have answered dog and cat questions fairly evenly. But thanks for keeping me on my toes and making sure I don’t play favorites. You don’t have to wait for someone else to ask a question about cats, though. This is a question-based column, so let me know your questions or concerns about cats or any other pets, and I will be happy to respond.

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

Friends could be family. Family could be unrelated. What people are finding out from DNA sites.

By Danielle Braff
Chicago Tribune

When she was an infant, Karen Heiting was abandoned on a doorstep of a church in downtown Chicago.

She wasn't born in a hospital, and she had no identifying information. She was "Jane Doe."

"There was no information whatsoever about my heritage," said Heiting, who was adopted when she was 7 months old and is now a 57-year-old executive assistant living in a Chicago suburb. "I never thought I'd find any relatives."

Just until a few years ago, many family trees were created by interviewing older relatives, an option not available to Heiting. But today, she was able to swab the insides of both cheeks and send her DNA to ancestry.com.

Heiting was shocked to discover that she had blood relatives who looked just like her and that a family reunion was in order.

"There was a party with all the cousins, and everyone wore a name tag saying how they were related to me," Heiting said. "To walk in and look at my half-brothers' faces, and eyes and bone structure — it was so overwhelming for me to see these people."

People across the globe are using DNA companies, including 23andMe, MyHeritage, Ancestry and Family Tree DNA, to find relatives — in addition to creating digital family trees that go back hundreds of years. And while DNA tests at the doctor's office may cost upward of $400, these are typically less than $100 and are just as accurate, said Jennifer Stagg, a naturopathic doctor in Connecticut and author of "Unzip Your Genes."

"These tests are really accurate, and the technology is pretty advanced," Stagg said. "The equipment is less expensive now, and with the volume, that always brings down the price."

James Pylant, Texas-based editor of Genealogy magazine, has tried tests from 23andMe, MyHeritage, Ancestry and Family Tree DNA.

The tests confirmed the accuracy of his paper trail, and in some cases, it was the missing piece of his family tree puzzle: It proved his family's kinship to Abraham Lincoln, Pylant said.

"I've also used DNA to answer questions about the people held in slavery by my ancestors," he said. "I've located living descendants of slaves and offered to give them DNA test kits. Our families share a historical connection, but are we also blood relatives?" he said.

Every time someone submits DNA through one of the tests, it's uploaded into the system, so as each company grows, users have a better chance of finding matches.

MyHeritage, for example, has 93 million global users and has created 39 million family trees via 8.3 billion historical records, said Rafi Mendelsohn, spokesman for the company.

"Our system scans the other family trees to see if the names on your tree is on their trees, and we match them, so we organically match and expand," Mendelsohn said.

While similar technology is used for each company, they offer slightly different services.

MyHeritage includes all sorts of family history records, such as yearbooks and newspaper clippings.

After adding his own DNA, Mendelsohn (yes, he learned that the Felix Mendelssohn, composer with a slightly different spelling of his name, is a distant relative) received a newspaper article about his late grandfather's basketball team's victory.

"I shared it with my family, and it's a family heirloom," he said.

Family Tree DNA offers the Y-DNA test, so you can discover more about your direct paternal or maternal line, Pylant said. The Y-DNA test is based on the Y chromosome that the father passes to the son (so it only applies to men taking the test).

"This test is helpful when trying to learn if two men with the same last name or similar surname share a common ancestor," Pylant said.

It also offers the mtDNA test, which looks at the mitochondrial DNA that a mother passes to her sons and daughters, though the son can't pass his inherited mtDNA along to his children.

Other tests are known for their sheer size. Ancestry.com existed as the leading commercial genealogy site long before it began offering DNA kits, so a larger percentage of kit buyers had already uploaded family trees to their accounts, Pylant said.

Still, all four offer autosomal DNA kits, and users can find matches and the estimated ethnic origin of their parents on any of them.

Dominick Miserandino, a consultant in Long Island, NY, had always been curious about his family history, so he submitted his DNA to ancestry.com. He learned that his old babysitter was his eighth cousin, and he took a trip to Canada to reconnect with other distant cousins he'd discovered.

"Since then, we've been very much in touch, we FaceTime and we've had these great moments," Miserandino said.

But the information others receive has been shocking.

Tracy Tennant had always believed that a certain man was her father, based on the information her late mother had given her.

Although she never met her father, his name was on her birth certificate — and in 2014, two years after her mother died, Tennant reconnected with him.

But in 2016, she and her father took a DNA test and learned that they weren't related.

"My mother had been keeping a secret all those years," Tennant said.

Her real father had been a married, failed Hollywood actor who had died in the 1980s, and through ancestry.com, Tennant also learned that she had half-sisters.

Be prepared for anything. Your friends may become family in an instant or your family could be unrelated to you with just one swab.

Danielle Braff is a freelancer.
Books for the bomb shelter

Got nuclear jitters after the false alert in Hawaii? Books demystify the danger we face

By John Warner
Chicago Tribune

Ever since watching "The Day After" on television in November 1983, I have been fascinated with and terrified of nuclear weapons. For months after seeing the movie, I would have dreams of the air defense sirens sounding and counting down the rest of my life in minutes.

On Jan. 13, for more than a half-hour, the people of Hawaii believed they were under imminent attack. They believed this because the state accidentally sent this false emergency alert to cellphones:

BALLISTIC MISSILE THREAT INBOUND TO HAWAII. SEEK IMMEDIATE SHELTER. THIS IS NOT A DRILL.

Unfortunately, our current political realities make a North Korean missile launch all too plausible.

Ever since I saw "The Day After," to try to demystify some of my fears, I've been drawn to books and stories about the potential of nuclear threat. In the wake of the false alarm in Hawaii, these titles seem particularly relevant for these jittery times.

One of my earliest and most memorable reads was John Hersey's "Hiroshima," originally published in The New Yorker and later collected in a book. Hersey went to Japan a little more than a year after the detonation of the first atomic bomb over a populated area. Hersey recounts the event through the experiences of six survivors, both before and after the bombing. Hersey catalogs the destruction in plain, unadorned writing, which only increases the emotional impact of the human toll.

Today's nuclear weapons are vastly more powerful than those we dropped on Japan.

Eric Schlosser's "Command and Control: Nuclear Weapons, the Damascus Accident and the Illusion of Safety" explores some of the times we've almost been incinerated accidentally, including a detailed accounting of a 1980 incident involving a Titan missile explosion in Damascus, Ark. An ICBM exploded in its silo, sending the warhead into the air. If the safety systems hadn't performed correctly, much of the United States east of the Mississippi River would be a nuclear wasteland.

After reading Schlosser's book, it seems like a miracle that a more serious accident hasn't yet happened.

Daniel Ellsberg's "The Doomsday Machine: Confessions of a Nuclear War Planner" is a firsthand history of 1960s U.S. nuclear strategy, which included serious discussion of pre-emptive strikes on the Soviet Union, an act that would have ended civilization. Ellsberg believes we can disarm the "doomsday machine." I wish I shared his hope.

Finally, two short stories offer more limited but powerful narratives of what it means to live in a world that can tear itself apart. "Game" by Donald Barthelme is a somewhat surreal story of two men manning a nuclear missile silo, tasked with simultaneously turning their keys if given an order to launch. The responsibility drives them mad; how could it be otherwise?

"Foster, You're Dead!" is a prescient tale by Philip K. Dick, published in 1955 and set in a 1970s America in which a bomb shelter is a consumer good and a status symbol, with new models appearing every year. Foster's father refuses to buy into the military-industrial complex, which means young Foster is ostracized by his peers because he will have to use an inferior, public shelter. The story's end is surprising and predictable at the same time.

Call me a pacifist if you must, but be it accidental or intentional, any detonation of a nuclear warhead would be a terrible mistake.

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

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Book recommendations from the Biblioracle

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

1. "Orhan's Inheritance" by Aline Chanelsian
2. "Nicholas Nickleby" by Charles Dickens
3. "Killing Time" by Thomas Berger
4. "The Other Einstein" by Mable Benedict
5. "All the Light We Cannot See" by Anthony Doerr

— John O., Lake in the Hills

"Love Medicine" by Louise Erdrich is the right book for John. Hard to believe the novel is more than 30 years old.

1. "Code Girls: The Untold Story of the American Women Code Breakers of World War II" by Liza Mundy
2. "Top Dog: The Story of Marine Hero Lucca" by Mary Goodavage
3. "An American Family: A Memoir of Hope and Sacrifice" by Khiz Khan
4. "The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder" by Judith Rapoport
5. "A Christmas Carol" by Charles Dickens

— Mary Beth N., Aurora

Matthew Desmond's "Evicted: Poverty and Profit in the American City" is one of the most important works of public sociology in recent years and a book Mary Beth will be glad to dig into.

1. "Sleeping Beauties" by Stephen King
2. "Beartown" by Fredrik Backman
3. "The Intuitionist" by Colson Whitehead
4. "The Rosie Project" by Graeme Simsion

— Peggy G., Joliet

"The Shining Girls" by Lauren Beukes has the right mix of suspense and the supernatural for Peggy.

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Get a reading from the Biblioracle

To get a reading from the Biblioracle, send a list of the last five books you've read to books@chicagotribune.com. Write "Biblioracle" in the subject line.
Aplastic anemia can't simply be cured with iron supplements

By Dr. Robert Ashley

Ask The Doctors

Dear Doctor: I have aplastic anemia. It is hard to explain this to people. Most of them hear the anemia part and get stuck there. I hear often: "Just take some iron" or "My aunt had that and was cured with B12 shots." How do I quickly explain it better?

Dear Reader: How frustrating this must be for you. To put it simply for people, you could say that aplastic anemia is a bone marrow disease that leads to bone marrow failure. If they stay at you glass-eyed, you might want to leave it at that, but if they're interested, you can try a longer explanation.

Stated simply, aplastic anemia is a rare disorder, diagnosed in one in every 500,000 people per year. Then you can explain that the function of the bone marrow is to produce red blood cells, white blood cells and clotting cells called platelets. The bone marrow contains specific cells, called hematopoietic stem cells, that are necessary to produce all of these. With aplastic anemia, these stem cells are damaged, so all of the cell lines are diminished.

Most cases of aplastic anemia are due to an attack by the body's immune system on the bone marrow. The cause of this attack is unknown, but a virus, drug or mutation may be the instigator.

Most cases of aplastic anemia are due to an attack by the body's immune system on the bone marrow. The cause of the attack is unknown, but a virus, drug or mutation may be the instigator.

White blood cells leads to an increased risk of pneumonia, urinary tract infections and severe bloodstream infections. When the white blood cells are chronically low, patients face a risk of invasive fungal infections, which can lead to death. Further, the lowering of the platelet counts increases the risk of bleeding due to the blood's decreased clotting ability. Ultimately, mutations in the bone marrow can lead to leukemia.

Aplastic anemia treatment depends upon the severity of the disease, the patient's age and whether the patient has other illnesses. You might want to explain that, because of the disease's potential complications, treatment is much more aggressive than taking iron or B12 supplements.

In fact, the treatment with the greatest chance of success is the transplantation of hematopoietic stem cells from a donor—a difficult treatment with severe side effects. And although transplantation can lead to prolonged survival, it also often fails. This approach, which requires a compatible donor, is recommended for healthier patients and those younger than 80. Another method of treatment is the suppression of the immune system's attack on the cells in the bone marrow. This requires a combination of medications, which can also have significant side effects. Maybe this explanation will help people understand the severity of aplastic anemia and to be more understanding of what you are going through. If not, at least be assured that some people do understand your battle—and wish you strength and recovery.

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

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

How truly beneficial are gummy supplements?

By Joe Graedon and Teresa Graedon

King Features Syndicate

Q: I always take my vitamins if they are gummies. I really like the sweetness. I am less apt to take supplements as capsules. I might be persuaded to change if gummies aren't as good for me. The four gummies I take are calcium, vitamin D-3, CoQ10 and a multivitamin. What do you think of gummy supplements?

A: One of the few organizations that test vitamins and other dietary supplements is ConsumerLab.com. After testing gummy multivitamins, it reported that "some gummy supplements—particularly gummy multivitamins—do not contain their listed amounts of vitamins or minerals, or contain impurities."

It noted that 80 percent of the gummy products tested failed because they contained too much or too little of certain listed ingredients. You can find the full report on ConsumerLab.com. There is a subscription fee to access the full report.

Q: For years I suffered with hypothyroidism. My doctors prescribed T4 drugs like Synthroid, Levothroid and generic levothyroxine, but I was still depressed. Also, I lost a lot of hair, including almost all my body hair.

T4 was not working well for me, so I asked for Armour Thyroid. After I started on that, the improvement was almost instantaneous.

Unfortunately, endocrinologists don't like it. One even told me it was an antiquated treatment. I think it is a shame that so few doctors seem to appreciate the value of treating with both T3 and T4. I feel much better when I am on Armour Thyroid.

A: Hypothyroidism, caused by an underactive thyroid gland, is quite common. If your thyroid gland was functioning normally, it would produce both T4 (levothyroxine) and T3 (triiodothyronine). These are thyroid hormones that affect how every part of the body works. The numbers indicate how many atoms of iodine each contains.

In most people, body tissues are able to convert T4, which is inactive, into active T3 hormone by removing one iodine atom. Some individuals don't do that efficiently, however. We suspect that these are the ones who feel better on a product with both T3 and T4 hormones.

Armour Thyroid is desiccated thyroid gland from pigs. It does provide T3 as well as T4. The endocrinologists are right that it is old-fashioned. That doesn't mean it isn't helpful for patients like you.

Q: I frequently read your warnings that there may be interactions among medicines. Two doctors prescribe medications for me: my primary care doctor and my cardiologist. Although I ask, I don't think either of them is very concerned about possible interactions. What can you tell me about metformin and glibizide for diabetes, along with Eliquis, amiodarone, ramipril, simvastatin and tamsulosin?

A: You are wise to be concerned. Many of your medications could interact with each other. The heart drug amiodarone could increase levels of simvastatin in your system. That could magnify the risk of muscle damage. Amiodarone also can increase levels of your prostate drug tamsulosin, which could lead to adverse reactions. Ask your cardiologist about the potential for amiodarone to interact with the anticoagulant Eliquis (apixaban). Your pharmacist also should review all your medications for possible interactions.

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

BY GAIL GRABOWSKI | EDITED BY STANLEY NEWMAN

Across
1 Ballerina's bend
5 Stop talking, with "up"
9 Gossip column topic
14 Casino supply
19 County Kerry's isle
20 Prefix for port or pad
21 Tuscan "You're welcome"
22 Loud sound
23 Artful deception
26 Gown fabric
27 Part of pewter
28 Where copters hover
29 Heart chart, for short
31 Pay attention to
32 Fashion sense
34 Does overly creative accounting
39 Oscar actress
43 iPod model
44 Young fellow
45 Tennis shutout
48 Fizzy mixer
50 Settle a debt
54 Parisian pal
55 Guitarist Clapton
56 "Pull up a chair"
57 Seagoing: Abbr.
60 Virtuoso
61 Register's paper roll
63 Steel mills and oil refineries
67 Flout the rules
69 Cabbage concoction
70 Lariat loops
71 Gruff
72 CD for runners
73 A/C measure
78 Golf pencil's traditional lack
81 Banquet hall vessels
83 Fortune-teller's deck
84 Managers of body rhythms
90 Quick bite
91 Evergreen tree
92 Smartphone message
93 Square-corner shape
94 Snaky swimmers
96 Neckline shape
97 Walking tall
99 Fiji's capital
101 SWAT squad equipment
102 SWOT
103 Rusty peak
105 Fröbe who portrayed
107 Hagar the Horrible's dog
108 Most high-tech
114 Cardiology concern
115 Legal wrong
119 Roofing sealant
120 Surpass in smarts
124 Be under the weather
125 Starting players
127 Criticize severely
132 Storied servant/spirit
133 Himalayan region
134 Money in Malta
135 Windy weather toy
136 Online shopping center
138 Genesis setting
139 Scent
74 Ongoing charitable pledge
75 Old-time anesthetic
77 "Golden" period
80 TV evening news time
82 Coil of yarn
84 Parting word
86 Carry a balance
87 Flood barrier
88 Santa, CA
89 Plumlike fruit
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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. Legendary 20th century featherweight
B. Battle of the Bulge area
C. Hero in Sturm and Drang novel
D. Happen
E. English home county
F. A.k.a. Enrico Rizzo
G. Ford’s load: 2 wds.
H. Parent-less kid
I. Actress of the ’50s
J. Site of decisive Ottoman naval defeat

Words

K. Plant scourge
L. Current thought trend
M. Burglars
N. Aimed at the heavens
O. Shaky
P. Prehistoric tool
Q. Respectful
R. Baseball’s Luke
S. Sailing ship part
T. Shameless: hyph.
U. President
V. Shipshape
W. Argentine husband and wife

Round Up

BY CHARLES PRESTON

Across
1. Israeli dance
5. Fall beverage
10. Balance sheet item
14. Old
15. Ascend
16. Leather flask
17. Bridge coup
18. Force back
19. Intend
20. Round angles
22. Meaning
24. Scapegrace
25. Whirl round and round
26. Financial backers
29. Plagued
33. Deface
34. Evil spirit
36. Fence crossing
37. Currier’s partner
39. Pontchartrain and Okeechobee
41. Iniquitous
42. Pole used in a Scots contest
44. More recent
46. Goddess of mischief
47. Raised
49. John Foster

51. Son of Seth
52. Ms. Lollabrigida
53. Certain sportswear
56. Round trippers
60. Employ
61. Look fixedly
63. Gleam
64. Not quite round
65. Consumed
66. Within: prefix
67. Refuse
68. Exhausted
69. Grate

Down
1. Fastener
2. Leer
3. Back
4. Regard with pleasure
5. Merry-go-round
6. Goddess of peace
7. Declines
8. Compass dir.
9. Depends
10. Round off
11. Dairy case item
12. Mast
13. Portable shelter
14. Precious metal

23. Shea Stadium team
25. Continue a subscription
26. Ecclesiastical linen neckwear
27. Marine
28. Dabchick
29. Jabbed
30. Competitor
31. Choice
32. Proofreader’s marks
35. Ancestral spirits in ancient Rome
38. Roundly
40. Grounds
43. Rave
45. Mystical symbol
48. Throws
50. Bigger
52. Bridge expert
53. Wearing shoes
54. Apiary unit
55. Algerian port
56. Detest
57. Arm bone
58. Motions of assent
59. Trade or exchange: var.
62. Spigot
Bit Parts

By Paul Coulter

Edited by Rich Norris and Joyce Nichols Lewis

Across

1 Many a reggae musician
6 Flavor
11 Involved stories
16 Montezuma's people
18 Books smaller than Bartos
20 Arenas, say
22 Film about a convict's lame claims of innocence?
24 Play the market
25 European skyline sight
26 Marbles: historic sculptures
27 Longtime film critic for The New Yorker
29 "¿Cómo usted?"
30 Pays attention to Chow line?
32 P&L report column
36 High hat
37 "... was saying..."
38 Go public with "Beowulf"
39 Film about a convict's "I don't give..."
42 Wildebeests
44 Barrel-bottom stuff
45 Cookie baking session output
46 Put to the test
47 "... was saying..."
49 River to the North
50 "... was saying..."
51 Lady of León
53 Lady of León
55 Duck
57 Inherent character
59 Back muscle, familiarly
60 Film about the last of the old-time schoolteachers?
61 A la King
62 Pillow's favorite striped stone?
63 Recipe amounts
65 Gen's counterpart
66 Fictional miner's work song
68 Aurora's Greek
70 Right.
71 "... was saying..."
72 Latin lover's line
73 The Supreme Court for one
74 Where Tara
75 Community character
76 Disappearing from one another complaint?
77 South China Sea
78 "... was saying..."
79 Inability to name objects
80 "... was saying..."
81 Disco family name
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Down

1 Indian prince
2 Georgia's state wildflower
3 Mushroom stems
4 Bus card info
5 Years
6 Extended operatic solo
7 PDX tower group
8 Most golfers never break it
9 Ab — from the start
10 1990 Stallone flick with the tagline "Go For It"
11 Bad to the bone
12 Stock holder
13 Protest bitterly (against)
14 Hill with one steep side
15 Sonnet section
16 One before la
17 Basket material
18 Achieve with minimal effort
19 Hybrid fruits
20 Author Ferber et al.
21 Impolite look
22 "Do the Right Thing" pizzeria owner
23 Author Ferber et al.
24 Put on hold
25 Fabric beltmaker's technique
26 "... was saying..."
27 Longtime film critic for The New Yorker
28 Author Ferber et al.
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30 Pays attention to Chow line?
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Things to know about returning to school

Upon taking inventory of their lives at the start of a new year, some people entertain thoughts of returning to school.

Adults who decide to return to school after a long layoff are following a popular path. According to the education resource Education Corner, a growing number of career colleges and vocational training schools now offer bachelor's and graduate degree programs geared toward working adults.

People return to school for various reasons, including the chance to learn new skills or further develop their existing skills. Some return to school because they are changing careers, while others may have lost a job or desire a promotion and feel that attaining a higher level of education or new skills can make reaching that goal more likely.

Adults who hope to return to school might be surprised to learn that the educational landscape has changed considerably since they were last in a classroom.

High school seniors on the cusp of graduating and moving on to college give ample thought to their college majors, many are likely to change majors at least once after enrolling in a college or university.

According to the University of La Verne in California, between 50 and 70 percent of college students change majors at least once, and many of them will change their majors three times before they graduate. The university also reports that 50 percent of college graduates pursue careers that are not related to their majors. Career and personality assessments can help students determine which subjects they may want to study upon enrolling in a college or university.

Such assessments can help students discover their interests, and then students can work with advisors and career counselors at their colleges or universities to find majors that align with those interests.

High school seniors on their way to college in the coming months can rest easy in that, even if they don't know what to study when they arrive on college campuses this fall, many of their fellow freshmen are equally uncertain.
Students and teachers: Tips for beating the mid-year slump

Whether you're a teacher or a student, staying motivated for the rest of the school year can be a challenge. But, what happens in the classroom counts long after the school year is new.

Here are some great ways to make the grade, all year long.

Try new things
Stepping outside your comfort zone can make school seem like a less humdrum place. Consider signing up for after school activities you hadn't previously considered. Whether it's the school play, yearbook or intramural soccer, challenging yourself in new ways can have an overall motivational effect that can translate to the classroom, and you may just discover previously untapped skills and passions.

Get new tech gear
Teachers and students alike can give their school year a boost by gearing up with new technology that aids their educational efforts.

If you're in a numbers slump, consider revolutionizing math class and test prep with a new graphing calculator that features additional capabilities. For example, with the advanced features of a next-generation graphing calculator, such as the fx-CG50 PRIZM from Casio, students may find it easier to grasp complex math concepts. Its natural textbook display and icon-based menu are easy to use, and its three-dimensional graph drawing and improved catalog functions allow for greater engagement and real-life application.

During the mid-year slump, teachers can create an enthusiastic learning environment with new technology, such as the XJ-F210WN LampFree projector from Casio, which combines a laser and LED light source to create a high-brightness, mercury-free tool that uses half the amount of power per unit than other lamp-based projectors. This makes it a safer and more affordable choice for schools looking to go green and save money. Because it reaches full brightness in as fast as five seconds from the time it is powered on, it reduces dull down time for students, carving out more time for engaging lessons.

Find some pals
Make studying a more cooperative venture by forming a study group where everyone stands to benefit. Those who grasped the material fullest can explain it to others, thereby reinforcing the concepts for themselves too.

Make sessions fun by rotating who hosts and providing healthy snacks. Afterwards, treat yourselves to a fun activity like a movie.

With new gear, ambitions and study habits, you can make the rest of the year count.

StatePoint

Open House
We invite you to join us as we celebrate Catholic Schools Week. Come for a visit, meet our students and teachers. Experience why SIN is the Place to Be!

Sunday, January 28, 2018
9:00 - 10:00 am • New & Prospective Families only
10:00 am - 12:00 pm • Open to All

Preschool through Eighth Grade
Before & After Care (7:30 a.m. - 6:00 p.m.)
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Applications for the 2018-2019 school year are now being accepted.
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www.spschool.net • 847-828-4566

Come for an Admissions Morning on March 6 or call today for a personal tour!

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StatePoint

Catholic Schools
How to help high schoolers choose the right college

Choosing a college or university is the first big decision of many teenagers' lives. A youngster's choice of college can impact the rest of his or her life, and it's important that kids recognize the gravity of this decision.

Many kids, in particular those who realize the impact that their choice of college can have on the rest of their lives, are overwhelmed when colleges begin sending information about their programs and campus life. Such information, especially when it is unsolicited, may begin to arrive at the dawn of high school students' sophomore year, long before many teenagers have begun to think about where to pursue their educations after high school. But as daunting a task as choosing a college may seem, teenagers should enjoy the process, as the choice of where to go to college is unlike any other decision many students will make for the rest of their lives.

Parents also can ensure the process goes more smoothly by helping their kids find the right school. That's especially true for parents who have already been through the process with an older child. But even parents going through the process for the first time can take the following steps to help youngsters find the right college.

- Discuss finances with kids at the outset of the selection process. While the choice of where a student goes to college should ultimately rest with that student, it's important that parents explain their financial situations to their kids at the outset of the selection process. Explain how much you can contribute toward tuition and fees, and explain the differences between loans and grants. Some kids may expect their parents to foot the entire bill for their education, but such situations are increasingly rare thanks to the rising cost of a college education. Make sure kids know the financial obligations they will be taking on should they take out loans to pay for their education.
- Ask kids to list fields of study they may want to pursue. While incoming college freshmen do not necessarily need to choose a major upon enrolling, kids who know their interests and what they may want to one day do for a living may be more likely to find the right college or university for them. Parents can ask kids to write down a list of their interests, including potential career interests. This can help kids narrow down the list of colleges and universities they are considering. For example, if a student is interested in engineering but a university on their list does not offer an engineering program, then that school can be eliminated. Kids who list multiple potential fields of study may benefit by choosing a larger school with more available programs. This can allow them to pursue more than one major or even switch majors without transferring to another school.
- Visit campuses. Student-athletes who hope to continue their athletic careers at the collegiate level may be limited to a certain number of official campus visits, but non-athletes face no such restrictions. While college is first and foremost about getting an education, it's also an opportunity to grow as a person. Campus visits can give kids a feel for campus life, which varies considerably between colleges, and that feel can help them determine if a given college or university is somewhere they're likely to feel comfortable over the next several years. Parents can accompany kids on campus visits and ask questions their kids may not know to ask but will certainly be glad to know the answers to. Traveling to various campuses can be expensive, so parents might want to delay campus visits until kids have narrowed down their lists of potential colleges.
- Stay involved. Some kids may succumb to the pressure of choosing a college and detach themselves from the process as a result. While taking periodic breaks from talking about college can benefit both kids and their folks, parents should not allow such breaks to go on for too long. Stay involved in the process as kids continue to approach it with the right attitude. If kids appear to be struggling with their decision, act as a sounding board for them so they can let off some steam and clear their heads.

Tips to finding the right graduate program

Graduate school allows college graduates the chance to intensify their studies as they pursue advanced degrees.

Many professions require advanced degrees, but students may enroll in graduate school for various reasons, including their own intellectual curiosity and the chance to improve their earning potential.

Choosing a graduate program is an important decision that can impact students' career prospects and financial futures. According to Peterson's Real Guide to Colleges and Universities, the average annual tuition for a graduate program at a public university is $30,000, while graduate students at private universities can expect to pay nearly $40,000 each year. Such figures illustrate just how important it is for prospective graduate students to find the right schools for them.

Conduct exhaustive research

Because the cost of graduate school is so substantial, students should be extra diligent when researching potential grad schools. Gather as much information about each school as possible, even contacting department heads and/or professors to learn if a given program is best for you. Graduate programs tend to be specialized, so make sure each school you're considering offers exactly what you're seeking. For example, graduate programs in history may specialize in a particular period of history. As a result, students who want to pursue graduate degrees in history must find the program that allows them to study the period that most interests them. Finding such programs requires extensive research, so students must afford themselves ample time.

Speak to students, graduates

Current students and recent graduates can provide a unique perspective that prospective grad students won't get from brochures or online research, no matter how exhaustive that research might be. Encourage students and recent grads to be candid, asking them about their experiences as grad students and, for recent grads, how they fared in the job market after earning their degrees. Don't discount the latter, as grad school is an investment of time, energy and money, and that should lead to professional fulfillment upon graduating.

Be realistic about your finances

While many people enroll in graduate programs to improve their earning potential, some students may not enjoy that benefit. The cost of grad school varies depending on the school and the program, but prospective grad students may want to change their plans if the cost of obtaining an advanced degree will greatly affect their financial freedom for years to come.
At LA LUMIERE, we forge relationships founded on the dignity of every member of our community. From there, we challenge and support one another as together we develop character, ignite scholarship, and cultivate faith.

This is what we call the La tu Difference. Discover the difference yourself at lalumiere.org or by scheduling a campus visit at lalumiere.org/visit.
Education tools to help kids succeed at school

In today's tech-driven world, the classroom is evolving rapidly. Students equipped with the right tools will get a leg up on their studies and long-term success.

So, what's effective in the world of educational tools today? Check out these innovative items.

Music made easier
Music has always helped children learn and succeed in their other classes. However, it can now be easier than ever before, as new tools have made learning to play easier. For example, the LK-265 keyboard from Casio has 61 full-size, touch-sensitive keys with a Key Lighting System that illuminates keys to indicate which notes to play, making learning easier. Combined with its intuitive Step-Up Lessons, kids can quickly learn to play both built-in songs, as well as favorites downloaded through a free compatible app called Chordana.

Science on your phone
The scientific process has never been so user-friendly. Check out free apps for Android and iPhone that support science education — from tools that give young scientists an opportunity to organize their hypothesis, notes and observations on self-driven scientific trials, to those that offer step-by-step directions and video demonstrations of experiments.

Math support
To not only survive today's math classes but to thrive in them, students will need the advanced features of a next-generation graphing calculator, such as Casio's fx-CG50 Prizm, which will support their education through middle school, high school and into college. With Natural Textbook Display and an intuitive icon-based menu, students will find it easy to use, and its brand new 3D Graph Drawing and improved catalog function allow for greater engagement and real-life application in the classroom.

Taking it down
Notetaking, a once manual often disordered endeavor, has gotten a facelift thanks to the modern age. New desktop and mobile apps make it easier for students to organize, sort and share notes, as well as quickly reference them later when it's time to cram for that exam. Many platforms offer free basic accounts, with the option of upgrading for more features. However, doing so may come with a subscription fee, which may be worth it depending on a student's note-taking style and needs.

Keeping up with the classmates is often like keeping up with the Joneses. Having the latest educational tools can mean a better learning experience.

Treat your kids to lunches that meet all needs

School lunch may seem like a relatively easy concept for parents to master. However, day in and day out, enterprising moms and dads grow anxious over what to put into kids' lunch boxes or bags.

Parents have foods they want their kids to eat, and then there are foods their grade-schoolers will actually consider. Schools may also place limitations on what kids can bring to school due to allergies or school rules on sweets versus healthy foods. Then there's the packaging itself. Parents may weigh the benefits of everything from clever accessories to eco-friendly materials.

Removing school lunch stress is easy. Once these steps are conquered, sending children off to school with acceptable meals becomes that much easier.

Foods
Keep a running list of must-have foods to stock the pantry. This will make it easier when it's time to go shopping. Picky eaters may return again and again to familiar comfort foods. As long as the child is getting enough vitamins and growing, there should be little issue in letting him and her eat the same foods day in and day out.

Because parents cannot police what their children eat at school, it's better to devote time to introducing new foods during breakfast or dinner.

Involve kids in some of the food decisions, especially since they are the ones eating the lunch at school. Certain foods may not keep well or become less appealing after sitting in backpacks until lunchtime. Respect kids' input and try to make some changes accordingly.

Restrictions
Researchers have estimated that food allergies affect one in every 13 children under the age of 18 in the United States alone. That equates to two in every classroom. The group Food Allergy Research & Education says eight foods account for the majority of all reactions: peanuts, tree nuts, soy, milk, eggs, wheat, fish and shellfish. Parents should be cognizant of common food allergies and be considerate of other kids in the classroom who may have allergies by limiting some of the most common allergy-associated foods in their children's lunches.

Packaging
The way foods are presented can improve the dining experience. Just ask professional chefs who go to great lengths on creative "plating" in restaurants. Children who are fussy about foods touching might enjoy one of the economical (and eco-friendly) designs of reusable bento boxes, which separate foods into different sections. They also help parents pack perfect portion sizes for healthier eating habits.

Snack and food containers now come in colorful and clever designs that appeal to the toy-lover in most kids.

Also, lunch gear manufacturers are thinking outside the sandwich to offer pouches and baggies that are leak-proof so that smoothies, soups and yogurts can be enjoyed during lunch too.
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School news

Chiaravalle Montessori
Visit Chiaravalle to learn how Montessori education inspires independent, compassionate and innovative thinkers. Everything the school does is designed to develop future generations of lifelong learners who effect change for a better world. Students range in age from 16 months through middle school.

Explore and enjoy the modern Montessori approach in the LEED Platinum North Wing, designed for integrated studies and extracurricular programming. If you haven’t seen the school in action, call the Admission Office at 847-864-2190. Chiaravalle is located at 425 Dempster St. in Evanston. For more information, visit chiaravalle.org.

Lake Forest Country Day School
Lake Forest Country Day School (LFCDS) will host an open house at 9 a.m. Tuesday, Feb. 6. This open house offers an opportunity to tour the campus, speak with teachers and students, observe classes in session, and meet families from the LFCDS community.

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

“Two important beliefs are at the heart of our teaching philosophy,” says Head of School Bob Whelan. “Social and emotional development is inextricably linked with academic achievement, and experiential learning creates a foundation for deeper understanding.”

Whelan notes, “Teaching and learning are not by rote here. The classrooms, technology offerings, laboratories, art spaces, and playing fields all serve as vital staging grounds for a rich program, designed to prepare LFCDS graduates to be compassionate, independent thinkers with a strong sense of personal integrity and intellectual curiosity.”

Highlighted by a 7:1 student/faculty ratio, an LFCDS education sets the stage for a bright future in secondary school and beyond, with 20 percent of LFCDS graduates attending colleges and universities ranked in the top 20 by “U.S. News and World Report.” In addition, LFCDS offers limited morning bus service from several area communities.

To register for an open house, visit lfcds.org or call the Admission Office at 847-615-6151. LFCDS is located at 145 S. Green Bay Road in Lake Forest.

La Lumiere School
La Lumiere School believes that education involves the formation of the entire person, and there are no shortcuts in an enterprise of this importance. On La Lumiere’s wooded campus in La Porte, Indiana, they forge relationships founded on the dignity of every member of its community. From there, the school challenges and supports one another as together they develop character, ignite scholarship and cultivate faith. Graduation finds seniors who are well on their way to growing into the best versions of themselves. Hungry for the next challenge, students believe that they’re at the helm of their own journey and are ready to shine their light in the world.

La Lumiere School is located at 6801 N. Wilhelm Road in La Porte, Indiana. For more information, call 219-326-7450 or visit lalumiere.org.

Sager Solomon Schechter Day School
The K-8 program at Solomon Schechter Day School of Metropolitan Chicago is a 2016 National Blue Ribbon School as awarded by the U.S. Department of Education. Schechter is the only Jewish day school of the 50 private schools and 279 public schools across the nation to receive this recognition. “This honor recognizes the exemplary teaching and learning that takes place at Schechter,” says Dr. Lena Kushnir, head of School. “This award showcases the strength of our dual curriculum, and ongoing commitment to help our children grow and discover their passion for Judaism.” For more information, or to schedule a tour of Schechter, visit schechterchicago.org or call Hillary Dunn, director of Admissions, at 847-412-5654. Sager Solomon Schechter Day School is located at 3210 Dundee Road in Northbrook.

St. Joseph School
On Sept. 28, 2017, U.S. Secretary of Education Betsy DeVos recognized St. Joseph School as one of 342 National Blue Ribbon Schools. St. Joseph School is a Catholic grade school serving 2-year-olds through eighth graders in Wilmette and surrounding suburbs. The leadership, faculty and students of St. Joseph School work together each day to serve the school’s mission of academic excellence while fostering personal and spiritual development within a Catholic community of faith. This collaborative effort has resulted in a school, with over a century of tradition, in which students have flourished academically while successfully developing emotionally, physically and spiritually.

St. Joseph School is located at 1740 Lake Ave. in Wilmette. For more information, call 847-256-7870 or visit stjosephwilmette.com.

St. Norbert School
Since 1917, St. Norbert School has honored its mission of "Serving God through Learning, Faith and Service." Academics are the focus. The small class sizes are ideal for providing meaningful differentiation in the classroom. State-of-the-art technology is used in every classroom to make lessons dynamic and provide resources beyond traditional textbooks. The accelerated curriculum means St. Norbert students are well prepared for whatever high school they choose to attend.

While academics are the focus of the school, faith is the heart. Catholic values are integrated into the school day so the students aren’t just learning their faith; they’re living it. In addition to religion classes, students participate in Mass together every week. They prepare for the sacraments and look forward to religious celebrations.

Students at St. Norbert are encouraged to lead lives of service. The school’s buddy program pairs older students with a younger buddy. They attend school Masses together and they participate in other activities together throughout the year. The students also initiate various community service projects including packing food for a local food pantry and visiting residents at a local nursing home.

At St. Norbert School, “Think Ahead” isn’t just its tagline. “It is the way we live our mission. We prepare students to be lifelong learners, rooted in faith and committed to service. We prepare them to be successful; not just in high school, but in life.”

St. Norbert School is located at 1817 Walters Ave. in Northbrook. For more information, call 847-272-0051 or visit stnorbertschool.org.

Southern Illinois University
SIU offers more than 250 undergraduate majors, minors and specializations catering to career goals in areas from the arts through the sciences, humanities, business, mass media, engineering, education, allied health, aviation and more. If you aren’t ready to commit to a major, SIU’s mentoring program can help you decide. SIU is all about opportunity — more than 90 percent of its students attend SIU with financial assistance. Visit the campus and see for yourself why so many students from the Chicago area choose SIU — nearly half the student population is from Chicago and its suburbs. The next open house is Feb. 19 — register online now at admissions.siu.edu/visit/open-house.php.

Woodlands Academy of the Sacred Heart
Young women are losing ground in the STEM fields. At the bachelor's degree level, between 2004 and 2014, the share of STEM-related bachelor's degrees earned by women fell from 47 percent to 42 percent. Women in the current high school class are 17 percent more likely to pursue a career in STEM than girls who entered high school in 2009. Woodlands Academy of the Sacred Heart is preparing its students to close that gap. The school is hosting an open house on Jan. 20 from 3 to 5 p.m., where students and their families can learn about the value of a STEM-focused education at Woodlands Academy. For more information, visit Woodlands Academy of the Sacred Heart.
Empower Girls Change the World

Woodlands Academy of the Sacred Heart

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Open Houses
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March 21st 6 pm - 8 pm

To schedule a private tour, call Principal Michael Kendrick at 847.256.7870 or email mkendrick@stjosephwilmette.com

SCHOOL NEWS
CONTINUED ON FROM 8

women decreased in all seven discipline areas: engineering; computer science; earth, atmospheric and ocean sciences; physical sciences; mathematics; biological and agricultural sciences; and social sciences and psychology.

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

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

Woodlands Academy of the Sacred Heart is Lake County's only single-gender school. Located in Lake Forest, the 160 year-old school is an independent, Catholic day and boarding, college-preparatory school for young women of all faiths. Its challenging academic program and extracurricular offerings prepare students to pursue degrees in STEM fields. For example, the Woodlands Academy Robotics team advanced to the FTC Illinois State Championship last year. Additionally, Woodlands Academy students earned an average score of 4.5 on the A.P. Calculus exam compared to a 2.9 national average.

Woodlands Academy students also show academic strength across all disciplines evidenced by the fact that nearly one-in-three Woodlands Academy of the Sacred Heart Class of 2017 were honored by the Illinois Student Assistance Commission (ISAC) State Scholars. Honorees were chosen based on a combination of exemplary ACT or SAT test scores and sixth-semester class rank. They typically rank in or near the top 10 percent of high school seniors from 765 high schools across the state.

Founded in 1858, Woodlands Academy is an independent Catholic college preparatory day and boarding high school for young women. It's part of a worldwide network of Sacred Heart Schools that spans the United States and 40 other countries. A nonprofit, Woodlands Academy's identity is rooted in Saint Madeleine Sophie Barat's desire to inspire young hearts and minds to excel, to lead lives of integrity and to serve. For more information, visit woodlandsacademy.org.

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School directory

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8622 W. Catalpa Ave.
Chicago
773-714-0646
brickton.org

Chiaravalle Montessori School
425 Dempster St.
Evanston
847-864-2190
chiaravalle.org

Lake Forest Country Day School
145 S. Green Bay Road
Lake Forest
847-234-2350
lfcds.org

La Lumiere School
6801 N. Wilhelm Road
La Porte, IN
219-326-7450
lalumiere.org

Piven Theatre
927 Noyes St.
Evanston
847-804-9
piventheatre.org

Regina Dominican College
Preparatory High School
701 Locust Rd.
Wilmette
847-256-7660
rdhs.org

Roycemore School
1200 Davis St.
Evanston
847-866-6055
roycemoreschool.org

Sager Solomon Schecter Day School of Metropolitan Chicago
3210 Dundee Road
Northbrook
847-498-2100
schecter.org

St. Joseph School
1740 Lake Ave.
Wilmette
847-256-7870
stjosephwilmette.com

St. Norbert School
1817 Walters Ave.
Northbrook
847-272-0051
stnorbertschool.org

St. Paul of the Cross
140 S. Northwood Hwy.
Park Ridge
847-825-6366
spc-school.net

Southern Illinois University
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siu.edu

Woodlands Academy of the Sacred Heart
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Many students believe that the next natural step after graduating from high school is to go off to college. Secondary education has become such a common transition that many parents begin saving for college tuition as soon as their children are born. Although college can be the next chapter in a student's education, many teenagers still choose to attend trade school.

Television personality Mike Rowe says the country is in the midst of a skilled labor shortage because workers lack the necessary training to fill the hundreds of thousands of available jobs. Lack of information may drive the notion that trade jobs are nothing more than a backup plan if college doesn't pan out. However, by realizing that trade jobs, along with short-term vocational training, is a smart investment — and eventually a lucrative career choice — attitudes about trade schools and labor-intensive jobs may shift.

A great number of college graduates enter the workforce with degrees that may not help them land jobs. And these students typically carry thousands of dollars in tuition debt. Many college grads are underemployed and working in jobs that aren't even in their fields of study. Career and technical schools help students develop specialized skills that make graduates immediately marketable in their chosen fields, and trade salaries can be very competitive.

The following are some of the fastest-growing and highest-paying trade careers to consider, based on data from the Bureau of Labor Statistics and Forbes magazine.

- Construction manager: Construction professionals with great organizational and communication skills can enjoy high earning potential as construction managers. Expected growth of this career over the next 10 years is 5 percent. The average income of a construction manager is $87,000. However, with a top-end hourly pay of around $75 per hour, it's easy for managers to earn into six figures.
- Elevator installer and repairer: This career is listed as a top-earner. These employees can earn anywhere from $74,000 to $105,000 per year. Elevators are in demand as urban centers increase, so this career has staying potential.
- Rotary drill operator: The oil and gas industry relies on rotary drill operators to extract oil or natural gas from underground sources. Salaries for these jobs can range from $30 to $40 per hour.
- Dental hygienist: Cleaning teeth and inspecting mouths for disease is an important role. Job growth is still hovering around 20 percent, and hygienists can expect to earn up to $98,000.
- Electricians and plumbers: Electricians and plumbers are continually in demand. With a short amount of trade school and apprenticeship, it's possible to earn up to $90,000 per year.

These are just a few of the many skilled professions that vocational schools prepare their students for. Scholarships and funding programs are available to help make vocational training an affordable possibility.

Lake Forest Country Day School

"For more than twenty years, I've had the pleasure of watching students at LFCDS learn and grow. From high fives in the hallway to my former students returning just to say hello, LFCDS provides students with a safe place to spread their wings and expand their intellectual curiosity. Teachers at LFCDS provide experiential, creative, and innovative ways to deliver lessons. In sixth grade, I use fantasy football to teach math - it's both engaging and effective - just like my colleagues."

-Ty Stuckslager, LFCDS Upper School Faculty, Chair of the Math Department, and Inspired Teacher

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Dear Help Squad,

I just read your Help Squad column "Snafu with car-sharing leads to dispute over charges."

I had a problem with Turo (which was then RelayRides) three years ago. I took my case for diminished value reimbursement (the driver of my truck was hit by another driver) to small claims court in Seattle and won a judgment for $1,595.40. RelayRides (based in San Francisco) never showed and never responded to my attempts to contact them. I understand that I could go to San Francisco to get a sister-state judgment, but I don't have time or money for that. Any chance you would be able to help?

Thanks,
John, Seattle

I first spoke with Charley Moore, CEO of online legal service Rocket Lawyer, which provides individuals and businesses access to licensed attorneys and free legal documents. The attorneys in Rocket Lawyer's network have expertise in areas including tax law, contracts, incorporation, estate planning, divorce law and small claims.

John used Rocket Lawyer's services and wound up receiving a free question and answer session, which included a phone call and some follow-up emails, from Seattle-area attorney Kevin Steinacker of Steinacker Law.

Steinacker advised, "In general, when a party is served with a lawsuit, if the party believes they have defenses to the claim, they should present those in accordance with court rules before a judgment is entered. Once a judgment is entered, the defendant generally loses the ability to assert their defenses to the claim. Regardless of what is included in the company's policies or agreements, those defenses were not asserted before the judgment was entered."

As Turo never responded to John's properly-served summons, this would translate to Turo being liable for the $1,595.40 judgment. But John will first have to get his judgment "domesticated" to California, which another, California-based lawyer advised could be accomplished without traveling to California.

When I emailed Turo's director of community, Steve Webb, about John's judgment he responded: "Turo quickly honored the entire damage claim that [John] was entitled to. Turo policy, which is directly incorporated into our FAQs, states very clearly that we do not cover diminished value claims. We stand by our policy decision and will not provide [John] compensation for diminished value."

He later emailed to say, "Turo has not been served with a valid judgment that would require payment to [John]. [John] was required to file his claim in California pursuant to Turo's terms of service that were in effect at the time of his claim."

This highlights another potential issue: Was Turo's diminished value policy clearly stated on its website in January 2015? I posed this question to Webb who said the policy has been on Turo's website since at least 2012.

In the meantime I reached out to diminished value expert Richard Hixenbaugh, president and CEO of Atlanta-based Collision Claim Associates to ask him about Turo's diminished value policy.

Hixenbaugh told me that except in Georgia, diminished value is specifically excluded from coverage when making a claim against one's own insurance policy (aka, a first-party claim). When someone rents out their car through a ride sharing company like Turo, they agree to be covered by the company's insurance, which, by default becomes first-party coverage. If Turo's diminished value policy was clearly stated on its website, in its contract and in the insurance policy John selected, then there could be grounds for Turo to deny John's claim. John could then pursue a third-party claim against the driver responsible for the collision, as long as the responsible party wasn't the driver of his car.

But John states he never saw nor was he ever directed by Turo to the aforementioned diminished value policy and Turo neither responded to his small claims summons nor sent a representative to the trial. This leaves John with a few remaining hoops to jump through, but he may be entitled to the $1,595.40 judgment.

Need help?
Send questions, complaints and column ideas to HelpSquad@pioneerlocal.com.

Cathy Cunningham is a freelance columnist.
ARLINGTON HEIGHTS
Four-bedroom, four-bathroom home. Master suite with built-in cabinets, hardwood, gas fireplace and practical area. Open concept first floor. Kitchen features large island. Family room with fireplace. Finished partial lower level has fourth bedroom, recreation room, laundry area and full bathroom. Located on half acre of land. Fully fenced yard with large deck. Two-car attached garage. Vinyl siding. BALCONY.
Address: 1304W. Vine St.
Price: $574,900
Schools: Rolling Meadows High School
Taxes: $9,303
Agent: Bill Brucks/RE/MAX Suburban

DEERFIELD
Traditional colonial in East Deerfield. Four-bedrooms, 2.5 baths. Upgraded kitchen with maple cabinets, stainless steel appliances, large island and eating area. Adjacent formal dining room. Mudroom between attached two-car garage and living area. Living room with hardwood floors. Family room has fireplace and French doors to the patio and backyard. Second floor features large landing and updated master bedroom shower. Asphalt driveway.
Address: 1035 Hunter Court
Price: $515,000
Schools: Deerfield High School
Taxes: $10,994
Agent: Jay Reid/Keller Williams

WILMETTE
Four-bedroom, 2.5 bathroom home. First floor family room with beamed ceiling, built-ins and French doors to the patio. Eat-in kitchen opens to dining room. Living room overlooks the patio and private yard. Master suite with updated bath. Finished partial basement with bedroom, playroom, bathroom and utility room. Updated windows and electrical. New roof, furnace and washer/dryer. Hardwood floors throughout.
Address: 231 Valley View Drive
Price: $499,000
Schools: New Trier Township High School
Taxes: $8,789
Agent: Heidi Laros/Baird & Warner

BARRINGTON
Raised ranch with private pond. Four bedrooms and three bathrooms with in-law arrangements and walk-out basement. Living room opens to kitchen with new cabinets, new marble counter tops and undermount sink. New lights and fixtures throughout. Family room has wood-burning brick fireplace. Balcony overlooking yard and pond.
Address: 136 Wedgewood Drive
Price: $409,900
Schools: Barrington High School
Taxes: $8,506
Agent: Cristy Trepachko/Chase Real Estate

Listings from Homefinder.com

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## Community Real Estate Transfers

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<thead>
<tr>
<th>ADDRESS</th>
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Resilience during hardship core of workplace drama

BY MYRA PETLICKI
Pioneer Press


Jacqueline Williams plays Faye, a woman in her 50s who has worked hard her entire life. "She is a proud UAW member," Williams said. "She knows every facet of it (the plant). She's tough, she's frank, she shoots straight from the hip. But that doesn't mean that she doesn't have heart. She cares about the people there and she cares about the work they do."

If the plant closes, it will have a serious impact on Faye. "She is on that fine line," Williams said. "At the end of the current year, she reaches 30 years in the plant. The retirement package is greatly different if you're two days shy of that 30-year mark."

Kelvin Roston Jr. plays the foreman Reie. "Reie is a strong, determined man," Roston said. "He's proud of doing his job well but he's stuck in the middle of this world - going from being one of the people playing the game in the breakroom to one of the people who has to enforce the rules on those same people that he used to be on the line with. He's torn between two realities."

The closing of the factory leaves him in a similar quandary. "He wants the best for everybody but also the best for himself," Roston said. "He's got a family to provide for, a new home. Closing could possibly get him placed somewhere good but he's also living in that world of unpredictability."

The cast also includes Bernard Gilbert as Dez, a flirtatious but sensitive man in his 20s, and Anji White as Shanita, a hardworking 20-something woman who is pregnant.

"Skeleton Crew" is the third play in a Detroit trilogy by playwright Morisseau, which includes "Detroit '67" and "Paradise Blue." Director Ron OJ Parson, who has directed the other two works, said, "All Dominique's shows are fascinating to me."

For this one, the University of Michigan graduate had a little extra help. "My assistant, Henry S. Watkins, is a friend of mine from college," Parson said. "He worked in the factory for 32 years. "Skeleton Crew" When: Jan. 25-March 3 Where: Northlight Theatre, 9501 Skokie Blvd., Skokie Tickets: $30-$52 (previews, Jan. 25-Feb. 1); $30-$81 (regular run) Information: 847-673-6300; northlight.org

You can't have a better assistant than somebody who was in the trenches."

Parson noted that he wanted to take the cast to a factory in preparation for their roles. "Then we realized there aren't many around," he said. "And they've changed so much since 2008, which is when the play takes place. Henry was saying when he started there were hundreds of people on the floor and when he retired, in the year that the play takes place, there were maybe five people doing the work that hundreds of people were doing at one time. It's a rude awakening, and that's what the play is depicting."

Roston said the message of this play is, "Things aren't always what they look like at face value."

Williams concluded that, "On the surface, it's about the people in this plant dealing with the impending closing and what it means to them. But it's also about love, and these relationships and these friendships and how to carry on."

Myrna Petlicki is a freelance reporter for Pioneer Press.

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WHAT TO DO COMMUNITY CALENDAR

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

Thursday, Jan. 25

The War & Treaty 7:30 p.m. Thursday, Evanston Space, 1245 Chicago Ave., Evanston, $15-$20, 847-492-8860

New Software – Converting Your VHS Home Movies: Learn how to convert your old home movies on VHS to DVD or digital format in the Digital Media Lab. Registration is limited to four and you need to register for this event via the website or by calling. 10 a.m. Thursday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

CinemaSpeak: Watch at home. Talk at the library. This is a discussion of the film “Robot and Frank” from 2012. Call or visit the library’s website to reserve a spot. 7 p.m. Thursday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Stop Hacking Before They Stop You: Ignorance can make you an easy target. Learn about hackers, their tools and motives, and how to protect yourself and your business to make you someone they are more likely to avoid. Mark Lieberman of SCORE presents this session. 7 p.m. Thursday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Graphic Novel Discussion Group: The group discusses “The Infinity Gauntlet” by Jim Starlin, the graphic novel that inspired the soon-to-be-released Marvel film. 7 p.m. Thursday, North Shore Comics, 3155 Dundee Road, Northbrook, free, 847-467-4000

Friday, Jan. 26

“The Odd Couple”: There’s a laugh a second in Neil Simon’s hit Broadway play when two suddenly single pals, a sloppy sportswriter and a compulsively tidy news writer, strain their friendship by turning roommates and driving each other crazy. 7:30 p.m. Friday and 3 p.m. Saturday, Northminster Presbyterian Church, 2515 Central Park Ave., Evanston, $20-$25, 847-869-9210

Dover Quartet: The Bienen School Quartet-in-Residence’s 2016-17 season highlights included the release of the group’s debut recording, a U.S. tour with bassist-composer Edgar Meyer, performances of the complete Beethoven quartet cycles and a 2017 Avery Fisher Career Grant. 7:30 p.m. Friday, Pick-Staiger Concert Hall, Northwestern University, 50 Arts Circle Drive, Evanston, free, 847-467-4000

Baby Signs (birth-age 3): Pre-readers learn sign language with their families through songs, new vocabulary and activities. Led by Jamie Stevens, ASL interpreter and certified Baby Signs instructor. 10:30 a.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Indoor Movie Night: There is a maximum of 50 guests for viewing this featured movie: “Boss Baby.” Please pre-register at: http://bit.ly/2jxuA8M. 7 p.m. Friday, National Field House, 9325 Walters Ave., Addison, free, 630-543-4130

Tips and Tricks to Preserve Brain Function: Cecelia Thomas Isemann, MBA, LNHA, CDP, discusses innovative ways to preserve your brain function as you age. Maintaining cognitive function requires effort and TLC. This presentation offers information about normal brain aging and how to build new neural pathways. 11:30 a.m. Friday, North Suburban YMCA, 2705 Techy Road, Northbrook, free, 847-722-7250

Women in Business with Catherine Johns: Network with other busy women this January as renowned speaker and radio personality Catherine Johns presents during this Women in Business Networking Breakfast. Don’t forget your business cards and a smile. 8:30 a.m. Friday, Park Ridge Chamber of Commerce, 720 Gnarly Rd., Park Ridge, $12 discounted member fee, $17 fee and Walk-ins, 847-825-3121

Todd Barry 7 p.m. and 9:30 p.m. Friday, Evanston Space, 1245 Chicago Ave., Evanston, $20-$30, 847-492-8860

“Blue Over You”: Spot On Company debuts “Blue Over You,” a mysterious one-man love story with musical bits. Michael Joseph Mitchell stars in this one-man play, where Francis, a high school drama teacher, comes home to discover his wife is missing. The play seeks to answer the question “Where is Mitzie?” 9 p.m. Friday and 9 p.m. Sunday, Northminster Presbyterian Church, 2515 Central Park Ave., Evanston, $20-$25, 847-869-9210

Saturday, Jan. 27

“The Wizard of Oz”: Big Noise Theatre “Especially for Kids” brings a beloved tale to life on stage. Dorothy and her three friends trot delightfully and tunefully down the fabled road of yellow brick to meet the Wizard of Oz. 10 a.m. and noon Saturday and 10 a.m. Sunday, Prairie Lakes Theatre, 515 E. Thacker St., Des Plaines, $15, 847-604-0275

Amy Helm: 8 p.m. Saturday, Evanston Space, 1245 Chicago Ave., Evanston, $16-$32, 847-492-8860

Nigel North in Segovia Classical Guitar Series: Classically trained on violin and guitar and self-taught as a lutenist, British artist Nigel North has embraced both performing and teaching during his career. He currently teaches in the Early Music Institute at the Indiana University Jacobs School of Music. 7:30 p.m. Saturday, Mary Galvin Recital Hall at Northwestern University, 70 Arts Circle Drive, Evanston, $10-$30, 847-467-4000

BYOB Parenting Playgroup for Birth to 23 months: Bring your own baby, enjoy playtime and just drop in to meet other new parents. Infant specialists may occasionally be on hand to discuss their area of expertise and answer questions. Light refreshments are served. 10 a.m. Saturday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Digital Photography Made Simple: Let the staff at Helix Camera show you the basics of how to use your digital SLR camera. DSLR is a Digital Single Lens Reflex Camera that has interchangeable lenses. This class is designed for those who are new to photography. 10 a.m. Saturday, Morton Grove Historical Museum, 648 Dempster St., Morton Grove, $49 resident/$61 nonresident, 847-965-1200

Yoga for Absolute Beginners: In this friendly workshop, they guide you step-by-step. Attendees leave the workshop knowing the basic yoga foundations poses and breathing techniques to help them feel confident in a group class or to practice yoga on their own. 3 p.m. Saturday, Prairie View Community Center, 6834 Dempster St., Morton Grove, resident $25; nonresident $32, 847-965-1200

Twenty-First Star Chapter NSDAR January 2018 Genealogy: A Genealogy Workshop sponsored by the Twenty-First Star Chapter NSDAR is held from 9 a.m. until noon in the third floor board room of the Niles Maine District Library. This workshop is only for women who are interested in joining the Daughters of the American Revolution. If you have any questions regarding this workshop, please contact Dorothy Wilson at 847-328-6946 for further details. 9 a.m. Saturday, Niles Public Library, 6960 W. Oakton St., Niles, free, 847-328-6946

Saturday Youth Film – “My Little Pony: The Movie”: This film is rated PG. After a dark force conquers Canterlot, the Mane 6 embark on an unforgettable journey beyond Equestria where they meet new friends and exciting challenges on a quest to use the magic of friendship to save their homeland. 2 p.m. and 7 p.m. Saturday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Shabbat Yoga: This is open to all levels with Joanna Kaplan bringing together Jewish spiritual heritage and the healing practice of yoga. Yoga and meditation are a perfect way to embody the very nature of Shabbat. 11 a.m. Saturday, Congregation Beth Shalom, 3433 Walters Ave., Northbrook, free, 847-498-4100

Sunday, Jan. 28

School Open House and Tours: St. Philip the Apostle School will hold an Open House. Stop by between 12:30 and 3 p.m. to take a tour of the school, browse our curriculum fair, meet current school families and talk with teachers and administrators. 12:30 p.m. Sunday, St. Philip the Apostle School, 1233 W. Holtz Ave., Addison, free, 630-543-4130

Dempster St. Pro Musica: Czech Mates: 2 p.m. Sunday, Evanston Space, 1245 Chicago Ave., Evanston, $40, 847-492-8860

Jennifer Koh: Shared Madness: Exploring the relationship between composer and performer and between violinist and instrument, Jennifer Koh’s spellbinding new two-concert event consists of 24 specially-commissioned caprices inspired by those of Paganini. Living composers represented include Samuel Adams, Philip Glass, John Harbison, David Lang, Kaija Saariaho, Esa-Pekka Salonen, Augusta Read Thomas and Julia Wolfe. 3 p.m. and 7:30 p.m. Sunday, Pick-Staiger Concert Hall, Northwestern University, 50 Arts Circle Drive, Evanston, $10-$30, 847-467-4000

Adventurers Book Club – Grades 1-3 with Adult: The group explores the world through books and learns about life in other places. Registered attendees receive a copy of the book to take home and enjoy. Space is limited. Please register at glenviewpl.org/register or call. 2 p.m. Sunday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Turn to Calendar, Page 26


**Dunkirk**: Surrounded by the German Army, Allied soldiers are evacuated during one of the fiercest battles of World War II. Just drop in to view this PG-13 rated movie. 1:30 p.m. Sunday, Glenview Public Library, 130 Glenview Road, Glenview, free, 847-272-7500

**Critic’s Choice: “The Big Sick”**: A Pakistani-American man falls for a white grad student and hides his romance from his family. However, their relationship gets more serious when she develops a mysterious illness, which in turn forces him to bond with her parents. For more information about this event, visit the website or call. 2 p.m. Sunday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**Craft Swap**: If you have craft supplies you no longer need, or you are looking for new supplies or creative inspiration, drop off your unneeded materials and return for this annual Craft Swap. Participants will find free materials for their next project. Visit the library’s website to find supply drop off times.

**Saturday, Jan. 28**

**Music of the Baroque: Mozart Dialogues**: Two of the composer’s works for multiple soloists—the profound Sinfonia Concertante for Violin and Viola and his lively Sinfonia Concertante for Four Winds—are featured in a Mozart birthday celebration program that also includes the Symphony No. 33. Join us to discover why critics and audiences cheer whenever Music Director Jane Glover conducts Mozart. 7:30 p.m. Sunday, North Shore Center for the Performing Arts, 950 Skokie Blvd., Skokie, $28-$78, 121-551-1414

**Lecture: Waterways of the North Shore**: The Wilmette Historical Museum’s Annual Meeting and lecture feature a talk by Vern Squires, past President of the Village of Wilmette and current Treasurer of the Wilmette Historical Society about “Waterways of the North Shore.” This talk explores three local bodies of water and their unique roles in the development of the North Shore. A brief meeting of the Historical Society precedes the presentation. 2 p.m. Sunday, Wilmette Historical Museum, 609 Ridge Road, Wilmette, free, 847-853-7666

**Monday, Jan. 29**

**When They Came**: This is part sci-fi fantasy and part story theater—an experimental piece that explores what it means to be human. The citizens of an ordinary town endeavor to explain exactly what happened when a group of aliens arrived in need of a home. 7:30 p.m. Monday and 7:30 p.m. Tuesday, Piven Theatre Workshop, 297 Noyes St., Evanston, $10, 847-866-8049

**Cutting the Cord: Streaming Services for TV**: Tired of paying too much for cable channels you never watch? Cost-friendly alternatives like Roku, Netflix, VUDU, hoopa and other streaming services can help you save a bundle and change the way you watch TV. Demonstration only. Glenview Library card required. Please register at glenville.org/register or 847-729-7500. 7 p.m. Monday, Glenview Public Library, 130 Glenview Road, Glenview, free, 847-729-7500

**Nintendo Switch Open Sessions**: We’re breaking out the Nintendo Switch for open play sessions every Monday in January and February. You’re invited to drop in and play the newest releases on the Switch including “Mario Kart,” “Arms,” “Splatoon,” “Super Mario Odyssey” and “Pokkén Tournament DX.” For Grades 5-12. For more information about this event, visit www.mgpl.org or call 847-965-4220. 5 p.m. Monday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**Northbrook Annual State of the Village Luncheon**: Northbrook Village President Sandy Frum reviews 2017’s major public and private projects and addresses opportunities and challenges for the year ahead. The presentation covers local redevelopment, legislative priorities, and anticipated capital improvement projects, with time for audience questions. The Northbrook Chamber offers one free admission to each member business with advance registration, with additional member advance registrations $30. Guests or Chamber members at door are $35. 11:45 a.m. Monday, Renaissance Chicago North Shore Hotel, 933 Skokie Blvd., Northbrook, $35 at the door, 847-498-5555

**Mother Nature’s Greatest Hits**: Mother Nature’s greatest hits include: the grandest mountain ranges, the greatest rivers and lakes, the magnificent forests, the deepest valleys, the largest deserts, incredible waterfalls, expansive oceans, beautiful sunsets and scenic islands. When Mother gets angry, she erupts with volcanoes and trembles with earthquakes. The presenter has personally been to these awesome places on five continents. 10 a.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, $12 member; $17 nonmember, 847-784-6000

**American Politics and Current Events**: Topical issues of the day are discussed: politics, the economy, international happenings, science, our diverse society, local issues and more. Come to actively contribute to the moderator-led discussion as they cover a wide variety of topics, or come just to listen and learn from the opinions of others. 9 a.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, $19 member; $25 nonmember, 847-784-6040

**How to Be a Friend to Someone with a Serious Illness**: Often times when close friends or family members are seriously ill, one may not know what to do or say to bring comfort to them. Explore creative ways to provide support, love and joy to those we care about. 1 p.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, $10 member; $15 nonmember, 847-784-6000

**Communicating with Your Pets**: If you are curious about what your animal companions are thinking or trying to tell you, join professional animal communicator Linda Roberts, she provides insight into this natural communication between species. Choose from: Jan. 29, 1-2:30 p.m. or Feb. 28, 7:30 p.m. 1 p.m. Monday, The Women’s Exchange, 630 Lincoln Ave., Winnetka, $25, 847-441-3406

**Tuesday, Jan. 30**

**Movies, Munches and More**: “Oceans”: Using state-of-the-art equipment, this nature documentary examines underwater lifeforms across the globe. Narrated by Pierce Brosnan. 11:30 a.m. Tuesday, Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, free, 847-965-4220

**Pajama Stories**: Put on your coziest pajamas and join the library staff for a half hour of stories and fun. 6:30 p.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**“13th”**: Documentary and Discussion: Join at the library for a two-part screening of “13th” and a discussion. This is in partnership with Racial Awareness in the Northshore (RAIN). 7 p.m. Tuesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

**Thomas Friedman: “Thank you for Being Late”**: Tom Friedman’s latest book addresses the pace of change in our evolving culture. And he asks us to “slow down.” In “Thank You for Being Late,” Friedman exposes the tectonic movements that are reshaping the world today and explains how to get the most out of them and cushion their worst impacts. 1 p.m. Tuesday, North Shore Senior Center, 161 Northfield Road, Northfield, $49 member; $64 nonmember, 847-784-6000

**Wednesday, Jan. 31**

**Tinsley Ellis**: 8 p.m. Wednesday, Evanston Space, 1245 Chicago Ave., Evanston, $15-$27, 847-492-8860

**Road to College Series**: This is for grades 9-12, with a limit of 40 on Wednesdays, from 7-8:30 p.m. in the Multipurpose Room. C2 Education presents two workshops geared toward...
students preparing for college life or the workplace. Register Jan. 30 at glenviewpl.org/register or call 7 p.m.
Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7800.

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

Author Event: Al Capone and the 1933’s World Fair: Hear William Hazelgrove discuss his book, “Al Capone and the 1933’s World Fair: The End of the Gangster Era in Chicago.” This runs from 7-8:30 p.m. and you may drop-in, with no registration required. 7 p.m. Wednesday, Lincolnwood Public Library, 4000 West Pratt Ave., Lincolnwood, free, 847-677-5277

“Zorba the Greek”: An upright English writer (Alan Bates) traveling to Crete on a matter of business finds his life changed forever when he meets the gregarious Alexis Zorba (Anthony Quinn), Winner of three Academy Awards. Call or visit the library’s website to reserve a spot. 1 p.m. and 7 p.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Let’s Face the Music: Jews and Making American Music: This course explores the musical work of Irving Berlin, Harold Arlen, Aaron Copland, Leonard Bernstein, Bob Dylan, Leonard Cohen, John Zorn, Paul Simon and Carole King. 1 p.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, $24 member, $32 nonmember, 847-784-6000

Goldenaires: Goldenaires chorus is a group of men and women who sing harmony and perform monthly in local retirement communities, senior centers, and other venues. Prior singing experience is a plus, but is not mandatory. Choir members need to be available Wednesday afternoons for performances. 10:30 a.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, $60 member, $75 nonmember, 847-784-6030

How Luther, Durer and Cranach Changed History and Art: 2018 marks the 500th anniversary of the German publication of Martin Luther’s 95 Theses and the start of the Protestant Reformation. Art historian Jeff Mishur discusses how paintings and prints fueled a reli-
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Ford Mustang Bullitt: Ford Motor Co. is making a special edition Mustang to commemorate the 50th anniversary of "Bullitt," whose unforgettable chase scene helped turn the sports car into an icon.

The 2019 Mustang Bullitt — due out this summer — will have an upgraded 5.0-liter V-8 engine that puts out 475 horsepower. It has a top speed of 163 mph and a manual transmission with a white cue-ball shift knob. It's available in dark Highland Green, the color "Bullitt" made famous, as well as black.

Mercedes G-Class: Mercedes' boxy-looking G-Class SUV gets a facelift, though its appearance hasn't changed much in almost four decades. The 2019 version gets numerous changes including 2 additional inches of length and 4.8 inches of width.

The G-Class gets a new independent front suspension as well as a nine-speed automatic transmission. It's still powered by a 4.0-liter V-8 with 416 horsepower. It also gets new LED headlamps.

BMW X2: BMW's sporty X2 small SUV lands between the compact X1 and the bigger X3 in the automaker's lineup. It sits low and has a more muscular body than its siblings.

The 228-horsepower sDrive28i goes on sale later this spring.
Maine South player’s father dies in crash on way to game

BY STEVE SADIN
Pioneer Press

The father of a Maine South boys basketball player died in an accident the morning of Jan. 15 on Interstate 88 in western Illinois while driving to watch his son play in Galesburg’s Martin Luther King Jr. Day tournament.

Thomas P. Gardiner, 56, of Park Ridge was traveling westbound when the 2007 Chevrolet Suburban he was driving went into the median strip, crossed over the eastbound lanes, continued into a ditch and crashed into a tree, Illinois State Police Master Sg t. Mike Kuehl said.

Kuehl said Gardiner was the only person in the vehicle.

Gardiner was the father of 6-foot-7 senior forward Tommy Gardiner and the uncle of 6-3 junior forward John Gardiner.

Maine South coach Tony Lavorato was at lunch with his players after a 69-53 loss to Rockford East when he learned what happened, according to a Peoria Journal Star article.

Maine South was scheduled to play Peoria at 4 p.m. Jan. 15, but the game did not take place.

Lavorato took his team back to Park Ridge after learning about the crash, according to the Journal Star report. Lavorato said in an interview with Pioneer Press on Jan. 17 that his concern was for his players and their families.

“This is a very sad time for our basketball family,” Lavorato said. “Our thoughts and prayers are with the family.”

Thomas Gardiner was the oldest of 13 children, his sister, Peggy Gardiner, said.

She said her brother was all about his family and moved into the role of patriarch when their father, who also was named Thomas F. Gardiner, died two years ago.

“Everything he did was for his wife and four kids,” Peggy Gardiner said. “He was totally a family man in every aspect of his life. He was all for his family.”

A YouCaring webpage has been created for the family. Over $101,000 had been raised by 756 donors as of early Monday afternoon.

David Beery, the communications director for Maine Township High School District 207, said there were counselors at Maine South on Jan. 16 to help members of the student body and staff.

The Hawks’ games on Friday and Saturday were postponed because of the visitation and funeral, the team announced on its Twitter account. The Central Suburban South game against New Trier, which was scheduled for Friday, will now start at 6 p.m. Feb. 13 in Park Ridge, and the nonconference game against Taft, which was to be played Saturday, will now tip-off at 6 p.m. Jan. 31 at Maine South.

Kueh l said there are no barriers between the east and westbound lanes of the interstate near the crash site near Lyndon, which is about 13 miles west of the exit for Rock Falls and Sterling on Interstate 88.

Kuehl said the road was snow-covered. There were reports of white-out conditions in the area, according to the Journal Star story.

“It’s just a grassy strip,” Kuehl said of the median.

Thomas Gardiner was pronounced dead at the scene, according to an Illinois State Police news release. Kuehl said the Whiteside County coroner was scheduled to perform an autopsy to determine the exact cause of death. Kuehl said on Jan. 16 that he did not know at that point what role, if any, weather played in the crash.

Steve Sadin is a freelance reporter for Pioneer Press.

WRESTLING NOTEBOOK: CENTRAL SUBURBAN LEAGUE MEET

Maine South’s Halvorsen wins title in dominant fashion

BY MARK PERLMAN
Pioneer Press

The elation that Jon Halvorsen felt two years ago when he helped the Maine South football team win the Class 8A state title is something that he’s trying to experience again this season as a wrestler.

Halvorsen, who started at defensive tackle on the state championship team, won the 182-pound weight class at the Central Suburban League meet Saturday at Maine West.

After recording pins in his first two matches, he captured his title with a dominant 13-4 victory in the finals.

“It’s great just to be able to help the team,” said Halvorsen, a junior from Park Ridge.

He has been a big help throughout the 2018 season. He is 24-1 and led the Hawks to an undefeated 5-0 dual record in the Central Suburban South. Maine South was presented with its division title on Saturday at Maine West.

Halvorsen’s wrestling partner at Maine South is junior Jimmy Bartell, who has been wrestling with him since they were 6 years old and part of the Maine Eagles Wrestling Club.

“He’s always known when to be aggressive and score,” said Bartell, who finished third at 195 pounds. “He’s a very smart wrestler.”

In addition to Halvorsen’s ability on the mat, Hawks coach Kevin Hansen praised his other talents.

“He’s a leader, a student of the sport who watches a lot of film and other wrestlers in matches,” Hansen said. “The kids on the team really look up to him.”

Halvorsen embraces his role as a mentor to his teammates.

“I like working with my teammates, showing them techniques and talking about the mental side of wrestling,” Halvorsen said.

Niles North

What a world of difference three years makes for Niles North junior wrestler Zyia Biram.

Just a few years ago he was in the midst of the turmoil in Syria. His family escaped the fighting, immigrated to the U.S. and settled in Skokie.

“It was just getting too dangerous there,” Biram said.

Biram didn’t know that wrestling was a sport while growing up, and when he tried it at Niles North he nearly quit.

“We had to do so much running (heading into freshman year). It was too much,” Biram said. “But after a week I decided to stick with it. I keep working as hard as I can.”

That hard work has paid. Zyia is 18-14 after taking fifth place in the 220-pound weight division at the Central Suburban South meet on Saturday in Des Plaines.

Niles North’s Zyia Biram placed fifth at 220 pounds on Saturday at the Central Suburban League meet on Saturday in Des Plaines.
Biram finishes 5th at conference meet

Wrestling, from Previous Page

tal Suburban League meet on Saturday at Maine West.

Biram credits his friends and the school for making his transition so smooth. He added with a smile that his Xbox has helped as well.

He would play multiplayer games and speaking with other people via his headset helped him learn English.

"My English is still not perfect, but I'm getting better," Biram said.

Biram got over the language barrier and acclimated quickly, Niles North assistant wrestling coach Ben Shabad said.

"He's really come on with his wrestling ability," Shabad said. "He seems to always find a way."

Biram's wrestling partner at Niles North, 152-pounder Joey Manata, can attest to that.

"Ziya is really good at attacking and he's always trying hard," Manata said.

Maine East

When he first started wrestling as a freshman last year, Maine East's Angel Villegas didn't eat healthy.

"I would eat chips, candy, have a lot of sodas," said Villegas, a Des Plaines resident. "But I thought hard about doing a better job with eating."

Villegas credits his brother Jesus, a former Maine East wrestler himself, for helping him eat healthier.

Angel Villegas started getting up at 5:30 a.m. to work out and then got rid of the problematic food groups. Angel Villegas also joined the cross country team to work on his cardio.

The changes have paid off. He has a 24-8 record after placing fourth at 145 pounds at the Central Suburban League conference tournament on Saturday at Maine West.

"I was nervous when I first started wrestling (freshman team)," Villegas said. "Now, I just go after it."

"I wish I had 10 wrestlers like him, He does everything right," Maine East assistant coach Austin Bautista said.

Maine East senior Julio Cabrales opened his season in impressive fashion, winning four straight matches, including three pins to win the 126-pound weight class at the conference championships. Cabrales suffered a meniscus tear in his right knee before the first match of the season. The conference meet marked his return to the mat.

"It feels great to be back, and especially winning the championship," Cabrales said.

He was selected the Central Suburban North wrestler of the meet.

Niles West

Two years ago, Mohammed Sami was looking for a sport to play in high school. Once he considered wrestling, there was no doubt in his mind which sport he was going to pursue.

"I liked it because you never stop," said Sami, a junior from Morton Grove. "It's a one-on-one battle to prove who's better."

Sami has amassed a 26-13 record, including a 3-1 record on Saturday on his way to a third-place finish in his 170-pound weight class at the Central Suburban League meet at Maine West.

Sami, who is 6-foot-1 and lanky, has recorded 11 pins on the season.

"He's a little unorthodox, very long with a long reach. He's tough on top. Able to use his length," Niles West coach Anthony Genovesi said. "He does whatever he's asked."

Mark Perlman is a freelance reporter for Pioneer Press.

Maine East's Julio Cabrales captured the conference title at 126 pounds on Saturday.
Lyons grad Morrissey leads Grinnell hoops

BY SAM BRIEF
Pioneer Press

Kayla Morrissey, a senior forward on the Division III Grinnell women's basketball team, is closing out her college career in fine form. The Lyons graduate from Burr Ridge is pacing the Midwest Conference with 20.6 points per game, and she ranks second in rebounds with 8.3 per game.

Morrissey has reached double figures in scoring in all 13 games this season, including a 37-point effort on Nov. 16 at Central College (Iowa). She has four double-doubles on the season, her most recent coming in a Jan. 13 win against Beloit when she posted 14 points and 10 rebounds. She has been named academic all-conference each of her three previous seasons.

As of Friday, Grinnell was 7-6 and 4-4 in the MWC. Barrington graduate Claire Collier is also on the team. Collier, a freshman guard/forward, has played in 12 games this season.

North Shore duo pacing Rochester men's hoops

Michael Mangan, a Loyola graduate, and Ryan Clamage of Lake Forest Academy have paced the Rochester men's basketball team this season.

Clamage and Mangan rank first and third, respectively, in scoring for the Yellowjackets (11-3 as of Friday). Clamage pours in 16.4 per game, and Mangan nets 9.6 per contest. Both players are junior guards.

Mangan's 28 steals also lead Rochester, and Clamage's 75 rebounds pace the squad. Both guards were multi-sport athletes in high school, with Clamage playing golf, baseball and basketball for the Caxys and Mangan competing in football and basketball for the Ramblers. Clamage is from Lake Forest, and Mangan calls Winnetka home.

River Forest native Kailan Lee also is on the team.

McCloughry steps up for Loras

Loras College junior forward Will McCloughry, a Lake Zurich alumnus, scored a season-high 15 points in the Duhawks' 82-80 win against Buena Vista (Iowa) on Jan. 13.

McCloughry had a hot hand from long range against Buena Vista and accounted for Loras' first 11 points in the game. He played only 13 minutes but was 3-for-5 on 3-pointers and 6-for-9 overall from the field.

He played a role in helping the Duhawks set numerous records in a 165-89 drubbing of Macalester College (Minn.) on Dec. 29. In addition to a program record for total points, Loras also set new benchmarks for margin of victory (76 points), field goals (58), 3-pointers made (21) and assists (48). McCloughry had seven points, four rebounds and an assist in six minutes on the floor.

McCloughry was an All-North Suburban Lake selection at Lake Zurich and has earned playing time each of his three seasons with Loras.

Pimentel, Robson help North Park reach NCAA final

The North Park men's soccer team made a run to the NCAA Division III championship game, where the Vikings fell 2-1 to Messiah College (Pa.) on Dec. 2.

Leyden alumnus Ricky Pimentel and Libertyville's Kyle Robson both started every game for North Park, which finished 20-2-2. Pimentel and Robson are junior defenders who helped the Vikings secure 15 shutouts this season. Pimentel transferred back to North Park this past season after playing last year at Illinois-Chicago, and he tallied a goal and an assist as a junior.

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

Sam Brief is a freelance reporter for Pioneer Press.

Will McCloughry (50), seen here playing for Lake Zurich in 2015, has been a steady contributor at Loras College.
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Miles per gallon based on EPA Estimated MPG Highway. Listed MPG reflects Base models of Lincoln MKZ Hybrid and Lincoln Continental only. Actual mileage will vary. Customers may be eligible for additional Factory rebates and discounts. Please see dealer for complete details. Photos are for representative purposes only. Offers good through January 31, 2019.