Opa!

Food fest celebrates Greek culture, raises money for Orthodox church. Page 6

Demetra Pazrotes, from left, Irene Velkos, Kathy Limnious and Karen Llapis, pictured, serve the traditional diples pastry at Big Greek Food Festival of Niles July 13-15 at Holy Taxiarhai and St. Haralambos Greek Orthodox Church in Niles.

Love across U.S. divide

As Lauren Chval binged “Queer Eye,” what struck her over and over is the way the Fab Five engage with people who espouse ideologies that don’t align with their identity as gay men. In every conversation, every “teaching moment,” they respond from a place of love. Inside

Doctors play God

Oil Lamp Theater’s “The God Committee” wrestles with transplant ethics. Page 22

Val and her magic box of records

Randy Blaser recalls his first encounter with the late Val Camilletti and her iconic Oak Park record shop Val’s Halla Records. “Val was there ready with an answer for just about anything.” Page 14

Gridiron expectations

Local football coaches share their thoughts on the upcoming season. Page 31
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Allan Curtis, former entertainment agent

For more than 50 years, Allan G. "Al" Curtis worked in the entertainment industry as an agent, managing performers and booking shows. The Morton Grove resident says he met dozens of celebrities, including Tony Bennett and Elvis Presley. He shares stories of those stars in a presentation, "Some People I've Met Along the Way," which is offered free to senior groups through the sponsorship of BrightStar Care in Northbrook.

Q: Why did you decide to do presentations about celebrities you've met?
A: A few friends asked me to write a book and I'm too lazy, and I figured nobody would buy it anyway.

Q: When did you start doing the presentations?
A: Two or three years ago. I do one or two a month.

Q: Who were some of the most fascinating people you met?
A: I spent a lot of time with Henry Mancini. He was a character. Mary Travers from Peter, Paul and Mary was a dear friend. I always tell the story about Charlie Pride. After he worked for me at the Illinois State Fair, I was having a piece of pie and a cup of coffee at the Holiday Inn. He came in and asked, "Is it okay if I sit down with you?" I said, "As long as we don't talk about your show." We spent four hours talking about baseball.

Q: Do you have any hobbies?
A: My hobbies are playing with the grandkids, and my wife, Marcia, and I like to take a trip once in a while. I'm not an avid reader. I like a good movie. I love a good concert.

Q: How many children and grandchildren do you have?
A: I have two boys, two daughters-in-law, three granddaughters and one grandson.

Q: What's your favorite movie?
A: "A Funny Thing Happened on the Way to the Forum." It's one of the very few things I'll watch over and over.

Q: What do you like best about living in Morton Grove?
A: I think Morton Grove and Skokie have more to offer in a quiet sort of way than any other place in Chicagoland. We have the best restaurants. We have great services — good hospitals, good doctors.

Q: What's your favorite restaurant?
A: From the standpoint of service and friendliness and the quality of food — and the quantity — I would say Kappy's and Annie's, and not necessarily in that order.

Q: What's your favorite saying?
A: It's all part of life.

Q: What's your most prized possession?
A: My wife, even though she's not a possession.

Q: How long have you been married?
A: Fifty years.

Q: What's the secret to such a long marriage?
A: We don't talk to each other.

Myrna Petlicki, Pioneer Press

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First Presbyterian Church of Evanston celebrates 150 years

BY MYRNA PETLICKI

The building is huge and magnificent but leaders say it is the people who worship at First Presbyterian Church of Evanston — which is celebrating its 150th anniversary this year — that make it distinctive.

"I sometimes call it our little United Nations," said Senior Pastor Rev. Raymond Hylton. "We have people from all over the world. I'm Jamaican by birth. Our staff is diverse. We didn't necessarily plan it that way but that's how it's evolving."

The evolution of the church, which held its first worship service on July 27, 1868, is being celebrated with a series of sesquicentennial anniversary events. Olga Ricketts-Peart chairs an 11-person committee that has been planning those events since November 2015, in anticipation of this momentous time for the church.

The weekend-long celebration began with a concert on July 27. All of the congregation's choirs were scheduled to perform, including the Chancel Choir, Praise Band, Chance Bells and First Kids Choir.

"We commissioned Dr. Robert McConnell to do a hymn commemorating the 150th," Ricketts-Peart said. "It's a take on Psalm 100. I heard them practice, and it's just wonderful."

The concert and a reception afterward were free and open to the public.

"This is a gift," Ricketts-Peart said. "We are giving this out to the community."

A sold-out banquet was set for July 28 at the Doubletree Hotel in Skokie.

The weekend with a praise and worship service at the church on July 29, followed by a brunch.

Also in celebration of the anniversary, a members' art exhibit is to run through Sept. 16.

Hylton reported that the church was started by a small group of like-minded folks who wanted to see a Presbyterian Church on the North Shore. It has always been located at 1427 Chicago Ave.

The original church building, which was made of timber, burned down in May 1875. A new frame church, which leaders say cost $22,000 to build, was dedicated on July 23, 1876. That building was also lost to a fire in 1894. It was replaced by the current Lemont limestone blocks building, designed by noted architect Daniel H. Burnham, and cost $60,660 to build.

"Sometimes adversity has a way of rallying people," Hylton said. "I think those two fires brought the church together back then. It made this congregation a stronger church."

In 1926, an addition added classrooms, offices and the Roy Hall Gym. The 200-seat Harold Blake Walker Chapel was erected in 1969, following a $1 million building campaign.

Hylton reported that there are currently around 700 congregation members with a weekly Sunday attendance of around 450 people. The sanctuary seats 1,100 people.

A number of other services are based at the church. That includes the 80-year-old Old School for Little Children.

"The leaders back then wanted to provide a school that would nurture preschool children," Hylton said. "It started out as a mission of our church. Today it's its own [nonprofit] entity. We're still very much yoked in that we provide the space for the staff and we still work together."

A counseling center has been based at the church for over 35 years, Hylton noted. "It says something to the stability and the longevity of the leadership," he said.

Hylton joined the church in 2009, leaving a church in Pennsylvania where he had served for 10 years. He said that he was attracted to the First Presbyterian Church of Evanston because "the church wants to be engaged with its community." He was also attracted to its diversity.

"We want to be a church that is serving the community. We want to be a church that is open for all people," Hylton declared. "As Evanston has changed, our church has also changed. When you come to our church on Sunday morning, it looks like Evanston."

Myrna Petlicki is a freelancer for Pioneer Press.
$100K bond set for man accused of sexual assault at Northwestern residence hall

BY WILLIAM LEE
Chicago Tribune

A hospital technician was ordered held on $100,000 bond July 29 on charges that he tried to sexually assault a young woman inside her Northwestern University residence hall room, prosecutors said.

Emmanuel Boadu, 26, appeared at the Leighton Criminal Court Building on a sexual assault charge. Circuit Judge Stephanie K. Miller ordered Boadu, of the 5900 block of North Kenmore Avenue in Chicago, held in lieu of $10,000 bail and barred him from contacting the victim. Court documents also list the last name as "Boadua."

The alleged attack happened around 1 a.m. July 28 inside NU's Foster-Walker housing complex in the 1900 block of Orrington Avenue in Evanston, according to prosecutors.

The victim was staying on campus for a summer program and was not an NU student, according to university spokesman Jon Yates.

Boadu had agreed to meet at the victim's campus apartment but prior to his arrival, he'd been told his visit would be a "friendly encounter," and he should not expect to stay the night, prosecutors said in court. After arriving with two bottles of wine, Boadu and the victim went into a common lounge area, authorities said.

After drinking a small amount, Boadu complained that he was tired, and the victim went to her room so he could retrieve personal items he'd left there, according to Assistant State's Attorney Eduardo Jaramillo. But once back in her room, Boadu allegedly refused to leave and sat on the young woman's bed.

Unbeknownst to Boadu, the woman took her iPad and began recording their conversation. While inside her room, Boadu persuaded the victim to lie on the bed and began kissing and touching the woman, who repeatedly told him to stop, Jaramillo said.

During the incident, Boadu forced his hands inside the victim's pants and later forced her hands inside his, prosecutors said. He also tried to forcibly remove her pants, but the woman kept struggling until Boadu finally stopped, Jaramillo said.

The woman left her room and sought help from campus police, who Boadu. Authorities also retrieved two recordings that included two voices and with repeated requests for the defendant to stop, Jaramillo added.

A native of Ghana, Boadu works as a certified sterile processing technician for Northwestern Medicine and is a biochemistry student at the University of Illinois at Chicago, according to his court-appointed attorney.

Sterile processing technicians are responsible for sterilizing, distributing and storing surgical equipment for hospitals.

A spokesman with Northwestern Medicine on July 30 said Boadu been placed on administrative leave pending review, but declined to comment further, citing the company's employee policy.

A representative from UIC wasn't immediately available for comment.

No arrest or motive in bank parking lot shooting incident: Skokie police

Staff report

Skokie police are continuing to investigate the July 27 shooting in a Bank of America parking lot that left one person injured, a police spokesman confirmed Monday.

When police responded to a report of shots fired around 11:05 p.m. in the 3300 block of West Touhy Avenue, a male was found with a gunshot wound. He has not been identified by police.

Skokie police officer Eric Swaback said Monday no arrests have been made in connection with the incident, and the motive for the shooting continues to be investigated.

Swaback said authorities do not believe there is any threat to the general public.

The victim was taken to a local hospital in stable condition, which is the last available update, Swaback said.

Police are still looking for information from the public regarding the incident, authorities said.

Anyone with any information is asked to call (847) 992-5900 or the 24-hour Skokie Crime Tip Hotline at (847) 933-TIPS.

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Food festival celebrates Greek culture, raises money

BY GINA GRILLO
Pioneer Press

The Greek salutation "Opa!" was a fitting affirmation for the celebratory zeal at the Big Greek Food Festival of Niles.

The three-day food fest was hosted by the Holy Taxiarhai and St. Haralambos Greek Orthodox Church, 7373 N. Caldwell in Niles, earlier this month, where attendees gathered in community and fellowship, centered on the culinary traditions of Greece and the sharing of Greek food.

Parish Council President Richard Kozlowski said while food is at the center of this celebration, and has been for over 40 years, the fest also offered a layered cultural experience with live Greek music, folk dancers, a Greek taverna, imported Greek wines, cooking demonstrations, scenic film screenings, sale of religious books and icons, and tours of the church.

"It's a way for us to bring a little bit of Greece to the northern suburbs of Chicago," Kozlowski said.

The festival was held July 13 to July 15.

Greek favorites like leg of lamb, Athenian chicken, moussaka, pastitsio and spanakopita all held a place on the menu, as did pastries like baklava (walnut torte) and diples (large, fried pastry swirls sprinkled with honey, cinnamon and ground walnuts).

Tony Karambolas of Carpentersville said he was raised in a Greek family and that he was the only one of his friends attending on July 13 who actually knew much about Greek food.

Demetris Timoleontos, is the director of Rythmos, the Farsala-based band that provided music for the festival said that music is an important part of any Greek celebration.

"The rhythms we play go along with specific dances and our purpose is to get the crowd up and dancing to traditional dances like syrtos and kalamatianos - both group dances were people hold hands repeating steps while dancing in a circle," Timoleontos said.

In addition to music, traditional folk dance performances by The Dionysos Dancers and the Orpheus Hellenic Dance Troop were featured. Greek novelty and jewelry items were also sold in the church community center, and a grand raffle was held offering a 2018 Audi A3 Sedan or Harley Davidson prize.

The Rev. Father Constantine P. Botsis said with 15,000 - 20,000 people expected to attend over the three days, the festival is also an important church fundraiser.

Festival funds go to support support daily church operations along with the new construction of a Phase-III building project - a multi-purpose meeting space with kitchen, small theater and stage, he said.

Construction is scheduled to start within the next few months.

Botsis said ideally there is also a missionary aspect to the festival, along with the hope that those attending will learn more about the church and about the Orthodox faith.

"Culture is a great tool," Botsis said. "We want people to know who we are, that we are a Christian-based faith with 26 Greek Orthodox churches represented throughout the Chicago metro area."

St. Haralambos Greek Orthodox Church members Spiro Fasinopoulos, Olympia Pappas, Voula Demarakos, Bill Pappas and Arthur Demaris, pictured, at the Big Greek Food Fest of Niles on July 13. The event was held at Holy Taxiarhai and St. Haralambos Greek Orthodox Church.
The Niles Township High School District 219 Board of Education recently approved a new vision statement about working toward achieving equity in the district — the result of months of work and outreach by the school district's Equity Committee.

The committee took into account discussion and feedback from the full school board and formed not only a vision statement about equity but also goals and future goals to achieve success, said NTHS District 219 Director of Equity La Wanna Wells.

The full board approved the new statement July 17 even though at least two members were not in attendance. In addition to Wells, the committee includes school board members Brian Novak and Naema Abraham.

Board President David Ko raised the possibility of delaying the vote, but the majority of the board said they believed there was enough input from all board members, and the vision statement and goals were sufficiently vetted.

"At D219, we believe our diverse community offers a unique opportunity to create an environment where respect, understanding and collaboration thrives," the vision statement begins.

Another goal includes eliminating "the common predictors of D219's racial achievement gap by providing targeted learning opportunities and education supports from students, prioritizing culturally responsive teaching practices, and maintaining a school environment where everyone is treated with dignity and respect."

"At D219, we believe that within our diverse community equity and social justice are the pillars upon which our district stands. At D219, we believe in providing equitable access to resources and supports for all students and staff."

The approved goals added to the vision statement include ensuring that NTHS District 219 is a safe place for everyone to be heard through clubs, forums and professional learning opportunities.

The approved new vision statement regarding achieving equity in the district following months of work by a committee.
POLICE REPORT

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

UNDERAGE DRINKING
Joshua Hoffman, 34, of the 8400 block of West Crain St., was charged with contributing to the delinquency of a minor on July 22 after police said officers were called to the 9000 block of North Greenwood Ave., for a report of an adult giving alcohol to a minor. According to police, a 16-year-old boy said he saw Hoffman pouring an unknown liquid into his cup, which he said could have been alcohol. Police said the teen had a blood-alcohol level of 0.06 and he was ticketed for underage drinking.

THEFT
Jeffrey Pendleton, 57, of the 2700 block of Harrison St., Chicago, was charged with retail theft on July 23.

According to police, Pendleton removed several items from displays at a store in the 5600 block of West Touhy Ave., brought them up to the customer service desk, presented an old, worn, unreadable receipt and asked for a refund. He was given $294.43 and then taken into custody.

WARRANT
Cecil Royce, 29, of the 8200 block of West Park Ave., was taken into custody on an outstanding DuPage County arrest warrant following a traffic stop in the night of July 21.

DISORDERLY CONDUCT
A 24-year-old Niles man was ticketed for disorderly conduct on July 21 after a woman accused him of making threatening remarks and racial slurs outside a gas station in the 9000 block of North Milwaukee Ave.

PUBLIC INTOXICATION
A 57-year-old Niles man was ticketed for public intoxication after police responded to the 9100 block of West Golf Road MB Financial Bank, 9190 W. Golf Rd., for a man lying on the sidewalk in front of the bank's entrance. The man was taken to the hospital, police said.

DRUGS
Four men between the ages of 19 and 24, were ticketed for possession of marijuana between July 20 and July 22.

DISTURBANCE
Police responded to Golf Mill Shopping Center on July 23 for a report of juveniles fighting. According to police, one person requested an ambulance due to an eye injury. An investigation was pending.

THEFT
A man contacted police on July 21 regarding a car he said was stolen from a dealership in the 5700 block of West Touhy Ave., last year. According to police, the man said he bought the used car with cash in September, but did not return to pick it up until December when his vanity license plates were ready. When the man attempted to pick up the car, it was gone, police said. He was told it had been picked up by a wholesaler and sold at an auto auction in February.

BURLGARY TO VEHICLE
An unlocked car parked in the 8600 block of West Golf Road Walmart, 8500 W. Golf Road, told police on July 20 that car batteries have been stolen from a locked storage area on multiple dates. Surveillance video of one of the thefts showed a silver SUV pull up to the store and an occupant exiting the vehicle and entering the storage area, police said. On July 22, additional batteries were reportedly stolen, according to police.

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Lincolnwood to switch water supplier

Move to Evanston is called ‘most feasible alternative’

BY KYRA SENESE
Pioneer Press

Lincolnwood has become one of the latest towns in the area that will switch its water supply vendor from Chicago to Evanston, with the village reaching an agreement recently with its neighbor to the east.

The village began searching for an alternative water supplier after multiple rate increases were handed down from Chicago, the village's current potable water supplier, according to a Lincolnwood news release announcing the agreement with Evanston.

“The village has worked hard over the last couple of years to find an alternative water supplier that will provide the same quality of water to the residents at a lower cost,” said Mayor Barry Bass. “We look forward to our partnership with the city of Evanston.”

According to the release, Lincolnwood officials considered rates that Skokie, Wilmette and Evanston charge and “concluded that the city of Evanston would be the most feasible alternative supplier with the lowest long-term cost.”

The Lincolnwood-Evanston agreement includes an initial term of 39 years, which could be extended by additional 10-year terms, officials said.

The village is expected to save about $57 million throughout the initial 39-year agreement, compared to the cost of buying water from Chicago.

Officials expect that the city of Evanston will begin providing water to the village in 2020, after construction of a water main to deliver the water supply into Lincolnwood.

Lincolnwood is expected to pay a wholesale rate of $1.60 per 1,000 gallons of water from 2020 to 2022, according to terms of the agreement. After the initial two years, the rate is expected to increase 2 percent — but not more than 4 percent.

The village currently pays Chicago $3.94 per 1,000 gallons of water, officials said in the release.

Village trustees have endorsed an infrastructure plan that will allow the village to fund the costs to build the new transmission main to receive the Evanston-provided water supply as well as to fund the phased replacement of Lincolnwood’s oldest water mains — some of which are 100 years old, officials said.

At the July 17 Village Board meeting, trustees also approved an ordinance that waives the requirement for competitive bidding and awarded a $576,760 contract to Rosemont-based Christopher B. Burke Engineering LLC for engineering and design work related to the village’s water transmission main project.

Public Works Director Andrew Letson explained that the scope of the engineering services contract for the project is quite large.

The engineering company will be required to coordinate with various agencies for utilities, complete a full survey of the sites involved in the project and develop the design and bidding documents needed to progress the project, he said, among other things.

“Two other similar projects are being carried out in the greater Chicago area at this time; one by the Morton Grove-Niles Water Commission in another in the village of Shorewood. The nearby villages of Morton Grove and Niles have carried out this phase of the project, said Letson, adding that it is a complex project. The Shorewood project is more similar to that of the planned work in Lincolnwood, he said, noting it carries a $35 million price tag for construction.

Lincolnwood’s anticipated water main construction cost is estimated at about $8.8 million, officials said.

“We believe the pricing that has been provided by the village engineer is competitive with what is available in the market and we believe the effort they are providing is reasonable,” Letson added.

Though other engineering firms could potentially have carried out this phase of the project, Letson said the village has typically sought to use the same engineer from the beginning to the end of a project, for continuity.

The village has budgeted about $700,000 for engineering costs, which have gone up due to rising construction pricing, Letson noted after Trustees Ronald Cope and Jesal Patel questioned some of the costs.

Kyra Senese is a freelancer.
Sentencing held off until fall for 1 of 5 accused in shooting

Staff report

A Cook County Circuit Court judge postponed sentencing July 26 for a former Niles North High School student who is one of five charged in connection with the shooting death of a classmate.

Jeremy Ly, now 22, had struck a plea deal in the case where Maxwell Gadau was shot to death Sept. 28, 2014 after, authorities said, the suspects attempted to steal about $500 worth of marijuana from Gadau's friend Jeanette Spitz.

Gadau, 17 at the time, was there to help protect Spitz, who authorities said was targeted during a planned robbery on the pretense of a drug transaction.

Spitz was also shot and critically injured.

Ly was to be sentenced July 26, but his case was continued to Oct. 18 at the Skokie courthouse.

Two suspects charged in the homicide — Dzevad Avdic, 22, and Antonio Hicks, 20, both of Chicago — faced first-degree murder, attempted murder and armed robbery, prosecutors said.

Hicks was charged more than two years after the killing and prosecutors said he was believed to be the shooter.

Ly and two others — Myles Hughes and Nicholas Smith, both 22 and also from Chicago initially were charged with the same crimes but agreed to plea deals and are also awaiting sentencing, prosecutors said.

Ly and Hughes pleaded guilty to aggravated battery with a firearm. Smith pleaded guilty to aggravated robbery. Other charges against the three were dropped.

In court, prosecutors said they believed Hicks and Avdic were the only ones in the car when Gadau was killed and Spitz was shot. In June, a jury found Avdic guilty of first degree murder even though he is not believed to have fired the gun.

Prosecutors say that Avdic hatched the robbery plan and called Spitz, whose name he got from Ly. She agreed to meet to buy drugs, authorities said.

Dressed in a yellow prison suit July 26, Ly did not speak during his court appearance. His lawyer, Judd Stone, asked that he be separated from other prisoners during his next transport to court. The request was granted by Judge Lauren G. Edidin.

Officials said Ly may not be sentenced until the other defendants' cases are complete.

Niles Township collecting school supplies for upcoming giveaway

Staff report

With the new school year set to start in the coming weeks, Niles Township officials are soliciting help from the community to collect classroom essentials.

Niles Township government officials invite residents to join in and help support its 10th annual school supply drive. Supplies are now being collected and can be dropped off through Aug. 6 at the Township Food Pantry, 5255 Main St. in Skokie, according to a township news release.

School supplies will be distributed to food pantry client families Aug. 13-17, with officials looking to distribute filled backpacks for kindergarten through 12th-grade students, the release states.

“The Niles Township Food Pantry Foundation provides a generous donation but funds and school supplies from residents throughout our community are still sorely needed to help meet the demand,” Niles Township Supervisor Marilyn Glazer said in the release.

She explained in the release that supplies are passed out to families on a first-come, first-served basis.

“While we are able to assist most of those in need, we sometimes run out of supplies before helping everyone so the generosity of residents who are able to provide support is greatly appreciated,” she said.

Food pantry director Tony Araque said the food distribution site is serving a dual role in aiding families.

“Nothing is more difficult than going to school hungry and without the proper materials to learn,” Araque said in the release. “The Niles Township Food Pantry is here to help with both of these essential aspects in the life of a student.”
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Burning of elephant statue caught on video

BY MEGAN HORSTEAD
Pioneer Press

Tim Saenger said he was "still in shock" July 30, days after a surveillance video showed the burning and destruction of the large elephant statue that had stood for decades outside his home in unincorporated Leyden Township.

The Cook County Sheriff's Office is investigating the fire, which appeared to have occurred on July 27 in front of the house in the 10600 block of Altgeld Street. Surveillance video, provided by Saenger, showed what appeared to be a person walking up to the fiberglass statue, known as the "Northlake elephant," and setting the statue on fire before running off.

Saenger said he had been out of town at the time.

"I know it's a statue," Saenger said. "It meant a lot to our family and even the city.

Northlake Mayor Jeffrey Sherwin, responding to an email, acknowledged that the elephant was in unincorporated Leyden Township, but he added that it was "sad to see a local landmark go."

Saenger said he had received more than 3,000 Facebook messages, phone calls and text messages in the days since the statue was destroyed.

"I don't know many of these people," he said.

The outpouring of support is a testament to people's love for the statue, Saenger said. He said people often could be seen taking photos in front of it. During the holidays, the elephant would be trimmed with lights to mark the spirit of the season.

All that remains now are four stumps for elephant feet. The statue stood at 30 feet by 15 feet.

"It's affecting the town probably more than us," Saenger said.

Saenger said his father brought the statue from Wisconsin to Northlake in 1986.

"We don't have enemies or beef with people," he said. "Most like me and my family."

Surveillance footage shows the burning of a fiberglass elephant in front of a home in unincorporated Leyden Township.

TIM SAENGER PHOTO

Area coaches, athletes return from Special Olympics

North Shore residents represent Team Illinois

BY GENEVIEVE BOOKWALTER
Pioneer Press

As Matt Nelson and Leonard Woodson walked into the opening ceremonies for the Special Olympics USA Games earlier this month, Nelson estimated they received high fives "for about 45 minutes" from the thousands of supporters lining the route.

"I had to switch hands," Nelson marveled. "That was phenomenal."

Nelson and Woodson both work for the city of Evanston. Woodson works as special recreation program coordinator and Nelson as assistant supervisor for special recreation.

But from July 1 to July 6, both men served as coaches for Team Illinois in the Special Olympics' national competition in Seattle.

Team Illinois included 45 athletes and 16 staff and coaches, including Woodson and Nelson, the two men said. The team brought home 27 medals.

It was Woodson's second time at the games, after coaching for Team Illinois in 2014, he said. But it was Nelson's first time coaching on a national stage.

"I got really emotional at times, like the first time when we walked in at the opening ceremonies at Husky Stadium, Nelson said.

For Woodson, a highlight was getting to know athletes in different events than he had coached in the past.

"It was a very positive experience. It really was," said Dauergdas. "It was fun playing a different team each time around. All of them were big games."

Dauergdas said his favorite part of the event was the opening ceremonies.

"Just walking in, it's like you're at the Olympics," he said. "It was definitely a fun experience."

While the games themselves were impressive to Nelson, he said some of the strides that athletes made leading up to the competition were awe-inspiring.

For example, one athlete was told in November that he'd made the team. By the time they left for Seattle, he'd lost 40 pounds getting in shape for competition, Nelson said.

Also, at a Special Olympics-sponsored health fair, three athletes "got free prescription glasses" and three athletes scored new $80 running shoes that "they actually competed in," Nelson said.

The Special Olympics USA Games happen every four years and feature teams from around the United States, according to its website.

More than 4,000 athletes attended this year's competition, participating in 15 sports, including swimming, track and field, basketball, bocce and soccer, officials said.

As part of their visit to the West Coast city, the Illinois team attended a Seattle Mariners baseball game, visited Pike's Place to watch the fish throwing and stopped by the original Starbucks coffee shop, Woodson said.

But sometimes the smaller moments were equally meaningful, the men said.

"The whole experience was really, really great."

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Val Camilletti and her magic boxes of records

Val Camilletti, of Val's Halla, looks up the availability of a CD for longtime customer Bob Zimmer on Dec. 12, 2012, at her record store in Oak Park.

CHUCK BERMANN/CHICAGO TRIBUNE

As summer's end nears, nostalgia takes center stage

Val was so cool and I was such a guilt. But here was someone, thought, who could help me. I would end up at Val's Halla at least once a week, ready to spend my hard-earned cash on a tight music budget of about $20. At that time, I could probably get three new albums. Or, if I was really lucky, could find some great bargain in what we called the "cutout" bin, a stash of discarded and discounted albums that could contain rare and cheap finds to us music lovers.

Val was always there, ready to help me find something fresh, or to just let me browse through the store. Val had new releases displayed on the wall of the little store. That's where I would start picking out the new releases while squeezing past other customers checking out records against the opposite wall. But the real gold was in the boxes of albums. Every genre you could possibly think of was contained somewhere in Val's store for anyone to discover and enjoy for years on end.

When I went to Boston, a local bar band was about to break out on the national scene. But I waited until I was back in Oak Park to buy my first Cars album. One of my professors at Boston University was a former Czech spy and entertained us grad students at the class parties he hosted playing guitar and singing Jacques Brel songs, then commenting on how sad it was that few Americans knew his music.

When I got back to Val's and she asked if she could help me, I told her I was looking for Jacques Brel. She walked down the aisle to a specific record bin, pulled out an album and handed it to me, advising this one is the most popular and best place to start.

It was when my friend Milo, later a rock critic, first told me about The Roches, three sisters who were the new sound in folk music. Val knew who I was talking about immediately.

Later a friend told me about his love of classical music. Where do I start? I asked. He gave me a list and told me to go to Val's. So it was then I gained an interest in the jazz greats Louis Armstrong and Ella Fitzgerald. Val had the records I needed.

When I realized my grandparents weren't just old foggies with their collection of the great Frank Sinatra, I was able to create my own Sinatra collection at Val's.

And that's the thing. It wasn't just about a certain type of music at Val's Halla. It was about every kind of music, and Val was there ready with an answer on just about everything. I suppose some could argue that there is little need for a person like Val or even a store like Val's Halla in the digital age when you can discover any type of music and easily purchase even the most obscure band. I suppose that is true. Few individuals or storefronts are really necessary today.

But like the music she peddled, knowing Val and shopping at her store was one of those little rituals and interactions that make being human so enriching and rewarding.

Randy Blaser is a freelance columnist.

*OPINION*

As summer's end nears, nostalgia takes center stage

Pat Lenhoff

Every year as the calendar turns to August, I'm reminded of a few noteworthy things. I, along with my marriage, add another year to the tally. Age 40 hit me hard. I spent the final moments being 39 wide awake in the dark; watching the clock tick down my youth. As the digital numbers rolled over to midnight, a vision of the numbers 39 bracketed by angel wings flew off into the distance while I cried.

Sometimes I'd welcome 40 back. But mostly I'm quite content with what aging has brought about. I like watching the children grow into adults with lives and families of their own, being a loving observer in their progression through paths that I've already walked. I sometimes want to warn them in advance about the pitfalls ahead, to save them some grief, yet realizing that every grown adult deserves the right to direct their life's journey. When Daughter No. 1 had her bat mitzvah, my dad in his speech read a portion from a very popular philosophical book, "The Prophet," by Kahlil Gibran.

"It notes the conflicts many parents face as their children grow. "Your children are not your children, They are the sons and daughters of Life's longing for itself. They come through you but not from you... though they are with you yet they belong not to you. You may give them your love but not your thoughts, for they have their own thoughts. You may house their bodies but not their souls, for their souls dwell in the house of tomorrow, which you cannot visit... you may strive to be like them, but seek not to make them like you... you are the bows from which your children as living arrows are sent forth."

Whew! Profound, right? But at its essence, it is probably pretty close to what God intended from the very first family onward. Those sentiments seem heightened every year around this time. Once August dawns, thoughts turn toward a new school year and the accompanying life changes that many children and their parents face.

In our family, one Grand Girlie will be headed to "official" school as a kindergartner later this month. Magnificent Max will have his first taste of school structure as he joins a preschool program. Families across the board are all facing the effects of time as it marches forward, waiting for no one.

In this column every year, I've mourned my desire in those early years to wish time to fly. I looked forward to getting my three kids in all-day school and finding some personal breathing room from those early years with three kids born in less than 3 1/2 years. But as they say, be careful what you wish for.

Your own BooBoo Bear moment awaits, when you finally have a quiet house to yourself and prepare to celebrate until a favored teddy bear or blankie makes you realize what Gibran warned. Your arrows have flown from the bow and are on their way to their own path.

Pat Lenhoff is a freelance columnist for Pioneer Press.

viewfromvh@yahoo.com
I found the perfect healthy on-the-go pancake recipe. I also now wear a bib when driving.

SALLY HIGGINSON

I don’t know who decided there are only Seven Deadly Sins, but whoever it was, she wasn’t a suburban mother.

Pride, greed, lust, envy, gluttony, wrath and sloth. It’s a good list, a fine list, a list that makes a lot of sense. It’s just not a complete list.

I’d like to submit an eighth: slob. It’s not a mandatory addition, but it’s worth considering.

“Gosh, Sal, it’s the middle of summer. The skies are blue, the grass is green, and the winds are gentle. What’s got ya thinking about Deadly Sins?”

The simple answer is fruit. The longer, slightly angrier answer is blueberries. The context is not so much summer as it is road trips, car food and mess. But it all comes back to those sinfully blue berries.

For context, let me blame my sister’s neighbor, Leslie. She feeds her family ultra-healthy food. Food she makes, from real ingredients, all of which are wholesome and filling and, at least in one combination, delicious.

So Leslie, in a fit of anti-sloth, whipped up a batch of her Power Pancakes and gave them to my sister. Betsy tried one and, putting aside her pride, admitted they were the best things she’d ever eaten... that were also healthy. She Gusted after them, but in a good way.

Betsy told me about them, and I immediately envied her for having such a great neighbor and a great snack. Pedaling over to her house, I tried one, and then another, and then two more. One could call that gluttony, but I’m chalking it up to hunger.

The point is, Leslie’s Power Pancakes have become a summer staple. The recipe calls for whole oats, bananas, egg whites and yogurt, then finishes up with a ginormous amount of cut-up fruit, which we take to mean blueberries. A single batch yields 26 pancakes, which get frozen in pairs, and then grabbed on the go.

I’m getting to greed. OK, I’m there. Rushing to beat the traffic over the Fourth of July weekend, I grabbed a whole bunch of these frozen delights from my freezer, microwaved them all and plopped them in a Tupperware. This would be my road food as I drove to Michigan. Not chips. Not crackers. Not junk. Just a whole lot of goodness wrapped into these pancakes, perfect for eating while driving my car.

Now I’m at slob. Can you guess what happens when you bite into a microwaved pancake that’s brimming with blueberries? Correction. Can you guess what happens to one’s new white shirt when she bites into a plump, recently nuked blueberry? My shirt became a crime scene, stained with deep indigo dots everywhere except for where my seatbelt hit. I looked like a crossing guard at a crime scene where the victims were Smurfs. Slobs.

The other day, unannounced, Betsy came over. She caught me dressed for the car, with pancakes still steaming.

Zipping my fleece and securing my bib, here’s what I confessed. “I’m saving myself from sin.”

Sally Higginson is a freelance columnist.
Sexual abuse survivors at ESPY awards offer hope

Watching the 141 women gather onstage to accept the Arthur Ashe Courage Award at this year's ESPY Awards, I kept thinking about how incredibly emotional and validating these brave survivors of the USA Gymnastics sex abuse scandal must have felt.

"To all the survivors out there, don't let anyone rewrite your story. Your truth does matter. You matter. And, you are not alone," said gymnast and Olympic gold medalist, Aly Raisman, as part of the group's acceptance speech.

"As a survivor, I'm here to say, if we can just give one person the courage to use their voice, this is worth it," said Sarah Klein, the gymnast who has said she was Nassar's first victim 30 years ago.

The survivors' speeches got me thinking about the countless victims of sexual abuse who might have been watching the ESPYs, and the comfort it might have given, especially to those who have stayed silent.

According to Gobby, therapy for victims of sexual abuse happens in stages, and the first stage is just making sure someone is stable and safe, and that he or she can self-regulate.

"Before you delve into the story, you have to make sure the person has coping skills and support and can tolerate telling that painful story," he said.

I asked Gobby about the next stage; telling the story. What are the benefits? In other words, does it really help to drudge up a horrific memory? Gobby said absolutely.

"Telling the story helps patients process all the feelings they might be having: anger, fear, depression, sadness, and it helps them integrate those experiences. They are making some sense of it," he said.

According to Gobby, addressing the abuse can also help patients process feelings toward other people, for example being angry at a parent who didn't protect them or feeling resentment for a system that failed them.

The last stage of therapy involves healing, which can include having a new sense of themselves and their future, realizing what they have learned about their own sense of advocacy, their strength, and their community, and appreciating connections they might have built through telling their story and helping or advocating for others in a similar situation.

Gobby described therapy for sexual abuse as "a journey" that takes a different amount of time for each individual. He said those who don't seek therapy are more likely to cope with the abuse in unhealthy ways, which can include alcohol abuse, drugs, self-harm, promiscuity, involvement with people who repeat the pattern of abuse, suicide attempt, and suicide.

But like the beautiful and courageous survivors of Larry Nassar's abuse, there is a tremendous amount of hope for all victims of sexual abuse.

"People show tremendous resiliency because it's necessary for them to not dwell on a time in their life that has passed," Gobby said.

In addition to therapy, Gobby has this advice for sexual abuse survivors:

1. Find support. Talk to someone who believes you and that you can trust.
2. Do things you love. Don't give up your activities, hobbies and passions.
3. Connect to things that are calming and positive and affirming, such as yoga, meditation, nature and exercise.
4. Don't live in fear. People who have learned to live in silence might not voice their opinions, be assertive, or be connected to their own feelings.
5. Take care of yourself physically, through a healthy diet and good lifestyle choices.

Jackie Pilossoph is a freelance columnist for Chicago Tribune Media Group.

LOVE ACROSS U.S. DIVIDE

Commentary: In Trump’s America, watching ‘Queer Eye’ reminds to approach political differences with kindness. Page 3
Decision tough on when to let pet go

By Cathy M. Rosenthal
Tribune Content Agency

Q: Our beloved husky Krypto is over 13 years old. He has had Valley Fever for over a year and has been taking compounded meds (Fluconazole) for eight months. He is very thin, although he eats a lot and has a good appetite. He drinks gallons of water every day. In fact, when the vet took a sample for analysis, it was almost all water. He pees a lot too. If the water bowl is empty, in the middle of the night he will howl next to my bed to let me know to refill it.

His main problem is his weak back legs. He cannot walk well and often sits down to rest. But he still loves to ride in the car and go to the park with his dog friends, but now, he will sit more in the shade. Lately, I have had to carry him back up the hill to get to the car. Also, sometimes he has difficulty getting through the pet door to go outside and pee. So, he has had some accidents inside the house.

He eats good quality high protein dry dog food supplemented in the evening with canned dog food. Recently I am trying a supplement called “Joint Care.” I don’t know if it will help, but it is not hurting.

Krypto does not show any signs of being in pain. He wags his tail, loves to be petted and sits with his head up and ears perked when I talk with him. It is just his walking that is difficult and might be painful. They should make strap-on wheels for dogs like Krypto.

What can I do for him? I have never had a dog die. We got him as a puppy.

Please help me understand his journey to the Rainbow Bridge. We have never taken this trip before. — Darlyne, via email

A: Helping a pet toward the end of his life can be difficult, especially if you are a first-time pet parent. Krypto’s general demeanor, appetite, elimination and overall energy will play a part in your decision on when to let him pass over, which is often referred to as the journey to the Rainbow Bridge.

Some dogs will still look happy and wag their tails around their owners, even though they are in a lot of pain. If you think your dog is in pain, ask your veterinarian to prescribe medication to make him more comfortable. If his excessive thirst is not related to his current medications, he could be developing another health problem.

The good news is, there are rear support wheelchairs for dogs that may extend Krypto’s mobility and reduce his pain. I also once found an alternative veterinarian who gave my dog acupuncture treatments for hip dysplasia. It reduced pain and extended his mobility — and his life — for six more months.

The decision on when to let a pet go is by far the most difficult decision every pet parent will make. Sadly, I don’t think the decision ever gets any easier, so trust your gut. Look at your dog’s quality of life and watch for a sudden loss of appetite or disinterest in participating in life as signs it may be time to let him go.

Q: Our 15-year-old male cat has started pulling tufts of fur from his legs with his teeth. He pulled fur from a two-inch spot. Any suggestions? — Mike, Tucson, Ariz.

A: Poor guy! Cats may pull out fur because they itch. Do you use a monthly flea preventative? Sometimes, people don’t treat their indoor cats, but they still can get fleas.

Most often though, the cat is an over-groomer. This is an anxiety-based behavior that results in a cat pulling, chewing, or excessively grooming their fur, leaving bald spots on their bodies, especially on their abdomen and legs. Grooming is a behavior that relaxes cats, so if they are stressed or anxious about something, they will groom more often and with much more force.

While there are over-the-counter calming supplements for cats, over-grooming can also be the result of pain. I suggest visiting your veterinarian to determine which it is, so you can properly treat his condition.

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@petpunditz.com. Please include your name, city, and state. You can follow her @cathymrosenthal.
Commentary: In Trump’s America, watching ‘Queer Eye’ reminded me to approach political differences with kindness

There is a moment in the “Queer Eye” pilot that makes me cringe. The subject of the episode, Tom, is a 57-year-old unlucky-in-love, self-described “redneck.” About halfway through the episode, he is riding in the car with Jonathan and Bobby, two of the “Fab Five,” a team of gay men with different areas of expertise tasked with making over people’s lives. Tom asks Jonathan and Bobby if either one of them is married.

“I am,” Bobby says. “We’ve been together 13 years and married for five because, of course, it wasn’t legal to get married until five years ago.”

In response to that, Tom asks, “Are you the husband or the wife?”

There is a pause. I look away from the screen, as is my instinct when awkward moments arise. While Jonathan giggles in the backseat, Bobby struggles to find the words. “Um … that is …”

“Let’s break that down!” Jonathan interjects mischievously.

“Let’s unpack that.”

“… that is a misconception,” Bobby finishes. “That’s a little sexist, Tom.”

“Well, I’m sorry,” Tom says, shrugging and a little flustered. He didn’t mean to offend his new friends, but he sees that he maybe has. Without missing a beat, Jonathan launches into a little speech about the roles people play in relationships. “Even with heterosexual couples, I think those lines are blurred,” he says, suggesting that gay couples and straight couples deal with the same issues, and he offers that there is “gorgeous strength” to be had in both masculine and feminine energy.

“We both wear the pants in the family,” Bobby elaborates in answer to Tom’s original question. Tom nods. “OK, that’s good.”

And with that, the three of them move on to picking out a new mattress for Tom.

“Queer Eye,” a Netflix reboot of “Queer Eye for the Straight Guy,” which debuted in 2003, is a makeover show. There are haircuts and renovations and cooking lessons and heart-to-heart conversations. There are big reveals and often tears. It’s a feel-good show.

But as I binged, what struck me over and over is the way the Fab Five engage with people who espouse ideologies that don’t align with their identity as gay men. In every conversation, every “teaching moment,” they respond from a place of love.

Awkward though it may be, Tom’s misconception is far from the prickliest moment on the show. Things get much more complicated during an episode that focuses on Cory, a NASCAR-loving police officer. But when the Fab Five find a Make America Great Again hat in his closet, they don’t pack it up and leave. Later in the episode, Karamo, an African-American member of the Fab Five, engages with white cop Cory about the tension between law enforcement and people of color. “Black Lives Matter, they weren’t able to be heard, and the police officers weren’t able to be heard,” Cory acknowledges at the end of their conversation.

I’m not great at approaching conversations with people who hold views that I adamantly oppose from a place of love. I can have a disagreement with a level head and without spiraling into a shouting match (or a nasty comment war on Facebook), but love? These days, it feels impossible.

I know people with views that differ from mine, but it’s hard for me to separate a MAGA hat from the president’s comments about immigrants or women. To be a good ally and support friends of mine who are legitimately terrified by some of this administration’s policies, I’ve pulled away from those I know who support such policies.

But as I watched “Queer Eye,” I wondered if I’m going about this the wrong way.

I asked Mark Reinecke, chief of psychology for Northwestern University Feinberg School of Medicine, about the merits of the Fab Five’s approach. He offered tips on how to have a productive conversation when you don’t agree with someone on a tough topic. According to Reinecke, after an active listener (not thinking up retorts while the other person talks), it’s important to validate the other person’s perspective before trying to change his or her mind. The conversation might start with: “I can see why you have this view and why it’s important to you. I wonder if there is another way to look at this?”

But what if, I countered, you’ve taken to avoiding conversation entirely? What if it’s not about keeping a conversation civil, but just maintaining a relationship with someone you love who holds wildly different political views?

Families, like communities, can self-segregate into polarized groups, Reinecke said. “When like-minded people gather, they tend to become more homogeneous and more extreme in their views. We tend, understandably, to prefer the company of people who think like us and who support our perspectives. This can occur in the media, on college campuses and within families. The more individuals are separated or separate themselves from others — and this can be done physically by avoiding them or psychologically by dismissing them — the wider the divergence will become.”

Reinecke added that labeling people as misogynistic or unenlightened rarely changes their opinions, but being open to alternative perspectives or motives can help you understand where a person is coming from.

“Are there larger issues at play? Are values we all hold being put into conflict?” Reinecke asked.

“Why is this important to them? Why is it sensible to them?”

And if a conversation is too painful or unproductive, the loving approach taken on “Queer Eye” is still a possibility. Hearts can be changed by offering kindness and living alongside someone with love.

“This is the message of grace,” Reinecke said. “Note how the Dalai Lama approaches his opposition: He suggests we adopt a ‘benevolent attitude’ toward all.”

“Queer Eye” is a TV show — a neatly packaged 45 minutes designed and edited to leave viewers feeling happy. There’s no denying that real life is a great deal messier. But perhaps the reason the show strikes a chord is because of its simplicity — and the universal wisdom it presents through its main characters.

It has the ability to pull back differences and recognize similarities. If a police officer in a MAGA hat can find common ground with a gay, black man, certainly I can strive to do the same with the people with whom I don’t always agree.
If you ask about my favorite books, my first instinct is to list the ones that have made me feel as though they've taken apart some portion of my humanity and put it back together, leaving me mostly the same, but different in important ways.

"The Overstory" by Richard Powers is a recent example of a book that managed this feat, causing me to look at the natural world with an intensified version of the wonder I already possessed, but now tinged with a certain kind of horror. Powers made me believe that trees, forests, ecosystems have their own kind of sentience, and their destruction is a greater tragedy than we know.

Flannery O'Connor's "Wise Blood" is another book in this category. Its rendering of the absolute corruptibility of human beings is permanently imprinted on my psyche. Many years ago, James Baldwin's "Giovanni's Room" taught me that there's something deeply comforting about her fictional worlds, particularly in that her stories don't tip over into the saccharine.

I just finished a particularly soothing time with Anne Tyler's latest, "Clock Dance." I have not read all of Tyler's many novels, but I've read a lot of them, and there's something deeply comforting about her fictional worlds, particularly in that her stories don't tip over into the saccharine.

In her review for the Tribune, Carol Memmott nails the feeling of "Clock Dance," describing the primary setting as a "snow-globe-like world of a Baltimore neighborhood." Tyler's novels are often populated by oddballs who connect with other oddballs for no reason other than we all crave connection. The result is somehow complex and simple — and comforting.

Richard Russo is another writer who falls into this category. Like Tyler, Russo sets many of his books in the same place: New England. In Russo's snow globe, characters are often plagued by doubt and prone to self-sabotage. They can frustrate both the reader and the other characters who surround them.

But Russo's characters are also fundamentally kind and willing to give others the benefit of the doubt that they may not extend to themselves. There is something reassuring about spending time with people who see the world this way, even if I'm not certain they exist beyond these fictional worlds.

John Irving, Jon Hassler and Laurie Colwin are all additional examples of writers whose books deliver this sense of literary comfort time and again.

I suppose I am of two minds: The books that most shake me up often read like an indictment of humanity, a case against our goodness, and truth be told, my read of the world finds those cases quite persuasive. Those books feel most true.

But I don't want to abandon all hope. It's nice to have books that make me at least briefly believe we're not as terrible as I fear us to be.

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

Patient's foot cramps relieved by guaifenesin

By Dr. Robert Ashley

Dear Doctor: I was recently diagnosed with COPD and prescribed two inhalers and two nebulizers, only to quickly develop severe cramps in my feet. I noticed, however, that when I take Mucinex (guaifenesin), the foot cramps disappeared completely. Is it safe to continue to take it?

Dear Reader: Guaifenesin was first approved by the Food and Drug Administration in 1952 as an expectorant. In this capacity, the medication works to thin out mucus secretions in the sinuses and chest and thus facilitate its movement out of the body. Robitussin and Mucinex are brand names of guaifenesin. Similar to other medications, guaifenesin does more than what it was intended for.

Guaifenesin's use as a muscle relaxant may be related to its ability to block the NMDA and glutamate receptors. The blocking of these receptors has also shown anti-seizure activity in mice given high doses of guaifenesin.

A 2017 study looked at 77 subjects between the ages of 18 and 25 who came in to the doctor's office for upper back, neck and shoulder pain. Those individuals were assigned different doses of guaifenesin to take – 600 milligrams, 1,200 milligrams or placebo twice a day for seven days.

During the study period, the participants could not use NSAIDs or Tylenol. Twice a day over the seven-day period the subjects recorded by questionnaire the intensity of the neck and upper back spasm, stiffness, tension and pain.

There was an improvement of muscle spasm seen each day with both guaifenesin and placebo.

But the group that received 1,200 milligrams twice a day of guaifenesin reported a 25 percent greater decrease in muscle spasm compared to the placebo group and a 16 percent greater reduction compared to the 600-milligram group.

However, this level of muscle spasm relief was not statistically significant. Still, the 1,200-milligram group did show significant reductions in pain, tension and discomfort.

The greatest benefits with the use of guaifenesin were seen on the fourth day of treatment, but by the seventh day the level of symptoms was not much different than the placebo.

One problem with the study is its small size, so a larger study would be needed to prove the efficacy of guaifenesin in relieving muscular pain and spasm.

The muscle spasm you are having may be related to a long-acting bronchodilator you are using for the COPD. The guaifenesin appears to help relieve your symptoms, but as you asked, is it safe? Guaifenesin does have side effects for some.

Incidents of headache, dizziness, nausea and drowsiness are a little greater than placebo and seen at high doses of the drug. Guaifenesin is used in patients with COPD to help with mucus plugging, but it is not recommended for this in the long term.

I think it would be safe for you to continue the Mucinex as long as you don't notice side effects from it. I would recommend taking the lowest dose possible to relieve the foot cramps.

But I would also make sure your doctor knows you are taking it and get his or her opinion about using this medication in the long term.

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

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

PEOPLE'S PHARMACY

Old wives' remedy helped knee pain

By Joe Graedon and Teresa Graedon

Q: Several years ago, I read about a study done at Cardiff University in Wales. The scientists gave patients scheduled for knee-replacement surgery either 1,000 milligrams of cod-liver oil or a placebo. The volunteers took these pills for 10 to 12 weeks and then had their surgery.

Samples of cartilage and joint tissue at the time of surgery showed that 86 percent of the patients on cod-liver oil produced less of a cartilage-eroding enzyme or none of it. The pills also reduced levels of other enzymes that cause pain. I decided to try adding cod liver oil pills to the therapy of muscular pain and spasm. My problem is so bad that it would wake me from a sound sleep every night, and I would be up for hours. Nothing helped. I felt it was just a matter of time until I would need to have the knee replaced.

One morning, I realized that I had slept through the night with no pain! I checked the calendar and discovered that it had been only 21 days since I started the cod liver oil. I have recommended this to many people who have gotten the same wonderful results. I wonder how many knee-replacement surgeries could be avoided if people tried taking cod liver oil.

A reader reported pain relief after taking cod liver oil pills for less than a month.

Q: I use either coconut milk or coconut oil. I originally put it on to see if it helped protect me from the sun. I think it helped, though I have no proof. I then noticed I had no ticks, even though my yard is overrun with them. Also, mosquitoes were biting. They hover, but they don't land.

A: Coconut oil does not have strong sun protection activity. The few scientific studies that have looked at coconut oil to repel mosquitoes used it as a base for other essential oils. Neem oil (2 percent) in coconut oil is quite effective (Journal of the American Mosquito Control Association, September 1993). In addition, ylang-ylang (Cananga odorata) extract in coconut oil is useful, though not as effective in preventing mosquito bites as DEET (Acta Tropica, February 2015).

When mosquitoes carry dangerous diseases such as West Nile virus, we urge people to use a proven effective repellent such as lemon eucalyptus oil, picaridin or even DEET.

In their column, Joe and Teresa Graedon answer letters from readers. Send questions to them via www.peoplespharmacy.com.
North Barrington home with batting cage: $1.9M

ADDRESS: 21 Deverell Dr. in North Barrington
ASKING PRICE: $1,895,000
Listed on May 22, 2018
This suburban home boasts nearly 10,000-square-feet of luxury living. Features include an outdoor batting cage, ten televisions, built-in bar seating, a pool table room and a stone wine room. The commercial-grade kitchen has a steamer and keg tap, as well as a walk-in pantry, breakfast area and cherry cabinets. A floating staircase leads to four bedroom suites with custom closets. The home's outdoor space includes a stone fireplace, stone terrace, speakers, trees and a view of a pond.
Agent: Lori Rowe of Coldwell Banker Residential Brokerage, 847-774-7464

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

At press time, this home was still for sale.

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

chicagotribune.com/homes
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. Listless; glum
B. Ivory tower dweller
C. Recital of events
D. Uncle Vanya's creator
E. Cabbage family plant
F. To the letter
G. Ill-fated city, Aug. 9, 1945
H. Timid; shy
I. Brainy ones

Words

A. 154 131 111 149
B. 83 29 40 119 151 141 61 135
C. 105 143 84 23 51 67 11 76 120
D. 71 47 126 92 118 145 21
E. 125 15 99 43 74 36 144 93
F. 136 140 124 65 109 103 88
G. 55 150 63 20 127 87 13 45
H. 116 104 16 8 42 86 26 153 138
I. 80 25 102 159 132 90 44 54

J. Prevents
K. Self-centered
L. Indecorous
M. Rid oneself of: 2 wds.
N. Four score
O. Capitalist of Canada?
P. Direct: outspoken
Q. Actor/director John
R. Very angry: 3 wds.
S. Criminal: villain
T. Realistic
U. Norfolk military facility: 2 wds.

Clue

Across
1. Arabian coffee
6. Small compressed masses
10. Communion service
14. Allen or Frome
15. Charles Lamb
16. Peruvian Indian
17. Skoal, e.g.
18. Brandy cocktail
20. Sun, offering
21. Estuary
23. Blackmore's Miss Doone
24. Tie
26. Knight of the Round Table
27. 18th C. riding coat
28. US pol. party
29. Resident of South or Central America
30. Fast food plant
31. Drs.
34. New Testament book
35. Minimum
37. Island of HI
38. DDE
39. Tear apart
40. Publisher's employee
42. Not barefoot
43. Classical heroine
44. Timothy or E. F.
47. Average
48. Mountain nymph
49. Did yard work
50. Govt. agency
53. Translucent mineral
55. Climbing plants
57. Being
58. Effigy
59. Beethoven's Choral Symphony
60. American army surgeon
61. Affectations
62. Water birds

Down
1. Shea Stadium team
2. Sioux
3. Rich dessert
4. Possesses
5. Immunizing substance
6. Affluence
7. Formal avenue
8. Nutritional intake
9. Gets never left home without it
10. Some sports leagues
11. Revolutionary spy
12. Aroma
13. Painted trillium
19. Cottonwood
22. Cream pastry
25. Egyptian goddess
26. Infant's slip
27. Lifting device
29. Medieval tale
30. Little boy
31. Small shell-shaped cake
32. Music for two
33. Form of address
36. Terminate
37. One of the Pleiades
39. Valerie Harper sitcom
41. Stuttering over
42. Arranged for theater
43. Rubies and emeralds
44. Aaron specialty
45. Soybean enzyme
46. Short
47. Energizing device
49. The south of France
51. Family adjacents
52. Wimbledon champ
54. Creek
56. Contend
57. Affluence
58. Effigy
59. Aroma
60. American army surgeon

In a Name

BY CHARLES PRESTON

Across
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14. Allen frome
15. Charles Lamb
16. Peruvian Indian
17. Skoal, e.g.
18. Brandy cocktail
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46. Short
47. Energizing device
49. The south of France
51. Family adjacents
52. Wimbledon champ
54. Creek
56. Contend
Make Circles

Across
1. Agreed
6. Compressed video format
10. Altar constellation
13. Reach 22, in a game
17. Features of Byzantine domes
18. Retro diet, to put it mildly
19. Keaton role in "The Founder"
20. Sufficient, to the Bard
21. Coleoptera insect
24. Stir (up)
26. "Queen of Salsa"

Cruz
27. Quaker cereal
28. Instrument in George Harrison's "Within You Without You"
29. Beats soundly
31. Much of western Queensland
35. Select
37. Human-beast portmanteau
39. Flabbergast
40. Basic shelter
42. Blacken
43. Gazelle cousin
48. Moscow Olympics mascot
52. Sage
53. One spotted at the zoo
55. Highlands headgear
56. Theodore Cleaver, casually
58. Like Ophelia, ultimately
61. Two-time Conn Smythe Trophy winner
62. "We're approved!"
65. Type of center
68. Spring sign
70. Activist Davis
71. Styled after
72. Scientist with 19 Emmys
73. Sink one's teeth into
74. Feel remorse over
75. "Jabberwocky" word meaning "evening"
79. Pride event abbr.
81. Faith with pillars
84. Long-distance exploration program
90. Math points
92. Virtual human companion

93. Joker's prey
94. Ducks with a distinctive blue-green coloring
96. Won't take no for an answer
99. Ill will
101. Musical work
103. Like businesses on Yelp
104. Massive hunters
105. Pilgrim to Mecca
106. When repeated,
51. Bitter...
111. E-ZPass payment
112. Scotland native
116. Sooner State city
117. "...-daisy!"
118. Lloyd or Paul of Cooperstown
119. River to Lyon
120. Mother of Polux
121. General on menus
122. Border
123. Vandalized, in a way

Down
1. Roman god of the sky
2. App symbol
3. Level for building, as land
4. Moose kin
5. Decathlon event
11. Christmas trio
7. Mood-brightening
8. Gloaming, in verse
9. Hunk
10. Like Dickens' Dodger
11. Battle on a log
12. Low card in a wheel straight
13. B-deficiency illness
14. Baltimore NFL great
15. Comfort
16. Shake it on the dance floor
18. Buds
19. Knightley of "Bend It Like Beckham"
22. Cub Scout badge
23. Ancient pre-Iranian civilization
28. Engine power source
30. Major 1973 decision
32. No later than
33. Ecological community
34. "Yuck!"
35. Govt. health org.

Jumble
Unscramble the six Jumbles, one letter per square, to form six words. Then arrange the circled letters to form the surprise answer, as suggested by this cartoon.

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

Last week's answers appear on the next page

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Occupational Therapists

1. RCM Technologies, Inc. [RCM] New York, NY, please contact evan.messer@rcmt.com
2. RCM seeks 15 Occupational Therapists for TEMPORARY full time positions for various school-based positions in the Chicago, IL public schools.
3. JOB DUTIES: Assist patients coping with motor/sensory/developmental disabilities in K-12 settings in 1) Testing & evaluating patients' physical & mental abilities, 2) analyzing medical data to determine realistic rehabilitation goals; 3) Performing OT Evaluation, Assessment, and Treatment intervention; 4) Planning programs involving manual arts and prevocational, vocational training, 5) Helping clients improve decision making, abstract reasoning, and perceptual skills, & 6) Maintaining medical records. REQUIREMENTS: BS Degree in Occupational Therapy AND State of Illinois License in Occupational Therapy or license eligibility [Proof of passing NBCOT examination]. HOURS: 8:30 am - 3:30 pm, M-F. DATES OF EMPLOYMENT: October 1, 2018 - June 27, 2019 while the Chicago Public School District is in session.
4. AREAS OF EMPLOYMENT: City of Chicago, IL area
5. WAGES OFFERED: $40.50 Per Hour @ min. 7 hours per day/35 hours weekly while school is in session.
6. Overtime will be available at a rate of $60.75 per hour while working overtime.
7. The employer will provide to the worker all necessary on the job training seminars & mentoring to ensure job readiness.
8. The employer shall provide $1,200.00 housing Stipend and paid health care benefits
9. IF the worker elects to accept employer's health benefits, employer shall make a $220.00 monthly deduction from worker's paycheck.
10. TRANSPORTATION: Transportation (including meals and, to the extent necessary, lodging) to the place of employment will be provided, or its cost to workers reimbursed, if the worker completes half the employment period. Return transportation will be provided if the worker completes the employment period or is dismissed early by the employer
11. Unlimited Chicago Transit Authority Passes will be provided to and from worksite(s) for 2 months.
12. TOOLS AND TRAINING: The employer will provide workers at no charge all tools, supplies, and equipment required to perform the job.
13. The employer guarantees to offer work for hours equal to at least three fourths of the workdays in each 12-week period of the total employment period.

Please send resumes to
Illinois Department of Employment Security
ATTN: Job Order # 5850071
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(312) 793-4904

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All real estate advertised in this newspaper is subject to the Federal Fair Housing Act, which makes it illegal to advertise in a manner which evades any provision of this Act or which discriminates based on race, color, religion, sex, handicap, familial status, or national origin, in the sale, rental, or financing of housing. In addition the Illinois Human Rights Act prohibits discrimination based on age, ancestry, marital status, sexual orientation, and unfavorable military discharge.

This paper will knowingly accept no advertising for resale of property which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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- South City and Suburbs: South Suburban Housing Center 708-957-4314
- North City and Suburbs: Interfaith Housing Center of the Northern Suburbs 847-501-5700

**ANNOUNCEMENTS**

- **General Announcements**

**AUCTION**

- **LARGE 2-DOOR CAR**
  - **DATE:** AUGUST 9
  - **TIME:** 10:00 AM-5:00 PM & AUGUST 11TH 8AM-7PM
  - **LOCATION:** 4841 S. WACKER DRIVE, CHICAGO, IL 60607
  - **CONTACT:** CALL OR EMAIL: 312-346-9075 OR 773-736-6540 OR 503-754-2400

- **STAFF FOR SALE**

**MERCHANDISE**

- **STUFF FOR SALE**

**PETS**

**GARAGE SALE DIRECTORY**

- **GARAGE SALES**
  - **LARGE SALES**
  - **LARGE SALES**

**Estate Sales**

- **Residential for Rent**

**To Place An Ad Online go to:**

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NOTE: Pursuant to the Fair Debt Collection Practices Act, you are advised that Plaintiff's attorney is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.

7/19/2018, 7/26/2018, 8/2/2018 5709487

NOTE: Pursuant to the Fair Debt Collection Practices Act, you are advised that Plaintiff's attorney is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.

7/19/2018, 7/26/2018, 8/2/2018 5709487

NOTE: Pursuant to the Fair Debt Collection Practices Act, you are advised that Plaintiff's attorney is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.
Public Hearings

PROPOSED VARIATION

PUBLIC NOTICE 2018-024

Notice is hereby given that a hearing will be held by the Zoning Board of Appeals to consider a petition requesting a Variation of the Glenview Municipal Code.

The meeting will be held on Monday, August 20, 2018 at 7:00 PM in the Village Hall, 2500 East Lake Avenue, Glenview. The property involved is commonly known as 1245 Waukegan Road and is legally described as LOT 1 IN GILMAN'S SECOND SUBDIVISION OF PART OF THE NORTHWEST QUARTER OF THE NORTHEAST QUARTER OF SECTION 35, TOWNSHIP 42 NORTH, RANGE 12, EAST OF THE THIRD PRINCIPAL MERIDIAN IN COOK COUNTY, ILLINOIS.

The petitioner, Troy Realty Management, requests a Variation from the provisions of Sections 98-294 and 98-605 of the Glenview Municipal Code to allow a parking lot expansion with parking stalls at a side yard (north) setback of 0.0 feet instead of a minimum side yard (north) setback of 5.0 feet, parking stalls with depths of less than 19.0 feet, fewer than the required quantity of parking lot landscaping, a parking row comprised of more than 15 parking stalls without a landscaped island, and parking rows without landscaped islands at the ends of each row, as allowed and required by said ordinance.

All persons interested should attend and will be given an opportunity to be heard. For additional information regarding this case, please contact Jeff Rogers, Planning Manager, at (847) 904-4308.

Zoning Board of Appeals
Ronald A. Greco, Chairman
Tony Repo, Planner
8/2/2018 5739768

NEW AD PLACEMENT
Call 847-399-0537 or visit placeanad.tribunesuburbs.com

Public Notices

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN by the Board of Education, School District 28, in the County of Cook, State of Illinois, that a tentative budget for said school district for the fiscal year beginning July 1, 2018 and ending June 30, 2019, will be on file and conveniently available for public inspection at the office of the Superintendent of Schools, 1475 Maple Avenue, Northbrook, Illinois during regular office hours, from and after 9:00 a.m. on August 2, 2018 for a period not less than 30 days.

NOTICE IS FURTHER HEREBY GIVEN that a public hearing on said budget will be held at 7:15 p.m. on the twenty-fifth (25th) day of September, 2018 in the Northbrook Junior High School, 1475 Maple Avenue, Northbrook, Illinois located in the County of Cook, State of Illinois.

Tracy Katz Muhl, Board President
Larry A. Hewitt, Secretary
8/2/2018 5731319

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A cautionary tale about parking regulations

I recently had my car booted in a Chicago Walgreens parking lot by an employee of Innovative Parking Solutions. I was shopping at Walgreens but because I stepped across the street for ice cream for five minutes before shopping, I was booted.

I was charged $170 to remove the boot and told I could appeal via email or mail. I immediately emailed an appeal with a copy of my receipt from Walgreens. I am supposed to be notified of my claim status in 10 days. It has been over three weeks since my initial email, and I have received no response.

Every time I call, they threaten to deny my claim immediately if I don’t call back another time, or they tell me no one is available to speak to me and I have to call back the next day. I believe my appeal is legitimate and I should be credited back the cost of the booting.

At a minimum, I would like to receive a response from the company indicating my appeal was received and is being worked on. This is a predatory company who, I believe, illegitimately charges people and lies about the ability to appeal their charge until the consumer stops inquiring and the funds are kept. Please help!

— Nick, of Chicago

In order to get to the bottom of Nick’s situation, I reached out to Innovative Parking Solutions, the corporate office of Walgreens and the Illinois Policy Institute, an independent government watchdog and public policy research organization that supports free-market principles and has investigated the city’s booting regulations in the past.

I also researched the city’s booting policies via the Chicago Department of Business Affairs and Consumer Protection’s website.

What I learned from the latter is that booting vehicles on private property in Chicago is perfectly legal in wards where aldermen have amended the municipal code to allow it, which is the case in 32 of the city’s 50 wards.

According to a Q&A on the Department of Business Affairs and Consumer Protection’s “Private Booting Information” webpage, if the terms of use for a private lot are violated for even a few minutes, the violator’s car can be booted. This applies to someone patronizing a business not associated with the private lot (i.e., the ice cream shop), even if a purchase was ultimately made at the business covered by the lot’s terms of use (i.e., Walgreens).

Lots monitored by private booting companies, such as IPS, must have a minimum of two signs on the property that display “the terms of use of the subject property, the fee for boot removal, and the contact information and 24-hour phone number for the booting company” among other information, according to the Chicago Department of Business Affairs and Consumer Protection’s website.

The regulation also states, “A booting company may not assess a fee in excess of $170 to remove a boot.”

I spoke at length with a co-owner of Innovative Parking Solutions, Mike Denigris, who also emailed me a detailed statement, and I corresponded via email with Christopher Lentino, director of outreach for the Illinois Policy Institute.

I did not hear back from representatives with Walgreens after leaving messages through phone and email.

Denigris told me that individual businesses are the entities that his company typically contracts. It is never the business’ corporate owner.

When I asked who profits from the boot removal fees, Denigris told me all payments go directly to IPS to cover operating expenses. When I inquired whether the wards or the individual businesses receive a cut, he told me no.

He additionally said there is no charge to either of these entities for IPS’ services.

Lentino shared Illinois Policy Institute’s concerns about Chicago’s private booting policy.

“Chicago’s vehicle booting program highlights the fact that aldermen are given nearly unlimited control over their wards. The city, at one time, had a blanket ban of booting on private property,” Lentino said. “Now, there are 32 exceptions to that rule.”

Illinois Policy Institute’s concern is that such independent decision-making authority could potentially lend itself to corruption.

In the case of Nick, IPS agreed to refund his $170 boot removal fee, Denigris said.

“We will happily refund this violator and give them the benefit of the doubt — although still illegal — that they were going to shop at Walgreens and hope that they will use caution in the future,” Denigris said.

**Need help?**

Send your questions, complaints, injustices and column ideas to 
[HelpSquad@pioneerlocal.com](mailto:HelpSquad@pioneerlocal.com).

Cathy Cunningham is a freelance columnist.
COMMUNITY REAL ESTATE HOMES IN YOUR AREA

LAKE ZURICH

Four-bedroom, 2.5-bathroom home. Kitchen has stainless steel appliances, tile backsplash and an island. Upper main bathroom has granite counters. Includes a slider off the kitchen to a deck in the fenced backyard. Roof new in 2010. Master bedroom has walk-in closet and separate vanity area. Laundry room is on the second floor. Two-car garage with asphalt driveway.

Address: 640 Cypress Bridge Road
Price: $369,000
Schools: Lake Zurich High School
Taxes: $7,538.58
Agent: Kelly O’Connell-Guzak/Home Sweet Home Ryan Realty

GLENCOE

Four-bedroom, 2.5-bathroom home. Has brick and paver circular drive and walkways. Two-car detached garage. House has hardwood flooring in the foyer. Kitchen has ceramic/porcelain flooring and opens to the family room. Large patio doors open to professionally landscaped gardens and a brick paver patio. Home has a finished basement and full attic.

Address: 655 Greenwood Ave.
Price: $749,000
Schools: New Trier Township High School
Taxes: $15,866.19
Agent: Patricia Kozer/Coldwell Banker

LAKE BLUFF

Four-bedroom, two-bathroom home. Kitchen includes marble countertops, marble backsplash and painted hardwood cabinets. Dining room has millwork including wainscoting, crown molding and built-in shelving. Hardwood flooring in living room, dining room and master bedroom. Backyard has a deck and gas fireplace. Basement is partially finished with a rec room and laundry room.

Address: 19 E. Blodgett Ave.
Price: $585,000
Schools: Lake Forest High School
Taxes: $10,933.42
Agent: Brady Andersen/Griffith, Grant & Lackie

NORTH BROOK

Three bedroom, three bathroom home. Vaulted ceilings have skylights. Great room has a three-sided wood burning fireplace. Master bedroom has walk-in closet systems. Finished basement includes a bathroom. Attached two-car garage. Fenced backyard includes a deck, patio and hot tub.

Address: 1108 White Mountain Drive
Price: $549,000
Schools: Glenbrook North High School
Taxes: $9,621
Agent: Bryce Fuller/Baird & Warner

Listings from Homefinder.com

10 Things You Might Not Know About Nearly Everything

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<td>Maria Czarnik &amp; Aneta P Czarnik</td>
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<td>Ryan J Schle</td>
<td>Kristian Schuetz</td>
<td>06-04-18</td>
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<td>775 E Evergreen Ave, # 410, Arlington Heights</td>
<td>Timothy Byrne &amp; Lisa Lorrenzen</td>
<td>Renata Sobey</td>
<td>06-04-18</td>
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<td>1128 Courtland Dr, # 14E, Buffalo Grove</td>
<td>Rakesh Ravindran &amp; Alswarya Sarath</td>
<td>Stefan E Stolten</td>
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<td>920 Lee Ct, Buffalo Grove</td>
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<td>Donghong Li</td>
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<td>Andrew Westley</td>
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<td>Michael David Fabos</td>
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<td>Jason R Tarsney</td>
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<td>265 Armstrong Dr, Buffalo Grove</td>
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<td>Amazing Homes Developers Llc</td>
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<td>Arkady Sirskytsy</td>
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<td>804 Prairie Ln, Buffalo Grove</td>
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<td>Zhuha Vertyman</td>
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<td>Linda Lza</td>
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<td>Mark E Stone</td>
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<td>381 Foxdrift Dr, Buffalo Grove</td>
<td>Vipya Mahabhasahyan &amp; Radha Kalia</td>
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<td>Sergio Rubinstein</td>
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<td>1345 E Prairie Ave, Des Plaines</td>
<td>Victor J Grandinetti</td>
<td>Des Plaines Lodge No 890</td>
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<td>64 Michael Rd, Des Plaines</td>
<td>Sam Shamon &amp; Theofanis N Margeotas</td>
<td>Urial A Nunez</td>
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<td>1180 Cofface Ave, Des Plaines</td>
<td>Kristine D De Francesco</td>
<td>Taylor Morrison Of Illinois In</td>
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<td>245 Amherst Ave, Des Plaines</td>
<td>Nilesh Srivastava &amp; Stacy Srivastava</td>
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<td>976 Greenview Ave, Des Plaines</td>
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<td>2220 S Greenview Ave, # 19, Des Plaines</td>
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<td>Jerome T Schmal</td>
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<td>835 Judson Ave, # 208, Des Plaines</td>
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<td>Jason Miller</td>
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<td>140 Ridge Ave, # 1W, Des Plaines</td>
<td>Stefan Markew &amp; Radostina Ixaylova Hristova</td>
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<td>1238 Chicago Ave, # 504, Evanston</td>
<td>Thomas P Dolan &amp; Nora D Dolan</td>
<td>Quinten James Tompkins</td>
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<td>1225 Washington St, # 122S, Evanston</td>
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<td>Nuna Musseilf Nukib</td>
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<td>3015 Thayer St, Evanston</td>
<td>Katherine McNally</td>
<td>Andrea L Mysen</td>
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<td>638 Garrett PI, Evanston</td>
<td>Christen Colquitt &amp; Christopher Colquitt</td>
<td>Damien Flynn</td>
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<td>2326 Central Park Ave, Evanston</td>
<td>Robert P Sielenski &amp; Laura Duprey</td>
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<td>4190 Cove Ln, # B, Glenview</td>
<td>Jakub Wilk &amp; Agnieszka Grunwald Wilk</td>
<td>Urszula Martowicz</td>
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<td>1800 Dewes St, # 308, Glenview</td>
<td>Ross Michael Krause &amp; Steven Krause</td>
<td>Andrew Mazulis</td>
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<td>4712 Lilac Ave, Glenview</td>
<td>Paul J Janke &amp; Allison J Janke</td>
<td>Daniel Gehbauer</td>
<td>06-04-18</td>
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This list is not intended to be a complete record of all real estate transactions.
PARK VIEW SCHOOL - ONLY $264,900
Morton Grove...Brand New Listing! SUPERB LOCATION! Only 1 block to Park View School and Harrer Park/Pool!! Solid face brick Ranch with 3 bedrooms and 1 1/2 baths on first floor. Large living rm & dining rm "L". Full basement. Oak floors, updated roof, aluminum gutters, eaves and soffits. Carrier furnace, Central A/C, overhead sewer and sump pump with battery back-up. 100 amp electric service with circuit breakers. Original kitchen, baths and windows. Needs total updating. Call for more info. Won't Last! Near forest preserve bike/bridle trails!!.............$264,900

HOUSE BEAUTIFUL!
Morton Grove...New Listing! Totally updated 9 room Tri-Level in outstanding location! Gleaming hardwood floors & trim throughout. Large living rm & formal dining rm. Gorgeous kitchen with 42" maple cabinets, Granite counters, new stainless steel appliances + eating area that leads to patio. 2 ½ updated baths. 2nd level with oak floors 2 brs & full bath. Master br suite on 3rd level with tandem sitting area & 3 closets. 4th level with hardwood floors. Lower level family rm & full bath. 2 car garage. Near Park View School, Harrer Park/Pool & more!!.............$379,000

“FERRIS HOUSE” TOWNHOME - $244,000!!
Morton Grove...Priced to SELL! Rare “Ferris House” 6 rm Townhome Located near Metra Station, Forest Preserve, Park View School, Park, Pool, Library & Bike/Bridle Trails! Large bedrooms with walk-in closets & 1 ½ baths. Spacious kitchen with breakfast bar and patio doors leading to large deck for outdoor enjoyment. Hardwood floors in living rm/dining rm plus beautiful wood burning fireplace. Lower level rec room & laundry room. 2 assigned parking spaces in rear of complex. Move in Condition. Truly a Commuter's Dream!! Call for appointment to view this outstanding property!!.............$244,000

WHY PAY RENT!?!?
Skokie...Charming, Spacious, Convenient and Affordable Colonial style condominium building. Shows Great and Move in Condition! 4 rooms. Superb Location with easy access to Skokie Swift Train, Bus, Downtown Skokie & Old Orchard Shopping Center. Large Living room and Separate Dining room. Maple cabinet kitchen. One outside parking space (#208), storage locker and laundry facilities in lower level basement. Heat and cooking gas included in low monthly assessment. Low real estate tax. Affordable Lifestyle!!.............$98,500
A group of medical professionals must literally play God, deciding who lives and who dies, in Mark St. Germain's "The God Committee" at Oil Lamp Theater. They are the members of the Heart Transplant Selection Committee of St. Patrick's Hospital who must decide which of three patients will get a heart that has become available.

The show will be performed Aug. 16 - Sept. 23.

"I directed this production with Oil Lamp several years ago before they were out in Glenview, so I had familiarity with the script," said director Josh Johnson. "What really drew me to this version this time was that Keith (Executive and Artistic Director Gerth) made the decision to cast opposite genders." In this version, the doctors are played by women and the nurses are played by men.

"Examining those relationships in a new way was really exciting to me," Johnson explained.

As a group, the director and cast members delved into the actual selection process of teams that must choose who gets a heart. "A board member of Oil Lamp Theater, who is a cardiac surgeon, spoke to us about his experiences," Johnson reported.

Dennis Schnell, from left, Anthony Harden, Madeline Bunke, Mark Taceras, Wendy Hayne, David McNulty, and Deveon Bromby play members of a Heart Transplant Selection Committee in "The God Committee" at Oil Lamp Theater Aug. 16 through Sept. 23.

Bunke admitted that she didn't know much about the process of organ recipient selection before taking on the role. "We learned a lot from the research we did online," she said, adding that hearing from the cardiologist was very valuable for her.

"The cardiologist mentioned how much psychological evaluations play a role in choosing what patients can receive a heart," Bunke said. "Not only do you need to be in a well enough mental state to receive the transplant, but how are they going to be after the transplant? How are they going to react to having someone else's heart in them and taking all of the medications they're going to have to take to prevent rejection?"

Dr. Alex Gorman is played by Wendy Hayne. "She is strong-headed. She is more scientific than sentimental," Hayne said. "She's opinionated and she has no bedside manner!"

Hayne indicated that she has enjoyed discovering which of the lines appear to be more appropriate for a man than a woman, and how they work anyhow.

Dennis Schnell, from left, Anthony Harden, Madeline Bunke, Mark Taceras, Wendy Hayne, David McNulty, and Deveon Bromby play members of a Heart Transplant Selection Committee in "The God Committee" at Oil Lamp Theater Aug. 16 through Sept. 23.

"The God Committee"

When: 8 p.m. Thursdays and Fridays; 3 and 8 p.m. Saturdays; and 3 p.m. Sundays, Aug. 16 - Sept. 23

Where: Oil Lamp Theater, 1723 Glenview Road, Glenview

Tickets: $35; $20 students

Information: 847-834-0738; oillamptheater.org

"Maybe she did trade her husband in for a younger doctor," Hayne teased. "It's a whole lot of fun playing a character unlike me at all!"

Hayne admitted that she had no idea that committees like the one in this show exist. "It's great to know that there is a panel of people trying to decide who is the best recipient for this," she said.

"I would never want to be in the position that these people are in, making these decisions weekly about who's more deserving of a lifesaving transplant," director Johnson admitted. "It's definitely a show that going to leave people thinking about what they just saw and questioning whether or not they agree with what the outcome is."

Bunke added that she hopes audience members leave the theater with an "appreciation for the difficulties that these doctors face in real life and for the patients who have to put their lives in someone else's hands."

Myrna Petlicki is a freelance reporter for Pioneer Press.
**Thursday, Aug. 2**

**Little Italy Fest-West:** Enjoy live music, food for sale, fireworks and meatball wrestling. Noon Thursday through Sunday, Sunday, Centennial Park, 1776 W. Centennial Place, Addison, $8; free for children 12 and younger, 888-695-0888.

**“Something in the Game: An All-American Musical”:** Knute Rockne is regarded as one of the greatest football coaches of all time. But as he chased fame and glory for his Fighting Irish, he left his family waiting on the sidelines. The musical traces one man's journey to discover what is most important in the “game of life.” The production is directed and choreographed by Jeff Award-winning director David H. Bell, the Donald G. Robertson Director of Music Theater at Northwestern. 7:30 p.m. Thursday through Saturday and 2 p.m. Sunday, Josephine Louis Theatre, Northwestern University, 20 Arts Circle Drive, Evanston, $5-$50, 847-491-7282.


**Ticketed Summer Storytime - Birth to 5 years with Adult:** Enjoy books, music, stories and fun with the lively Youth Services Librarians while making new friends in a welcoming setting. Note: Space is limited. Tickets will be distributed 20 minutes prior to each session. Preference is given to Glenview Library cardholders. 10 a.m. Thursday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

**Internet Essentials:** Uncover tactics for using browsers, search engines, search strategies and website navigation in this hands-on class. 10 a.m. Thursday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

**DIY Braided T-Shirt Bracelets and Headbands:** Learn how to make easy, cute accessories like bracelets and headbands with recycled t-shirts. This is for grades 7-12, with registration required. 3 p.m. Thursday, Niles-Maine District Library, 6960 Oakton St., Niles, free, 847-663-1234.

**Chicago and the Invention of the Skyscraper:** Chicago's architectural importance derives from the fact that the most important new building form of the modern age was developed here - the skyscraper. Tim Wittman examines the reasons that Chicago became the center for architectural innovation and the ways in which structural engineers and architects worked to solve new problems for entirely new types of clients, and the buildings that still survive to tell the tale. 10 a.m. Thursday, North Shore Senior Center, 161 Northfield Rd., Northfield, $12 member; $17 nonmember, 847-784-6030.

**Signposts on the Prairie: A Passport to Where IL Began:** Signposts are historical markers that direct our attention back to important history. The class simulates a road trip to southern Illinois to investigate its salient signposts. This journey crosses time and place: from prehistoric Illinois to Illinois' bicentennial (which is currently underway), from Illinois' great metropolis (Chicago) to Egypt (in southern Illinois); from the Mississippi River to the Ohio River; and from the oldest state park to the old state capital. 1 p.m. Thursday, North Shore Senior Center, 161 Northfield Rd., Northfield, $12 member; $17 nonmember, 847-784-6030.

**Nature Fun and Frolics on Thursday Mornings:** Introduce your toddler, age 2 with adult, to different plants, animals and elements, while singing songs, reading books and exploring nature in many different ways. Classes are primarily outdoors, weather permitting. An adult must accompany each child. Classes run weekly through Aug. 2 from 10:30 to 11:30 a.m. 10:30 a.m. Thursday, Emily Oaks Nature Center, 4650 Brummel St., Skokie, $85 Skokie resident, $108 nonresident, 847-677-7001.

**“Where the Children Sleep” Exhibition:** This provocative multi-media exhibit features powerful photos and film of Syrian refugee children in Europe and the Middle East by award-winning Swedish photojournalist Magnus Wennman. Where the Children Sleep serves as a wake-up call; not only documenting a contemporary human rights crisis but also inviting visitors to take a stand for children's rights. 10 a.m. daily, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, $6-$15, free for members, 847-967-4800.

**Quilt Lecture:** Illinois Quilters Inc. presents Pam Buda, who speaks on "Secrets of Professional Quilters Revealed." Doors open at 6:30 p.m. for sign-ups, library and socializing; meeting starts at 7 p.m. Pam will also lead workshops on Friday and Saturday. For more information, please email: workshops@illinoisquilters.com. 7 p.m. Thursday, Beth Hillel Bnia Emunah Congregation, 2220 Big Tree Ln., Wilmette, $5, 847-556-1213.

**Photography Exhibit: “Dancing for My Tribe”:** The photography show, "Dancing for My Tribe: Potawatomi Tradition in Modern Times," is currently on exhibit at the Wilmette Historical Museum. The show features dramatic, large-format photographic portraits of Potawatomi Indians in their modern dance regalia, revealing a modern people who live in a world of sewing machines, duct tape and acrylics. The photographer, Sharon Hoogstraten, is a Chicago resident and a descendant of the Ouillette family after whom the village of Wilmette is named. Please check website for summer holiday closings. 1 p.m. daily, Wilmette Historical Museum, 609 Ridge Rd., Wilmette, free, 847-853-7666.

**Friday, Aug. 3**

**Tales of Art at the Block:** Museums are full of stories. Join Block Museum staff for story time and family-friendly activities to help children look closer and think deeper about art at the Block. The program is recommended for children 3 to 8 years old, but all are welcome. Space is limited by online RSVP is required. 11 a.m. Friday, Northwestern University - Block Museum of Art, 40 Arts Circle Drive, Evanston, free, 847-491-4000.

**Shabbat With a Twist - First and Third Fridays:** Shabbat with a Twist takes place on the first and third Fridays, from 11 to 11:45 a.m. Families with children up to Pre-K join to hear a story read by their clergy, sing songs and then twist their own challah with the dough provided, to be taken home to bake. All are welcome - free of charge. 11 a.m. Friday, Congregation Beth Shalom, 3433 Walters Ave., Northbrook, free, 847-498-4100.

**Saturday, Aug. 4**

**Evanston Farmers Market:** Shop for fresh produce, meat, cheese, baked goods and flowers from up to 58 vendors. Dogs are not allowed at the market (service animals excepted). LINK cards are accepted, 7:30 a.m. Saturday, Oak Avenue and University Place, 1090 University Place, Evanston, free, 847-448-8045.

**Glencoe French Market:** Head to the Metra Commuter Parking Lot every Saturday morning throughout the summer and early fall to shop for flowers, baked treats, veggies and fruit. 8 a.m. Saturday, Downtown Glencoe, Green Bay Road and Park Avenue, Glencoe, free, 847-835-4111.

**Glencoe French Market:** This free weekly event takes place rain or shine. Shop for seasonal fruits and vegetables, flowers, homemade jellies and preserves, cheese and farm-seasonal eggs. For a full list of vendors and special market events, visit www.glencofarmermarket.org. For more information, call 8:00 a.m. Saturday, Wagner Farm, 1510 Wagger.

**Turn to Calendar, Page 24**
Wilmette French Market: Shop for fruits, vegetables, flowers, cheeses, meats and breads from local and regional vendors. 8 a.m. Saturday, Wilmette Village Center, 12th Street and Wilmette, Central and Greenleaf Ave., Wilmette, free, 847-251-2700.

Winnetka Farmers Market: Shop for fresh-picked fruits and vegetables, blooming plants, shrubs, cut flowers, cheeses, baked goods and specialty foods on Saturdays from 7:30 a.m. to 12:30 p.m. The market takes place at the corner of Green Bay Road and Oak Street, across the street from the Winnetka Train Station. Takes place rain or shine through October 20. 7:30 a.m. Saturday, Winnetka Village Hall parking lot, 510 Green Bay Road, Winnetka, free, 847-446-4451.

K.I.S.S. - Kids Identification and Safety Seat: The Illinois Tollway and Illinois State Police District 15 host this free Kid’s Identification and Safety Seat (K.I.S.S.) event from 10 a.m. to 2 p.m. at 520 W. Irving Road Park, Itasca. Attendees receive free identification cards for children ages 3 and older; child safety seat inspections and installations; Touch-a-Truck display featuring hands-on exploration of a Tollway H.E.L.P. truck, snowplow and an Itasca fire truck; Fire station tours and fire safety information; free raffle for a chance to ride to school in a fire truck and a raffle ticket for a free car seat from buybuy Baby. 10:30 a.m. Saturday, Itasca Fire Protection District No. 1, 520 W. Irving Road, Wood Dale, free.

Skokie Farmers Market: Farmers and vendors from Illinois, Indiana, Michigan and Wisconsin sell fresh-picked vegetables, fruits and flowers along with cheese, baked goods, coffee, sauces and spices. 7:30 a.m. Sunday, Skokie Village Hall, 9127 Oakton St., Skokie, free, 847-673-0500.

Monday, Aug 6

Page Turners: A multi-generational epic follows the impossible romance between a World War II escapee from the Nazis and a Japanese gardener's son, whose story is discovered decades later by a care worker who has to come to terms with her own past. 1 p.m. Monday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

"The Lego Movie": Interactive Presentation: Everything is awesome, especially when reading takes you everywhere... including Cloud Cuckoo Land. Be part of the team and sign up for this special presentation of every Master Builder’s favorite movie. (Please leave all Krargle at home.) 6:30 p.m. Monday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Sunday, Aug 5

"All the Money in the World": Attendees may just drop in to this screening. The 2017 film, rated R, is the story of the kidnapping of 16-year-old John Paul Getty III. Then the desperate attempt by his devoted mother to convince his billionaire grandfather, Jean Paul Getty, to pay the ransom. Nominee: Best Supporting Actor. 1:30 p.m. Sunday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Miniature Patio Garden: Watch as Kathleen Obirek, landscape and floral designer, teaches how to design and plant a small tabletop garden using tiny succulent plants and furniture. A miniature patio garden will be given away to one lucky participant. Registration required. 2 p.m. Sunday, Niles-Maine District Library, 6600 Oakton St., Niles, free, 847-663-1234.

Boletes come of age: Back at the dawn of binomial nomenclature, Linnaeus placed all gilled mushrooms in the genus Agaricus, and all pore mushrooms in the genus Boletus. (ALL pore mushrooms – Adanson split off the polyphores in 1762.) But while Agaricus has long since been split into hundreds of smaller groups, most Boletes remain classified in just a handful of genera. That has really broken wide open over the last several years. New genera have been recognized in ways that separate species were once thought to be closely related; strange "variable species" have been recognized as sets of separate species in a new genus; and so on. 7:30 p.m. Monday, The Niles Historical and Cultural Center, 8970 N. Milwaukee Ave., Niles, free, 847-780-6642.

Belmont Village Glenview Blood Drive: Belmont Village Glenview is hosting a Blood Drive with the American Red Cross. Bring a photo ID, or your blood donor card, or two forms of ID. Save up to 15 minutes when you donate blood by using RapidPass at redcrossblood.org/RapidPass. 11 a.m. Tuesday, Belmont Village of Glenview, 2200 Golf Road, Glenview, free, 800-733-2767.

Turn to Calendar, Page 25
Chicago and Cook County Resources: This is an opportunity to find your Chicago ancestors. 10 a.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Ticketed Summer Storytime - Birth to 5 yrs. with Adults: Enjoy books, music, stories and fun with the lively Youth Services Librarians while making new friends in a welcoming setting. Note: Space is limited. Tickets will be distributed 20 minutes prior to each session. Preference is given to Glenview Library cardholders. 10 a.m. Wednesday, Glenview Public Library, 1930 Glenview Rd., Glenview, free, 847-729-7500.

Northbrook Farmers Market: Shop more than a score of booths for farm fresh produce and other delicious artisan foods. Be sure to check out new and returning vendors. The market is open 7 a.m. to 1 p.m. Wednesdays through Oct. 17, rain or shine, except in severe weather. 7 a.m. Wednesday, Northbrook Farmers Market, Cherry Lane and Meadow Road, Northbrook, free.

"Love and Death": This Woody Allen film from 1975 is an irreverent burlesque about all things Russian, particularly its history, literature and film culture. The film touches on all the familiar Allen themes his fans have grown to love (relationships, sex, marriage and Judaism), in a 19th century story about a cowardly peasant who is talked into assassinating Napoleon by his cousin Sonya. 12:30 p.m. Wednesday, North Shore Senior Center, 161 Northfield Rd., Northfield, $12 member; $17 nonmember, 847-734-6030.

Chicago Neighborhoods: Past, Present, and Future: Chicago is known as a city of neighborhoods. Richard Roeder explores all of Chicago's neighborhoods from a historical perspective, analyzing the current social, political and economic landscapes, and forecasting trends that might determine how each neighborhood will look in the future. 10 a.m. Wednesday, North Shore Senior Center, 161 Northfield Rd., Northfield, $19 member; $29 nonmember, 847-734-6030.

Monthly Networking Luncheon with Chief Kaminski: Join the Park Ridge Chamber for networking, lunch and fabulous raffles this August as Chief Frank Kaminski and his staff talk about active shooter incidents and threat assessments. Don't forget your business cards. Visit https://parkridgechamber.chambermaster.com/eventregistration/register/6625. 11:30 a.m. Wednesday, Park Ridge Chamber of Commerce, 720 Garden St., Park Ridge, $20 members; $25 guest, 847-825-3121.

Have an event to submit? Go to www.ChicagoTribune.com/calendar.
Death Notices

Decanini, Kathryn

Kathryn Decanini, known to all as Kaye, died peacefully in the early morning hours of Sunday, July 29, 2018. She was 90 years old. Some of the last things she heard were her children telling her they loved her and a recording of her late husband Carl playing Love Letters, a song she loved. Kaye was all about family and in particular about being grandma to her seven grandchildren. She and Carl had the capacity to make each one of them feel he or she was the most important to them. Whether it was going to the movies at the Pickwick Theatre (but first stopping at Osco to buy candy to smuggle in); or going to Walter's for the early dinner on deal night; or eating Kaye's homemade chop suey and pretending to like it; or visiting college with her; or learning how to garden in her backyard; or watching old black and white movies eating popcorn in her den; or staying overnight at the Leonard Street house on Christmas Eve and decorating the tree; or watching her taste guacamole for the first time and like it; or having her teach how to clean furniture using grandpa's old undershirts; or watching The Godfather while being forced to eat Cheerios--there was always just a good feeling being with Grandma because she was having as much fun as you were.

Kaye was born and raised in Chicago, one of eight children. She met Carl, the love of her life, while still in school at Carl Schurz High School. Their younger years were marked by hard work, mostly in the family business at Riverside Greenhouses on Dee Road. Their later years were marked mostly by fun such as hosting huge family birthday parties, going to garage sales, attending grandchildren's graduations, traveling to Arizona, and Carl playing Kaye's favorite songs on the grand piano in their living room.

Kaye is survived by her children Karen (Ronald), Carl, and Maureen (Richard), as well as seven grandchildren Matthew (Katie), Lindsay (Tom), Zachary (Moritz), Kristin (Nicholas), Allison (Anthony), Richie, and Giuliano; and finally eight grandchildren Julia, Gehrig, Vivienne, Theodor, Nikolaus, Nathan, Erin and Amelia. She is also survived by her three sisters Mary Miller, Charlotte Werdell, and Joan Werle. She is predeceased by Carl, and her cherished daughter Laura (John also deceased).

What is there to do now when Kaye will be missed so very much? Well, there are eight great grandchildren (and maybe more to come) who will be needing lots of trips to the Pickwick with hidden candy, old movies on television with bowls of popcorn if lucky or Cheerios if not, and many Christmas Eve pajama parties but also a promise that they will have to try great grandma's chop suey at some time!

Services were held on August 2, 2018 at St. Paul of the Cross and Town of Maine Cemetery.

Information call 847-255-7800 or www.friedrichsfh.com

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Going small is big these days. Just scroll through all the tiny-house shows on cable, and you’ll see how popular minimalism is. It’s also popular for trailers. Pulling up to a parking spot and having a comfortable, enclosed bed to sleep in is ideal for lots of travelers — especially if they’re using small, lightweight trailers that don’t require a full-size SUV or a heavy-duty pickup truck to pull them along.

There are lots of small trailers now available in the 800- to 4,000-pound range. Dub box offers several trailers under 1,000 pounds, while the Happier Camper H1C starts at around 1,100 pounds. Even Airstream has gotten into the small-camper market with the 3,400-pound Nest trailer.

Using a small, lightweight trailer opens up a wide variety of vehicles that can tow them. With that in mind, here’s a list of some of our favorite cars that can tow just as much as the Odyssey or the RAV4 — 3,500 pounds — making it plenty capable enough for our purposes. Also, the 2019 Chevrolet Equinox is starting to show up at dealerships.

2018 Ford Escape: The Escape is a sporty and attractive crossover that drives well on curvy roads and is available with Ford’s easy-to-use Sync technology. Those are just a few reasons to consider the Escape for your outdoor excursion, and the maximum towing capacity of 3,500 pounds is the perfect icing on the cake.

2018 Honda Odyssey: In the ultra-practical minivan world, the Odyssey is our favorite. It’s spacious and packed with family-friendly features such as a rear-seat monitor and an integrated vacuum cleaner. The Odyssey is also capable of towing up to 3,500 pounds when you select the Touring or Elite trim and opt for the towing package. It’s proof that you don’t need to get a big SUV to have plenty of room for your brood and enough power to tow a decent-size small trailer.

2018 Jeep Renegade: While it’s got the lowest tow rating on our list, the Renegade is still capable of towing as much as 2,000 pounds with the optional 2.4-liter engine. That should be enough for a lightweight trailer. The Renegade’s small footprint also allows it to be nimble and agile in town, and it has one of the smoother rides you’ll find in the subcompact crossover SUV class.

2018 Subaru Outback: With a reputation for being rugged and capable off-road, the Outback will fit in at any campsite. Hook up a trailer, and you’ll feel even more legit. The Outback has a roomy, comfortable interior and lots of modern features. It’s also capable of towing 2,700 pounds with the optional six-cylinder engine. Pair that with Subaru’s standard all-wheel-drive system and you’ve got a crossover that’s tailor-made for a getaway.

2018 Toyota RAV4: The RAV4 covers all the bases. It’s a good family hauler thanks to its spacious interior and smooth ride. But what you might not expect is that it’s above par when it comes to towing. With the optional Tow Prep package, you get some additional engine-cooling hardware and a maximum tow rating of 3,500 pounds.

2018 Volvo S60: If you don’t like the idea of a hatchback or a crossover, there’s the S60. It has a maximum towing capacity of 3,500 pounds, which is on par with most of the crossovers on our list, and it’s a relatively plush sedan. Once you’ve dropped your trailer off at the campsite, the S60 drives well, too.

Full-size SUVs and pickup trucks are massively capable, but there are a lot of cars and crossovers that can tow too. Take a closer look at the towing capacity of some smaller vehicles: you might not have to get a big rig to pull your small, lightweight trailer.
Antoine Kelly knew his worth. And even with a lifelong dream staring him down, the pitcher stood his ground.

Kelly, who recently graduated from Maine East, was drafted in the 13th round by the San Diego Padres in June. With a dollar figure in mind and a backup plan at downstate Wabash Valley College, the 6-foot-5 left-handed pitcher did not budge on his price.

He did not accept the Padres’ offer and will head to Mount Carmel, Ill., on Aug. 9.

Kelly declined to specify his asking price or what the Padres offered, but he said the numbers were “fairly close.” Because he will be attending a junior college, Kelly will be eligible to be drafted again next June. He said he’s confident another year of training, growth and fine-tuning his mechanics will make him an even better prospect.

The hard work has shown up off the field as well. Working with Ben Brewster of Tread Athletics, Kelly’s weight has increased from 185 to 193 pounds in a month.

"A year ago, if I was old enough to be picked, I would’ve signed with (a team), no doubt," Kelly said. "But going through this process, I’m learning the business of baseball. You have to know your worth.”

As a senior, Kelly struck out 98 batters in 42-1/3 innings with a fastball that touched 95 mph. He walked only 19 batters and recorded a 0.66 ERA.

His parents, Valerie Feliciano and Antoine Kelly Sr., are also Maine East graduates. Feliciano said she’s watched her son play baseball since he was 9, and she knew early on that he could be a special player.

“We knew right off the bat, from his first game, that he would be a great pitcher,” Feliciano said. “But that’s as a kid. We thought he’d be a typical kid, going through a phase of just wanting to play a sport, then not wanting to do it the next year.

“His freshman year was when he’d start getting the attention. It was so foreign to all of us, especially me.”

Since that freshman year, Kelly has worked tirelessly to match his physical growth and his increased velocity with the pitch command required to excel. As a junior, Kelly walked 37 batters in 39-1/3 innings.

“What I’ve learned about is how determined he is,” Feliciano said. “Because he knows what he wants, he’s so focused on it that he’s willing to do whatever it takes. He wants to stay healthy, he wants to gain weight. He works out, he’s always in bed at a decent time. He’s matured and is thinking more like an adult rather than a kid with a hobby. He wants to make this a career.”

Kelly said he’s proud of how he handled the negotiations with the Padres and how he reasoned his way to a fine decision. He also decided to head to Wabash after originally committing to Central Arizona.

Kelly said he decided he didn’t need to play in Arizona to make a name for himself. Instead, he’ll only be a few hours from home and has already made a name for himself through the draft process.

“I’m much more knowledgeable about all of this,” he said. “The biggest thing I learned is, people say that you’re a lefty and 6-5, so you get praise and things. But the minute you get into pro ball, you’re just another person. You have to work and grind to get your spot.

Nothing is guaranteed.”

Rich Mayor is a freelance reporter for Pioneer Press.

Antoine Kelly said he is confident in his decision to attend Wabash Valley College instead of signing with the San Diego Padres.
Suburban football coaches are ready for the fall season

BY RICH MAYOR
Pioneer Press

The first high school football games of the 2018 season are only about a month away, and local football coaches are preparing for another season under the lights.

Pioneer Press contributor Rich Mayor recently caught up with five suburban Chicago coaches to ask about their summer preparations and what's to come this fall.

Q: The level of excitement at this time of year, you've been off the field so long, you're in that hope-springs-eternal phase, anything can happen. How do you describe the mindset right now?

Gene Nudo, Fenwick, seventh season: I was watching Novak Djokovic last week. When he won Wimbledon, he bent over and took a taste of the grass. I kinda like that, and I kinda feel like that.

Tim Racki, Nazareth, 14th season: My mind moves a mile a minute this time of year. So it's like after the summer session ends and the next one (Aug. 6) starts, that dead period, my wife doesn't like that much because I get really anxious and ornery. I just want the season to start.

Joe Sanchez, Barrington, 17th season: It's just a pure excitement for the unknown. Everybody has hope and dreams and belief of what they want to see happen. Even though 7-on-7s are fun, it's not 11-on-11. It's not the real game.

Tom Cerasani, Leyden, 14th season: That buildup is more down the road, to be honest with you. We're at the end of our camps, so we're sort of sick of hitting each other. The kids are ready to play. There's a level of excitement because they're ready to compete. We have a lot of returning kids this year. That amps it up a bit more, too.

Josh Hjorth, Stevenson, second season: It's a great feeling. When you've got a group that's ready to go, that's accountable, that's energetic, it's exciting. I'm beyond fired up. I'm patiently waiting for Aug. 6.

Q: Most coaches in the area have been at their respective schools longer than Hjorth. How would you say your approach has changed this preseason as opposed to last?

Hjorth: What I didn't truly understand was the drama. And not that it's a bad drama, but I just mean how one kid's family is having a tough time, the other family might be going through a divorce, some of your coaches might have their own things, and it can all kind of weigh you down. But when you're around great kids and coaches, it brings you back up. I'm a lot more prepared to handle those sorts of things now that I've been through it.

Q: How about your numbers. How do they look as of now?

Hjorth: We're up. We'll probably have 55-60 freshmen, 50 sophomores, and our varsity is up there at about 74 right now. We usually have some more kids come out in August, but that's where we're at in the summer.

Racki: We'll be consistent, right where we should be. We're hoping to get 30-40 freshmen every year. Looks like we'll be right there. Sophomores, we're at 30. The varsity squad is 62 players, it's going to be one of the biggest we've ever had.

Nudo: We'll be the smallest varsity squad I've had since I've been here. We've always averaged around 55-60 varsity players, but we also have over 50 kids in the freshman program this year. That's considerably higher than it's been the last three years. I think those numbers offset the numbers on the top.

Cerasani: They've been the same for the past 10 years or so. We may be up or down 10-15 kids from year to year, but we haven't seen a big drop at all.

Sanchez: We're going to be right about where we've been, around 180-185 (overall). We're staying the same, been able to do so the last few years. Obviously it wasn't like a while ago, when we were 200-plus. ... The numbers, even though we're happy with them, I think that's irrelevant. As long as we have kids who want to be there, good kids, that's what matters.

Cerasani: We've done that in the past, but we haven't done it the last several years. It's more cost than anything. It's expensive. We ask our kids to give up a lot as far as time, a lot of them have jobs and things in the summer. We don't want to put an extra burden on the parents and kids.

Sanchez: We take a trip to NU, we go there for a few days. It's just us, it's just about us.

Racki: We go down to Illinois Wesleyan to wrap up our summer program. It's awesome. Three nights, four days. There are six other teams there. You can't go 11-on-11, but you can do more group work. It's more for team bonding and chemistry.

Q: Any coaching differences you're implementing these preseason practices?

Hjorth: We divide our whole program into nine different groups. A lot of teams have versions of this. Our team competes against each other. And by the end of the first two weeks of our preseason camp, they have

Nazareth football coach Tim Racki said he's "anxious" for fall practices to begin.

This year, we train our kids every day to play two spots. So we've gone through the whole summer in that regard. In August, we narrow that down, but that way, we have a better idea of what we've got and everyone has been coached in multiple ways.

Racki: We're just much more efficient. I've always been a stickler with time, even moreso now. I like to practice fast with shorter segments to keep the kids engaged. Now, the attention span of kids is like six seconds long compared to 10 years ago.

Q: What's a unique thing you implement during these preseason practices?

Hjorth: We divide our whole program into nine different groups. A lot of teams have versions of this. Our team competes against each other. And by the end of the first two weeks of our preseason camp, they have

a chance to earn team T-shirts and helmet stickers and things like that. That's top to bottom, freshmen through seniors. The second day of freshman camp, those guys meet all of our leaders. And on the second to last day, they've met every single kid in the program.

Sanchez: Just trying to create as many competitive situations as possible isgreat. We'll also do fun things: We'll pull some linemen out for conditioning. If all four linemen can catch a punt, then we don't condition that day. Silly stuff that may not seem like a big deal, but let me tell you, any time a lineman can get under a punt and catch one, I'll tell you what, those guys go absolutely crazy.

Q: How do you keep things light in practice?

Cerasani: We have a thing where we'll put a new drill, something very competitive, from week to week. One week we'll do a screen drill, the kids go crazy for it. We just run screens. It's a lot of energy, people are yelling. We'll go on the goal line. We'll just make sure there's something competitive inside the practice.

Nudo: Well, I'm light everywhere but my weight. I have a very quirky sense of humor, and sometimes they like what I'm saying, sometimes they look at me like I'm nuts. You forget sometimes that these guys were all born in 2001-2002. I care about all these guys. So we have guys from past years come back sometimes, checking in on the kids, checking in on the coaches. That means a lot to me. That helps the program. That's what football is about.

Rich Mayor is a freelance reporter for Pioneer Press.

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