Song and dance routine
Niles police join in on lip sync challenge with pop music video. Page 5

The Niles Police Department accepted the challenge from Skokie and created a lip syncing video, which features Niles officers and other personnel dancing and lip syncing to several popular songs and ending with a group dance on the roof of the police station.

LIVING
Stress, support in caregiving
Caregiving is a tough job that often results in little recognition and feelings of isolation. Experts and those who have lived the journey offer tips and support. Inside

WHAT TO DO
Writers Theatre stages ‘Witch’
The world premiere of Jen Silverman’s modern fable “Witch” will be staged at Writers Theatre in Glencoe from Sept. 27-Dec. 16. Page 23

OPINION
Living through our own ‘Stranger Things’
Randy Blaser reflects on what the most popular television shows can tell us about our current world. Page 15

SPORTS
Textbooks and tackles
Pioneer Press gives an update on local graduates playing college sports. Page 34
SHOUT OUT

Alex Johnson, business owner and sports fan

Staff report

Earlier this year, Alex Johnson returned to where he grew up — Skokie — to open his new business, Swap Motors in the 4800 block of Main Street. Johnson and co-founder Sanjay Patel, a Wilmette native, say Swap offers one location to manage all aspects of buying and selling vehicles.

Q: How did you come to start Swap Motors?
A: A couple years ago, I had a problem selling my car. When I tried to sell it to a dealer, I got a very low price which I knew was under value. I knew there was a better way to do this. Instead of going to one or two or three dealers, you don’t have to go anywhere.

Q: When did you originally move to Skokie?
A: I moved to America and Skokie when I was about 12 years old. I lived in Skokie from I’d say age 12 to 27. My parents were already living here.

Q: What made you decide to move your business to Skokie?
A: We own this building and it was an easier lease to get. It’s a good place for a small company. I lived right behind Edison School and I loved Skokie. I went to Lincoln Junior High and then Niles West High School.

Q: Do you have any pets?
A: No, not anymore. When I was younger, we owned a German shepherd. Now, I work a lot and travel a lot for work so it’s hard to take care of a dog. I was thinking about getting another pet soon but Sanjay and I work 15 hours a day seven days a week.

Q: How about children?
A: No, not yet. I’ve been married three years this October.

Q: What book are you currently reading?
A: I just finished “The Upstarts” by Brad Stone. It was an amazing book.

CLARIFICATION
In the Sept. 13 edition of the Skokie Review, Niles Herald Spectator, Lincolnwood Review and Morton Grove Champion, Debbie Kroopkin’s name was misspelled in a Shout Out column. Pioneer press regrets the error.
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Walmart pickup store planned in Lincolnwood

Space is former Dominick's that closed in 2013

BY GENEVIEVE BOOKWALTER
Pioneer Press

A former Dominick's grocery store building in Lincolnwood, vacant since 2013, could become a Walmart location where customers pull in, get groceries and be on their way — without ever walking inside the store, corporate and village officials said.

The Bentonville, Ark.-based big box retailer cleared one hurdle, as the Lincolnwood Plan Commission approved at its Sept. 12 meeting two requests from Walmart related to moving into the space.

Walmart had to seek village approval for a special use to have the hours of operation it wants. Additionally, the parking, structures, signage and parking lot landscaping the retailer wants requires an amendment to existing ordinances.

The Plan Commission made a recommendation to approve the requests, which the Village Board is scheduled to give final consideration to at its Oct. 3 meeting, according to Lincolnwood spokeswoman Heather McFarland.

For Walmart, the proposed pickup spot gives customers "yet another location close to where they live or close to where they work where they can go online, order their groceries and pick it up at this location. They don't have to get out of their car," said company spokeswoman Ann Hatfield.

For Lincolnwood, the new store would fill an empty retail space and provide sales tax revenue, albeit in a different format than the grocery store that was there before.

"It's a grocery store, it just operates in a more contemporary way," said Lincolnwood Community Development Manager Doug Hammel. "It appears to be a compatible use and a way to occupy a long-vacant space."

Walmart is eyeing a spring 2019 opening, Hatfield said.

The former Dominick's grocery store, in the 6800 block of North McCormick Boulevard in the north suburb, closed in 2013 as the chain shuttered its stores in the Chicago area. Many former Dominick's buildings have reopened with another big chain grocery store, like Mariano's or Whole Foods, moving in.

Cermak Fresh Market bought the Lincolnwood property in 2014, but a replacement grocery store never materialized, Hammel said.

In 2015, the village reached an agreement with Pennsylvania-based development firm R&R Global to subdivide and redevelop the 62,000-square-foot Dominick's building. At that time, three retail shops were proposed.

Since then Planet Fitness, a discount gym franchise, has opened a 20,000-square-foot fitness center. But the rest of the parcel sits vacant.

A requirement in the development agreement states at least 50 percent of the property must be filled by businesses that produce sales tax revenue for the city, Hammel said.

That's one of the big reasons Hammel said the new Walmart Pickup store could be a good fit.

Walmart is proposing a "drive-up grocery store" for the retail space that remains vacant, which covers about 41,700 square feet. Planet Fitness would stay where it is, according to village documents.

The store would be open to customers from 8 a.m. to 8 p.m., according to the proposal. Customers would order groceries from the Walmart website or mobile app, and then show up at the assigned bay at the assigned time to pick up their purchases.

While the store would largely stock groceries, customers could order other items and have them delivered to Lincolnwood for free pickup, the proposal indicates.

Walmart officials have proposed covered parking spaces to protect people and purchases from inclement weather, Hatfield said. She said Walmart staff would load the items into customers' vehicles.

According to the retailer's special use and ordinance amendment application, the building would "remain largely unchanged" on the outside, with the exception of new signs and a few improvements to the doors.

Walmart is seeking a special use permit to have deliveries start as early as 4 a.m. instead of 7 a.m. under the current rules. They have asked for internal operations to be permitted until midnight, instead of the currently allowed 11 p.m.

Hatfield said she did not know how much the new Walmart Pickup project will cost, but that it is part of $56 million that the retail giant is planning to spend on upcoming improvements and expansions in Illinois.

The retailer needs village approval for the extended hours of operation, unique parking configuration to accommodate the pickup service, changes to existing signs, and the "removal or relocation of landscaped areas in the parking lot" before moving forward with its proposal, officials said.

Lincolnwood Trustee Jesse Patel said he lives about two blocks from the site of the proposed Walmart Pickup store and believes it would be an asset to the village.

"It's exactly what we'd want to have there, a grocer and a sales tax producer," Patel said.

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NEWS

NILES POLICE DEPARTMENT

Members of the Niles Police Department danced their way into the lip sync challenge that has been spreading to law enforcement agencies across the country.

Niles police answer lip sync challenge with music video

BY JENNIFER JOHNSON
Pioneer Press

Channeling their inner pop stars, members of the Niles Police Department danced their way into the lip sync challenge that has been spreading to law enforcement agencies across the country.

The nearly five-minute-long video, released Sept. 20, features a variety of sworn and civilian personnel dancing and lip syncing to songs like Sean Kingston's "Fire Burning," and "Timber," by Ke$ha and Pitbull, before culminating with a group dance on the roof of the police station to Katy Perry's "Firework."

Niles made the video after Police Chief Luis Tigera accepted a challenge from the Skokie Police Department, said Niles Police Cmdr. Robert Tornabene, who is featured in an homage to "Night at the Roxbury."

"It's a way of humanizing law enforcement," Tigera said of the lip sync challenge, which has departments from all over the United States battling it out with other departments to see who has the best moves.

"We're in really tough times across the country. There's image issues, there's officers who have made mistakes, and this is a way to show we're normal people and we like to have a little fun when we can."

Volunteering to film and produce the video was Matt Sommerfield of Crystal Lake-based Sommerfield Productions. Sommerfield said he reached out to Niles after watching Skokie's video and offered to help them make a lip sync challenge video at no cost.

Not only was it a way to get some recognition for himself and his business, but it gave Sommerfield an opportunity to do something comedic and creative, while supporting law enforcement, he said.

"This was an opportunity for us to come together as a community and have fun and show the lighter side of people because, at the end of the day, police officers are people," Sommerfield said.

Also working behind the scenes was Jackie Graney, founder of Studio 22 High Tek dance studio in Niles, who choreographed the piece and taught the officers their steps.

It wasn't hard getting volunteers to appear in front of the camera either, Tornabene said.

"It was all voluntary, and they did it on their own time," he said. "We just put out the message once we got challenged [by Skokie] and all of a sudden people started contacting me and saying, 'I want to do it.'"

Filming took three days. After the first day, even more members of the department wanted to get involved, and by the end, at least 40 people had appeared at some point in the production, Tornabene said.

Even K-9 Officer Ace has an appearance — while "Who Let the Dogs Out?" plays, of course.

"It was definitely a blast," Tornabene said. "The chief has been so big about community involvement, so everyone just jumped into it and had fun with it."

Tigera has challenged the Rosemont Public Safety Department and Illinois State Police District Chicago to take up the lip sync challenge next.

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Woman charged in shooting to plead not guilty

"Tragic accident' at Skokie hotel during birthday party ended in cousin's death

Staff report

A 23-year-old Chicago woman charged last month in the fatal shooting of her cousin at a Skokie hotel is set to plead not guilty in the case, her lawyer said.

After Ariana Alcala made a brief appearance in court Monday, her lawyer Shannon M. Lynch said the shooting was a "tragic accident" and there was no malicious intent.

"The family is obviously devastated by what happened," Lynch said. "My client is devastated by what happened. She'll never be the same. She feels the exact same loss that the family feels, but it's even heightened because of her role in the loss."

Alcala, of the 2500 block of West Jarvis Avenue, Chicago, was charged with involuntary manslaughter two days after the Aug. 11 fatal shooting of 22-year-old Lesly Coronel — her cousin, police said.

The incident took place at the Hampton Inn hotel in Skokie.

Alcala is scheduled to be arraigned on the charges Monday.

As of now, Alcala is being held at Cook County Jail on a $100,000 electronic monitoring bond, according to records from the Cook County sheriff's office.

Police said the two women were celebrating at Coronel's birthday party during the time of the incident.

When police arrived at the Hampton Inn hotel in Skokie.

Alcala is scheduled to be arraigned on the charges Monday.

As of now, Alcala is being held at Cook County Jail on a $100,000 electronic monitoring bond, according to records from the Cook County sheriff's office.

Police said the two women were celebrating at Coronel's birthday party during the time of the incident.

Omaha Chapter of Sigma Alpha Epsilon implement a safe and successful return to campus this fall," reads a statement issued by the university from Travis Martin, director of fraternity and sorority life, and Jack Harrington, president of Northwestern's Interfraternity Council.

The fall semester begins Monday.

SAE headquarters identified 17 undergraduates who will return as members this fall, of about 40 who were "originally eligible to return," according to the statement.

Thirteen of those returning members will live in the Sheridan Road fraternity house.

SAE will remain on "alcohol and disciplinary probation," according to the statement, and members will address "ongoing expectations and standards set forth by both the university and their national headquarters through education and increased measures of accountability to ensure the safety and wellness of our students."

The local NU SAE chapter and the fraternity's national headquarters are both in Evanston.

Officials from the national headquarters did not immediately return calls seeking comment on the local chapter's return to campus.

University leaders first placed the campus SAE chapter on probation in fall 2016 for serving alcohol to minors, Northwestern officials previously said. Under those disciplinary terms, which were to end Dec. 31, 2017, the fraternity was not to host social events.

However, SAE hosted parties in January 2017 where minors were served alcohol, officials said.

Further, in February 2017, Northwestern sent out an all-campus alert that four women allegedly were drugged and, of those, two possibly sexually assaulted at a January 2017 gathering at the SAE house.

While university officials ultimately decided not to pursue disciplinary action for the alleged drugging or assaults, they and fraternity leadership launched separate investigations into other potential violations, university officials previously said.

The fraternity was first required to vacate the Northwestern house by May 6, 2017, but appealed the suspension and SAE was allowed to remain on campus through the end of the 2016-2017 school year.

The fraternity was first required to vacate the Northwestern house by May 6, 2017, but appealed the suspension and SAE was allowed to remain on campus through the end of the 2016-2017 school year.
Prairie View Plaza in Morton Grove sold to Oak Brook, UK developers

BY GENEVIEVE
BOOKWALTER
Pioneer Press

The aging Prairie View Plaza strip mall property in Morton Grove has been sold to developers, mayor Dan DiMaria recently announced.

"It's a very, very exciting announcement for Morton Grove. Probably one of our bigger ones in recent years," DiMaria said at the Sept. 10 Village Board meeting.

Oakbrook-based Kensington Development Partners, along with IM Properties, based in the United Kingdom, have "completed the acquisition of Prairie View shopping center with plans to work with the village toward complete and comprehensive redevelopment," DiMaria said.

The amount paid for the property and the date the sale closed were not released.

Kensington Development Partners "acquires, develops and redevelops retail and mixed-use projects throughout the United States," according to the company's website.

Representatives were not immediately available for comment.

IM Properties is a private real estate investment and development company that recently expanded into midwestern United States, according to the company's website.

Few details about the Morton Grove redevelopment project have been made available, DiMaria said. Those should become public as plans are solidified for the 26-acre property.

The shopping center, located on the corner of Dempster Street and Waukegan Road, now has a number of vacant store fronts. Current tenants include Dollar Tree, The Room Place and LA Fitness.

DiMaria said he had a commitment from the new developer to quickly move forward with redevelopment plans.

"I was assured by them that this will be a pretty swift process in that they will get this thing rolling," DiMaria said.

The new redevelopment proposal comes after the village spent years working with the previous owner to revitalize the property, Morton Grove officials said.

In 2017, the village considered a request from the previous owner to pay $10 million to help spur redevelopment of the aging mall. The property had been owned by the same family for more than 40 years, was debt free and "provided the owner with significant return, despite vacancies," Village Administrator Ralph Czerwinski said at a meeting in February 2017.

In 2012, the village created a tax increment financing district for the shopping center, Czerwinski said then, and the previous owner asked for $10 million from the TIF district without submitting a plan for the property.

The village asked for more details.

The previous owner had asked in 2014 and 2016 for help securing a national-chain grocery store, Czerwinski said.

Both deals fell through.

In December 2016, the owner again asked for redevelopment funding and submitted a two-page plan to recruit a discount clothing store, a craft store, a health club, a pet store and an independent grocer, Czerwinski said.

Those plans fell through in February 2017, after the village asked for more time and the previous owner declined, Czerwinski said.

As for the new proposal, "a well positioned site in a demographically rich community like Morton Grove has great potential for success," DiMaria said. "The goal, with the support and collaboration of Kensington and IM Properties, is to create a vibrant sustainable development that can be the center of activity for the community."

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The following items were taken from the Niles Police Department reports. An arrest does not constitute a finding of guilt. Only a court of law can make that determination.

THEFT
■ Dawn Maureen Castle, 51, of the 700 block of Weymouth Circle, Hanover Park, was charged with retail theft on Sept. 16 after she allegedly stole $533 worth of merchandise from a retailer in the 200 block of Golf Mill Center.
■ Paul R. Gibson Jr., 60, of the 3300 block of North Seeley Avenue, Chicago, was charged with theft on Sept. 20. According to police, Gibson was accused of stealing $1,457 in cash from his employer, Home Depot, 901 Civic Center Drive, by committing 43 fraudulent transactions between Aug. 8 and Sept. 4.
■ A display tray containing approximately 40 gold necklaces, valued at $5,000, were reported stolen from a store in the 9100 block of North Milwaukee Avenue Sept. 18. An employee told police that when a man entered the store, grabbed the tray of necklaces and fled with it. The female customer reportedly followed him.

BATTERY
■ Michael Ciaccio, 32, of the 7100 block of West Madison Street, Niles, was charged with domestic battery on Sept. 15.
■ Dovydas Untulis, 29, of the 200 block of Braemar Glen, Bolingbrook, was charged with battery on Sept. 16 after police said he punched someone in the face, causing the person to temporarily lose consciousness, at a bar in the 6900 block of North Milwaukee Avenue. Untulis is scheduled to appear in court Oct. 2.

ASSAULT
■ Reynaldo Velazquez, 31, of the 5500 block of Washington Boulevard, Chicago, was charged with simple assault on Sept. 17 following an incident outside a retailer in the 5600 block of West Touhy Avenue. According to police, Velazquez had a gun in his waistband while he was preparing to fight with another person. Velazquez is scheduled to appear in court Oct. 22.

DUI
■ Javed K. Noor, 39, of the 3600 block of West 63rd Place, Chicago, was charged with driving under the influence and violating an order of protection on Sept. 20 after he allegedly punched another person in the face in the restroom of a retailer in the 7300 block of North Melvina Avenue.
■ A 53-year-old Chicago man was ticketed for disorderly conduct on Sept. 16 after he allegedly struck another driver in the head and spit on him during an apparent road rage incident in a parking lot in 6200 block of West Touhy Avenue.

ANIMAL CRUELTY
■ A 62-year-old Des Plaines man was ticketed for cruelty to animals on Sept. 16 after police said he left a dog inside a hot car with the windows only slightly open in the 9100 block of West Golf Road. A witness told police the dog had been in the car for approximately one hour.

PUBLIC INTOXICATION
■ A 30-year-old Chicago man was ticketed for public intoxication on Sept. 16 after police found him sitting on the curb in the 8100 block of North Greenwood Avenue. According to police, the man said he ingested "mushrooms" a few days earlier and believed he was still under the influence of them. He was taken to the hospital, police said.

PROPERTY DAMAGE
■ An unknown substance was discovered poured on a store's exterior Sept. 15 after police were contacted on Sept. 19 after several employees at George Nut Company, 6900 N. Austin Ave., reported hearing a man say he "might go postal and shoot up the place."

THREAT
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ROBBERY
■ A woman told police that a man grabbed her purse from her shoulder and ran away with it in the 9600 block of North Milwaukee Avenue on Sept. 14. The man was last seen running west on Gregory Lane, police said.
■ A man allegedly pulled a gold chain off the neck of a woman as she was walking toward a garage sale in the 6600 block of West Albion Avenue Sept. 15. According to police, a witness followed the suspect, who got into a red Hyundai SUV parked on Hayes Avenue.

SUSPICIOUS ACTIVITY
■ A woman told police that a man was following her as she was walking toward a garage sale in the 6600 block of West Albion Avenue Sept. 15. According to police, a witness followed the suspect, who got into a red Hyundai SUV parked on Hayes Avenue.

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SUNDAY, OCTOBER 7, 3:00
Mourners say final goodbyes to Evanston mayor

Morton's funeral draws an estimated 750

BY DANIEL I. DORFMAN
Pioneer Press

As he looked out at an audience of an estimated 750 mourners, the Rev. Larry Bullock spoke of the lifetime of dedication that former Mayor Lorraine Morton displayed for Evanston.

"We are here to witness what happens when you give your life away," Bullock said during his eulogy for Morton, his cousin.

At a near capacity crowd Saturday at the Alice Millar Chapel on the Northwestern University campus, a more than two-hour-long funeral service included musical tributes and anecdotes describing the life of Morton.

The north suburban city's first African-American mayor died Sept. 8.

The Rev. Michael Nabors talked about Morton's longevity. In addition to being the longest serving mayor of Evanston, she would have turned 100 on Dec. 8.

"Ninety-nine years is worth celebrating," said Nabors, senior pastor of Second Baptist Church in Evanston and head of the city's NAACP chapter.

Among those attending the funeral were U.S. Rep. Jan Schakowsky, D-Evanston, Cook County Commissioner Larry Suffredin, D-13th District, and state Sen. Daniel Biss, D-Evanston.

After becoming the first black school teacher in Evanston/Skokie School District 65, Morton was appointed to the City Council in 1983 and was elected mayor in 1993. She served 16 years in the role -- the longest mayoral administration in Evanston -- and was the first Democrat elected to that post.

The city's civic center is named after Morton.

Her dedication to the Evanston community, which she first moved to in 1942 from her native Winston-Salem, North Carolina, was a central theme of the service. Evanston mayors who served before and after her spoke at the funeral.

"Mayor Morton loved bringing people together," said current Mayor Steve Hagerty. "I know she is happy she brought Evanston together one last time."

Hagerty spoke of the relationship they developed as he settled into office.

"You always felt good about having her presence here in Evanston," Hagerty said. "She was genuine, she was direct, she had an opinion which she didn't hesitate to share with you."

Former Mayor Elizabeth Tisdahl, who succeeded Morton in office in 2009 and served to 2017, called her predecessor "one of the smartest people I have ever met."

Jay Lytle, who served as mayor from 1977 to 1985 and appointed Morton alderman in 1982 to fill a vacancy on the City Council, spoke of the building boom in Evanston during Morton's tenure. He said brick and mortar construction was only part of her legacy.

"She was also a builder of relationships," Lytle said.

He then closed out his remarks by saying Morton was the most impactful mayor in the city's more than 150-year history.

Local restaurant owner Hecky Powell also spoke during the funeral, remarking on his relationship with the woman he had known for many years and affectionately called "Mama Morton."

In addition to the speakers, the Second Baptist Church choir sang, and two of Morton's nieces and a great-great-niece were also on the program to speak.

Morton's daughter Elizabeth Brasher was also among the scheduled speakers, and a nephew was on the program to sing.

Morton's casket was rolled out the chapel to sounds of the choir singing "Oh Happy Day."

Daniel I. Dorfman is a freelance reporter for the Pioneer Press.
State education grant helps District 71 expand pre-K enrollment

Staff report

After getting a state grant, Niles School District 71 officials announced that Clarence Culver Elementary School will offer free half-day pre-school starting this school year.

"There is a big demand for affordable, high-quality pre-school programs in Niles," said Supt. John Kosirog. "Pre-school is often very expensive for parents. With the new funding we hope that all our families will be able to enroll their children in our program."

The school already had 60 students enrolled in its pre-school program, before being awarded a $141,000 Preschool For All grant from the Illinois State Board of Education.

The PFA grant will allow the district to add an extra class and increase the pre-K enrollment to 80 students.

Kosirog said the school district learned earlier this month that it was getting the money.

"We are very happy to receive such a significant grant," Kosirog said. "The most exciting part of being selected for this program is that it makes our preschool free and accessible to all our families."

District officials said that with the new funding, parents will not be charged for registration fees, tuition costs, or a daily snack. The grant will also cover such expenses as field trips, supplies and materials, and parent education programs.

Niles School District 71 will receive $141,000 annually for five years as long as the program remains in good standing, meets the grant's criteria, and state funding remains available, district officials said.

According to the school district, the Illinois Preschool for All program provides pre-school programs to children ages 3 and 4.

"Pre-school helps children develop the social, emotional and pre-academic skills they need to succeed in school and in life," according to district officials.

The pre-school program also includes parent engagement, comprehensive developmental screening and a research-based curriculum for children, officials said.

"We believe in the importance of early childhood education to prepare students for kindergarten and beyond. This is great news for our community and the young children we serve," School District 71 Student Services Director Laura Guarraci said about the grant.

Niles School District 71 Superintendent John Kosirog, left, greets students at Clarence E. Culver School Aug. 22 on the first day of the new school year. Kosirog said Sept. 21 the school won a state grant that allows Culver to expand its pre-K enrollment.
Sale ‘brings the community together’

Village-wide garage, yard sale more than hunt for treasures

BY KARIE ANGELL LUC
Pioneer Press

Morton Grove counts among its summer offerings another community-wide garage sale — that’s likely to be reprised again next year.

“It brings the community together,” Morton Grove Village Trustee Connie Travis, said of the event that took place last month. “It brings other people into Morton Grove so they can see what a great community we have.”

Over three days — Aug. 10 to Aug. 12 — people were able to visit some 118 addresses that the village provided on a map, for the third annual rain-or-shine Village Wide Garage Sale.

All sellers had to register for a free permit.

Travis, Morton Grove mayor Dan DiMaria and Arcie Pimentel, chairman of the Morton Grove Community Relations Commission, visited a few garage and yard sales to greet neighbors on behalf of the village on Aug. 11.

“We, along with other residents of Morton Grove, worked in putting this together for the community,” Pimentel said.

Vintage typewriters, Christmas decorations, Brownie camera kits, dining ware and clothing were among the items for sale.

“The community events are only as good as the people, our residents make them,” DiMaria said. “It’s community coming together.”

DiMaria, Pimental and Travis stopped by the 6000 block of Grove Court at a yard sale that Saturday.

“I think the best part is the community here,” said village resident Eric Datu. “It’s a lot of fun.”

It was his first time hosting a yard sale.

Bill and Karen Current had items for sale in the 8700 block of School Street.

“Unload it, take it,” Karen Current said, with a laugh.

The couple’s inventory included antlers, cicada shells in a jar and skis.

Looking for guitars but leaving with a vintage Kodak Brownie Starflash Outfit kit from the Current’s sale was Marla Cohen.

“I play the guitar, a Fender Telly (telecaster),” Cohen said. “We just want to be rock stars.”

Katie Angell Luc is a freelance reporter.
A 32-year-old Evanston man has died after crashing his Corvette into the side of an empty office building late night Sunday in Skokie, police said.

Police said the man, who was the driver, is now identified as Arturo Garcia-Martinez.

He was taken to St. Francis Hospital in Evanston following the crash in the 3900 block of Oakton Street.

Garcia-Martinez was in critical condition for several days before he died Wednesday night, according to authorities.

An investigation that involved the North Regional Task Force Major Crash Assistance Team determined that speed and alcohol were factors in the crash, according to Skokie police.

An Evanston man who crashed into a vacant office building in the 3900 block of Oakton Street Sept. 16 died from injuries sustained in the one-vehicle crash after several days in the hospital in critical condition, police said.
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RANDY BLASER

Life imitates art. But sometimes, art is a spot-on explanation for our times.
Think of what is popular on television.
Two very popular and successful shows reflect our deepest longing to be ruled by a strong-willed, competent and benevolent ruler. Those two shows are the Netflix original, “The Crown,” which chronicles the reign of Queen Elizabeth II. The other is the PBS series “Victoria,” which does the same for the English queen which gave her name to a golden era in British history.

Like so many Americans, I love and admire both Victoria and Elizabeth II. I wonder what that says about us. Do we long for a woman ruler? Maybe, but not just any woman. Queen Mary, the elder sister of Elizabeth I, was a horrible ruler.

What is it about Victoria and Elizabeth that enamors us so? We are probably ripe for a strong-willed and fair-minded woman to be president. But like the two queens, she will probably be someone least expected.

While those two shows may express our deepest longings, two others address our deepest fears.

I’m talking about the long-running zombie series, “The Walking Dead” and one of my favorites, the Netflix hit “Stranger Things.”

I’m not a fan of zombie shows, so “The Walking Dead” is not on my favorites list. But I know enough about pop culture, symbolism and metaphor in art to understand the show hits a collective nerve.

The walking dead are mindless, dead creatures who seek one thing and one thing only, to kill the living. They represent what we fear beyond reason and what we may become if we give into our fears.

Today, tribalism is eating away at the fabric of the nation. Is it too much of a leap to say we fear not our differences, but the fact that we are so different that the nation is foundering while we believe the worst about each other?

Regarding “Stranger Things,” I’ve come to believe it is an apt series for our times.

Briefly, the show is a horror story where the main characters are pre-teens battling the evil, unknown forces of a hidden world buried beneath their bucolic town. Inspired by the “Dungeons and Dragons” game that was so popular in the 1980s, the setting for the series contrasts a horror, upside-down world to their mundane suburban existence.

Doesn’t it feel at times like our world is upside down?
Just ask Corey Widen, the Wilmette mom who let her 8-year-old daughter walk the family dog around the block, only to have the police knock on her front door and the bureaucrats from the Department of Children and Family Services investigate her life.

Talk about a horror story.
Isn’t it true that a town like Wilmette exists so people can let their kids walk their dogs, or ride their bikes or run and play in the park, just like we used to in the 1960s, 1970s and 1980s?

Thankfully, Widen had the resources to navigate the upside-down world of the bureaucratic state. But what about those who don’t? They get lost, like our heroes in the show.

Or just ask the faithful Catholic who sits in the pew every Sunday, prays the Rosary faithfully and truly believes the doctrines of the faith. Then last month they learn the hierarchy continues to protect sex abusers.

When the pope tells journalists to figure it out and your cardinal says climate change is more important, you’re in the upside-down world.

Or take our government. Is there any connection between what politicians do and the issues regular people deal with every day?

The president obscures and distracts with ridiculous tweeting.

Senators sit on allegations of wrongdoing by a nominee for the Supreme Court for weeks, only to release at the final hour, manipulating people’s lives maybe for truth-gathering but definitely for political gain in the next election.

In Illinois, we have a candidate for governor and lieutenant governor who use social media — the greatest way to communicate with the masses — to tell us about their favorite karaoke song or favorite concert. In the meantime, thousands of residents are abandoning the state that’s careening out of control.

It’s an upside-down world where we normal and unsuspecting folks try to live our lives as best we can. Meanwhile, our institutions look nothing like how we live.

Can they be more out of touch? Can the current state of affairs be any more upside down?

Randy Blaser is a freelance columnist.
Reflecting on my own college experiences in light of the #MeToo movement

Pat Lenhoff

College was a great experience for me. On my own away from home, it was the personal bridge from dependent child to adult woman.

My life changed there with the friends I made, the academic and social experiences I had and the biggest of all, meeting the Boss. Although I got my "Mrs." degree and not my BS in education, college was one of the best times of my life.

But there were some darker challenges as well, challenges that today's #MeToo movement has increasingly highlighted as long-standing cultural norms rather than occasional anomalies. As I told the Boss recently during a conversation about the ever-expanding movement, just ask any college girl and probably a majority of high schoolers as well, and I'd bet almost every one of them will have a #MeToo story to tell.

That's how deep and prevalent the "boys will be boys" thinking has overrun common values like respect.

All my sorority constituents knew which frat houses to stay away from, or the guys who had untrustworthy reputations. We all watched out for each other, sharing information and warnings at the same time as we tried to fit in and be social successes with both genders.

Among those experiences, I remember a group of my sorority sisters barging into the TKE house to snatch another sister out, belief running strong that she was alone, vulnerable and at risk. Reflecting on it now, the system was set up to foster exactly what today's courageous #MeToo believers are shouting from the rooftops: good girls don't make waves, because it's only boys being boys.

But as I said, things are beginning to change, albeit slowly. While many perpetrators still manage to skate by despite multiple claims of sexual harassment, a growing number including many powerful and previously untouchable males are being held accountable.

Their actions are being held up to the bright light of day.

Most recently in the hot seat is Brett Kavanaugh, nominee for the Supreme Court. He finds himself answering accusations by a fellow high school student about an attempted assault at a party.

As I write this, he has staunchly denied all allegations, but the Senate Judiciary Committee has paused the confirmation hearings to hear testimony.

Suddenly, a shoo-in has shown a potential major problem.

Frankly, I hope this trend continues. The trickle-down effect will be the catalyst to change the overall mindset of both male and female alike.

Say what you will about boys, their raging hormones and so-called mixed messages from girls, there are no excuses for forced sexual attention toward either gender.

And if it takes some high-profile, once invincible male power figures to crash and burn in order to set the new tone of zero tolerance, then so be it.

As was frequently cautioned with this catchphrase from the 1960s, don't do the crime if you can't do the time.

What it's time for is a new day.

Pat Lenhoff is a freelance columnist for Pioneer Press.
Deliveries provide a thrill, even if it's moth ado about nothing

SALLY HIGGINSON

O-ho the Wells Fargo Wagon is a-comin' down the street, 
Oh please let it be for me! 
O-ho the Wells Fargo Wagon is a-comin' down the street, 
I wish, I wish I knew what it could be!

Anyone else remember that song? It's from the vintage musical "The Music Man," featuring an entire town of yokels singing the praises of home delivery. The whole gosh darn gang shares the excitement of watching the delivery guy as he's rounding the corner, hoping beyond hope that he'll stop at their house.

It doesn't matter a lick what he's delivering. Those toe-tapping townsfolk sing with unfettered joy about the prospect of unpacking whatever happens to be sent. There's even a solo featuring a generously fed grandmother extolling the thrill of opening a double boiler. You read that correctly, but it's worth repeating: someone extolls the thrill of opening a double boiler.

I have to resist the temptation to say, "Isn't that quaint?" because the truth is that catching sight of a UPS truck driving toward my house kinda gets my heart racing. Pulling into my driveway and seeing a box sitting on my porch gives me an out and out adrenaline buzz.

What am I getting? What did I order? I may as well be wearing a housecoat and apron as I break into song.

"I wish, I wish I knew what it could be!"

Here's where I pause to insert a 21st century confession: even with overnight shipping, I can never recall what I put into my virtual shopping cart and purchased the day before. A delightful benefit of middle-aged memory loss is that virtually every box that lands on my doorstep is a surprise waiting to be unwrapped.

The problem is that the last several deliveries haven't been any surprise at all. That's because my order history on Amazon reads as follows: Cedar Elements Cedar Hangars; Cedar Wood Panels for Closet Storage Moth Repellent Fresh Cedar Smell; Household Essentials Cedarline Collection Cedar Line Panels for Closet Storage; Moth Protection Cedar Hang Ups; and CedarFresh Clothes Protectors.

Try setting that list to music and singing along with gusto. It can't be done.

With or without music, how can I describe the misery of discovering that my favorite sweaters have been acting as a cashmere cafeteria to an invisible whisper of moths?

I'm not a lyricist, but I am a writer. I should be able to put into words the sense of invasion and dismay and disgust that befell me as I discovered one moth hole after another in the sleeves, or the collars, or the hemlines of my clothing. But more than being a writer, I'm a woman who loves her sweaters.

There are no words. Only sadness. Well, sadness and cedar. And frenzy. I admit to a closet cleaning frenzy that including vacuuming with such fury that the motor on my Hoover overheated. Twice.

Finally, I get it. The thrill of opening up just a double boiler is worth singing about.

Sally Higginson is a freelance columnist.

There is a certain thrill in receiving a package, even if the contents aren't that exciting.
Should woman go out for a beer with her ex?

There's nothing easy about a breakup. In the weeks and months that follow the end of a long-term, serious relationship, feelings of anger, pain, sadness, loneliness, disappointment, regret, and fear of being alone are all normal. Plus, even if you knew the relationship wasn't working, you miss the person.

But what happens when you're trying to move on with your life, hanging out with your girlfriends, possibly starting to date again, and just trying to come to terms with what went wrong, when suddenly one day, out of the blue, you get a text from your ex that reads, "Want to go out for a beer?"

That's what recently happened to a woman I know whose two-year relationship ended a few months ago. The reason for the breakup: She wanted to get engaged. He said he wasn't sure if he ever wanted to get married.

So, should she go out for a beer with him? Here are four reasons she might want to go, and four reasons she might want to keep things status quo.

The case for meeting for a beer:

1. She gets to see what he has to say. Several weeks have gone by since the two have talked or seen each other. She is probably curious to hear his thoughts. Does he miss her? Does he regret the breakup? Does he feel differently about marriage? Will he show up with an engagement ring? On the other hand, maybe he has other motives for getting together, like friendship or closure, in which case she might be disappointed but will then be able to move on quicker.

2. She could get closure. Maybe she is the one who needs closure. Maybe if they have a beer together and she sees that her ex's views haven't changed, it will help her heal and move on.

3. It might empower her. What if she walks into the bar and sees him sitting there, and thinks to herself, "Wow, I really don't miss him that much." It might feel liberating and empowering.

4. She's keeping the door open. By meeting him, she is basically letting him know that she might be open to getting back together if he can change and give her what she wants. She might fear that if she doesn't meet him, he will move on, possibly meet someone else, and never contact her again.

The case for declining his offer:

1. She might do something she regrets. Upon seeing each other, the two might be overcome with sentimental feelings and that old attraction. Add in the alcohol factor if one beer turns into three or four, and they might end up in bed. A physical encounter could slow down the healing process for one or both. On the other hand, it might help clarify feelings.

2. His intentions might be different than hers. He simply asked her out for a beer. He didn't say, "I want to talk about getting back together," or "I've changed my mind about how I feel about marriage." He might just miss her and want to catch up, he might want to apologize to her for something he said and did in the past, or he might not even know why he wants to see her.

3. He can't think clearly unless they are apart. I am of the opinion that when two people break up, they need time apart. This allows both people to reflect on the relationship, what went wrong, and the role each played in why it didn't work. If you continue to see the person, emotions cloud clarity.

4. It might make him miss and want her more. Remember the movie, "About Last Night?" when Rob Lowe was trying to get back with Demi Moore and she refused to see him? It only made him more obsessed with winning her back. I know it's just a movie, but there is some truth to the concept.

I do have to say, I'm leaning toward the opinion that she should not go. Why? Because the meeting could ultimately lead to a reconciliation, which will most likely lead to another breakup, which would then cause more pain.

While I do know couples who broke up for a while and then got back together and ended up happily married, I don't think this scenario happens very often. Usually if a couple has an issue that led to a breakup, that same issue will creep in again, leading to the same problems and same outcome. For this reason, I have a hard time understanding couples who break up and get back together several times. But honestly, I can't say I've never done it.

The decision on whether to meet her ex for a beer or not is complicated, with both positive and negative potential outcomes. It is a decision that only she can make, and she should make it using her rationale, her heart and her gut instinct. I will say this. If she does go, I would suggest ordering a Blue Moon with an orange. Regardless of how the evening goes, at least she will enjoy the beer.

Jackie Pilossoph is a freelance columnist for Chicago Tribune Media Group.
Park Ridge resident Denise Brown has been a caregiver for her father, who is 87, and her mother, who is 83, since 2004. She created a resource for others with her website Caregiving.com.

KAMIL KRZACZYSKI
CHICAGO TRIBUNE

Stress, support in caregiving

Experts and those who have lived the journey offer tips, support for those with ill, disabled, aging loved ones
Dog won’t drink water when owner not home

By Cathy M. Rosenthal
Tribune Content Agency

Q: Whenever I have to go out during the day, I leave my 12-year-old golden retriever in the backyard where she has ample shade, a covered patio and a large bowl of fresh water. She does not drink any water when I am out even if I gone for most of the day and in the heat of the summer. When I return, after excitedly greeting me, she goes to her bowl and laps up a large amount of water. My son, goes to her bowl and laps up a most of the day and in the heat

A: I am glad this senior lady could remain in your family, and that you have a little history you can pull from for comparison. It's not uncommon for a dog to not drink water when their owner isn't home. Your dog is probably sleeping or just hanging out and not expending a lot of energy while you are away. When you return, she gets up, engages you and is ready to get some water. I notice it with my dog when I come home. He always heads over to the water dish shortly after greeting me. So, if she is in good health, then you don't have anything to worry about. This sounds like a habit she has had her entire life.

Also, the Arizona heat probably makes her a little lethargic outside. But just in case, make sure the temperature of the water in her bowl is not getting too warm or too hot to drink, which might discourage her from drinking. If you suspect that is the issue, you can remedy this by placing a bowl of ice cubes outside on the patio when you leave. Your dog may want to crunch the ice, but at the very least, the ice will melt and leave her with cooler water for longer during the day. So, unless you suspect a health problem, just always have fresh, cool water available for her to drink.

Q: Your column is interesting, and I enjoy reading it. But, you dropped the ball on your advice to the parent of the husky Krypto. Krypto’s mom Darlene said, “He drinks gallons of water every day. In fact, when the vet took a sample, 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.”

The dog is in kidney failure. It’s noble that his owner wants to get him a “doggie wheelchair,” but basing his quality of life on him “wagging his tail and perking up when he talks to him” is not the same as a skilled vet diagnosing him properly. If she doesn’t address the kidney issues and start him on a proper low protein, the declining mobility issues won’t matter.

Thanks for the open forum to ask for pet advise. — Bonnie, via email

A: You're right. Drinking “gallons of water” can be a sign of kidney failure, and is relatively common for senior pets, like Krypto who is a 13-year-old husky. Darlene’s letter was very focused on end of life decisions, and that seems to be what I focused on when I responded. Hopefully, she follows up with a veterinarian to determine if the increased water consumption is related to kidney failure, diabetes, or Cushing’s Disease, a few diseases related to increased drinking so, at the very least, palliative care can be provided if she is facing end of life issues. Thanks for your letter.

How to make a sick animal feel more comfortable

Ever wonder what you can do to make a sick dog or cat feel better? Animals, like people, just want a few creature comforts around and to know they are loved. In addition to being under veterinary care, pets should have clean beds, blankets and sleeping spaces. Sit with your pets, stroke them, and talk to them throughout the day. Be sure to say their name and remind them how much you love them. Even a sick dog or cat will flick their tail in recognition of your affection, all of which will help to speed up their recovery.

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

New resources emerging for those with ill, disabled, aging loved ones

By Darcel Rockett
Chicago Tribune

Sandra Dennis recalls moving into her father's home after he started showing signs of dementia in his late 70s. She recalls the mental and physical drain of caring for him, including a back injury requiring surgery.

Dennis, 65, of Richton Park, Ill., now tends to her daughter who suffers from health issues related to pulmonary hypertension. She tries to balance those duties with self-care, including keeping her shoulder healthy after a torn rotator cuff also required surgery.

"It can be isolating. It is stressful, but you do it because it's someone you love," Dennis said. "But it takes a toll on you physically and mentally."

Her story is one of many.

According to AARP, 40 million American adults support ill, disabled or aging family members with needs like bathing, meal preparation, shopping and help with medical and nursing tasks. They navigate the health care system on their loved ones' behalf and advocate for them when talking to doctors and care facilities, all to help family members stay at home. And according to the AARP Public Policy Institute, more millennials are assuming the mantle of caregiver.

These people often alter their own daily routines and put their lives on hold to ensure a loved one has the support they need. The role can be highly stressful and isolating, but as caregivers step out of the shadows, more and more resources are becoming available.

"You have been a caregiver, you are caregiving or you're likely to become a caregiver. ... This is something that's going to impact all of us at some point in our life," said Dr. Jean Accius, vice president of AARP's Public Policy Institute. "Family caregivers across the country are, in many ways, invisible to the system, and they're having to do a lot of the complicated responsibilities of caregiving with little to no support."

Park Ridge, Ill., resident Denise Brown has been a caregiver for her 87-year-old father and 83-year-old mother since 2004 and created a resource for others with her website Caregiving.com. It features blogs, daily online chats (holidays included), podcasts, webinars and more.

Brown has conducted an informal, ongoing survey of caregivers for more than two years and found their average stress level to be 4.15 out of 5.

In July, an elderly woman fatally shot her seriously ill husband and then herself, according to police, she struggled to care for him. Brown said such events speak to the stress of caregiving.

"We can sometimes think no one will understand how hard this is or what really goes on during the day," Brown said. "The emotional toll of caregiving can be significant; it is isolating and lonely, and we really want people to know that there is support for them and there's understanding and there is help. They don't have to do it alone."

In her effort to provide resources, Brown also partners with Embracing Carers, a global initiative launched in 2017 that aims to increase awareness and discussion about caregivers' needs. A recent survey by the organization found that 47 percent of caregivers feel emotionally distressed, and almost 7 percent fear they need medical care or support for a mental health condition (i.e., depression, anxiety, stress) because of their role.

Accius says assessing your needs as a caregiver and reaching out for help are key. It's also important to have a conversation with family and the loved one being cared for upfront. Pose questions such as: What are your family members' end-of-life preferences? As a caretaker, what do you need to have a high-quality life yourself?

"The point is to have a conversation with the person (being cared for) or the family members to come up with a plan that takes into account (their needs) as well as the skill sets in the family, so it's really a team-based approach," Accius said. "This is an issue that cuts across ideology, class, income, race — the whole nine yards. There's an army of people — an organization of resources — out there to support you, and we want to meet you where you are."

Brown said it's smart to look for resources on "your best day" — a time when help is least needed. She offers five things to keep in mind during the journey.

■ "If you are struggling, it's not because you are failing. It's because what you're doing is really hard."

■ If you need help and aren't sure where to start, reach out to your doctor, local area agency on aging, a disease-specific organization like the Alzheimer's Association, a local service agency like United Way or your employer's Employee Assistance Program.

■ If the doctor you contact can't offer suggestions, nudge him or her to create a list of resources. Tell the doctor and staff, "I know I'm not the only one.... You'll be doing us all an amazing service."

■ Find ways to relax. "If we can find even just a few minutes in our day to release the worries, even if it's just for five minutes to relax, that can help us," Brown said.

■ Make self-care a priority. "We have a tendency to think that we're not doing enough," she said. "I think it's important for us to sit still for a few minutes every day and know that we are doing enough — that our work and our caring and our love is enough."

AARP's Resource Center also offers a guide for first-time caregivers and 24/7 support hotlines: 877-333-5885 for English, 888-971-2013 for Spanish.

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Hype can spoil books' punch

Media gave away much of 'Fear,' 'Fire and Fury'

By John Warner
Special to the Tribune

I am, to put it mildly, politically engaged. Family lore says that at age 2, in 1972, as we deplaned in Washington, D.C., on a family trip, I asked the flight attendant: "Where did they find the Watergate?"

At age 10 in 1980, I was presidential candidate John Anderson's campaign manager for the mock election at Greenbriar School in Northbrook. One of our Village Board members, who was there to speak to us about voting and civic responsibility, happened to be a convention delegate for then-GOP candidate Ronald Reagan. Anderson won the mock election, and the Village Board member turned completely white.

My first book, co-authored with Kevin Guilfoile, was titled "My First Presidency: A Scrapbook of George W. Bush." I'll let you guess the subject matter and sentiment.

I watch "Morning Joe," despite finding it nearly unbearable. I check the Talking Points Memo website a dozen times a day and celebrate the existence of the DVR so that Sunday mornings I need not choose between "Meet the Press" and "This Week" with George Stephanopoulos.

And yet, I have not and will not be reading the three best-selling political books of the year, "A Higher Loyalty: Truth, Lies, and Leadership" by James Comey, "Fire and Fury: Inside the Trump White House" by Michael Wolff and "Fear: Trump in the White House" by Bob Woodward.

The reason? Because of the media saturation surrounding all these books, within a week of their release, I felt like I've already read them.

To not read "Fear" feels particularly strange, given that I'm nearly a completist when it comes to Woodward's books. While he's akin to the Rolling Stones to me — the early stuff is the best stuff — for a long time, I'd read him no matter the subject. I've read "All the President's Men" multiple times and consider his book on the Supreme Court, "The Brethren," co-written with Scott Armstrong, to be one of the most fascinating and insightful looks at the inner workings of government I've ever read.

But even before "Fear" was out, I felt deluged with bits and pieces about the book, including in Woodward's own paper, The Washington Post, which printed some of the juiciest bits before the book was publicly available. (Such a mystery as to how they might've gotten an early copy.)

Woodward is then interviewed in every newspaper, on every TV show and every podcast. Websites like Slate and Vox race to extract the main takeaways.

Business Insider published "All the Revelations That Have Come Out so Far from Bob Woodward's Explosive Book on Trump."

Well, if that's everything, why read the book? It's like everyone's competing to offer their own version of CliffsNotes, all in the service of drawing eyeballs. It works — on me, at least. I click, I read, I digest, and with each story or Woodward appearance, I feel not more, but less compelled to check the book out for myself. It's not just a problem of being turned off by the hype, but of feeling as though every bit I might encounter has been pre-chewed, digested for me.

In a way, it's a great service, a real time saver, and I suppose if I was so interested in reading the book for myself, I could try a self-embargo when it comes to news, but what a hassle.

Let me suggest a different strategy for some future author of a buzzworthy non-fiction book: Do your interviews, but every time someone asks a question, the answer is, "You'll have to read the book."

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

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Book recommendations from the Biblioracle

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

1. "Middlesex" by Jeffrey Eugenides
2. "The Virgin Suicides" by Jeffrey Eugenides
3. "Friendship" by Emily Gould
4. "The Marriage Plot" by Jeffrey Eugenides
5. "Just Kids" by Patti Smith — Isabella A., Hinsdale

What do you recommend a reader who has just devoured almost all of Jeffrey Eugenides' works? Do you lean in that vein or switch things up? You try to split the difference with a domestic drama featuring a tinge of dark comedy: "The Land of Steady Habits" by Ted Thompson.

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Get a reading from the Biblioracle

Send a list of the last five books you've read to books@chicagotribune.com.
ASK THE DOCTORS

Never partake in a ‘food challenge’ without any medical supervision

By Dr. Eve Glazier and Dr. Elizabeth Ko

Dear Doctor: It seems like everyone has a food allergy these days. Is it true that kids can outgrow them? Apparently, the test for this is just to eat a little bit of food and see what happens. Can you do this at home — with an EpiPen at the ready, of course?

Dear Reader: According to the latest research, close to 4 percent of us have either an out-and-out food allergy or what is known as an intolerance, which makes consuming certain foods problematic.

That number comes from a study published last year in the Journal of Allergy and Clinical Immunology. Researchers sifted through the electronic health records of 2.7 million people, looking for allergy-related data. The analysis identified 97,482 people who had at least one food allergy or intolerance.

The study found food allergies to be more prevalent in girls and women, as well as in people of Asian descent. Shellfish was the most common allergen. This was followed, in descending order, by fruits or vegetables, dairy and peanuts.

The researchers targeted adverse reactions that ranged from hives and shortness of breath to anaphylaxis, an allergic reaction so severe that it is life-threatening. While this latest research is compelling, it’s important to note that food allergies are often self-reported, which leaves a bit of leeway in the data.

The test you’re referring to in your question is often referred to as a “food challenge.” Before we go any further, we’d like to emphasize that no, this should not be done at home, EpiPen or not.

Due to the potential for severe and life-threatening reactions, a food challenge should always be performed under medical supervision.

And if so, how much of the food did it take for the reaction to begin?

Those of you who have taken a food challenge know that you start with a tiny amount of the substance in question, just a crumb, really. Then you wait for a period of time, 20 to 30 minutes or so, to see what the immune system thinks.

If all is calm, you then try a larger amount and wait again. This continues until, if there has been no sign of an allergic response, you are able to tolerate a full-size portion of the food in question. The full test takes anywhere from four to six hours.

Between 60 and 80 percent of children who have allergies to eggs or milk will outgrow them by the time they hit their mid-teens. For nut allergies, the numbers are lower. About 20 percent of children allergic to peanuts will go on to tolerate them later in life.

For tree nuts, that number drops to 14 percent. Very few children who are allergic to shellfish — maybe 4 percent — ever outgrow the allergy. And while some adults may find that they grow to tolerate foods to which they had previously been allergic, that turns out to be a lot less likely than in children.

Dr. Eve Glazier, MBA, is an internist and associate professor of medicine at UCLA Health. Dr. Elizabeth Ko, is an internist and assistant professor of medicine at UCLA Health.

PEOPLE’S PHARMACY PRESCRIPTIONS AND HOME REMEDIES

Quercetin supplements may ease nasal allergies

By Joe Graedon and Teresa Graedon

Q: You’ve written about NasalCrom for allergies, and I ordered it with high hopes. I have glaucoma and wanted to get off Nasacort, although it is working beautifully for my nose. I also take Xyzal or Zyrtec daily. Sad to say, despite using it two or three days a month for three months, NasalCrom did not seem to do anything for my allergies.

I did stumble across a supplement that seems to help — quercetin. I would be verging on verging on breakthrough sneezing and found the symptoms settle down within 20 minutes of taking quercetin. I imagine my surprise when I checked the reviews and read that it helped others quite a bit with allergies also.

A: Thank you so much for alerting us to this approach to managing allergy symptoms. Quercetin is a flavonoid compound that is found in many different plants. Onions, kale and apples are particularly good sources of quercetin in the diet. Capers, berries, Brassica vegetables like broccoli or cabbage, grapes and tomatoes are other foods that contain quercetin (Nutrients, March 15, 2016). Even tea has a small amount.

When we checked the medical literature, we were quite surprised to find research showing that quercetin is more effective than cromolyn in blocking the inflammatory compounds released by mast cells (PLOS One, March 28, 2017). These studies were conducted in tissue cultures, and quercetin might not be as effective when it is taken as a dietary supplement.

However, research in rats suggests that it may ease allergic rhinitis, a hay fever (European Archives of Oto-Rhino-Laryngology, August 2017). We’d love to see a clinical trial in humans, but they are expensive and therefore unlikely.

Q: I read your article about preventing leg cramps with a bar of soap under your bottom sheet. I am a cyclist and often suffer from leg cramps in bed.

I would like to know the specifics of the possible soap solution. Do you just slide a new bar of soap under your bottom sheet? Does it matter what type of soap?

A: What we hear from readers is that a wide range of soaps will work for this remedy. To try it, unwrap a bar of soap. We think some sort of scent in the soap is essential for this remedy to work. Place the bar under your bottom sheet near where your legs will rest. When it stops working, either replace it or score the surface to help it continue to release scent.

Limonene is a common component of some of the oils that are used to provide fragrance in soap. Studies show that it has "spasmolytic" activity — inhibiting muscle spasms — though this has been demonstrated mostly in smooth muscle like the airways and blood vessels of experimental animals (Natural Product Communications, November 2015). We suspect that people vary somewhat in their response, as many readers report benefit, but some say soap does not help them.

Q: Recently I learned that I have hypothyroidism. I am looking forward to taking Synthroid, hoping it will relieve my constant fatigue, dry skin, hair loss and constipation. The doctor is starting me on a very low dose of levothyroxine. What can you tell me about how and when to take it?

A: The most important guideline for taking levothyroxine (Levothroid, Levoxyl, Synthroid) is to take it the same way every day. Some people take it before bed, having eaten at least two hours earlier. But even taking the pill in the morning a half-hour before breakfast can work if you do that consistently.

In their column, Joe and Teresa Graedon answer letters from readers. Send questions to them via www.peoplespharmacy.com.
Wilmette home with skylights, wine room: $1.6 million

ADDRESS: 1130 Romona Road in Wilmette
ASKING PRICE: $1,595,000
Listed on Sept. 3, 2018
This updated, five-bedroom home welcomes you with a two-story foyer that leads to a formal living room with a fireplace, formal dining room, chef's kitchen with high-end appliances, granite counters and a window seat overlooking a bluestone patio. A spacious family room is complete with a vaulted ceiling, built-in bookshelves, a wet bar and stone fireplace. The first floor also includes a bedroom and full bath, wood-paneled office, 1,400-bottle wine room and mudroom. The master suite has a private sitting room, luxury bath, steam shower, whirlpool tub and heated floors. There are three more spacious bedrooms and a large hall bathroom on the floor. The basement includes a recreation room, laundry room, storage and a bonus room. A professionally landscaped and fenced yard, and a two-car attached garage, complete the home.
Agent: Frank Capitanini of Coldwell Banker Residential, 847-652-2312

*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.
Sounds Alike

 BY CHARLES PRESTON

ACROSS

1   Belly laugh                      13  Being "L.
2   Perennial entertainer            14  Cultural values
3   Converted to ice                 15  Religious retreat
4   Cupid                            16  Salad garnish
5   Translucent gem                  17  Cereal grain
6   Traditions                        18  Religious retreat
7   Farrah's fixtures                19  Salad garnish
8   Entertainment centers: Brit.     20  Cereal grain
9   Roman matrons' robes             21  Religious retreat
10  Recruitment agcy.                22  Salad garnish
11  Bobby's paddles                  23  Cereal grain
12  Greek porticoes                  24  Religious retreat
13  Large                            25  Salad garnish
14  Still                             26  Religious retreat
15  Oaf                               27  Salad garnish
16  Deep fissure                      28  Religious retreat
17  Bill of fare                      29  Salad garnish
18  Commercial come-ons              30  Religious retreat
19  Injections                       31  Salad garnish
20  Bridge expert                     32  Religious retreat
21  Edgar's posture                  33  Salad garnish
22  Small prevarications             34  Religious retreat

DOWN

1   Handles                           13  Being "L.
2   Oriental maids                    14  Cultural values
3   Sally Ann's residence             15  Religious retreat
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5   Highway menace                    17  Religious retreat
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9   Galway, e.g.                      21  Religious retreat
10  Ornate                            22  Religious retreat
11  City on the Oka                   23  Religious retreat
12  Greek letter                      24  Religious retreat
13  Being "L."                        25  Religious retreat
14  Cultural values                   26  Religious retreat
15  Religious retreat                 27  Religious retreat
16  Religious retreat                 28  Religious retreat
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42  Religious retreat                 54  Religious retreat
43  Religious retreat                 55  Religious retreat
Cancer seems to touch all of us these days.
Think about your own circle of family and friends, and a few faces likely come to mind.

The statistics support that sentiment: In 2017, more than 1.6 million people were diagnosed with cancer in the United States, according to the American Cancer Society. Breast, lung, prostate, colorectal and melanoma rank as the most commonly diagnosed cancers.

With cancer, it's easy to get caught up in the statistics and different treatment options, which can result in a lot of fear and anxiety, according to Bruce E. Brockstein, MD, medical director at NorthShore University HealthSystem's Kellogg Cancer Center.

"Our patients are more than their cancer," explains Brockstein. "That's why NorthShore provides a very individualized approach for each patient and creates a treatment plan tailored to their medical needs as well as their lifestyle. There's no one-size-fits-all approach."

Latest techniques and approaches
NorthShore's on-site molecular and surgical pathologists use next-generation DNA sequencers to analyze tumors on a genetic level for complex cases. This approach allows Kellogg Cancer Center clinicians to delve more deeply into the genetics of each person's type of cancer, matching treatments with protocols that work best for what's happening at the genetic level.

"The value of this personalized approach is that it shortens the time from diagnosis to treatment, and ultimately improves patient outcomes," says Thomas A. Hensing, MD, a Kellogg Cancer Center thoracic specialist based in Evanston.

The role of personalized medicine and genetics is only one example of Kellogg Cancer Center's approach to care. As a teaching affiliate of the University of Chicago Pritzker School of Medicine, NorthShore also is on the leading edge of new research, offering patients the opportunity to participate in clinical trials on promising new treatments and medication.

Personalized medicine and a personalized approach
At NorthShore, each patient is supported by a collaborative team that provides care at every stage, from diagnosis to developing a treatment plan to ongoing care and support.

The multidisciplinary team includes:
- Surgical Oncologists
- Medical and Radiation Oncologists
- Geneticists and Genetic Counselors
- Pathologists
- Radiologists
- Oncology Nurses
- Oncology Pharmacists
- Psychologists
- Social workers
- Nutritionists

"Patient care is always our top priority," says Brockstein. "We strive to deliver the finest cancer care and best outcomes possible - including the latest immunotherapies, which tap into the patient's own immune system to fight the disease. At the same time, we provide a comfortable, soothing environment to ensure patients' emotional and social needs are always addressed."

If someone close to you receives a cancer diagnosis, try to stay calm. Part of why cancer seems more common now is because physicians can diagnose it much earlier. Through ongoing research and clinical trials, they also can treat it better than ever before.

To learn more or schedule an appointment, call NorthShore Kellogg Cancer Center at 847-570-2112, or northshore.org/cancer.
You’ve had breast cancer surgery. Now what?

When you or someone you love hears “You have breast cancer,” your first thought is: “We need to take care of this right now.” You probably aren’t thinking about life after breast surgery. But once you have discussed your immediate needs with your medical team, a call to an Accredited Mastectomy Boutique can help you understand what comes next, after surgery.

All accredited mastectomy boutiques have a Certified Mastectomy Fitter on staff who will guide you through the process, and help ease your concerns about how you will “replace” your missing breast. For many women who have not yet decided about mastectomy versus lumpectomy or whether to have reconstruction, this conversation is helpful in understanding their options.

Mastectomy boutiques carry everything from the post-surgery garment you will wear immediately after surgery, to an array of styles and sizes of breast forms and bras, and much more. From swimsuits, to tank tops and athletic wear, these boutiques can be your go-to location for items that accommodate your new needs for years to come. And if those needs extend to wigs and hats, or compression garments, most boutiques carry these as well.

Finally, a word about insurance. Private insurance, Medicare and Medicaid can help pay for breast forms and bras throughout your lifetime. If you are uncertain about your insurance coverage feel free to ask your Fitter for help. Most accredited boutiques will happily take your information and check your coverage, including calling your doctor’s office for the prescriptions necessary for covered items.

Let the mastectomy boutique in your area be your guide to settling into your new normal. They’ve helped scores of women just like you and it’s all just a phone call away.

Second Art Cancer Recovery Boutique is the only ABC accredited cancer recovery boutique in downtown Chicago providing post breast surgery and compression garments, wigs, hats, scarves and accessories for cancer patients and survivors. Second location Nov. 1 at 2768 N. Lincoln Ave., in Chicago. The facility will be moving to a new location Nov. 1 at 2768 N. Lincoln Ave., in Chicago. For more information, call 773-525-2228.

Heart-healthy lifestyles begin in the kitchen

Weight-loss initiatives and dieting often go hand-in-hand, but healthy diets can do more than help women shed pounds. Heart disease is the primary killer of females, but embracing heart-healthy diets can help women reduce their risk of developing cardiovascular disease.

The American Heart Association reports that heart disease causes one in three female deaths each year in the United States. The AHA also notes that 50 percent of women have one or more risk factors for developing heart disease. Heart valve problems, congestive heart failure, abnormal rhythm of the heart, and plaque buildup in the walls of the arteries can contribute to heart disease.

Fortunately, healthy choices, including the right diet, can help reduce women’s risk for heart disease risk. Here are a few easy ways to modify eating habits to be more heart-healthy.

- Avoid consuming too many calories. The Mayo Clinic says to control portion sizes so that you are not overloading on extra calories. Eat larger portions of nutrient-rich foods and go sparingly on high-calorie, high-sodium and/or refined foods. Being overweight can contribute to heart problems.
- Increase produce consumption. A variety of low-calorie fruits and vegetables can provide ample nutrition and plenty of healthy antioxidants. Choose a variety of fruits and vegetables so that you get as many vitamins and minerals as possible. Make fruits and vegetables your largest portions when eating.
- Reduce sodium intake. Harvard Health points out that too much sodium consumption can increase blood pressure and cause the body to hold onto fluid. Hypertension is a major risk factor for heart attack, stroke and other cardiovascular problems.
- Add more whole grains to your diet. Dietary fiber from whole grains may improve blood cholesterol levels, thereby lowering your risk for heart disease. Dietary fiber also can lower risk of stroke, obesity, and type 2 diabetes.
- Choose healthy fats. Studies have shown that omega-3 fatty acids found in salmon, olive oil and flax seed reduce a person’s risk of developing arrhythmia and atherosclerosis. The American Heart Association recommends eating fatty fish at least twice a week as a way to boost omega-3 fatty acid levels.
- Load up on berries. When choosing fruits, go heavy on berries. Health magazine reports that according to a 2013 study by the Harvard School of Public Health in the United States and the University of East Anglia, United Kingdom, women between the ages of 25 and 42 who ate more than three servings of blueberries and strawberries a week had a 32 percent lower risk of heart attack compared with those who ate less. The authors of the study attributed the benefit to compounds known as anthocyanins and flavonoids, which are antioxidants, that may decrease blood pressure and dilate blood vessels.
- Indulge in smart ways. When eating sweets, choose dark chocolate. Dark chocolate contains flavonoids called polyphenols, which may help lower blood pressure and reduce clotting and inflammation. Select varieties that contain at least 60 to 70 percent cocoa.

In addition to a cardiac-friendly diet, women concerned about heart health should aim for at least 150 minutes of moderate physical activity each week. Also, pay attention to food labels to make smarter choices.
Tripton Dining Table
final price
$249
was $379.99

Tripton 5-Piece Dining Set
Includes rectangular table in rustic finish and 4 upholstered side chairs in linen.

*599 Discounted Price* or $12/mo* for 72 months', $859.99 full retail

Centiar Dining Table
final price
$249
was $369.99

Centiar 5-Piece Dining Set
Mid-century inspired, includes 4-drawer table, 4 side chairs upholstered in stain-resistant Nuvella™ fabric. Server sold separately.

*549 Discounted Price* or $11/mo* for 72 months', $729.99 full retail

Danbeck Rectangular Dining Table
HomeStore Special
$299.99

Danbeck 5-Piece Dining Set
Includes extension table, 4 rake back chairs with upholstered seats. Server sold separately.

final price$559.99

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Nandero Sofa
Modern and inviting with reversible back and seat cushions, low track arms and 5 accent pillows. Chair and a half, an oversized ottoman and loveseat also available.

NEW

Benissa Sofa
In mid-century modern style with chenille-feel upholstery; 2 accent pillows included. Queen sofa sleeper, loveseat and swivel accent chair also available.

NEW

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Shermyla 3-Piece Sectional
Warm and welcoming, includes left-arm facing sofa with corner wedge, right-arm facing loveseat, armless chair and 3 accent pillows. Other configurations also available.

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was $1699

INCLUDES 5 ACCENT PILLOWS

*Qualifying purchase amount must be on one receipt. No interest will be charged and equal monthly payments are required on promo purchase until it is paid in full. These payments equal the total promo purchase amount divided by the number of months in the promo period. Minimum purchase amount excludes in-store packages (4-Piece, 14-Piece, 24-Piece), CREATE Your Style Your Way, HomeStore Specials, Hot Buys, Event Featured items, Outlet, Beautyrest Black®, Sealy”, Tempur-Pedic®, Stearns & Foster®, Serta®, Conform’, Sealy® Hybrid’, or Tempur-Pedic® mattress purchase. Exclusions apply to non-promo purchases. For new accounts: Purchase APR is 29.99%. Minimum interest charge is $2. Existing cardholders: See your credit card agreement terms. Subject to credit approval. **Monthly payment shown is based on the total promo purchase amount. Minimum interest charge is $2. Existing cardholders: See your credit card agreement terms. Subject to credit approval. Tempur-Pedic® mattress set. Valid at time of receipt and in-store only. Ashley Cash must be used on day of Serta® iComfort®, Stearns & Foster®, Sealy Conform’, Sealy® Hybrid’, or Tempur-Pedic® mattress purchase. Exclusions apply to non-promo purchases. For new accounts: Purchase APR is 29.99%. Minimum interest charge is $2. Existing cardholders: See your credit card agreement terms. Subject to credit approval. **Monthly payment shown is based on the total promo purchase amount. Minimum interest charge is $2. Existing cardholders: See your credit card agreement terms. Subject to credit approval. Tempur-Pedic® mattress set. Valid at time of receipt and in-store only. Ashley Cash must be used on day of Serta® iComfort®, Stearns & Foster®, Sealy Conform’, Sealy® Hybrid’, or Tempur-Pedic® mattress purchase. Exclusions apply to non-promo purchases. For new accounts: Purchase APR is 29.99%. Minimum interest charge is $2. Existing cardholders: See your credit card agreement terms. Subject to credit approval. **Monthly payment shown is based on the total promo purchase amount. Minimum interest charge is $2. Existing cardholders: See your credit card agreement terms. Subject to credit approval. Tempur-Pedic® mattress set.
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**Boxberg Power Reclining Sofa**

Soft and cozy, includes dual-sided reclining seats, one-touch power control and double stuffed armrests.

**Darshmore Reclining Sofa**

Plush and inviting with pull-tab dual reclining seats and pillowy foam cushions. Power option available.

**Blairstown Power Reclining Sofa**

Cozy, with one-touch power controlled dual reclining seats and Easy View® adjustable headrests; includes USB charging ports.

**Welsford Power Reclining Sofa**

Enticingly comfortable in chic style with one-touch power controlled dual reclining seats, Easy View® adjustable headrests and lumbar support. Includes USB charging port in the power control.

**HomeStore Special**

$999.99

Levelland Reclining Sofa

Ultimately comfortable with pull-tab dual reclining seats, waterfall back design, pillow top armrests and cafe-colored leather match upholstery. Power option available.

$699.99

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**SAVE 37%**

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We must LIQUIDATE our current inventory
to make room for new factory shipments. We've SLASHED PRICES up to 92% OFF. Inventory
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SAVINGS on a no reserve, no limit basis while
supplies last.

CONDITIONS OF SALE: All tools are NEW.
In original sealed packages, and include their
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We must Liquidate our current inventory
to make room for new factory shipments. We've slashed prices up to 92% off. Inventory
available now for IMMEDIATE SALE at huge
savings on a no reserve, no limit basis while
supplies last.

Conditions of Sale: All tools are NEW.
in original sealed packages, and include their
original factory warranty. Extended warranties are
available at prices too low to quote here.

Note: Resellers are strictly prohibited

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NEW
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Dazzelton Dining Table final price $449 was $649

Columbus Day Sale SAIL INTO SAVERS

introducing mane + mason a modern approach to classic farmhouse design see inside for more details
NEW

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- Final price: $399
- Was: $589

**Jennily 5-Piece Queen Panel Bedroom**
- In modern farmhouse style, includes elegant queen panel headboard, footboard and rails, dresser and mirror.
- $999 Discounted Price* or $20/mo for 72 months, $1,409 full retail

**Halamey Queen Panel Bed**
- Final price: $799
- Was: $1,169

**Halamey 5-Piece Queen Panel Bedroom**
- Includes queen panel headboard, footboard, rails, dresser and mirror. Chest and nightstands also available.
- $999 Discounted Price* or $34/mo for 72 months, $2,399 full retail

**Mikalene Queen Upholstered Panel Bed**
- Final price: $799
- Was: $1,169

**Mikalene 5-Piece Queen Upholstered Panel Bedroom**
- Elegantly designed, includes queen upholstered panel headboard with diamond tufting, storage footboard, rails, dresser and mirror.
- $1,599 Discounted Price* or $32/mo for 72 months, $2,279 full retail

---

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final price
$549
was $799

Bardarson 5-Piece Sectional
Comfortably modern with deep seats and UltraPlush cushioning, includes left-arm facing loveseat, armless sofa, armless chair, wedge, right-arm facing corner chaise and 12 accent pillows. Ottoman with storage and other configurations also available.

final price
$2299
was $3349

Bolanburg Queen Panel Bed
final price
$599
was $699

Bolanburg 5-Piece Queen Bedroom
Includes queen panel headboard in lattice design, footboard, rails, dresser and mirror. Chest and nightstands and additional styles also available.

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Bolanburg Dining Table
final price
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was $699

Bolanburg 5-Piece Dining Set
Includes 4-drawer rectangular table and 4 upholstered barstools. Additional chairs and server also available

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final price
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was $499

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Monday-Saturday 10am-9pm / Sunday 11am-7pm
Early detection and better treatment options are improving the chances of surviving breast cancer.

Breast cancer survival up

A breast cancer diagnosis can be a devastating blow. Upon receiving such a diagnosis, people may begin to ask questions about treatment and the impact cancer may have on their personal lives. Many people who are diagnosed with cancer also begin to wonder about their mortality.

An estimated 266,120 new cases of invasive breast cancer and 63,960 new cases of non-invasive, or in situ, breast cancer are expected to be diagnosed among women in the United States this year, according to breastcancer.org. According to the latest statistics presented by the Canadian Breast Cancer Foundation, 26,300 women and 230 men had been diagnosed with breast cancer in Canada in 2017.

The good news is that breast cancer incidence rates began decreasing in 2000 after increasing for the previous two decades. In addition, death rates from breast cancer have been decreasing steadily since 1989.

The National Cancer Institute says that the change in age-adjusted mortality rates are an indicator of the progress being made in the fight against breast cancer. The most recent SEER Cancer Statistics Review released in April 2018 indicates cancer death rates among women decreased by 1.4 percent per year between the years of 2006 and 2015. The American Cancer Society says that decreasing death rates among major cancer types, including prostate, colorectal, lung, and breast cancers, are driving the overall shift in survival. The ACS says breast cancer death rates among women declined by 39 percent from 1989 to 2015. That progress is attributed to improvements in early detection and treatment protocols. For anyone doing the math, over the last 25 years or so, 322,000 lives have been saved from breast cancer.

A similar scenario has unfolded in Canada. Breast cancer mortality rates in Canada recently decreased to 21.4 percent, down from 21.8 percent in 2011, states data from the Canadian Cancer Society. Currently, the five-year survival rate for breast cancer among Canadians is 87 percent, and the five-year net survival in the United States is 85 percent.

Increased knowledge about breast cancer, early detection through examinations and mammography and improved treatments are helping to drive up the survival rates of breast cancer.

Although this does not make diagnosis any less scary, it does offer hope to those recently diagnosed.

Whether you’ve had a mastectomy, lumpectomy, or breast reconstruction, finding the right garments can be difficult and confusing.

I opened Second Act Cancer Recovery Boutique in 2008 after losing both of my parents and my stepfather to cancer. As a Certified Mastectomy Fitter, I find solutions for women just like you, from the best fitting, most comfortable breast prosthesis, to well-fitting, yet stylish mastectomy bras, pocketed tops, swim suits and more, made with you in mind. We even fit for custom prostheses, made by hand, just for you.

We also offer wigs and head covering solutions for women experiencing hair loss. And, if lymphedema is your concern, we fit compression garments from simple beige sleeves to amazing colors and designs.

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Visit northshore.org/mammogram or call (888) 364-6400
**Crossword**

**ACROSS**
1 Nursery bed
5 ___ up; absorb
9 Man who lived in a garden
13 Type of eclipse
15 Lock-alike
16 Danny DeVito
19 TV sitcom of old
21 Helpful hint
23 Visible fold
24 ___ and groans; complains
26 Berry or Norton
27 Obscure facts
28 Spring, for one
32 Expand
33 Diagram
35 Doggy doc
37 As comfortable ___ old shoe
38 Drain stoppers
39 Eye duct
40 ___ up; arrange
41 Humiliation
42 Baseball’s Yogi
43 Took ten
45 Elegant
46 Green vegetable
47 Cut of beef

**Solutions**

**DOWN**
1 Paper ___; staple alternative
2 Baseball scores
3 Frighten; bully
4 ___ "I Humbug!"
5 ___ on; tramples
6 Possess
7 Have a bug
8 Short pants
9 Capital of Greece
10 Facts & figures
11 Log splitters
12 Dig for ore
14 Keep
15 Magnificent
16 Once ___ while; occasionally
17 Back ___ day; formerly
18 Make aware
19 Fraternity letter
20 Helpful hint
21 Inspiring hint
22 ___ and groans; complains
23 Visible fold
24 ___ and groans; complains
25 Kitchen appliance
26 Berry or Norton
27 Obscure facts
28 Spring, for one

**Last week’s crosswords**

**THE ADAMS FAMILY**

**Last week’s Quote-Acrostic**

(‘Dan) ARIELY: (The Art of) BUYING

HAPPINESS: We discover money will bring happiness but often less than expected. Researchers say we should buy less stuff and more experiences, plus give more money away. Used correctly, money can truly buy happiness.

**Last week’s Sudoku**

This week’s Jumble

VIRTUE GALLOP EMBARK EXITED SHODDY MANNER

When it came to selling lemonade, the girls were prepared to –

STAND AND DELIVER

Interactive puzzles and games
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ANNOUNCEMENTS

General Announcements


Caregiver Needed (CNA)
- 1st shift available in Naperville. Call 630-459-2700

GARAGE SALE DIRECTORY

Chicago - 533 N Crockett - Multi Family Yard Sale Saturday 9/29 9am-4pm. Misc Tools, Jewelry, Crafts, Holiday, Household, Books, CDs, DVD's, Clothes, Collectibles, toys & more!

Dayfield - 1-Day Sale! Designer Items, Sterling Silver, Costume Jewelry, Collectibles.

Deerfield - 1-Day Sale! Jewelry, Toys, Clothing, Collectibles, Books, Clothing, DVD's.

Glencoe - North Shore United Methodist Church, 213 Hazel Ave at Glencoe School Sat. 7pm-11pm. Carnival, Raffles, Altar Guild, Gourmet Food, Baked Goods, Flea Market.

Glenden - 707 Forest Rd. Fri Sep 28 & Sat Sep 29 9am-5pm. Furniture, Clothing, Shoes, Housewares and more!

Imperial - 2131 Greenock - 9/28 9am-4pm. Garage Sale

Naperville - Little Lambs Children's Resale. Clothes, toys, Dolls, & more.

SALE - Sat Sept 29 * 10-4

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IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS
COUNTY DEPARTMENT - CHANCERY DIVISION

Plaintiff,

v.

Defendants.

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS
COUNTY DEPARTMENT - CHANCERY DIVISION

DEUTSCHE BANK NATIONAL TRUST COMPANY, AS TRUSTEE FOR CAR- 
BINGTON MORTGAGE LOAN TRUST, SERIES 2005-FR5-ASSET-BACKED 
PASS-THROUGH CERTIFICATES, 2005-NC2, Plaintiff,

v.

RONALD MERED, HEDY MERED, PICARDY CIRCLE HOMEOWNERS' 
ASSOCIATION, DAWN C. PHILLIPS, ROBERTO FONTE, and ANITA K. 
DAVIS, Defendants.

Plaintiff,

v.

REGINALD RICHARDS AKA REGINALD S. RICHARDS, ANESTA RICHARDS 
and RONALD MERED, HEDY MERED, PICARDY CIRCLE HOMEOWNERS' 
ASSOCIATION, DAWN C. PHILLIPS, ROBERTO FONTE, and ANITA K. 
DAVIS, Defendants.

Case Number: 12 CH 020131
12 CH 020131
655 PARK AVENUE
PARK RIDGE, IL 60068

NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of 
Foreclosure and Sale entered in the above cause on September 20, 
2016, an agent for The Judicial Sales Corporation, One South Wacker 
Drive, Chicago, IL 60606, will sell at public auction to the highest 
bidder, as set forth below, the following real estate:

830 PARKWOOD AVENUE
Evanston, IL 60202

Property index No. 09-27-115-061.

The real estate is improved with a single family residence.

The judgment amount was $672,066.25.

Sale terms: 25% down of the highest bid by certified funds at the 
close of the sale payable to The Judicial Sales Corporation. No third 
party checks will be accepted. The balance in certified funds will 
be payable to The Judicial Sales Corporation. State law requires all 
parties to pay the costs and fees required by The Condominium 
Property Act, 765 ILCS 605/9(V1) and (g)(4). 

You must bring photo identification issued by a government agency 
(driver's license, passport, etc.) in order to gain entry into our building 
and to Plaintiff and in AS IS condition. The sale is further subject to 
representation as to quality or quantity of title and without recourse 
for sales held at other county venues where The Judicial Sales 
Corporation conducts foreclosure sales. 

You will need a photo identification issued by a government agency 
(driver's license, passport, etc.) in order to gain entry into our building 
and to Plaintiff and in AS IS condition. The sale is further subject to 
representation as to quality or quantity of title and without recourse 
for sales held at other county venues where The Judicial Sales 
Corporation conducts foreclosure sales.

The property will not be open for inspection and plaintiff makes 
no representation as to the condition of the property. Prospective bid-
ders are admonished to check the court file to verify all information.

The property will not be open for inspection and plaintiff makes 
no representation as to the condition of the property. Prospective bid-
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The property will not be open for inspection and plaintiff makes 
no representation as to the condition of the property. Prospective bid-
ders are admonished to check the court file to verify all information.

The property will not be open for inspection and plaintiff makes 
no representation as to the condition of the property. Prospective bid-
ders are admonished to check the court file to verify all information.

For information, contact the sales department, Anselmo Lind-
berg & Associates, LLC, 1771 W. Dene Road, Suite 120, NAPERVILLE, 
IL 60563, Phone (630) 456-5499, Fax (630) 456-5498, E-Mail: foreclosurerecorders@anselmolindberg.com 

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NOTICE TO BIDDERS

Request for Bids

Effective Date: September 27, 2018

The City of Evanston is seeking proposals from qualified companies for the provision of the following services:

1. Roofing Services
2. Electrical Services
3. Plumbing Services
4. Heating and Cooling Services

Proposals shall be submitted to the City of Evanston, 2100 Ridge Avenue, Room 121, Evanston, IL 60201, by 4:00 p.m. on October 15, 2018. The City reserves the right to accept or reject any or all proposals.

For further information, please contact John Naser, City Attorney, at 847-475-3500 or john.naser@evanston.org.
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Although sometimes mean, online reviews of Airbnb guests often are not defamatory

This week is a continuation of last week's Help Squad column, which looked at a complaint from an Airbnb guest, Stefanie, who said she was evicted from an Airbnb host's filthy apartment in Chicago less than 48 hours after she checked in.

Stefanie's reservation was supposed to be for a month, but she said that after complaining to both her host and Airbnb about the apartment's condition, and the fact that she cleaned the unit herself for six hours, she was informed the morning after arriving that the host wanted her out in two hours.

This was just two-and-a-half hours before she was to start a new job she had moved to Chicago for.

To gain some perspective on how and why Stefanie was treated the way she was without any real consequences, I spoke with attorney Neil Johnson, of the Chicago-based law firm Golan Christie Taglia. Johnson specializes in terms and conditions of websites and defends clients who allege defamation from negative online comments.

He told me there is no timeframe for eviction noted in Airbnb's terms of service, meaning a host can basically tell a guest to leave at any point in time. There may be financial penalties imposed by Airbnb for such an act, but that doesn't leave the guest any better off, he said.

"I think there is no Airbnb notice of eviction timeline because Airbnb is concerned about dipping its toes into squatter laws," Johnson said. "It becomes Trespassing 101. Once you revoke permission for someone to stay on your property, it becomes trespassing."

Stefanie noted in last week's column how the host's negative review of her still remains on her public profile, where any host considering a future reservation can see it.

She said she also was bothered by the fact that her first review of the host had been taken down by Airbnb, noting how the host's review of her contained "blatant lies."

Johnson explained that Airbnb does not fall under the purview of traditional tenant-landlord regulations.

"Airbnb is covered under the Communication Decency Act," Johnson said. "That is the ace in the hole every review site hides behind. It's a protection under the law that if [the platform] is just acting as a content host -- they're not taking an active role as a participant in the content hosted on their site -- they get safe harbor from the liability associated with that content."

Airbnb, however, does have its own content policies. And two types that are prohibited include, "Content that endorses or promotes illegal or harmful activity, or that is profane, vulgar, obscene, threatening, or harassing;" and, "Content that provides specific details or outcomes of an Airbnb investigation."

Johnson surmised that because Stefanie's first review mentioned Airbnb providing her a refund, as well as the threat that she would contact the City of Chicago to file a complaint, it was removed from the site.

As for why the host's negative review of Stefanie remains, Johnson said, "I don't think it's a clear-cut case of defamation."

A statement can't be considered defamatory, he explained, if it is substantially true, according to Illinois law, or if it's an opinion, which is protected by the First Amendment.

"If you review the posts by the host, they say the guest was being disrespectful and uncooperative," Johnson said. "Unfortunately, there is no way to gauge whether someone is respectful or not."

Airbnb guests, however, do have the right to file a complaint with the City of Chicago.

When I contacted Lilia Chacon, a spokeswoman for Chicago's Department of Business Affairs and Consumer Protection, she advised that Stefanie call 311 to initiate the process. Complaints can also be filed online at the BACP website.

According to BACP's webpage called Shared Housing/Vacation Rental Complaint, the form can be used to "report issues regarding vacation rental properties (e.g., vacation rental by owner), shared housing (e.g., Airbnb) and bed and breakfasts. Complaint examples include, but are not limited to, service not provided, poor condition of property, excessive noise, etc."

Stefanie opted to initiate her complaint via 311, which seemed quick and efficient at the time; however, after waiting two weeks to receive affidavit paperwork that never arrived, she learned that her address had been recorded incorrectly by BACP.

Once the error was discovered, Chacon sent the forms to Stefanie via email. As a result, Stefanie does not yet have a response from Chicago officials regarding her situation.

To read more about this issue, visit the full version of this week's Help Squad column online at www.chicagotribune.com/suburbs/barrington/.

Sign up today at: chicagotribune.com/boldly
**LAKE FOREST**


**Address:** 1308 S. West Fork Drive  
**Price:** $499,000  
**Schools:** Lake Forest High School  
**Taxes:** $9,808  
**Agent:** Nancy Adelman/Griffith, Grant & Lackie

---

**MUNDELEIN**


**Address:** 1597 Wakefield Court  
**Price:** $384,900  
**Schools:** Mundelein High School  
**Taxes:** $10,686  
**Agent:** Diane Broege/Century 21

---

**GLENVIEW**

Four-bedroom, two-bathroom split level. First floor bedroom could be used as den or office with full bath. Family room has wood-burning fireplace. New windows. Refinished hardwood floors throughout. Private patio overlooking backyard. Eat-in kitchen with cooktop oven. Finished basement and unfinished attic for storage space. Concrete driveway leading to detached two-car garage. Vinyl siding with brick exterior.

**Address:** 2741 Norma Court  
**Price:** $400,000  
**Schools:** Maine East High School  
**Taxes:** $8,295  
**Agent:** Sharon Dolezal/Coldwell Banker

---

**BUFFALO GROVE**

Four bedrooms, 3.5 baths. Two-story foyer. Wood floors on first level. Granite counters in kitchen. Dining room connected to kitchen and screened in porch. In-ground pool and fenced yard. Gas fireplace and built-ins in family room. Master with walkout balcony. Full finished basement includes full bath and bedroom plus rec room.

**Address:** 115 Old Barn Court  
**Price:** $499,999  
**Schools:** Stevenson High School  
**Taxes:** $15,119  
**Agent:** Aaron Fenton/Charles Rutenberg Realty

---

**ON NEWSSTANDS NOW**

Plan a getaway with this month's travel guide, which offers the most exciting far-flung locales you can visit on direct flights. For things to do in the city, our fall culture preview showcases the biggest local names in arts and entertainment, including *Avengers* actress Carrie Coon and many more. Plus, a special edition of our popular Top Doctors series rounds up more than 100 of the most skilled orthopedic specialists in the metro area.

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Skokie... Than this is the house for you! See & Believe this Exceptional design offering 6 bedrooms & 4 ½ baths. Superb location next to Shawnee Park on a short charming and quiet street. Lovely Cherry cabinet kitchen w/island & granite countertops. Separate formal Dining room, lovely 15' Master Bedroom Suite that overlooks yard/garden. 23' main floor family room with custom stone floor, fireplace & sliding glass door to patio. Main floor laundry room. Unbelievably large basement with loads of potential uses. Updated windows throughout and roof is 6 year old. Loads of space to spread out here!! Price Reduced! $536,900

AMAZING WILDWOOD/EDGE BROOK LOCATION!!

Chicago... Location, Location, Location! Quality built brick English style 2 story home. Large living room with bay/bow front window. Separate formal din rm. Eat-in kitchen overlooks rear yard. 2 bedrooms on main level, 2 bedrooms up. Newly remodeled full and 1/2 bath. Refinished hardwood floors in living room, dining room, half, and 2 main floor bedrooms. Freshly painted throughout. New carpeting on 2nd floor and stairs. Full basement awaits your finishing touch. New copper plumbing. Near Wildwood Elementary School, Wildwood Park, Forest Preserves, Learing Tower YMCA, shopping, restaurants, and Theaters $399,000

AFFORDABLE CONDO LIVING!

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
## Community Real Estate Transfers

<table>
<thead>
<tr>
<th>Address</th>
<th>Buyer</th>
<th>Seller</th>
<th>Date</th>
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<td>Sandra Gerrick</td>
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<td>1405 E Central Rd, # 214B, Arlington Heights</td>
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<td>4965 Harrison St, Des Plaines</td>
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<td>605 Greenview Ave, Des Plaines</td>
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This list is not intended to be a complete record of all real estate transactions.

Data compiled by Record Information Services | 630-557-1000 | public-record.com
What To Do

Writers Theatre stages world premiere of ‘Witch’

BY MYRNA PETLICIU
Pioneer Press

Elizabeth is an outcast, but is she what people say she is? That’s one of the questions posed in “Witch.”

The world premiere of Jen Silverman’s modern fable, based on “The Witch of Edmonton” by William Rowley, Thomas Dekker and John Ford, will be staged at Writers Theatre in Glencoe Sept. 27-Dec. 16. Performances are 7:30 p.m. Tuesdays-Fridays; 3 p.m. and 7:30 p.m. Saturdays; 2 p.m. Sundays; and select 3 p.m. Wednesdays and 6 p.m. Sundays.

“I would describe Elizabeth as misunderstood,” said Audrey Francis, who plays the title character. That’s because of some of the choices she made early in her life.

“She hoped for the best but human nature and our society handed her the worst,” she said. They labeled her a witch, an identity derived “from the imaginations of those who speak behind her back.”

The play has a world-ending theme but actor Francis praised author Silverman, saying, “The playwright has ingeniously put us all in the everyday, mundane parts of life.”

Ryan Hallahan plays Scratch, who also has a different label. “He’s young for a devil,” the actor said. “He’s very ambitious. He really loves his job and he’s exceptionally good at it. Over the course of the show, his priorities begin to shift and he starts to look at humanity differently and also looks at himself differently and how he interacts with human beings.”

His relationship with Elizabeth is unique because she is “the first person to ever turn Scratch down,” Hallahan said. “So, he becomes very interested in her and that interest turns into an infatuation.”

“Jen Silverman and I are collaborators and I absolutely love her work. And I also have a long history with Writers so the idea of getting to work on one of Jen’s pieces and at the theater was exciting,” said director Marti Lyons, who has directed many world premieres. In addition, “I love the play. Jen has a particular skill for blending the then and the now, or sort of an imagined reality and our current reality in ways that unlock different visual production possibilities but also some different ways of thinking about the world.”

Although the work has its roots in a Jacobean drama, Lyons believes it will resonate with modern audiences.

“It’s comforting to realize that human struggles in times long past feel very similar to the struggles of today,” Lyons said. “It’s also sort of disconcerting to wonder, ‘Does anything ever change or are humans destined to struggle in the same ways over and over again, or is change really possible?’ Both actors have performed in many world premieres. I would say that 50 percent of the work I’ve done has been on world premieres,” Francis said. She observed that, unlike many previous projects, script changes have been minimal during the rehearsal process for this show.

“Jen Silverman is so articulate and passionate and clear on her vision,” Francis said. And as for director Lyons, “I feel every new play is lucky to have her leading the helm.”

This is Hallahan’s third straight world premiere. “This is certainly the least challenging world premiere that I’ve had to do,” Francis said. “I’m really grateful to Jen for providing us with such a great product.”

“This piece can take you on a journey,” Lyons said. “Because our ensemble of actors is so stellar and the work is so piercing and profound, I hope audiences will be open to the experience.”

Myrna Petlicki is a freelance reporter for Pioneer Press.
Have you ever been afraid to smile?

Are you unhappy with the way your teeth look? Are you having trouble eating? As dental implants become increasingly popular, patients discover that they can achieve a lot more than just to repair a smile. There are numerous quality of life benefits that result from the procedure.

Most prosthodontists agree that dental implants are the best choice for natural and effective tooth restoration available, regardless of the state of your jaw!

Get your smile back!

Dental implants are placed into your bone to simulate the roots of a natural tooth. The implant keeps the bone strengthened which, in turn, keeps your jaw from thinning. Dental implants not only repair beautiful smiles, but they also maintain the natural structure of the face!

Eating can be easier.

You can enjoy eating again! Dental implants allow patients to chew as they once did with their natural teeth. Food can stick to the gums and cause irritation. With dental implants, you can maintain your natural chewing pattern without fear of dentures slipping or loose teeth falling out. You can avoid food scratching at your gums when you bite down, and you can enjoy your meal without food sticking to your gums.

Improved self-esteem.

Don't be afraid to smile! Dental implants function and look just like your natural teeth. No need to worry about hiding your teeth when you smile or having your teeth fall out while you're eating. Dental implants can improve your appearance and make your day-to-day life more comfortable.

Better health.

With proper care, your overall oral health will improve with dental implants. Decreasing the gaps and decaying teeth in your mouth will decrease the areas for bacteria to spread. In turn, this can help prevent gingivitis and other oral diseases.

Are you a candidate?

The great news is nearly everyone is a candidate for dental implants. For information on how dental implants can change your life, please call EON Clinics at 312-827-6453 and schedule your FREE consultation.
Thursday, Sept. 27

The Babys: 8 p.m. Thursday, Evanston Space, 1245 Chicago Ave, Evanston, $22-$38, 847-492-8860.

Alumnae of NU Special Lecture: The Alumnae of Northwestern University, to celebrate the 50th Anniversary of its Continuing Education program, hosts a special lecture by Prof. Sergio Rebele - "What Can We Say About the Future?" Purchase tickets through Norris Box Office (nbo.northwestern.edu), 10:30 a.m. Thursday, Norris University Center, McCormick Auditorium, 1999 Campus Drive, Evanston, $30, 847-491-2305.

Paul Chan: Happiness (finally) after 35,000 years...: His work addresses relationships between politics and aesthetics, philosophy and popular culture, and art and grassroots activism. These themes figure prominently in Chan's first major art-exhibition, "Happiness (finally) after 35,000 years of civilization," 9-30 a.m. daily, Kohl Children's Museum, 2100 Patriot Blvd., Glencoe, $8-12, 847-832-6600.

Animal Secrets: Families will explore the hidden habitats and secret lives of forest animals. Using imaginative role-play and hands-on activities, children will discover nature from an animal's point of view in naturalistic environments, including a meadow, woodland, cave and naturalists' tent. 8:30 a.m. daily, Kohl Children's Museum, 2100 Patriot Blvd., Glencoe, $11-$12, 847-832-6600.

"Storyland: A Trip Through Childhood Favorites:" "Storyland: A Trip Through Childhood Favorites" allows kids to immerse themselves in the life-sized worlds of award-winning children's books. Children can build literacy skills through imaginative, interactive experiences and dramatic play with a focus on vocabulary, print motivation and awareness, narrative skills, letter knowledge and phonological awareness. 9:30 a.m. daily, Kohl Children's Museum, 2100 Patriot Blvd., Glencoe, $11-$12, 847-832-6600.

Parrington Wellness Recovery Brain-body Training: PWR! CIRCUIT is a high-energy Parkinson Disease specific workout that draws on PWR! moves and boxing conditioning. Focus on balance, posture, gait, agility, strength and endurance. Instructor Drew Surinick is an exercise physiologist with multiple certifications in Parkinson's exercise. 9 a.m. Thursday, 10 a.m. Thursday, Glencoe Park Center, 2400 Chestnut Ave, Glencoe, $360 per 8-week session, 847-502-0630.

Will Hoge: 8 p.m. Friday and Saturday, Evanston Space, 1245 Chicago Ave, Evanston, $25, 847-492-8860.

National Theatre Live: Julie: This brand-new production is directed by Carrie Cracknell and broadcast live from the National Theatre to cinemas. This new version of August Strindberg's play "Miss Julie," written by Polly Stenham, remains shocking and fiercely relevant in its new setting of 1944 London. 7 p.m. Friday, Ethel M. Barber Theatre, 30 Arts Circle Drive, Evanston, $8-$20, 847-491-7282.

Tea Advisory Board Meeting: A Volunteer Opportunity: For grades 9-12 to just drop in after school to help plan programs, discuss books they love and brainstorm with their peers and Library staff. TAB meets monthly and participants receive service hours; pizza is provided. The Sept. 28 meeting is a special Glenview Reads Together book discussion. Participants will be entered into a special raffle. 5 p.m. Friday, Glenview Public Library, 1930 Glenview Rd., Evanston, free, 847-729-7500.

Humanities Treasures: Explore many aspects of life by using resources and media provided by a class leader. There is never a dull moment. Facilitated by classmates, these thought-provoking discussions may challenge, change or strengthen your beliefs. Center membership required to participate. 10 a.m. Friday, North Shore Senior Center, 161 Northfield Rd., Northfield, free, 847-784-6030.

Water: The Molecule of Life: Paul Gulezian explores solutions that could meet the increasingly critical need to manage and conserve fresh water needed by 7.5 billion people and countless other organisms on this planet. 1 p.m. Friday, North Shore Senior Center, 161 Northfield Rd., Northfield, $17 member, $12 nonmember, 847-784-6030.

Chicagoland's Two World Fairs: The World's Columbian Exposition was the marvel of the age and marked Chicago's emergence as a world-class city. More than 20 million visitors were awed by the beautiful buildings and entertainment along the midway. Forty years later Chicago did it again, building the Century of Progress along the lakefront, providing a bright spot and even turning a profit during the darkest days of the Great Depression. 10 a.m. Friday, North Shore Senior Center, 161 Northfield Rd., Northfield, free, 847-784-6030.
Imaginative: Harold and the Purple Crayon: One evening Harold decides to go for a walk in the moonlight. Armed with only a purple crayon, young Harold creates a landscape full of wonder and excitement. He and his trusty crayon travel through forests, across seas, past airplanes before returning to bed, safe and sound. This freshly devised adaptation of the popular children's book by Crockett Johnson utilizes circus, dance, clowning and shadow-puppetry to bring the timeless story to life. 10 a.m. Saturday, noon Saturday, 2 p.m. Saturday and 11 a.m., 1 p.m., and 3 p.m. Sunday. Upstairs Blackbox Theatre, Northwestern University, 1949 Campus Dr., Evanston, $6 - $12, 847-491-7282.

Mario Michael Jackson Don't Stop Til You Get Enough: This is a Michael Jackson variety show featuring Michael and Janet Jackson music and other artists, and tells a dance story of the King of Pop, Michael Jackson. 6 p.m. Saturday, Levy Center, 300 Dodge Ave., Evanston, $17-$25, 847-491-7282.

Alice: Upended Productions remounts Alice, the ambulatory, multi-disciplinary theatrical experience, curated by Neo-Futurist alumna Noelle Krimm. The audience, traveling in groups of 15, follows a white rabbit to various locations throughout Evanston's Main-Dempster Mile neighborhood. 1 p.m. Saturday and Sunday, 1:15 p.m. Saturday and Sunday, 1:30 p.m. Saturday and Sunday, 1:45 p.m. Saturday and Sunday, 2 p.m. Saturday and Sunday, LaCapra State Farm office, 829 Chicago Ave., Evanston, $17-$25, 224-305-3328.

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, baked goods and preserves, cheese and farm-fresh eggs. For a full list of vendors and special market events visit www.glencoeffarmersmarket.org. For more information, call 8 a.m. Saturday, Wagner Farm, 1510 Wagner Rd., Glenview, free, 847-724-5670.

Morton Grove Farmers' Market: The MGFM has become "Morton Grove's Summer and Fall Town Square." The market is open at 8 a.m. and closes at 1 p.m. on Saturdays through October 20 in front of the Morton Grove Civic Center. Check out the fresh produce, plants and flowers, baked goods, prepared foods and a variety of other vendors. For times and participants, visit the website and www.facebook.com/MGFarmersMarket. Be sure to visit the Morton Grove Museum/Haupt-Yehl House, which is located at 6240 Dempster, just behind the Farmers' Market open from 9 a.m. to 1 p.m. 8 a.m. Saturday, Morton Grove Civic Center, 6140 Dempster St., Morton Grove, free, 847-750-6436.

Shabbat Yoga: Experience Shabbat Yoga, a gentle, relaxing yoga session inspired by Shabbat as a rest day. Open to all levels; bring your own mat and dress appropriately for yoga. 11 a.m. Saturday, Congregation Beth Shalom, 3433 Walters Ave., Northbrook, free, 847-498-4100.

Oktoberfest: The Park Ridge Park District, in combination with local restaurants Harp & Fiddle, Holt's, and Hay Caramba, celebrates autumn with an Oktoberfest. Great food and beer noon to 9 p.m.; Music: DJ entertainment noon to 5 p.m.; Live bands 5-9 p.m.; Children's activities noon to 5 p.m.; Purchase a $5 wristband to enjoy balloon twisting, face painting, games and bounce houses. Noon Saturday, Hodges Park, 101 Courtland Avenue, Park Ridge, food and beer for sale; $5 children's activities, 847-692-5127.

Park Ridge Farmers' Market: Weekly town market, Saturday mornings from 7 a.m. to 1 p.m. at the corner of Prairie and Garden, just south of the Metra Tracks. 7 a.m. Saturday, Park Ridge Farmers' Market, 15 S. Prairie Ave., Park Ridge, free, 847-212-9994.

George Lopez: 8 p.m. Saturday, Akoo Theatre at Rosemont, 5400 N. River Rd., Rosemont, $59.50-$69.50, 847-671-5100.

Nature Fun & Frolic: On Sunday Mornings: Introduce your toddlers to different plants, animals and natural elements, while singing songs, playing games, reading books and exploring nature in many different ways. An adult must accompany each child. No class Oct. 21, 10 a.m. Sunday, Emily Oaks Nature Center, 4650 Brummel St., Skokie, $108 Skokie resident, $135 non-resident, 847-677-7001.

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, 5127 Oakton St., Skokie, free, 847-673-0500.

Monday, Oct. 1


hoopla, kanopy, MyMedicalMall & RBDigital Individual Appt.: Meet with trained Library staff for a 45-minute, one-on-one session and learn how to download eBooks, audiobooks, magazines, movies, TV shows or music to your mobile device. Visit or call the Reader Services Desk for questions, to register and for appointment locations. A Glenview Library card is required. 10 a.m. Monday, Glenview Public Library, 1930 Glenview Rd., Glenview, free, 847-729-7500.

Free Workshop: Medicare Open Enrollment: Gayle Byck, PhD, CSA, BCFA, and founder and principal advocate of In Tune Health Advocates LLC presents the discussion on the basics of Medicare. Topics include: questions to ask an insurance broker, important considerations in choosing your personal coverage and tips about getting the most out of your Medicare coverage. Contact Karen Brownlee, kbrownlee@nysmca.org. 11:15 a.m. Monday, North Suburban YMCA, 2705 Techny Rd., Northbrook, free, 847-722-7250.

JCC Chicago Open Game Room: JCC Chicago offers free game rooms at the Bernard Weinger JCC in Northbrook. You bring the games, and we'll provide a room, tables and chairs. Noon Monday and 12:30 p.m. Wednesday, Bernard Weinger JCC, 300 Revere Dr., Northbrook, free, 224-406-9257.

Simchat Torah/TONE and Ice Cream Social: Come, sing along and dance to the beat on this celebratory evening. Stay for an ice cream social. Call to RSVP. 6 p.m. Monday, Congregation Beth Shalom, 3433 Walters Ave., North-
Calendar, from Page 26

Tuesday, Oct. 2

Homework Help Center for Grades 1-8: High school volunteers to the homework rescue! Thirty-minute sessions for homework, reading and math skills provided on a first-come, first-served basis. Children may be grouped by subject and grade level. Just drop in. 6 p.m. Tuesday, Glenview Public Library, 1930 Glenview Rd., Glenview, free, 847-729-7500.

Free Workshop: Strategies to Age in your Home: Maureen Kafkas OTR/L, owner and operator of Heart2Heart Elder Care, LLC is a registered occupational therapist with more than 20 years of experience working with older adults. Maureen shares her professional expertise regarding cognitive, psychosocial and physical factors that impact how and where we age. She provides resources to live your best life. Contact Karen Brownlee, kbrownlee@nsymca.org. 11:15 a.m. Tuesday, North Suburban YMCA, 2705 Techny Rd., Northbrook, free, 847-272-2250.

Human Milestones: What have been the most significant turning points in the long human story? Jim Kenney will sketch several, including the rise of the hominids, the dawn of agriculture, the birth of civilizations, the development of printing, the industrial explosion, the incredible transformations of the 19th and 20th centuries and the emergence of Big Data. It is an incredible journey. 1 p.m. Tuesday, North Shore Senior Center, 161 Northfield Rd., Northfield, $59 member; $76 nonmember, 847-784-6030.

Weaving Workshop: Learn the basics and go on to a sampler or small project of your choice. Looms are provided for use in class. Attendees receive the book “Learning to Weave” as part of the tuition but students have to provide their own fiber. Class will not meet on Oct. 10. Class attendees are eligible for a one-hour complimentary consultation with an instructor. Contact Karen Brownlee, kbrownlee@nsymca.org. 11:15 a.m. Tuesday, North Suburban YMCA, 2705 Techny Rd., Northbrook, free, 847-272-2250.

Free Workshop: College Planning and Funding: Advisers Wei Zhang and Le Anh Blanchard from the Heartland Institute of Financial Education present this free workshop, including some topics: cost of public vs. private universities; how to choose the right major at the right college; what to know about the FAFSA form; how the Expected Family Contribution (EFC) is determined and more. Class attendees are eligible for a one-hour complimentary consultation with an instructor. Contact Karen Brownlee, kbrownlee@nsymca.org. 11:15 a.m. Wednesday, North Suburban YMCA, 2705 Techny Rd., Northbrook, free, 847-272-2250.

Putn’s Russia: Friend, Foe or Something Else?: This lecture is led by Dr. Whisenhunt, a professor of history at the College of DuPage, and will examine Putn’s background, style and relationship with the U.S. Visit our website, call or stop by to register; no Lincolnwood Library card is needed. 7 p.m. Wednesday, Lincolnwood Public Library, 4000 W. Pratt Avenue, Lincolnwood, free, 847-677-5277.

Free Workshop: College Planning and Funding: Advisers Wei Zhang and Le Anh Blanchard from the Heartland Institute of Financial Education present this free workshop, including some topics: cost of public vs. private universities; how to choose the right major at the right college; what to know about the FAFSA form; how the Expected Family Contribution (EFC) is determined and more. Class attendees are eligible for a one-hour complimentary consultation with an instructor. Contact Karen Brownlee, kbrownlee@nsymca.org. 11:15 a.m. Wednesday, North Suburban YMCA, 2705 Techny Rd., Northbrook, free, 847-272-2250.

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

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

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JCC Chicago Community Wednesdays: Every Wednesday, join for a few hours of mind, body and spirit enrichment. They host two, one-hour lectures/classes throughout the day, along with their fitness class offerings at the Marvin Lustbader Center. So, choose how you want to spend your day at the J. 9:30 a.m. Wednesday, Bernard Weinger JCC, 300 Revere Dr., Northbrook, free for Lustbader members; $10 nonmembers, 224-406-9257.

Top Box for Schools coming to ETHS: Pre-orders for the fresh produce and local meat boxes have closed, but you can still stop by the delivery day on October 4 at ETHS, Entrance 2. Come learn more, see the offerings and try some samples. Save on groceries and support local farmers all while fundraising for ETHS student clubs. 3:30 p.m. Wednesday, Evanston Township High School, 1600 Dodge Ave., Evanston, free, 847-864-8904.

JCC Chicago Community Wednesdays: Every Wednesday, join for a few hours of mind, body and spirit enrichment. They host two, one-hour lectures/classes throughout the day, along with their fitness class offerings at the Marvin Lustbader Center. So, choose how you want to spend your day at the J. 9:30 a.m. Wednesday, Bernard Weinger JCC, 300 Revere Dr., Northbrook, free for Lustbader members; $10 nonmembers, 224-406-9257.

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Niles West grad Loyd soaks in 1st WNBA title

BY HUNTER TICKEL
Pioneer Press

On Sept. 12, Jewell Loyd joined the elite company of former NFL running back Rashard Mendenhall and major-league pitcher George Kontos.

Loyd, a starting guard for the Seattle Storm, won her first WNBA championship when Seattle swept the Washington Mystics.

Loyd joined Mendenhall and Kontos as Niles West graduates to win a major American team sports championship. Mendenhall won Super Bowl XLIII with the Pittsburgh Steelers, and Kontos won the 2012 World Series with the San Francisco Giants.

Loyd, a Lincolnwood native, said claiming her first WNBA title was a physical and mental feat. The Storm won their third championship, and their first since 2010.

“It was definitely challenging. We’ve had two good series that tested us,” Loyd said. “The leadership from our veterans helped us down the stretch. Mentally, it was a challenge for me and I definitely got better during the series.

Loyd graduated from Niles West in 2012 and later starred at Notre Dame. She celebrated with her team on Sept. 16 during a championship parade in Seattle.

“Hanging out with our fans at the parade,” Loyd said when asked about the highlight of the celebration. “That was super special. The city of Seattle has been wanting a championship from us for a long time. I’m glad to do it and celebrate with them.”

In the waning seconds of Game 3, Loyd and her teammates only had one difficult decision to make. They sorted out the logistics of the post-game celebration.

“Pretty much figuring out who I was going to tackle first,” Loyd said. “That was our biggest thing on the bench. ‘Who do you have, who do you have?’

Loyd has heard from supporters all over the country since claiming the title. She has been in touch with Lincoln Hall Middle School and Niles West, as well as plenty of family members and friends.

She said she’s also heard from Los Angeles Lakers legend Kobe Bryant and Boston Celtics guard Kyrie Irving.

“They were just happy that we won,” Loyd said of her basketball mentors. “(They said) to keep pushing and getting better and get another one.”

It was a season of firsts for the 5-foot-10 guard. In addition to winning her first ring, she was named to her first WNBA All-Star team. In eight postseason games, she averaged 12.1 points, 5.0 rebounds and 3.3 assists per game.

“I think Jewell embodied what this team did,” coach Dan Hughes said. “Jewell became a really well-rounded player this year. Her defense, her passing, her rebounding all encapsulated her look at the game. I think that represented a lot of what our team did, the different facets. She led the way in that regard.”

Loyd, 24, was the No. 1 overall pick in the 2015 WNBA draft. She played the third-most minutes among all Storm players in the post-season.

“I thought she handled herself beautifully,” Hughes said. “I think she realized the challenge of it. She had some superior moments and had some moments where she gave to the team. She took on whatever role was needed.

“For a young player, in that kind of pressure situation, she really understood the totality of how to help us get a championship.”

Hunter Tickel is a freelance reporter for Pioneer Press.

FOOTBALL WEEK 5

Notre Dame improves to 4-1 with rout of Marian Central

It didn’t take long for the Notre Dame football team to get going in its homecoming game.

Ty Gavin opened the scoring and set the pace as the Dons cruised to a 45-6 victory against Marian Central on Friday night in Niles.

Gavin’s first touchdown of the night came on a 9-yard run in the first quarter. He later added another score in the first quarter, then scored on a powerful run in the second quarter for his third touchdown of the first half.

Sean Poznar then scored on a 92-yard fumble recovery, and Julian Schurr added another touchdown as the Dons led 35-0 at halftime.

Matt Murphy drilled a 35-yard field goal in the third quarter.

Notre Dame (4-1, 2-1 East Suburban Catholic) is already a game away from being playoff-eligible. Although the ESCC is always a challenging conference, the schedule shapes up well for the Dons: They host St. Viator (0-5, 0-3) on Friday, then will visit St. Patrick (2-2, 1-2) and Carmel (2-3, 2-1).

Notre Dame has reached the Class 8A playoffs each of the last three seasons but has lost in the first round each time.

—Pioneer Press staff

Notre Dame players celebrate after Sean Poznar (right) returned a fumble 92 yards for a touchdown Friday against Marian Central in Niles.
FOOTBALL WEEK 5 MAINE SOUTH 21, EVANSTON 13

Preston steps up for Maine South ‘D’

BY DAN SHALIN | Pioneer Press

Maine South senior middle linebacker Luke Preston has switched positions and numbers — twice — since he was an all-conference defensive tackle last season.

But his production remains the same.

On Friday, Preston and the Maine South defense came up big in a 21-13 road win against previously unbeaten Evanston in the Central Suburban South opener for both teams.

“We knew (Evanston) would bring the heat,” said Preston, who switched to No. 9 from No. 50 in Week 4 in order to be eligible to catch passes. He wore No. 50 as a junior.

“It was their homecoming game, they were 4-0. We just wanted to bring it to them and show we’re the (defending CSL South) champs. I think we did that.”

Maine South’s senior two offensive was responsible for Evanston’s two turnovers. In the third quarter, senior linebacker Danny Wolf returned an interception 38 yards for a touchdown to give Maine South a 14-7 lead.

Later in the game, with the Hawks up 21-13, senior defensive lineman Ethan Leach’s hit on Evanston junior running back Quadre Nicholson caused a fumble, and Maine South senior defensive lineman Jon Halvorsen recovered.

“(The strong defensive effort) starts up front with the front seven,” Maine South coach Dave Inserra said.

Nicholson had 56 yards after Evanston’s first series, but he gained only 49 yards the rest of the way.

“I always thought we were a really good run defense,” said Preston, who lives in Park Ridge.

“We shut down a lot of gaps really fast, we just clog the hole.”

The 5-11, 205-pound Preston said the switch from undersized defensive tackle to middle line-

A resilient Wildkit

Evanston’s Tarpey shows grit against Maine South

BY DAN SHALIN | Pioneer Press

Ben Tarpey made a mistake, but then he responded.

In the third quarter of a tie game Friday against Maine South, the Evanston quarterback threw an untimely interception that the Hawks’ Danny Wolf returned for a touchdown.

The play could have rattled Tarpey, but it didn’t. Two drives later, he led the Wildkits on an 11-play, 78-yard scoring drive. Tarpey completed six passes on that drive before Quadre Nicholson found the end zone on a 4-yard run.

“You find your true character in times of adversity,” Evanston coach Mike Burzawa said.

Maine South won the game 21-13, but Tarpey played well until the end. He completed 22 of 37 passes for 253 yards and said he was proud of the way his team bounced back.

“We were able to keep pushing, keep fighting. We never really put our heads down until zeroes were on the clock,” Tarpey said. “It’s good to know (the team will keep fighting), because we’re going to have games in the future where we’re going to need to be able to push through.”

Tarpey said members of the Evanston defense offered the offense encouraging words after the pick-six.

“Anytime we’ve turned it over, the defense comes up to us and says, ‘Keep your head up, bro, we’re going to get the ball back.’” Tarpey said. “It’s just a lot of positive comments that get me back up, and that helped me a lot.”

Senior receiver and safety Michael Axelrood, who caught nine passes for 129 yards and a 33-yard touchdown, said Tarpey’s ability to move past the interception and touchdown required leadership and resilience.

“(Tarpey) kept his head up and I respect that. It’s why he’s one of the best leaders on the team,” Axelrood said. Seeing one of your leaders keep his head up after a mistake, that just speaks volumes about his character.”

Though Tarpey missed a few open receivers on long passes, he also made plenty of clutch throws. Tarpey’s roll-out and jump-pass to Axelrood on a fourth-and-8 helped set up Evanston’s second touchdown and showed the quarterback’s ability to improvise.

“He’s been stepping up to the role,” Axelrood said about Tarpey.

“He waited his turn behind Drew Dawkins (last season) and earned a lot. Now, it’s his time and he’s performing well. You can’t really ask for much more from him.”

Dan Shalin is a freelance reporter for Pioneer Press.

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FOOTBALL WEEK 5 NEW TRIER 59, NILES WEST 0

This line is fine
New Trier linemen leads the way against Niles West

BY HUNTER TICKEL
Pioneer Press

A quick glance at New Trier's offensive and defensive lines reveals a clear advantage for the Trevians.

The linemen, quite simply, are big, and opposing teams have had trouble matching up.

Northwestern commit Duke Olges is a 6-foot-5, 265-pound defensive end. Fellow lineman Terence Zapf is 6-6, 280 pounds, and David Davidkov (6-5, 250) is nearly as large.

Their classmates have noticed, too.

“I'm tall, but I'm not, like, big,” said senior center Joe Fox, who is 6-5, 210. “(Zapf) and (Davidkov), when they are walking around, you can kind of just tell. You look at them and say, 'Yeah, they play football.'

He might not be the largest, but Fox has emerged as a key contributor in the trenches. He filled the void at center when Jack Armstrong was sidelined with a broken arm in the season opener.

But this time last year, he wasn't playing football. Instead, he was working three to four nights a week coaching youth baseball.

Fox is a right-handed pitcher for the Trevians. He said he came back to play with his friends, just as he had done as a freshman and sophomore.

“I tried to come in with the best attitude, like a utility man wherever they needed me,” Fox said. “I was just trying to be ready and make sure I knew what I had to do.”

He's done plenty for New Trier, which cruised to a 50-0 win against Niles West on Friday in Skokie.

The first-string offense was pulled midway through the second quarter when the Trevians (4-1, 1-0 Central Suburban South) led by 42.

Senior quarterback Carson Ochsenhirt ran for 98 yards, including a 61-yard touchdown run. The Trevians combined for 240 yards rushing.

Senior back Brian Sitzer had 80 yards on seven carries thanks to the large holes the offensive line created. Sitzer scored three touchdowns, and he was barely touched on two of them.

Senior offensive lineman Chamberlain Coffee said the camaraderie amid the linemen has helped the success of the running game.

“It’s huge,” Fox said of having a sound running game. “We have a nitty-gritty attitude. We are always grinding in practice. We make the holes as big as we can.”

Hunter Tickel is a freelance reporter for Pioneer Press.

Lewis brings intensity for Niles West football

BY HUNTER TICKEL
Pioneer Press

Many factors led to New Trier's 59-0 victory against Niles West on Friday.

Historically, the Trevians have a more successful program and have more players on their roster. They also have a much larger student body.

But the Wolves were still excited for the game. One player who was on the field for most of the game was senior Christian Lewis, who played wide receiver and defensive back.

“I'm always excited for a game with New Trier,” Lewis said. “Niles West hasn't beaten New Trier in 17 years. Tonight could have been a chance.”

The Wolves (0-5, 0-1 Central Suburban South) struggled to get out of their own half of the field, but Lewis produced the best scoring chance. With defensive pressure on a third-and-10 from the Trevians’ 35-yard line, Lewis found room behind the secondary but could not haul in a long pass.

“I think if he was a little fresher, he probably would have run that ball down,” coach Jesse Pierce said.

“He was a little tired. (Quarterback Jack Lochner) put a pretty good move on the ball, I think it got caught up in this gale wind a little bit.

“It would have been great if we could have completed that. These guys need to feel some of that success.”

Christian Lewis, who rarely got a breather, nearly hanged up his cleats after last season. The three-sport athlete was on the fence about being a three-sport athlete, which he said is increasingly rare. The Wolves will continue to search for their first win when they host Glenbrook South (1-4, 1-0) on Friday.

“He's a competitor, it doesn't matter who it is,” Pierce said. “He wants to get out there and play.”

Christian is a football, basketball and track kid. He is one of those rare kids that is still ultra-involved as an athlete. It’s a great credit to him. He’s doing a great job of leading that charge at this school.”

Hunter Tickel is a freelance reporter for Pioneer Press.

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FOOTBALL WEEK 6 SCHEDULE

WEEK 5 SCORES
Carmel 28, St. Viator 14
Conant 21, Barrington 12
DeLaSalle 34, Fenwick 7
Deerfield 54, Maine East 7
Elmwood Park 56, Fenton 32
Glenbrook South 41, Niles North 0
Hershey 55, Prospect 29
Highland Park 42, Vernon Hills 32
Hinsdale Central 35, York 13
IC Catholic 44, Aurora Christian 0
Lake Zurich 23, Stevenson 20 (OT)
Leyden 31, Lyons 3
Libertyville 49, Waukegan 6
Loyola 21, St. Ignatius 14 (OT)
Maine South 21, Evanston 13
Maine West 46, Glenbrook North 13
Nazarareh 45, Benet 7
New Trier 59, Niles West 0
Notre Dame 45, Marian Central 6
Oak Park River Forest 41, Proviso West 12
Ridgewood 36, Chicago Christian 27
Rolling Meadows 42, Elk Grove 20
St. Edward 50, Guerin 0
Warren 24, Lake Forest 10
Wheeling 14, Buffalo Grove 10
Willowbrook 20, Hinsdale South 10
Zion-Benton 36, Mundelein 9

WEEK 6 SCHEDULE
Friday's games
Addison Trail at Leyden, 7:30
Buffalo Grove at Hersey, 7:30
Deerfield at Vernon Hills, 7:30
Evanston at New Trier, 7:30
Glenbrook South at Niles West, 7:30
Guerin at Fenton, 7:15
Highland Park at Glenbrook North, 7:30
Hinsdale Central at Proviso West, 7:30
IC Catholic at Aurora Central Catholic, 7:15
Lake Zurich at Libertyville, 7:30
Longwood at Elmwood Park, 7:30
Maine West at Maine East, 7:30
Nazarareh at Carmel, 7:30
Niles North at Maine South, 7:30
Oak Park River Forest at Downers Grove North, 7:30
Prospect at Rolling Meadows, 7:30
Proviso East at Hinsdale South, 7:30
Riverside Brookfield at Ridgewood, 7:15
St. Laurence at Fenwick, 7:30
St. Viator at Notre Dame, 7:30

Satuday's games
Fremd at Barrington, 1
Lake Forest at Waukegan, 1:30
Lyons at Glenbard West, 1:30
Montini at Loyola, 1:30
Rockford Christian Life at Lake Forest Academy, 1
St. Joseph at DePaul Prep, noon

Willowbrook at York, 7:30
Willowbrook at York, 7:30
Carmel’s Schofield brings offense to Drake volleyball

By Bob Narang
Pioneer Press

Grace Schofield is playing a major role for the Drake women’s volleyball team this season.

The Carmel alumna is a senior outside hitter and has been a regular contributor for the Bulldogs since her freshman season. As a freshman, she started in 25 of Drake’s 35 matches and finished with 249 kills and 18 aces. In 2016, Schofield tallied 175 kills in 31 matches.

Last season, she had 95 kills on 300 total attacks. Schofield, whose brother Tommy was a member of Wisconsin’s golf team, had 317 kills and 61 aces in her senior season at Carmel. Through 14 matches as a Drake senior, she had 112 kills and 23 total blocks.

Schofield, whose brother Tommy was a member of Wisconsin’s golf team, had 317 kills and 61 aces in her senior season at Carmel. Through 14 matches as a Drake senior, she had 112 kills and 23 total blocks.

She tallied 54 kills against Ohio on Sept. 14 and finished with 18 at Kansas on Sept. 18.

On the heels of a 23-10 season, the Bulldogs (11-4) are on pace for another 20-win campaign.

Reese Jordan is off to a fast start at Indiana.

The former Maine South star is a redshirt freshman on Indiana’s cross country team. Jordan helped the Hoosiers win the Meet of Champions, which took place Friday at Iona in New York.

Jordan placed 12th individually with a time of 25 minutes, 44.1 seconds. He was the third-fastest among the Hoosier men in the 8k race in the Bronx.

The Indiana men and women swept the Meet of Champions, and they also both won the previous week at Miami (Ohio).

Locals boost Titans soccer

Former St. Viator standout Maureen McGrath scored her first collegiate goal in Illinois Wesleyan’s 4-4 tie against Wisconsin-La Crosse on Sept. 6.

The sophomore defender started 22 games in her freshman season, when she earned her first assist against Millikin. McGrath, a four-year varsity starter at St. Viator, has played in eight games this season.

Meanwhile, Titans junior forward Flower Edington, a New Trier graduate, was named the College Conference of Illinois and Wisconsin Offensive Player of the Week on Sept. 4. She scored two goals and added an assist in a 3-0 win against Ohio Northern on Sept. 2. For the season, Edington has six goals and five assists.

Senior defender Rosie Pettenazzo, a Prospect graduate, was named the CCIW Offensive Player of the Week on Sept. 18. She played at Central Michigan before transferring to Illinois Wesleyan prior to the 2016 season.

Pettenazzo has eight goals and four assists this season, highlighted by a two-goal showing in a 3-2 win against Central (Iowa) on Sept. 16.

Kelly-Martin among Iowa rushing leaders

Former Nazareth running back Ivory Kelly-Martin is playing a big role for Iowa’s football team this fall.

Kelly-Martin, who played three seasons at Nazareth before transferring to Oswego East, rushed for a team-high 72 yards in Saturday’s 28-17 loss to No. 18 Wisconsin.

Despite missing some time due to an injury, Kelly-Martin is third on the team in rushing with 134 yards in two games. He has scored one touchdown and caught one pass for seven yards.

Also on the team are redshirt freshman wide receiver Henry Marchese (Stevenson), sophomore linebacker Barrington Wade (Niles North) and sophomore long snapper Austin Spiwak (Rolling Meadows resident).

Have a suggestion for College Notes? Email Bob Narang at bobnarang@yahoo.com.

Bob Narang is a freelance reporter for Pioneer Press.

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