An exclusive club
Lincolnwood resident celebrates 100th birthday. Page 4

New centenarian Stanley Berg, left, chats with Lincolnwood Village President Barry Bass.

Heartwarming
Family is key to comedy in Oil Lamp's newest production, "Beau Jest." Page B13

Achieving success
College notes: Local athletes continue to thrive at the next level. Page 22

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Chris Kersten, co-owner of Dairy Star Ice Cream

Chris Kersten is the co-owner of Dairy Star Ice Cream in Lincolnwood. The ice cream shop serves up soft-serve cones, floats, slushies, milkshakes, sundaes and splits. They recently opened for the season.

Q: How long have you been working here?
A: 16 years

Q: Why did you initially apply here?
A: This is a family business. I grew up here. I started working when I was 14.

Q: How often do you eat ice cream?
A: Every day and a couple times a day. It will change weekly depending on what I'm getting into, but it usually has to do with what I'm making the first thing in the day. It sticks in my head.

Q: What's the best part about the job?
A: The customers here come to get ice cream and everyone is very happy. We get to make happy people even happier, which is the whole ice cream experience.

Q: How is the job different than what you thought when you started?
A: I still spend time here without working or being on the schedule. It was always natural. It's a fun place and it doesn't feel like work. This is my primary job and I'm the only one in the family that still works here. Of my family, I was probably the most interested in ice cream shops.

Q: What's the most popular item?
A: Our dipped cones. We have 15 different dipped flavors for ice cream. They're the most fun! When we see little kids in the window as we dip the cones, they look with complete awe, like it's magic.

Q: Do you have any specialty flavors?
A: We have quite a few more options than when I started. We have a vegan soft-serve which is very popular.

Q: How long has Dairy Star been in business?
A: We have been at this location as an ice cream shop since the mid-'50s. The location has been in the family as Dairy Star for 35 years, but it opened as a Dairy Queen.

Q: When do you open for summer and close for winter? Do you have customers who arrive right when it opens and show up to close?
A: We open in early April and close in early November, late October, depending on weather. The first and last days are always, always very busy, with everyone coming to say “hi” or “bye.”

Q: How many of your customers do you regularly know or recognize?
A: Quite a few. I know their order to match with their face, more often than their name.

Q: Do you have any future plans with the shop?
A: Just to grow Dairy Star and see what more we can do and to see how much better we can make it.

— Tom Ackerman, Pioneer Press
Lincolnwood man celebrates 100th birthday

Village president on hand at the Carrington

BY DANIEL I. DORFMAN
Pioneer Press

On May 9, Lincolnwood Village President Barry Bass approached Stanley Berg, who was celebrating his 100th birthday and told the birthday boy he hoped the good fortune of a long life might rub off on him.

"I might just get some mazel [luck] from being here," a beaming Bass said.

Bass joined Berg’s two daughters, Jamie Berg and Jill Boerger, and a son-in-law at the Carrington of Lincolnwood in honoring Berg, who joined the exclusive club of people reaching 100 years of age.

With approximately 70 people in the dining room, a steady group of well-wishers came by to extend greetings to Berg as some of his favorite songs played on the piano. In the dining room, party favors, sparkling wine and a white grape juice cocktail sat between a huge yellow cake adorned with candles and numerals spelling out 100.

Berg blew out the three candles with the assistance of his daughters, drawing cheers from the audience.

The dessert followed a special lunch featuring lobster tails, baked potato and asparagus, where Berg received two helpings of each course.

"Anyone over 100, get two," joked Jim Biggs, the executive director of the Carrington.

Berg acknowledged an occasional leg ache but overall maintains he is in very good shape.

"I’m very comfortable," Berg said. "I have no complaints at all."

Born in New York City in May 1919, Berg said he moved with his family to Chicago in the mid-1930s and served for four years in World War II, mostly in Asia achieving the rank of captain in the process, and only enduring some scratches in combat.

Following the war, he returned to Chicago and one night in 1950, while 31 at the time, he went on a double date with a friend at the Edgewater Beach Motel. While at dinner, he found himself more interested in his friend’s date, Irene Weiman, rather than his own companion, despite a 12-year age difference.

That sparked a courtship that quickly led to marriage. After living in Chicago for approximately six years, they moved into a house on Lincolnwood’s Christiana Avenue, where the couple had two daughters, Jamie and Jill. They would live in the home until 1996.

“He was strict, but a good strict,” his daughter Jamie Berg remembered.

Berg worked out of a Merchandise Mart office and was a sales representative for toy companies selling games such as Scrabble, All-Star Baseball and electric football.

For recreation, he liked to play golf and bridge and he liked to cap off each day with a daily glass of chardonnay. When asked how that became his beverage of choice, he quipped: "I don't know, I gave up scotch."

In 1996, Stanley and Irene moved to Lincolnshire to be closer to one of their daughters, but he returned to Lincolnwood last year after his wife died at the age of 87, after 68 years of marriage.

Berg might be living in an assisted living facility, but he said he still manages to go out for dinner with his daughter, Jamie, and follows the news every day via cable television and provides a simple observation on today’s political climate.

“It needs fixing,” he said.

As the party continued, Jamie Berg marveled at her father’s longevity and his good health.

“It is amazing that he is here and still with it," she said.

Berg said he took great pleasure that so many came to celebrate his centennial birthday.

“I expected to sit and have lunch with (my) daughters!” he said. “It was a total surprise.”

Daniel I. Dorfman is a freelance reporter for Pioneer Press.
Debi Spellman, left, and Alison Pappone have combined their two respective businesses — Amphora home decor and Uptown Girlz boutique — into one store at 168 N. Northwest Highway in Uptown Park Ridge.

Amphora, Uptown Girlz combine businesses in Park Ridge

BY JENNIFER JOHNSON
Pioneer Press

More than a year after leaving Park Ridge for the second time, a home accessories and furniture store is back in Uptown — this time partnering with an established local boutique.

Amphora, which had been operating out of Oak Mill Mall in Niles since late 2017, recently combined with Uptown Girlz, the women's clothing and accessories shop previously located at 112 S. Prospect Ave.

The two businesses are now under one roof in the Shops of Uptown at 168 N. Northwest Highway, next to Trader Joe's, mixing furnishings, pillows and lamps with clothing and jewelry. The new store opened May 2 and owners Debi Spellman and Alison Pappone say they hope to host a grand opening celebration with the community at the end of May.

“We've had really good feedback,” Pappone, owner of Uptown Girlz, said. “Bringing both stores together has been really positive.”

The two friends said the concept of combining their businesses seemed like a good idea as they discussed a shared desire to move closer to other retail shops and more available parking. Spellman, who runs Amphora, said the new location draws customers from surrounding businesses.

“People can park once and shop. They can take their dog to the groomer, they can come in here and get home decor,” she said. “They wouldn't have to leave the parking lot. That was really a bonus for us.”

“I think we all complement each other,” Pappone said of the block's businesses.

Spellman added that she hopes the store will also be a "gathering place" for people to browse, buy and maybe even sit and have a coffee.

Amphora, which started in 2007 across the street from its new home, operated in the Shops of Uptown at 2 N. Northwest Highway from 2009 to 2013. The business closed, but Spellman, a co-owner, restarted it in the spring of 2017 at 143 S. Vine Avenue before moving to a larger space in Niles later that year.

Uptown Girlz was known for many years as New Prospects before Pappone took over the business in 2013. Three years later, the shop downsized from two Prospect Avenue storefronts to one.

Customers will continue to find the same type of selections the previous location offered, in addition to new offerings, Pappone said.

“We're constantly trying out new brands all the time,” she said.

For Spellman, returning to Park Ridge was important.

“That's where we started,” Spellman said. “That's where Amphora is.”
District 219's Bridges program finds new home

BY PHIL ROCKROHR
Pioneer Press

Lincolnwood will be the new home of Niles Township High Schools District 219's Bridges program that provides post-high school training to adult graduates with special needs.

The Village Board granted a special use permit May 7 that will allow the Bridges program, which serves 18- to 21-year-olds, to move out of Niles North High School and into a 50,000-square-foot building at 4700 W. Chase Ave.

Over the next 12 months, District 219 plans to convert the former office and warehouse space into a learning and training center, officials said. The Bridges program has outgrown its current space at Niles North High School in Skokie, they said.

"It's cramped quarters," District 219 Superintendent Steven Isoye said. "It's difficult to get some things done that they need to get done."

Lincolnwood officials have expressed support for the program, amending the definition of "college or university" in their zoning code last month to include post-high school training in order to open the door for the project.

"This will show Lincolnwood is not only the great community you think it is, but a progressive community that will serve every member of the community, no matter what their ability or disability is," Trustee Jean Ikezoe-Halevi said.

"It sounds like a very worthwhile project," Trustee Ronald Cope said.

Bridges provides a variety of education and training programs to former special education students who have met graduation requirements, but are seeking help with their transition into the community, said Kate Seiwert, director of transition services for District 219.

"We have the whole gamut," she said. "It's unique because not many districts do that."

The Bridges center will operate from 8 a.m. to 5 p.m. on weekdays, Seiwert said. Next year's program has 62 students enrolled, five teachers and 15 paraprofessionals, she said.

Isoye said the program is important for young adults who want to transition into post-high school opportunities.

"Why should special needs residents be left out from participating in the community in rewarding ways?" he said. "Why should they be left out from job opportunities that District 219 can help them train for?"

Mark Sproat, a former member of the District 219 Board of Education who did not seek re-election, told Lincolnwood trustees last month before stepping down that Bridges offers services that most adults take for granted.

"Think of when you went to your first job," Sproat said. "How easy was that, to go somewhere and fill out a job application? This building will allow young adults to get the skills they need to be productive in the business world and in everyday life."

Phil Rockrohr is a freelance reporter.

Man says car crashed into him as ruse to steal $50,000 out of front seat

BY JENNIFER JOHNSON
Pioneer Press

A Chicago businessman reported that approximately $50,000 in cash was stolen from his car after he drove from the city's West Side to Morton Grove last week, police said.

The man, a resident of Glenview, told Morton Grove police the money was stolen by two men in their early 20s who had exited a car that "bumped" him in traffic on Harms Road just south of Golf on the evening of May 6.

According to police, the man said he was carrying cash deposits he had picked up that day from three liquor stores he co-owns in Chicago's Austin, Lawndale and Homan Square neighborhoods. The man told police he was driving home and had exited westbound I-94 at Dempster Street when he noticed a black car following closely behind him.

After the car, believed to be a newer-model Nissan sedan, hit the rear of his vehicle in traffic on the 9400 block of Harms Road, the businessman told police he got out to check for damage and was approached by one of the occupants of the other car.

A second man then exited, walked over to the businessman's car, opened the passenger's side front door, and grabbed a backpack off the seat that contained the cash deposits and a laptop computer, businessman told police.

The man who took the backpack ran over to another car that was facing south on Harms Road and handed off the bag to the driver, the businessman told police.

Both suspects then got back into the black Nissan and reportedly drove off south on Harms Road, following the other car.

According to police, the businessman said he tried to follow the Nissan, but was unsuccessful. He was unable to provide police with a license plate number, but reported that the plate may have been from the state of Georgia, police said.

A fingerprint was lifted from the passenger's side door handle of the victim's car and placed into evidence, police said.
Lincolnwood approves increases in both sales and property taxes

BY PHIL ROCKROHR
Pioneer Press

Lincolnwood officials recently approved a budget that includes increases in both property and sales taxes.

The village plans to spend 24 percent more in the coming fiscal year than the last, but will cover the increase with fund reserves, Village Manager Anne Marie Gaura said.

The $52.1 million budget contains nearly $22.9 million in general fund operations, up 3.2 percent over last year's budget, Gaura said. The Village Board approved the budget unanimously last month.

Although Lincolnwood will limit its property tax increase to 2.1 percent under the budget, the village will increase sales taxes by .25 percent effective July 1.

The sales tax increase, approved in March to pay for $6.2 million in stormwater improvements, is better for Lincolnwood residents than a property tax increase, said Trustee Jesal Patel, Sr., chair of the board's finance committee.

"I'm always in favor of seeing sales taxes rather than property taxes," Patel said. "Sales taxes are often paid by non-residents. Property taxes are paid only by residents. If we can stay in line with our neighbors, that is the appropriate thing to do."

-- Trustee Jesal Patel, Sr.

The 24 percent overall increase in the budget is mainly due to the construction of a water line to connect to new supplier Evanston, construction of a stormwater sewer from Oakton Street and McCormick Boulevard to Crawford and Devon avenues, and resurfacing of about 10 percent of the village's streets, Patel said.

The use of fund reserves, or surpluses, is limited to specific one-time-only capital improvements, including equipment, Gaura said. Those include four new police cars, a public works truck, an ambulance, resurfacing of tennis and basketball courts in Florsheim Park, and the second phase of the replacement of the community center roof, she said.

"The budget continues the village's conservative approach to fiscal management and its emphasis on limiting negative impacts to taxpayers," Gaura said.

Patel said he is pleased with the budget, which is largely balanced. The budgeting process, which lasts about six months, is never carved in stone because expenses and revenue sources are constantly shifting, he said.

"It's a continual process," Patel said. "We have revenue sources changing all the time. Projects are coming on line or getting cancelled, so it's a continual process."

Although the village is using reserves to pay much of the budget increase, some of those surpluses will be used to pay off coming debt, he said.

"A big source of revenue for local government is debt paid off with income streams down the road," Patel said. "There is virtually no debt in the general fund. We are taking out debt for projects planned on a long-term basis. Over the next 10 years, we will be utilizing more debt. We have the revenue to make sure we can pay for that debt."

Among the $767,600 in major capital projects in the general fund are the ambulance ($256,000), four squad cars ($162,000), the public works truck ($160,100), tennis and basketball court resurfacing ($100,000), and the community center roof ($89,500).

The sales tax hike is expected to increase revenue from $7.1 million in the 2018-19 fiscal year to $7.7 million in the 2019-20 fiscal year, Gaura said.

Steve Sadin is a freelance reporter for the Pioneer Press.
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The following items were taken from the Niles Police Department reports and releases. An arrest does not constitute a finding of guilt.

**DRUGS**
- Travis Taylor, 30, of the 1500 block of East 73rd Street, Chicago, was charged with multiple drug offenses on May 8 following an investigation into drug sales by the police department's Community Assistance Team, police said. According to police, Taylor was accused of possession and delivery of cocaine and ecstasy, as well as possession and delivery of marijuana. He was given a May 28 court date.

**THEFT**
- Xavier Sancho, 37, of the 3500 block of North Rutherford, Chicago, was charged with retail theft on May 8 following an investigation into drug sales by the police department's Community Assistance Team, police said. According to police, Taylor was accused of possession and delivery of cocaine and ecstasy, as well as possession and delivery of marijuana. He was given a May 28 court date.
- Theopolis O. Owens, 28, of the 7200 block of South Cornwell Avenue, Chicago, and Denton Thomas, 24, of the 700 block of Lincoln Avenue, Waukegan, were each charged with retail theft on May 5 after they allegedly stole alcohol from Jewel, 8730 W. Dempster Street, police said. Court information was not listed.
- Stanley Weatherspoon, 35, of the 8000 block of South Cottage Grove Avenue, Chicago, was charged with retail theft on May 9 after police said he stole two sets of headphones and one smartwatch from Target, 6150 W. Touhy Avenue. Value of the items was $530, police said. Court information was not provided.
- A man told police he was in the parking lot of Assi Plaza, 8901 N. Milwaukee Avenue, around 6:30 p.m., May 9, when he was approached by a woman who pulled a gold chain off his neck. The man estimated the value of the gold chain at $800, police said.

**THEFT**
- Two men allegedly attempted to steal $6,570 worth of clothing and electronics from Wal-Mart, 5630 W. Touhy Avenue, on the morning of May 3. Police said they left the items behind when a fire door did not open immediately.
- A woman reported her car tire slashed after she told a man he could not sell candy outside Wal-Mart, 5630 W. Touhy Avenue, on May 5.
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**BATTERY**
- Jorge Salcedo-Lupian, 46, of the 8900 block of Maryland Street, Niles, was charged with domestic battery on May 5, police said. Court information was not provided.
- A man told police he was in the parking lot of Assi Plaza, 8901 N. Milwaukee Avenue, around 6:30 p.m., May 9, when he was approached by a woman who pulled a gold chain off his neck. The man estimated the value of the gold chain at $800, police said.

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**DRIVING UNDER THE INFLUENCE (DUI)**
- Viralkumar H. Patel, 25, of the 8000 block of Golf Terrace, unincorporated Maine Township, was charged with driving under the influence and driving without a license on the night of May 7 following a traffic stop on the 7200 block of Dempster Street, police said. She was given a June 7 court date.
- Andrii V. Topchii, 25, of the 2800 block of West Nelson Street, Chicago, was charged with driving under the influence on May 4 after he was stopped for driving without headlights at 1:40 a.m. on the 7700 block of Oakton Street, police said. He was given a June 14 court date.

**PUBLIC INTOXICATION**
- A 50-year-old Chicago woman was ticketed for public intoxication on May 5 after a witness reported that she ran in front of cars on the 8400 block of Dempster Street and then lay down in the road around 1 a.m., saying she wanted to be hit by a car, police said. According to police, the woman was not wearing any shoes and alcohol was detected on her breath. She was taken to the hospital for treatment, police said.
- A 28-year-old Niles man was ticketed for public intoxication on May 9 after police said he was discovered unconscious in the men's locker room at XSport Fitness, 9210 N. Milwaukee Avenue, shortly after 4 a.m. He was taken to the hospital, police said.
- A 28-year-old Niles man was ticketed for public intoxication on the morning of May 10 after he was accused of pounding on a woman's front door and repeatedly ringing her doorbell around 1 a.m., police said. He was taken to the hospital, according to police.
Sweet 'n' Boozy changes name to Bittersweet

BY JENNIFER JOHNSON
Pioneer Press

A new name and a slightly new menu are planned for a Park Ridge eatery looking to combine desserts and cocktails.

Owners of Sweet 'n' Boozy, proposed for 139 N. Northwest Highway, have changed the establishment's name to Bittersweet and are awaiting City Council approval of a restaurant liquor license with a bar/lounge component, the city said.

The city's Liquor License Review Board recommended approval of the license during a May 6 meeting, said Park Ridge Mayor and Liquor Commissioner Marty Maloney. That recommendation will come to the City Council for a vote on May 20, he said.

Jamie Kendall said the food menu has expanded since she and business partner Meghan O'Neill first approached the City Council with their proposal in early March.

"We beefed up the food options," she said. "We've got a lot more savory options, including sandwiches, and we added extra desserts to the menu."

Since several aldermen rejected a specialty bakery liquor license for the eatery in March, three types of sandwiches have been removed from the non-confection portion of the menu, documents provided by the city show.

"That was part of their concern — that we didn't have enough food on the menu to accommodate a full meal," O'Neill said of city officials.

According to the city's liquor code, there are several requirements in order for an establishment to obtain a restaurant liquor license. One states that alcohol may only be served with "complete meals." Alcohol can be sold without ordering a meal only within a designated bar or lounge area of the restaurant, the code says.

If the City Council approves a liquor license for the establishment, Kendall said the aim is to open Bittersweet by late summer or early fall. It will include seating for 15 to 20 people at the bar, with another 20 to 25 seats on the floor, she said.

City officials initially told the owners that their proposal for desserts and alcohol did not meet the definition of a restaurant and did not conform to existing liquor licenses.

"It's definitely been a learning curve," Kendall said. "But we've learned a lot and I hope we can take the things that have been thrown our way and turn it into something really positive."

Both women said they have received a great deal of online support from members of the community who are interested in seeing their business open.

"We had discussed a few variations on the name for a while," she said. "We wanted to emphasize the sweet. We want people to see we are going to have amazing desserts on the menu."

The establishment will also be open to diners under age 21, O'Neill said.

"It's for everybody," she said.

Bittersweet, formerly Sweet 'n' Boozy, is proposed for 139 N. Northwest Highway in Park Ridge.

Lincolnwood to look into changing to council-manager government

Village has considered issue several times in the past 30 years

BY PHIL ROCKROHR
Pioneer Press

After a short debate last week, the Lincolnwood Village Board agreed to schedule a workshop to explore converting to a council-manager form of government.

Trustee Jesal Patel brought the proposal before the board, suggesting the village operated under the council-manager form from 2012-2017.

"Village Attorney Steven Elrod, however, said Lincolnwood has considered the issue three times in the last 30 years but never formally changed to the council-manager form of government."

In Illinois, the council-manager form of government limits the power of the Village Council or Village Board to legislative actions such as approving expenses, according to the Illinois City-County Management Association website.

The government body hires a manager for administrative and executive decisions such as the hiring and firing of department heads, the ILCMA said. The village president may still appoint members to most public boards and commissions, with approval from the board or council, it said.

In order to switch to the council-manager form, Lincolnwood would be required to pose the issue to voters in a referendum, Elrod said.

Patel proposed the workshop and suggested inviting representatives of the ILCMA and residents to participate.

Trustee Craig Klatzco said he is familiar with both forms of village government and the council-manager form is more efficient.

"It takes the politics out of hiring and firing," Klatzco said. "Most studies say it is more efficient financially and in getting work done, because no one is afraid of what's going to happen."

When I served on the board before, we had a quasi-manager form and the system worked very well," Klatzco said.

"It's for everybody," she said.

The ILCMA has a "built-in bias" in favor of council-manager government, so the village might want to consider inviting other sources to the workshop, he said.

Trustees Atour Sargon, George Hlepas Nickell and Jean Ikeye-Halevi said they support exploring the issue in greater depth at a workshop.

"Lincolnwood currently operates under the council-mayor form of government with six trustees and a village president, or mayor, Elrod said."

"The mayor is the chief executive officer with ultimate responsibility for enforcement of laws," he said. "He does not vote except in limited cases such as a tie, but he has veto power. He also has the power to appoint the police chief and other department heads, he said."

In 2011, the village strengthened the power of the village administrator by changing the title to village manager, Elrod said.

"No other changes were made to the powers or position of village manager," he said.

A date has not yet been set for the workshop.

Phil Rockrohr is a freelance reporter for Pioneer Press.
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OPINION

‘Mix of Six’ for anti-cancer living and just good clean living

SARA CLARKSON
Dateline

Stop smoking. Forgo salami. Avoid hamburgers, ice cream, white bread and cake. When I heard about the “mix of six” talk for anti-cancer living the Wellness House hosted in April, I made a mental list of the six things I figured would be forbidden. As usual, my list and expectations were entirely too superficial.

Of course, no smoking still tops the list for anti-cancer living, but the talk was more about what to do than what not to do, and lots and lots of research backs the conclusions of the presenters who just published book of the same name.

They are Lorenzo Cohen, Ph.D. and Alison Jefferies, M.Ed. Cohen is a professor in clinical cancer prevention and director of the integrative medicine program at the University of Texas MD Anderson Cancer Center in Houston.

Jefferies has worked as an educator and is the former president of the MD Anderson Cancer Center Faculty and Family Organization. She and Cohen are married and have three children together.

For the cynics out there that say what you eat or how you live have no impact on cancer, Cohen stated flatly that that claim is misinformation. One out of two men will be diagnosed with cancer in his lifetime, and one out of three women will be diagnosed.

Those numbers startled me until I started thinking about my own family and friends who have been affected.

Some cancer is preventable, Cohen said, by avoiding tobacco use, staying within a healthy weight and avoiding certain pathogens.

But what he and Jefferies urge is a six-prong approach: having social support systems, stress management, proper and adequate sleep, regular exercise, a vegetable-heavy diet and avoiding environmental exposure to toxins.

Individually, each aspect makes sense for living a healthy and satisfied life, but Cohen and Jefferies argue that taken together, this mix of six can create synergy — that coming together of elements the sum of which is greater than their parts.

"Leave guilt and shame aside," Jefferies said.

In terms of stress, we all know that humans are hard-wired for stress, that we have finely tuned systems which react with fight or flight impulses but that our daily lives tend to be over stressed. There are healthy lifestyle choices we can all make which will alleviate the corroding stress in our lives.

For example, we can meditate for even two to 11 minutes a day to great effect. This mind-body exercise has been critical to both Cohen and Jefferies, and they have found ways to integrate it into their lives and their children's lives.

The need for sleep is biological and physiological as well as psychological and spiritual, Cohen said. Exercising regularly, taking short naps of about 20 minutes and limiting light exposure from electronic devices are ways to improve what they called "sleep hygiene."

Exercise reduces the risk of cancer risk, Cohen said. It will decrease the probability of getting certain cancers. Even just walking.

In terms of diet, yes, my beloved pepperoni needs to be a semi-annual treat and not a regular feature. Vegetables, vegetables, vegetables are the way to go, especially colorful cruciferous and allium-rich vegetables. Make most of your meals vegetables and then add in the other items. They encouraged everyone in the audience to learn to like new things.

Final, be aware of environmental toxins in so many everyday items. They recommend a phone app called "Think dirty, shop clean." Like everything else, it is a practice. They more you practice, the better you will get, Jefferies said.

Wellness House, 131 N. County Line Road in Hinsdale, offers abundant programming which supports the ideas Cohen and Jefferies presented.

At 11 a.m. on June 14, Steve W. Cole, Ph.D. professor of medicine, psychiatry and bio behavioral sciences at UCLA's School of Medicine, will talk on "How Stress Effects Cancer."

He will discuss what the past 10 years of research has revealed about stress and cancer, including the findings that stress can make existing cancers more aggressive. Advance registration is required.

A reminder that Wellness House programs are available for those who are cancer patients as well as their loved ones. Phone 630-323-5150 or go to www.wellnesshouse.org for more information.

Sara Clarkson is a freelance columnist.
What's in a name?
A whole lot when you're a royal.

Randy Blaser

My lord, Archie?
That was my reaction when I heard the name of the newest royal from across the pond, the son of Prince Harry and Meghan Markle.
I was a bit dumbfounded and surprised.
What in the name of Sherlock Holmes were they thinking? Now there's a couple names that would have worked — Sherlock or Holmes. Properly British, right?
But Archie?
And then that choice is coupled with the middle name of Harrison? Shouldn't that rock 'n' royal name be paired with the first name of George?
But wait. Elder brother and future King Wills already pegged his son with the royal name George. So George Harrison was out for Harry and Meg's baby boy.
I've got it by George, how about Rex? Is there anything more British than Rex Harrison?
Not only was he a great English actor, but he will also forever be Professor Henry Higgins. Since Henry is Harry's formal name, there's another tie in right there.
I can just hear mom Meghan singing, "Just you wait Henry Higgins, just you wait," whenever little Rex is naughty.
And to top it off, Rex one-ups Uncle Wills. How? Easy.
In Latin, Rex means king. So if Archie, now seventh in line to the throne, ever makes it to the big prize, he would be King Rex, or King Harry, or King Squared, all of which is way better than King Archie.
Better still, put the initial T in front of that name and some day England could be ruled by King T. Rex Harrison. You bet no colonist would mess with His Majesty T. Rex.
In truth, I was anxious and hopeful that the swingin' royals Harry and Meg would come up with a cool, if traditional, British name.
Something like Winston, which was the name of a famous former prime minister and the middle name of Beatle John Lennon. So Winston Lennon Mountbatten-Windsor was one of my early favorites. Or perhaps Churchill Downs Mountbatten-Windsor.
Albert is really a hit today thanks to the Masterpiece Theater series "Victoria," about Harry's 4th great-grandmother. But what about a middle name to go with Bertie?
I've got it. Ernie! That would also recognize the babe's British and American heritage.
There are other classic British names to be considered, all of which could start new traditions in the royal family.
Or, just say Frodo, and everyone knows who we are talking about. Frodo Windsor, Or Bilbo Windsor. Or even better still, Frodo Bilbo Mountbatten-Windsor, prince of the Shire. But Archie it is.
I have since learned Archie is quite popular these days. And there are a slew of famous Archies, too. You know, Archie Andrews, forever fretting over Betty and Veronica. There's Archie Manning, the greatest quarterback dad of all time.
Now that I look at those great Archies, there is even more room for improvement to the baby's tagline.
Archie Andrew Windsor, Archie Bunker Windsor and Archie Manning Windsor sound great.
Oh well. You know what they say. You just can't pick your parents.

Randy Blaser is a freelance columnist.
ADVICE

What do you do when your partner's low libido lowers your self-esteem?

When two people first fall in love, we all know what typically goes on: lots of sex.

Most new couples can't get enough of each other, both physically and emotionally, and that's a beautiful thing.

But what happens when the couple has been together for a long time, when they're married with kids, when they're focused on jobs or parenting, or when they're securely nestled in a close, safe and happy relationship? That's when it can become challenging to keep the sex great.

According to North Shore-based marriage and family therapist Jessica Waxman, strong physical desire in a new relationship often stems from unfamiliarity and from couples looking for more time together. As time goes by, predictability and safety can feel like the opposite of passion.

"That doesn't mean boredom, but when you think about erotic sexual energy, that doesn't always fit this love that feels emotionally safe and close," said Waxman.

"There's a shift away from the 'unknowing': the excitement and the unpredictable." 

"Sex, though, doesn't always diminish in a long-term relationship. In fact, some couples say sex is the same or even better than it was at the beginning. That said, many long-term couples find themselves struggling in the passion department or are mismatched when it comes to sexual desire.

Here's a heartbreaking email I received from a reader who said her partner has low libido:

I feel so alone and as if there is something wrong with me. I've been in a partnership for six years with someone who has not had passion towards me, and who has avoided sexual intimacy with me. In reality, I know he has low libido, and in the beginning I told myself that and didn't let it get to my head and heart. But as time went on, I crumbled. To say I've taken it personally would be an understatement. I feel bad about myself on a regular basis. I used to be a health nut and take pride in my appearance. I used to feel sexy. I am so in love and my partner is loving and wonderful in every other way, and recently he has made attempts to fix the issue. But after years of communicating to no avail, I can't seem to allow myself to feel passion or sexual without feeling shame, pain and fear that my partner is only 'trying' but doesn't actually want me.

I asked Waxman to offer advice. She said the woman is shaming herself terribly but needs to know she is not the cause of her partner's low libido.

"It's not her fault," said Waxman, who holds a master's degree in family therapy.

From Northwestern University, "She needs to understand the context of the low libido and where this is coming from. She states that he is loving and wonderful in every other way, so this is about how they can work through this together and how she can actually be part of the solution."

Waxman said that when she sees couples in which one person has low libido, the first thing to do is rule out any medical issues. These can include menopause, medications that may affect sexual desire, hormonal imbalances and erectile dysfunction.

If everything seems OK physically, the next step is for both partners to look at their emotional and psychological health.

"Are you anxious, depressed or suffering from grief? These are psychological factors that can reduce your libido," Waxman said. "We also look at finding out what sex means to each person individually. What were your early sexual experiences? What messages did your family give you about sex? Was there trauma? People's past experiences and childhoods can shape their feelings about sex."

Another potential cause of low libido: being immersed in a role as a parent.

"When you have children, and from 7 a.m. to 9 p.m., your only goal is to be a parent, it's sometimes hard to separate yourself from that and see yourself as a sexual being," said Waxman. "I often suggest couples take a vacation or plan dates regularly. These things help people see themselves as more than Mom or Dad!

But if none of these things are the root cause, Waxman said the couple's bedroom troubles could stem from issues in their relationship like resentment, anger or feeling unappreciated.

"I encourage couple's therapy," she said. "To understand how each feels about sex, and to talk about sexual preferences, wants or desires is not easy for couples. To give someone a safe place to talk about it is healthy and can be beneficial."

Without knowing anything more than what was in her email about the reader, her partner or her situation, it's hard to give advice. But Waxman and I agree that the first thing she needs is to take care of herself.

"Even though she should give herself permission to feel what she's feeling, she needs to gain control over her life and make healthy decisions that will make her feel good about herself and about life," Waxman said. "She should show herself love."

Jackie Pilossoph is a freelance columnist and the creator of divorce support website.
EMPLOYMENT
Help Wanted Full Time

Specialty Pastry & Dessert Chef
Niles, IL
vickyamyfreshfarms.com

FRESH FARMS - Grand Golf LLC d/b/a Fresh Farms in Niles, IL seeks Specialty Pastry & Dessert Chef. Must have 2 yrs training in pastry, specialty training in French pastry, Italian ice cream, & chocolate products, 5 yrs exp as pastry chef & exp teaching. Send resume vickyamyfreshfarms.com.

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B6

Legal Notices

STORAGE UNIT NO. 1, BEING A SUBDIVISION OF A PART OF LOT 9 IN THE E. M. REID SUBDIVISION, RECORDED AUGUST 21, 1957 IN BOOK 119 AT PAGE 26, OF PART OF THE SOUTH HALF OF SECTION 26 AND 27, TOWNSHIP 42 NORTH, RANGE 12 EAST, IN THE TOWNSHIP OF GLENVIEW, COOK COUNTY, ILLINOIS.

Probate

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS COUNTY DEPARTMENT, PROBATE DIVISION

ESTATE OF BRUCE E. RODGERS, DECEASED

CLAIM NOTICE

Notice is given of the death of Bruce E. Rodgers, of Northbrook, Ill., of which office was issued on April 9, 1977 to Susan M. Rodgers, 6500 Northbrook, Ill., 60062 whose attorney is Lisa K. Shanker, 4323 Northfield Ln., Riverwoods, Ill., 60015. The persons interested may file a claim of any nature not later than 3 months from the date of publication of this notice. Any claim not filed within that period is barred. Copies of any claim filed with the Clerk must be mailed or delivered to the representative, or to the attorney within 10 days of the date of publication.

NOTE: Said Estate is under the care of Susan M. Rodgers, Representative.

Lisa K. Shanker, Attorney
1414 N. 52nd St., 53208-0932

Public Notice

PUBLIC NOTICE

Notice is hereby given that a public hearing will be held on the 6th day of May, 2019, at 10:00 a.m., in the Township of Glenview, Cook County, Illinois, in the Township Hall, 2500 East Lake Avenue, Glenview, Ill., in accordance with Section 5/11-13-5 of the Illinois Compiled Statutes.

The property involved is commonly known as 11810 Willet Road and is legally described as:

LOT 1 IN LEROY KOETZ SUBDIVISION, BEING A SUBDIVISION OF A PART OF LOT 9 IN THE E. M. REID SUBDIVISION, RECORDED AUGUST 21, 1957 IN BOOK 119 AT PAGE 26, OF PART OF THE SOUTH HALF OF SECTION 26 AND 27, TOWNSHIP 42 NORTH, RANGE 12 EAST, IN THE TOWNSHIP OF GLENVIEW, COOK COUNTY, ILLINOIS.

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OPENING STATEMENTS:
Pairs per the P.O.

BY MARK MCCLAIN | EDITED BY STANLEY NEWMAN

Across
1 10cc, perhaps
5 Minstrel poet
9 “Go back” PC key
12 Ticked off
17 Miscue
18 Stove vent
19 Stitch’s pal in a
Disney film
21 Earth, in 12 Down
22 No longer owing
24 Type of body armor
26 Hereditary
27 Big Apple
ballplayers
29 Maryland’s state
birds
30 Mechanical tooth
31 Metaphor for
boredom
33 Picnic spoiler
35 Sponsorship
36 Town near Windsor
38 Bench for a
congregation
40 Colorado resort
44 Changed one’s
opinion
50 Green power
54 Roots author Haley
55 Church centerpiece
56 Step in a flight
57 Droops
58 Bring to mind
60 Theatrical to a fault
62 Strafford’s river
64 Simpsons bartender
65 Present for a quiz
67 Texter’s view
introducer
68 Nails a quiz
70 Metronome sounds
71 Retro lighting
74 Snorkeler’s view
78 Rigorous
80 Blood typing letters

81 Phone system
82 Connection
83 Prevailed
84 Reducing regimen
85 Our largest joints
86 Sad: Fr.
90 Creative formation
92 Absolut rival
94 Sit up against
96 Farm fare
97 Stay-at-home
parent’s respite
99 Atoned
101 Writing in
biographies
102 Sparkling standout
104 Marquis de ...
105 Kitchen wrap giant
109 Stuff in seawater
112 French article
113 Be unwell
116 Cooking category
118 Have the nerve
120 Instill confidence in
underground employees
125 Baltic State capital
127 Land east of
Jamaica
128 Brewpub array
129 Unappetizing fare
130 Appreciates, as
assets
131 Iowa senator Joni
132 Daily weather number
133 In addition to that
134 Sicilian peak

Down
1 Pipe-clearing
brand
2 Circular seal
3 Fizzy drink
4 Nation since ‘93
5 Texter’s pal

6 Homecoming
returnee
7 Footlong product
8 It’s at the
Mississippi’s mouth
9 Mythical
manufacturer
10 Isolate from
others, lately
11 Santa — (Silicon
Valley city)
12 Language of
Leonardo
13 Break periods
14 Sacred chests
15 Three, in 12 Down
16 Put away
17 Sweeping work
20 Sooner,
affectionately
Noncombatant
group
23 Stimulate, as
memory
25 Use a straw
28 Hammer or tongs
30 Full of the latest
32 Gentleman's protein
source
34 Noncombatant
36 Clever one
39 Suffolk stroller
41 Toast waffle brand
42 “Big Board,” briefly
43 Historical
language of Aruba
44 Coeur d'___, ID
45 In addition to that
46 Any tourist draw
47 Praises highly
48 Indigenous
49 Emotional episode
50 Org. formed on
Lincoln’s 100th
birthday
51 Crosswise, on a
boat
52 Get rid of
53 Cupid alias
54 Zapped with light

179 West Yorkshire city
180 Possible entry
181 requirement
182 “You’re on!”
183 Unheroic type
184 Scent
185 Verne submariner
186 Isolated from
others, lately
187 Diamond-shaped
boots
188 Washday bubbles
189 Incursions
190 Big galoot
191 Color like aqua
192 Establish
boundaries
193 100 Voicemail
recording
194 Infuriated
195 CBS forensic
franchise
196 Cry from a sty
197 Slippery as
hamburgers
198 One of Chekhov’s
“Three Sisters”
199 Pasturelands
200 Third person
201 Consequently
202 Psyche mediators
203 Internist’s
imperative
204 Iconic
revolutionary name
205 Rowboat implement
206 GPS reading
207 Big galoot

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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.

<table>
<thead>
<tr>
<th>Clues</th>
<th>Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Dishonest behavior</td>
<td>112 47 13 102 20 137</td>
</tr>
<tr>
<td>B. Favorable approval</td>
<td>1 83 65 141 93 106 116 45 51 70</td>
</tr>
<tr>
<td>C. Gloss over</td>
<td>10 44 96 156 109 143 122</td>
</tr>
<tr>
<td>D. Immoderate</td>
<td>139 151 80 5 98 21 58 110 33</td>
</tr>
<tr>
<td>E. Ruhr Valley city</td>
<td>41 60 140 84 37 76</td>
</tr>
<tr>
<td>F. Truculent; hostile</td>
<td>144 87 162 117 57 2 31 67 103 19</td>
</tr>
<tr>
<td>G. Tell the truth: 3 wds.</td>
<td>121 40 53 3 158 97 69 131 82</td>
</tr>
<tr>
<td>H. Flier</td>
<td>61 95 43 28 147 11 130 86 52 73</td>
</tr>
<tr>
<td>I. Child</td>
<td>69 135 75 105 154 42 62 56 7</td>
</tr>
</tbody>
</table>

| J. Natural attraction | 155 100 108 17 138 129 59 48 |
| K. Armstrong or Pasteur | 74 90 136 35 118 |
| L. British truck | 114 127 145 79 157 |
| M. Boggle; shock | 81 101 16 6 153 132 38 23 |
| N. Very slowly: 2 wds. | 77 89 146 161 46 66 120 27 |
| O. Beat it!: 3 wds. | 123 126 6 94 150 68 134 107 26 91 |
| P. Couch cover | 64 119 159 49 12 55 71 111 34 148 |
| Q. Hot and dry | 22 36 14 125 152 4 |
| R. Beefsteak or cherry | 133 113 29 85 54 99 |
| S. Childish | 160 9 18 72 32 50 128 88 |
| T. Hairstyle foam | 25 15 92 142 39 78 |
| U. Good look | 24 30 104 149 124 115 |

---

**Footprints**

**BY CHARLES PRESTON**

**ACROSS**

1. Approvals
2. Title holder
9. A poke's contents
13. Got off
14. Recline
15. Preprandial consideration
16. Boudoir wear
19. He acts for another
20. *The Gleaners* painter
21. Historic Scott
22. Family layout
23. Virgilian work
26. *East Lynne* author
27. Actress Arthur
30. Schematics
31. Road runners
32. Vote-chasers, for short
33. Throw ringers
36. To ___ just so
37. Singer Pinza
38. Feather
39. *_Miserables*
40. He's the CINC
41. Martin, of movies
42. Principal
43. ___ song; cheaply
44. Downright
47. Species improvement
51. Cowboy gear
53. Can do
54. Hopeless cause
55. Mississippi River bridge designer
56. Start
57. Honor highly
58. Pastrami bread

**DOWN**

1. *Corrida* clamor
2. Young 'uns
3. Shrivliness
4. Reproduced
5. ___ in on: focused
6. Faulkner hero
7. *Tunes' Torme*
8. Path of indulgence
9. Quite adequate
10. Rind
11. Respecting
12. Big puff
13. Atty's organization
17. Big and scary
18. Motley
22. Bit of statuary
23. Horrify
24. The cream
25. Thurmond and Archibald
26. "___ hell"
27. Good things
28. Actress Verdugo
29. Neighbor of Bhutan
31. Defraud
32. Have amours
34. It's passed on
35. Made the tempin
40. Criticizes hard
41. *Casablanca* star
42. Took a spouse
43. Distillery product
44. Opposite of *vive!*
45. Wraparound
46. Function
47. Author Ferber
48. "Now ___ me down ..."
49. Relinquish
50. Draft HQ
52. Goddess of night

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Sudoku

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

Level: 1 2 3 4

```
 7 1
 9 4 6
 2 5 9 1
```

This week's answers appear on the next page.

By David L. Hoyt and Jeff Knurek, © 2019 Tribune Content
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Crossword

Solutions

Last week's crosswords

"MAY POLES"

ARHOR ACME HAVEN MAR
CROWE IPOD ALEXA IDOL
HELEN RUBINSTEIN LED
HNOB NEMO NETERS

A23 Handsome
B23 Island nation
C23 Promise's
D36 Hit the
E35 Pandemonium
F27 Take relationship
G20 Gradually
H14 Locale
I13 Told a whopper
J12 Place of refuge
K10 Request a
L9 Shoots carefully
M8 Rainbows
N7 Crossword
O62 Rainbows
P61 A45 Island nation
Q27 Tropical fruits
R14 Locale
S13 Told a whopper
T16 Gradually
U14 Locale
V13 Told a whopper
W9 Shoots carefully
X8 Rainbows
Y7 Crossword
Z62 Rainbows

Last week's Quote-Acrostic

M (Mahatma) Gandhi: They always fell: When I despair, I remember that all through history the way of truth and love have always won. There have been tyrants and murderers, but for a time, they... seem invincible, but in the end, they always fail.

Last week's Sudoku

```
5 7 3 6 1 9 8 2 4
1 6 8 4 5 2 3 7 9
9 2 4 8 3 7 1 5 6
7 3 9 5 2 8 4 6 1
8 5 6 1 9 4 2 3 7
4 1 2 7 6 3 9 8 5
3 4 7 9 8 5 6 1 2
6 8 5 2 4 1 7 9 3
2 9 1 3 7 6 5 4 8
```

This week's Jumble

STRING MAYHEM ODDEST REVOLT HEALTH FLEECE

When her children all chipped in to buy her a gold necklace, she —

HIT THE MOTHER LODE

By Jacqueline E. Mathews. © 2019 Tribune Content Agency, LLC. All rights reserved.
PUBLIC NOTICE

PUBLIC NOTICE is hereby given, pursuant to Section 17.56.100 of the Harwood Heights Code of Ordinances, that the Village of Harwood Heights Zoning Board of Appeals will conduct a public hearing on June 3, 2013 at 7:00 PM at the Village of Harwood Heights Village Hall (7300 West Wilson Avenue, Harwood Heights, IL 60706) to consider the application for variances pursuant to Section 17.56.220 of the Village Code in order to construct a concrete parking pad and replace an existing fence in the front yard of 6804 W. Forest Preserve Drive, Harwood Heights, Illinois 60706, bearing tax identification number 13-18-307-056-0000 and legally described below (the "Property").

Applicant is seeking variances from (i) Section 17.28.130(A) prohibiting off-street parking in front yard, (ii) Section 17.40.040 of the Village Code only allowing reconstruction of front yard fence on property where residential structure is located at rear of property pursuant to a public hearing before Zoning Board of Appeals, and (iii) Section 17.04.020 of the Village Code limiting solid fences to back and side yards, and for such other and further relief as may be necessary to enable Applicant to construct a 30' x 15' concrete parking pad in spite of the prohibition on non-driveway, open front-yard parking and to replace his existing fence with a solid fence along the front and sides of the property.

All interested persons are invited to attend, be heard and question the zoning engineer in attendance at the public hearing. A copy of the application and all associated documentation is available for review at Village Hall during regular business hours, Monday through Friday, 9 a.m. to 5 p.m., and Saturdays from 9 a.m. to 12 noon. All inquiries regarding the public hearing may be directed to Natalie Mendel at the Village of Harwood Heights Village Hall.

The Property is legally described as LOT 16 IN BLOCK 5 IN VOLK BROTHERS MONTROSE AND OAK PARK AVENUE SUBDIVISION BEING A SUBDIVISION OF THE SOUTH IS OF SECTION 18, TOWNSHIP 40 NORTH, RANGE 13 EAST OF THE THIRD PRINCIPAL MERIDIAN, LYING NORTH OF THE INDIAN ROCKY LINE, LYING EAST OF THE WEST 2500 FT. EXCEPT THE PART CONVEYED TO CHICAGO TERMINAL TRANSERRAILROAD COMPANY BY WARRANT DEED RECORDED MAY 16, 1898 IN BOOK 6186 PAGE 303, IN COOK COUNTY, ILLINOIS.

Respectfully submitted,
Marcia Pollowy
Village Clerk
AN ORDINANCE ESTABLISHING A PROCEDURE FOR AND DIRECTING THE SALE OF SURPLUS MUNICIPAL REAL PROPERTY LOCATED AT 4526 N. HARLEM AVENUE (AT OKETO AVENUE)

An Ordinance Establishing A Procedure For and Directing the Sale of Village Owned Real Property and Authorizing the Preparation of Documents and the Taking of All Other Necessary Actions

WHEREAS, the Village of Norridge ("Village") is a home rule municipality in accordance with the constitution of the State of Illinois in 1970 and this Ordinance ("Ordinance") is being adopted and entered into pursuant to the Village's home rule authority; and

WHEREAS, the Village has the authority, in accordance with its police powers, to adopt ordinances to protect the health, safety and welfare of its citizens; and

WHEREAS, the Village is the fee simple owner of property located at 4526 N. Harlem Avenue (at Oketo Avenue) in the Village of Norridge, Cook County, Illinois, which is currently used for municipal purposes and automobile parking, and bears the following PUN number: PIN 13-12-222-038-0000 ("Subject Property"); The Subject Property is approximately 123 feet by 205 feet and is approximately 25,000 square feet and consists of one lot, and is legally described in Exhibit A attached hereto and made a part hereof; and

WHEREAS, the Subject Property is currently zoned B-5 Retail Business District as described in Exhibit B (an excerpt from Article X-A-1 of the Village of Norridge Zoning Ordinance - 1962 as amended from time to time, "Zoning Ordinance", attached hereto and made a part hereof); and

WHEREAS, in the opinion of the corporate authorities, the Subject Property is no longer necessary, appropriate, required for the use of, profitable to, or held for the best interests of the Village; and

WHEREAS, the corporate authorities have determined that in order to maximize the redevelopment of the Subject Property consistent with its views and as set forth in Village Ordinance, it is in the best interests of the Village to offer the Subject Property to the private sector for sale; and

WHEREAS, the corporate authorities, pursuant to the auction procedures specified in certain state statutes (including 65 ILCS 5/11-76-1 and 65 ILCS 5/11-76-4.1 collectively the "State Statutes") have previously unsuccessfully attempted to sell the Subject Property by means of a sealed bid auction, and

WHEREAS, the State Statutes provide that as an alternative to a sealed public auction a sale of surplus municipal property may be conducted by the sale of the property or by listing with local licensed real estate agency subject to certain requirements set forth in the State Statutes; and

WHEREAS, the Village has determined that it would be most desirable to list the Subject Property for sale with a local licensed real estate agency / broker; and

WHEREAS, it is necessary under State Statutes that the Village adopt a procedure for the sale of the Subject Property.

NOW, THEREFORE, BE IT ORDAINED BY THE PRESIDENT AND BOARD OF TRUSTEES FOR THE VILLAGE OF NORRIDGE, COOK COUNTY, ILLINOIS, AS FOLLOWS:

Section 1 - Ordinance Article X-A-1

ARTICLE X-A-1

EXHIBIT B

[ZOONING ORDINANCE EXCEPT - FULL VERSION AVAILABLE FROM VILLAGE ADMINISTRATOR AND ON VILLAGE WEBSITE]

"B-5" Retail Business District

Section 1 - Intent and Purpose

The "B-5" Retail Business District is designed primarily to encourage a diverse mix of smaller and larger retail uses whose service area may extend outside the immediate neighborhood of the facility, and which uses are served by enhanced access to Harlem Avenue and to Highway access which are buffered from nearby residential areas. It is the intent of this Article that at least 75% of the gross leasable area of a shopping center development in the "B-5" Retail Business District shall consist of those uses that generate retail sales tax on any such business' retail sales of general merchandise, food, drugs or medical appliances, and theater, restaurant and amusement establishment uses. With the exception of theater, government and amusement establishment uses, non-retail stand-alone (not part of a shopping center development) uses are not permitted.

Section 2 - Permitted Uses

The following uses shall be permitted in the "B-5" Retail Business District:

1. Depart-ment Store Cafeteria; Supper Club.
2. Discount Store; Variety Store.
3. Furniture Store.
4. Backstore; Stationery Store.
5. Parking.
6. Craft Store.
7. Bridal Store.
8. Home Improvement Center; Garden Center.
10. Grocery Store, Supermarket, Retail Bakery; Specialty Food Store.
14. Specialty Home Improvement Retail Store (including plumbing supplies, tile, carpet, windows, upholstery, drapery, paint, wallpaper and other similar uses).
15. Specialty Retail Store (including hardware, cash, clocks, florists, jewelers, gifts, hobby, retail printers, spotting goods, leather goods, luggage and other similar uses).
17. Retail Art Galleries.
18. Auto Accessory Store (not including automobile repair or building).
19. Pet Supply Stores (with or without animal hospital, veterinary services, pet grooming, pet boarding, pet hotels and kennels).
20. First Run Movie Theater; Live Performance Theater.
21. Restaurants, including Those Serving Alcoholic Beverages and Cafeterias are permitted only if the establishment has reasonably projected annual gross revenues from the sale of alcoholic beverages for in-person consumption that does not exceed forty percent (40%) of the gross revenues of such business.
22. Multiple structures on one zoning lot.
23. Non-retail service uses including business offices and retail offices located in shopping center developments (and not as a stand-alone use) that are greater than three and a half acres (3.5) acres in size and then not to exceed 25% of the gross leasable area in said shopping center. "Service uses" shall mean a location offering tutoring for primary and secondary school students, dry cleaners, UPS/Fedex stores, salons, religious or church service, community centers, restaurants, banks and financial institutions (including drive-in or drive-through banks), "Drive-through" type offering goods or services directly to customers waiting in parked motor vehicles, therapeutic massage.
24. Any accessory use to a principal use involving the outdoor storage of goods or merchandise.

Section 3 - Special Uses

1. Amusement Rides.
3. Banks and financial institutions (including drive-in or drive-through banks).
4. "Drive-through" type offering goods or services directly to customers waiting in parked motor vehicles.
5. Therapeutic massage.
6. Any accessory use to a principal use involving the outdoor storage of goods or merchandise.

Section 4 - Prohibited Uses

A use that is not specifically listed in this zoning district, or does not fall within a generic definition as specified in this Article, or is not necessarily similar and compatible to uses in this Article, is prohibited.
Next up at Oil Lamp? A romcom

Family is key to the comedy ‘Beau Jest’

BY MYRNA PETLICKI
Pioneer Press

Sarah Goldman wants to make her parents happy and she figures it would mean bringing home a nice Jewish boy. The problem is that she is in love with a gentile. Her solution: Rent an actor who fills the bill in James Sherman’s “Beau Jest” at Oil Lamp Theater in Glenview from May 23-July 7.

Performances are 8 p.m. Thursdays-Saturdays, and 3 p.m. Saturdays and Sundays.

“I think Sarah is strong, opinionated,” said Madeline Baird, who plays the character. The young woman is also very connected to her family and concerned about what they think, Baird said.

“That brings out this side of her that is insecure or seeks approval.”

It would make Sarah happy “to truly be herself,” said Julie Mitre. Baird noted that Sarah’s close relationship with her parents reminds her of her own close relationship with her parents.

“Finding the parts of me in this role is really fun,” said Mitre. “It brings out connections that I make with my family.”

Yet, the actor believes she is very different from Sarah.

“I do care a lot about what my parents think,” she said. “But in terms of reacting to my family, I think I’m very straightforward.”

Baird is convinced that audiences will be amused by the family interactions, particularly at a hilarious Seder dinner.

Mitre praised “the relatability of the story. They’ll find themselves in parts of it, and they’re families, too.”

Levin added, “While the play centers around a Jewish family, with a lot of culturally Jewish references, it’s universal in that it really deals with the heart of what makes a family a family.”

‘Beau Jest’

When: May 23-July 7
Where: Oil Lamp Theater, 1723 Glenview Road, Glenview
Tickets: $40; $25 for students
Information: 847-834-0738; oillamptheater.org
Thursday, May 16

First Look: Amy Kartheiser’s Travel Diaries Pop-Up Shop: Join for a First Look cocktail party, where attendees are the first to shop. "Travel Diaries – Chapter 3" includes pieces from Moroccan bowls and throws to custom-made caftans and pajamas from India. 100% of ticket sales from the First Look cocktail event benefit the American Foundation of Suicide Prevention. In addition, 20% of proceeds from purchases made during the entirety (May 17-18 open to public) of the pop-up are donated to AFSP 6 p.m. Thursday, Amy Kartheiser Design Studio, 1804 Central St., Evanston, free, 847-328-1737.


Healthy, Well-thy and Wise Active Adult Expo: This special expo takes place from 9 a.m. to noon. Enjoy demonstrations, raffles, screenings, service exhibits and more. Admission is free with a donation of a canned good benefiting the Evanston Food Pantry. 9 a.m. Thursday, Centennial Activity Center - Park Ridge Park District, 100 S. Western Ave., Park Ridge, free, 847-692-3597.

Caddyshack Comedy with Headliner Mona Aburumish: Enjoy dinner and live stand-up comedy. Comedy show lineup includes Ricky March, Paige Blair, Mike Stricker and headliner Mona Aburumish. 7:30 p.m. Thursday, Murray Bros. Caddyshack Restaurant, 9546 Balmoral Ave., Rosemont, $25, 847-748-7490.

EHTNJC Religious School Students - Spring Cleanup: The students of the Religious/Hebrew School of Ezra-Habonim join with the Rotary Club of Evanston and Scouts BSA to perform "spring cleanup" at the International Friendship Garden, 2020 McCormick Blvd. in Evanston, from 4:30 to 6:30 p.m. Participants should wear suitable clothing for working outside. For further information or for reservations, call the symagogue office. 4:30 p.m. Thursday, Exra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, free, 847-675-4130.

Tibetans in Chicago Exhibition - Opening Reception: Join Chicago's Tibetan community from 6-8 p.m., for the opening night of an exhibition celebrating their 25-year history in the U.S. This event features a short dance performance. Using photography and narrative, the exhibition offers a glimpse into the trials and triumphs of an exiled community creating a new life in America, and runs from May 17 to Aug. 23. Also visit: www.tibetan-alliance.org/TAC. 6 p.m. Friday, Novus Cultural Arts Center, 927 Noyes St., Evanston, free, 847-868-4275.

On the Basis of Sex: The inspiring true story of young lawyer Ruth Bader Ginsburg as she teams with her husband, Marty, to bring a groundbreaking case before the U.S. Court of Appeals and overturn a century of gender discrimination. Just drop in. Rated PG-13. 2:30 p.m. Friday, 6:30 p.m. Friday, Glenvue Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Northbrook Garden Club Annual Plant Sale: Purchase plants grown by the garden club members in their own gardens. These tried and true perennials are a great addition to your garden for a substantially discounted price. Shoppers receive a free milkweed plant with every purchase. 9 a.m. to 3 p.m. Friday and Saturday, Village Green Park Community Center, 1810 Walters Ave., Northbrook, free.

Shabbat With a Twist: Families with children up to Pre-K join the clergy for stories, songs and projects, and then twist their own challah with the dough provided; take it home to bake. Open to the community. 11 a.m. Friday, Congregation Beth Shalom, 3433 Walters Ave., Northbrook, free, 847-498-4100.

Chicago Dogs Home Opener: The Chicago Dogs kick off their 2019 season by taking on the Gary SouthShore Railcats. Everyone in attendance on opening day receives a commemorative hot dog courtesy of The Chicago Dogs and Vienna Beef as the dogs pursue the world record for the "largest gathering of wiener in one location." 7:05 p.m. Friday, Impact Field, 9850 Balmoral Ave., Rosemont, single tickets from $9-$100; season tickets and packages available. 847-636-5450.

Skokie Synagogue - Religious School Graduation: An "Italian style" kosher dinner kicks off the celebration of Religious/Hebrew School Graduation and Confirmation. For further information or for reservations, call the synagogue office. 6:30 p.m. Friday, Ezra Habonim, The Niles Township Jewish Congregation, 4500 Dempster St., Skokie, $20 synagogue members; $22 nonmembers; $10 children 6-12; free for children under 5 years, 847-675-4141.

Saturday, May 18

Annual Dahlia Sale: Central States Dahlia Society's annual dahlia plant sale at Mt. Prospect Conservatory. Top-quality dahlia plants are for sale at reasonable prices. Meet experienced dahlia growers who can answer all your questions. 10 a.m. Saturday, Friendship Park Conservatory, 395 W. Algonquin Road, Des Plaines, free, 847-298-3500.

Downtown Evanston Farmers Market: Sixty vendors sell fruits, vegetables, meat, flowers, cheese, eggs and bakery items. 7:30 a.m. Saturday, Oak Avenue
Calendar, from Page 14
and University Place, 1090 University Place, Evanston, free.
Larry Schanker and Silent Films live in concert: Enjoy an evening of classic silent films with live, improvised music by brilliant pianist Larry Schanker. This performance will be recorded live for Chicago Jazz Live on WDCB FM Radio. This concert is from 8-10 p.m. Doors open for cocktails and socializing at 7:30 p.m. with cash bar and light snacks. 8 p.m. Saturday, Studio5, 1934 Dempster St, Evanston, $20 general admission, $25 cabaret seating, 847-328-6683.

2nd Act Players — Women’s Empowerment Play Festival: This festival features two plays that look at female characters rising above adversity and stereotypes: “Intentions” and “A Matter of Gender.” Runs on Saturdays and Sundays through May 26. Tickets are available online. 7:30 p.m. Saturday, Northwestern Presbyterian Church, 251 Central Park Ave, Evanston, $22 in advance; $25 at door.

Coriolis Spring Choral Concert: Coriolis presents its 32nd spring program with works that focus on the theme “Conflict and Resolution.” 7:30 p.m. Saturday, St. Luke’s Episcopal Church, 20th, 1512 Chicago Ave, Evanston. Includes representatives from Journey-ville, $20; $5 for students 18 and under, 847-491-4000.

An Evening of Comedy and Music with Debbie Sue Goodman: This is a charity show for “Bright Pink,” a breast cancer awareness organization. Visit Debbie Sue at www.stillsingle.org. 7 p.m. Saturday, The Rock House, 1742 Glenview Road, Glenview, no cover; donations accepted at the door, 224-616-3062.

Animal Quest Live Animal Show: Don’t miss this Saturday morning voyage into the animal kingdom, with 10 different animals. Registration required. 10:30 a.m. Saturday, Glenview Public Library, 3062 Whitney Ave., Glenview, free, 847-729-7500.

Storywalk: Children and animals watch the world transform from the dark of winter to the brightness of spring in “When Spring Comes” by Kevin Henkes. Just drop in. 9 a.m. Saturday, Little Bear Garden at Gallery Park, 2001 Patriot Blvd, Glenview, free, 847-729-7500.


New Tradition Chorus — Little Bit Country: The best in four-part vocal harmony, New Tradition Chorus presents “Little Bit Country, Little Bit Rock N Roll,” a showcase of popular songs spanning seven decades and encompassing country and western, rock ‘n’ roll, Broadway, gospel, and other musical genres. 2:30 p.m. Saturday (also 2:30 p.m. Sunday), Glenbrook South High School, 4000 W. Lake Ave., Glenview, $22 each; children under 12 years old get free in free when accompanied by an adult, 847-913-4933.

Digital Aging and Afterlife: Learn what happens to digital accounts after you become an inactive user, plan to limit your digital liabilities as you age, and get ready to preserve your digital legacy. Registration required. 2 p.m. Saturday, Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 847-677-5277.

Anchors Aweigh: A choral celebration of the 50th anniversary of the historic Stonewall Riots. Act Two features a brand new work, Quiet No More, commissioned and performed by queer choruses across the country, honoring their continued fight for equality for all. 8 p.m. Saturday, North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie, $20-$80, 847-673-6300.

Sunday, May 19

Callaghan at Space: Playing piano and guitar, Callaghan delivers a stunning vocal. Her songwriting chronicles the stories, experiences and emotions that are part of everyone’s lives. 7 p.m. Sunday, Evanston Space, 1245 Chicago Ave, Evanston, $15-$25, 847-492-8860.


Simple Gifts Concert Series — Organ Walk 8: Walk, bike or drive between three Glenview churches to hear some of the North Shore’s finest instruments and organists. They begin at Holy Trinity Lutheran Church, 2328 Central Road, to hear Christopher Urban (First Presbyterian of Arlington Heights) and Gary Wendt (Glenview Community Church). Continue to the New Church, 74 Park Drive in Glenview, to hear Dr. Kirstin Synnestvedt, and finally to St. David’s Episcopal Church, 2410 Glenview Road, to hear Richard Spantikow. 3 p.m. Sunday, Glenview Community Church, 1000 Elm St., Glenview, free-will donation, 847-724-2210.

Build It — at Kohl Children’s Museum of Greater Chicago: A larger than life collection of building blocks that allow children to explore their creativity while learning about architecture, science, and storytelling. Noon Sunday, Kohl Children’s Museum, 2100 Patriot Blvd., Glenview, $13 children and adults; $12 for seniors; free for children under 1 year old and members, 847-832-6600.

The Art of Inventing Hope: Author Howard Reich discusses his new book, “The Art of Inventing Hope: Intimate Conversations with Elie Wiesel.” A book discussion follows the presentation. Autographed books are available for sale. There is no charge to attend this event and the community is welcome. 10 a.m. Sunday, Temple Beth Israel, 3601 W. Dempster St., Skokie, free, 847-675-0951.

Annual Spring Housewalk: The Wilmette Historical Museum holds its 32nd annual Spring Housewalk featuring four beautiful historic homes in east Wilmette that epitomize the variety of architectural styles in the village. Guides are hand to enhance the interior tours. A brochure about the history, architecture and early owners of the homes is included in the ticket price. 1 p.m. Sunday, Wilmette Historical Museum, 609 Ridge Road, Wilmette, advance tickets start at $40, 847-853-7666.

Special Gifts Theatre Performance of Snow White: Jealous of Snow White, the evil Queen orders the end of her stepdaughter, but later discovers that Snow White is hiding in a cottage with eight friendly miners. Show time is 2 p.m. Sunday; doors open at 1:30 p.m., Skokie School Auditorium, 520 Glendale Ave., Winnetka, $10 advance, $12 at door, free for children 5 and under, 847-564-7704.

Monday, May 20

Spool-Cessories for Grades 3-5: Build a simple spool knitter, then learn how to use it to create fun gifts and accessories. Registration required. 4:15 p.m. Monday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

Books In the Woods: Join in this adult book club to explore “An American Marriage” by Tayari Jones, an exploration of love, loyalty, race, justice, and Black masculinity and Black womanhood in 21st-century America. Registration required. 5 p.m. Monday, Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 847-677-5277.

Planning a Compassionate Death: Includes representatives from Journey-
**Calendar, from Page 15**

Care, Compassion & Choices in conjunction with Final Options Illinois, and a critical care pulmonologist who frequently deals with end-of-life issues with his patients. Each offers a perspective about the choices surrounding dying. Call to reserve a seat or register at the YMCA Front Desk or online. 7 p.m. Monday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-7250.

**Care and Maintenance for your Computer and Printer:** Learn basic care and maintenance tips to keep your home computer running smoothly. 1 p.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, $10 member; $15 nonmember, 847-784-6030.

**Improve Your Balance for a Better Life:** Joshua Rich, Fitness Center manager, presents information on balance exercises, importance of balance and stability, including what to look for regarding losing balance and how to regain balance and stability using exercise. 1 p.m. Monday, North Shore Senior Center, 161 Northfield Road, Northfield, $10 member; $15 nonmember, 847-784-6030.

**Tuesday, May 21**

**Rotary PizzaFest:** Rotary Club of Evanston hosts PizzaFest, for all-you-can eat pizza and soda, the club’s party to raise funds for local community groups. Taking place from 4:30-8:30 p.m., this event spills out to the sidewalk and into a closed-to-traffic Maple Avenue where entertainment is provided. Tickets are available online or at the door. (Northwestern Wildcards are accepted.) 4:30 p.m. Tuesday, Gigi’s Pizza, 1001 Davis St., Evanston, adults $20, children $12, 847-869-3344.

**Smile & Rhyme at Heinen’s for Ages 2 and up with Adult:** Join us for stories, rhymes, and songs in the Café, then stay for a snack and to chat. Just drop in. 10:30 a.m. Tuesday, Heinen’s Grocery Store, 1020 Waukegan Road, Glenview, free, 847-729-7500.

**SCORE Counselling Appointments:** Very limited, one-hour appointments are available from 5-8 p.m. SCORE North Cook and Lake Counties provides mentoring to local small business owners and entrepreneurs. Current and potential entrepreneurs can benefit from the experience of retired volunteer executives to develop business plans and grow businesses. Register and schedule your appointment online. 5 p.m. Tuesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

**Nutrition for Your Brain:** Precision Nutrition certified coach and YMCA personal trainer Anna Harris explains how nutrition can increase longevity and keep your brain sharp. RSVP by calling or online at website. 11:15 a.m. Tuesday, North Suburban YMCA, 2705 Techny Road, Northbrook, free, 847-272-7250.

**Wednesday, May 22**

**Visual Pleasures: The Work and Play of Women’s Liberation:** “Visual Pleasures” encompasses both mainstream comedies of empowerment and experimental representations of desire through a distinctly female gaze, celebrating liberation across a spectrum of cinematic forms. See blockmuseum.northwestern.edu for the screenings in the series and more details. 7 p.m. Wednesday, Block Museum of Art, 40 Arts Circle Drive, Evanston, free, 847-491-4000.

**Redlined: Race, Change, and Community in 1960s Chicago:** Linda Gartz shares the story of how she discovered family letters, diaries, and photos that inspired her search for the cause of her parents’ unraveling marriage and her research into the discriminatory federal lending policies that triggered racial change in her West Side Chicago neighborhood. Registration required. 7 p.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500.

**The Adoption Process from A to Z:** Sally Wildman, Chicago and Northbrook attorney with over 15 years adoption experience, presents adoption fundamentals and legal steps to help you adopt. 7 p.m. Wednesday, New Trier Township High School, 7 Happ Road, Northfield, $18, 847-446-6600.

**Modern Antiquity - The Photographs of Charles E. Spaak:** Professional photographer David Girson purchased a trove of late-19th-century glass plate negatives at an estate sale. Years of restoration and research revealed the photographer to have been Chicagoan Charles Erik Spaak, an 1885 Swedish immigrant, druggist and engineer. 7 p.m. Wednesday, Wilmette Public Library, 1242 Wilmette Ave., Wilmette, free, 847-256-6935.

Have an event to submit? Go to www.ChicagoTribune.com/Calendars.
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This list is not intended to be a complete record of all real estate transactions.

Data compiled by Record Information Services • 630-557-1000 • public-record.com
Water polo looks for concussion solutions

**Rough sport is increasingly popular in Illinois**

**BY JOHN KELLMAN**  
Chicago Tribune

Water polo changed Nathan Allen's life for the better. The Palatine High School junior wasn't much of an athlete when he was younger, but he found a place in a sport that, to the spectator, looks like a cross between a water ballet and a mugging. The physicality and competitiveness transformed him, and he now plans to join the Marine Corps after high school.

It has been a great experience, save for one issue: He keeps getting hit in the head.

Allen, an 18-year-old goalie, had one diagnosed concussion his freshman year and suffered two other significant blows. Since then, he has taken numerous other painful shots. "If the ball ricochets off the back of the (goalpost), it can hit me in the back of the head," he said. "That's the main problem."

Water polo is increasingly popular in Illinois, which fields more high school teams than any state other than California. As with many other sports, though, athletes, coaches and parents are increasingly wary of head injuries caused both by the ball and contact with other players.

James Hicks, director of the University of California at Irvine’s Center for Exercise Medicine and Sports Sciences, has found that just over a third of water polo players say they've suffered a concussion during their careers. For goalies, it’s close to half.

In another study, published just this month, Hicks used sensors inside players' caps to find that they routinely suffer head impacts during games and practices. Players at the center positions, who battle each other trying to get possession of the ball, appeared the most vulnerable.

Hicks said he can't compare water polo’s concussion risk with better known sports because he has no data on the rate — how many injuries occur per 1,000 games or practices. Nor can he say how the head impacts he measured, none of which resulted in a diagnosed concussion, affected the athlete's brain functions.

But he said he's doing more research into how the brain works following head impacts, hoping to one day allow coaches to sit players before serious problems begin.

"Our goal is not to stop the sport," he said. "I'm a huge fan of water polo. I think it's a great game. We're just trying to find out what's going on in the game, what the risks are and how we manage those risks."

Though water polo sport has always been known for its roughness — its most famous game, played between the Soviet Union and Hungary at the 1956 Olympics, is known as the "Blood in the Water" match — an ongoing lawsuit claims that precautions have been insufficient.

The mother of a teenage player says her daughter received a concussion while playing goalie during a 2014 tournament, only to be sent back out for more punishment.

The teen soon showed signs of post-concussion syndrome, according to the lawsuit. Her symptoms, which included dizziness, nausea and headaches, were so bad that she had to stay out of school for the rest of the year, the lawsuit says.

The girl's mother claims USA Water Polo, the sport's governing body, had no concussion management policy for youth players despite having one for the national team. The case is still being litigated.

USA Water Polo declined comment, but its website now includes a "concussion action plan" that advises coaches to remove athletes from play until they are cleared by a health care professional.

Illinois high schools are governed by a similar protocol. Athletes suspected of sustaining a concussion must be pulled from a game or practice immediately for evaluation by a doctor or trainer.

They are not allowed to return until they’ve passed their school's return-to-play protocol, which typically includes passing a computerized test that checks reaction time, memory and other brain functions.

Liam Rorison, 17, a Barrington senior, was concussed during a game last year when a competitor kicked him in the head as he swam. He was out for two weeks with headaches, light sensitivity and other symptoms.

His father, Glen, said he did not hesitate to allow his son to return to the sport after his recovery, and fresh off a Barrington victory in the sectional playoffs Thursday night, Liam had no regrets.

"It's all worth it," he said. "I don't think (the concussion risk) is that bad."

Other injuries have been more severe. Jack Wagner, who coaches Fenwick's girls team, said one of his goalies took an elbow to the head while swimming for a ball on the first day of practice, causing her third concussion in four years. It kept her out almost the entire season.

"She just recently got in the water," he said. "We're hoping she can get three or four days without a headache. If the doctor clears her, she'll be ready to play."

Hicks' concussion survey found that a higher proportion of females than males said they had suffered the injury. Kendra Will, coach of Lincoln-Way East girls team, said concussions appear to have become more common — her team has suffered three this season — which she attributes to the evolving caliber of player.

"Athletes have gotten stronger," she said. "We've got girls shooting really hard, and they're playing throughout the year now. They're not just swimmers who play during the season."

Those rifle-armed players can fire shots that bounce off the water, bang off a goalpost and smack an unprepared opponent in the head. Hicks said goalies appear to be in particular jeopardy during shooting practice.

Ryan Lodes, coach of Lincoln-Way East's boys team, said he tries to set up drills so the goalie always knows where shots are coming from.

"If it's really disorganized, I can see where the goalie can take one in the face," he said. "We have structured shooting time; that's when the goalies are most awared."

Some athletes and parents said referees seem to be stricter this season, blowing the whistle at the merest hint of rough play. But Beth Sauser of the Illinois High School Association said officials haven't been given any new instructions about how to call a game.

"We haven't changed our methods or any rules," she said. "Safety has always been the No. 1 concern."

A few coaches are seeking help through new equipment. Padded caps are becoming more common — "We're moving to ones that are like a boxing helmet," said Stevenson boys coach Sean Wimer — though by IHSA rule, they can be used only in practice, not competition.

Companies that make the caps say they do not eliminate the threat of concussions. But Allen, the Palatine goalie, said the gear still serves a purpose.

He started wearing one a few weeks ago. The snug silicone cap is covered with padded dimples and fits under his regular water polo cap. He said it has softened the force of a few ricochets that struck the back of his head.

"They're very helpful, in my opinion — if not for the players, for the parents," he said. "My mom has told me if I get another concussion she might not let me play next year, so this helps soothe her mind."
Niles Township 219 to pay $149,000 to math teachers in class size settlement

BY PHIL ROCKROHR
Pioneer Press

Niles Township High Schools District 219 has agreed to pay 21 math teachers a total of $149,294 after a teacher discovered that class sizes exceeded the threshold noted in their contract during two school years, according to records provided to Pioneer Press under the Illinois Freedom of Information Act.

The Board of Education unanimously approved a settlement agreement with the Niles Township Federation of Teachers and Support Staff on April 19 that compensates each teacher 2 percent of their daily salary for overloads for 90 days during 2016-17 and 2017-18, said district spokesman Jim Szczepaniak.

The discrepancy arose as a result of oversight by both the teachers union and the administration, said Tim Miller, president of the union, who is also a math teacher at Niles West High School. Miller was not among the teachers awarded compensation.

"It really wasn't a dispute," he said. "We found it and worked together to correct it to make sure it's not happening anymore and to try to understand why it happened. It was just a human error. It was not done in any malicious way."

The settlement affects 13 teachers at Niles West High School and eight at Niles North High School, Szczepaniak said.

"Teachers have a certain class load," he said. "If there are additional students or an overload, teachers are eligible for additional compensation."

The class size limit for Advanced Placement and honors courses is 25 students each, Miller said. The limit for other math courses is 30 students per course, he said.

District 219 exceeded the class size in several math classes by two students per course, Miller said.

"There is contract language with class overage," he said. "Whatever the caps were during those years, a mistake was made and the class caps weren't correct. It was found by happenstance."

The settlement paid each teacher 2 percent of their daily salary for 90 days, Szczepaniak said.

"We could not quantify the exact number of students and hours for each teacher affected, so we agreed to pay based on an assumption of two students over the full 90 days," he said.

Teachers were scheduled to receive the settlement funds on their paychecks May 10, Szczepaniak said.

The settlement amounts range in size from $1,342 to $23,538, according to the agreement. All but six of the amounts were less than $10,000 each, it said.

A teacher discovered the discrepancy, Szczepaniak said.

"One teacher contacted the union and us to let us know about the issue," he said. "As soon as the discrepancy was pointed out, we were in agreement that we needed to find a solution."

Phil Rockrohr is a freelance reporter.
Annual service remembers police officers

Seven recently killed in line of duty honored

BY JENNIFER JOHNSON
Pioneer Press

As part of its annual police memorial service, the city of Park Ridge remembered seven Illinois police officers killed in the line of duty over the last several months.

The Service of Remembrance ceremony, held on the steps of Park Ridge City Hall in recognition of National Police Week, appeared to take on a more somber tone than in years past as the names of Chicago police officers Samuel Jimenez, Conrad Gary and Eduardo Marmolejo; McHenry County Deputy Sheriff Jacob Keltner; and Illinois State Police troopers Christopher Lambert, Brooke Jones-Story and Gerald Ellis were read aloud by police chaplains.

"It hits home every year, but especially this year," said Park Ridge Police Chief Frank Kaminski, noting that Park Ridge officers frequently work with Chicago and Illinois State Police, the two departments hit hardest by the losses.

Lt. Col. David Byrd of the Illinois State Police reflected on the losses within his department as he spoke to the crowd of police officers, scouting troops and community members.

"The hardest thing a command officer can do is something I did three times this year: I zipped up a body bag of three of my troopers," he said. "Although it was extremely hard to do, the honor was so great: It's something I will never forget and it's something I hope I never have to do again."

Byrd said he has encouraged his officers to "work harder than ever to honor the deaths" of the three troopers who were killed after being hit by cars on state highways this year.

Two of the deaths occurred on the Tri-State Tollway.

The Rev. Matthew Hoffman, pastor of St. Andrews Lutheran Church in Park Ridge, noted that the fallen officers weren't only part of the law enforcement community.

"They were also spouses, children, parents, little league coaches, citizens, good neighbors, church members," Hoffman said. "What a loss they've left in the community."

Also remembered during the service was Niles Police Officer Steven Zourkas, who was killed in an on-duty car crash in 2005, and Illinois State Police Trooper Erin Sweeney Hehl, who died in a helicopter crash in 1997. Hehl was the daughter of Joe and Suzanne Sweeney of Park Ridge.

Special recognition was given this year to Dick Stuercke, a member of the Park Ridge Police Department's Citizens Patrol, who died last summer. On hand was Stuercke's widow, Nancy, and granddaughter, Courtney.

The ceremony also featured performances by the Washington Elementary School Choir and Maine South Vocal Jazz Ensemble; a laying of the memorial wreath by Knights of Columbus members of Mary, Seat of Wisdom Catholic Church in Park Ridge and St. John Brebeuf Catholic Church in Niles; "Taps" performed by Gary Trapp; and a performance of "Amazing Grace" on bagpipes by Dave Danaher.

In recognition of National Police Week, Park Ridge police officers Hector Cruz and Daniel Kearns, as well as department social worker Geri Sillie, traveled to Washington, D.C., for the annual police memorial service, Kaminski said.

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BADMINTON NOTES

Glenbrook South, New Trier to make a run at state

BY RICH MAYOR
Pioneer Press

For the first time in more than a decade, Glenbrook South was still playing on the final day of the state high school badminton season.

For the first time in 11 years, according to coach Terri Kimura, the Titans had athletes competing on the Saturday of the state meet. Glenbrook South sent both a singles player and a doubles team to the final day at Eastern Illinois in Charleston.

Sophomore Tina Tsai won three matches in her first appearance downstate before exiting in the consolation fifth round against West Aurora's Taylor Lupa.

Kimura said, "She didn't get caught up or nervous about anything. She's one of the coolest cucumbers I've ever seen. You never know if she's winning or losing. If anything, you can see her giggling on the court. A lot of people don't have that."

The doubles team of seniors Rhea Shah and Christopher Joseph won four matches. They lost to Hinsdale South's Kaitlyn Hurka and Aimee Puz in the consolation quarterfinals, 21-14, 16-21, 21-16.

Both Shah and Joseph's doubles partners graduated last year, so the team spent the season forming a bond that resulted in a trip to the second day of state.

"They knew how to play," Kimura said. "Those two talk, communicate and don't get upset. Even when they make mistakes, they blow it off and keep going. That takes special players."

As a team, the Titans finished ninth with six points.

Hard-working Trevisans: New Trier qualified the maximum six participants — two singles players and two doubles teams — for the state meet.

The Trevians went on to win five matches over the weekend, good for 4.5 points and a 12th-place tie with Waubonsie Valley, Lyons and Lake Forest in the team competition.

Senior doubles players Tess Fallon and Holly Fessler, who entered the meet as a top-12 seed, won their first two matches before losing twice and exiting the tournament.

Their third-round loss to Metea Valley's Vyshnavi Nukasani and Vivian Kok was especially close. The Trevians lost in three sets, 21-14, 17-21, 21-17.

"I'd give up just about anything I could to see them have the success they've worked for and earned," New Trier coach Kevin Kansler said. "Tess is coming off an offseason injury, and watching how hard she's worked to get ready has been an inspiration. Holly's work has been great, she's just a true leader in the gym."

It was the third time downstate for Fallon and Fessler, and the first time they reached the fourth round of the consolation bracket.

"We pulled them aside at sectionals and said to enjoy the moment, to make sure they're having fun," Kansler said. "That's an important thing, especially in the last time around."

State meet notes: Glenbrook North also made its presence known at the state meet, with two singles qualifiers winning one match each.

Senior Ashley Yoshikawa won a first-round match over Naperville Central's Ria Jha 21-16, 14-21, 21-13 before falling to Fremd's Rachel Ye and Willowbrook's Charlotte Dewyer in the next two rounds.

Senior Maddy Chen lost her first match but knocked off Homewood-Flossmoor's Laila London 16-21, 21-19, 21-14 in the consolation first round. Meanwhile, senior Ashley Yoshikawa won her first-round match against Ria Jha of Naperville Central.

Evanston junior Monica Hill also had a nice showing at Eastern Illinois, knocking off Hersey's Susan Ferris in the first round and Naperville Central's Natasha Roy in the consolation second round. Hill was the Wildkits' lone representative at state.

Rich Mayor is a freelance reporter for Pioneer Press.

COLLEGE FOOTBALL

Maine South standout Skoronski picks Northwestern

BY BOB NARANG
Pioneer Press

Peter Skoronski's football career started relatively late.

The Maine South junior offensive lineman didn't begin playing tackle football until sixth grade, but that doesn't mean he was new to the sport. Football runs deep in his family. His grandfather, Bob Skoronski, was a five-time NFL champion with the Green Bay Packers under legendary coach Vince Lombardi. Bob Skoronski died in October.

Peter Skoronski said he was eager to get his career started.

"My dad didn't want me to start early," Skoronski said. "I really wanted to play football when I was younger, so I had to play flag football." Skoronski showed he was a quick study in tackle football and became a powerful force on the Maine South offensive line. On May 4, he committed to Northwestern.

Skoronski praised Maine South coach Dave Inserra and the rest of the coaching staff, as well as his family for helping him realize his dream of becoming a Division I recruit.

"I just loved the culture at Northwestern," Skoronski said. "I also really liked the blend between academics and football. I took a lot into consideration and it was tough. It got to the point where I just knew Northwestern was the best choice."

"It's hard to define, but the culture and overall attitude was what I loved. They will figure out my position. I've played every position on the offensive line but center."

Throughout his recruiting process, the 6-foot-4, 275-pound lineman kept a relatively low profile. He chose not to divulge his top schools, nor most of his scholarship offers to the public.

But the consensus four-star recruit certainly had a lot of interested schools.

Skoronski is rated as the fourth-best prospect in the state of Illinois for the 2020 recruiting class, according to 247Sports.com. He's also ranked 10th nationally among guards.

Inserra said Skoronski took an old-school approach to his recruiting.

"He's one of the most humble players I've ever coached," Inserra said. "His whole recruiting process, nobody knew anything that was going on. He had so many big-time offers from big-time, top-five programs, that he never talked about. He doesn't promote himself and rarely tweets."

Skoronski's commitment is a major pickup for Northwestern coach Pat Fitzgerald, who already has an impressive haul of 2020 linemen. Skoronski, who played right tackle and nose guard last season, had offers from Notre Dame, Stanford, Iowa, Michigan, Penn State, Wisconsin, Illinois and others, according to 247Sports.

Inserra has coached numerous Division I recruits during his time in Park Ridge, but he said Skoronski, who is on track to be a three-year starter, is one of the best he's had.

"Northwestern thinks he can play all five positions on the offensive line," Inserra said. "Many schools thought he was just an inside guy. His ability to pass block and run block are exceptional."

"He's mature and exceptional in terms of the preparation process and mentally understanding the game and carrying out assignments. You're dealing with a very mature individual who will push others to be great. He's a complete player — athletically, physically and skill-wise."

Skoronski, a three-sport athlete, is near the top of his class in academics. His current focus is attempting to advance to the Class 3A state track meet in the shot put and discus.

"I'm happy recruiting is over and I can concentrate on track and the (upcoming) football season," he said.

Bob Narang is a freelance reporter for Pioneer Press. Twitter @Pioneer_Press.
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Jamiyankhuu paces Niles West to 2nd place at state

BY BOB NARANG
Pioneer Press

Niles West sophomore Tegshmurun Jamiyankhuu has a goal of topping his older brother's accomplishments in gymnastics.

Two years into high school, Jamiyankhuu is establishing his own mark at Niles West.

His brother, Dalai Jamiyankhuu, is one of the most accomplished gymnasts in the recent history of Illinois high school gymnastics. He guided Niles West to a team state championship in 2016 under coach Adrian Batista.

Dalai Jamiyankhuu captured the all-around state titles in 2015 and 2016 to go along with three individual championships and four runner-up finishes in his decorated four-year career at the Skokie school.

"I'm just trying to be better than my brother," Tegshmurun Jamiyankhuu said.

He made solid strides toward that goal at the state meet Friday and Saturday at Hoffman Estates.

Jamiyankhuu placed eighth in the all-around competition and guided the Wolves to a second-place team trophy with a score of 158.65.

Libertyville won the state championship with a score of 159.15.

"We came so close, but I was happy because we competed strong and did a good job," Jamiyankhuu said.

Jamiyankhuu moved to the United States from Mongolia when he was a young child and competed on the club circuit until electing to try out for the Wolves this season.

He made an immediate impact by earning a state medal in four events on Saturday.

The sophomore collected a pair of second-place finishes in the floor exercise (9.55) and the parallel bars (9.60), and he added third-place showings in the pommel horse (9.20) and high bar (9.40). He finished 15th in the vault (6.40) to round out an impressive first year at Niles West.

"I'm very happy with my performance, but I wanted to win a state championship like my brother did with the team and in one of my events," he said.

Jamiyankhuu, known as "Murun," said he's not sure whether he will come back next season to participate with the Wolves. His next obligation is competing for Mongolia's national team.

"He's trying to figure out what's best in gymnastics for him?" Jamiyankhuu's talent and presence elevated the entire team and program to a new level.

"We had a strong team without him, but he was such a big part of us almost winning a state championship," Batista said. "I coached his brother for all four years, so we'll see what Murun does. He's trying to figure out what's best in gymnastics for him."

Although the Wolves had recent success at the state meet, Batista said the team had 20 entries in the state preliminaries this season — the highest so far during his eight-year tenure as coach.

"It was a fantastic weekend," Batista said. "We didn't have the greatest meet on Friday, but left some points out there. But Libertyville was great. We came back Saturday and had so many guys in the prelims and finals. That was impressive. It looks good for the program and the school, and we're excited to continue this run."

Sophomore Brian Liao had a strong weekend by placing fourth in the floor (9.50), ninth in the pommel horse (8.15) and taking 18th in Friday's all-around (51.50).

Senior Jack Nguyen notched fourth in the still rings (9.20). Senior Elan Atar took eighth in the floor (9.40) and 22nd in the all-around (50.75).

**Hardegree's heroes:**

Glenbrook North's Cam Hardegree won the state title on the pommel horse on Saturday.

He finished 15th in the vault (6.40) to round out an impressive first year at Niles West.

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**Hardegree's heroes:**

Glenbrook North's Cam Hardegree won the state title on the pommel horse on Saturday.

On Friday, Hardegree set the bar high with an impressive eighth-place finish in the all-around (54.05) to spark Glenbrook North to a third-place team finish (157.65).

Hardegree said he's excited to heal and rest his body after countless aches and pains through the years. His victory is the ninth state championship in program history.

"I wasn't expecting a state title," Hardegree said. "I just had a lot more fun with my routine in the pommel horse and just made sure I got my skill down.

"This means everything, to finish off my gymnastics career with such an amazing team."

Glenbrook North coach Ryan Dul said this was his best season in his tenure. The Spartans' only other top-three finish was a second-place showing in 2004.

"Walking away with hardware and trophy, this is my best finish and second-best in GBN history," Dul said.

Senior Casey Mutchnik notched 11th in Saturday's still rings finals (8.25), while sophomore Daniel Lawrence placed 25th in the all-around (49.80).

**Shining Vikings:**

Niles North sent two individuals to the state meet. Vikings senior Gavin Byrd competed in the all-around and placed 28th (47.80).

Byrd and fellow senior Ryan Bekannon combined to qualify for seven events in the state preliminaries. Byrd's best finish was 19th on the pommel horse (8.55), and Bekannon placed 30th in the floor (8.80) and the parallel bars (8.80).

**Top Titans:**

Glenbrook South sent four gymnasts to the state meet, and they combined to participate in seven events.

Titans senior Dante Kelekalo competed in four events. Junior Matt Rubel provided the team's best finish, a 13th-place showing in the rings (8.90).

Bob Narang is a freelance reporter for Pioneer Press.

Twitter @Pioneer_Press
**Relays boost Evanston at 3A Loyola Sectional**

**By Steve Sadin**

Evanston's goal entering the Class 3A Loyola Sectional was extending a long girls track season one more week.

"It's been a long season," Evanston coach Fenton Gunter said before the meet. "It's been 18 weeks including indoors. We want a week 19."

Plenty of Wildkits will be competing during week 19. All four of their relay teams and six individuals will compete at state beginning Friday in Charleston.

One Wildkit returning to the state meet is senior captain Sasha Gordon, who won the sectional title in the triple jump (37 feet, 8 inches) on Thursday. Last season at state, she jumped 35 feet and did not advance to the finals.

This time, she's aiming for a 38-foot triple jump. "It was not what I wanted," Gordon said of last season's state performance. "I'm listening to my coach on my plants and my board strike."

Evanston won the sectional titles in the 400 and 800 relays and was the runner-up in the 1,600 and the 3,200 relays.

Evanston scored 97 points and came close to topping New Trier (98 points) for the Loyola Sectional team title.

Vikings set for college: Joining the track team was not on Veronica Walinski's mind when she started her freshman year at Niles North.

"She said, 'Why don't you give it a try?' so I decided to join," said Walinski, who is now a senior. "It's been a lot of fun."

Competing at the sectional was more than fun for Walinski and Xavier. Walinski won the shot put and discus to earn a trip to the state meet in both events, while Xavier won the 400 to join her friend in Charleston.

Xavier and Walinski, both Skokie residents, plan to have four more years together as teammates at Marquette. Xavier was the first to commit.

"I wanted her to do what was best for her," Xavier said of Walinski's college search. "I was very happy when she committed."

Sophomore Ninawa Odicho finished second in the 400 to join Walinski and Xavier at state. The Vikings also qualified their 400, 800 and 1,600 relay teams.

Niles North placed fifth as a team with 60 points at the Loyola Sectional.
York grad Marlott swims to finish line at Pepperdine

BY BOB NARANG
Pioneer Press

York graduate Sam Marlott had a senior season to remember at Pepperdine.

After competing in 21 meets over the last two seasons, Marlott had a standout final season for the Waves' women's swimming and diving team.

She was a key figure in leading the Waves to second place in the Pacific Coast Swim and Dive Conference Championships in February. The Waves had not finished in the top two at the conference meet since 2008. Marlott was one of nine seniors on the Waves' roster.

"It was a great way to end my swimming career, and a great way to end my collegiate career, and I'm so glad it was with the amazing women on my team," Marlott said.

Marlott said she expected the journey from Elmhurst to Malibu to be a difficult one, mostly because of high expectations for success and academic achievement. She was attending a school far away from home.

But she did have family only 40 miles away in Los Angeles. Her brother, Alex Marlott, was a sophomore at Pepperdine, and her sister, Ashley Marlott, was a junior.

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