Feeding the needy
Volunteers serve at Harvest Bible Chapel food pantry. Page 4

Stacey Van Dyke, of Glenview, puts a tray of fruit in the refrigerator until serving time on Dec. 15 at Harvest Bible Chapel's Niles Campus.

'REally special' to open in Chicago
"American Girl" musical to debut in Skokie, then travel around the country. Page B18

Be like Mike
Pioneer Press announces its Football Player of the Year, Michael Love. Page 21

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Jennifer Conlon, local high school teacher

Before she was a teacher at Maine East High School in Park Ridge, Jennifer Conlon practiced law.

And it's her knowledge of the law that earned Conlon an award this fall from the Constitutional Rights Foundation of Chicago.

Conlon, a Park Ridge native, teaches social science and government classes at Maine East, where she started her teaching career in 2005. She is also the founder of the school's civic engagement club, Demonocracy, in which students discuss political issues and current events.

Q: What was your reaction to receiving this award?

A: I was delighted. I practiced law before I became a teacher and for me, [the award] brings those parts of my life together.

Q: Why did you pursue teaching after practicing law?

A: My mom had taught and loved it, and my sister had gone into teaching. I tried practicing law?

Q: What issues are your students most interested or concerned about today?

A: The issues they are most concerned about are gun violence, immigration, and college costs. And they want to know how to get involved.

Q: What is most challenging about teaching civics and government in the era we are living in now?

A: I think it's hard to compare the pros and cons of issues when there is so much ugly rhetoric. It obscures real policy differences, and it makes government seem more about personalities than about choices and policy. For example, the current rhetoric about immigration is so ugly and demeaning that you can't just focus right now on what the policy should be, what is a fair and just way to address it. When somebody is characterizing people arriving here as criminals or as threats, there is such a push back against that view and so it's harder to talk about what the policy should be. It's the same with gun control. There is so much characterization that supporters of gun control are wanting to take rights away or limiting the rights of other people. It's hard to have a conversation about what would be a good policy and what's possible.

—Jennifer Johnson, Pioneer Press
Volunteers serve those in need at food pantry

BY KARIE ANGELL LUC
Pioneer Press

As Christmas Day approaches, those in need could sit down to a free hot breakfast and receive groceries at the Niles campus of Harvest Bible Chapel. On the first and third Saturday of each month, with a few exceptions, those residing in designated ZIP codes are invited for a breakfast buffet, a morning devotion and food distribution from 8:30 to 10 a.m.

"The holiday message for year-round is we serve just like Jesus did," said Nicole Kantzavelos of Niles, the chapel's pantry spokesperson. "We are here to be the hands and feet of Jesus.

Among those enjoying the hot breakfast were a couple from Glenview, who talked about losing a job and said Harvest Bible Chapel helps to fill a void. The meal was served by volunteers in the chapel's lower-level multipurpose room at 7333 N. Caldwell Ave.

"There are people in the community who don't get their basic needs met," Kantzavelos said. "We would love to be able to meet those needs not only feed them physically, but also to feed them spiritually when they come here.

Donations in various forms are sourced from church members, food drives, companies and grocery stores.

"We wanted to have a place where people outside of our church family had the opportunity to get some basic needs met on a regular basis," said Mohan Zachariah, Niles campus pastor. Harvest Bible Chapel began the food pantry nearly 10 years ago, he said. ZIP codes honored include 60016, 60025, 60068, 60077, 60631, 60018, 60053, 60076, 60714 and 60646.

"The four pillars of our church are worship, walk, work and witness," said volunteer Jim Miller.

All new families must complete a registration form and show proof of residency. Volunteers are also encouraged to sign in.

"Our volunteers are excellent," Kantzavelos said.

As registrants dine, volunteers pack paper grocery bags with nonperishable food, produce, baked goods and personal items, plus household basics. On each pantry date, approximately 30 bags are stocked.

"We encourage our leaders to eat with our guests at the breakfast to build relationships and look for opportunities to share hope, encouragement and prayer," Zachariah said.

On Dec. 15, volunteers began arriving two hours before meal serving time. They made homemade cheese biscuits, yogurt parfaits and arranged fruit, among tasks.

Volunteering "feeds my soul. It's wonderful, and I love it," said Stacey Van Dyke of Glenview, who volunteered with her daughter Sidney, a junior at Maine East High School of Park Ridge.

"Serving others makes Sidney, feel thankful for everything I have," the teen said.

A bag of holiday cookies for each diner was a seasonal themed treat. An illuminated Christmas tree helped to set the holiday scene.

Breakfast began with a blessing.

"Prayer is everything and is my foundation," said Kelli Priest of Park Ridge, a volunteer who offered the blessing. "It's what I depend on.

For 2019, January has one breakfast pantry date only, Jan. 19.

The following months into July have two monthly calendar dates, except for April and June.

For the schedule, to donate, to volunteer or to attend food pantry breakfast events, contact Harvest Bible Chapel Niles Campus staff at hbcniles@harvestbiblechapel.org.

Karie Angell Luc is a freelance reporter for Pioneer Press.
Lincolnwood's Proesel Park playground equipment could be upgraded for the first time in 20 years.

New playground planned for Lincolnwood's Proesel Park

Play area would open in spring of 2019

BY GENEVIEVE BOOKWALTER
Pioneer Press

Lincolnwood's Village Board could decide soon on new playground equipment for Proesel Park, changes that would represent what officials are calling the first face-lift in 20 years for the playground in the village's largest park.

"This is our premier park. It's used so much in the summer with all of our camps, and it serves as a community gathering place for Lincolnwood," said Melissa Rimdzius-Marsh, superintendent of parks and recreation for the Village of Lincolnwood. "This is a big project for us to be taking on. It's such an important place for us in the community."

The village's parks and recreation board should soon select on Dec. 12 from among 12 responses the village received to its request for proposals, Rimdzius-Marsh said.

Proesel Park sits on the corner of Morse and Kostner avenues in Lincolnwood. The current equipment was installed in 1999, Rimdzius-Marsh said.

"With the playground being about 20 years old, it's beyond its typical life," Rimdzius-Marsh said.

The new playground equipment is part of a playground replacement program that seeks to gradually replace the playground equipment in parks around the village, according to a parks and recreation staff report. It was established in fiscal year 2005-2006 as part of the village's capital improvement plan. Proesel is the second-to-last park in the village to be replaced.

Flowers Park, on Pratt Avenue near Kolmar Avenue, will be the last playground to have equipment replaced, according to the report.

The village set aside $215,000 in the 2018-2019 budget to pay for the Proesel Park improvements, Rimdzius-Marsh said. Of that, $97,000 is set aside for the playground.

The village's parks and recreation board recently put together a list of requirements and goals for the new playground, which they put together based on responses from community brainstorming sessions held around the village in recent months, Rimdzius-Marsh said.

Requirements include separate areas for kids ages 2 to 5 and 5 to 12 years old, and equipment that complies with all current safety standards, guidelines and Americans with Disabilities Act requirements, according to the report.

Goals for the playground include multiple levels of activity, both at and above ground level: overhead climbers; equipment that kids can use for overhead climbing, balancing, sliding, swinging and spinning; ground-level spaces where kids can play in a group; equipment catering to different levels of skill and movement; at least four belt swings, one tot swing and one ADA swing; and limited net climbers, according to the report.

The water and sand play area should be removed, according to the report.

The playground would be under construction for all of March and April and open in May, "if not sooner," Rimdzius-Marsh said.

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Group ties for first place with Warren Township High School

By Myrna Petlicki
Pioneer Press

The competition was intense at Chicago Shakespeare Slam 2018 but the nine-member team from Niles North High School proved up to the challenge, winning their regional round.

They advanced to the finals on Dec. 10 at Chicago Shakespeare Theater, earning top honors in a tie with Warren Township High School.

Teacher Megan Baskin led the Niles North team.

She noted that preparing for the Slam was "a really collaborative process between myself and all of the students. We learned the lines and spent two or three rehearsals putting ideas up and figuring out what we wanted our artistic essence to be."

All of the pieces had to be based on the play "Macbeth."

"We came up with the idea based on things that we knew were relevant to people our age," said David Stasevsk, a Niles North senior. "We wanted to make a bold statement. Our piece is centered on gun violence in America, specifically school shootings. We thought this was an interesting platform to send a message to people."

Creating an original piece using Shakespeare's words was only one aspect of the process that Marilyn J. Halperin, director of education and communications for Chicago Shakespeare Theater, said emphasized "Community with an uppercase C and competition with a lowercase c."

"We usually are in productions where we do a lot of listening and following our director's directions," said Stephen Decker, a senior. "In this experience, we're allowed to create something out of Shakespeare's text but have our own words and ideas come together."

Sophomore Aithan Nuzov said the experience was a unique one and helped with empathizing with other students who may be or, at some point may have, dealt with something difficult.

Other team members were senior Lia Moreno; junior Rebecca Aisenberg; and junior Eliana Stern.

"This is a theatrical experience that's not like a traditional experience. Part of what makes it nontraditional is the kind of thinking and the kind of work that you need to put into the dream round theme. You have to think about what it is that the audience is going to understand, how you're going to tell the story, and how are you going to make Shakespeare's words meaningful and impactful for this audience," said Baskin.

Myrna Petlicki is a freelance reporter.
Girl accused in Uber driver's death to be moved to adult jail

BY BRIAN L. COX
Chicago Tribune

A Chicago girl accused of attacking and killing an Uber driver last year will be moved to adult jail when she turns 18 next week, a judge ruled Dec. 12.

Eliza Wasni's public defender fought against moving the troubled teen to Cook County Jail.

Officials say she has committed hundreds of rule violations in juvenile detention and repeatedly received disciplinary actions for attempting to harm herself and others.

The Dec. 12 hearing also revealed that Wasni has made comments in detention about wanting to commit other violent acts.

She still is awaiting trial on charges she stole a knife and machete from a Wal-mart in Skokie and then used them to fatally attack Uber driver Grant Nelson in Lincolnwood on May 30, 2017.

Authorities have said the attack was unprovoked and occurred moments after Nelson, 34, and from Wil-mette, picked up Wasni, 16, after she used the ride-share app to request a ride.

Wasni's public defender, David McMahon, raised concerns that she would be unsafe if moved to adult detention and would not receive the same level of treatment for emotional and mental health issues.

"The best place for Eliza is the place that keeps her safe," he said.

Prosecutors countered that Wasni was a danger to guards and to other juveniles in detention. They said she has incurred more than 450 rule violations in juvenile detention.

Prosecutors said the incidents range in severity from "unauthorized movements" to attacks on guards and other prisoners. They also said Wasni has had to be taken to Cook County's Stroger Hospital at least six times after harming herself.

Wasni also told another detainee that she wanted to go on a "killing spree" and spoke of how body parts could be disposed of, prosecutors said. She also recently wrote the word "die" on a detention center wall using her own blood, officials said.

Brian L. Cox is a freelance reporter.

Area businesses report bomb threats

BY JENNIFER JOHNSON
Pioneer Press

The Morton Grove Public Library, as well as businesses in Park Ridge and Des Plaines, were among the recipients of emailed bomb threats similar to those reported across the country Dec. 13, authorities said.

Morton Grove Public Library Director Pam Leffler said three library personnel received the emails, which referred to an explosive device in the building and demanded payment.

"My initial reaction was that it was a scam, but I always want to do my due diligence," Leffler said, explaining that staff contacted police to notify them of the email's content. "I was a little nervous... [the police] did a thorough walk-through of the building and did not find a credible threat."

Morton Grove Police Cmdr. Paul Yaras said that in addition to the library, a Morton Grove business also received a similar email threat. An email shared by Yaras is written in generic terms and says if police are called or the payment is not made "the device will be blown up."

In a Facebook post, the Park Ridge Police Department reported that a business in the city had received a "hoax email message" that contained a bomb threat, while Des Plaines Police Cmdr. Christopher Mierzwa said a Des Plaines business was also targeted.

Police Chief Frank Kaminiski identified the Park Ridge business as an office on the 100 block of South Washington Avenue. The Des Plaines business was not identified.

Mierzwa said the Des Plaines threat was being investigated. An emailed threat was also reported in neighboring Rosemont, he said.

Niles police had not received any reports of similar threats, said Police Cmdr. Robert Tornabene.

Chicago police called the bomb threats, emailed to a few recipients in the city, fake extortion attempts.

DuPage County Sheriff James Mendrick said emails demanded funds be sent electronically or an explosive device would be detonated. Such emails resulted in the evacuation of Aurora City Hall, the city's public library and Rush-Copley Medical Center, city officials said.

Across the country, the New York City Police Department said the threats were meant to cause disruption and compel recipients into sending money. Some of the emails had the subject line: "Think Twice."

In a statement shared on Twitter, the FBI said it was aware of the threats across the country and encouraged the public to "report any suspicious activities which could represent a threat to public safety."
The following items were taken from the Niles and Morton Grove Police Department reports. An arrest does not constitute a finding of guilt.

**Niles**

**DRUGS**
- Mario Rihani, 21, of the 9200 block of Hamlin Avenue, unincorporated Maine Township, was charged with possession of marijuana on the night of Dec. 5, police said. According to police, officers investigating a suspicious car parked at Highland Towers, 8801 W. Golf Road, made contact with Rihani and, with assistance from the K9 unit, found 23.3 grams of suspected marijuana with Rihani and, with assistance.

**DUI**
- Melquiades Rodriguez-Rivera, 32, of the 8600 block of North Milwaukee Avenue, Niles, was charged with driving under the influence and driving with a suspended or revoked license following a three-car crash near his home on the night of Dec. 12, police said. According to police, officers were unable to wake Rodriguez-Rivera at the police station and he was taken to the hospital for alcohol-related issues. Court information was not provided.

**PUBLIC INTOXICATION**
- A 28-year-old Glen Ellyn man was ticketed for public intoxication on Dec. 6 after police were called to Play and Spin, 7631 N. Caldwell Ave., for a report of an unwanted person.

**BURGLARY**
- Jewelry was reported stolen Dec. 6 during a reported burglary of a home on the 6700 block of North Lexington Lane, police said. No other details were provided.

**THEFT**
- Two men allegedly stole an undisclosed number of power tool kits from Home Depot, 901 Civic Center Drive, on the afternoon of Dec. 10. An employee reported that when he attempted to stop the men as they began loading the items in a car, one of them reached inside his waistband, as if attempting to retrieve a gun, police said. The men then reportedly fled the area in the vehicle.

**BURGLARY TO VEHICLE**
- Two cars on the 6800 block of West Kenney Street were reported burglarized Dec. 11, police said. Nothing was reported stolen.

**BATTERY**
- Rony Khezeran, 43, of the 7300 block of Lowell Avenue, Lincolnwood, was charged with battery on Dec. 7, police said. According to police, Khezeran was accused of grabbing the buttocks of an employee who was giving him a massage at Heavenly Massage and Spa, 9330 Waukegan Road. He was given a Jan. 13 court date.

**BURGLARY TO VEHICLE**
- Keys and $10 in cash were reported stolen Dec. 6 from an unlocked car parked in a driveway on the 8900 block of Octavia Avenue. A door had been unlocked at the time of the burglary, police said.

**BURGLARY**
- Bags of clothing, dishes and two TVs were reported stolen Dec. 4 from a garage on the 8900 block of Novak Avenue. A door had been unlocked at the time of the burglary, police said.

**BURGLARY**
- Keys and $10 in cash were reported stolen Dec. 6 from an unlocked car parked in a driveway on the 8900 block of Oswego Avenue.

**BURGLARY**
- On Dec. 7, three cars were reported burglarized while they were parked on the 5900 block of Crain Street, the 5900 block of Capulina Avenue, and the 7700 block of Churchill Street, police said. Items stolen included approximately $100 in cash from one vehicle, and a messenger bag, sunglasses and pens and pencils from a second. There were no signs of forced entry to any of the cars, police said.
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Holiday cheer

Niles honors residents in ‘Twinkle Lights’ decorating contest

BY MEGANN HORSTEAD
Pioneer Press

To help spread the spirit of the season, the village of Niles Public Arts & Culture Advisory Council invited residents to take part in its second annual Niles Twinkle Lights holiday home decorating contest.

Winners were announced at the Dec. 11 Niles Village Board meeting.

Katie Schneider, community engagement coordinator for the village, said the contest received a good number of participants. "They were all fun and unique," she said. "It was certainly hard to choose." The village accepted applications from Nov. 1 to Dec. 5. All decorating needed to be done by the resident, not a professional decorator or designer, according to the contest rules. Decorations had to comply with village ordinances and housing codes.

Participation was open and free to all Niles residents. All judges serve as members of the Niles Public Arts & Culture Advisory Council.

"We had judges drive around, and we had a points system for scoring," Schneider said.

Winners for this year’s contest received gift cards, ranging from $50 to $100 in value, a lawn sign recognizing the award and announcements on the village's website and social media.

Prizes were given in multiple categories: best overall display, simple yet elegant, most whimsical and best use of technology.

Cammy Fortuna earned an award for having simple yet elegant holiday home decorations on the 6700 block of Forest View Lane. She said this was exactly the look she and her husband set out to achieve.

Fortuna and her husband affixed a red bow onto their bushes. They put garland on the railings. She said they wrapped the pillars to their porch with red and white icicle lights to create a candy cane effect.

"We are so happy," she said of the recognition. "We are so proud to have been part of this. We're just so happy we were selected to be winners. We're so proud to live in Niles."

3rd Place Best Overall Display
7300 block of Main Street
Dominika and Konrad Kazar

2nd Place Best Overall Display
7500 block of Howard Street
Patrick Kelleher

1st Place Best Overall Display
7700 block of Olean Avenue
Bernard and Kathleen Panke

Most Whimsical
7100 block of Lee Street
The Potempa Family

Best Use of Technology
8000 block of Davis Street
Guido Magelli

Simple Yet Elegant
6700 block of Forest View Lane
Tony and Cammy Fortuna

Megann Horstead is a freelance reporter for Pioneer Press.

Santa and Mrs. Claus have breakfast with Lincolnwood families

BY BRIAN L. COX
Pioneer Press

About one hundred people turned out Dec. 8 for Lincolnwood's second annual "Breakfast With Santa Claus" holiday event at the Lincolnwood Community Center.

In fact, although Lena Hurtadeal, 3, had been looking forward to having breakfast with St. Nick, but when she actually met the big guy she found him a bit frightening, her father Robert Hurtadeal said.

"She was excited until she got here and saw him in real life and had some reservations," Robert Hurtadeal smiled.

The event included a visit from Santa and Mrs. Claus, a buffet breakfast, a table for making reindeer food, arts and crafts, a chance to write wish list letters to Santa and also an opportunity for parents to snap pictures of their child sitting with Santa and Mrs. Claus.

The village also accepted donations of new toys for a "Toys for Tots" toy drive for underprivileged families, said Katie Lazzara, recreational supervisor with the village of Lincolnwood.

"Lincolnwood is a small community," said Lazzara. "Especially at the Christmas season, you kind of get wrapped up in what you're doing at home. It's so nice to have a place to come and be with your neighbors and your community and make friends or see old ones. It's pretty cool."

She remarked on all from the community who attended.

"We've got families and kids and grandparents. Everyone is here this morning," she said.

Erin Oleniczak said she moved with her family to Lincolnwood about a year ago and that she went to the breakfast with her husband and four young children to get to know people in the community.

"It's a good way to celebrate Christmas with our neighbors and be together and have fun," she said. "We celebrate Christmas, and we love the holiday spirit, and a few of our kids still believe in Santa, so it's fun to do that."

Her daughter Kira, 12, said she made "magic reindeer food" at the event then enjoyed a buffet breakfast of French toast, pancakes, a biscuit, sausage and syrup.

"It's really fun because my whole family's here," she said. "They did a really good job of decorating and everything. Christmas is a time for spending time with family."

Lincolnwood resident Alvaro Medrano, was with his wife and four children who were as eager to get at the breakfast buffet as they were to see Santa.

"It's a nice family event to bring out the kids and have a good time and enjoy breakfast with Santa," he said. "It's nice to interact with each other and make sure you know who your neighbors are and to just get together as a community and be one."

Lazzara said there was excitement in the air as Santa moved from table to table working the room like a seasoned politician.

"Santa's in there shaking hands and saying hi to everybody," she smiled. "I'm sure the kiddos will be letting him know what they want under the tree."

And Robert Hurtadeal said his daughter, Lena, finally got up the nerve to sit on Santa's lap and tell him what she wants for Christmas.

"She's OK now," he grinned.

Meanwhile, Santa said he was as glad to see the smiling kids as they were to see him with Mrs. Claus.

"I've told the elves on the way down here, finish loading that sleigh because when I leave on December 24, it better be loaded and it's not coming back until it's unloaded! All the children who want a gift for Christmas. Better let us know because I don't go back until it's empty."

Brian L. Cox is a freelance reporter.
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At its core, Christmas is about a mother and child

Randy Blaser

At this time of year, those who are apt to say "Merry Christmas," rather than the secular greeting of "Happy Holidays," reflect on the birth of Jesus, who is called in the Bible "God with us." And since there is definitely a birth, then there must have been a mother.

In a way, Christmas is really a holiday where we celebrate a mother and newborn, a mother and child.

So those who celebrate this birth with "Merry Christmas" would do well to reflect also on the mother. Her role in this narrative is quite significant, because it represents a change in the way God relates to man, which is also expressed in the phrase "God with us."

Prior to the time of this birth, the relationship between God and his people was fairly one-sided. God always seems to be doing something for his people or to them — bringing the flood, parting the Red Sea. But after this birth, the nature of the relationship changes to "God with us."

If one studies the miracles recounted in the New Testament, one can easily see that this Jesus, whose birth is celebrated, indeed a wonder-worker. But he doesn't act alone in working these miracles. The recipient usually has to do something, too. The subject has to participate.

In other words, there is now relationship between God and man.

And the first person to cooperate with this plan is Mary, the mother of Jesus.

Imagine this teenage, unmarried girl confronted with this vision. And the vision comes to be.

What would an unmarried, teenage girl who becomes pregnant today say to this situation? A lot of choices are available.

But Mary responds: "May it be done to me according to your word."

In speaking those words, Mary decides to cooperate with God, to be in relationship with God, indeed the closest relationship that can possibly exist between two people, that between a mother and child.

So when you ponder the meaning of it all at Christmas time, remember that what it really means is Emmanuel, God with us.

God calls us to relationship. He's not just going to do stuff to us or for us anymore. We're part of the plan.

That's what we celebrate at this time year and with this holiday.

So, enjoy your holiday, and have a very Merry Christmas.

Randy Blaser is a freelance columnist.
Six reasons you need hugs on a regular basis

Ever have one of those days when life seems really hard? Maybe your boyfriend just broke up with you — again. Perhaps you recently found out a friend is ill. Or maybe you opened your credit card statement and your jaw just hit the ground. Perhaps you’re feeling lonely in your marriage, or your child is having problems at school and you feel helpless.

Whatever the challenges, pain and anxiety life brings (which can intensify during the holiday season), there is one thing guaranteed to help: a hug.

It might seem trivial, or like a temporary fix, but I’m telling you, a hug is a powerful thing. A hug is a magical feel-good drug that can foster a connection, soothe pain, relieve stress, improve emotional and physical health, and make people happier. If you don’t believe me, there are studies that prove it.

Charlotte Bishop is a Chicago-based aging life care manager/geriatric care manager who manages and supports seniors and their families in health care and lifestyle decisions.

Bishop, who has been in business for over 20 years, said that when people get older, they are at a risk for becoming more isolated and having less contact with others, which means fewer hugs. And, fewer hugs can have a negative impact on health and happiness.

“Touch-starved older adults fight health battles that those receiving regular hugs simply do not face,” said Bishop, a licensed clinical professional counselor, who also holds a master’s degree in rehabilitation. “A psychotherapist named Virginia Satir suggests that we need four real hugs a day just to survive, eight hugs a day to maintain our health and 12 or more hugs to grow.”

Here are six benefits of hugs, according to Bishop:

1. Hugs lower your cortisol levels, which improves your heart health by lowering your blood pressure and more.

2. Hugs reduce pain and the inflammatory response of some immune disorders and even improves the immune system for people who have cancer.

3. Hugs stimulate the thymus gland, which regulates the white blood cells that defend your body against infection.

4. Hugs cause a release of the neurotransmitter, oxytocin, which is a feel-good hormone that promotes a feeling of well-being.

5. Hugs tell your brain to release dopamine, which is another hormone that also positively reinforces good feelings and even motivation.

6. Hugs elevate the serotonin levels, which help to counter pain while elevating happiness and decreasing sadness.

Bishop also said hugs promote self-esteem (for both the hugger and the huggee), reduce stress, help stave off depression and offer a way to communicate in situations where there are no words that seem to work.

“Hugging — going into someone’s personal space — is saying, ‘I acknowledge you. I see you. I feel you,’” Bishop said. “It gives someone hope to go on and be well, and make them feel like life is worthwhile. If people don’t feel valued, they might stop eating or taking their meds, or stop exercising or stop leaving the house or stop engaging in social activities.”

Everyone — not just the elderly — needs hugs. Good, long, meaningful hugs. I came up with five different types of hugs and how they might be beneficial (or not):

1. The spoon hug. I love this hug because it’s solely for romantic love. It’s when your spouse comes up from behind you and puts his or her arms around your waist. It feels secure and solidifies commitment, appreciation and attraction.

2. The hug with the added pat. This hug screams friendship. The pat is a reinforcement of the hug that says, “I’m here for you if you need me.” If you get this kind of a hug on a date, it’s probably not a good sign because you’re most likely in the friend zone.

3. The long-lasting hug. Even longer than 20 seconds, this hug can apply to friends, family or lovers. It says, “I don’t want to stop holding you.” This could stem from concern, or it could be because you know you aren’t going to see the person again for a long time or ever. Long-lasting hugs also happen early in romantic relationships, when two people just can’t get enough of each other.


5. The locked-in squeeze. My favorite of all, this is the kind of hug you give your kids, your parents, or your spouse. It says, “You mean everything to me,” or “You’re so darn cute I can’t get enough of you,” or “I’ll always be here for you.”

Jackie Pilosseph is a freelance columnist for Chicago Tribune Media Group.
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The real estate is improved with a brown brick, three story condo.

12/13/2018, 12/20/2018, 12/27/2018 6023324

McCalta Rayner Lethen Pierce, LLC
236 -SALE

and the foreclosure sale room in Cook County and the same identification 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. The property will NOT be open for inspection and plaintiff makes no representation as to the condition of the property. Prospective bidders 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 bidders are admonished to check the court file to verify all information.

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NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a judgment of Foreclosure and Sale entered in the above cause on July 30, 2018, an agent for The Judicial Sales Corporation, will at 10:30 a.m. on January 22, 2019, at The Judicial Sales Corporation, One South Wagner Drive, Chicago, IL 60606, sell at public auction to the highest bidder, as set forth below, the following described real estate:

Commonly known as 4702 N. OCTAVIA AVE., Harwood heights, IL 60706

Property Index No. 12-13-205-037.

The real estate is improved with a single family residence.

The judgment amount was $536,369.43.

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 check will be accepted. The balance in certified funds, due within twenty-four (24) hours. The subject property is subject to all real estate taxes, special assessments, or special taxes levied against said real estate and is offered for sale without any representation as to quality or quantity of title and without recourse to Plaintiff and as is condition. The sale is subject to further order of the court.

Upon payment in full of the amount bid, the purchaser will receive a Certificate of Sale that will entitle the purchaser to a deed to the real estate after confirmation of the sale.

Property will be open for inspection and plaintiff makes no representation as to the condition of the property. Prospective bidders are admonished to check the court file to verify all information.

NOTE: Pursuant to the Fair Debt Collection Practices Act, you are notified that it is unlawful to use false pretenses to collect or attempt to collect any debt or to state false information to the consumer when communicating to the consumer about the debt.

The property will NOT be open for inspection and plaintiff makes no representation as to the condition of the property. Prospective bidders are admonished to check the court file to verify all information.
Legal Notices

Non-Certified Salaries: Less Than $25,000: S Achler; M Ades; C Alaimo; R Gross Payment; A Wood
K Schneider; S Smith; J Smith Ziniewicz; R Strong; L Swanick; M Wagrowski; G E Martin, M Morgan Ryan; M O'Rourke; C Offen; G Penkava; A Piper; D Schiller

Amezquita C Baeohle; D Barbeau; S Beaudry; A Benison; D Bolton; L Buti Levine; Anderson, L Atwell; L Ausdenmoore, L Benjamin; S Beslow; J Boyer; E Brekke; B Easterwood; K Fisher; S Foster; M Frier; T Garber; S Glazebrook; R Goldman; T B Linxweiler; E Longman; S Malarkey; C McCarthy; E O'Kelly; C Piccirillo; L Cummings; E Dellberto; K Derrig; A Deweese; B Estabrooke; M Finn; J Finnerman;

Ending Fund Balances June 30, 2018

Federal Sources

State Sources

Flow-Through Receipts/Revenues from One Local Sources

Summary: The following is the Annual Statement of Affairs Summary that is required to be published by the school district/joint agreement for the past fiscal year. Review this Annual Statement of Affairs should contact:

Total Direct Receipts/Revenues

Sources/Uses of Funds

& Life Insurance, 6 paid Holidays + Overtime after 40 hrs.

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PENNY ARCADE:
Coining some clue phrases

BY FRED PISCOP | EDITED BY STANLEY NEWMAN
(stanxwords.com)

ACROSS
1 Off in the distance
5 Homer's boy
9 Identical
13 Big name on Dirty
Harry posters
18 City north of 27
Across, informally
19 Less humid
20 Arguing vehemently
21 Veronese eloper of
fiction
22 ConCENTrated
study plan
24 Former Comedy
CENT'ral host
26 Aspen attire
27 City that might
be ONION in a
cryptogram
29 Polishes, as prose
30 Oscar actress
Hathaway
31 Mooring place
32 "Street" rep
33 Farming major
35 About 2.2 pounds
36 Untrustworthy ones
38 Male turkey
41 Iron source
42 Fish with an
iridesCENT stripe
44 Nest-egg letters
45 Cropped up
47 URL punctuation
48 Data on tickets
49 Princeton athlete
51 Texter's
"incidentally"
52 Violinmaker of
Cremona
54 Australian actor Eric
55 Temporary, as a
committee
56 Rubber duck, for
one
58 Expected outcome
60 Italian sonnet's end
63 Arthur _ Stadium
(U.S. Open venue)
64 FluoresCENT art
medium
67 Urban renewal
target
70 Singer portrayed
by JLo
72 Blu-ray purchase
73 Preordain
75 Be relevant
77 Ship's backbone
79 Gladiator star
81 Common bake-sale
sponsor
82 Despicable character
83 Serpent's sound
84 Be boastful
85 Easy basket
87 In support of
88 Magnificent
89 Creator of the
Finches
90 Music genre prefix
91 Child's plea for
permission
92 Wipe clean
93 Pet pest
94 Desolate regions
95 Mooced
96 Carrying a grudge
97 Audacious
98 Netanyahu
nickname
99 Rude remark
100 Sushi bar beverage
101 Ripe fruit
102 Middle
103 Bane of a
computer
104 Sash
105 Child's nickname
106 Siren
107 Of the
108 Sailor's means of
language
109 President at the
biCENTennial
110 Battery pole
111 Look impolitely at
112 Spiral-horned
antelope
113 Look impolitely at
114 Spiral-horned
antelope
115 Be insistent about
116 Corp. bigwigs
117 Drop gradually
118 Sash
119 When shadows are
shortest

DOWN
1 Initial lessons
2 Piece of a place
setting
3 Exotic smoothie
flavor
4 Destructive sprees
5 Crude one
6 Goes public with
7 Hi — monitor
8 Wavering effects, in
music
9 Durable game-
show guy
10 Place for protons
11 Prefix for van or bus
12 Pilots of 89 Down
13 Goofy-middle
chocolates
14 Somalia-born
supermodel
15 Teen comedy stock
character
16 "No man is an
island" writer
17 Day-care attendees
18 "Child's plea for
permission"
19 "No man is an
island" writer
20 Smartphone image
21 Cutting down on the
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22 Ferris wheel
23 compartments
24 Major blood vessels
25 Perm for a
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Last week's answers appear on the last page of Puzzle Island
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Quote-Acrostic

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

Clues Words

A. Celestial reward? 4 wds. __ 72 155 141 84 134 142 26 67 98 83
B. Coarse wooden cloth __ 149 164 86 126 58 15
C. Never changing __ 34 140 44 114 22 101 159 9 150
D. Grade of gas: hyph. __ 122 163 104 81 62 1 29
E. Condemned __ 166 135 17 111 36 125
F. In general: 3 wds. __ 106 142 54 39 10 130 30 68 152 92
G. Loop with a slipknot __ 46 146 127 76 112
H. Agreeing or compatible __ 11 109 63 180 94 145 131 52 148
I. Entertained __ 158 7 89 133 108 143
J. Parasol __ 121 3 48 21 137 96 64 37

K. Aslant __ 95 35 53 139 27 77 103 119
L. Streep and Hanks __ 59 90 83 138 118
M. Secondary result __ 70 147 38 4 161 99 120 19 49 79 31
N. Slipper or snake __ 73 151 16 115 65 82 97 128
O. Wage __ 33 100 110 25 43 61 6 154 129
P. Residence __ 123 107 2 153 13
Q. Only: 2 wds. __ 71 51 56 32 156 124 88 24 14 41
R. Iranian city known for its architecture __ 28 113 69 23 91 45 102
S. Shite Muslims' holy city __ 18 60 78 182 105 40 85
T. Person who fears England __ 74 132 157 50 20 5 75 87 136 117
U. Canada's national sport __ 75 80 116 12 55 66 47 144

Hit the Deck

BY CHARLES PRESTON

Across
1 Foxiness
6 Tender, in Turkey
11 Buffalo lady
14 Gimlet kin
15 Alice Ghostley vehicle
16 Actress Meyers
17 Box office biggie
19 Kurosawa opus
21 Emulate 2 Live Crew
22 Fiddle, ___
24 Cricket team
26 Vexes
28 Hellenic vowels
30 Drained
33 Elevators, to an Etonian
36 Tintinnabulates
38 The Greatest
39 ___ Well That ___
40 Edible
41 Geek, e.g.
42 Ending for pay or gran
43 Ex - one-sided
44 Nobles
45 Heart contraction
47 Arboretum item
49 Whole entity view
51 Fed the kitty
55 Sometimes 11 Across
57 Emilia's spouse
59 ___ Magnon
60 Chicken-king connector
61 Library aid
64 Needlefish
65 "T"'s group
66 Sidestep
67 Plus
68 Tweak
69 Cloys

Down
1 Key group
2 Beyond exurban
3 Yawning
4 Hardly any
5 Cooks' stands
6 Brings up the rear
7 Machu Picchu denizens
8 Geneticist's concern, briefly
9 Landing strip
10 Soothes
11 Poker pro
12 Nuncupative
13 Sommelier's offering
18 Foch or Simone
23 Calendar abbreviation
25 Animal docs
27 Mercury, for one
29 Skyline sights
31 Nobelist Wiesel
32 Brief swims
33 Vientiane's land
34 Badly
35 Teaching aid
37 Gourmandize
40 Confirm
41 Tuneful twosome
43 Skunk
44 Indicates
46 Crag
48 Hindi melody
50 Gold man
52 Acclaim
53 Rub down
54 Venetian magistrates
55 Chronicle
56 Economist Greenspan
58 Pinnacle
62 Cartoonist Gardner
63 Actress Gardner

Last week's answers appear on the last page of Puzzle Island © 2018 Creators News Service.
A few 2018 favorites
Nonfiction that resonated, outraged and shined new light

BY JOHN WARNER

Welcome to the first installment of the Biblioracle Books of the Year Awards, in which I offer entirely idiosyncratic prizes to some of my favorite books of the year. The awards will be named in two, consecutive weekly columns, only because my editor says I'm not allowed to do seven parts. This week, I'll offer my nonfiction picks.

Don't call this a "best books" list. What you're looking at is a snapshot of my year in reading. If you like the look of those pictures, you may want to follow my path, but let's not confuse this with "the best."

Still, these books are really good. You should read them.

Most Midwestern Book of the Year

"Let's Go (So We Can Get Back): A Memoir of Recording and Discording with Wilco, Etc." by Jeff Tweedy

Dutton, 304 pages, $28

The story stripped of its telling could be harrowing—rock 'n' roll, addiction, anxiety, breakups, death, cancer—but Jeff Tweedy's authorial persona is so low-key, funny, self-effacing and ultimately charming that you walk away thinking that his remarkable life has been utterly ordinary. Don't believe him. It's a great story.

Still Furious Months After Reading It Book of the Year

Tie: "Dopesick: Dealers, Doctors, and the Drug Company that Addicted America" by Beth Macy

Little, Brown, 384 pages, $28

"Bad Blood: Secrets and Lies in a Silicon Valley Startup" by John Carreyrou

Knopf, 352 pages, $27.95

Two tales of greed: "Dopesick" covers the larger tragedy of how the epidemic of opioid-related deaths was entirely avoidable. "Bad Blood" serves as an avatar of the kind of heedless avarice that seems endemic to Silicon Valley culture.

Somebody Told Us So Book of the Year

"Antisocial Media: How Facebook Disconnects Us and Undermines Democracy" by Siva Vaidhyanathan

Oxford University, 288 pages, $24.95

Speaking of greed, you know how each week seems to bring another story of some Facebook perfidy against its users? Siva Vaidhyanathan, a professor at University of Virginia, explains how this cycle of abuse is embedded in Facebook's very DNA. A scary book, but a necessary one if we're going to rein in these forces that threaten to rend us apart.

How to Rethink Education Book of the Year

"Troublemakers: Lessons in Freedom from Young Children in School" by Carla Shalaby

New Press, 240 pages, $25.95

Carla Shalaby shows how students labeled as "disruptive" might be canaries in a coal mine for classroom structures that are ultimately alienating for all students. It caused me to reconfigure my own thinking in radical ways.

How to Rethink Higher Education Book of the Year

"How Humans Learn: The Science and Stories Behind Effective College Teaching" by Joshua R. Eyler

West Virginia University, 312 pages, $24.99

Over the 20 or so years I've spent teaching college, I've learned there's no such thing as a one-size-fits-all, silver-bullet solution to learning. My goal, as an instructor, is to have a practice that's informed by science examining how students best learn. Joshua R. Eyler, who directs the Rice University Center for Teaching Excellence, has done all teachers—and all people curious about learning—a major service with this book.

The 'If Only I Had A Time Machine' Book of the Year

"Denmark Vesey's Garden: Slavery and Memory in the Cradle of the Confederacy" by Ethan J. Kytle and Blain Roberts


Reading this book, I realized I knew almost nothing about the post-Civil War Reconstruction era. The authors show how we were on the road to ending the system of white supremacy that threatened to tear the country apart, until those same dark forces pushed back. We've been living with the consequences ever since.

Next week: Fiction Biblioracle Awards.

John Warner is the author of "Why They Can't Write: Killing the Five-Paragraph Essay and Other Necessities."

Book recommendations from the Biblioracle

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

1. "Harry's Trees" by Jon Cohen
2. "A Gentleman in Moscow" by Amor Towles
3. "News of the World" by Paulette Jiles
4. "An American Marriage" by Tayari Jones
5. "Hotel Silence" by Audur Ava Olafsdottir

This list tells me that Melinda might take to the somewhat unsettling, but compelling, interiors of Rachel Cusk. Start with "Outline."

1. "The Girls in the Garden" by Lisa Jewell
2. "The South Side: A Portrait of Chicago and American Segregation" by Natalie Y. Moore
3. "Eleanor Oliphant Is Completely Fine" by Gail Honeyman
4. "Hillbilly Elegy" by J.D. Vance
5. "Educated" by Tara Westover

"The Book of Night Women" by Marlon James has some emotionally wrenching moments, but the overall effect is undeniably powerful.

1. "The Idiot" by Fyodor Dostoevsky
2. "The Devil in the Flesh" by Raymond Radiguet
3. "Like Water for Chocolate" by Laura Esquivel
4. "The Long Goodbye" by Raymond Chandler
5. "Cocaine Nights" by J.G. Ballard

This selection is for a truly unusual book club: Jennifer tells me it's a club of only two people, but maybe this is really the best kind of book club. I can't resist the chance to pick what they read next, particularly given the breadth of what they've read. "The Rebel Angels" by Robertson Davies.

Get a reading from the Biblioracle

Send a list of the last five books you've read to books@chicago.tribune.com.
An ongoing study that began in 1993 found that of the 4,000 participants who found their way back to former loves, 72 percent of them were still together.

**Old flames, new romance**

**BY DANIELLE BRAFF**

Chicago Tribune

Linda Waud and Charles “Ben” Waud dated through most of high school and a year of college, and then went their separate ways. It wasn’t until they bumped into each other at their 35-year high school reunion that he told her, “I guess it’s time for us to talk.”

Shortly after the reunion they got married, and the Florida couple have been inseparable for more than two decades. “Yes, this can be a beautiful life,” Linda Waud said.

Now, thanks mostly to social media, more and more couples are experiencing the rekindling of high school and college romances, though not as many are encountering the happily-ever-after ending that Waud and her husband now have.

A study by Nancy Kalish at California State University in Sacramento, which began in 1993 and is ongoing, found that of the 4,000 participants who found their way back to old loves, 72 percent of them were still together. If they were married at the time that they rekindled their romance, the success rate was just 5 percent — because one or both didn’t leave their marriages. The success rate for those who left their marriages jumped to 72 percent. And if they returned to the first love they ever had, the success rate was even higher: 78 percent. If they married their lost loves, the divorce rate was just 0.4 percent.

These rekindled romances appeared to be even more passionate than romantic movies would suggest: 71 percent of those in the study said that their reunion was the most intense romance they’d ever had.

“These romances are a lot faster: They meet for coffee, and then they go to a hotel room,” said Kalish, a professor of psychology.

It happened very quickly for Megan McDonald — who dated John McDonald in high school but had a bad breakup when he went away to college.

Over the next three years, they didn’t talk but constantly asked about each other via mutual friends.

When Megan bumped into John at dinner at a friend’s house, they realized they had to be together forever.

“We made the decision right then and there, and decided that if it was going to be real, it needed to be real, because neither of us lived in the same state,” Megan McDonald said.

So they made the quick decision to date long-distance for two years until they could rearrange their lives to be together.

Now the couple live in Sacramento, have been married for 10 years and have a 5-year-old and a 4-month-old.

There is an unfortunate side of meeting old love a few years or even decades down the line.

Many of them are in new relationships, Kalish said.

The internet has made finding these old loves very casual: A simple email or a Facebook message doesn’t hurt and isn’t as suspicious as a handwritten letter or even a phone call, she said.

But that initial message can lead to another, which eventually could result in a meeting ending in an affair.

“These people weren’t looking for affairs. They never cheated before, and they never cheat again,” Kalish said. “Before you know it, all the emotions come back, even for a happy marriage — they don’t expect it.”

In fact, the majority of the people in the study who reconciled began via an affair.

Decades ago, these couples didn’t meet until their children were older, as they were reconnecting through reunions. But today they’re reconnecting when they’re younger because it’s easier to stay in touch or to find each other through Facebook or other social media outlets.

That usually means the couples are bringing young children into their affairs.

But these aren’t the only issues to consider.

If the couple miss out on years of each other’s lives, they often feel resentful that they lost this time and that the other person gave those years to someone else. Many times they can’t or won’t have children with their old love, which is also a difficult concept to fathom, Kalish said.

Despite those issues, the couple can try to make it work — and many of them do, but they need to realize that they’re different people than they were in high school, said Rachel Sussman, a licensed therapist and relationship expert.

“When we think back on those memories — especially high school and college loves — we were carefree and looking beautiful and thin and happy — and we have an idealized idea of what love looked like, and our brain naturally does a trick on us,” Sussman said. Instead of thinking about the problems in the relationship, you think about your passion and how much better that relationship was than all of your later relationships. So you need to be realistic, and you need to realize that some of those problems may still exist.

But the good news is that research has shown that the more you have in common with someone, the better the chances you have of succeeding in a relationship.

The couple tried dating randomly meet online, Sussman suggested.

“The early dates are really exciting because you’re playing catch-up: You have those stories of what it was like to go to prom together,” she said. “But then, you have to play catch-up and use the same criteria of dating someone new. Do you have the same life goals? Finance goals?”

Make sure you use the same strict criteria with your former love that you’d use with anyone else, Sussman suggested.

The good part: They already know your history.

Danielle Braff is a freelancer.
The Chicago Tribune is committed to assisting the communities that we proudly serve. And as part of our 2018 Chicago Tribune Holiday Campaign, readers can help fund nonprofit programs and charitable events that enhance the lives of children in Chicagoland:

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Chicago Tribune Charities
Second City revue takes on the holidays

Show features mix of sketches and improv

BY MYRNA PETLICHI
Pioneer Press

Expect some unique, and very funny, twists and turns on the season when "The Second City's Nut - Cracking Holiday Revue" comes to Metropolis Performing Arts Centre Dec. 22-31.

Performances are 9:30 p.m. Dec. 22; 7 p.m. Dec. 23, 27 and 28; 3, 7 and 9:30 p.m. Dec. 29; 7 p.m. Dec. 30; and 7 and 10 p.m. Dec. 31.

The revue consists of favorite scenes that were created in the past and remain audience and performer favorites, as well as original pieces created by the cast of this touring company.

“My favorite sketch that I’m in is a sketch I wrote where I get to do parodies of classic Christmas songs,” said cast member Asia Martin. “It’s a lot of fun.”

“I have a lot of favorite sketches,” Olivia Nielsen said. “One of my favorite things about this show is that something we wrote makes all the other Jewish people in the audience come up and find me afterwards, which makes me very happy.”

In terms of classic scenes, one of Martin’s favorites is one in which there is a lot of improvisation. “It’s called ‘Widows,’” she said. “Some of the cast members are old women and they talk to the audience.”

Nielsen noted that the cast tries to look at the holidays in a different way each year. This year, they will reveal to audiences, “who’s actually behind the magic of the holidays and if the holidays are actually magical,” she said.

Most of the scenes are about the holidays, but some address different topics.

The touring company has been working on the show since the end of August. At first the process was “laid back,” Martin said. “We would take archival scenes — scenes that had already been written — and test them on the mainstage of Second City. Then, we would pitch some of those that we liked. Then we would write original pieces.”

“Our show is a mix of archival material and sketches that the current cast has written,” Nielsen reported. “So we’ve been given lots of assignments and prompts to help with the writing process. But also collaborating with each other to create new sketches has been a big part of our process.”

As is the tradition of The Second City, there will be several improvised scenes based on audience suggestions.

“It’s sprinkled throughout the show which is a fun way to keep it fresh every night and get to play with my fellow castmates,” Nielsen said.

You would think that having to travel and be away from their families over the holidays might be difficult. Martin doesn’t think it will be.

“I think it’ll be fun,” she said. “Everyone does a great job of making me feel like we’re all family and that we can celebrate together.”

Besides, they get the chance to make the holidays brighter for other people.

“Our cast is a cast full of goofballs,” Martin said. “We have the most fun when we’re improvising but we also have so much fun with these great scripts.”

Nielsen added, “We bring light to the parts of the holidays that maybe you just grimace at along with your family. We also celebrate the universal truths that make the holidays fun and challenging.”

The Second City’s Nut-Cracking Holiday Revue

When: Dec. 22-31
Where: Metropolis Performing Arts Centre, 111 W. Campbell St., Arlington Heights
Tickets: $30; $35 stage tables; $50 and $60 on New Year’s Eve
Information: 847-577-2121; www.metropolisarts.com

Myrna Petlicki is a freelance reporter for Pioneer Press.
Chicago Tribune

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**Thursday**

“A Christmas Carol”: Celebrate the holiday with Ebenezer Scrooge and the Cratchit family. Scrooge's only concern is with making money, no matter the cost to those around him. Scrooge is visited on Christmas Eve by three magical spirits who take him on a journey through his painful past, gloomy present and possibly fatal future as he learns how his actions have affected those around him. Presented: Nov. 29-Dec. 24, 10:30 a.m. and 7 p.m. Thursdays, 9:15, 11:30 a.m. and 7 p.m. Friday; 3 and 7 p.m. Saturday, 3 p.m. Sunday and Monday, Metropolis Performing Arts Centre, 111 W. Campbell St., Arlington Heights, $30 adults; $15 students, 847-577-5721.

**Barrington Breakfast Rotary Club:** We are a Rotary Club of local men and women who meet weekly for breakfast, fellowship and community and international service. We also discuss local and global topics, as well as issues relevant to the practice and promotion of Rotary ideals in our personal and business lives. 7 a.m. Thursday, The Garlands of Barrington, 1000 Garlands Lane, Barrington, $10, 847-304-1996.

**Paris Market Holiday Open House:** Shop for everyone on your holiday list at Paris Market Antiques Holiday Open House until Dec. 24. The event will feature vintage Christmas items from jewelry, holiday ornaments, glassware, art, vintage clothing, furniture, collectibles and more. 9:30 a.m. Thursday, Ice House Mall and Village Shops, 200 Applebee St., Barrington, free, 847-381-6661.

**Mistletoe and Mimosas:** Enjoy Mistletoe and Mimosas from 3 to 7 p.m. Thursdays, Dec. 6-20, at the Ice House Mall. Shop and stroll through the mall for holiday gift ideas, in-store specials and enjoy the holiday season with Mistletoe and Mimosas at Savvy Spirit, Paris Market Antique and EwelineB.

**Meals of Hope Holiday Food Drive:** Meals of Hope Food Drive is asking for donations of boxed and canned goods for the Northern Illinois Food Bank, which helps feed families throughout northern Illinois. Give generously to provide meals to hungry families. Collections run from Nov. 29 to Dec. 27, 9:30 a.m. to 7 p.m. Monday through Saturday and 10 a.m. to 2 p.m. Sunday. Ice House Mall and Village Shops, 200 Applebee St., Barrington, free, 847-381-6661.

**Anthony Bruno's Holiday Special at 210 Live:** Anthony and his orchestra sing and swing your favorite holiday songs and yuletide carols, including “White Christmas,” “Jingle Bells,” “Santa Claus is Coming to Town,” “The Christmas Song,” “Winter Wonderland” and many more. Come out for a night of merriment and joy as Anthony Bruno puts you in the Holiday and Christmas Spirit. Cocktail and dining packages from $25 for individuals, groups, businesses, corporations. 8 p.m. Thursday, 210 Live, 210 Green Bay Road, Highwood, $25-$60 per person packages, 847-433-0304.

**Joseph and the Amazing Technicolor Dreamcoat:** One of the most enduring shows of all time, Andrew Lloyd Webber’s “Joseph and the Amazing Technicolor Dreamcoat” is a reimagining of the Biblical story of Joseph, his father Jacob, 11 brothers and the coat of many colors. Shows through Dec. 30. Ticket fees: Wednesdays, Thursdays, Fridays, $40; Saturdays and Sundays, $35. Discounts are available for groups, seniors and students. 7 p.m. Thursday and Friday, and 1 p.m. Saturday and Sunday, Citadel Theatre Company, 300 S. Waukegan Road, Lake Forest, $40-$45, 847-735-8554.

**Drop-In Read Around the Apple Tree:** Gather round the Apple Tree Children's sculpture for a weekly interactive storytime throughout December, 10 a.m. Thursday, Lake Forest Library, 360 E. Deerpath Road, Lake Forest, free, 847-234-6250.

**Drop-In Tech Help at Lake Forest Library:** While the librarians can show attendees how to download eBooks, use their iPhone or tablet, create Google Docs and similar techy tasks, librarians cannot fix computer hardware problems or download software. 2-4 p.m. Thursday, Lake Forest Library, 360 E. Deerpath Road, Lake Forest, free, 847-234-6250.

**Vitalant (Formerly LifeSource)**

**Blood Drive:** Every two seconds, someone needs blood. Make a difference this holiday season and help your community by donating. Vitalant is the new name for LifeSource. Donors receive a long-sleeved T-shirt and a coupon for a free pizza. 1 p.m. Thursday, 10 a.m. Friday, Lake Forest Library, 360 E. Deerpath Road, Lake Forest, free, 847-234-0636.

**Teen and Youth SMART Recovery:** LEAD hosts this addiction recovery program available to youth ages 14-22 to help overcome unhealthy habits (drinking and drug usage), or behaviors (eating and gaming issues). SMART Recovery is judgement-free, promoting self-help and choice to achieve a healthy, positive and balanced lifestyle. The 4-Step Program assists individuals in all stages of recovery by: (1) building and maintaining motivation (2) coping with urges (3) managing thoughts, feelings and behaviors and (4) living a balanced life. 5:30 p.m. Thursday, Gorton Community Center, 400 E. Illinois Road, Lake Forest, free, 847-295-9075.

**Care Giver Support Group:** You may feel isolated or overwhelmed as you care for a family member or friend. Join others to share, interact and learn from each other in a safe, supportive environment. Meeting the first and third Thursdays from 1-2 p.m. in the Parish House. 1 p.m. Thursday, First Presbyterian Church of Lake Forest, 700 N. Sheridan Road, Lake Forest, free, 847-234-6250.

**Pioneers for Play:** Busy Brains Children's Museum is in need of monthly donors. The first 50 donors to sign up to donate $5 a month will receive a BBCM shirt and gear set. Any questions on how to set up your donation? Call or email info@busybrains.org. 7 a.m. daily, Busy Brains Children's Museum, 130 Cedar Ave., Lake Villa, 224-381-0138.

**Country With a Little Ballroom:** Enjoy a mini lesson and open dance for all styles. 7 p.m. Thursday, Dress Up & Dance, 206 Terrace Drive, Mundelein, $12.

**Trickster Presents:** "Native American Body of Art:" It is a first-of-its-kind exhibition featuring partially nude art by Native Americans from a variety of tribes. The project is the idea of Brent Learned, a member of the Cheyenne and Arapaho tribes. "Native American Body of Artworks" depicts both male and female nudes. 10 a.m. Thursday-Sunday and Tuesday-Wednesday, Trickster Gallery, 190 S. Roselle Road, Schaumburg, free, 847-301-2090.

**SMV Scouts & Youth Ministry Christmas Tree Sale:** St. Mary of Vernon's Scouts and Youth Groups Christmas Tree Sale will run through Dec. 23, featuring fresh cut Fraser firs from 6 a.m. to 6 p.m. Tuesday-Sunday and Tuesday-Wednesday, 3:30-5:30 p.m. Monday to Friday and 10 a.m. to 8 p.m. Saturday and Sunday. St. Mary of Vernon Parish, 236 U.S. 45, Vernon Hills, $60 to $125, 847-362-1005.

**Meals of Hope Holiday Food Drive:** Meals of Hope Food Drive is asking for donations of boxed and canned goods for the Northern Illinois Food Bank, which helps feed families throughout northern Illinois. Give generously to provide meals to hungry families. Collections run now through Dec. 27, Donation boxes are located throughout the mall. 9:30 a.m. daily, Ice House Mall and Village Shops, 200 Applebee St., Barrington, free, 847-381-6661.

**Winter Solstice Ceremony — Kathleen Rule:** The evening begins with an outside fire ceremony to release and transform any beliefs, emotions, or constraints that are holding you back from your inner light. Visit www.infinityfoundation.org for more information and registration. 7:30 p.m. Friday, Infinity Foundation, 1280 Old Skokie Valley Road, Highland Park, $35, 847-831-8828.

**SMV Scouts & Youth Ministry Christmas Tree Sale:** St. Mary of Vernon's Scouts and Youth Groups Christmas Tree Sale will run through Dec. 23, featuring fresh cut Fraser firs from 6 a.m. to 6 p.m. Tuesday-Sunday and Tuesday-Wednesday, Trickster Gallery, 190 S. Roselle Road, Schaumburg, free, 847-301-2090.

**The Bally Hoo at 210 Live:** The Bally Hoo is a lean back into the 1930s, and the days of vintage Hollywood floor-shows, with all the glitz and glamour they include. Featured musical guest, Miss Jubilee, is the hottest jazz combo in the Midwest. Special featured performers include "Swell Sisters", Mr. Paul Asaro, The Galaxie Girls, The Chicago Chorus Girl Project, Miss Donna Touch, and host Rob Dorn. Two drink or entree minimum with table seating. 8 p.m. Friday, 210 Live, 210 Green Bay Road, Highland Park, $30 a person, 847-433-0304.

**New Release Fridays at Lake Forest Library:** Be the first to see newly released DVDs. Popcorn is included. Call the library at 847-234-0636 to find out what movies will be shown this week. 3 p.m. Friday, Lake Forest Library, 360 E. Deerpath Road, Lake Forest, free.

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**WHAT TO DO COMMUNITY CALENDAR**

**Calendar, from Page 20**

**Vitalant (Formerly Lifesource)**

**Blood Drive:** Every two seconds, someone needs blood. Make a difference this holiday season and help your community by donating. Vitalant is the new name for Lifesource. Donors receive a long-sleeved T-shirt and a coupon for a free pizza. 10 a.m. Friday, Lake Forest Library, 360 E. Deerpath Road, Lake Forest, free, 847-234-0636.

**Holiday Special Concert for Baby at the Adler Center:** Pianist Rick Lowe performs a holiday special concert for babies and young children and for parents or caregivers. At each Baroque to Baby concert, the Early Childhood Program instructor leads joyful games and activities that encourage small listeners to engage and move with the music. 11 a.m. Friday, David Adler Music and Arts Center, 1700 N. Milwaukee Ave., Libertyville, $15 a family, 847-367-0707.

**Goodbye Autumn, Hello Winter:** Meet in the children's department and read some wintry books, then walk to the Cook House in the park to celebrate the shortest day of the year before heading back inside to make a craft. For Grades 1-2. 4 p.m. Friday, Cook Memorial Public Library District - Cook Park Library, 413 N. Milwaukee Ave., Libertyville, free, 847-362-2330.

**Movie: “Crazy Rich Asians”**:
This film is rated PG-13. 6:30 p.m. Friday, Rolling Meadows Library, 3100 Martin Lane, Rolling Meadows, free, 847-259-6050.

**Mastermind Escape Games - Live Action Escape Games:** How do escape games work? You are given a mission and placed into a themed room where you must explore to find hints and clues. You may find a container that needs a passcode to open, or a lock that needs a key. If you search hard enough, you can figure out passcodes, open all the locks, find hidden items, and ultimately free yourself. 11 a.m. Friday, Mastermind Escape Games, 1015 E. State Pkwy., Suite 200, Schaumburg, $28, 847-453-4348.

**Tommy Davidson:** From stand-up comedy and acting to versatile music accomplishments, Tommy Davidson has earned a reputation as an extraordinary performer. 8 and 10:45 p.m. Friday, 7 and 9:15 p.m. Saturday, and 7 p.m. Sunday, The Chicago Improv, 3 Woodfield Mall, Schaumburg, $22, 847-240-2001.

**GLMV Conversations 4 Success Free Network Group:** Open to all GLMV Chamber members, to meet first and third Fridays, with doors opening at 7:30 a.m., meeting from 7:45 to 9 a.m. Meet two presenters each First Friday meeting; learn how to address business challenges from other like-minded business owners each Third Friday. Enjoy light breakfast sponsored by Corner Bakery Cafe - Vil and Hann's coffee. 7:30 a.m. Friday, The Glacier Ice Arena, 670 Lakeview Pkwy., Vernon Hills, free, 847-680-0750.

**Wheeling Bingo:** Any serious players or those just looking for fun can enjoy bingo games, food, and all-night slots. Doors open 5:30 p.m. Visit the website for more information. 7:15 p.m. Friday, American Veterans Post 66, 700 McHenry Road, Wheeling, $12-$43, 847-537-0440.

**Saturday**

**“The Second City’s Nut-Cracking Holiday Revue”**: This holiday revue captures all the magic, mystery and mayhem of the season with original songs, brand-new sketches and some classic favorites. Dates offered are Dec. 22-31, with tickets at $30 or stage tables $55; New Year’s Eve tickets $50 or stage tables $60. 9:30 p.m. Saturday, 7 p.m. Sunday, Metropolis Performing Arts Centre II, W. Campbell St., Arlington Heights, $30-$60, 847-577-2121.

**Meals of Hope Holiday Food Drive:** Meals of Hope Food Drive is asking for donations of boxed and canned goods for the Northern Illinois Food Bank, which helps feed families throughout northern Illinois. Give generously to provide meals to hungry families. Collections run now through Dec. 27. Donations of boxed and canned goods can be donated at the Northern Illinois Food Bank, 1175 Sheridan Road, Highland Park, $18 a person, 847-432-8900.

**Lil Ed and the Blues Imperials: A Blues Christmas:** Join Lil Ed and the 210 Live Community for a night of blues and holiday entertainment. 7 p.m. Sunday, 210 Live, 210 Green Bay Road, Highwood, $10 table; $15 premium couch section, 847-433-0304.

**Teen Study Sunday:** Make the Kasian Room at the Lake Forest Library your go-to study spot. For teens looking for a quiet space to do homework or work on group projects, with convenient access to books and online resources. 1 p.m. Sunday, Lake Forest Library, 360 E. Deerpath Road, Lake Forest, free.

**Pioneers for Play:** Busy Brains Children’s Museum is in need of monthly donors. The first 50 donors to sign up to donate $5 a month will receive a BBCM shirt and gear set. Any questions on how to set up your donation? Call or email info@busybrains.org; 7 a.m. daily, Busy Brains Children's Museum, 130 Cedar Ave., Lake Villa, 224-381-0138.

**Open Jam Fundraiser:** Come help raise funds to help Andrea Miller. She has been asked to play softball representing America’s Team in Holland. Miller is a student at Waukegan High School and a three-sport varsity student-athlete. 17 North will donate 25 percent of drink sales from the upstairs bar from 7 to 11 p.m. at 17 North Bar & Grill. Free to play and free to come listen. Bring your toys and make some noise. 7 p.m. Saturday, Bistro 17, 17 N. Genesee St., Waukegan, free, 224-456-5103.

**Monday**

**Trivia Night at Buffalo’s Restaurant:** Bring family and friends every Monday Turn to Calendar, Page 22
WHAT TO DO COMMUNITY CALENDAR

Tuesday, North Chicago Public Library, 2100 Argonne Drive, North Chicago, free, 847-689-0125.

Wednesday

Senior Citizen Discount Day at Catchpenny Resale Shoppe: Catchpenny Resale Shoppe is an enterprise of the Volunteer Auxiliary of Advocate Good Shepherd Hospital. Every Wednesday, they offer all seniors 10 percent off their entire purchase. 10 a.m. Wednesday, Catchpenny Resale Shoppe, 118 E. Main St., Barrington, free, 847-381-7721.

Meals of Hope Holiday Food Drive: Meals of Hope Food Drive is asking for donations of boxed and canned goods for the Northern Illinois Food Bank, that helps feed families throughout northern Illinois. Please give as generously to provide meals to hungry families. Collections run now through Dec. 27. Customers can bring boxed and canned goods to donate when shopping, dining or visiting Santa at the mall. Donation boxes are located throughout the mall. 9:30 a.m. Wednesday, Ice House Mall and Village Shops, 200 Applebee St, Barrington, free, 847-381-6661.

Holiday in the Park: Deck the halls in a dazzling display of lights, sights, and sounds for its first ever holiday extravaganz. From visiting with Santa to roasting a s'more near a warm fire, our Holiday Attractions are unique and only available during Holiday in the Park. 2 p.m. Wednesday, Six Flags Great America Theme Park, 542 N. Illinois Route 21, Gurnee, $46.79+, 847-381-6661.

Joe Marcinek Band at 210 Live: Joe Marcinek Band is an experience where the music is equal parts Chicago blues, New Orleans funk, Grateful Dead psychedelia and jazz fusion. 7 p.m. Wednesday, 210 Live, 210 Green Bay Road, Highwood, $5 dining, seating, general admission, 847-433-0304.

Vinyl Night: Come hang out every Wednesday and bring your favorite record. We spin vinyl here in the tap room every Wednesday from 5-10 p.m. 5 p.m. Wednesday, Church Street Brewing Company, 1480 Industrial Drive, Itasca, free.

Wednesday Team Trivia: Join in every Wednesday for this trivia night. You may win prizes playing Themed Trivia. There is a limit of 10 people maximum per team. 8 p.m. Wednesday, Snuggery Company, 1480 Industrial Drive, Itasca, free, 815-578-9600.

Have an event to submit? Go to www.ChicagoTribune.com/Events

American Girl Live

The Capitol Steps

Parkinson's Exercise Class: In these weekly Parkinson's exercise classes, participants learn more about the overall benefits of physical activity. Classes are led by a licensed occupational therapist with Paxxon Healthcare Services. To RSVP or for more information, call Susan Kocanda at 847-537-5000 or email skocanda@belmontvillage.com. 1:30 p.m. Tuesday, Belmont Village -Buffalo Grove, 500 McHenry Road, Buffalo Grove, free, 847-537-5000.

Trivia Tuesday: Come out to Church Street every Tuesday around 7:30 for Church Street Trivia with Amy. Get together your smartest friends and come to the tap room for your chance at gift cards for free beer and more. 7:30 p.m. Tuesday, Church Street Brewing Company, 1480 Industrial Drive, Itasca, free.

Anime Club: Come watch anime, eat Japanese snacks, read manga and sketch your favorite characters after school at the library. Must be ages 12 and older with required registration. 3:45 p.m.

THE CAPITOL STEPS MAKE AMERICA GRIN AGAIN JAN 24-27

All the news that's fit to print, fake and parody with hilariously biting musical satire.

THEY PUT THE "MOCK" IN DEMOCRACY!

What to Do Community Calendar

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night for a fun trivia night. Live host, great prizes and free to play. 7 p.m. Monday, Buffo's, 431 Sheridan Road, Highwood, free, 847-432-0300.

Christmas Eve Worship - 5 p.m.: Christmas Eve Worship of Carols and Candles is held at 5 p.m. This will be a family-oriented service, with Holy Communion served. Everyone is welcome to join to celebrate the birth of the Christ Child. For more information, contact the church office. 5 p.m. Monday, St. Peter United Church of Christ, 47 Church St., Lake Zurich, free, 847-438-6441.

Christmas Eve Worship - 10 p.m.: Christmas Eve Worship of Carols and Candles is held at 10 p.m. It will be a traditional service of worship with Holy Communion. Everyone is welcome to celebrate the birth of the Christ Child. For more information, contact the church office. 10 p.m. Monday, St. Peter United Church of Christ, 47 Church St., Lake Zurich, free, 847-438-6441.

Christmas Eve Candlelight service - 4:30 p.m.: Pastor David Beebe shares a special children's sermon, "Silent Night, Holy Night," the story of the First Christmas with "memory hooks" in a goodie bag allowing the children to tell the story to others. Carols and candlelight add to the joy of this special night. Then, join on Christmas morning at 10 a.m. 4:30 p.m. Monday, Lutheran Church of the Good Shepherd, 1111 N. Elmhurst Road, Prospect Heights, free, 847-537-4353.

Tuesday

Parkinson's Exercise Class: In these weekly Parkinson's exercise classes, participants learn more about the overall benefits of physical activity. Classes are led by a licensed occupational therapist with Paxxon Healthcare Services. To RSVP or for more information, call Susan Kocanda at 847-537-5000 or email skocanda@belmontvillage.com. 1:30 p.m. Tuesday, Belmont Village -Buffalo Grove, 500 McHenry Road, Buffalo Grove, free, 847-537-5000.

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Anime Club: Come watch anime, eat Japanese snacks, read manga and sketch your favorite characters after school at the library. Must be ages 12 and older with required registration. 3:45 p.m.
ASK THE DOCTORS

Taking a break from exercise may be detrimental to your health

BY DR. EVE GLAZIER AND DR. ELIZABETH KO

Dear Doctor: I'm 35 years old and a regular exerciser. Sometimes, though, when I'm on vacation or just want to veg out, I need a break. Now I'm hearing that this is really bad for your metabolism, especially as you get older. Seriously? Taking a couple of weeks off really makes that much difference?

Dear Reader: We're sorry to rain on your hammock time, but the newest research suggests that yes, taking as little as a two-week break from your regular exercise routine has negative health effects for older adults that can be long-lasting. This new insight comes from two recent studies that looked at what happened when physically active adults stopped exercising, even for a short time. Among the ill effects was a rise in blood sugar levels, a drop in insulin sensitivity and weight gain. As though that wasn't enough bad news, it turned out that even after the study participants returned to their regular exercise regimens, the metabolic changes were slow to fully reverse.

A study conducted by researchers from the University of Liverpool in England looked at a group of 45 men and women between the ages of 24 and 50 who were quite active. They each walked more than 10,000 steps per day. However, in this case, they all had elevated blood sugar levels, which put them at risk of developing Type 2 diabetes. As with the Liverpool study, the participants showed ongoing signs of insulin resistance. A second study from Canada's McMaster University focused on adults aged 65 and older. In that study, the participants were also active, walking between 7,000 and 8,000 steps per day. However, in this case, they all had elevated blood sugar levels, which put them at risk of developing Type 2 diabetes.

Send your questions to askthedoctoors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.
Burr Ridge home with open floor plan: $4M

ADDRESS: 6130 S. Elm St. in Burr Ridge
ASLING PRICE: $3,999,000
Listed on Oct. 11, 2018
Surrounded by English gardens, this home has an open floor plan and 22-foot ceilings in the main living area. The gourmet kitchen has high-end appliances and quartz countertops. The master suite is located on the main level, and the second floor boasts four additional bedrooms. There is a sixth bedroom located in the expansive finished lower level. Other features include a Shaker Shingle roof, Hardie Board exterior, floor-to-ceiling windows and crystal Rococo chandeliers.
Agent: Ellyn Collins of Coldwell Banker Residential, 708-310-5926

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

At press time, this home was still for sale.

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

chicagotribune.com/homes
This year’s hottest Secret Santa gift is a spurtle. Let me explain.

SALLY HIGGINSON

Dear Sal,
Recently, I participated in a Secret Santa gift exchange. A colleague gave my friend a turned piece of wood which looked like a wooden flute that someone forgot to drill a hole through, or like a too-fat chopstick with an ornamental top. The giver explained that it was a spurtle: a Scottish tool designed specifically to stir porridge.

He beamed, confident that he had produced the best gift of the night. Initially, everyone thought the gift was hilarious. By the end of the evening, however, the group laughter had morphed into appreciation, and to a person, we all wanted spurtles to call our own.

Was the punch overly spiked, or is this the greatest thing ever?

Signed,
Stirry Eyed

Dear Stirry,
It pains me to confess that until your letter, I had never heard of a spurtle. Now that I've researched it, however, I wonder how I've lived, lo these last past 55 years, without one. I did not order just one after falling down the internet rabbit hole. I ordered seven, and I will be gift-wrapping six of them.

According to Tommy Werner's article on Epicurious.com, "The most awe-inspiring kitchen tool in existence is the spurtle. That is, if you ask Scotland's competitive porridge cooks (yes, that's a thing)."

Here I feel compelled to add an editorial sidebar: I awaken every morning with the hope that I will learn of a "thing" like competitive porridge cooking. Knowing that such an event exists makes me happy to be alive.

Olympic oatmeal aside, it turns out there are two types of spurtles. One is the traditional, dowel-shaped instrument. Its single purpose is porridge stirring, and it is the tool mandated for sport porridge making. I didn't order that model.

The new, and to my mind improved, American spurtle is a cross between a spoon and a spatula. If reviews are to be believed, it's good for everything. What sporks do for picnics, the spurtle does for cooking. The more I think about it, the more I regret that I must wait for overnight shipping. I need my spurtle now.

And so, Stirry Eyed, my edict is that no, you and your friends were not punch drunk with envy. As far as I can tell, a spurtle from a Secret Santa is Sperfect.

Dear Sal,
I'm wondering where you fall on holiday gifts of cash for people like my UPS driver and refuse collector? Am I a Scrooge if I dread the mechanics of handing out envelopes?

Meanwhile, my beloved spouse thinks the purpose of holiday money is nothing more than offering a bribe to ensure good service for the coming year.

Who's right?

Signed,
Enveloped in Guilt

Dear Enveloped,
No doubt it's exhausting handing out envelopes, but you must. With luck, the prospect of showing appreciation to the people who provide services to you will lighten your burden.

Please tell your spouse that holiday bonuses are not bribes. They acknowledge past performance.

Who's right? I am.
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Seasonal sounds

Maine South musicians, singers create holiday spirit with annual concert

BY JENNIFER JOHNSON
Pioneer Press

Maine South High School's multiple musical ensembles came together for a night of traditional and lesser-known Christmas carols and winter-themed music during the Park Ridge school's annual Holiday Concert last week.

The concert, which took place Dec. 14, featured the school's Concert Band, Jazz Band, Symphonic Band and Wind ensembles, String and Philharmonic Orchestras, Chamber Orchestra, Symphonic Orchestra, Concert Choir and Glee chorus, Hawkapella, Decibellas, Vocal Jazz Ensemble, Mixed Chorus and Chamber Choir.

Members of the Maine South Marching Band also took the stage to perform the "Frozen Parade Sequence," which they showcased at Disney World over Thanksgiving weekend.

In addition to Christmas songs like "Jolly Old St. Nicholas," "Do You Hear What I hear?" and "The Most Wonderful Time of the Year," the concert celebrated Hanukkah with pieces like "Hanukkah, Oh Hanukkah," performed by the Mixed Chorus and "S'Vivo," a traditional song sung in Hebrew by Concert Choir and Glee.

Above: The Maine South High School Jazz Band performs "Dashing Through the Snow," arranged by Andy Clark, during the annual Holiday Concert, held Dec. 14.

Left: Maine South's Micah Orr, left, and Charli Otto, perform as the mixed chorus sings "Do You Hear What I Hear?" during the annual Holiday Concert on Dec. 14.

Taylor Truckenbrod performs a solo with Hawkapella and the Decibellas during Maine South High School's annual Holiday Concert on Dec. 14.

jjohnson@chicagotribune.com
Twitter @Jen_Tribune
Heinz accepts new leadership position with Palatine schools

BY JENNIFER JOHNSON
Pioneer Press

After four years at the helm of Park Ridge-Niles School District 64, Superintendent Laurie Heinz has announced plans to leave the district at the end of the current school year.

According to a statement from District 64, Heinz has accepted a new job as superintendent of Palatine-based Community Consolidated School District 15.

During a meeting Dec. 13, the District 15 Board of Education approved a four-year contract with Heinz, beginning July 1, 2019.

According to the contract, she will receive a starting salary of $272,000, with compensation for future years determined by the board.

District 15, in a statement on its website, said Heinz will be the first female superintendent of the district in its 72-year history. The district consists of 15 elementary schools, four junior high schools, one preschool and an alternative day school.

"Since joining us in 2014, Dr. Heinz has been a dynamic leader and collaborative partner to the board and has successfully moved District 64 forward in every way," District 64 Board President Anthony Borrelli said in a statement released by the district. "We are sorry to lose this dedicated and talented educator to another district, but we wish her only the best as she takes on the added responsibilities in her expanded position."

In its statement this week, District 64 said the school board will meet "after the holidays" to begin the planning process of searching for a new superintendent.

Heinz's successor will be District 64's third superintendent in nine years.

During Heinz's time with District 64, the district implemented a five-year strategic plan, increased capital projects within its school buildings and began the process of adding secured entry vestibules and newly configured main offices to school buildings.

The district also noted that Washington School was the recipient of a national Blue Ribbon Award for educational excellence under Heinz's leadership.

Former firefighter settles lawsuit

BY GENEVIEVE BOOKWALTER
Pioneer Press

A lawsuit filed by a former Lincolnwood firefighter alleging abusive behavior by employees of the private company contracted by the village for firefighting services has been dismissed after the two sides reached a "confidential settlement," according to an attorney representing the defendant.

"The case was dismissed, with prejudice, as a result of a confidential settlement reached by the parties," said Brian Holman, attorney for Paramedic Services of Illinois, which provides contracted firefighting services for the Village of Lincolnwood.

Court documents show the case was dismissed Dec. 11. "With prejudice" means the case has been dismissed permanently and can't be brought back to court.

Attorney Daniel Zemans, who represented the plaintiff, firefighter Josh Weller, confirmed Holman's statement but declined to comment further.

The lawsuit was filed by the former Lincolnwood firefighter against his former employer, PSI, on Aug. 30, 2017, in U.S. District Court. Weller's suit later added his former chief, deputy chief and battalion chief as defendants.

In the lawsuit, Weller describes what he called a pattern of harassment.

Weller said he witnessed male coworkers calling his female co-worker explicit vulgarities, describe her as "useless," talk to her "brazenly" about her breasts, tell her she should not try to seduce anyone at work, and ask if she was sleeping with her coworkers, according to the complaint.

Weller said in his lawsuit that male coworkers called him the woman's "guard dog," spread rumors that he and the woman were having an affair, asked Weller if he had impregnated her, asked for videos of the two having sex and texted him pornographic images asking if "the images depicted the type of sexual activity" Weller and the woman engaged in.

Weller also claimed to have noticed and complained about the "ongoing abuse of prescription drugs by a superior officer while on duty that put the health and safety of patients, coworkers and the public at risk," among other actions, according to the lawsuit.

"With prejudice" means the case has been dismissed permanently and can't be brought back to court.

Attorney Daniel Zemans, who represented the plaintiff, firefighter Josh Weller, confirmed Holman's statement but declined to comment further.

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Niles North aims to gain experience for young contributors

BY PATRICK Z. McGAVIN
Pioneer Press

Niles North sophomore Elijah Bull went baseline down the right side the first time he touched the ball against Evanston in a Central Suburban South game Friday night. He scored the Vikings' first two baskets.

If he seemed particularly familiar on the Evanston floor, Bull had a good reason why: The point guard is a transfer from Evanston and is now in his first year as a starter for Niles North.

"It was a great experience seeing my old teammates and my old environment," Bull said. "Niles North has been a smooth transition for me. It's very similar to Evanston. Everybody is caring and looking out for you. It's a great environment and a great school."

He scored six points and added three assists and three steals in his return to Evanston, as the Vikings lost 67-41.

Bull is one of two sophomore starters, along with 6-foot-5 wing Jalen Butler. Junior guard Aquan Smart, one of the best athletes in the area, scored 11 points to lead the Vikings (5-3, 1-2).

Promising freshman guard Yosef Oliff had five points off the bench.

Veteran coach Glenn Olson started only one senior, post player Zaki Crayton-Gillett. Starting so many young players in the deep CSL South is far from ideal, but the upside is the high ceiling of the Vikings' underclassmen. Bull and Butler have been improving quickly and have lots of basketball ahead of them.

"Nothing teaches like the game," Olson said. "We have not shown yet on a day-to-day basis of being able to put it together, but the good news is we are getting better with it in practice. We have some potential to get better. We are trying to establish our identity defensively and learning how to play in the system offensively."

At 5-foot-10 with an excellent first step and good vision, Bull has the required skills to play in the CSL South. The important part now is gaining experience and learning how his new teammates like to play.

"This is a great opportunity for me to become a better leader," Bull said. "Getting the team involved is my best attribute. I think, for us, we have to learn how to play together, not take losses too hard and come back and work hard and stay focused."

Butler is in his second year on the varsity squad. After being a part-time starter as a freshman, he has taken on an expanded role. He has looked to refine and diversify his game.

At 6-5, he is the Vikings' tallest starter. He said he aims to showcase greater versatility and scoring ability on the perimeter.

"I prefer playing more on the wing," Butler said. "I think I have matured as an offensive player and learned how to play at the defensive end. Offensively, I have shown the ability to hit the pull-up (jump shot) and also attack the basket."

"Against Evanston, we came out in a bad position, and we just have to learn how to play hard the whole 32 minutes of the game."

Patrick Z. McGavin is a freelance reporter for Pioneer Press.

Twitter @Pioneer_Press

Niles North's Elijah Bull (10) chases down a loose ball during the game against Evanston on Friday.
Michael Love showcased a long list of enviable traits in helping Nazareth capture the Class 7A state title this fall.

He has rare playmaking ability, and he can make those plays on offense, defense and special teams. The senior's versatility at slot receiver, defensive back and in the return game is hard to match.

But it was Love's persuasive nature as the Roadrunners' punter that has stuck with Nazareth coach Tim Racki.

"I've never gone for it on fourth-and-18, but he talked me into it," Racki recalled with a chuckle. "What's most impressive is that he threw a bullseye into a tight window right along the sideline - and he's not even a quarterback. He's a game-changer in all three phases."

That unique display of athleticism and bravado, in the first half of Nazareth's 45-7 Week 5 win against Benet, helped form Love's case for being named the 2018 Pioneer Press All-Area Football Player of the Year.

He scored 23 offensive touchdowns, including a 59-yard scoring run in the Roadrunners' 31-10 state-final win against St. Charles North. He also was a shut-down player in the secondary. He returned two punts for touchdowns and often forced opposing kickers to send the ball as far away from him as possible.

"I love to get into open spaces and find a seam, read the defenders and make them miss," Love said. "I don't think anyone can tackle me 1-on-1. I trust my speed a lot."

That bit of self-scouting stems from confidence, not arrogance. Love is well aware of his capabilities when the ball is in his hands.

So are opposing defenders.

He noticed a difference in the way would-be tacklers approached him as the season progressed, with opponents breaking down much earlier than normally prescribed.

That tactic, fueled by a fear of being embarrassed, led to one particularly comical play.

It came in the Roadrunners' 42-11 first-round playoff win against Andrew, when he made an incredible catch on a ball thrown a bit behind him. His hesitation forced two defenders to collide right before his eyes.

"Someone got a picture of me smiling as I was running into the end zone," said Love, who currently has seven scholarship offers, including several from Mid-American Conference schools. He previous had been committed to Bowling Green but is now keeping his options open.

Racki, who now has seven state titles as a coach at Nazareth and Addison Driscoll, relished all of Love's signature moments. He's just as pleased with how Love comportst himself away from the gridiron.

"He's a ball of dynamite on the field, but off the field he's an intelligent, respectful young man," Racki said. "The team followed his lead, and he embraced the pressure to make all the plays."}

Speaking of pressure, Love has long dealt with the reality of following in the footsteps of his older brother, Julian Love. The elder Love brother won two state titles at Nazareth before becoming a consensus All-American cornerback at Notre Dame.

Julian and Michael Love are incredibly close and supportive of each other. Julian Love said he has never felt the need to emulate any of Julian's football exploits.

"He's a ball of dynamite on the field, but off the field he's an intelligent, respectful young man," Racki said. "The team followed his lead, and he embraced the pressure to make all the plays."

Speaking of pressure, Love has long dealt with the reality of following in the footsteps of his older brother, Julian Love. The elder Love brother won two state titles at Nazareth before becoming a consensus All-American corner-

Because of his considerable football skills and his dynamic personality, Michael Love has stepped outside of his brother's shadow.

"He's always had such pure hands, and I love his grit, always trying to get the extra yard," Julian Love said. "But he can walk into any room and be the center of attention. He's very easy to follow, and that's really special."

Steve Reaven is a freelance reporter for Pioneer Press.

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**COMING SOON:**
**THE GREATEST ON THE GRIDIRON**

Check out next week's edition for the Pioneer Press 2018 Football All-Area Team, featuring the best offensive and defensive players from Chicago's north and west suburbs.
Hinsdale Central's Rafferty enjoying final ride with Furman

BY BOB NARANG
Pioneer Press

Hinsdale Central alumnus Matt Rafferty is enjoying his final season playing for the Furman men's basketball team.

Led by Rafferty's strong play, the No. 23-ranked Paladins are one of the few remaining undefeated teams in Division I. After defeating Final Four teams Loyola and Villanova on the road in a nine-day span in November, the Paladins have been thrust into the national spotlight.

The 6-foot-8 Rafferty, a senior forward, is averaging 17.2 points, 9.7 rebounds, 4.6 assists and 1.75 steals per game for the Paladins (12-0).

Rafferty said the victory against Loyola was the highlight of the season. The Hinsdale native said it was his first time playing in the Chicago area in front of his family since he started college. He scored a game-high 18 points on 7-for-16 shooting to go with seven rebounds in 37 minutes to knock off the Ramblers.

"The win over Loyola was huge for our program," Rafferty said. "It was awesome playing in front of family and friends and so many supporters. There were 50 or so people who came to watch me and the team play. I got to everyone there. It was incredible."

"After the game, we got a little extra time to stay, take pictures. It was really nice having so much family come that you don't normally see at games. It was awesome."

Rafferty, the all-time leader in rebounds, blocks and steals at Hinsdale Central, said his immediate goal centers on leading the Paladins to the NCAA Tournament.

He plans on pursuing his professional career in the NBA or overseas.

"The ultimate goal is to make it to the tourney," Rafferty said. "Beyond that, it's the Final Four and see what we can do in the tourney. We have to worry about the next game, which is against LSU (on Friday). From there, we have to take care of conference and keep playing the way we are playing and get better on what we need to improve on."

Army-Navy game features local players

A number of Chicago-area graduates got to experience the Army-Navy football game, which took place Dec. 8 in Philadelphia.

Hinsdale Central graduate Mike Johnson played in the game for the first time as an Army junior. Johnson, a 6-foot-3 offensive lineman, helped the Black Knights defeat the rival Midshipmen 17-10. He played five games as a freshman but missed last season due to injury.

Army sophomore defensive lineman Jack Hough, a Wilmette native, also played in the game.

New Trier graduate Clay Czyzynski is a freshman quarterback for the Black Knights but did not play against Navy.

Barrington graduate Jackson Perkins played in five games for Navy this season.

Perkins is a sophomore defensive end for Navy. He played in five games this season but did not play against Army.

Smith sidelined by knee injury

Former Fenwick star guard Mike Smith was ruled out for the season after suffering a torn meniscus while playing for the Columbia men's basketball team.

The junior point guard from Burr Ridge scored six points in 15 minutes against Bryant on Dec. 7. Smith suffered the season-ending injury in the first half.

The 5-foot-11 Smith was averaging a team-high 15.8 points to go with 5.0 assists and 2.3 steals per game for the Lions (3-7).

COUNTRY FINANCIAL

This year, Athlete of the Month will feature athletes from over 250 high schools in the Chicago suburbs and Northwest Indiana. Each Athlete of the Month will receive a commemorative plaque and be featured in print and online. Program presenter Country Financial will donate a prize of $500 to each winner's high school every month. The January challenge begins Jan. 3, so get ready to visit chicagotribune.com/suburbs/athletes to see your area's finalists!
Get stories by the week and hour

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