



VAN DYKE SENTENCED TO UNDER 7 YEARS IN PRISON



ANTONIO PEREZ/CHICAGO TRIBUNE

Former Chicago police Officer Jason Van Dyke reacts with attorneys Tammy Wendt and Daniel Herbert to Van Dyke's sentence Friday at the Leighton Criminal Court Building in Chicago.

Former officer described as 'relieved' with judge's decision in Laquan McDonald shooting

BY MEGAN CREPEAU, CHRISTY GUTOWSKI, JASON MEISNER AND STACY ST. CLAIR
Chicago Tribune

Former Chicago police Officer Jason Van Dyke was sentenced Friday to nearly seven years in prison for the fatal on-duty shooting of Laquan McDonald, bringing to a close one of the most racially fraught and socially significant chapters in recent Chicago history.

Van Dyke remained stoic as Cook County Circuit Judge Vin-

cent Gaughan announced the sentence about 5:30 p.m. after a long day of often emotional testimony. Moments later, Van Dyke's teenage daughter seated in the gallery burst into tears.

But the relatively lenient six-year, nine-month sentence for second-degree murder counts as a victory for Van Dyke, who could be out of custody in as little as three years, his attorney told reporters.

"He truly felt great," the attorney, Daniel Herbert, said of Van Dyke. "He was not just relieved, he was happy. It's the first time I've

seen the guy — honestly since this whole ordeal started — where he was happy. He's certainly not happy about going to jail. He's certainly not happy about missing his family. But he's happy about the prospect of life ahead of him."

In October, Van Dyke became the first Chicago police officer in a half-century to be convicted of murder in an on-duty shooting. A jury found him guilty on one count of second-degree murder and 16 counts of aggravated battery — one for each bullet that hit McDonald's body in October 2014 as the teen walked away from

police on Pulaski Road while holding a knife.

Graphic police dashboard camera footage of the shooting released more than a year later sparked weeks of chaos and political upheaval, exposing Chicago's long-standing racial fault lines and exacerbating the already-fraught relationship between police and minority communities.

Though he had sought a sentence about three times lengthier, special prosecutor Joseph McMahon told reporters in the Leighton Criminal Court Building that justice had been served.

"I understand the sentence is not exactly what the McDonald and Hunter families wanted," said McMahon, who requested a prison term of 18 to 20 years. "But the sentence, like the verdict, does hold the defendant accountable."

McMahon said McDonald's mother, Tina Hunter, was in the courthouse watching the proceedings but did not want to be in the courtroom. She left the building before the sentence was announced, and McMahon said he called her with the judge's deci-

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And here it comes ... winter

Chicagoans start bracing themselves for big snow, then cold

BY ELVIA MALAGON, MADELINE BUCKLEY AND MARY WISNIEWSKI
Chicago Tribune

Chicagoans hunkered down Friday in anticipation of the first big snowstorm of 2019, expected to be followed by the season's worst cold snap.

Light flurries started to move through the greater Chicago area Friday afternoon, but the snow was expected to get heavier and messier through the evening and into Saturday, making for potentially dangerous driving conditions into Sunday, according to the National Weather Service. The whole of northern Illinois and southern Wisconsin, and parts of northern Indiana were under winter storm warnings until midday Saturday.

The storm was forecast to dump 8 inches or more in much of the Chicago area and then be

Turn to *Snow*, Page 5



STACEY WESCOTT/CHICAGO TRIBUNE

Illinois state troopers carry the casket of colleague Christopher Lambert to a hearse at his funeral Friday at Willow Creek Community Church in South Barrington.

Trooper hailed as humble hero

Mourners remember Christopher Lambert, who was killed on duty

BY ROBERT MCCOPPIN AND JOHN KEILMAN
Chicago Tribune

Scores of uniformed police officers and hundreds of mourners packed the chapel at Willow Creek Community Church in South Barrington on Friday morning to say

farewell to Illinois State Trooper Christopher Lambert, who died after being struck by a car last week while helping victims of a crash.

Lambert, 34, had just finished his shift and was on his way home to Highland Park on Saturday when he stopped during a snowstorm to help at a scene of a three-vehicle crash on northbound Interstate 294 near Northbrook.

"He saw danger coming, and yet he pulled over, put his

vehicle into position and did what the troopers do," Illinois State Police Director Leo Schmitz said. "He knowingly, willingly and intentionally put himself in harm's way."

Lambert's casket, draped in a white cloth with a gold cross, stood before the altar at the church. On one side was a large photo of a beaming Lambert. On the other was his uniform shirt, crisply folded

Turn to *Trooper*, Page 5

Trump, Kim to meet in late Feb.

White House officials say site of next summit has yet to be chosen

BY JOHN HUDSON, DAVID NAKAMURA AND SIMON DENYER
The Washington Post

WASHINGTON — The White House announced Friday that President Donald Trump would hold a second summit with North Korean leader Kim Jong Un in late February as the two sides seek to jump-start nuclear talks that have bogged down since their first historic meeting last year.

The news came after Trump met for about 90 minutes in the Oval Office with Kim Yong Chol, a former spy chief who has served as Pyongyang's lead negotiator.

Trump "looks forward to meeting with Chairman Kim at a place to be announced at a later date," White House press secretary Sarah Huckabee Sanders said in a statement. One location that has been considered is

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Pick 4 midday	0511 / 7	Daily 4 evening	4667 / 8
Lucky Day Lotto midday	13 20 26 27 31	Cash 5	03 04 07 15 34
Pick 3 evening	591 / 1	MICHIGAN Jan. 18	
Pick 4 evening	2110 / 4	Daily 3 midday	907
Lucky Day Lotto evening	24 25 30 32 44	Daily 4 midday	0649
Jan. 19 Lotto: \$7M		Daily 3 evening	543
Jan. 19 Powerball: \$129M		Daily 4 evening	4951
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MARGARET HOLT, standards editor

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Corrections and clarifications: Publishing information quickly and accurately is a central part of the Chicago Tribune's news responsibility.

■ A story on Page 1 Thursday about delays in Chicago's immigration court did not specify that some support staff for U.S. Immigration and Customs Enforcement weren't working because of the shutdown, causing delays in some cases for people in custody. The Tribune regrets the error.

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Sentence less than 7 years

Van Dyke, from Page 1

sion. "It was extremely difficult," McMahon said of the conversation. "She has had to relive her son's murder again and again."

Just after 6 p.m. Friday, Van Dyke's wife, father and young daughters left the courthouse as a large group of bystanders in the lobby jeered in their direction, shouting "16 shots" as sheriff's deputies escorted them down the courthouse steps and into a waiting vehicle on California Avenue.

Gaughan imposed the sentence after a daylong hearing that drew tears from witnesses on the stand and from Van Dyke himself, who sat slouched at the defense table in a bright yellow jail uniform.

While predicting his sentence would disappoint "100 percent" of those in the courtroom, Gaughan made a number of key rulings in favor of the defense. In particular, he sentenced Van Dyke only for the second-degree murder conviction, meaning he will serve just half the sentence if he qualifies for day-for-day good-behavior credit.

If instead the judge had sentenced him only on the aggravated battery convictions, Van Dyke could have been subject to a lengthier term behind bars. He also would have had to serve at least 85 percent of that sentence.

In fashioning his decision, Gaughan said the law required him to consider the most serious charge for which Van Dyke was convicted. Common sense, the judge found, dictated that be second-degree murder, not aggravated battery. However, Illinois law considers aggravated battery with a gun the more serious offense of the two, carrying stiffer penalties.

"Is it more serious for Laquan McDonald to be shot by a firearm or is it more serious for Laquan McDonald to be murdered by a firearm?" Gaughan said in explaining his reasoning.

Witnesses called by Van Dyke's legal team at the marathon hearing said the public attention to the case has emotionally shattered his family.

"My life has been a nightmare," Van Dyke's wife, Tiffany, said in a choked voice, echoing similar testimony from the former officer's father, sister and 17-year-old daughter. "Life is torture. My heart is broken."

Toward the end of her half-hour on the witness stand, she was asked what she feared most about a long prison sentence for her husband.

She began to sob, her anguished cries echoing in Gaughan's courtroom.

"My biggest fear is that



ANTONIO PEREZ/CHICAGO TRIBUNE

Tiffany Van Dyke, wife of former Chicago police Officer Jason Van Dyke, cries as she testifies at his sentencing hearing Friday at the Leighton Criminal Court Building.

somebody would kill my husband for something he did as a police officer, something he was trained to do," she cried. "There was no malice, no hatred on that night. He was simply doing his job."

Van Dyke's older daughter, Kaylee, sitting ramrod-straight on the witness stand, described sinking into a depression after her father's conviction three months ago when she realized he would not be there to celebrate her 17th birthday just days later.

As she began to describe her only contact with her father — one phone call a day and occasional visits at the faraway Quad Cities-area jail where he has been detained — she started to cry.

"I touch his hand through a piece of dirty glass and speak on a phone that the connection breaks in and out of," she said.

Watching from the defense table, Van Dyke wiped away a tear.

Toward the end of the hearing, Van Dyke himself stood and said the day he shot McDonald was the worst of his life.

It was the first time he had ever had to fire his weapon in the line of duty, he said, bending his head down to read closely from a handwritten statement.

"And I'm very proud of that fact," he said. "... The last thing I wanted to do was to shoot Laquan McDonald."

Van Dyke said he "tried to make the right decision in a rapidly escalating, dangerous situation."

"It is a choice that I will live with forever," he said.

McDonald's great-uncle, the Rev. Marvin Hunter, read from the witness stand a letter he wrote from the perspective of his grandnephew, saying McDonald's death devastated the family.

The letter said Hunter used McDonald's last paycheck from his construction job to buy the suit the teen was buried in.

The killing came just

weeks before McDonald was to begin living under the same roof again with his sister and mother, who had overcome drug addiction, he said.

"I was so happy for the possibility of that day," the letter said. "However, Jason Van Dyke ... robbed us of this."

The letter ended with a request to punish Van Dyke for McDonald's killing, arguing that the former officer had shown no remorse for his actions that night.

"What happened to me can never be changed, but other young black men and women will not have to face Jason Van Dyke and his evil and selfish ways," the letter said. "I'm a real victim of murder and that can never be changed. Please think about me and my life when you sentence this person to prison."

While the many civilian complaints against Van Dyke were not introduced at trial, prosecutors on Friday called four witnesses — all African-American men — who one after another painted Van Dyke as an abusive, out-of-control officer protected by inept police oversight agencies.

One man said Van Dyke choked him to try to get him to spit out a cough drop during a DUI stop. Another said the officer berated him using a racial slur. A third said Van Dyke deserved prison time simply for the "chaotic" way he handled a traffic stop.

All of them said their encounters with Van Dyke still resonate, particularly Edward Nance, who wept uncontrollably on the witness stand as he described in vivid detail how Van Dyke allegedly brutalized him after a traffic stop in 2007.

At times taking lengthy pauses to wipe away tears, Nance said Van Dyke pulled him violently out of the car by the arm, then threw him facedown onto the floor of the back seat. He said he felt pain in his arms and tried to tell Van Dyke he couldn't

move, but the officer told him to "shut up and lay down."

The injuries he suffered required two surgeries for both his shoulders and rotator cuffs, he said, and he still has not regained the full use of his arms.

In arguing for a lengthier sentence, McMahon said Van Dyke's actions have been "devastating" not only for McDonald's family and the city of Chicago but also for a nation that watched a uniformed police officer kill a teenager on video.

"He has betrayed the public trust that we as a community give to law enforcement," the prosecutor said. "Jason Van Dyke committed violent, serious crimes in his capacity as a police officer for the city of Chicago."

"He betrayed his fellow police officers," McMahon said. "His conduct was so egregious, so different from every other police officer at that scene. That is why we are here today."

Darren O'Brien, who also represents Van Dyke, told Gaughan that the case "screamed out" for probation given Van Dyke's clean record and supportive family.

"This whole case has been devastating. It's a tragedy for all," said O'Brien, noting how difficult and dangerous prison can be for former police officers.

"This was the only time he ever fired his weapon in the life of duty. What does that mean? That's huge," he said. "It means whatever was going on in that street that night scared him more than anything else he ever saw."

Gaughan's decision comes a day after his colleague, Judge Domenica Stephenson, issued a surprisingly brutal tak-down of the prosecution case in acquitting retired Detective David March, ex-patrolman Joseph Walsh and Officer Thomas Gaffney on all charges.

Stephenson made much of the fact that the infamous police dashcam video did not show the shooting from the vantage of Van Dyke or his partner, Walsh — a note that Van Dyke's attorneys also emphasized at his trial, though without success.

Stephenson also suggested that Van Dyke and Walsh could have had a reasonable fear for their safety and should not be second-guessed "as to what they should have believed."

Van Dyke's jury disagreed with her assessment, finding that the officer's belief that he was justified in shooting McDonald was unwarranted.

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Chicago Tribune CHICAGOLAND

WOMEN'S MARCH

Claims of anti-Semitism present tough call for Jewish women, others

National organization mired in controversy

BY ANGIE LEVENTIS
LOURGOS
Chicago Tribune

Amy Smith traveled to Washington, D.C., for the first Women's March in January 2017, calling the experience transformative.

She was so moved that she participated the following year in Chicago's Grant Park and then volunteered at another local march in October designed to spur midterm election voting.

Yet as the next anniversary approaches Saturday, Smith — who is Jewish and lives in the Ukrainian Village neighborhood — doesn't know if she'll even take part, given mounting accusations of anti-Semitism against leaders of the national organization Women's March Inc.

"It's a really confusing issue, because I'm strongly opposed to Donald Trump and I want to do everything I can to repudiate his message and policy," Smith said. "But I can't march with a body that doesn't accept who I am or doesn't value who I am."

Amid controversy and splintering within the larger movement, many Chicago-area women are grappling with a difficult choice this weekend: to march or not to march?

Instead of one main march downtown Saturday, like in previous years, various activists and organizations are planning dozens of local anniversary events scattered across the region, some in alignment with national Women's March leaders, others working hard to separate and distinguish themselves.

The local shift comes as the national group is embroiled in allegations of anti-Semitic rhetoric as well as ties to Louis Farrakhan, whose Chicago-based Nation of Islam has been designated a hate group by the Southern Poverty Law Center. In a February address at the Wintrust Arena in Chicago, Farrakhan praised Women's March Inc. co-President Tamika Mallory, who was present, and in the same remarks he declared "the powerful Jews are my enemy." Mallory also has supported Farrakhan on social media.

This week on ABC's talk show "The View," conservative co-host Meghan McCain grilled Mallory and co-President Bob Bland on these connections.

"As I said, I don't agree with many of Minister Farrakhan's statements," Mallory said.

"Do you condemn them?" McCain said.

"I don't agree with these statements..." Mallory said.

"You won't condemn it," McCain said, shaking her head.

"To be clear, it's not my language. It's not the way that I speak, it's not the way that I organize," Mallory responded, adding that her track record as



LOU FOGGIA/CHICAGO TRIBUNE

Demonstrators march near Federal Plaza during the 2018 Women's March Chicago.

an activist shouldn't be "judged through the lens of a man."

In a written statement to the Tribune last month, Women's March Inc. said the group and its leaders "have dedicated themselves to liberating women from all forms of oppression, including anti-Semitism, misogyny, homophobia, transphobia, racism, white supremacy, xenophobia and Islamophobia."

Rabbi Debra Newman Kamin, of Am Yisrael Conservative Congregation in Northfield, said she hopes Women's March Inc.'s leadership will be pressured to step down, not just by Jewish women but by all women.

"We can't ally ourselves with people who are anti-Semitic," said Newman Kamin, who also is president of the Rabbinical Assembly, the international association of Conservative rabbis. "So it's so painful to say don't walk with people who we're probably allies with on every single other issue. But at what point does the Jewish community say we can't be treated like this?"

'Unity is not uniformity'

Despite these tensions, some local activists have pledged to march or rally in solidarity with national leaders this weekend. On social media, the group Women's March Illinois has been coordinating buses for local people who intend to march in Washington, D.C.

Last week, a college student activist announced plans for the "Young Women's March Rally 2019" at Federal Plaza on Saturday, claiming affiliation with Women's March Inc.

"In all honesty, I wish people would move on from the old controversy and focus on the positivity Women's March has brought," said Jazmine-Marie Cruz, a 19-year-old Roosevelt University student who is organizing the rally.

"Women's March started a movement and empowerment that had never been done before. ... We embrace the Women's March to show that unity is not uniformity. We are excited to show the country that we are



STACEY WESCOTT/CHICAGO TRIBUNE

Rabbi Debra Newman Kamin opposes marching in solidarity with Women's March Inc. because the national group has been accused of anti-Semitic rhetoric.

all different here in Chicago but we have to keep working together and not throw away people in the trash that we don't 100 percent agree with," she said.

Tamar Manasseh, a rabbinical student who is African-American, said she hopes the movement "maintains its focus."

"We're not going to all agree on everything, but if we all agree on women's rights, that's the main thing," said Manasseh, who also founded the Chicago anti-violence group Mothers and Men Against Senseless Killings. "Keep the main thing the main thing. We can't afford to get caught up in divisiveness."

Jewish Women of Color, a coalition of members across the U.S. and Canada, last week issued an open letter supporting "the unity principles of the Women's March."

"Whenever anti-Semitism is used as a wedge to create divisions between Jews and other marginalized groups, Jews staying at the table is an act of resistance," said Shannah McKinney-Baldon, one of the leaders of the coalition, who plans to attend the national march in Washington, D.C., this weekend. "In this situation, for Jewish Women of Color, who live in the intersections among racism, anti-Semitism and sexism, it is imperative that we not only stay at the

table, but put ourselves at the center."

Tammy Vigil, associate professor of communication studies at Boston University, said the history of women's efforts for political empowerment is "riddled with fissures and missteps and controversial connections," including accusations of racism, anti-Semitism and sexism.

She cautioned that leaders of any movement should be careful about how they accomplish their goals and who they associate with, though "it is impossible to please everyone when you are trying to disrupt the system in order to expand access to power."

"Yet," Vigil added, "the fact that local groups are still organizing marches despite the controversy illustrates how important people believe the larger ideals of the movement are."

Local groups push back

Women's March Chicago recently announced it wouldn't be hosting its annual march and rally in January, citing limited costs and volunteer resources so soon after a similar event in October. The previous two Januarys, the march drew crowds of hundreds of thousands, shutting down parts of the Loop.

Supporters were instead urged to plan their own community-based marches, political actions or service projects, an initiative dubbed "Operation Activation." While organizers say this decision was independent of any national cleavages, they have called the opportunity to further distance themselves from Women's March Inc. a "side benefit."

Women's March Chicago in November posted on its Facebook page that the local group "continues to receive inquiries as to whether our organization is 'anti-Semitic.'"

"Once again, we have ZERO affiliation with Women's March Inc.," the post said. "We are an independent organization that decries hate in any form."

After learning there would be no Grant Park march, west suburban supporters planned

the first Fox Valley Women's March in Geneva, where the lineup of speakers includes U.S. Reps. Lauren Underwood and Sean Casten, two political newcomers who flipped their suburban Congressional seats blue in the midterm election.

"The march in Geneva is a locally led march" not affiliated with Women's March Inc., said a news release for the event, adding that local fundraising is covering costs.

Other women's march groups across the country have been pushing back against national leaders, in at least one canceling a march.

Houston Women's March, which has changed its name to Houston Women March On, emphasized its independence from national leaders in March, chiding them in a statement titled "What we WON'T stand for."

"... we ask the national organization to go beyond merely noting that 'Farrakhan's statements about Jewish, queer, and trans people are not aligned with the Women's March Unity Principles' and make a clearer and stronger renunciation of anti-Semitism, hate speech and the destructive actions that spring from hate-filled language," the statement said.

Organizers in New Orleans last month announced they were canceling their local women's march.

"Many of the sister marches have asked the leaders of Women's March Inc. to resign but as of today, they have yet to do so," the group posted on Facebook. "The controversy is dampening efforts of sister marches to fundraise, enlist involvement (and) find sponsors and attendee numbers have drastically declined this year. New Orleans is no exception."

Rifts within the national leadership date back to the start of the marches, when an early organizer expressed concerns about anti-Semitism but said she was sidelined from the group and that her Jewish identity played a role, according to The New York Times. Two women's march events are scheduled in New York this weekend, one led by a chapter affiliated with the national leaders.

These tussles follow a rise in anti-Semitic incidents nationwide, which spiked nearly 60 percent in 2017, according to the Anti-Defamation League; that was the biggest single-year increase and the second-highest number reported since the group began tracking incidents in 1979.

"All I'm asking is don't support leaders who are anti-Semitic," Newman Kamin said. "And when we think about who we want to make the world a better place, as we work on issues like racism, don't ignore that anti-Semitism unfortunately still is an issue in this country"

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Ex-Maryville head faces accusations of sexual abuse of minors

Archdiocese: Smyth removed from ministry

BY JOHN KEILMAN
Chicago Tribune

The Archdiocese of Chicago said Friday that the Rev. John Smyth, the renowned former head of the Maryville Academy home for troubled youths, has been accused of sexual abuse of minors and has been removed from the ministry while the allegations are investigated.

Attorney Jeanine Stevens said she represents two young men who claim Smyth molested them at the Des Plaines campus when they were 14 and 15, respectively. "It destroyed everything for these kids," she said. "They didn't get what was going on."

Smyth's lawyer said the accusations are false and that the men

bringing them are looking for a payout from the Catholic Church.

"What really happened is they have two guys sitting in the penitentiary thinking of ways to make money, and this is what they came up with," attorney Frank DiFranco said.

The men have not filed a lawsuit nor discussed a financial settlement with the archdiocese, Stevens said. The archdiocese declined to comment on the allegations.

The accusations date to 2002 and 2003, a time of crisis on the Des Plaines campus. A 14-year-old girl hanged herself in a shower in early 2002, and a few months later police were called to quell a riot involving teen girls fighting with knives, bottles and other weapons.

The Illinois Department of Children and Family Services, which sent hundreds of wards of the state to Maryville, investigated

and found what it said was rampant violence, poor oversight and inadequate treatment.

In late 2002, DCFS stopped placing children at the campus, a move that Smyth, a well-connected public figure and prodigious fundraiser who had led the school since 1970, said was unwarranted. After months of criticism and pressure, Smyth agreed to step down in December 2003.

Maryville had long been considered a home of last resort for children facing profound difficulties, and Stevens said her clients fit that profile. She said the Cook County juvenile justice system had sent them to the Scott Nolan Center, a now-closed psychiatric facility run by Maryville.

The boys went to the main campus for athletic activities, Stevens said, and that's where they met Smyth. He showered them with attention, and after winning

their trust called them into his office on separate occasions and molested them, she said.

"These kids walked away from this feeling that something was wrong with them," she said. "I see in them the guilt and the shame even now."

She said she brought the claims to the archdiocese's attention in March 2018. Church officials said they informed DCFS and the Cook County state's attorney's office about the allegations, though they didn't say when. Neither agency would comment to the Tribune.

DiFranco, though, said children were never allowed in the administration building where Smyth's office was located.

"What they claim never could have happened," he said. "It's impossible, just logistically."

Smyth went on to serve as president of Notre Dame College Prep in Niles before retiring in

2014. He had been living in the rectory of the Shrine of Our Lady of Guadalupe in Des Plaines but won't reside there while the archdiocese investigates, officials said.

DiFranco said Smyth, who is in his 80s, is staying in a rehab center following a recent surgery.

DCFS ultimately allowed wards of the state to return to Maryville. Spokeswoman Marcy Jensen said about 100 children — some wards, some not — live in Maryville residential programs, including one for pregnant teens and one for boys coming out of the juvenile justice system.

She said Maryville takes extensive precautions to protect children from abuse, including background and fingerprint checks of employees and cameras in common areas of the children's homes.

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Federal employees press for end to shutdown

Workers rally, meet with members of Congress

By LOLLY BOWEAN
Chicago Tribune

As a federal employee who manages Supplemental Nutrition Assistance Program benefits for lower-income residents, Florence Cannon never thought she herself would need to apply for food stamps.

But now, 28 days into the partial government shutdown during which she's been out of work and unpaid, Cannon said not only does she qualify for the aid, her new worry is if she'll even get issued food stamps before the benefits run out.

"I never thought I'd be in this position, that I'd (need) the benefits that I monitor," she said. "This shutdown has really turned into a travesty. Churches are being overwhelmed because they are trying to help their members. Some food pantries have a three-hour wait. There is no morale."

Cannon was one of 15 federal workers who met with a panel of elected members of Congress on Friday morning to not only talk about their personal struggles of being without pay for so long, but to urge action. After the hourlong roundtable discussion, the workers then held a rally at Federal Plaza with dozens more of their colleagues to draw more public attention to their plight.



ABEL URIBE/CHICAGO TRIBUNE
Federal worker Florence Cannon, center, flanked by U.S. Rep. Bill Foster, left, and U.S. Rep. Jan Schakowsky, speaks during a rally Friday at Federal Plaza, urging an end to the partial government shutdown.

"It's affected innocent people, who are hardworking federal employees and their families," said U.S. Sen. Dick Durbin, D-Ill., at the meeting where he laid much of the blame on President Donald Trump.

"It was more than three weeks ago when President Trump announced... that he would own this shutdown and he would be proud of this shutdown," he said. "We elected Donald Trump to lead and manage this government, not to turn the lights out and shut it down."

The roundtable meeting was hosted by U.S. Rep. Jan Schakowsky. It was attended by congressional members Bobby

Rush, Bill Foster, Lauren Underwood, Danny Davis, Raja Krishnamoorthi, Robin Kelly and Sean Casten. Rep. Jesus "Chuy" Garcia joined the group later at the rally.

At nearly four weeks, the federal government has been shut down for the longest period in history, and there seems to be no resolution in sight. An estimated 800,000 federal workers are without pay, and half of them, like Cannon, aren't going to work. But hundreds of thousands of others, like Jeff Wright with the Bureau of Prisons, are still reporting to their jobs but not collecting paychecks.

These workers are not only falling behind on their bills, they are arriving to work stressed out,

and some struggle to concentrate, the collective of employees told the delegation of congressmen.

The greater public suffers too, when air and water aren't being inspected and monitored, the country's financial systems aren't being policed, and airport workers are more worried about how they will cover day care and put gas in their cars than they are about security and air traffic control, they said.

"People are getting increasingly worried. The mood is bleak," Wright said.

"I have aging parents. They rely on me financially," said Veronica Sims, who works for the U.S. Department of Housing and Urban Development. "Not only is it an issue for me, it's an issue for them."

Tamara Dervin is a widow and the mother of a 9-year-old boy. He can't understand why his mother isn't working and has started to include "that mommy get back to work" in his nightly prayers.

"Now my household has no income. I have no pay, coming from a month that was more expensive than a normal month," she said.

At the morning roundtable, the delegation mainly listened to the federal workers and peppered them with questions. They asked them to talk about the ways their fellow employees have been impacted and cite examples of when they've heard outcry from the public.

As tax filing season is about to start with new rules and regulations, there are no working employees in the Internal Revenue Service's help office to answer questions, one employee said.

For seniors, disabled residents and lower-income citizens who receive subsidized housing, their voucher payments are at risk and next month they could start to see eviction notices, Patrick Cano, with HUD, said.

"I'm not asking to be paid ahead and I don't want anything special," he said. He simply wants to do his job and get paid for it, he told the delegation.

In addition to blaming Trump, Durbin faulted Senate Majority Leader Mitch McConnell, who hasn't taken action on several bills that could restart the government and instead appears to be waiting for Trump to negotiate.

After the conversation, the group moved outdoors where they carried signs that read "We Want to Work" and "Jobs Not Furloughs," and picketed in the freezing cold. They chanted, yelled in frustration and then stood in a circle telling stories.

"This is not what I expected when I took the oath of office," Garcia told the crowd. "I'm embarrassed that we have people out of work for the federal government. I'm embarrassed."

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Felony cocaine charge against former Hebron leader dropped

Jacobson still faces trial on alleged gun offense

By AMANDA MARRAZZO
Chicago Tribune

The former village president of Hebron no longer faces a felony cocaine possession charge that was filed while he was in office.

But John Jacobson, who later lost a re-election bid, still faces trial on a felony charge of possession of a firearm without a firearm owner's ID card, as well as misdemeanor charges of unlawful possession of drug paraphernalia and ammunition stemming from the same arrest.

Jacobson, 71, appeared to be

praying in the McHenry County courtroom Friday before learning of the judge's ruling to drop the drug possession charge that his lawyers had argued resulted from an unlawful search of his home.

Jacobson's attorneys cited in their argument the Illinois Controlled Substances Act, which limits the ability of authorities to prosecute a person for possession of less than 3 grams of cocaine when the evidence was obtained as a result of the individual seeking emergency medical assistance for an overdose.

In Jacobson's case, authorities responded to his home in March 2016 after receiving a call from a woman there that he was in medical distress after "drinking

alcohol and smoking crack cocaine," according to a police report.

According to court documents, responders found Jacobson unconscious and turning blue on the bathroom floor and saw in "plain view" a clear glass pipe containing burned residue, as well as a small amount of suspected crack cocaine.

Jacobson was taken to a local hospital, and police returned to his home with a search warrant, finding less than 1 gram of cocaine, two crack pipes, a shotgun and ammunition, according to police.

Judge Sharon Prather ruled Friday that the search was legal but agreed with defense attorneys

to dismiss the felony drug possession charge.

However, she added that the Controlled Substances Act provision "is not a get-out-of-jail-free card" and declined to dismiss the remaining charges against Jacobson.

After Jacobson's arrest, many local residents and officials called for him to step down as president of the small town near the Wisconsin state line perhaps best known as the underdog winner of the 1952 state high school basketball title.

Jacobson refused and also ran for re-election the following year but lost to Kimmy Martinez.

Jacobson declined to comment after Friday's hearing but has in

past interviews spoken of his love for his hometown, the good work he did as village president and how he has been working hard to stay sober.

At the time he was elected village president in 2013, Jacobson had felony drug possession and misdemeanor DUI charges pending against him. He later pleaded guilty to a lesser misdemeanor in the drug case and was sentenced to one year of conditional discharge, a form of court supervision, and he was found not guilty of the DUI charge, according to court documents.

Amanda Marrazzo is a freelance reporter.

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State trooper remembered as fun-loving friend

Trooper, from Page 1

and framed.

"I'm so sorry for your loss," Pastor Chris Hurta told Lambert's wife, Halley, 14-month-old daughter Delaney and parents James and Martha Lambert. "I have no words. We grieve for you, and our prayer for each of you is that you would find God's comfort ... to lead you and sustain you."



Lambert

Mourners who gathered Friday included law enforcement personnel from jurisdictions in Illinois and as far away as California and New Hampshire. Newly sworn-in Gov. J.B. Pritzker also attended, and from the pulpit reflected upon the grief he felt as a child when his father died.

"Let me try, however inadvertently and inadequately, to ease a small part of this burden for you," he told Lambert's wife and daughter. "There will come a day when the memory of Chris will be like a cool breeze in summer, comforting and gentle. ... You will always mourn his death, but



Police officers from throughout the Chicago area line up before the start of Illinois State Police Trooper Christopher Lambert's funeral Friday at Willow Creek Community Church in South Barrington.

this agony fades. What is left are the most perfect memories — the best parts of the person that you loved."

Lambert, a native of Dayton, Ohio, was an Army veteran who served in Iraq and Haiti. He had been with Illinois State Police since

2013 and worked in the criminal patrol division.

He was also a member of the Lake County Metropolitan Enforcement Group, a task force of officers from different departments who focus on illicit drugs, gangs and weapons. The work includes conducting house

raids and drug seizures.

Libertyville police Officer Brandon Bernabei, who worked with Lambert on the task force, described his friend as a fun-loving colleague who went by the nickname "Lam Lam" and whose enthusiasm for even unglamorous assignments

was striking.

"(There was) a time we needed volunteers to dress up in camouflage and face paint to go sit on a house in 95-degree weather," he said. "I've never seen someone so excited to sweat profusely in a cloud of mosquitoes, but there was Lam Lam."

"There will come a day when the memory of Chris will be like a cool breeze in summer, comforting and gentle."

— J.B. Pritzker, Illinois governor, to Christopher Lambert's wife and daughter

No charges or citations have been announced against the driver whose car hit Lambert.

The previous Illinois State Police trooper killed while on duty was Ryan Albin, who died in June 2017 after a downstate highway crash involving a tractor-trailer near a construction zone.

An earlier death came March 28, 2013, when Trooper James Sauter, 28, of Vernon Hills, was killed while on duty on I-294 near Northbrook. His car was parked on the shoulder of the southbound lanes when the driver of a tractor-trailer struck it, authorities said.

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JOHN J. KIM/CHICAGO TRIBUNE

An IDOT salt truck exits the Kennedy Expressway at Addison Street in Chicago amid light snow Friday.

First comes the snow, followed by the cold

Snow, from Page 1

followed by lake-effect snow in Cook and Lake counties in Illinois and in northwest Indiana, possibly adding 6 more inches of accumulation.

As light flurries dusted the city Friday afternoon, Yolanda Fleming added to her stockpile of salt in anticipation of the snowstorms.

"I have a truck and we live in Chicago; I don't know why people freak out," Fleming said with a laugh about the snowfall. "It's long overdue. It's almost February."

Fleming was running errands Friday afternoon when she stopped by the Home Depot in the South Loop. She already had four bags of salt at her Bronzeville home, she said.

"It's always good to have extra," Fleming said. "I wanted to be prepared."

Gaby Livingston, 44, also of Bronzeville, stopped by the same Home Depot to grab two bags of salt after realizing she had run out. The mother of twins said the family had activities Saturday morning and didn't want the snow to get in their way.

"My husband will get up early, shovel and salt," Livingston said.

She also made a stop at Target to buy sleds for her children, who still associate any snow with Christmas.

"I am not excited personally, but my children are small," she said. "I have 5-year-old twins so they are very excited. So that sort of gives me a little bit of excitement because they are looking forward to the snow."

Chicago-area transportation and transit agencies also prepped for the storms Friday, fueling up plows, treating bridges and inspecting equipment.

At a Friday afternoon news conference, Mayor Rahm Emanuel pledged that the city would remain open and operational, with the goal of clearing main thoroughfares, then residential streets so residents can attend weekend activities.

"Our response will be

unified, it will be uniform and it will be unyielding," he said.

The Chicago Transit Authority planned to deploy equipment to keep tracks, platforms and bus garages clear of snow, officials said.

Airlines proactively canceled nearly 200 flights at O'Hare International Airport and 100 flights at Midway Airport, according to Department of Aviation Commissioner Jamie Rhee. The airports also had crews standing by to keep runways dry, she said.

To prepare Illinois roads for the storm, the Illinois Department of Transportation treated bridge decks, ramps, overpasses, elevated areas and other sections of the system susceptible to icing, spokesman Guy Tridgell said.

"More than likely, we will have a full complement of 350-plus trucks and plows deployed throughout the weekend in Cook and the collar counties," Tridgell said.

Chicago and Cook County officials also expected to have their full fleets out on the road. Cook County planned to have its entire fleet of 60 trucks working to keep 560 miles of roads clear tonight and anticipated using 2,000 tons of salt, spokeswoman Natalia Derevyanny said.

The city's Department of Streets and Sanitation had already deployed more than 200 salt spreaders and plows Friday afternoon in order to be ready to clear main roads and Lake Shore Drive, agency Commissioner John Tully said.

Saturday and Sunday nights were forecast to feel especially cold, with wind chills dipping to single digits to teens below zero, according to the weather service.

City officials urged residents to stay indoors if possible, only drive if necessary and check on elderly neighbors.

The frigid conditions were expected to continue into Monday, Martin Luther King Jr. Day.

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Chicago Tribune

NATION & WORLD

Mueller disputes BuzzFeed report

Spokesman for news agency: 'We stand' by reporting

BY MARY CLARE JALONICK AND ERIC TUCKER
Associated Press

WASHINGTON — Special counsel Robert Mueller's office on Friday issued a rare public statement disputing the accuracy of BuzzFeed News' report that said President Donald Trump's attorney told Mueller that the president directed him to lie to Congress.

BuzzFeed, citing two unidentified law enforcement officials, reported that Trump directed Michael Cohen to lie to Congress about a Moscow real estate project and that Cohen told Mueller that Trump personally instructed him to lie about the timing of the project.

The report said Mueller's investigators learned about Trump's directive "through interviews with multiple witnesses from the Trump Organization and internal company emails, text messages, and a cache of other documents."

The report said Cohen then acknowledged Trump's instructions when he was interviewed by the Mueller team.

The statement by Mueller's office on Friday night doesn't cite any specific errors, but the special counsel's spokesman, Peter Carr, said, "BuzzFeed's description of specific statements to the special counsel's office, and characteri-

zation of documents and testimony obtained by this office, regarding Michael Cohen's congressional testimony are not accurate."

After the statement was issued, Trump retweeted a post that said: "Sadly so many will never get the memo that it was fake!"

BuzzFeed spokesman Matt Mittenal said: "We stand by our reporting, and we are working to determine what exactly the Special Counsel is disputing. Stay tuned."

Democrats had earlier vowed to investigate whether the report was true, calling that possibility a "concern of the greatest magnitude." House intelligence committee Chairman Adam Schiff, D-Calif., and House Judiciary Committee Chairman Jerrold Nadler, D-N.Y., said they would investigate the matter.

Any evidence that Trump directed a witness to lie to investigators would place him in the greatest political and legal jeopardy yet and confront him with allegations of the sort that led to the departure of one president and the impeachment of another.

The Associated Press had not independently confirmed the report.

Trump's lawyer, Rudy Giuliani, said in a statement Friday that "any suggestion — from any source — that the President counseled Michael Cohen to lie is categorically false."

White House spokeswoman Sarah Huckabee Sanders called the allegation "absolutely ridiculous."



Giuliani



KEVIN HAGEN/AP

Democrats vowed to investigate if, as BuzzFeed News first reported, President Donald Trump directed Michael Cohen, center, his personal attorney, to lie to Congress about a Moscow real estate deal. The report has since been disputed.

On Twitter Friday morning, Trump charged that Cohen was "Lying to reduce his jail time!"

Cohen pleaded guilty in November to lying to Congress to cover up that he was negotiating the Trump Tower project on Trump's behalf during the heat of his presidential campaign. The charge was brought by Mueller and was the result of Cohen's cooperation with that probe.

He admitted that he lied when he told lawmakers he had never agreed to travel to

Russia in connection with the Moscow project and when he said that he'd decided by the end of January 2016 that the "proposal was not feasible for a variety of business reasons and should not be pursued further."

He was sentenced to three years in prison for crimes that included arranging the payment of hush money to conceal his boss' alleged sexual affairs, telling a judge that he agreed time and again to cover up Trump's "dirty

deeds" out of "blind loyalty."

Giuliani noted that Cohen had pleaded guilty to lying and quoted federal prosecutors in New York who chastised him for a "pattern of lies and dishonesty over an extended period of time." Mueller's team, however, has called him a credible witness.

"Today's claims are just more made-up lies born of Michael Cohen's malice and desperation," Giuliani said.

Cohen is scheduled to testify publicly before the

House Oversight and Reform Committee on Feb. 7.

The top Democrat on the Senate intelligence committee, Virginia Sen. Mark Warner, said Friday that he expects Cohen to talk to that panel in February.

Though House Speaker Nancy Pelosi has discouraged any talk of impeachment in the early days of her new majority, some senior Democrats have said that if the BuzzFeed report is confirmed, Trump's actions could rise to that level.



JOSE LUIS MAGANA/AP

Anti-abortion activists head toward the U.S. Supreme Court during Friday's March for Life in Washington, D.C. President Donald Trump again delivered videotaped remarks.

Trump, Pence speak at anti-abortion rally

BY JULIE ZAUMER, MARISA IATI AND MICHELLE BOORSTEIN
The Washington Post

WASHINGTON — President Donald Trump and Vice President Mike Pence surprised thousands of protesters demonstrating against abortion on the National Mall by making unannounced speeches at Friday's March for Life.

Pence and his wife, second lady Karen Pence, strode out onstage to the delighted cheers of a roaring crowd. Then Pence concluded his remarks with a second surprise: Trump, who addressed the march by video feed last year, had again prepared videotaped remarks.

"When we look into the eyes of a newborn child, we see the beauty and the human soul and the majesty of God's creation. We know that every life has meaning," Trump said in his video, before listing his administration's anti-abortion actions and vowing to reject any legislation passed by the new Democrat-controlled House that "weakens" the campaign to prevent abortion access.

He said he signed a letter to Congress on Friday announcing his intent to veto

any such law.

Pence gave a similar list of anti-abortion actions, including Trump's appointment of conservative judges to powerful appellate courts across the country, and his reinstatement of the Mexico City policy that bans U.S. government funding for any foreign aid organization linked to abortion.

And Pence, too, spoke with religious overtones: "Listen to the truth," he said, then cited one of the anti-abortion movement's favorite Biblical verses. "Know that He who said, 'Before I formed you in the womb, I knew you' also said 'I will never forsake you.'"

Daniel Pierini, 16, was among those cheering, thrilled to hear Pence describe the president's reinstatement of the Mexico City policy, which he supports. "I like how he explained what the president had done so far for the pro-life movement," he said, adding that he is a fan of Trump and Pence except for their opposition to rights for transgender Americans, because he has transgender friends.

Standing with classmates from his Christian school in Forest Hills, Pennsylvania, Pierini said

his own mother had a troubled pregnancy — a doctor told her that she was at risk of a miscarriage or could die from carrying her pregnancy to term, Pierini said — but she chose to give birth to him. Now, he hopes, the Supreme Court with two conservative justices appointed by Trump will overturn the Roe v. Wade decision that made abortion legal nationwide.

Since the March for Life began in 1974, the year after the Roe v. Wade decision, the crowd has been largely youthful, including Catholic school students who ride buses from all over the country to attend the march. In recent years, march organizers said they have tried to welcome a broader group of people who oppose abortion. In addition to the march's Catholic core, an Evangelical for Life conference now draws a sizable contingent.

Other groups march in step, like Secular Pro-Life and Democrats for Life of America.

However, last year, when Trump addressed the crowd, some complained that the polarizing president distanced those who aren't his fans from the anti-abortion movement.

All 4 Americans killed in Syria bombing ID'd

BY WILLIAM BRANIGAN AND KATIE METTLER
The Washington Post

A Green Beret, a Navy linguist, a former Navy SEAL and a Syrian emigre were the Americans killed in this week's suicide bombing in Syria, the Defense Department and a defense contractor said Friday.

The Pentagon named the three current and former service members killed in Wednesday's attack as Army Chief Warrant Officer 2 Jonathan Farmer 37, of Boynton Beach, Fla.; Shannon Kent, 35, of Pine Plains, N.Y.; and a civilian, Scott Wirtz, of St. Louis, a former Navy SEAL working for the Defense Intelligence Agency.

The department did not identify the fourth American killed, a civilian contractor who officials said served as an interpreter. A spokesman for defense contractor Valiant Integrated Services said an employee, Ghadir Taher, was killed in the attack.

The four were killed — and three other Americans wounded — when a suicide bomber detonated an explosive vest in front of a restaurant in the northern Syrian city of Manbij as they were meeting with local military officials. The attack was claimed by the Islamic State group.

It was the largest loss of life in the Pentagon's war against Islamic State militants in Syria and a sign of the potent threat that the group still poses as the Trump administration begins to withdraw U.S. forces from the country.

The Pentagon said the Americans were supporting Operation Inherent Resolve, the U.S.-led coalition battling the Islamic State in Syria and Iraq.

It said Farmer was assigned to 3rd Battalion, 5th Special Forces Group (Air-



FORT BRAGG

Farmer, 37, of Florida.



U.S. NAVY

Kent, 35, of New York.

and Operation Inherent Resolve — his final mission — in 2018 and 2019.

He was trained in Fort Benning and attended the Special Forces Qualification Course. Farmer graduated in 2007 as a Special Forces engineer sergeant and was assigned to the 5th Special Forces Group, where he spent the rest of his career.

During his years of service, Farmer received numerous awards and decorations, including a Bronze Star Medal with two Oak Leaf Clusters.

Wirtz served as a Navy SEAL for 10 years before joining the Defense Intelligence Agency in February 2017, a DIA spokeswoman said. The DIA said he completed three deployments for the agency in the Middle East.

President Donald Trump's surprise Dec. 19 announcement that the Islamic State had been defeated and U.S. troops would be coming home drew widespread criticism, including from GOP allies who warned that a premature departure could allow militants to return.

After announcing his intention to withdraw all 2,000 U.S. troops from Syria, Trump also ordered the pullout of nearly half of the more than 14,000 troops in Afghanistan.

The move overrode warnings from senior advisers and military officials that such a withdrawal would plunge Afghanistan further into chaos.

In a separate announcement Friday, the Army's Special Operations Command said an Army Ranger, Sgt. Cameron Meddock, 26, of Spearman, Texas, died Thursday of wounds he received in combat operations Jan. 12 in Badghis province, Afghanistan.

Associated Press contributed.

Trump, Kim to meet in late Feb.

Summit, from Page 1

Danang, Vietnam, according to people familiar with the negotiations.

Friday marked the second time Trump has welcomed Kim Yong Chol, who was reported to be delivering a letter from Pyongyang. He also visited Trump in the Oval Office last June to seal plans for the first summit later that month in Singapore.

Before arriving at the White House, Kim Yong Chol met for less than an hour with Secretary of State Mike Pompeo at a Washington hotel.

Their discussion aimed to reinvigorate the negotiations that have been stalled for months over a U.S. demand that North Korea provide a detailed inventory of its nuclear and missile programs.

Pyongyang has insisted that the United States lift economic sanctions on North Korea and offer a security guarantee to the isolated regime before any further concessions.

After Friday's visit to the White House, the North Korean delegation met Pompeo for lunch.

Trump allies praised the president's leadership and expressed cautious optimism that the high-level engagement will pay dividends.

"President Trump deserves great credit for getting us to this point," Sen. Lindsey Graham, R-S.C., said in a statement. "We have a long way to go, and I'm hopeful that the engagement started by President Trump can finally end the North Korean problem in a win-win fashion."

With little progress on the technical end of the negotiations among lower-ranking diplomats, the fate of the talks may rely on



CAROLYN KASTER/AP

Secretary of State Mike Pompeo, center, and envoy Stephen Biegun host Kim Yong Chol, Pyongyang's lead negotiator, on Friday at a Washington hotel.

Trump changing the current trajectory in his own interactions with senior North Korean officials.

But foreign policy experts remained skeptical and called on Trump to demand from Pyongyang what Richard Haass, president of the Council on Foreign Relations, called a "detailed road map" toward denuclearization.

A second summit "is not necessarily great news," Haass wrote on Twitter. "It all depends on how well a summit is prepared and handled and what @realDonaldTrump offers and demands in return. Recent history (is) hardly reassuring."

For Trump, a second summit could help him make the case that his top foreign policy initiative is bearing fruit and divert attention from his rapidly expanding political troubles at home.

Trump is embroiled in an increasingly nasty public fight with congressional Democrats as a partial government shutdown over funding for his proposed border wall reaches the four-week mark. And the White House has been rocked by new revelations in the special counsel investigation into Russian interference in the 2016 presidential election.

Trump has been upbeat about a second round of face-to-face negotiations with Kim, touting personal letters from the North Korean leader as progress, despite a lack of measurable steps toward disar-

mament.

"With North Korea, we have a very good dialogue," Trump said Jan. 6. "I'm going to not go any further than that. I'm just going to say it's very special. And anybody else but me, you'd be in war right now."

U.S. officials want the North to start treating the American envoy for the talks, Stephen Biegun, seriously.

The North has repeatedly turned down meetings between him and his counterpart, Vice Foreign Minister Choi Sun Hee. Biegun was present at Pompeo's meeting with Kim Yong Chol, and he is expected to meet Choi for follow-up negotiations in Stockholm over the weekend.

In Seoul, there is a strong feeling among South Korean officials that the U.S. side will come to the table offering a more flexible approach than before and that Washington is coming around to the idea that both sides need to offer concessions in a phased process — rather than a unilateral, all-or-nothing approach favored by White House hard-liners, such as national security adviser John Bolton.

South Korean Foreign Minister Kang Kyung-wha said at a news conference Wednesday that her government's approach is to secure a "comprehensive deal toward complete denuclearization" of the North and a "phased implementation." She said Washington "also shares considerably" this approach.

'Major announcement' is planned by Trump

He's expected to address shutdown and the border

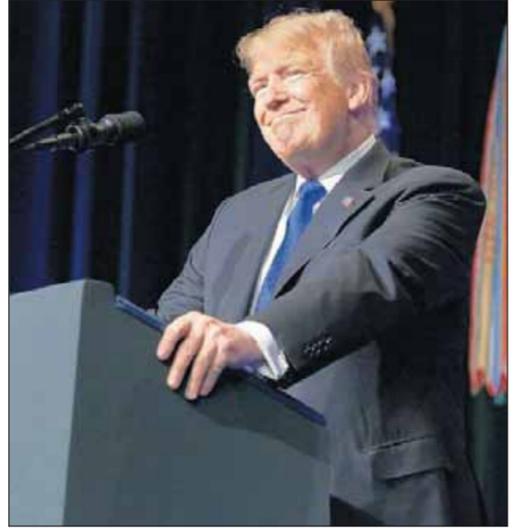
By LISA MASCARO, ZEKE MILLER, JILL COLVIN AND CATHERINE LUCEY
Associated Press

WASHINGTON — President Donald Trump says he'll make a "major announcement" on the government shutdown and the southern border on Saturday afternoon as the standstill over his border wall continues.

The White House did not immediately provide details on Friday about what the president would announce, but a person familiar with the planning said Trump planned to outline a new deal with specific proposals the administration believes could potentially pave the way to the shutdown's end. The person was not authorized to discuss the announcement and spoke on condition of anonymity.

The move — on Day 28 of a shutdown that has left hundreds of thousands of federal workers without paychecks — represents the first major overture by the president since Jan. 8, when he delivered an Oval Office address making the public case for his border wall. The president and his aides have said he will not budge on his demand for \$5.7 billion for his border wall. Democrats said they will not negotiate until the government reopens.

White House spokeswoman Sarah Huckabee Sanders declined to discuss what Trump might propose but said he was "going to continue looking for the solution" to end what the administration had repeatedly referred to as a "humanitarian and national security crisis at the border." While few would argue that a humanitarian crisis is



GETTY

Proposals that may pave the way to the shutdown's end could be part of President Trump's address Saturday.

unfolding as the demand for entry by migrants and the Trump administration's hardline response overwhelm border resources, critics say Trump has badly exaggerated the security risks.

Friday evening's announcement came after House Speaker Nancy Pelosi canceled plans to travel commercially to visit U.S. troops in Afghanistan, saying Trump had caused a security risk by talking about the trip. The White House said there was no such leak.

But it was the latest turn — and potentially the most dangerous — in the high-stakes brinkmanship between Trump and Pelosi.

Julian Zelizer, a professor of history and public affairs at Princeton University, said it "gives new meaning" to tensions between the executive and legislative branches.

"There are public back and forths," he said, citing relations between past presidents and House speakers. "But this kind of tensions — preventing the speaker from visiting the

troops and the speaker suggesting the White House leaked information about a crucial flight — this is one more example of where Trumpism brings us into new territory."

Sanders on Friday stressed the importance of a looming Tuesday deadline to process paychecks, when the government will need to decide if workers get another round of zeros on Friday's payday.

"One of the key reasons that the president did not want Speaker Pelosi to leave the country is because, if she did, it would all but guarantee the fact that the negotiations couldn't take place over the weekend," Sanders told reporters.

Next week, House Democrats will pass bills to try to fund the government, including one adding \$1 billion to border security — to hire 75 immigration judges and improve infrastructure. The Republican-controlled Senate has declined to consider any bills unless Trump is prepared to sign them into law.

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Chicago Tribune BUSINESS

Stocks up as China trade deal hopes rise

Momentum builds as economy better than first thought

BY MARLEY JAY
Associated Press

NEW YORK — Stocks in the U.S. and Europe jumped Friday as renewed hopes for progress in trade talks between the U.S. and China helped the markets finish the week with another strong gain.

Indexes jumped after Bloomberg News reported that China's government offered to buy more goods and services from the U.S., potentially eliminating its trade deficit by 2024.

For investors, the encouraging news on trade builds on recent positive signs for the U.S. economy and indications from the Federal Reserve that it will be patient when considering future interest rate hikes.

The Dow Jones Industrial Average is up 5.9 percent and the S&P 500 index has risen 6.5 percent so far



RICHARD DREW/AP

The Dow Jones Industrial Average is up 5.9 percent and the S&P 500 index has risen 6.5 percent so far this year.

this year, a surprisingly strong showing coming off a punishing end to 2018.

Technology and industrial companies made some of the top gains, while banks rose after more of them released their fourth-quarter reports. Oil and copper prices rose, while gold and

bond prices fell. Those are all signs traders felt more optimistic about global economic growth.

Over the last few days investors grew steadily more hopeful the U.S. and China are narrowing their differences. On Wednesday the Chinese government

said the top trade envoys from both countries will meet at the end of January.

"What you can see that is significant is that both sides are trying," said Tom Martin, senior portfolio manager of Global Investments. "Everybody feels like they've now made their point" after the two nations spent most of 2018 staking out positions and occasionally making threats.

Martin said the Federal Reserve has also made a big contribution to the rally.

The S&P 500 climbed 34.75 points, or 1.3 percent, to 2,670.71. The Dow jumped 336.25 points, or 1.4 percent, to 24,706.35. The Nasdaq composite added 72.76 points, or 1 percent, to 7,157.23.

Stock indexes have surged since reaching a low point on Christmas Eve, as the S&P 500 has risen for four weeks in a row.

It climbed a 2.9 percent gain this week. It's risen at least 1.9 percent every week during that rally. The last time the index rose at least

1.5 percent for four weeks in a row was in early 2009, in the wake of the financial crisis, according to LPL Financial Senior Market Strategist Ryan Detrick.

The U.S. trade imbalance with China has been a source of constant complaints from President Donald Trump during the wide-ranging trade dispute.

That deficit grew to a record \$323.3 billion in 2018, and eliminating it could mean hundreds of billions of dollars in increased sales for U.S. companies. The two countries have raised taxes on billions of dollars of each other's goods in the spat over the trade deficit, Beijing's manufacturing plans, and U.S. complaints that China steals technology from foreign companies.

Stocks sank in late 2018 as investors worried that global economic growth, and U.S. growth in particular, would slow by more than they thought. Threats including the U.S.-China trade dispute, rising interest

rates in the U.S., slowing growth in China and Europe, and unstable political situations like Brexit all made it seem like 2019 could be a disappointing year and some investors felt a recession was a possibility.

But now they're starting to think it won't get that bad. There are signs trade talks are progressing.

The U.S. economy doesn't appear to have slowed much, and China is working to perk up its economy. Resolving the trade dispute would also resolve an obstacle to growth for the global economy and corporate profits. The S&P 500, the main benchmark for U.S. stocks, fell 19.8 percent from late September to late December and has recovered more than half of those losses.

Trucking and logistics company J.B. Hunt Transportation jumped 6.2 percent to \$106.11 and railroad company Kansas City Southern climbed 6.1 percent to \$110.52 after their fourth-quarter reports.

Lawyer at Chicago firms accused of overbilling

BY CORILYN SHROPSHIRE
Chicago Tribune

A former partner at Chicago law firm Neil Gerber Eisenberg who also worked at Kirkland Ellis has been accused of overbilling clients during his time at both firms.

In a complaint filed last week with the Illinois Attorney Registration and Disciplinary Commission,

Christopher C. Anderson, who worked in the intellectual property group at NGE, is accused of multiplying his \$450 hourly billing rate in 2018.

The commission declined to say who filed the complaint.

The complaint, filed with the state body that governs the legal profession, alleges that Anderson, 37, attempted to meet the firm's billing expectations by re-

ording more time than he had actually spent on client matters. Then, knowing that clients would be billed based upon his recorded hours, he also recorded extra hours for clients for whom he felt he had not recorded enough, the complaint says.

For example, according to the complaint, if Anderson spent three-tenths of an hour on a client, he would record that he had actually

spent a half-hour. Or he would bill 2.1 hours for work that took him only 1.7 hours to complete, the complaint alleges.

Both NGE and Kirkland Ellis unknowingly overcharged their clients, and in turn, the clients paid the fees, the complaint says.

Anderson, who could not be reached immediately for comment, eventually confessed, and NGE offered a refund or credit to more

than 100 clients who may have been affected, totaling \$150,000, according to the complaint.

Kirkland Ellis also offered to repay or offer credits to clients, but the complaint does not say how much.

Neither firm was immediately available for comment. A hearing date for Anderson's case has not been set, according to a spokesman for the disci-

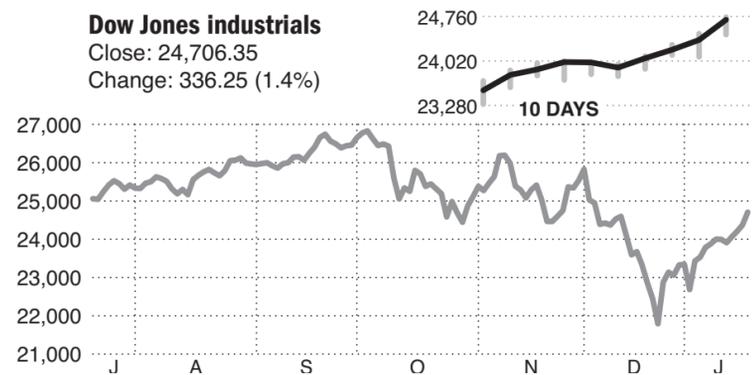
plinary commission.

The Illinois Attorney Registration and Disciplinary Commission, which has issued 98,000 law licenses in the state, will hear the case and then make a recommendation to the Illinois Supreme Court. The high court will ultimately decide if or how to discipline Anderson.

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MARKET ROUNDUP

Dow High: 24,750.22 Low: 24,459.03 Previous: 24,370.10



Nasdaq
Close: 7,157.23
High: 7,185.38
Low: 7,003.62
Previous: 7,084.47

S&P 500
Close: 2,670.71
High: 2,675.47
Low: 2,647.58
Previous: 2,635.96

Russell 2000
Close: 1,482.50
High: 1,487.21
Low: 1,466.70
Previous: 1,467.25

10-yr T-note
+0.04 to 2.78%

Gold futures
-9.70 to \$1,281.30

Yen
+0.56 to 109.79/\$

Euro
+0.0015 to 0.8795/\$

Crude Oil
+1.73 to \$53.80

Major market growth and decline

5-day % change			30-day % change			1-year % change		
DOW	NASD	S&P	DOW	NASD	S&P	DOW	NASD	S&P
+2.96	+2.66	+2.87	+10.07	+13.01	+10.51	-5.24	-2.44	-4.97

FUTURES							
COMMODITY	AMOUNT-PRICE	MO.	OPEN	HIGH	LOW	SETTLE	CHG.
WHEAT (CBOT)	5,000 bu minimum- cents per bushel	Mar 19	519.75	522.75	515.25	517.75	-.25
CORN (CBOT)	5,000 bu minimum- cents per bushel	Mar 19	379.75	383	377.75	381.75	+1.75
SOYBEANS (CBOT)	5,000 bu minimum- cents per bushel	Mar 19	908.25	920.25	905.75	916.75	+9
SOYBEAN OIL (CBOT)	60,000 lbs- cents per lb	Mar 19	28.74	29.08	28.66	29.01	+24
SOYBEAN MEAL (CBOT)	100 tons- dollars per ton	Mar 19	312.20	316.50	312.00	315.10	+2.90
LIGHT SWEET CRUDE (NYMX)	1,000 bbl.- dollars per bbl.	Feb 19	52.53	53.92	52.09	53.80	+1.73
NATURAL GAS (NYMX)	10,000 mm btu's, \$ per mm btu	Feb 19	3.436	3.499	3.201	3.482	+0.69
NY HARBOR GAS BLEND (NYMX)	42,000 gallons- dollars per gallon	Feb 19	1.4281	1.4677	1.4234	1.4528	+0.228

LOCAL STOCKS

Stocks listed may change due to daily fluctuations in market capitalization. Exchange key: N=NYSE, O=NASDAQ

STOCK	XCHG.	CLOSE	CHG.	STOCK	XCHG.	CLOSE	CHG.	STOCK	XCHG.	CLOSE	CHG.
Abbott Labs	N	71.42	+0.90	Equity Lifestyle Prop	N	101.59	+0.08	Mondelz Intl	O	43.36	+0.32
AbbVie Inc	N	89.50	+2.30	Equity Residential	N	70.12	+0.21	Morningstar Inc	O	115.10	+2.14
Allstate Corp	N	85.70	+1.13	Exelon Corp	N	46.08	+0.06	Motorola Solutions	N	115.60	+1.85
Aptargroup Inc	N	97.69	+1.76	First Indl RT	N	31.29	+0.18	NISource Inc	N	26.65	-0.08
Arch Dan Mid	N	44.26	+0.85	Fortune Brds Hm&Sec	N	43.06	+0.83	Nthn Trust Cp	O	91.16	+1.98
Baxter Intl	N	70.63	+1.51	Gallagher AJ	N	74.41	+0.50	Old Republic	N	21.61	+0.14
Boeing Co	N	364.73	+5.64	Grainger WW	N	305.39	+6.11	Packaging Corp Am	N	91.90	+1.67
Brunswick Corp	N	50.34	+0.57	GrubHub Inc	N	80.97	+1.31	Paylocity Hldg	O	66.37	+1.05
CBOE Global Markets	N	95.09	+1.56	Hill-Rom Hldgs	N	98.21	+1.91	Stericycle Inc	O	41.77	+0.83
CDK Global Inc	O	50.24	+0.07	IDEX Corp	N	140.77	+2.93	Teleph Data	N	36.30	+0.43
CDW Corp	O	81.69	+0.93	ITW	N	136.67	+4.00	TransUnion	N	60.58	+2.22
CF Industries	N	44.18	+0.39	Ingredion Inc	N	98.70	+0.43	Tribune Media Co A	N	45.85	+0.21
CME Group	O	183.43	+2.17	Jones Lang LaSalle	N	142.83	+2.23	US Foods Holding	N	33.68	+0.74
CNA Financial	N	45.95	+0.12	Kemper Corp	N	74.59	+1.31	USG Corp	N	43.11	+0.03
Caterpillar Inc	N	136.60	+2.92	Kraft Heinz Co	O	47.53	+0.45	Ultra Salon Cosmetics	O	291.50	+7.60
ConAgra Brands Inc	N	21.57	+0.33	LKQ Corporation	O	26.25	-0.65	United Contl Hldgs	O	85.59	-1.15
Deere Co	N	164.61	+4.54	Littelfuse Inc	O	187.42	+3.02	Ventas Inc	N	61.04	+0.51
Discover Fin Svcs	N	66.37	+1.83	MB Financial	O	44.60	+0.85	Walgreen Boots Alli	O	72.43	+0.44
Dover Corp	N	80.69	+1.63	McDonalds Corp	N	182.57	+1.46	Wintrust Financial	O	74.46	+0.92
Equity Commonwlth	N	30.75	-0.19	Middleby Corp	O	117.09	+2.10	Zebra Tech	O	177.79	+2.20

MOST ACTIVE STOCKS

STOCK	CLOSE	CHG.
Bank of America	29.30	+0.31
Gen Electric	9.06	-0.08
PG&E Corp	7.23	+0.87
First Data Corp	22.95	+1.04
Ford Motor	8.58	+0.22
Chesapeake Energy	2.97	+0.08
AT&T Inc	30.96	+0.32
Aurora Cannabis Inc	6.44	-0.13
Pfizer Inc	42.53	+0.06
Snap Inc A	6.18	+0.44
Wells Fargo & Co	50.01	+0.78
Report McMoran	12.56	+0.43
EnCana Corp	7.05	+0.13
Schlumberger Ltd	44.73	+3.36
Vale SA	14.61	+0.14
Nokia Corp	6.11	+0.13
Square Inc	72.24	+3.40
Regions Fnc'l	15.70	+0.09
Nabors Inds	3.06	+0.18
Keycorp	16.85	+0.52
Morgan Stanley	43.69	+1.16
Brist Myr Spb	50.12	+0.52
Citigroup	63.12	+0.65
Weatherford Intl Ltd	.57	+0.04

LARGEST COMPANIES

STOCK	CLOSE	CHG.
Alibaba Group Hldg	157.02	+1.05
Alphabet Inc C	1098.26	+8.36
Alphabet Inc A	1107.30	+8.18
Amazon.com Inc	1696.20	+2.98
Apple Inc	156.82	+0.96
Bank of America	29.30	+0.31
Berkshire Hath B	204.48	+5.70
Exxon Mobil Corp	72.99	+0.86
Facebook Inc	150.04	+1.74
JPMorgan Chase	104.59	+1.67
Johnson & Johnson	130.69	+1.60
Microsoft Corp	107.71	+1.59
Pfizer Inc	42.53	+0.06
Royal Dutch Shell B	62.72	+1.07
Royal Dutch Shell A	61.07	+0.89
Unitedhealth Group	265.50	+5.73
Verizon Comm	57.09	+0.26
Visa Inc	138.50	+1.22
WalMart Strs	97.73	+0.99

LARGEST MUTUAL FUNDS

FUND	NAV	CHG	1-YR %RTN
American Funds AMCPA m	29.89	+3.8	-4
American Funds AMRCNBalA m	25.81	+2.1	-1.7
American Funds CptWldGrncA m	54.24	+5.3	-9.1
American Funds CptlncBldrA m	58.10	+4.3	-5.9
American Funds FdmtInvSA m	55.65	+6.8	-5.5
American Funds GrfAmrcA m	46.12	+5.2	-1.0
American Funds IncAmrcA m	21.35	+1.6	-4.0
American Funds InvCAMrcA m	35.84	+0.47	-5.2
American Funds NWPrspctVA m	40.10	+3.5	-5.1
American Funds WAMtInvSA m	43.31	+6.2	-2.0
DFA EMktCorEq	20.20	+1.0	-15.2
Dodge & Cox Inc	13.33	...	+6
Dodge & Cox IntlStk	39.54	+5.0	-17.2
Dodge & Cox Stk	186.34	+2.40	-5.1
DoubleLine TlRtBdl	10.40	+0.1	+3.2
Fidelity 500dixnsPfm	92.88	+1.22	-2.7
Fidelity Contrafund	11.88	+1.4	-8
Fidelity ContrafundK	11.88	+1.4	-8
Fidelity TlMktDixnsPfm	75.63	+9.6	-2.8
Fidelity USBDdixnsPfm	11.25	-0.2	+7
Franklin Templeton IncA1 m	2.24	+0.2	-2.5
Metropolitan West TlRtBdl	10.39	-0.1	+1.1
PIMCO IncInstl	11.86	...	+1.3
PIMCO TlRetIns	9.92	-0.2	+5
Schwab SP500dix	40.85	+5.4	-2.7
T. Rowe Price BCGR	104.11	+1.12	+3.0
T. Rowe Price GrStk	61.93	+6.3	+8
Vanguard 500dixAdmrl	246.78	+3.21	-2.7
Vanguard DivGrnv	25.62	+3.4	+8
Vanguard EqIncAdmrl	69.90	+8.2	-3.9
Vanguard GridAdmrl	74.04	+9.1	-1.8
Vanguard HCAmrl	85.52	+7.9	+3.2
Vanguard InTrnGdAdm	9.40	...	+7
Vanguard InTrTEAdmrl	13.96	...	+2.1
Vanguard InsIdixns	242.64	+3.16	-2.7
Vanguard InsIdixnsPlus	242.66	+3.17	-2.7
Vanguard InsThSMInPls	57.96	+7.4	-2.7
Vanguard MidCpdxAdmrl	185.51	+2.86	-4.9
Vanguard PmCpAdmrl	129.34	+1.49	-1.4
Vanguard STInvmGrdAdmrl	10.44	-0.1	+1.4
Vanguard SmCpdxAdmrl	69.59	+8.7	-2.8
Vanguard TrgtRtr2020Inv	29.61	+1.7	-3.1
Vanguard TrgtRtr2025Inv	17.70	+1.2	-3.8
Vanguard TrgtRtr2035Inv	32.22	+2.5	-4.5
Vanguard TrgtRtr2035Inv	19.76	+1.7	-5.2
Vanguard TlBMDixAdmrl	10.42	-0.2	+6
Vanguard TlBMDixns	10.42	-0.2	+7
Vanguard TlBMDixAdmrl	21.74	+0.1	+3.4
Vanguard TlBMDixns	32.82	+1.22	+3.5
Vanguard TlBMDixInv	10.87		

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EDITORIALS

VOICE OF THE PEOPLE

Candidates, we voters aren't dumb

As for the noncandid candidates at the Tribune mayoral endorsement session Tuesday, my first reaction to the nonanswers from the want-to-be mayors of Chicago is "getoutahere." We have put up way too long with this nonsense. If an adult asks you a serious question, you give us an adult answer. If you can't do that, then stand up, excuse yourself and leave. We don't want you. Not now and not in the future. Do you get that?

You and your kind have conditioned the voters of Chicago to put up with crony government and the "corruption tax," and that is over. No more nonanswers. No more family and friends on the payroll. No more no-bid contracts. No more pinstriped patronage. Understand? No more.

Give it to us straight. You have taken the black vote for granted. And what have you done for them? You have relied on handouts to the poor for votes. Are they any less poor? You have milked the middle class. They are leaving by the thousands. Now look around, and what do you see? A city in desperate condition with a very dark future. We need answers, not nonanswers.

— Robert L. Johnson, Chicago

Overhaul future pension commitments

How could there be an editorial addressing Chicago's pension dilemma ("Taming Chicago's pension beast," Jan. 17) without a single mention of the need to change future pension commitments by changing the terms of future police and fire labor contracts? Illinois' constitution won't allow existing pensions to be diminished or impaired, but future pensions must be made affordable, and mayoral candidates must be forced to address that reality. The pension bucket will never be filled so long as the bucket has holes that drain it faster than money can be added.

— Robert Murray, Chicago

Ideas for reforming City Hall

Now that political reform is back in fashion (at least until Election Day):

Let's double or even triple the salaries of aldermen and the mayor and make it illegal for them to receive any freebies, even breakfast or a dry cleaning discount. Limit campaign contributions to \$500 for individuals and corporations and forbid elected officials from making money in any way from the office. Oversight must be enforced by an independent body.

These ideas have little chance because they would require the votes of the very people our current system is enriching.

— Jerry Slabe, Chicago

Pay women the same as men

We are seventh-grade students of Pope John XXIII School in Evanston. We are writing this letter for a school history project.

We understand that many jobs pay men more than they pay women for the same amount of work. We have learned that women's salaries are 23 percent less than men's salaries, or 77 percent of what men get paid, for the same job. Women of color get paid even less, when compared to all men. We attend a school where boys and girls, regardless of nationality, race and gender, are treated equally and judged for who they are as a person, not as a group, so we do not think that this wage system is right.

When we are older, we might find jobs that pay men more than they pay women. This will affect our future, because we won't be able to make as much money as we should be making. This isn't fair to us and all women and girls. We are not in the 17th century! Women deserve to be treated the same as men. As a matter of fact, the Declaration of Independence states that all men are created equal. This doesn't just include men; it includes all people. Since we are all created equal, shouldn't we be treated equally?

There is no reasonable reason to pay men more than women for the same work.

We hope to spread the word so that we can fix this injustice.

— Charlene Solis and Kylie Titzer, Evanston

Capitalism in U.S. lacks heart

Capitalism will not survive unless its leaders and advocates get a sense of what they've lost, a set of basic moral values and a dedication to the common good of all our citizens. Corporation leadership has for decades now not paid living wages to all. In America, a sense of genuine patriotism was lost during Reagan's term, the me/I/mine-generation replacing the us/we/our way of thinking.

It's false patriotism to praise freedom and then hypocritically turn around and deprive workers of the wages they need for food, clothing, shelter, health care, transportation to and from work, etc. The corporations today want to make money for themselves with no sense of communal obligation.

— Marion J. Reis, Lombard

Call a spade a spade

Regarding "Columnist wrong about wall" (Roland G. Ley, Voice of the People, Jan. 16), when President Donald Trump "exaggerates to make a point," it's called lying.

— Holly Weindorf, Northbrook

Let ex-cons vote

Even with Florida's new law re-enfranchising about 1.5 million felons who have completed their sentences, millions of ex-cons don't have the right to vote in America. But two states, Maine and Vermont, allow every eligible adult to vote, including big house residents. Many argue the incarcerated have forfeited their right to vote as just punishment for their anti-social behavior. Yet, if the goal of justice is to protect the public and rehabilitate the incarcerated for eventual return to society, convict voting serves both purposes. It has no adverse effect on public safety and may have a positive effect on rehabilitation by encouraging voters to re-engage with society.

How is convict voting working in Maine and Vermont? FBI violent crime statistics place Vermont 49th and Maine last in violent crime per 100,000 residents. The reasons must be many, but convict voting certainly doesn't hurt.

A political saying, "As Maine goes, so goes the nation," was popular at one time, reflecting Maine's reputation as a bellwether state for predicting presidential elections. When it comes to convict voting, we should update that to: "As Maine and Vermont go on convict voting ... so should the nation."

— Walt Zlotow, Glen Ellyn

For online exclusive letters go to www.chicagotribune.com/letters. Send letters by email to ctc-TribLetter@chicagotribune.com or to Voice of the People, Chicago Tribune, 160 N. Stetson Ave., Third Floor, Chicago, IL 60601. Include name, address and phone number.

The Van Dyke divide

A day of agony in Chicago

More than four years after police Officer Jason Van Dyke shot Laquan McDonald 16 times on South Pulaski Road, more than three years after video of the killing rocked Chicago and America, the hurt and anger of an anguished Chicago spilled out Friday in a Cook County courtroom.

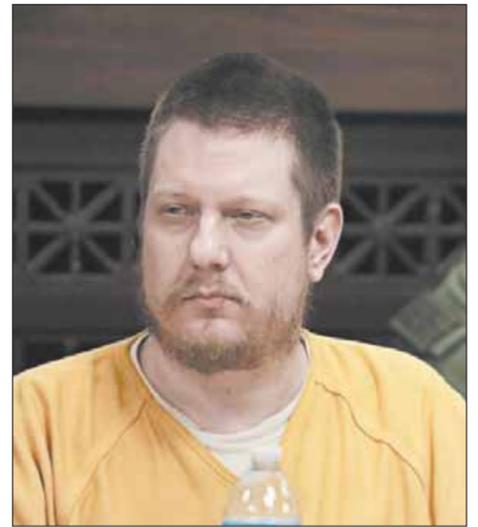
Rival witnesses with strong and similar emotions channeled this raw third of a decade in Chicago at Van Dyke's sentencing for second-degree murder: Some spoke of the city's violent nature and the mission police officers perform in gang-infested neighborhoods. Others gave testimonials of mistreatment that evoked the demands for greater police accountability this case incited. Their fraught voices, their moving words, sought to influence Cook County Judge Vincent Gaughan.

We generally don't second-guess the sentences judges imposed. But before he sentenced Van Dyke to 6 3/4 years in prison, Gaughan told trial participants and spectators that 100 percent of them would be unhappy with his ruling. He was acknowledging that while some Chicagoans wanted Van Dyke imprisoned for life, others thought probation would be more than sufficient.

Friday's most compelling words came not from the judge or from the dueling pundits who complimented and denounced the sentence. The most compelling words came from those witnesses. Among those aching voices of a Chicago that hasn't yet healed:

"I am a 17-year-old boy. I am a victim of murder in the second degree," said McDonald's great-uncle, the Rev. Marvin Hunter, who was reading a letter written in the spirit of his now-deceased grand-nephew. "I am unable to speak with my own voice. ... What happened to me can never be changed, but other young black men and women will not have to face Jason Van Dyke and his evil and selfish ways. ... I'm a real victim of murder and that can never be changed. Please think about me and my life when you sentence this person to prison."

Van Dyke's 17-year-old daughter, Kaylee, described her despair at seeing her dad in jail. "I touch his hand through a piece of dirty glass and speak on a phone that the connection breaks in and out of," she said. She read from a paper she wrote for her



ANTONIO PEREZ/CHICAGO TRIBUNE

Former Chicago police Officer Jason Van Dyke attends his sentencing hearing at the Leighton Criminal Court Building in Chicago on Friday.

civics class about the difficult role police officers must play: "Many get police brutality confused with assertiveness or having to deal with people who are out of control."

Edward Nance sobbed in court as he recounted being pulled over on a South Side street in 2007 by Van Dyke. Nance, who is African-American, said Van Dyke shouted obscenities and forcefully pulled Nance from his vehicle. Nance said he was dragged in handcuffs by Van Dyke to a squad car and thrown face down into the back seat, causing injury. "I can't lift 10 pounds with my left arm," said Nance, who filed a federal lawsuit against Chicago and Van Dyke and was awarded \$350,000. "I can't referee no more. I'm in constant pain every day."

"He loves with all of his heart," Van Dyke's wife, Tiffany, testified. "There is no malice, no hatred, there is no racism to my husband. He was a great police officer dedicated to the city of Chicago. They have lost a great officer."

Chicago's years of torment over this case had funneled down to one day's agony.

It would be heartless to say, "Put it behind us."

It would be hopeful to say that all Chicagoans can work toward a safer, fairer city.

WHAT OTHERS ARE SAYING

Although federal budgets have grown by trillions of dollars over the past half-century, one activity of government has become steadily less substantial: the percentage of the budget and share of the national wealth spent on public goods. The provision of things like clean air, national defense, basic scientific research, and roads — things, in short, that benefit the great bulk of the population through their very existence — has long been a core state function. The shift in spending away from these goods and increasingly toward social-insurance programs has correlated both with the growth of the state and a decline in the respect Americans have for it.

It therefore stands to reason that a shift away from social insurance and back toward public goods could restore the prestige of government, increase America's social and economic dynamism, and provide a democratically acceptable way to shrink the state. And doing so would be healthy. Relative to other potential visions of a modern, fundamentally liberal state focused on protecting rights, a return to one in which government focuses on public goods might simultaneously prove more democratic, more effective, and more unifying.

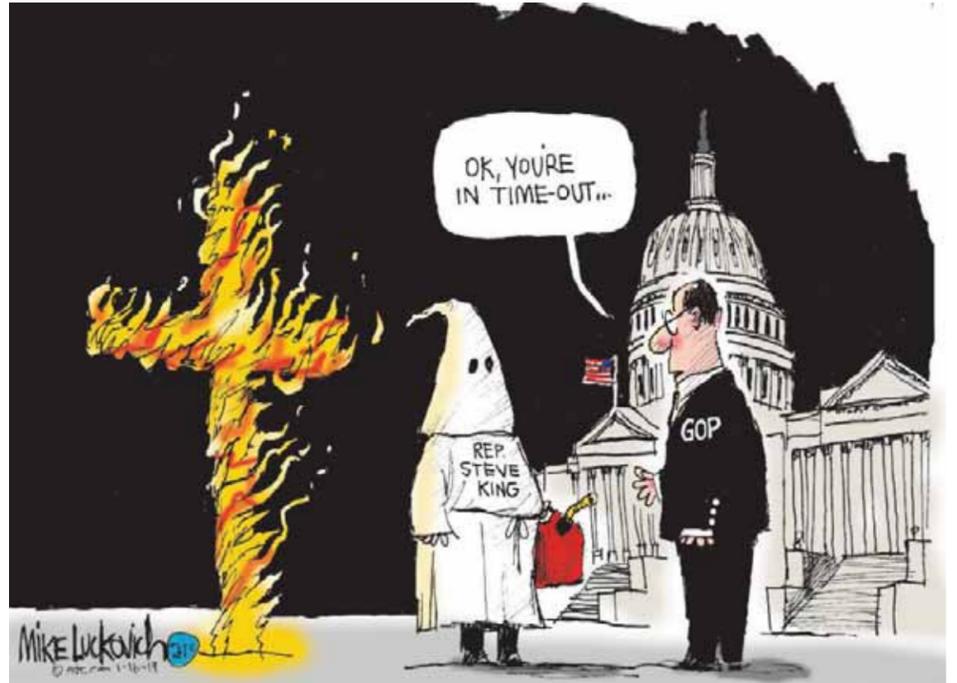
Eli Lehrer, National Affairs

The new Republican administration in Washington issued a blunt warning: Unless Europe quickly set up its own unified army, the U.S. would be compelled to undertake an "agonizing reappraisal" of its commitment to defend its European allies. The year was 1953, and the main target of American ire was France, whose delay in ratifying the European Defense Community treaty, signed the previous year, meant that preparations for a federal European army had to be paused. But the pressure applied by the Eisenhower administration backfired spectacularly. ... France's parliament finally rejected the treaty in August 1954. The idea of a joint European defense policy was shelved for decades.

Today, the push for European autonomy in defense — and even for a common European Union army — is gathering momentum again. ... On the face of it, there is no reason why an economic giant like the EU shouldn't be able to protect itself against Russia even without American help. Setting aside Britain (which seeks to continue to cooperate with the EU on security and defense even after leaving the bloc), the remaining EU's population and defense budgets are roughly three times Russia's size.

Yaroslav Trofimov, The Wall Street Journal

EDITORIAL CARTOON



MIKE LUCKOVICH/ATLANTA JOURNAL-CONSTITUTION



MICHAEL BROSILOW PHOTOS

Bruch Thomas Reed and Benjamin Sprunger in the dramedy "Dada Woof Papa Hot," which grapples with the changes in a marriage that come with having kids.

IN PERFORMANCE 'Dada Woof Papa Hot' ★★ 1/2

Parenthood's shifting loyalties are universal

By **CHRIS JONES**
 Chicago Tribune

"I just don't feel gay anymore," says one of the central characters in "Dada Woof Papa Hot," a play by Peter Parnell with a terrible title but an honest desire to probe a particular time of life.

The character, played by Benjamin Sprunger in director Keira Fromm's About Face Theatre production, is reacting to the changes in a marriage that kids inevitably bring.

You may know all too well. Upscale dinners become rushed affairs predicated on the schedule of a sitter. The Fisher-Price aesthetic intrudes on hitherto stylish home decor. Issues of sexual freedom within a relationship become far more fraught. And if you're an affluent Manhattan gay couple with kids and used to summering, say, in Fire Island, you find out that toddlers are not great accessories for outdoor partying with thumping dance music.

"Dada Woof Papa Hot" (if you're wondering, it refers to a little kid's description of two dads) is partly a situational, date-night dramedy designed to provoke empathetic reactions in parents of young children. But Parnell also wants to probe whether or not the arrival of mainstream gay marriage with children has involved some kind of stultifying hetero-normative compromise on the part of gay parents.

To a point. Those sections of the

When: Through Feb. 16

Where: Theater Wit, 1229 W. Belmont Ave.

Running time: 1 hour, 50 minutes

Tickets: \$20-\$38 at 773-975-8150 or www.aboutfacetheatre.com

play, which are the most interesting and complex, don't really explore these societal issues in any structural or otherwise deep-seated way — it's more along the lines of whether or not asking the Fire Island neighbors to quiet down at nap time is somehow disloyal to gay culture. Which is, for sure, an issue. One of the impacts of parenting is that old loyalties often change.

Your response to this show, dominated as it is by affluent urban professionals, might well be that these are first-world problems and that there are far more challenging economic and social circumstances out there for gay parents other than the ones shown here. On the other hand, "Dada Woof" is one of those plays that provide both some things to ponder and a good night out with friends (or maybe a spouse). It gets in some licks at how straight urban liberals — rarely as self-aware as they might think — still stereotype gay parents. This is a show very much focused on how life is lived by a core theater-going demographic,



Shane Kenyon and Bruch Thomas Reed in "Dada Woof Papa Hot."

and, as such, it has worth. And it's mostly enjoyable, even if you never fully feel like you're watching real people so much as personifications.

Fromm's production is well-stocked with A-list actors, including Jos N. Banks, Keith Kupferer, Lily Mojekwu, and Rachel Sullivan. Bruch Thomas Reed offers up the most interesting of the performances, not least because it is the best attuned to the messiness of life, whereas Shane Kenyon, always a restless actor, is a necessary live-wire on the stage. And, in one particular scene, Sprunger is very moving. Overall, everything moves just a bit too slowly for my tastes and the show

could use more fluidity, especially during the set changes that suck up time without much benefit.

Kids are not visible in a play that's at least in part about their parenting, which is another issue here, even if you understand the very practical reason. On the other hand, this is supposed to be an adult night out, a refuge from tiny tantrums and needy little pairs of eyes. If you're in the throes of such battles and you trust the sitter, be sure to have a cocktail at intermission.

Chris Jones is a Tribune critic.

cjones5@chicagotribune.com

HBO's 'Brexit' plays right into today's headlines

Film centers on 2016 events in which voters decided to leave EU

By **MEREDITH BLAKE**
 Los Angeles Times

The future of Brexit is in doubt, but "Brexit" the movie is already here.

Days after the House of Commons rejected the deal negotiated by Prime Minister Theresa May by a historic margin, sending Britain further into political chaos, comes "Brexit," an HBO film starring Benedict Cumberbatch about the 2016 referendum in which voters decided to leave the European Union.

The film, which airs Saturday at 8 p.m., centers not on well-known figures like May, her predecessor David Cameron or prominent Brexit supporter Boris Johnson, but on Dominic Cummings (Cumberbatch), who as the director of the successful Vote Leave campaign used data to identify and target millions of inactive

voters with the simple message "take back control" and ultimately scored one of the greatest political upsets in recent memory — one that many see as foreshadowing President Donald Trump's triumph a few months later.

Written by acclaimed playwright James Graham and directed by Toby Haynes ("Black Mirror"), it is the latest in a long line of fact-based political movies at HBO, the network behind "Game Change," "Recount" and "All the Way." But as an account of an event that is unfolding by the minute, "Brexit" is something slightly different — a work of instant history that arrives with the outcome unclear.

"It puts you in the room where it happens so you understand how it happened rather than what happens, which we all know," said Cumberbatch in a recent phone interview. "That's why I was drawn to this drama."

Graham was inspired to write the film by the murder of Labour MP Jo Cox, a vocal opponent of Brexit, a week before the



NICK WALL/HBO

Benedict Cumberbatch in "Brexit."

referendum. At the time, Graham was in New York in rehearsals for "Privacy," a play about the corrosive effects of technology, at the Public Theater. Graham also wrote the TV movie "Coalition," about the formation of the 2010 coalition government, which aired on Britain's Channel 4 in 2015.

Viewing his native country from a distance, he wondered "what the hell was happening and how it could have descended into

such an appalling state," he said. "I knew I wanted to try to make sense of that campaign and how toxic it became."

Graham's first draft was sprawling and epic and involved a larger cast of well-known politicians like former Prime Minister Cameron, but the "punchy and aggressive" Cummings — a relatively obscure political adviser once described by Cameron as a "career psychopath" — ultimately emerged as the most interesting protagonist. As a portrait of a prickly oddball wielding massive influence via technology, "Brexit" is reminiscent of "The Social Network" and even "The Fifth Estate," which starred Cumberbatch as Wikileaks founder Julian Assange.

"I realized it's these strategists who work behind the scenes who were responsible for the majority of the policies and the decision-making. It felt right and responsible to bring them kicking and screaming into the light in order to better understand what happened," the writer said. (Graham was guided by two nonfiction books, "All Out War: The Full Story of How Brexit Sank Britain's Political Class" by Tim Shipman, and "Unleashing Demons: The Inside Story of Brexit" by

Craig Oliver).

The polarized politics of Brexit are similar to those in the U.S.: largely white, older, less-educated and rural voters rejecting the kind of globalization they felt was pushed on them by "elites."

The Vote Leave campaign "appealed to people who were left behind and previously had been apathetic about politics but were mobilized in the millions to effect this historic change," Graham said.

Though he is a long-standing critic of the European Union who is uniquely sensitive to these disaffected voters, Cummings is also wary of the referendum, according to "Brexit."

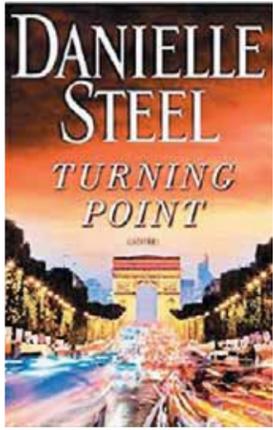
"He knew a simple yes-no, in-or-out vote was a divisive and simplifying means to answer a very complicated question," said Cumberbatch. "It polarizes and debilitates any potential for serious and substantive debate, where many people are disgruntled, whether they feel their generation has been left out by the establishment in Westminster, or whether they're remainers [those who favored remaining in the EU]."

meredith.blake@latimes.com

NATIONAL BEST-SELLERS

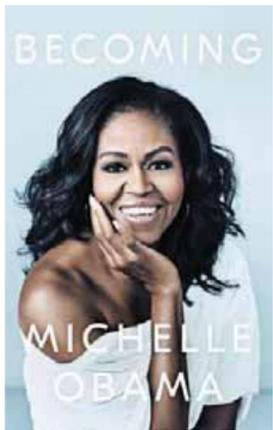
HARDCOVER FICTION

1. **"Turning Point: A Novel"** by Danielle Steel (Delacorte, \$28.99) *Last week: —*
2. **"Where the Crawdads Sing"** by Delia Owens (Putnam, \$27) *Last Week: 2*
3. **"The New Iberia Blues: A Dave Robicheaux Novel"** by James Lee Burke (Simon & Schuster, \$27.99) *Last week: —*
4. **"The Reckoning: A Novel"** by John Grisham (Doubleday, \$29.95) *Last week: 3*
5. **"Fire & Blood: 300 Years Before A Game of Thrones, Dragons Ruled Westeros (A Song of Ice and Fire: A Targaryen History)"** by George R. R. Martin (Bantam, \$35) *Last week: 4*
6. **"Every Breath"** by Nicholas Sparks (Grand Central, \$28) *Last week: 5*
7. **"Verses for the Dead: An Agent Pendergast Novel"** by Douglas Preston and Lincoln Child (Grand Central, \$28) *Last week: 1*
8. **"Long Road to Mercy: An Atlee Pine Thriller"** by David Baldacci (Grand Central, \$29) *Last week: 8*
9. **"Target: Alex Cross"** by James Patterson (Little, Brown, \$29) *Last week: 7*
10. **"The Winter of the Witch: A Winternight Novel"** by Katherine Arden (Del Rey, \$28) *Last week: —*



HARDCOVER NONFICTION

1. **"Becoming"** by Michelle Obama (Crown, \$32.50) *Last week: 1*
2. **"Everyday Millionaires: How Ordinary People Built Extraordinary Wealth — and How You Can Too"** by Chris Hogan (Ramsey, \$24.99) *Last week: —*
3. **"Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant to Be"** by Rachel Hollis (Nelson, \$22.99) *Last week: 2*
4. **"It's Not Supposed to Be This Way: Finding Unexpected Strength When Disappointments Leave You Shattered"** by Lysa TerKeurst (Nelson, \$24.99) *Last week: 4*
5. **"Educated: A Memoir"** by Tara Westover (Random House, \$28) *Last week: 3*
6. **"The Clean Plate: Eat, Reset, Heal"** by Gwyneth Paltrow (Grand Central Life & Style, \$35) *Last week: —*
7. **"Best Self: Be You, Only Better"** by Mike Bayer (Dey Street, \$26.99) *Last week: —*
8. **"Homebody: A Guide to Creating Spaces You Never Want to Leave"** by Joanna Gaines (Harper Design, \$40) *Last week: 5*
9. **"The Truths We Hold: An American Journey"** by Kamala Harris (Penguin, \$30) *Last week: —*
10. **"The First Conspiracy: The Secret Plot to Kill George Washington"** by Brad Meltzer and Josh Mensch (Flatiron, \$29.99) *Last week: —*



For the week ended Jan. 12, compiled from data from independent and chain bookstores, book wholesalers and independent distributors nationwide.

— Publishers Weekly



ASK AMY

By AMY DICKINSON

askamy@amydickinson.com Twitter @askingamy

Cheating painful after breakup

Dear Amy: I cheated with someone who was also cheating on his partner. I left my partner; he stayed with his. I went to great lengths to change my life for him. He did not.

I got worn out by the wait (four years) and couldn't take the emotional pain. Six months ago, I ended the relationship.

I am in therapy, which has helped. I'm trying to learn how to love myself again. I do not contact this person anymore. I avoid seeing him. Sometimes, I'm overwhelmed by thoughts of him, especially if we run into each other (we work at the same place). When this happens, I feel uncomfortable and want to flee. The hurt feelings can be paralyzing. It can take days to recover.

I believe I'm doing the right thing by keeping my distance, but how much longer do I have to cope with these "after" feelings — or is this just part of the healing process?

The only person I can talk to is my therapist; no one else knows. I have no trusted friends. I want to get my self-worth and self-respect back. I'm trying to take responsibility for my behavior. Can you give me some insight?
— Searching

Dear Searching: You are doing everything you should be doing, and as far as I can tell, six months out, your recovery from this failed four-year relationship is fairly on track.

You aren't seeing him, contacting him or seeking him out. You are seeing a therapist. When you run into him, you experience "fight or flight" and then struggle to recover.

But where are your friends? Perhaps engaging in this long-term illicit relationship walled you off from healthier, intimate friendships. This is an area where you should be brave and expansive. Every positive encounter with a friend (or potential friend) will boost your immunity to bad romances.

Dear Amy: My husband and I host my in-laws for the holidays. Every year, my mother-in-law comes in and starts cleaning: vacuuming, dusting, etc. She has very high standards and insists she can only be in a spotless home. Amy, we keep a clean house. This year my husband and I both took the day off before their visit so we could clean all day.

I was proud of how our home looked when we were finished. However, after we finished our big holiday dinner and had done the dishes and put everything away, she went back into the kitchen and cleaned for two more hours while everyone else spent the evening together.

My husband says that's "just how she is" and that we should just let her clean to her heart's content. I feel embarrassed that I can never live up to her standards. I've urged her many times to relax and enjoy herself, but she refuses to stop.

After she is finished, she will pull me into whatever room she has cleaned to show me how much better it looks. It seems like this will continue for years. How can I get over my hurt and just let my mother-in-law do what she wants?
— Clean Enough

Dear Clean: Maybe you should stop trying so hard. If your MIL is going to clean anyway, give her something to clean. You could also go to her home for the holidays.

But to me, her cleaning seems less like a choice than a compulsion. Avoiding family time in order to obsessively clean an already clean space could be a sign that all is not well with her. She is obviously hypercontrolling (as well as hypoallergenic). But if you approach this as if she is self-medicating her own anxieties, it might help you to feel less inadequate.

When she parades you into the spotless space, don't feed her compulsion. Say, "I understand that you enjoy doing this. But I hope you are ready to join us now?"

And then send her to my house.

Dear Amy: "Rap-attacked Dad" wanted to restrict his son's exposure to violent rap music. I couldn't believe it when you responded that he should accept this misogynist and disgusting nonsense.
— Disgusted

Dear Disgusted: I didn't say he should accept it. I did say that rather than refuse it across the board, he should engage with his son, listen, discuss and be honest about it.

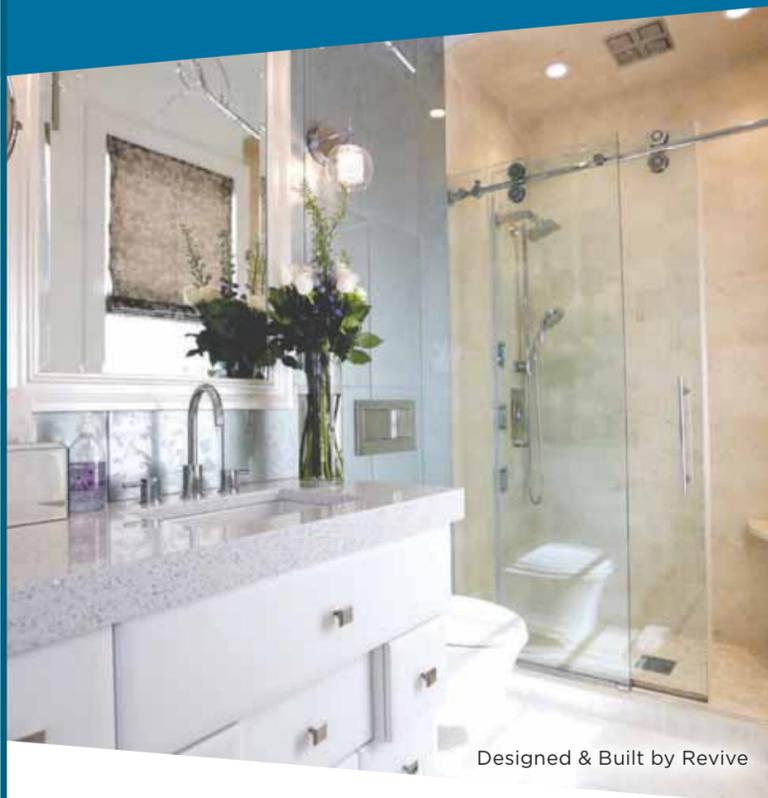
I also suggested that he and his son should check out artists whose beats are sound but the lyrics aren't offensive. There are many.

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'Boom' looks at the early internet

By LUAINA LEE
Tribune News Service

Unfazed by the blue screen of death, they were dogged innovators who foresaw the possibilities of the internet way before anyone else. The story of the colorful entrepreneurs and their crusades with the new technology is the subject of the National Geographic Channel's series "Valley of the Boom."

The docudrama explores the birth of Silicon Valley, social media, wireless streaming and the information avalanche that was to bury us all.

When it began it was filled with optimism, says Arianna Huffington, one of the show's executive producers and an early proponent of the internet.

"The mood you're going to see here is a mood of idealism, triumphalism," she says. "It was expected to basically change the

world. And that's why you had the first expression of real FOMO, you know, fear of missing out. Everybody wanted to be on the internet train even if they had no clue where that train was going."

Bradley Whitford ("The West Wing") plays James Barksdale, CEO of Netscape, the web browser that wrestled with Microsoft for world dominance.

"The internet — for our particular world — certainly I can tell you it is a golden age for research as an actor because you can pull out your phone and see how somebody talked and walked through the entire span of their careers," he says.

Matthew Carnahan, who created the series, says it's difficult to comprehend the internet's influence. "It's affected the way we assimilate information massively — information, entertainment, images — everything

has become accelerated," he says.

Stephan Paternot was one of the founders of TheGlobe.com, an early social networking service conjured nine years before Facebook. And while he acknowledges the internet has produced some insidious mutants, he thinks the pendulum is swinging back. "There was purity when we started the internet 25-plus years ago," he says. "And, first of all, I'm very humbled to have had the Globe story included in this series. There's a lot of other pioneers out there. Maybe ours was iconic only because we had the rise and we had the fall. When we started it, there was a purity to it to create this global village where everybody would be connected, a sort of utopia. And of course, to execute these dreams requires massive amounts of capital," he says.



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WATCH THIS: SATURDAY



Christina Ricci

"Escaping the Madhouse: The Nellie Bly Story" (7 p.m., 11:01 p.m., Lifetime): Inspired by a true story, this new TV drama stars Christina Ricci as pioneering investigative reporter Nellie Bly, who feigns mental illness to be admitted as a patient at the notorious Women's Lunatic Asylum, where she hopes to gather research for an expose on the facility. Judith Light co-stars as sadistic Matron Grady.

"Smiley Face Killers: The Hunt for Justice" (6 p.m., 8:30 p.m., 11 p.m., OXY): This new series follows retired New York Police Detective Kevin Gannon and his veteran team of investigators as they continue their post-active career exploration into a years-long string of "accidental" drownings that they suspect may have been murders. Since 1997, hundreds of college-age men have drowned under mysterious circumstances after a night out drinking with friends.

"Tully" (6:20 p.m., 11:40 p.m., HBO): Charlize Theron snagged a Golden Globe nomination as best actress in a comedy or musical for her performance in Jason Reitman's 2018 dramedy, which got some glowing critical notices but died at the box office. Diablo Cody's moving and funny screenplay charts the relationship that blossoms between Marlo (Theron), the mother of a developmentally disabled son, and Tully (Mackenzie Davis), a night nanny hired to help her.

"Creed" (7 p.m., BET): Sylvester Stallone received an Oscar nomination and won a number of other awards for reprising his iconic role as long-retired boxer Rocky Balboa, who agrees to train Apollo Creed's son, Adonis Creed (Michael B. Jordan, in a criminally underrated performance), to become a fighter. Few people realize the former champ is battling an opponent deadlier than any he ever faced in the ring. Tessa Thompson, Phylicia Rashad and Tony Bellew also star.

"Sicario: Day of the Soldado" (7 p.m., Starz): Benicio del Toro, Josh Brolin and Jeffrey Donovan reprise their roles from the critically acclaimed 2015 action film "Sicario" in this 2018 sequel, which revolves around a CIA mission to tamp down drug-related violence on the U.S. and Mexico border by escalating tensions among the cartels. Catherine Keener, Matthew Modine and Shea Whigham also star in the film.

"Brexit" (8 p.m., 1:15 a.m., HBO): Benedict Cumberbatch stars in this new docudrama, which takes viewers behind the scenes during the events leading up to the summer 2016 referendum that resulted in a decision for the United Kingdom to leave the European Union. The "Sherlock" star plays Dominic Cummings, who spearheaded the Vote Leave establishment, so successful that it sent political shockwaves around the world.

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SATURDAY EVENING, JAN. 19

	PM	7:00	7:30	8:00	8:30	9:00	9:30	10:00
BROADCAST	CBS 2	NCIS: Los Angeles: "Good-bye, Vietnam."	NCIS: New Orleans: "Identity Crisis."	48 Hours (N) ©	News (N) ♣			
	NBC 5	America's Got Talent: "The Champions Two."		Saturday Night Live: "Will Ferrell; Chris Stapleton."	NBC 5 News at 10pm (N)			
	ABC 7	NBA Countdown (N) ©	NBA Basketball: Los Angeles Lakers at Houston Rockets. From the Toyota Center in Houston. (N) (Live) ©					Eyewitness News (N) ♣
	WGN 9	NBA Basketball: Miami Heat at Chicago Bulls. From the United Center in Chicago. (N) (Live) ©						WGN News (N) © Man of the People
	Antenna 9.2	B. Miller	B. Miller	Soap ©	Soap ©	Johnny Carson ©		
	This TV 9.3	The Saint ©	The Saint ©			The Saint ©		The Saint ♣
	PBS 11	Doc Martin: "Farewell My Lovely." (N) ©		Shakespeare and Hathaway (N)		Father Brown: "The Flower and the Fairway."		Victoria-Master ♣
	The U 26.1	King of Hill	King of Hill	Family Guy	Family Guy	Amer. Dad	Amer. Dad	Amer. Dad
	MeTV 26.3	Svengoolie: "Dracula's Daughter."				Lost in Space ©		B. Rogers ♣
	H&I 26.4	Hunter: "Dead on Target."		Hunter: "Dead on Target."		Hunter		Hill Street ♣
CABLE	Bounce 26.5	† (5:30) Eraser (R,'96) ★★	XXX (PG-13,'02) ★★	Vin Diesel, Asia Argento.				
	FOX 32	The Masked Singer ©		The Passage: "Pilot." ©		News At Nine	Flannery Fired Up	Hell's Kitchen ♣
	Ion 38	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU		Law & Order: SVU		Law-SVU ♣
	Telem 44	† The Fast and the Furious	Escape Plan (R,'13) ★★	Sylvester Stallone. ©				Noticiero
	CW 50	AHL Hockey: Rockford IceHogs at Chicago Wolves. (N) (Live)						Dateline ♣
	UniMas 60	† (6) Safe (R,'12) ★★	Replicant (R,'01) ★★	Jean-Claude Van Damme. ♣				Body ♣
	WJYS 62	Refuge	Moses	Bishop	ReJoyce	Pol-News		Paid Prog.
	Univ 66	† (6:55) Fútbol Mexicano Primera División (N) (Live)				Fútbol Mexicano Primera División (N) ♣		
	AE	Live PD: Rewind (N) ©				Live PD: "Live PD -- 01.19.19." (N) (Live) ©		
	AMC	† (6) Gravity ('13) ★★		Planet Earth: Dynasties (N) ©				Twister (PG-13,'96) ★★
ANIM	Pit Bulls and Parolees	Pit Bulls and Parolees			Hanging With Hendersons		Pit Bulls ♣	
BBCA	Planet Earth II ©				Planet Earth: Dynasties (Series Premiere) (N) ©		Planet Earth II: "Islands."	
BET	Creed (PG-13,'15) ★★	Michael B. Jordan, Sylvester Stallone.					Snakes ♣	
BIGTEN	Tip-Off (N)	College Basketball: Penn State at Minnesota. (N) ©			B1G Basket		Journey (N)	
BRAVO	(7:14) Monster-in-Law (PG-13,'05) ★★	Jennifer Lopez. ©					(9:22) Monster-in-Law ♣	
CLTV	News at 7	News (N)	News at 8	News (N)	Chic.Best	Weekend	News (N)	
CNBC	Undercover Boss ©	Undercover Boss ©			Undercover Boss ©		Boss ♣	
CNN	CNN Newsroom (N)		American Style ©		American Style ©		Life-Lisa ♣	
COM	† (6:20) Meet the Fockers (PG-13,'04) ★★				Dirty Grandpa (R,'16) ★★		† (6:20) Meet the Fockers (PG-13,'04) ★★	
DISC	Expedition Unknown ©	Expedition Unknown ©			Expedition Unknown ©		Expedition ♣	
DISN	Monsters, Inc. (G,'01) ★★		Coop		Bizaardvark	Coop	Bizaardvark	
E!	Fifty Shades of Grey (R,'15) ★★	Dakota Johnson, Jamie Dornan. ©			Deadly Class: "Pilot." ©		Deadly Class: "Pilot." ©	
ESPN	UFC Fight Night: Cejudo vs. Dillashaw - Prelims (N)				SportsCenter (N) (Live) ©		SportCtr (N)	
ESPN2	SportsCenter (N) (Live) ©		2019 Australian Open Tennis: Round of 16. (N) (Live) ©					
FNC	Watters' World (N) ©		Justice With Jeanine (N)		Greg Gutfeld (N)		Watters ♣	
FOOD	Chopped ©		Chopped ©		Chopped ©		Chopped ♣	
FREE	† (6:10) Wreck-It Ralph		(8:15) The Incredibles (PG,'04) ★★		Voices of Craig T. Nelson. ♣			
FX	Now You See Me 2 (PG-13,'16) ★★	Jesse Eisenberg, Mark Ruffalo. ©					Gone Girl ♣	
HALL	Winter Love Story (NR,'19)	Jen Lilley. ©			Love, of Course (NR,'18) ©			
HGTV	Love It or List It ©		Love It or List It ©		House Hunters Reno (N)		Log Cabin	
HIST	National Treasure (PG,'04) ★★	Nicolas Cage, Diane Kruger. ©					Project ♣	
HLN	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	
IFC	† The Day After Tomorrow		Planet Earth: Dynasties (Series Premiere) (N) ©		Day-Tomorrow			
LIFE	Escaping the Madhouse: The Nellie Bly Story ('18)				(9:03) The Bad Seed (NR,'18) ©			
MSNBC	All In With Chris Hayes		Rachel Maddow Show		The Last Word		11th Hour ♣	
MTV	Happy Gilmore (PG-13,'96) ★★	Adam Sandler. ©			You Don't Mess With the Zohan ★★			
NBCSCH	College Basketball: Northern Iowa at Valparaiso.				Chicago Bulls Postgame		Bulls (N)	
NICK	Henry (N)	Cousins (N)	Knight (N)	SpongeBob	The Office	The Office	Friends ©	
OVATION	† (6) Die Hard (R,'88) ★★	Bruce Willis, Alan Rickman.			The Untouchables (R,'87) ★★			
OWN	Iyanla, Fix My Life ©		Iyanla, Fix My Life (N) ©		Love & Marriage (N)		Iyanla ♣	
OXY	† Killers	Serial Killer With Piers			Smiley Face Killers		Killer ♣	
PARMT	† (5:30) Forrest Gump (PG-13,'94) ★★	Tom Hanks.			The Shawshank Redemption ★★			
SYFY	Jurassic Park (PG-13,'93) ★★	Sam Neill, Laura Dern. ©					Deadly	
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Full Frontal	
TCM	The Last Hurrah (NR,'58) ★★	Spencer Tracy. ©			The Reformer and the Redhead ★★			
TLC	Say Yes to the Dress (N)		Four Weddings: "... And Some Two Steppin'." (N) ©				Say Yes ♣	
TLN	Exalted	Pacific Garden Mission	In Grace		Humanitarian		Pure Pas	
TNT	The Accountant (R,'16) ★★	Ben Affleck, Anna Kendrick. ©			The Accountant ('16) ★★			
TOON	Dragon	Dragon Ball	Ballmastrz	Rick, Morty	Family Guy	Family Guy	Dragon (N)	
TRAV	Ghost Adventures ©		Ghost Adventures (N) ©		Ghost Adventures ©		Ghost ♣	
TVL	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	King	
USA	† Olympus Has Fallen ★★	London Has Fallen (R,'16) ★★	Gerard Butler. ©		Temp. (N)			
VH1	† (6:30) Bad Boys (R,'95) ★★	Martin Lawrence. ©			Bad Boys II (R,'03) ★★		Will Smith ©	
WE	Criminal Minds: "Gabby."		Criminal Minds ©		Criminal Minds: "Rabid."		Criminal ♣	
WGN America	Blue Bloods: "Cursed."		Blue Bloods ©		Blue Bloods ©		Blue Blood ♣	
PREMIUM	HBO	† (6:20) Tully (R,'18) ★★		Brexit (NR,'19) Benedict Cumberbatch.		(9:40) True Detective		
	HBO2	Annabelle: Creation (R,'17) ★★	Stephanie Sigman. ©		(8:50) Dawn of the Dead (R,'04) ★★			
	MAX	RoboCop (R,'87) ★★	Peter Weller.		(8:45) RoboCop 2 (R,'90) ★★		Peter Weller. ♣	
	SHO	Shameless ©		Spotlight (R,'15) ★★		Mark Ruffalo. ©		Patriots ♣
	STARZ	Sicario: Day of the Soldado (R,'18) ★★				(9:04) Outlander ©		Wedding ♣
STZNC	(7:01) Cocoon: The Return (PG,'88) ★★	Don Ameche.			Black Sails: "XV." ©		Desperado ♣	

IN PERFORMANCE

Wojciechowski extends Chicago tenor traditions

By **HOWARD REICH**
Chicago Tribune

The music students at St. Charles North High School can consider themselves lucky: Their teacher not only knows music but performs it exceptionally well.

Saxophonist John Wojciechowski reaffirmed the point Thursday night at the Jazz Showcase, where once more he proved himself a commanding soloist, intriguing composer and effective bandleader. Then, again, "Wojo," as the jazz world knows him, has been fronting the quartet he's leading at the Showcase for years. Lightning is bound to strike when an improviser-composer of Wojciechowski's stature works extensively alongside comparably accomplished Chicago musicians: pianist Ryan Cohan, bassist Dennis Carroll and drummer Dana Hall (the latter also an educator, as DePaul University's director of jazz studies).

So Wojciechowski and friends hit hard from the first notes, in Eddie Harris' "Cryin' Blues."

Wojciechowski, who played tenor saxophone during the evening's first set, told the audience he long has considered Harris a personal hero. It's easy to understand why, considering Harris' honored place in a regal line of Chicago tenor giants, his art as versatile as it was imposing. Harris often played the Showcase, his last performances there — at the old Grand Avenue location, a few months before his death in 1996 — attested to the man's heroism against the ravages of bone cancer and kidney disease.

Wojciechowski delivered Harris' "Cryin' Blues" with the fervor the composer himself would have summoned in his prime,

When: Various times through Sunday

Where: Jazz Showcase, 806 S. Plymouth Court

Tickets: \$20-\$35; 312-360-0234 or www.jazzshowcase.com

but also with the sharp-edged tone and intricate, gnarly lines that long have been Wojo signatures. The saxophonist reveled in irregular rhythms and unpredictable turns of phrase, making this something more than just an occasion for big, bluesy, booming sounds.

Wojciechowski turned down the dial in "Lexicon," the title track of his 2009 album, at least at first. Here was a more muted, restrained brand of Chicago tenorism, the soloist unfurling the composition's insinuating main theme with more poetry than fire and barely a hint of vibrato. Pianist Cohan responded in kind, but even at hushed dynamic levels, the man offered a characteristically orchestral approach to the keyboard. Eventually, Wojciechowski thundered

again, developing his thematic material in the way he knows best: on a grand scale.

The craft of Wojciechowski's writing became especially apparent in "Elegy," from his "Focus" album of 2015. Penned as a reflection on the saxophonist's deceased father, the piece was predicated on a serene sequence of five-note riffs, each stated solemnly and with pauses between iterations. After all the muscular playing Wojciechowski had delivered up to this point, the sheer restraint and understatement of this music-making left a profound impression. All the more when Wojciechowski eventually turned up the intensity to a piercing cry.

Wojciechowski also unveiled new music, the saxophonist riding the band's slowly pulsing backbeat in "The Swing of the Pendulum" and unreeling incantatory phrases in "The Mind's Eye." Both augured well for albums yet to come.

Music note: Pianist Lars Vogt will replace pianist



KRISTEN NORMAN/FOR THE CHICAGO TRIBUNE

John Wojciechowski played thunderously Thursday night at the Jazz Showcase.

Leif Ove Andsnes on a Symphony Center recital 3 p.m. Jan. 27. Andsnes canceled because of an elbow injury, according to Symphony Center. Vogt will play Brahms' Three Inter-

mezzi, Op. 117, and Four Piano Pieces, Op. 119; plus J.S. Bach's "Goldberg" Variations; tickets are \$29-\$97; Orchestra Hall at Symphony Center, 220 S. Michigan Ave.; 312-294-

3000 or www.cso.org.

Howard Reich is a Tribune critic.

hreich@chicagotribune.com
[Twitter @howardreich](https://twitter.com/howardreich)

MOTION PICTURE DIRECTORY

CITY - NEAR NORTH	WILMETTE
<p>MUSIC BOX THEATRE 3733 N. Southport MusicBoxTheatre.com 773-871-6604</p> <p>INSIDE LLEWYN DAVIS-11:30am COLD WAR-2:00, 4:30, 7:00, 9:15 DRAGON BALL SUPER: BROLY-2:00, 4:20, 7:10, 9:30, 11:45 THE ROCKY HORROR PICTURE SHOW-Midnight</p>	<p>WILMETTE THEATRE 1122 CENTRAL AVE. 647-251-7424 WILMETTETHEATRE.COM</p> <p>SHOWTIMES SATURDAY ONLY</p> <p>A STAR IS BORN (R) 11:15 2:00 7:30 BATHUBS OVER BROADWAY (PG-13) 5:15 WILD HONEY (NR) 8:00 BOHEMIAN RHAPSODY (PG-13) 11:00 2:15 5:00</p>

Enjoy a Movie

Enjoy the Theater Tonight

MOVIE RATING GUIDE

G-Suggested for GENERAL audiences
PG-Parental Guidance Suggested
some material may not be suitable for children
PG-13 Parents Strongly Cautioned
Some material may be inappropriate for children under 13
R-Restricted Persons under 17 not admitted
unless accompanied by parent or adult guardian
NC-17 No children under 17 admitted

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Horoscopes



Today's birthday (Jan. 19): Fortune flows through well-planned channels this year. Discipline and determination fulfill a personal dream. Discover breathtaking beauty. Take a new direction with shared accounts this winter, as a partnership blossoms. Summer introspection and insights lead you to take leadership. Imagine the celebration after accomplishing your vision.

Aries (March 21-April 19): Today is a 7. Stick close to home. Postpone important actions, and finish preparations. Reinforce practical infrastructure. You may feel shy or quiet.

Taurus (April 20-May 20): 8. Investigate and research. You're learning something fascinating. Write down what you're finding out. Wait for better conditions to launch. Edit and polish meticulously.

Gemini (May 21-June 20): 7. Expect distractions and disruptions. Try not to be frustrated. Stick to the budget, despite temptation to overspend. Keep track of what's coming in and going out.

Cancer (June 21-July 22): 8. Things may not go as planned. Don't try to force an outcome. Let things develop naturally. Self-discipline serves you well. Envision perfection and adapt for changes.

Leo (July 23-Aug. 22): 6. Slow down, and contemplate where you're going and where you've been. Changes cause confusion. Imagine how you would like things to go.

Virgo (Aug. 23-Sept. 22): 8. Schedule time with friends. Stay flexible as plans may shift. Envision and imagine. A creative undercurrent flavors your gathering.

Libra (Sept. 23-Oct. 22): 8. You're attracting the attention of someone you respect professionally. Prepare and practice. Wait for a barrier to pass. Careful planning allows for excellence.

Scorpio (Oct. 23-Nov. 21): 8. Take your show on the road, at least metaphorically. Traffic delays interrupt the flow. Stay objective in a tense situation. Study other points of view.

Sagittarius (Nov. 22-Dec. 21): 8. A lack of funds would threaten your plans. Focus on finances, despite delays or obstacles. Work with a partner to keep cash flow steady.

Capricorn (Dec. 22-Jan. 19): 8. Compromise to work things out with help from a partner. Have patience with unexpected surprises. Postpone what you can.

Aquarius (Jan. 20-Feb. 18): 7. The pace is picking up. Focus on your work despite changes to the status quo. Cutting corners would cost you. Finesse works better than brute force.

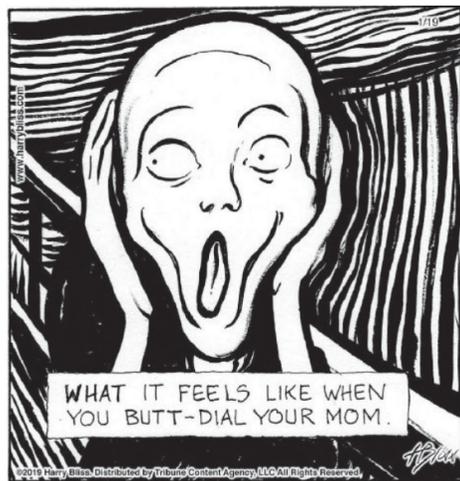
Pisces (Feb. 19-March 20): 5. Savor private time with family and your sweetie. Extra patience serves you well when tempers get short. Choose your battles.

— Nancy Black, Tribune Content Agency

The Argyle Sweater



Bliss



Bridge

Both vulnerable, North deals

North	♠ A J 10 5	♥ K 2	♦ A J 5	♣ A K 4 3	East	♠ K 9 8 3 2	♥ Q	♦ K 9 8 4 3	♣ Q 7 2
West	♠ Q 7 4	♥ A J 10 7 6 4 3	♦ Void	♣ 10 8 6	South	♠ 6	♥ 9 8 5	♦ K Q 9 7 6 2	♣ J 9 5

West's courageous four-heart bid would probably have shown a profit. Unless the defense is clairvoyant, West would escape for down two — a good result against the cold three no trump. South was not to be bullied and he persevered with five diamonds. Could he make it?

West gave his partner a heart ruff at trick two and East exited with a trump. South now had to find a way to avoid a club loser. Declarer won the trump shift in hand and ruffed his last heart with dummy's ace. He cashed the jack of diamonds and the ace of spades, then ruffed a spade. South started to run the diamonds, reaching this position with two diamonds left:

North	♠ J 10	♥ Void	♦ Void	♣ A K 4	East	♠ K 9	♥ Void	♦ Void	♣ Q 7 2
West	♠ Q	♥ 10	♦ Void	♣ 10 8 6	South	♠ Void	♥ Void	♦ 7 6	♣ J 9 5

South cashed another diamond, shedding dummy's low club, and East couldn't defend the position. A spade dummy would see South lead a club to dummy and ruff a spade, setting up the jack. A club discard, instead, would see South cash both high clubs and ruff a spade to his hand for the good jack of clubs. Well played!

— Bob Jones
tcaditors@tribpub.com

Dilbert



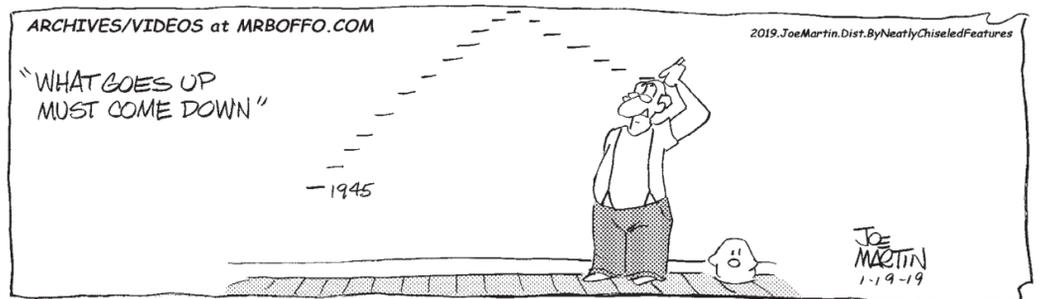
Baby Blues



Zits



Mr. Boffo



Frazz



Classic Peanuts



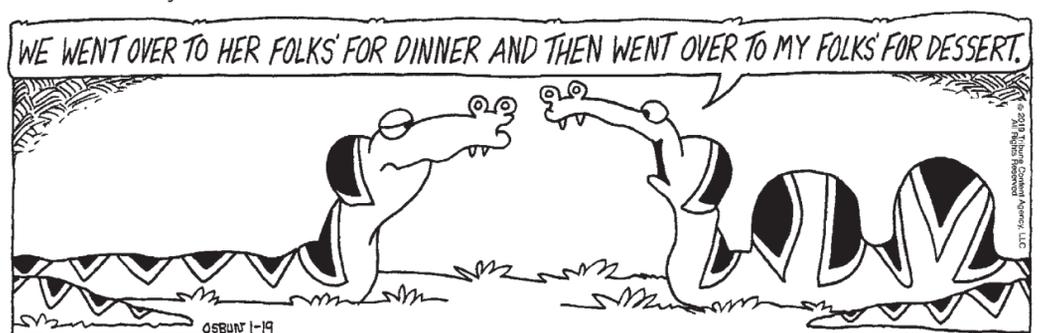
Pickles



Dick Tracy



Animal Crackers



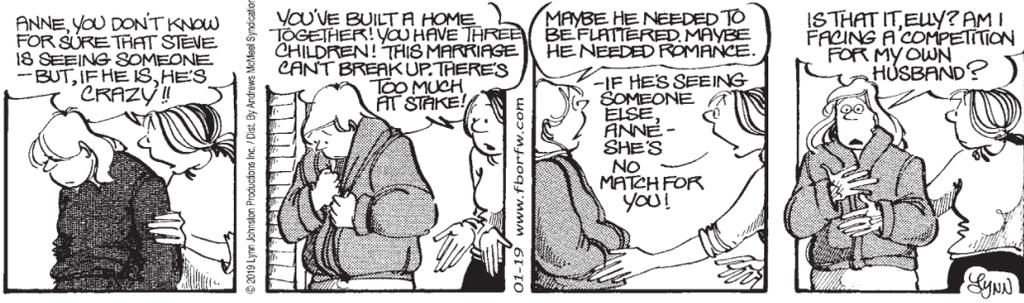
Prickly City



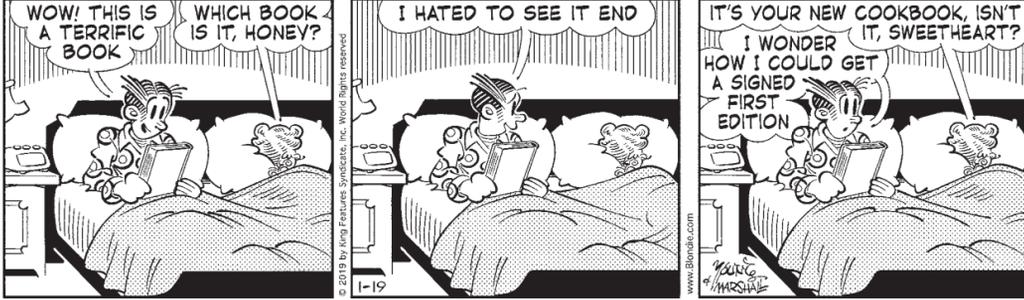
Dustin By Steve Kelley and Jeff Parker



For Better or for Worse By Lynn Johnston



Blondie By Dean Young and John Marshall



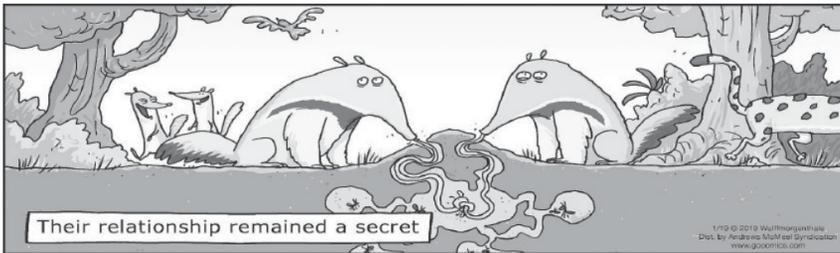
Hägar the Horrible By Chris Browne



Mutts By Patrick McDonnell



WuMo By Mikael Wulff and Anders Morgenthaler



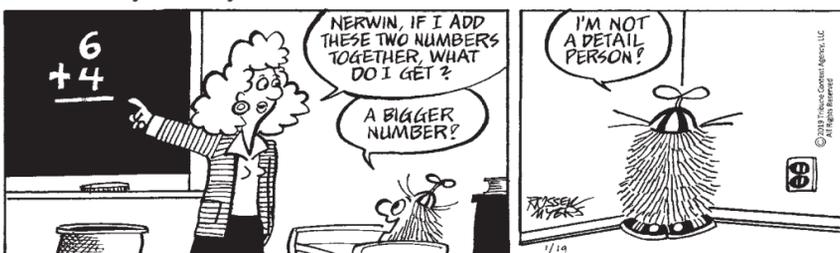
Sherman's Lagoon By Jim Toomey



Brewster Rockit: Space Guy! By Tim Rickard



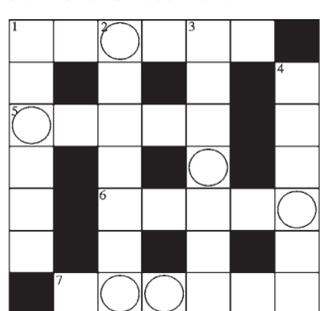
Broom-Hilda By Russell Myers



Trivia Bits

Actress/singer Colleen Fitzpatrick released the pop singles "Smile" and "Graduation (Friends Forever)" under what stage name?
 A) Beta Carotene
 B) Omega-3
 C) Simple Sugar
 D) Vitamin C
 Friday's answer: Rosanna Arquette hosted the first prerecorded episode of "Saturday Night Live."
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Jumble Crossword



DOUBLE BONUS
 The circled letters can be unscrambled to form two different BONUS answers.
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ACROSS

CLUE ANSWER

1. On the _____ BEODUL

5. Daily _____ IRNGD

6. Colder, slicker RIECI

7. King's sub EERTNG

DOWN

CLUE ANSWER

1. Third _____ REGEDE

2. Handle, employ UIZETLI

3. Technophobe UETDLDI

4. Desire for liquid SRIHTT

How to play - Complete the crossword puzzle by looking at the clues and unscrambling the answers. When the puzzle is complete, unscramble the circled letters to solve the BONUS.

I would love to hear from you... You can e-mail me at: DL.Hoyt@HoytInteractiveMedia.com

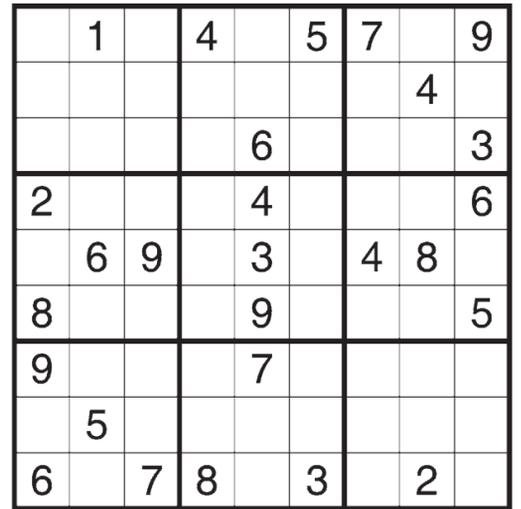
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ANSWERS: 1A-Double 5A-Ornd 6A-Icier 7A-Rogent 1D-Degne 2D-Vitza 3D-Vitza 4D-Thirt 5D-Crldg 6-Riggard

By David L. Hoyt.

Sudoku 1 2 3 4

1/19



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

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

Friday's solutions

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Jumble

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

KIRBE
 YEXPO
 EFYLER
 GELHIS

Answer here
 "O O - O O O O" O O O O O O O O

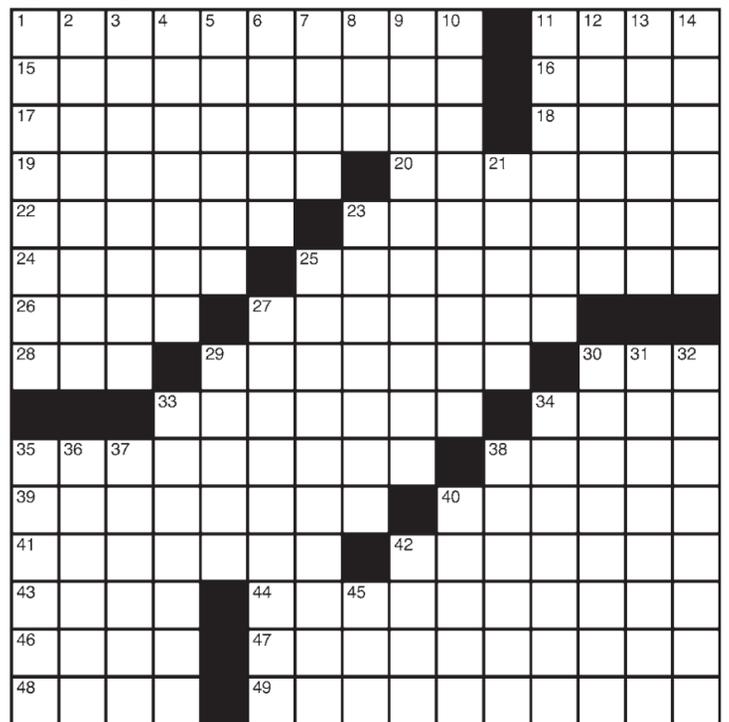
Friday's answers
 Jumbles: MIDST MUNCH INWARD BRONCO
 Answer: The remote bed and breakfast allowed the newlyweds to be - "INN-COMMUNICADO"

By David L. Hoyt and Jeff Knurek. © 2019 Tribune Content Agency, LLC. All rights reserved.



Crossword

1/19



Across

1 Barber's "Adagio for Strings" is in it

11 Hits with a charge

15 Kerry Washington's "Scandal" role

16 Jukebox opening

17 Sang

18 Villa-studded Italian lake

19 Salon boards

20 One taking things literally?

22 Angry

23 Part of a football game-ending tradition

24 Rear attachment

25 Worked together

26 Nailed, test-wise

27 "Rabbit ears" antennae, e.g.

28 Pixie and flip

29 Wheat whackers

30 Poor

33 Washington team

34 Goat-man of myth

35 Rocks below bridges?

38 Cabinet member under Dubya

39 See 43-Across

40 "Clown Prince of Hip-hop" Biz

41 Boards around the house

42 Rocky Mountain rodents

43 With 39-Across, "Listen up, lads"

44 Ones sniffing out trouble

46 Reactor meltdown site

47 Old cooking show with a Creole theme

48 Outcomes

49 "Gotta split!"

Friday's solution

OCHO ALSO SKIMP
 NOUN LAIG OILER
 EZRSA IOTHANDONE
 OUTER TRIS SOL
 NMLTRAINER TRI
 TEE STD YESIAM
 ALDA OAFS DOTH
 JQZHOTTUB
 TESAU OREQ APPS
 TREXES EMU ELI
 WIN PNORECITAL
 ATE MIEN LOTTE
 NRGCNSERVATION
 GEARS TUNA ALOT
 SIALUT SPAN SYINC

By Ryan McCarty. Edited by Rich Norris and Joyce Nichols Lewis. © 2019 Tribune Content Agency, LLC.

Down

1 Unthinking, as a mistake

2 Spanish steps?

3 Fruity refreshments

4 Staved off

5 Larger, as a sum

6 Like gnus

7 Draft choices

8 de guerre

9 Macbeth and Otello

10 Puts down new roots

11 Standard deviation measures

12 Baseball family name

13 Salon stuff

14 Hopped-up

21 Johnnycakes

23 Retailer specializing in youth fashion

25 Impromptu competition

27 Golfer's yardage book data

29 Bar food

30 "There's no doubt about this"

31 Hearing-related

32 River to the Black Sea

33 "Why, sure!"

34 Conventional writing method

35 "Uh-uh"

36 "Little House" antagonist Nellie

37 Digital camera insert, briefly

38 Steve of "Foxcatcher"

40 Craze

42 Like wetlands

45 Alumni newsletter word

Want more puzzles?
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Chicago Tribune CHICAGO SPORTS

Chicago's best sports section, as judged by the Associated Press Sports Editors



CHRIS SWEDA/CHICAGO TRIBUNE

Infielder Javier Baez high-fives young fans after being introduced during the opening ceremony of the Cubs Convention at the Sheraton Grand Chicago on Friday.

CUBS CONVENTION

Unexpected twist

New year, same old dreams for a familiar cast of characters



PAUL SULLIVAN
On the Cubs

By bringing back the same cast of characters for what team President Theo Epstein termed a "reckoning" in 2019, the Cubs essentially are asking fans for a mulligan.

Being a forgiving bunch, fans who showed up for the start of the annual Cubs Convention on Friday at the Sheraton Grand Chicago seemed OK with the idea of a do-over, and the players took it as

a sign of trust. "We do," shortstop Javier Baez said. "We know what we've got. We know our players and we know our talent. We've just got to compete more as a team and not worry about the other team. It's going to be great. Baseball can go either way."

When last we saw this bunch, on Oct. 2nd at Wrigley Field, they disappeared into the dugout after a mind-numbing, five-hour, 2-1 to the Rockies in the National League wild-card game that ended with three straight swinging strikeouts in the 13th inning. What followed the flop was the firing of the hitting coach, the resignation of the pitching coach

Turn to **Sullivan, Page 2**



Cubs third baseman Kris Bryant is surprised that no team has yet signed his friend Bryce Harper or Manny Machado.

Bryant looking ahead to Harper-less Cubs team

BY MARK GONZALES
Chicago Tribune

MORE COVERAGE

■ Darvish says he feels no pain in his surgically-repaired elbow. **Page 2**

Where's Bryce Harper? "He's not signing here," a smiling Kris Bryant said when asked about his fellow Las Vegas native and friend before the opening ceremony of the Cubs Convention on Friday night at the Sheraton Grand Chicago.

For the record, Bryant never asked Harper about his future plans despite the two frequently appearing in photos together on social media, Harper having a dog named Wrigley and speculation that the free agent would join the Cubs.

"I'm his friend," Bryant said. "That's his business, and it's a good time for him and his family."

I'm not going to be another one of the guys who asks him where he's going to sign."

Bryant, however, did say it was "really weird" and "not good" that Harper and Manny Machado — the other superstar free agent this offseason — haven't signed with spring training less than a month away.

"Two of the best players in the game, and (teams) have very little interest in them, from what I hear," Bryant said. "It's not good. It's something that's going to have

Turn to **Cubs, Page 2**

COLLEGE FOOTBALL

Passionate Hammock lands his dream job

Former NIU RB comes full circle to become coach

BY SHANNON RYAN
Chicago Tribune

Thomas Hammock pledged years ago to return to Northern Illinois.

He was Wisconsin's running backs coach when he met Sean Frazier, the Badgers deputy athletic director at the time. Hammock, a former NIU running back from 1999 to 2002, told Frazier: "You know what? I'm going to be the head coach at Northern Illinois University."

Eight years later Frazier, now NIU's athletic director, helped Hammock make good on that goal.

Hammock, 37, returned to his alma mater Friday, when he was



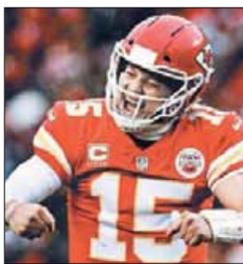
Hammock

introduced as the replacement for Rod Carey, who left NIU a week earlier to coach Temple. Hammock spent the previous five seasons in the NFL as the Ravens running back coach after assistant coaching stops at NIU (2005-06), Minnesota (2007-10) and Wisconsin (2011-13).

"This program means a lot to me," Hammock said. "I'm going to give it everything I have."

Speaking to reporters in Chicago, he emphasized reconnecting with alumni to boost enthusiasm for the Mid-American Conference champions and increase home attendance. He and Frazier also

Turn to **NIU, Page 6**



JAMIE SQUIRE/GETTY-AFP

NFL PLAYOFFS

Chief concern: Stuck dynasty

Patrick Mahomes (above) and the Chiefs' high-powered offense have a chance to stop the Patriots from advancing to the Super Bowl for the fourth time in the last five years. **Page 3**

CONFERENCE CHAMPIONSHIPS

NFC: Rams at Saints
2:05 p.m. Sunday, FOX-32
AFC: Patriots at Chiefs
5:40 p.m. Sunday, CBS-2

Coaching change hasn't sparked Bulls' spirit

Young team appears to be lifeless under Boylen



K.C. JOHNSON
On the Bulls

UP NEXT

Heat at Bulls
7 p.m. Saturday, WGN-9
■ Thumb injury may cost Wendell Carter Jr. rest of season. **Page 4**

The Bulls seem to have backed themselves into a corner.

They fired their coach, are fielding a healthier roster and, at least currently, are playing worse.

Eight of the 16 losses since the Bulls replaced Fred Hoiberg with Jim Boylen have been by 17 or more points. In the current nine-game losing streak, they've lost by an average of 16.9 points.

Under Hoiberg, with a roster decimated by injuries, the Bulls went 5-19 with an average margin of defeat of 13.4 points. Under

Boylen, the Bulls are 5-16 with an average margin of defeat of 18.6.

Management said this season isn't about wins and losses. But when the coaching change was made, executive vice president John Paxson cited a lack of competitive spirit and energy. The Bulls have rolled over and played dead far too often lately. They look lifeless.

Nobody is immune to blame. Nobody has any answers either. There's time to get out of this corner. It's going to take a lot of work and a lot to go right.

Turn to **Johnson, Page 4**

BLACKHAWKS

Break coming up for Hawks

It's a perfect time for extended rest after rough start to 2019

BY JIMMY GREENFIELD
Chicago Tribune

NEW YORK — The Blackhawks play only two more games — a Sunday matinee against the Capitals and a Tuesday night matchup with the Islanders, both at the United Center — until they take a much-needed 10-day break.

That's much-needed for the Hawks, coaches, fans, scoreboard operator, ushers and anyone else who even tangentially has followed the team this season.

Thursday's 4-3 loss to the Rangers was the Hawks' fifth straight and capped a brief two-game trip that somehow seemed to last forever.

Here are three takeaways as they stagger toward their final two games of the month.

The Hawks are officially the worst team in the NHL (for now): Shortly before the Winter Classic, the Hawks appeared to have turned the corner.

Collin Delia was playing great in goal, the power play was reborn and the Hawks went 6-2-1 in their final nine games of 2018.

There was even — gulp — talk of making a playoff run.

That seems like a long time ago. The Hawks are 1-4-3 in the first eight games of 2019, and with 41 points they have dropped all the way back into a tie with the Senators for the fewest in the NHL.

Because the Hawks had played two more games than the Senators — Ottawa faced the Hurricanes on Friday night — the Hawks (16-24-9) have the worst record in the NHL.

Don't even eyeball the schedule to see if this will hold. The Devils just whitewashed the Hawks, who then lost a winnable game to the Rangers. The Hawks long ago proved they can lose to anybody.

Brent Seabrook and Duncan Keith, together again: The defensemen, who were paired for many years — including earlier this season — were back together against the Rangers and dominated in ice time.

They are a shadow of their former selves, and the way coach Jeremy Colliton has been changing things, they might not stick together for long. But it's always nice to see Nos. 2 and 7 on the ice simultaneously.

Look, wins and losses don't matter right now. So if Keith commits a turnover or Seabrook appears to be skating in quicksand while trying to get to a puck, so be it.

There are worse things than watching a couple of Hawks legends playing together.

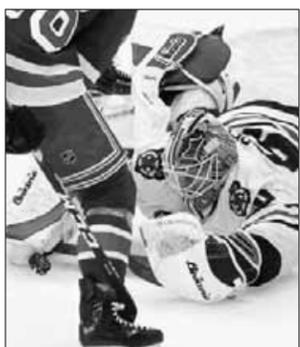
Is Brandon Saad heating up? It's hard to tell whether Saad is starting to hit his stride. On the one hand, he has three goals in his last five games after scoring the Hawks' first goal against the Rangers.

On the other hand, two of those goals came during garbage time late in the third period and had no impact on the outcome of either game.

A goal is a goal, of course, but it would be nice to see Saad go on a tear reminiscent of what Patrick Kane and Alex DeBrincat have been doing for the last month.

No Hawks player is more enigmatic than Saad, who started the season in Joel Quenneville's doghouse and never really got going. Saad has 14 goals and 12 assists in 47 games. While he's on pace to finish with 44 points and surpass last season's 35, it would be the second-worst season of his career.

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BRUCE BENNETT/GETTY-AFP

Blackhawks goalie Collin Delia stops a Ryan Strome shot Thursday night against the Rangers.

CUBS



CHRIS SWEDA/CHICAGO TRIBUNE

Yu Darvish, greeting fans on the first day of the Cubs Convention, said he doesn't feel any elbow pain.

CUBS NOTES

Darvish feels no elbow discomfort

BY MARK GONZALES,
PAUL SULLIVAN
Chicago Tribune

Yu Darvish will report to spring training next month with the comfort of knowing his teammates.

More important, he's headed to Arizona with a healthy right elbow.

"I don't feel any pain," Darvish said Friday at the Cubs Convention. "I feel strong. I'm throwing from 120 feet now."

Darvish underwent surgery in September to remove debris from the elbow. The right-hander enters the second year of a six-year, \$126 million deal after being limited to eight starts in 2018 because of an impingement and a stress reaction.

Darvish said he will throw off a bullpen mound Friday for the first time since the surgery and he's looking forward to rejoining his teammates after signing only two days before the first workout last February.

"Now I know the teammates, and I have more confidence than last year," Darvish, 32, said.

"I hope I have a good spring training."

Russell update: Cubs President Theo Epstein said he has seen improvement from shortstop Addison Russell, who is undergoing counseling after receiving a 40-game suspension last fall for violating Major League Baseball's domestic violence policy.

Russell might not be greeted warmly — either at Wrigley Field or on the road — if or when he returns to the Cubs. Epstein said that's something Russell will have to overcome.

"If he's booed, I think people have the right to boo," Epstein said. "And if he lives up to the standards we set out for him and earns his way back into a Cubs uniform, that's all he deserves is an opportunity to earn people's trust back, the organization's trust, the players' trust, the fans' trust."

"He doesn't deserve to be welcomed back unconditionally or with open arms. But I think the conditional second chance affords him enough of an opportunity to earn people's trust back

and change his life and change his story. There have been more than a dozen players that have returned from domestic violence suspensions, and many of them represent success stories as far as their lives going forward.

Russell won't be eligible to return from the suspension until May 3 if he remains on the roster.

"I'm not saying it's going to happen," Epstein said. "We're probably in the top of the second inning of this story. (Russell) has a ton of work ahead of him, and it may not work. And if it doesn't, we will move on instantaneously. But if it does ..."

Minor-league signings: The Cubs agreed to terms on contracts with relievers Rob Scamahill and Mike Zagurski. Scamahill, a Willowbrook High graduate who pitched for the White Sox last season, has a 3.85 ERA in 124 appearances with four teams.

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Bryant moves on without Harper

Cubs, from Page 1

to change. I know a lot of the other players are upset about it."

As for reasons, Bryant could only speculate.

"There are a lot of teams who have the money to spend, but they're not doing it," Bryant said. "It's just very confusing. If I was an owner, president or general manager, I would love to have Bryce Harper or Manny Machado on my team. It's very frustrating to play against them. They're the best talent out there, and it seems that there are only a few teams who want them."

"I'm putting myself in their shoes, and for them to not have (signed), I guess it could be disheartening for them. I know they're making plenty of money, and it's not about the greed. They've put in the work to warrant contracts that are worthy of it and they don't have it yet."

As Bryant, 26, gets closer to free agency after the 2021 season, his interest could rise.

"I feel it is my duty to pay attention to it," Bryant said.

"Where I am in my career and where we are as a team, it's not on the forefront of my mind. But it's definitely something all of us as baseball players should pay attention to."

In the meantime, Bryant spoke confidently about returning to his 2016 National League Most Valuable Player form with a healthy left shoulder. He resumed swinging a bat Dec. 1, and videos the team released indicate he has no restrictions.

"I can't say enough how good I feel," said Bryant, who missed 50 games last season because of the shoulder injury.

Bryant didn't seem bothered that the Cubs didn't make a push for Harper, reinforcing his faith in a roster that added only infielder Daniel Descalso and picked up the \$20 million option on left-hander Cole Hamels since last season's quick playoff exit.

Healthy again, Bryant knows the Cubs are counting on him to produce like he did in his first three seasons, when he hit a combined 94 home runs with a .288 batting average and .388 on-base percentage.

"My first three years, I'll tout my horn a little bit," Bryant said. "I was top three in MVP (voting) except the first year I was 11th. That's what I expect out of myself without getting into my personal stats. I expect that every year. And there's no reason to think I won't do that."

Bryant also defused a report that said he was partly to blame for the dismissal of hitting coach Chili Davis.

"I love Chili. He's a great person," Bryant said. "Our hitting philosophies didn't mesh, and it's totally OK. He was telling me stories about some of the hitting coaches he had while he played, and they didn't match up with what he wanted to do."

"It's refreshing to hear that because I don't think he takes it personally. It just didn't work out for us. There are no hard feelings. I wish him the best wherever he's at. And we're all going to be friends in contact with one another. It just didn't work out."

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New year, same dream

Sullivan, from Page 1

and a long, dull winter of relative inactivity.

"Sometimes you don't get what you want, and it's kind of good for us to go through that and get our teeth kicked in a little bit on our field in Game 163 and the wild-card game," Kris Bryant said Friday.

Bryant was supposed to be joined by his Vegas pal Bryce Harper, the prominent free agent who supposedly craved being in a Cubs uniform. But that's not happening, and the Cubs will win or lose with the same crew, for better or worse.

"Honestly, I understand some of the fan frustration," Bryant said. "But as a player, that feels pretty good knowing your owner and president and GM all trust the team we have. That means something to us, knowing that we don't really need another addition because the talent that we have is pretty dang good. I like the team we have."

"A lot of these guys have been on that World Series team, and I think we'll come out and show everybody what we're made of."

There is little to cling to but the past and hope the remaining core and add-ons such as Cole Hamels, Yu Darvish and Jose Quintana can replicate the drought-ending heroics of the 2016 team. But it must be obvious to Epstein and Co. that nostalgia for that joy ride to nirvana is fading in Chicago, where fans are still ticked over the fact the Bears won only one Super Bowl during their era of dominance three decades ago.

Once is not enough anymore.

Epstein experienced it himself in Boston, where he actually won titles with the Red Sox in 2004 and '07 but was allowed — or perhaps encouraged — to depart after four consecutive years without a title. He was welcomed here in 2011 as a savior, as many before him were, but ultimately accomplished what he set out to do, executing a gut rehab that turned the Cubs franchise from a punchline to a goldmine in only five years.

But a winter full of misfires last offseason — Darvish, Tyler Chatwood and Chili Davis among them — and regression from some others led Epstein to this particular fork in the road. Should he make major personnel changes and see if that does the trick or bring back the same group and a new hitting coach? He chose the latter option, which has some fans grumbling. Epstein hears it and said he understands.

"It's passion, it's expectations, it's raised standards," he said. "It's wanting to continue to be part of something special. We've had fans that waited the better part of a century to be on top and love the way it feels up there and don't want to leave. We have that in common, so I understand the way things sometimes look from the outside. We can't go out and win games in the winter. ... We haven't added as many players as we normally have, but behind the scenes there is an awful lot we do."

No one is more under the gun than manager Joe Maddon, who will navigate the 2019 season without a safety net in spite of his unparalleled success. Asked about Maddon's status on Wednesday, Chairman Tom Ricketts mentioned to WMVP-AM 1000's David Kaplan that Maddon was a "great guy to hang out with," perhaps the most tepid endorsement of a Cubs manager since Crane Kenney was asked about Lou Piniella's lame-duck status during spring training in 2010.

"If he feels well and wants to keep going, we'll have an interesting conversation," Kenney said of Piniella.

"Last time I checked, I'm not on life support," Piniella responded with a laugh.

Piniella was 66 at the time. Maddon, who turns 65 in February, isn't on life support either. But when the 2018 season ended, a report surfaced claiming his job was in jeopardy, leaving players surprised. It turned out to be a false alarm.

"We know Joe and we believe in what he wants us to do," Baez said.

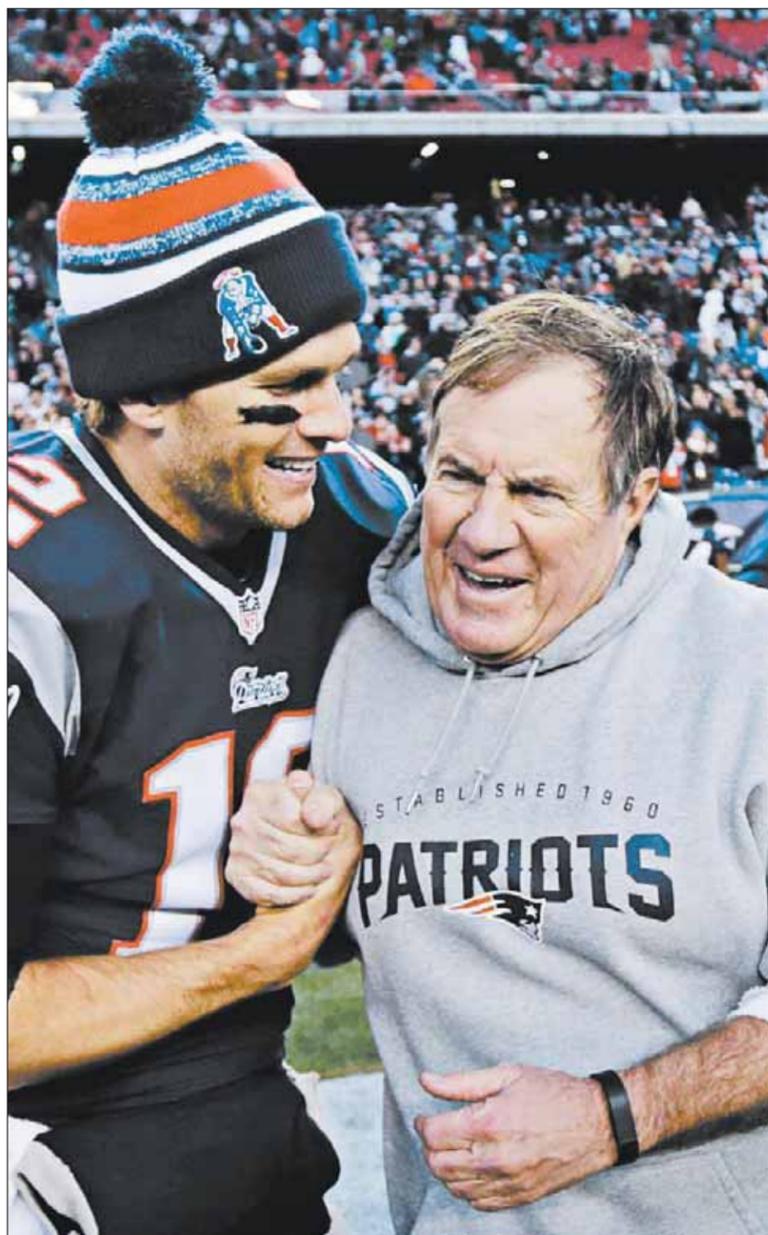
Maddon vows to communicate better with the millennials, which apparently means more texting and less chatting.

"Just understand with technology, they prefer texting over phone calls," he said. "That would get the message out there. And don't leave a lot of stuff for interpretation. Explain yourself."

It's a brave new world for the Cubs. How Maddon and his players deal with it will be fun to watch.

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NFL PLAYOFFS



CHARLES KRUPA/AP

Tom Brady, Bill Belichick and the Patriots haven't won a road playoff game since 2006.

AFC CHAMPIONSHIP

Hitching ride to bandwagon

Offensive-minded Chiefs stand in way of Pats' dynasty in AFC

AFC CHAMPIONSHIP
Patriots at Chiefs
5:40 p.m. Sunday, CBS-2

BY DAVE SKRETTA | Associated Press

KANSAS CITY, Mo. — It seems football fans everywhere are suddenly on the Chiefs bandwagon, enthralled by their record-setting young quarterback and exciting playmakers and hopeful their amiable old coach can finally win the big one.

Then again, maybe they're just fans of anybody facing the Patriots.

The Patriots have dominated the AFC for nearly two decades, and the coach-quarterback combination of Bill Belichick and Tom Brady will be playing in an eighth consecutive conference title game Sunday night when the Patriots visit the Chiefs at frigid, hostile Arrowhead Stadium.

But whereas Brady & Co. once instilled awe in their opponents, the Chiefs view their showdown as an opportunity for Patrick Mahomes to take the baton as the league's best quarterback and for the Chiefs, seeking their first Super Bowl appearance in 49 years, to surpass the Patriots as the NFL's "it" team.

"It'll be huge," Mahomes said. "When I got here, the goal was to win the AFC championship and get to the Super Bowl and win that. To do that early in my career, it would be a huge thing."

There aren't two more dichotomous teams than the Patriots and Chiefs.

The Patriots have won five Super Bowls during the Belichick-Brady era, setting all kinds of records along the way. The cruel efficiency with which they've sliced up the AFC has made them the bane of fans everywhere but New England and given them the kind of unbeatable aura that accompanied the Yankees teams of Derek Jeter and the Bulls teams of Michael Jordan.

It's not just petty jealousy, though. Many fans have been turned off by Deflategate, Spygate and other instances over the years that have saddled the Patriots with a rather unsavory reputation.

Brady has mostly shrugged it off. So has Belichick, who almost seems to embrace the villain role.

"I don't think about it too much, what people might say or think," said Brady, whose team is a rare playoff underdog Sunday. "I know we're playing against a very good football team. They're the first seed for a reason. They've had a great season and we're going to have to go into a really tough environment and play our best football, and it's a great opportunity for us."

On the flip side are the Chiefs, a team that dominated the AFC throughout the 1990s but reached only one conference title game. They were the league's worst franchise six years ago, when Andy Reid came aboard, but have become a perennial playoff team that was always missing that certain something.

They found it when they drafted

Mahomes nearly two years ago.

The quarterback shattered just about every franchise passing record in his first season as a starter, and his down-home style has made him a fan favorite. Kids dressed up like him for Halloween, his curly Mohawk has become the trend at local barbershops and the aw-shucks way Mahomes has embraced his stunning success has only made him more endearing.

"He's a great player on a great team that's very well-coached," Belichick said. "They have a great scheme and a great system. He's got a ton of weapons, so he'll be tough to handle, as will their entire offense, as will their entire team. We'll need our best game."

The Patriots beat the Chiefs in a 43-40 shootout in Week 6, but both teams are different these days. The Patriots lost wide receiver Josh Gordon to personal issues, and the Chiefs waived running back Kareem Hunt because of off-the-field trouble. The Chiefs also are poised to have linebacker Justin Houston and safety Eric Berry back from injuries Sunday.

"I mean, that was Week 6. That was a long time ago," Patriots safety Patrick Chung said. "We can't really worry about that. They're a better team and they're on a roll. It's the two best teams in the AFC, so you can't really worry about, 'Well, we beat you guys last time, so we're going to win.' If we have that mentality ... they'll kick our ass."

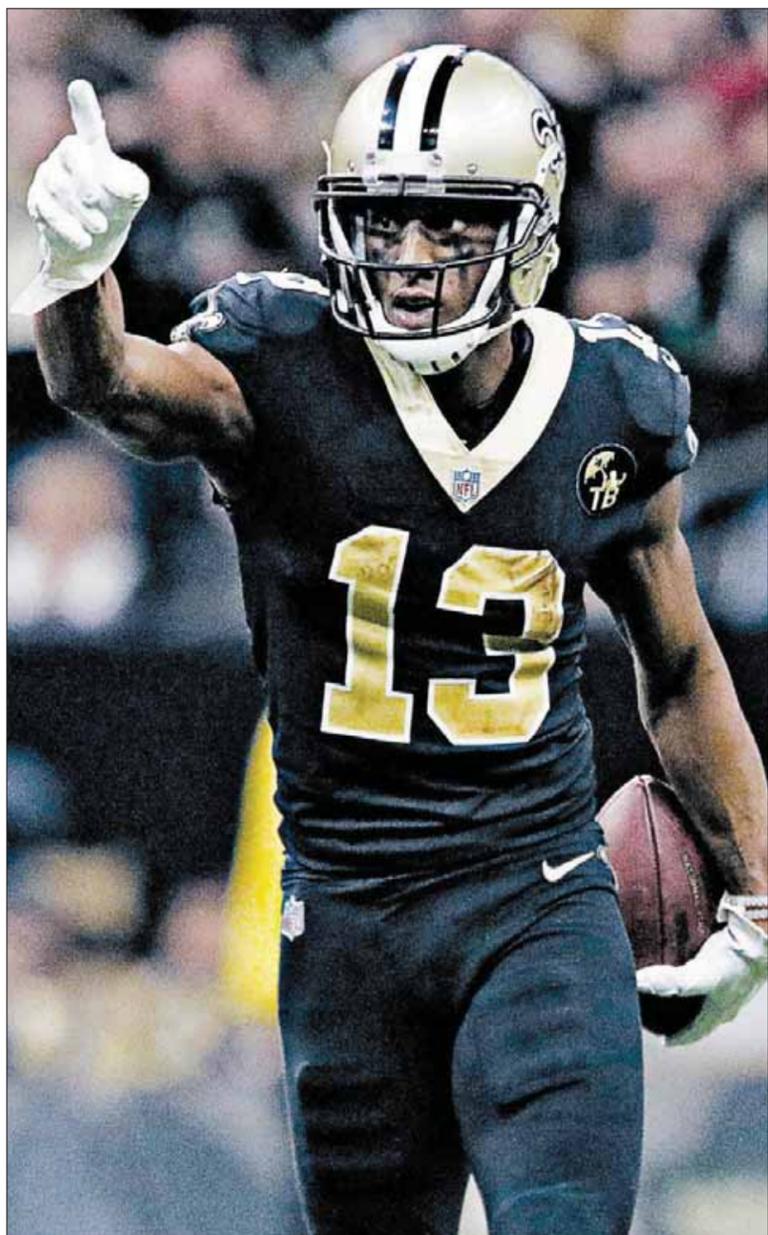
Brady and Mahomes get plenty of attention, but they don't do it alone. Patriots running back James White tied Darren Sproles' postseason record with 15 catches in their 41-28 divisional victory over the Chargers, while rookie Sony Michel has become a breakout star and Rob Gronkowski and Julian Edelman remain dangerous downfield threats.

The Chiefs counter with running back Damien Williams and the pass-catching trio of All-Pro speedster Tyreek Hill, Sammy Watkins and sure-handed tight end Travis Kelce.

The Patriots haven't lost at home since early last season, but it has been a struggle away from Gillette Stadium. They were 3-5 on the road this season, their worst mark since 2009, and lost back-to-back games in Miami and Pittsburgh in December.

The Chiefs will be hosting the AFC title game for the first time after ending a 25-year drought in divisional playoff games last week against the Colts. They are 8-1 at home this season with their lone loss coming on a last-second two-point conversion by the Chargers.

"You know it's going to be a playoff atmosphere there," Gronkowski said. "I've been there in the regular season and it felt like a playoff atmosphere. So I just can't imagine what it's going to be like going into a stadium like this."



DAN ANDERSON/EPA

Michael Thomas racked up 125 catches in becoming a go-to man for Drew Brees.

NFC CHAMPIONSHIP

Thomas joins elite at WR

Saints' top target has made big plays for Brees all season

NFC CHAMPIONSHIP
Rams at Saints
2:05 p.m. Sunday, FOX-32

BY SAM FARMER | Los Angeles Times

NEW ORLEANS — Typical horror movie. The call was coming from inside the house

The guy doing the dialing was Saints receiver Michael Thomas, who had just slashed the Rams to the tune of 12 catches for a club-record 211 yards, including a soul-crushing 72-yard touchdown.

Thomas celebrated that November score by fishing a flip phone out of a goal-post pad and pretending to make a call, an homage to long-ago Saints receiver Joe Horn, who had done the same thing back in 2003. A stickler for details, Thomas stashed phones in both Superdome end zones just in case — he knew it would happen, just not where.

When this stranger calls, the raspy voice says: "Have you ... checked the scoreboard?"

That touchdown, the biggest difference maker in the Saints' 45-35 win, ended with an awfully expensive make-believe phone call. The NFL fined Thomas \$30,000 for his celebration.

"I was just trying to set the tone, get the crowd going, and use it to our advantage," the soft-spoken Thomas said this week during a break from preparations for a rematch with the Rams in Sunday's NFC championship game. "I knew they would love it."

Make no mistake, Thomas is terrifying to opponents. The third-year receiver led the league with 125 catches this season, and — unlike your cellphone provider — almost no drops.

Thomas, 25, figures to be a major factor in the conference title game. Drew Brees looks for him often, as he did Sunday, when Thomas caught 12 passes in a divisional victory over the Eagles.

The Rams didn't have star cornerback Aqib Talib in the first meeting — he was recovering from ankle surgery — so the task of covering Thomas fell to Marcus Peters, who was overmatched. With Talib back and likely assigned to blanket Thomas, that changes the dynamic.

"Talib is going to challenge him," said former All-Pro receiver Steve Smith, who had his own battles with the relentless cornerback. "Michael's not going to back down, but it's also a first for Mike. He's a young kid. Talib is a savvy vet; he knows what he's doing. He knows what impression he wants to make. He's not out there to make friends. Mike isn't out there to make friends either."

Peters didn't take kindly to postgame comments from Saints coach Sean Payton after the first meeting. Payton said the Saints got the matchup they wanted with Thomas versus Peters. Peters responded the following Thursday, encouraging Payton to "keep talkin'" and saying the Rams would see the Saints "soon" — as in the

postseason — and they would have a bowl of gumbo together.

Peters reiterated his opinion this week when he tweeted a picture of himself with this caption: "It's gumbo week let's eat." The tweet is no longer on Peters' timeline.

"Peters is the guy who's done more of the talking," Smith said. "The question is, are (the Rams) even going to allow Marcus Peters to cover (Thomas)? Because Marcus Peters is also excited and animated to do it. I'm not sure why you're so animated to do it when you got routed up last game. That's one of those I consider false enthusiasm. I call that fake juice."

Here's what's real: Brees said Thomas, a second-round pick from Ohio State in 2016, has made huge strides because of his thorough understanding of the offense. He has learned how to be patient and let the game come to him, rather than constantly trying to overpower defenders.

"Michael's always been a really strong, highly competitive, raw type receiver," Brees said. "But he learned to develop the patience with the routes and understanding of the timing of when the ball's going to be there. Like, 'Hey, Mike, don't get your head around now, I'm not ready to throw the ball to you yet.'"

"Working together, talking through concepts and then just the repetition, I'd say that's where he's made the biggest jump, even from last year to this year. He's always had the competitiveness, the work ethic, the fire. But it's the polish."

Troy Aikman, who will be in the broadcast booth for Fox on Sunday, can't help but see a bit of fellow Hall of Fame Cowboys player Michael Irvin in Thomas.

Aikman said Thomas has the ability "to get big at the point of the catch."

"I trust what Drew Brees has said, and he said that (Thomas) is the most competitive wide receiver he's ever played with. That's quite a statement."

Competitive? Without question. But still grappling with immaturity at times, such as pregame introductions against the Redskins this season when he ran out in a ski mask or plucking the cellphone from the goal post.

The latter move was such a surprise to his father, who was in the stands, that he didn't even see it happen.

"I missed him pulling the phone out," his father said. "I was celebrating. So when I looked up, I was like, 'What's the penalty?' Then I saw it on the screen and I'm like, 'Oh, man.' I had to watch the replay because I definitely wasn't looking for that."

He didn't take issue with his son celebrating that way.

"I was just happy the game was pretty much done at that point," he said.

Thomas was just telling the crowd, in essence: Can you cheer me now?

BULLS

Surgery suggested now for Carter

Injured thumb may cost rookie center rest of his season

By K.C. JOHNSON
Chicago Tribune

The roller-coaster week for rookie Bulls center Wendell Carter Jr. continued Friday when a follow-up examination on his injured left thumb revealed ligament damage, which the team has recommended surgery to address.

The Bulls estimated his recovery and "return to sport time" at eight to 12 weeks. That likely would end Carter's promising rookie season if he has the surgery, which a source said is almost certainly his plan.

Carter suffered the injury in Tuesday's loss to the Lakers when he tripped over Tyson Chandler and fell, bending the thumb as he braced himself. X-rays that night appeared to show a fracture. The team feared a six- to eight-week absence.

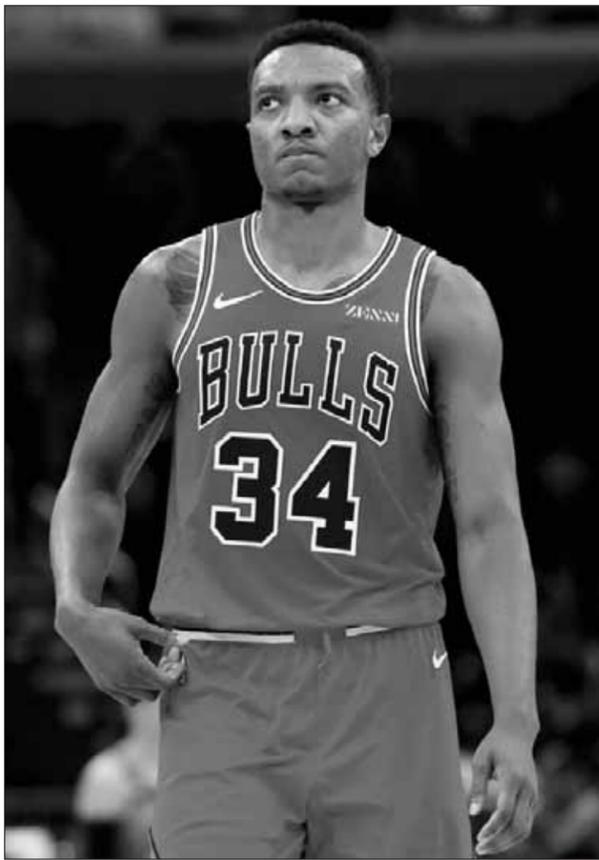
A follow-up MRI exam Wednesday led Carter and the Bulls to believe the ligament was largely intact, and he was listed as day to day.

Carter even tested his thumb at Thursday's morning shootaround in Denver and vowed to play Saturday against the Heat at the United Center.

But after Carter visited Bulls hand specialists Friday, the team said in a release that Drs. John Fernandez and Mark Cohen used "repeat physical examination" and "testing under live fluoroscopic XR" to determine instability in the ligament.

"We thought we needed him to see our people," coach Jim Boylen said.

The injury is similar to the thumb injury Joakim Noah tried to play through in 2010-11 before



ARMANDO L. SANCHEZ/CHICAGO TRIBUNE

Bulls center Wendell Carter Jr. may have played the last game of his rookie season because of a thumb injury.

he opted for surgery. That was a torn ulnar collateral ligament in Noah's right thumb, and he played in 48 games that season. He missed close to two months.

If Carter's season is over, he'll finish with averages of 10.3 points, 7.0 rebounds, 1.8 assists and 1.3 blocks in 44 games.

"If you look at it, we've lost two of our best defenders in the Justin Holiday trade and Wendell Carter being hurt," Boylen said. "Somebody is going to have to step up. That's what we're preaching. Play those minutes with physicality. We're desperately seeking more physical play. And maybe our most physical guy is hurt?"

Sources said the Carter news won't stop the Bulls from trying to trade Robin Lopez and Jabari Parker before the Feb. 7 deadline. If the Bulls find deals for both players, they could use Cristiano

Felicio at center or use smaller lineups. In the meantime, expect Parker and Lopez to be in the rotation.

Carter's likely surgery continues a ridiculous season of injuries for the Bulls. Denzel Valentine is out all season after reconstructive surgery on his left ankle. Kris Dunn, Bobby Portis and Lauri Markkanen missed significant time. And Zach LaVine sat with a sprained ankle.

The Bulls lug a season-high nine-game losing streak into Saturday's game — future Hall of Famer Dwyane Wade's final game in his hometown.

"We're doing what we're supposed to be doing," Boylen said. "The guys were in good spirits and worked hard. We controlled what we can control."

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Coaching change hasn't sparked Bulls' spirit

Johnson, from Page 1

Rebuilds are supposed to be messy. And the Bulls, who were cautiously optimistic they could exceed modest expectations this season if they had a healthy roster, could stand to gain a higher-than-projected draft pick in June.

But a season centered on player development is featuring regression at both ends.

Last season, the trio of Zach LaVine, Kris Dunn and Lauri Markkanen posted a net rating of minus-21.6 over 12 games and 255 minutes together. But LaVine was on a minutes limit coming off left ACL rehab. The hope was the trio would take a step forward this season.

But in 13 games and 252 minutes together, their net rating is minus-20.3. LaVine, in particular, is frustrated.

To his credit, he's not using a banged-up right shoulder he's playing through as an excuse. But with just 18 points in his last two games, LaVine keeps citing the need for a young group to learn how to win. Being in competitive games, even if they're lost down the stretch, offers valuable lessons.

Blowout losses do nothing but ingrain a losing culture.

Over the last 15 games, the Bulls rank 29th in offensive rating at 103.5 points per 100 possessions and 27th in defensive rating at 114.3 points allowed per 100 possessions. They're 29th in pace over that stretch and last in 3-pointers attempted and made.

The initial defensive improvement they showed under Boylen has faded. Opponents are exploiting varied game plans.

In the 28-point blowout Jan. 2 that started the Bulls' current losing streak, the Magic routinely took advantage of switching to find the open man or mismatch on the perimeter and shot 57.9 percent. On Thursday, the Nuggets repeatedly burned the Bulls for going under screens, burying 20 3-pointers.

Asked about the defensive slippage, Boylen cited the trade of Justin Holiday to the Grizzlies. And while Holiday typically

Blowout losses do nothing but ingrain a losing culture.

guarded the opponent's best player and was enjoying perhaps his best season of a workmanlike career, Boylen's answer seemed to puzzle LaVine.

"Justin is a real good player," LaVine said, being respectful not critical. "But I don't think he's someone you take him off the team and he's like LeBron James."

The Bulls created national headlines Dec. 9 when news leaked that two or three players suggested a boycott of Boylen's practice the day after a franchise-record 56-point loss to the Celtics. Two hours of team meetings later, even the most disgruntled player stood in a better place.

But as mentioned then, that dynamic needed to take hold by virtue of better play and more free-flowing offense. The Bulls closed December with three wins in five games and a competitive six-point loss in Toronto.

The wheels have come off in the new year. The Bulls have played well arguably only in an overtime home loss to the Pacers and a road loss to the Jazz.

This is no way to attract free agents. Forget the elite ones. But if the Bulls target solid, experienced veterans to contribute culturally and statistically, they might need to overpay to land them. That's how lowly the Bulls are viewed around the league these days.

"We just have to stay together and keep working," Markkanen said.

The Bulls have backed themselves into a corner. How to get out? Well, if players and coaches don't have the answers, who does?

So the Bulls kept working Friday, practicing the day after landing from an 11-day trip. It's all they can do for now.

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SCOREBOARD

CALENDAR

TEAM	SAT	SUN	MON	TUE	WED	THU	FRI
	MIA 7 WGN-9, AM-670		@CLE Noon NBCSCH, AM-670		ATL 7 WGN-9, AM-670		LAC 7 NBCSCH, AM-670
		WAS 11:30 NBC-5, AM-720		NYI 7:30 WGN-9, AM-720			

SATURDAY ON TV/RADIO

NBA							
2:30 p.m.	Thunder at 76ers						ABC-7
7 p.m.	Heat at Bulls		WGN-9, WSCR-AM 670				
7:30 p.m.	Lakers at Rockets						ABC-7
MEN'S COLLEGE BASKETBALL							
11 a.m.	Florida at Georgia						CBS-2
11 a.m.	Michigan at Wisconsin						ESPN
11 a.m.	North Carolina at Miami						ESPN2
11 a.m.	Tulsa at Central Florida						ESPNU
11:30 a.m.	Richmond at Davidson						NBCSN
1 p.m.	Loyola at Indiana State						ESPNU
1 p.m.	North Carolina State at Notre Dame						WCUI-26.2, WMVP-AM 1000
1 p.m.	Cincinnati at Wichita State						CBS-2
1 p.m.	Indiana at Purdue						FOX-32
1 p.m.	Kansas at West Virginia						ESPN
1 p.m.	Alabama at Tennessee						ESPN2
1:30 p.m.	Rhode Island at La Salle						NBCSN
1:30 p.m.	Navy at Army						CBSSN
3 p.m.	UCLA at USC						CBS-2
3 p.m.	Kentucky at Auburn						ESPN
3 p.m.	TCU at Kansas State						ESPN2
3 p.m.	SMU at Memphis						ESPNU
3 p.m.	Northern Iowa at Valparaiso						NBCSCH
3 p.m.	Louisville at Georgia Tech						WCUI-26.2
3:30 p.m.	St. John's at Butler						FOX-32
3:30 p.m.	Dayton at St. Bonaventure						NBCSN
4 p.m.	Pennsylvania at Temple						CBSSN
5 p.m.	Virginia at Duke						ESPN
5 p.m.	Texas Tech at Baylor						ESPN2
5 p.m.	Oklahoma State at Iowa State						ESPNU
5:30 p.m.	Massachusetts at VCU						NBCSN
6:30 p.m.	Tulane at UConn						CBSSN
7 p.m.	DePaul at Seton Hall		FS1, WIND-AM 560				
7 p.m.	Houston at South Florida						ESPNU
7:30 p.m.	Penn State at Minnesota						BTN
9 p.m.	Air Force at Nevada						ESPNU
WOMEN'S COLLEGE BASKETBALL							
11 a.m.	Navy at Army						CBSSN
COLLEGE FOOTBALL							
2 p.m.	East-West Shrine Game						NFL Network
4 p.m.	NFLPA Collegiate Bowl						FS1
GOLF							
1 p.m.	Diamond Resorts Tournament of Champions						Golf Channel
2 p.m.	Diamond Resorts Tournament of Champions						NBC-5
2 p.m.	Desert Classic						Golf Channel
6 p.m.	Mitsubishi Electric Championship						Golf Channel
12:30 a.m.	Singapore Open						Golf Channel
WOMEN'S COLLEGE GYMNASTICS							
2:30 p.m.	Ohio State at Penn State						BTN
NHL							
6 p.m.	Rangers at Bruins						NHL Network
AHL							
7 p.m.	IceHogs at Wolves						WPWR-50
COLLEGE HOCKEY							
4:30 p.m.	Minnesota at Michigan State						BTN
6:15 p.m.	Western Michigan at St. Cloud State						FS2
PREMIER LEAGUE SOCCER							
6 a.m.	Wolverhampton vs. Leicester City						NBCSN
8:30 a.m.	Liverpool vs. Crystal Palace						NBCSN
9 a.m.	Manchester United vs. Brighton & Hove Albion						CNBC
11:30 a.m.	Arsenal vs. Chelsea						NBC-5
BUNDESLIGA SOCCER							
8:30 a.m.	Leverkusen vs. Borussia Monchengladbach						FS1
8:30 a.m.	Eintracht Frankfurt vs. Freiburg						FS2
11:30 a.m.	Leipzig vs. Borussia Dortmund						FS1
WOMEN'S INTERNATIONAL SOCCER							
1:30 p.m.	France vs. United States						FS1
TENNIS							
8 p.m.	Australian Open						ESPN2
2 a.m.	Australian Open						ESPN2
TRACK AND FIELD							
11 a.m.	Big Ten Indoor Invitational						BTN
NFL							

POSTSEASON SCHEDULE							
CONFERENCE CHAMPIONSHIPS							
NFC: L.A. Rams (14-3) at New Orleans (14-3), 2:05 (FOX-Ch. 32)							
AFC: New England (12-5) at Kansas City (13-4), 5:40 (CBS-Ch. 2)							
INJURY REPORT							
LOS ANGELES AT NEW ORLEANS							
RAMS: No report. SAINTS: Doubtful: WR Keith Kirkwood (cauliflower), TE Benjamin Watson (illness). QUESTIONABLE: T Andrew							
GOLF							
DESERT CLASSIC							
2nd of 4 rds in La Quinta, Calif. (c-La Quinta County Club, 7,060 yds.; n-Nicklaus Tournament Course, 7,159 yds.); s-Stadium Course, 7,113 yds.; Par 72							
128 (-16)	291 Mickelson	60q-68n					
130 (-14)	Curtis Luck	64q-66q					
131 (-13)	Adam Hadwin	65q-66q					
132 (-12)	Steve Marino	66q-65q					
133 (-11)	Wyndham Clark	65q-67n					
134 (-10)	Rahm	68n-66n					
135 (-9)	Joey Bajer	68n-66n					
136 (-8)	Seann O'Hair	66n-67s					
137 (-7)	Abraham Ancer	66q-67n					
138 (-6)	Patrick Cantlay	67n-66s					
139 (-5)	Alex Cejka	66n-68s					
140 (-4)	Adam Svensson	66q-68n					
141 (-3)	Aubrian Lahiri	68n-66s					
142 (-2)	Harold Varner III	68q-67n					
143 (-1)	Patrick Reed	67n-66s					
144 (E)	Tommy Fleetwood	67q-67n					
145 (F)	Sam Burns	68q-66n					
146 (G)	Taylor Gooch	67s-67q					
147 (H)	Andrew Landry	68n-67s					
148 (I)	Scott Langley	70n-65s					
149 (J)	Harold Varner III	68q-67n					
150 (K)	Aubrian Lahiri	68n-66s					
151 (L)	Peter Malnati	70q-65q					
152 (M)	Chez Reavie	67q-68n					
153 (N)	Jim Herman	68s-67q					
154 (O)	Adam Svensson	66q-68n					
155 (P)	M. Thompson	68q-66n					
156 (Q)	Sam Saunders	68q-66n					
157 (R)	Adam Long	63n-71s					
158 (S)	Carlos Ortiz	67q-67n					
159 (T)	Daniel Berger	67q-67n					
160 (U)	Tam Burns	68q-66n					
161 (V)	Sator Gooch	67s-67q					
162 (W)	Lee Westwood	66-68-73					
163 (X)	Paul Waring	70-67-70					
164 (Y)	208 (-8)	L. Oosthuizen	65-68-75				
165 (Z)	Grant Forrest	71-65-72					
166 (AA)	David Horsey	71-66-71					
167 (AB)	Dominic Foss	68-68-72					
168 (AC)	Jordan Smith	72-66-70					
169 (AD)	Joost Luiten	69-68-71					
170 (AE)	Lucas Herbert	68-71-69					
171 (AF)	209 (-7)	Matt Wallace	70-68-71				
172 (AG)	210 (-6)	Eddie Pepperell	70-68-72				
173 (AH)	David Lipsky	68-73-69					
174 (AI)	211 (-5)	R. Cabrera Bello	68-71-72				
175 (AJ)	212 (-4)	Martin Kaymer	66-72-70				
176 (AK)	Dustin Johnson	69-71-72					
177 (AL)	213 (-3)	T. Fleetwood	69-72-72				
178 (AM)	L. Bjerregaard	71-70-72					
179 (AN)	214 (-2)	215 (-1)					
180 (AO)	216 (-1)	217 (E)					
181 (AP)	218 (F)	219 (G)					
182 (AQ)	220 (H)	221 (I)					
183 (AR)	222 (J)	223 (K)					
184 (AS)	224 (L)	225 (M)					
185 (AT)	226 (N)	227 (O)					
186 (AU)	228 (P)	229 (Q)					
187 (AV)	230 (R)	231 (S)					
188 (AW)	232 (T)	233 (U)					
189 (AX)	234 (V)	235 (W)					
190 (AY)	236 (X)	237 (Y)					
191 (AZ)	238 (Z)	239 (AA)					
192 (BA)	240 (AB)	241 (AC)					
193 (BB)	242 (AD)	243 (AE)					
194 (BC)	244 (AF)	245 (AG)					
195 (BD)	246 (AH)	247 (AI)					
196 (BE)	248 (AJ)	249 (AK)					
197 (BF)	250 (AL)	251 (AM)					
198 (BG)	252 (AN)	253 (AO)					
199 (BH)	254 (AP)	255 (AQ)					
200 (BI)	256 (AR)	257 (AS)					
201 (BJ)	258 (AT)	259 (AU)					
202 (BK)	260 (AV)	261 (AW)					
203 (BL)	262 (AX)	263 (AY)					
204 (BM)	264 (AZ)	265 (BA)					
205 (BN)	266 (BB)	267 (BC)					
206 (BO)	268 (BD)	269 (BE)					
207 (BP)	270 (BF)	271 (BG)					
208 (BQ)	272 (BH)	273 (BI)					
209 (BR)	274 (BJ)	275 (BK)					
210 (BS)	276 (BL)	277 (BM)					
211 (BT)	278 (BN)	279 (BO)					
212 (BU)	280 (BP)	281 (BQ)					
213 (BV)	282 (BR)	283 (BS)					
214 (BW)	284 (BT)	285 (BU)					
215 (BX)	286 (BV)	287 (BW)					
216 (BY)	288 (BX)	289 (BY)					
217 (BZ)	290 (BZ)	291 (CA)					
218 (CA)	292 (CA)	293 (CB)					
219 (CB)	294 (CB)	295 (CC)					
220 (CC)	296 (CC)	297 (CD)					
221 (CD)	298 (CD)	299 (CE)					
222 (CE)	300 (CE)	301 (CF)					
223 (CF)	302 (CF)	303 (CG)					
224 (CG)	304 (CG)	305 (CH)					
225 (CH)	306 (CH)	307 (CI)					
226 (CI)	308 (CI)	309 (CJ)					
227 (CJ)	310 (CJ)	311 (CK)					
228 (CK)	312 (CK)	313 (CL)					
229 (CL)	314 (CL)	315 (CM)					
230 (CM)	316 (CM)	317 (CN)					
231 (CN)	318 (CN)	319 (CO)					
232 (CO)	320 (CO)	321 (CP)					
233 (CP)	322 (CP)	323 (CQ)					
234 (CQ)	324 (CQ)	325 (CR)					
235 (CR)	326 (CR)	327 (CS)					
236 (CS)	328 (CS)	329 (CT)					

NORTHWESTERN 65, RUTGERS 57

Law, Taylor lift Wildcats late

By TOM CANAVAN
Associated Press

PISCATAWAY, N.J. — Vic Law was 2-for-10 from the field, but he hit a go-ahead basket with 4 minutes, 25 seconds left, and Northwestern held off Rutgers 65-57 on Friday night after twice blowing 10-point second-half leads.

Ryan Taylor scored 14 points and hit two crucial 3-pointers after Law's basket, and Derrek Pardon had 17 points for the Wildcats (11-7, 2-5 Big Ten), who snapped a two-game skid.

Montez Mathis had 16 points to lead Rutgers (8-9, 1-6), which has lost three

straight since knocking off then-No. 16 Ohio State. Geo Baker added 12 for the Scarlet Knights, who were 15 of 25 from the foul line.

Northwestern opened up second-half leads of 37-27 and 47-37, only to see Rutgers tie the game at 49 on Mathis' scoop shot in the lane with 5:58 to play. Mathis had a chance for a three-point play but missed the free-throw attempt.

After a couple of empty possessions by both teams, Law drove the lane and hit only his second basket for a two-point lead. Taylor then took over, sandwiching his two 3-pointers around a pair of Pardon free throws for a 59-52 NU lead.

AUSTRALIAN OPEN

She's an early favorite

At 17, Anisimova has already arrived with startling upset

By HOWARD FENDRICH
Associated Press

MELBOURNE, Australia — All of 17, never the winner of a Grand Slam match until this week, Amanda Anisimova is making quite a first impression at the Australian Open.

Anisimova showed why there are those who consider her a future star, producing one spectacular shot after another Friday to upset 11th-seeded Aryna Sabalenka of Belarus 6-3, 6-2 and reach the fourth round.

"I want to win this tournament," Anisimova said, tapping her right index finger on the table for emphasis at her news conference. "Right now."

She is the youngest American to get this far at Melbourne Park since Jennifer Capriati in 1993 — and at any Grand Slam tournament since Serena Williams at the 1998 French Open. Pretty heady company.

"This is an unreal feeling," Anisimova said. "I can't believe that this is happening right now."

Believe it, kid. She captured a ton of attention on a day when defending champion Caroline Wozniacki was knocked out by 2008 champion Maria Sharapova 6-4, 4-6, 6-3.

At the 2006 U.S. Open, when she was 19,

Sharapova became the most recent teen to claim a Slam title. Anisimova grew up cheering for Sharapova — they now share an agent — and would love to match her feat of winning a major before age 20.

"I respect her a lot, because I think she's young and has a great game. I mean, she's really proving what she can do," said Sharapova, who sat at the same table as Anisimova at their agent's wedding last year. "She has a really bright future."

Anisimova's first trip to Australia now progresses to Week 2 and a matchup against two-time Wimbledon champion Petra Kvitova, who beat Belinda Bencic 6-1, 6-4.

On a rainy afternoon that saw the roofs closed on the three main courts and play delayed on smaller arenas, Sharapova advanced to face No. 15 Ash Barty of Australia, while 2017 U.S. Open champion Sloane Stephens beat No. 31 Petra Martić 7-6 (6), 7-6 (5) and now meets Anastasia Pavlyuchenkova.

In the men's draw, Roger Federer, seeking a third consecutive title in Melbourne, dismissed 21-year-old Taylor Fritz 6-2, 7-5, 6-2. Federer now takes on 20-year-old Stefanos Tsitsipas of Greece, who eliminated Nikoloz Basilashvili 6-3, 3-6, 7-6 (7), 6-4.

"We all want them to win all the big stuff, but it just takes time," Federer said about the newest generation of challengers. "I'm still giving them a hard time, sometimes."

Hammock lands dream job

NIU, from Page 1

stressed the importance of taking the Huskies to the "next level," which likely means winning bowl games after six straight postseason losses.

NIU's board of trustees has not yet approved the terms of Hammock's contract.

His hiring has inspired a buzz already, Frazier said.

"We continue to maintain our tradition of 'the hard way,'" Frazier said. "When we talk about that, folks don't always really know what that means. Coach Hammock knows what that means."

Hammock's playing career was cut short by a heart condition one game into his senior season. But he helped create a tradition of strong running backs in the program with Michael Turner and Garrett Wolfe following him.

He ranks 13th on the program's career rushing list with 2,432 yards. He's one of 10 Huskies to record consecutive 1,000-yard rushing seasons, and he ranks eighth all time with 12 100-yard games.

His ties to NIU are deep. His 5-year-old son, Thomas Douglas, got his middle name for Hammock's NIU residence hall. He and his wife, Cheyennitha, met as students, and he recalled with affection her academic accolades when she graduated.

His 9-year-old daughter, Tierra, already an intense football fan, is looking forward to rooting from the front row of Huskie Stadium.

"All my great memories have started at this place," he said. "It was always tugging at me. I was only coming back for NIU. I had an opportunity to go to different places. The only job I wanted was this one."

It wasn't until doctors diagnosed Hammock with what they thought was hypertrophic cardiomyopathy — a thickening of the heart muscle that he said his annual checkups now indicate he doesn't have — that he began to realize he had a knack for coaching.

Turner, who set the NIU rushing record before an All-Pro NFL career, was Hammock's backup, and Hammock began to mentor him more intently from the sideline. He later served as the position coach for Wolfe, who broke Turner's school record.

"I was a beast of a player," Hammock said with a laugh. "Coaches had their hands full with me. I was tough. I was hard-headed. I was young. But when I stopped playing, I was forced to re-evaluate where I was. I realized I missed football. This was my passion."

A marketing major, Hammock worked in sales for Wells Fargo after college. It didn't last long.

"That just wasn't for me," he said.

He called Wisconsin coach Barry Alvarez to pitch himself.

"We played Northern and he came up and introduced himself to me before the game," Alvarez, now Wisconsin's athletic



DON VAUGHAN/AP

Thomas Hammock ranks 13th on NIU's career rushing list with 2,432 yards.

director, said in a statement to NIU. "I had a good visit with him. That spring, he had taken a job and he called me and said, 'Coach, I've got a good job, but I really believe I want to coach.' I told him to come up and work our camp in the summer."

He became a graduate assistant at Wisconsin in 2003, launching his career.

"He coached like he was a full-time coach the minute we put him on the field," Alvarez said. "He took extra responsibility."

Hammock said he heard from many coaches congratulating him on his new position, including fellow black coaches. He is NIU's first African-American head football coach.

"A lot of my colleagues have reached out to me and said, 'Make us proud,'" he said. "It's something I take seriously. I want to be a pioneer to help the next group of guys that's trying to get in the same position. It's important for us to have opportunities."

In 2017, 88 percent of Division I head football coaches (FBS and FCS) were white and just 7.7 percent were black, despite 44.2 percent of players being black, according to the Institute for Diversity and Ethics in Sport. This past season, only 13 of the 130 FBS teams had a black head coach.

Hammock said he took an NFL job to help his resume, trying to shake the "recruiter" label that anecdotally many black college coaches contend with.

"I realized people weren't going to respect my coaching acumen in college if you're known as a great recruiter," he said. "Well, I was a great football coach as well. I wanted to be known for both."

Hammock said he plans on staying at NIU for years to come.

"This is all I've wanted," he said. "This is all I've dreamed of. I want to build a legacy."

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Chicago Tribune Death Notices

Chicago Tribune extends our condolences to the families and loved ones of those who have passed.

chicagotribune.com/deathnotice

Death Notices

Hunter, Robert

Robert Hunter passed away on January 12, 2019 at 91. He was born in Chicago and after high school, he enlisted in the Army in 1946, serving in the 511 Parachute Infantry Regiment stationed in Japan.

After serving in the Army, he attended the University of Illinois majoring in civil engineering. Upon graduation in 1952, he began a career with Harza Engineering Company, working on hydroelectric projects all over the world, but predominantly in Central and South America. He retired in 1987 and pursued his second passion as a volunteer at the Illinois Railroad Museum restoring Pullman cars and using his engineering skills on various projects at the museum. He also worked with Klokke Locomotive Works on the design and construction of 2 full size, fully operational steam locomotives.

He is survived by his two sons, Robert (Marguerite), grandchildren Kylie, Elliot, and Sean, and son Glenn (Annette), grandchildren Michael and Matthew. He was a guiding force and inspiration to his family. He is deeply loved and will be greatly missed. Family will hold private services at a later date. Memorials can be made to the Illinois Railroad Museum, PO Box 427, Union, IL 60180.

Sign Guestbook at chicagotribune.com/obituaries

MacGregor, Donald R.

Donald R. MacGregor, 74, passed away on Jan. 15, 2019, from complications related to leukemia. Born in Auburn, N.Y., Don grew up in Wilmette and Northbrook and was a graduate of Loyola Academy and St. Ambrose College. He was the beloved father of Don (Kim) of Elmhurst and Mike (Moir) of Chicago; the adored grandfather of five; and a loyal big brother to dear sister Mary (Harriett) of Dallas. Don is also survived by other extended family, including Faith (Chris) Tyler of Groton, N.Y., as well as many friends who have known him for decades. He was preceded in death by his parents, Leonard and Jean; brother Leonard (Judy); and sister Janet (Nick) Montanaro. Before retirement, Don worked in sales for National Cash Register (NCR) and, later, Discover Financial Services. He was a kind, gentle man, and a rare breed who loved both sailing and stock car racing in equal measure. He also enjoyed walking miles, riding his bicycle, getting a good bargain whenever he could, and supporting his grandchildren in all of their pursuits. A celebration of his life will take place at a future date.

Sign Guestbook at chicagotribune.com/obituaries

Maggos, Ann C.

Ann C. Maggos, age 79, of Houston (TX), formerly of Woodridge and Lyons (IL), passed away January 15, 2019. Loving recent companion of Bill "Willie" Carson. Beautiful mother of Dean (Michelle), Byron, and William (Laura) Maggos. Proud grandmother of Matthew, Nick, John, Michael, Alex, and Anna, and great grandmother of Brooklyn and Connor Maggos. Beloved daughter of the late Floyd and the late Gertrude Norris. Compassionate sister of the late Edward (Susan) Norris, Wayne (Susan) Norris, Joanne Norris and Joseph Norris. Aunt of many nieces and nephews. For the better part of her life, Ann proudly provided care and comfort to others as a Registered Nurse, early in her career in the trauma center at Cook County Hospital, and for many years working for veterans at Edward Hines, VA Hospital. Ann also faced many personal mental health struggles in life but her resiliency should serve as an inspiration to others. Services will be private. In lieu of flowers, memorials made to the following would be greatly appreciated: National Alliance on Mental Illness, Metro Suburban, 814 Harrison St., Oak Park, IL 60304-1101, or your local NAAM chapter.

Sign Guestbook at chicagotribune.com/obituaries

Moran Sr., Michael W.

Michael W. Moran Sr., Age 82; Devoted husband of the late Therese, nee Murphy; Loving father of Michael W. Jr., Patrick, Timothy (Jo Ann), Mary Moran, and Megan (Linh) Nguyen; Dear grandfather of Molly, Jack, Ian, and Shioban Moran; Hannah Nguyen, and the late Sinead Moran; Beloved uncle of many nieces and nephews; Visitation Tuesday, 9:00 a.m. until time of Funeral Mass 10:00 a.m. at St. John Fisher Church, 10234 S. Washtenaw Ave, Chicago; Interment Holy Sepulchre Cemetery; In lieu of flowers, donations to Misericordia Heart of Mercy, 6300 N. Ridge Ave. Chicago, IL 60660 would be appreciated; Arrangements entrusted to Curley Funeral Home; For Funeral info 708-422-2700 or www.curleyfuneralhome.com

CURLEY FUNERAL HOME
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Poulos, Athene Patrice (née Bezanis)

Poulos, Athene Patrice Poulos died in Tucson, Arizona, January 11, 2019 at age 92. She was born May 18, 1926, in Chicago, Illinois to Demetrios and Stamati (Exarhos) Bezanis. Athene graduated Morton East High School, where she met her husband, James G. Poulos, in Cicero, Illinois. They married in 1948 and moved to Tucson in 1954. Athene survived her husband, who died in 2004.

She is survived by her late sister Melpomene's sons, Peter, Jonathan, and Theodore, and by her late husband's nephew, George Petti, and niece, Nicolette Petti. Athene was great-aunt to six and great-great-aunt to four.

Visitation will be at Angel Valley Funeral Home, 2545 N. Tucson Blvd., on Monday, January 21st between 4 and 7 PM. Her funeral will be held at Holy Resurrection Orthodox Church, 5910 E. Fifth Street, on Tuesday, January 22nd at 10 AM. Concluding service and entombment will follow at Holy Hope Cemetery. Arrangements entrusted to ANGEL VALLEY FUNERAL HOME, 520-327-6341 "May Her Memory Be Eternal"

Sign Guestbook at chicagotribune.com/obituaries



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Quander, Christopher Martin

Christopher Martin Quander, 54, of Chicago, IL, passed away peacefully on December 20, 2018, following a courageous fight against cancer. Chris is survived by his children: Christopher Quander of Orlando, FL; Elizabeth Quander of Chicago, IL, and Sarah Quander of New York, NY. He is survived by his parents, Dr. Joseph and Arthuree Quander of Austin, TX and by his brothers, Joseph, Stephen, Jonathan (Bethel), and Martin (Denise). He is also survived by many other family and friends.

Chris was born on August 23, 1964 in Albany, GA, and he grew up in Austin, TX. Chris graduated from St. Stephen's Episcopal School (Austin) in 1982 and Yale University in 1987. Following graduation, Chris moved to Chicago where he met and later married Dr. Carline Wilson in 1989. In Chicago, Chris worked for O'Connor & Associates as a trader in the pits on the CBOE. He later worked for Botta Trading where he managed proprietary options trading groups. At the time of his death, Chris worked as a financial technology strategist and as a head of business development at Lekos Technology Solutions LLC and OptionEyes LLC.

Chris was very much a "people person" and valued his friendships deeply. He was an intellectual, a charmer and a fighter his entire life. Chris loved his time at Yale and treasured the lifelong friendships that began in New Haven. Chris was a leader in the Yale Club of Chicago, Yale Black Alumni Association (Chicago) and the Yale Alumni Association Board of Governors. He was a tireless advocate for leadership strategies to support diversity, equity and inclusion. Beyond his career and community involvement, the greatest joy in his life was being Christopher, Eliza and Sarah's father. He was incredibly proud of the wonderful people they have become.

Memorial services at First Unitarian Church, 5650 S. Woodlawn Ave., Chicago, IL will be on Sunday, January 20, 2019, at 4:00 p.m., followed by a reception. In lieu of flowers, the family would request that donations be made to the Yale College Christopher M. Quander '86 Scholarship Fund, c/o Yale University Office of Development, PO Box 2038, New Haven, CT 06521 (203.432.5436) or electronically at giving.yale.edu/support/ChristopherMQander.

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Richter, Robert G.

Robert G Richter, age 73, of Woodridge, IL; Vietnam Army veteran, beloved husband of Mary Ann (nee Rossi); loving father of Sandra (Eric) Smrt; devoted grandfather of Taylor, Morgan, Kevin and Lindsay; dear brother of Pat (Joe) Ondrick, Judy (Bill) Crymble and Nancy Richter; brother-in-law to Catherine (the late Lawrence) Rizzo, Angeline (August) Bernahl, Frank (Marsha) Rossi; Angel and friend to many. Memorial service will be held Friday, February 15, 2019 at 10am at St Scholastica Catholic Church at 7800 Janes Ave, Woodridge, IL.

Sign Guestbook at chicagotribune.com/obituaries

Rubinstein, Osvaldo L.

Osvaldo L. Rubinstein, MD, 87. Beloved husband of Alicia, nee Gelman for 57 loving, beautiful, special years. Loving father of Javier (Lisa) Rubinstein and Paul Rubinstein (Adriana Ferreira). Proud grandfather of Stefanie Rubinstein (Michael Bloom), Jason Rubinstein (Jill Noeh) and the late Jeffrey Rubinstein. Dear brother of Adriana Rubinstein and the late Hector (Helen) Rubinstein. Cherished son of the late Adolfo and Rebecca Rubinstein. Will be missed by many nieces and nephews. Memorial Service Sunday 1PM at Temple Beth-El, 3610 Dundee Road, Northbrook, IL. In lieu of flowers, memorials may be made to the charity of your choice. Arrangements by Chicago Jewish Funerals - Skokie Chapel, 847.229.8822, www.cjfinfo.com

CHICAGO JEWISH FUNERALS

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Tamkin, Michael Edward

Michael Edward Tamkin, 69, beloved husband of Verna (nee Scallon), loving father of Dave (Anne), James (Erin), Matthew, Alana (Stephan) Dietz, grandfather of Daelyn, Vera, Tre, Michael, Jolie, son of the late Edward and Marjorie (nee Adams). Visitation 4-8 PM Monday at Kristan Funeral Home PC 219 West Maple Ave. (2 blocks west of Rt. 45 on Rt. 176) Mundelein. Funeral mass 11 AM Tuesday at St. Cecilia Church, Mt. Prospect, IL. Interment St. Michael the Archangel Cemetery, Palatine. For information visit www.kristanfuneralhome.com or call 847-566-8020.

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Van Alstin, MGySgt Frederick Carl

Died peacefully on January 2, 2019 in Florida where he loved to golf. Beloved son of the (late) Donald and Helen Van Alstin. Brother to Steve and John Sister to Karen, Joyce and Judy (Casaccio). Graduated from St. John's, Chicago. Graduated from Luther North High School, Chicago. A proud retired 30yr Marine: Master Gunnery Sergeant. Services held Saturday, January 26 at 11:00 am St. Andrew's Lutheran Church Park Ridge, IL.

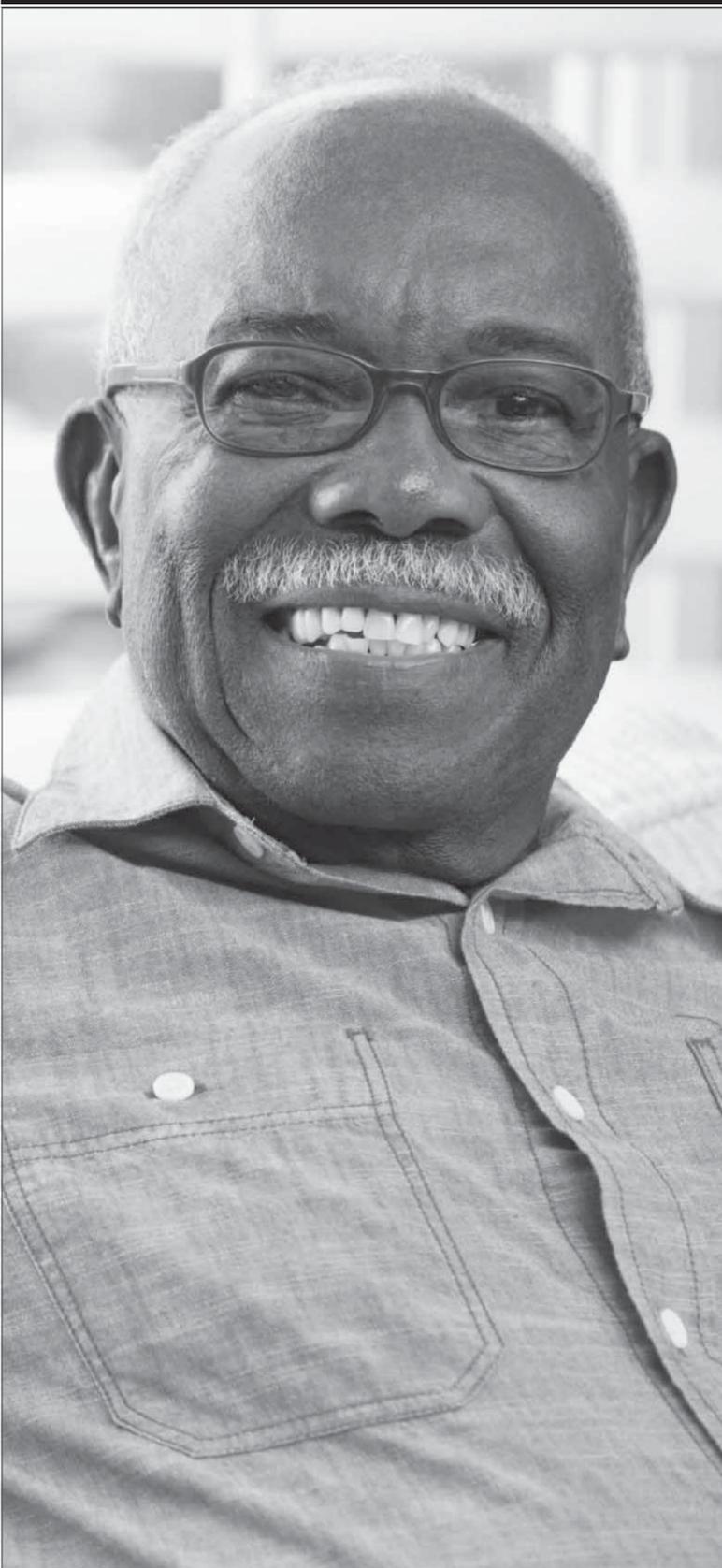
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ASSUMED NAMES

Notice is hereby given, Pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in The State" as amended, that a Certification was filed by the Undersigned with the County Clerk of Cook County

File No. Y19000239 on the Date: **January 2, 2019**
Under the Assumed Name of: **CLEARCHOICE DENTAL IMPLANT CENTER** with the business located at: **200 SOUTH MICHIGAN AVENUE SUITE 1400 CHICAGO, IL, 60604**
The true name and residence Address of the owner is: **IMPLANT DENTISTRY ASSOCIATES OF CHICAGO, P.C. 200 SOUTH MICHIGAN AVENUE SUITE 1400 CHICAGO, IL, 60604**

Notice is hereby given, Pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in The State" as amended, that a Certification was filed by the Undersigned with the County Clerk of Cook County

File No. Y19000241 on the Date: **January 2, 2019**
Under the Assumed Name of: **CLEARCHOICE DENTISTRY ASSOCIATES, P.C.** with the business located at: **1300 EAST WOODFIELD ROAD SUITE 110, SCHAMBURG, IL, 60173**
The true name and residence Address of the owner is: **SCHAUMBURG IMPLANT DENTISTRY ASSOCIATES, P.C. 1300 EAST WOODFIELD ROAD SUITE 110 SCHAMBURG, IL, 60173**

Notice is hereby given, Pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in The State" as amended, that a Certification was filed by the Undersigned with the County Clerk of Cook County

File No. Y19000238 on the Date: **January 2, 2019**
Under the Assumed Name of: **CLEARCHOICE CHICAGO** with the business located at: **1101 SOUTH STATE STREET #1701 CHICAGO, IL, 60605**
The true name and residence Address of the owner is: **ANTHONY M PALOTTO 1101 SOUTH STATE STREET #1701 CHICAGO, IL, 60605**

Notice is hereby given, Pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in The State" as amended, that a Certification was filed by the Undersigned with the County Clerk of Cook County

File No. Y19000240 on the Date: **January 2, 2019**
Under the Assumed Name of: **CLEARCHOICE DENTAL IMPLANT CENTER** with the business located at: **1300 EAST WOODFIELD ROAD SUITE 110, SCHAMBURG, IL, 60173**
The true name and residence Address of the owner is: **THERESA C WANG 1300 EAST WOODFIELD ROAD SUITE 110 SCHAMBURG, IL, 60173**

LEGAL NOTICES GOVERNMENT/EDUCATION

LEGAL NOTICE OF SEALED BIDS
NOTICE is hereby given that the TRI-STATE FIRE PROTECTION DISTRICT is accepting sealed bids for the purchase of 4000 feet of large diameter supply hose. Specifications and bid packets may be obtained at the Tri-State Fire Protection District, Fire Station #122, 419 Plainfield Road, Darien, Illinois 60561 weekdays from 9:00 a.m. to 4:00 p.m. beginning on January 3rd, 2019. Sealed Bids will be accepted at Fire Station #122 until Noon January 28th, 2019 and no late bids will be accepted. The sealed bids will be publicly opened at its Fire Station #122 located at 419 Plainfield Road, Darien, Illinois 60561, at Noon on January 30th, 2019. The TRI-STATE FIRE PROTECTION DISTRICT reserves the right to reject any or all bids received, to waive any formalities or technicalities of the bid or to reject any non-responsive bid in the interest of the TRISTATE FIRE PROTECTION DISTRICT.

LEGAL NOTICES

VILLAGE OF FRANKLIN PARK NOTICE OF PUBLIC MEETING
On January 23, 2019 from 4:00-6:00 p.m., a second public information meeting held by the Village of Franklin Park will take place at the Centre at North Park, 10040 Addison Ave., Franklin Park, IL 60131. The purpose of this meeting is to expand the conversation from the project's initial public information meeting held in June 2018. The focus will be the discussion of the Franklin Avenue Improvement Project which will explore improvements along Franklin Ave. from Runge St. to east of Mannheim Rd. Members of the community will be able to view design concepts and learn more about the proposed improvements and construction plans. This will also serve as the final opportunity for the public to provide written feedback on the project. The Centre at North Park is ADA compliant. For more information or special assistance, contact Berenice Vallecillos of Morreal Communications at (312) 300-6874 or by email at bvallecillos@morrealcomm.com

LEGAL NOTICE
Contractor seeking proposals from DBE certified firms for City of Elmhurst project, North Industrial Lift Station Generator and General Improvements. Proposals due 5/4/19. Contact Leyden Electric at 630-365-0200.

LEGAL NOTICES

Make your voices heard, comment on proposed changes to the MWRD's Watershed Management Ordinance and help manage today's water.

The Metropolitan Water Reclamation District of Greater Chicago (MWRD) is proposing changes to the Watershed Management Ordinance (WMO), which regulates sewer construction within MWRD's service area and development within suburban Cook County. It provides uniform stormwater management regulations to prevent future commercial, municipal, and residential development and redevelopment projects from exacerbating flooding and protects environmentally sensitive areas. The MWRD is seeking input from the public on the proposed changes outlined in the redlined draft amendment. The current version of the WMO and the draft amendment can be accessed at wmo.mwrdd.org. Two public meetings to discuss the proposed changes will be held:

Monday, January 28, 2019
7:00pm-8:30pm
Crestwood Civic Center
14025 Kostner Avenue
Crestwood, IL

Thursday, January 31, 2019
7:00pm-8:30pm
Northlake City Hall
55 East North Avenue
Northlake, IL

The public comment period will end on February 7, 2019. Please submit all comments by email to WMOComments@mwrdd.org or by mail to: Metropolitan Water Reclamation District of Greater Chicago, Local Sewer Systems Section, 111 E. Erie St., Chicago, IL 60611. Pub: 1/19/2019 6096116

FORECLOSURES

F18120022 CALL IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS COUNTY DEPARTMENT, CHANCERY DIVISION Caliber Home Loans, Inc. Plaintiff, vs. Kameron Huckleby, Unknown Owners and Non-Record Claimants Defendants. CASE NO. 18 CH 15377 10742 South Prairie Avenue, Chicago, Illinois 60628 Sullivan Calendar 60 NOTICE FOR PUBLICATION The requisite affidavit for publication having been filed, notice is hereby given you, Kameron Huckleby, and UNKNOWN OWNERS and NON-RECORD CLAIMANTS, defendants in the above entitled cause, that suit has been commenced against you and other defendants in the Circuit Court for the judicial Circuit by said plaintiff praying for the foreclosure of a certain mortgage conveying the premises described as follows, to wit: LOT TWENTY TWO (22) AND THE SOUTH FIVE (5) FEET OF LOT TWENTY ONE (21) IN BLOCK ONE (1) IN MANUAL TRAINING SCHOOL ADDITION TO PULLMAN, BEING A SUBDIVISION IN THE NORTHEAST QUARTER OF THE SOUTHWEST QUARTER OF SECTION FIFTEEN (15), TOWNSHIP THIRTY SEVEN (37) NORTH, RANGE FOURTEEN (14), EAST OF THE THIRD PRINCIPAL MERIDIAN, IN COOK COUNTY, ILLINOIS. P.J.N.: 25-15-304-033-0000 Said property is commonly known as 10742 South Prairie Avenue, Chicago, Illinois 60628, and which said mortgage(s) was/were made by Kameron Huckleby and recorded in the Office of the Recorder of Deeds as Document Number 1736234088 and for other relief, that Summons was duly issued out of the above Court against you as provided by law and that said suit is now pending. NOW THEREFORE, unless you, the said above named defendants, file your answer to the complaint in the said suit or otherwise make your appearance therein, in the Office of the Clerk of the Court at Cook County on or before February 18, a default may be taken against you at any time after that date and a judgment entered in accordance with the prayer of said complaint. E-filing is now mandatory for documents in civil cases with limited exemptions. To e-file, you must first create an account with an e-filing service provider. Visit <http://efile.illinoiscourts.gov/service-providers.htm> to learn more and to select a service provider. If you need additional help or have trouble e-filing, visit www.illinoiscourts.gov/FAQ/gethelp.asp. This communication is an attempt to collect a debt and any information obtained will be used for that purpose. Steven C. Lindberg ANSELMO LINDBERG & ASSOCIATES LLC 1771 W. Diehl Rd., Ste 120 Naperville, IL 60563-4947 630-453-6960 | 866-402-8661 | 630-428-4620 (fax) Attorney No. Cook 58852, DuPage 293191, Kane 031-26104, Peoria 1794, Winnebago 3802, IL 03126232 lpleadings@anselmolindberg.com THIS LAW FIRM IS DEEMED TO BE A DEBT COLLECTOR. Pub: 1/19, 26, 2/2/2019 6096080

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CHICAGO WEATHER CENTER

chicagoweathercenter.com | BY TOM SKILLING AND WGN9



SATURDAY, JAN. 19

NORMAL HIGH: 31°

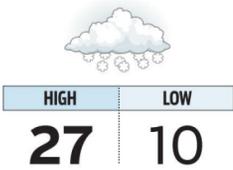
NORMAL LOW: 16°

RECORD HIGH: 57° (1933)

RECORD LOW: -23° (1985)

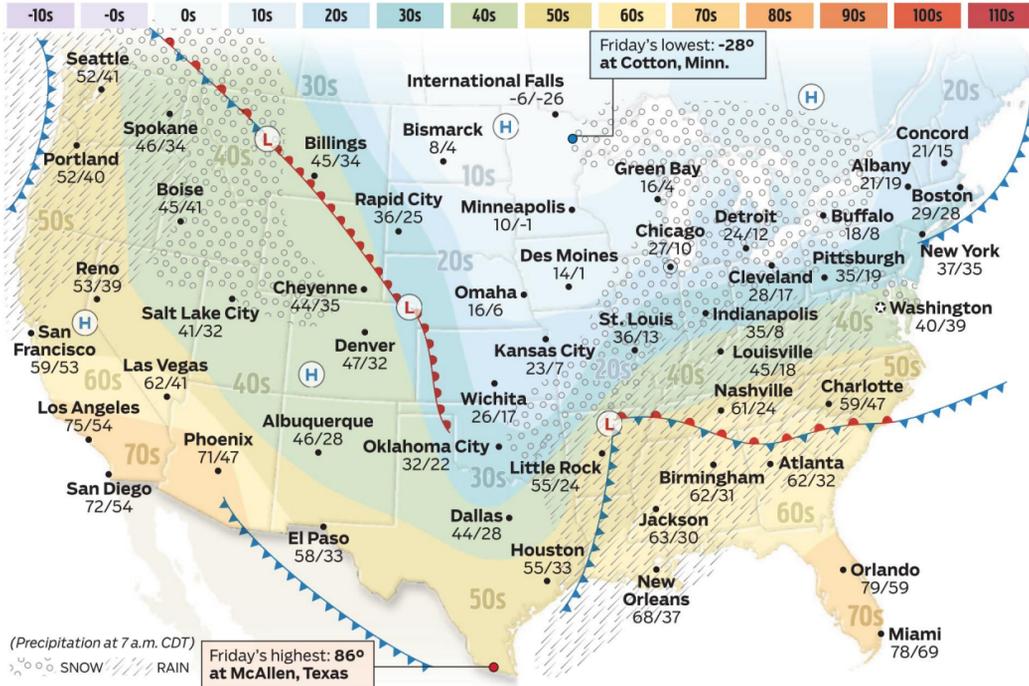
Snow, wind this weekend, more snow Tuesday

LOCAL FORECAST



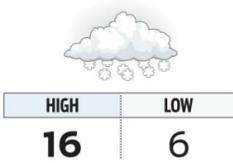
Winter Storm Warning until noon Saturday.
 ■ 4 to 8" of snow. Lake effect accumulating snow, especially near lake. Highest accumulations likely north.
 ■ Lighter snow after noon with chance for snow continuing into Sunday.
 ■ NNE wind 20-25 mph with gusts to 35 mph provides potential for drifting. Wind chills in the single digits by Saturday afternoon. Waves over 10 feet possible on lakeshore.
 ■ Cloudy with snow and falling temps overnight and diminishing winds. Single digit lows, especially away from the lake.

NATIONAL FORECAST



A second consecutive weekend snow event occurs in the Midwest. A low-pressure system moves through the Ohio River Valley bringing several inches of snow. Cold arctic air moving over an unfrozen Lake Michigan will increase the potential for lake-effect snow enhancement. Most of the system's snow will have accumulated by Saturday afternoon with light snow continuing into Sunday; the best potential for lake-effect snow occurs Saturday night into Sunday morning. The same system will bring the potential for over a foot of snow to upstate New York. Strong north to northeast winds gusting to 35 mph could cause significant drifting, especially in open areas. Wind chills will drop to the single digits by Saturday afternoon. Expect continued cold until a warmup Tuesday when the next snow system arrives.

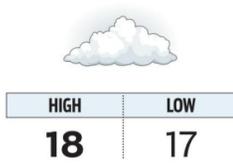
SUNDAY, JAN. 20



Snow, especially early, with lake-effect snow impacting Lake County, IL, Lake County, IN and Cook County. Potential for light snow continues through day. High in mid teens. N winds diminish. Frigid overnight.



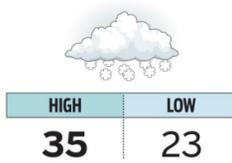
MONDAY, JAN. 21



Cloudy and cold. Temps in the single digits in the morning rises to the upper teens by afternoon and then holds steady. SSW winds 8-12 with gusts to 20 mph. Cloudy with slowly rising temps after midnight.



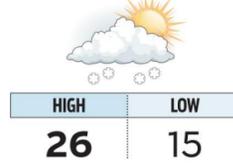
TUESDAY, JAN. 22



Cloudy with snow developing near sunrise. Accumulating snow possible before tapering to flurries late in day. Warmer with a high in the mid 30's. South winds 8-12 gusting to 20 mph. Flurries continue overnight.



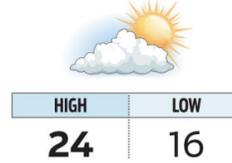
WEDNESDAY, JAN. 23



Cloudy early, becoming partly sunny. Chance for light snow or flurries in the morning. Colder with a high in the mid 20's. NW winds 7-10 mph. Mostly cloudy with the low in the mid teens.



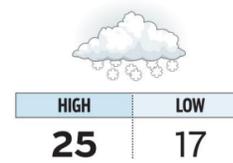
THURSDAY, JAN. 24



Mostly cloudy and cold. NW wind gusting to 15 mph diminish and turn SW in the afternoon. Clouds increase as a weak disturbance approaches. Chance for light snow overnight with lows in mid teens.



FRIDAY, JAN. 25



Gray skies with light snow possible, especially early in the day. Temperature remains below normal with the high in the mid 20's. Northwest wind 7-10 mph. Mostly cloudy skies at night with lows in the teens.



ASK TOM

Dear Tom,
 What year did the wind chill factor and the heat index become part of the weather report?
 — Phil, Richton Park

Dear Phil,
 The heat index was introduced in the early 1980s, replacing the old temperature-humidity index, or THI. It is a single, "apparent temperature" — how hot the air feels at a given temperature and relative humidity.

The wind chill index, which quantifies the combined effect of wind and temperature on human flesh, was introduced into public forecasts in the late 1960s and the practice gained prominence during the severe winters of the 1970s and '80s. However, studies showed the reported wind chills were unrealistically low and the formula was revised in 2001. Wind chills that previously computed to the minus 80s and minus 90s now were in the minus 55 to minus 60 range.

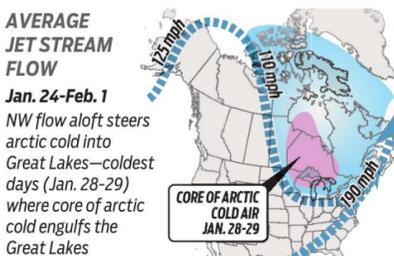
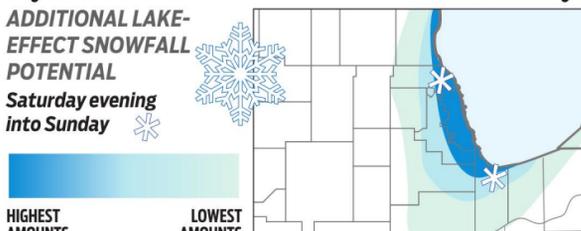
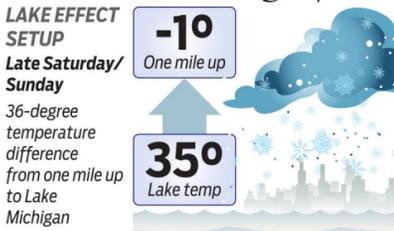
Write to: ASK TOM
 2501 W. Bradley Place
 Chicago, IL 60618
 asktomwhy@wgnv.com

WGN-TV meteorologists Mark Carroll, Steve Kahn, Richard Koeneman, Paul Merzlock and Paul Dailey, plus Bill Snyder, contribute to this page.

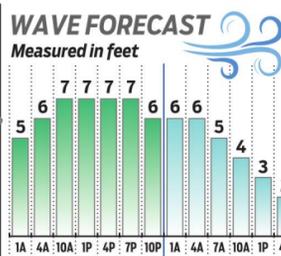
Hear Tom Skilling's weather updates weekdays 3 to 6 p.m. on WGN-AM 720 Chicago.



Lake snow tonight/Sunday—cold end to month of January



NOAA CLIMATE PREDICTION CENTER
 Temperature outlook Jan. 26-Feb. 1
 Below-normal temps expected for the eastern half of the Continental U.S.



SOURCES: NWS Chicago/weather.gov/Chicago

MARK CARROLL, BILL SNYDER, PAUL DAILEY AND JENNIFER M. KOHNKE / WGN-TV

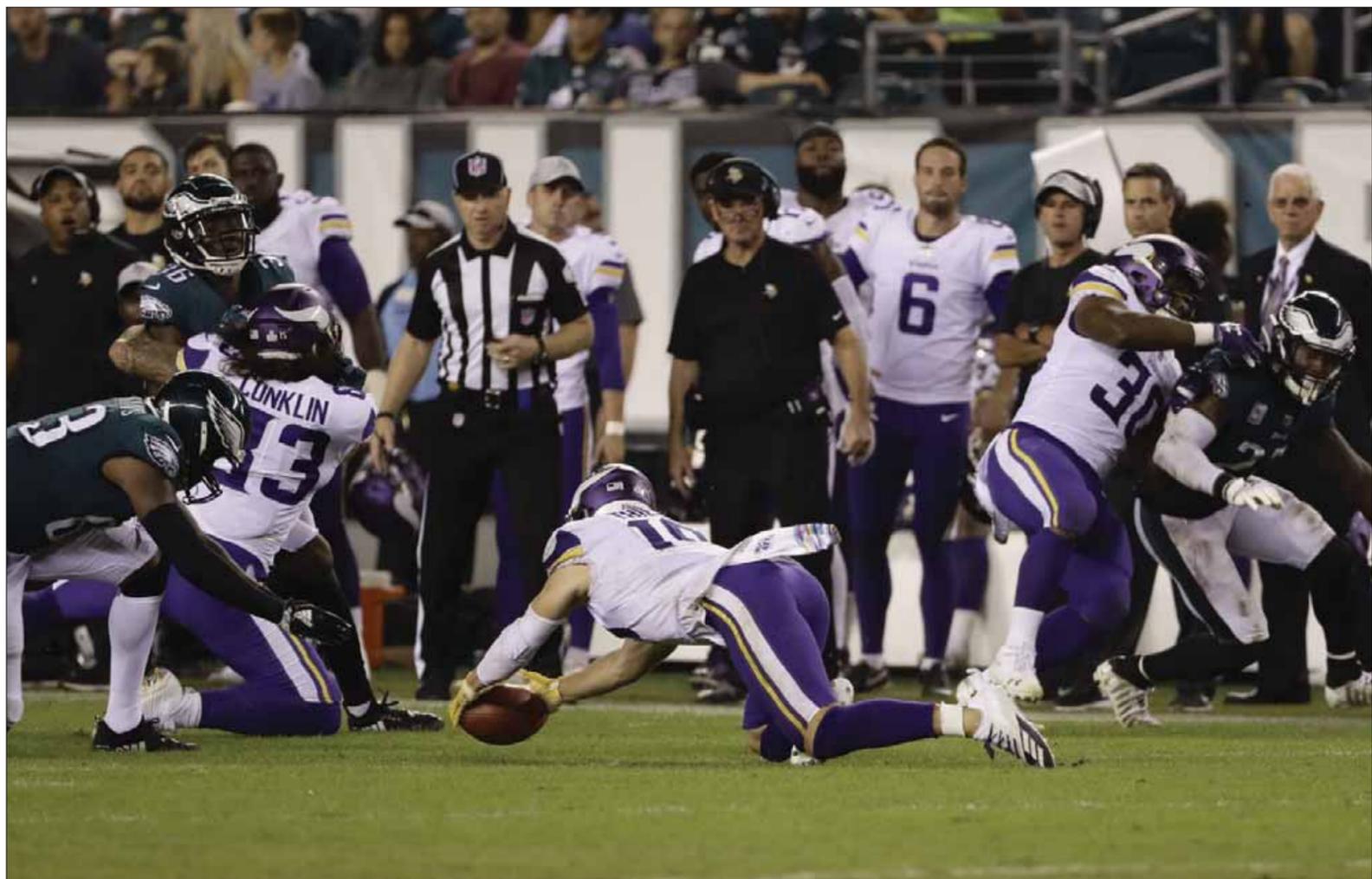
MIDWEST CITIES

SAT./SUN.	FC	HI	LO	FC	HI	LO
Illinois	rs	45	16	pc	26	15
Carbondale	sn	30	8	pc	12	0
Champaign	sn	31	7	cl	13	1
Decatur	sn	24	3	sh	14	1
Moline	ss	29	7	sh	15	3
Peoria	ss	29	7	sh	15	3
Quincy	ss	29	7	sh	15	3
Rockford	ss	23	4	pc	11	2
Springfield	sn	32	7	cl	14	1
Sterling	sh	24	4	sh	11	1
Indiana	rs	37	11	pc	19	2
Bloomington	rs	45	20	cl	26	15
Evansville	rs	45	20	cl	26	15
Fort Wayne	sn	30	4	pc	15	-7
Indianapolis	rs	35	8	pc	14	-4
Lafayette	sn	32	9	cl	14	-6
South Bend	sn	24	3	sh	14	-9
Wisconsin	pc	16	4	pc	14	4
Green Bay	pc	16	4	pc	14	4
Kenosha	ss	27	8	pc	15	9
La Crosse	ss	18	5	pc	16	8
Madison	pc	18	4	pc	12	3
Milwaukee	sn	32	9	cl	14	-6
Wausau	su	13	-1	su	10	-1
Michigan	sn	24	12	sh	15	0
Detroit	sn	24	12	sh	15	0
Grand Rapids	pc	17	4	pc	15	-3
Marquette	ss	12	4	ss	8	-1
St. Ste. Marie	su	4	-13	sh	-2	-8
Traverse City	cl	14	0	sh	7	-16
Iowa	pc	13	1	ss	12	7
Ames	pc	13	1	ss	12	7
Cedar Rapids	pc	17	1	ss	11	1
Des Moines	pc	14	1	sh	12	1
Dubuque	pc	19	4	pc	14	2

OTHER U.S. CITIES

SAT./SUN.	FC	HI	LO	FC	HI	LO
Abilene	pc	49	30	pc	62	43
Albany	su	21	19	ss	22	-6
Albuquerque	su	46	28	cl	52	31
Amarillo	su	52	29	pc	65	40
Anchorage	su	1	3	su	10	5
Asheville	rn	51	30	pc	34	14
Aspen	pc	33	15	pc	43	25
Atlanta	rn	62	32	pc	40	22
Atlantic City	sh	42	11	pc	49	8
Austin	su	55	32	su	58	37
Baltimore	rs	37	17	pc	45	1
Billings	sh	45	34	pc	43	20
Birmingham	ts	62	31	pc	41	23
Bismarck	cl	8	4	sh	15	9
Boise	rn	45	41	sh	49	30
Boston	ss	29	28	fr	35	6
Brownsville	pc	68	45	pc	65	45
Buffalo	sn	18	8	ss	11	-2
Burlington	ss	5	3	sn	9	-6
Charlottesville	pc	65	33	pc	57	29
Charlottesville	pc	47	25	ss	29	9
Chattanooga	pc	59	30	pc	36	22
Cheyenne	pc	44	25	fr	35	6
Cincinnati	fr	37	14	pc	16	-4
Cleveland	sn	28	17	pc	19	10
Colorado Spgs	su	48	29	sh	57	33
Columbia MO	sn	29	7	pc	27	16
Columbia SC	pc	69	49	cl	52	26
Columbus	rs	32	15	sh	18	-7
Concord	sh	21	15	pc	34	11
Corpus Christi	pc	64	39	pc	61	45
Crofton	pc	44	28	pc	52	38
Dallas	pc	44	28	pc	52	38
Daytona Bch.	cl	78	56	pc	61	38
Denver	pc	47	32	cl	57	33
Duluth	su	3	-8	sh	8	2
El Paso	su	58	33	pc	64	38
Fairbanks	pc	-18	-30	su	-23	-29
Fargo	pc	0	-7	sh	5	2
Flagstaff	pc	46	21	sh	51	30
Fort Myers	pc	80	63	pc	67	42
Fort Smith	pc	37	21	pc	44	28
Fresno	pc	64	46	rn	64	44
Grand Junc.	pc	38	21	cl	39	25
Great Falls	pc	50	32	rs	39	21
Harrisburg	sn	34	32	pc	36	5
Hartford	sh	32	28	fr	36	0
Helena	sh	44	28	rs	37	26
Honolulu	pc	82	70	pc	83	68
Houston	pc	55	33	su	57	40
Int'l Falls	su	-6	-26	pc	-3	-10
Jackson	ts	63	30	su	42	27
Jacksonville	sh	76	53	pc	57	36
Janeau	su	27	21	ss	31	30
Kansas City	sh	23	7	cl	32	21
Las Vegas	pc	62	41	cl	62	48
Lincoln	pc	18	7	cl	30	16
Little Rock	ts	55	24	pc	43	26
Los Angeles	pc	75	54	sh	70	53
Louisville	pc	45	18	pc	24	14
Macon	sh	71	40	pc	47	26
Memphis	sh	61	25	su	36	25
Miami	pc	78	69	ts	73	47
Minneapolis	ts	10	-1	pc	12	8
Mobile	ts	67	36	pc	50	33
Montgomery	ts	69	35	pc	46	28
Nashrom	pc	61	24	pc	34	19
New Orleans	ts	68	37	su	49	37
New York	rs	37	35	rn	43	8
Norfolk	sh	53	31	rn	49	17
Oklahoma City	pc	32	22	cl	48	36
Omaha	pc	16	6	pc	24	16
Orlando	cl	79	59	pc	63	39
Palm Beach	pc	79	66	ts	70	42
Palm Springs	pc	74	53	sh	74	52
Philadelphia	sh	38	37	sh	47	5
Phoenix	su	71	47	sh	75	46
Pittsburgh	rs	35	19	sh	23	4
Portland, ME	cl	20	14	rs	16	37
Portland, OR	sh	52	40	sh	47	36
Portland, OR	cl	31	27	rs	39	3
Raleigh	sh	58	53	sh	56	19
Rapid City	cl	36	25	sh	43	27
Reno	cl	53	39	rs	50	30
Richmond	sh	46	45	ss	55	15
Rochester	sn	18	12	ss	15	0
Sacramento	pc	66	50	rn	59	39
Salem, Ore.	sh	53	41	sh	46	36
Salt Lake City	sh	41	32	sh	44	34
San Antonio	su	63	35	su	62	36
San Diego	pc	72	54	pc	69	57
San Francisco	sh	59	53	rn	55	48
Santa Fe	su	52	32	pc	44	28
Santa Juan	su	82	72	pc	83	70
Savannah	pc	72	48	pc	53	31
Seattle	sh	52	41	sh	46	36
Shreveport	pc	52	29	su	50	32
Sioux Falls	pc	6	-3	pc	14	9
Spokane	sh	46	34	rs	38	25
St. Louis	sn	36	13	cl	24	12
Tucson	su	70	44	pc	77	45
Syracuse	sn	18	10	ss	15	-6
Tallahassee	ts	71	42	pc	50	31
Tampa	pc	79	60	pc	63	40
Topeka	pc	20	4	pc	37	2

— eNEWSPAPER BONUS COVERAGE —



MICHAEL PEREZ/AP

Vikings wide receiver Stefon Diggs recovers an onside kick against the Eagles. NFL rules changes intended to make regular kickoffs safer have also made onside kicks harder to recover.

Kickoff changes may be difficult to recover from

BY MARK MASKE
The Washington Post

Onside kicks have long been one of the most exciting plays in the NFL, from the Saints' surprise onside kick and recovery that helped fuel their Super Bowl victory over the Colts nine years ago, to countless late-game attempts by teams hoping for one final possession to mount a comeback.

But the play has more or less been taken out of the game this season, as one side effect of the league's new kickoff rules, put in place this season in an attempt to make the play safer. Simply put, it has become next to impossible for the kicking team to recover an onside kick.

So the question becomes: How much does that matter?

The early indications have been that the new rules, enacted after the NFL's competition committee sought and received offseason input from special teams coaches from around the league, are accomplishing the primary goal of the revamping of the play, which is to reduce the number of concussions suffered by players on kickoffs.

When NFL officials and competition committee members evaluate the success of the new kickoff rules in Year 1, then, they will have to weigh the injury data with competitive considerations. If the new rules indeed have managed to curb concussions on kickoffs and make the play safer, will it matter that the onside kick is more or less being taken out of the game? Will that lead to further tweaking of the rules? Or if onside kicks can't be fixed with further tweaking, is that enough to declare the new rules a failure and move on to contemplating prospective alternatives to the kick-off?

For now, it's not clear. League leaders declined to say publicly what they think about the decline in onside-kick success this season or to specify what, if anything, they plan to do in reaction. The NFL, after announcing in October that there had been zero concussions suffered by players on kickoffs during the preseason, is awaiting the final injury data for the 2018 regular season. The work of the competition committee intensifies next month as it begins to consider potential rule-change proposals for next season.

But the numbers are striking. According to figures provided to the league by Elias, kicking teams recovered only four of 53 onside kicks this season, or 7.5 percent. That's after they recovered 13 of 60 onside kicks last season, or 21.7



CHRIS SWEDA/CHICAGO TRIBUNE

Bears wide receiver Allen Robinson secures the ball on an onside kick against the Packers at Soldier Field. Only 7.5 percent of onside kicks were recovered by the kicking team this season, down from 21.7 percent last season under the previous kicking rules.

"I think the kickoff's been a part of our game. ... And we need to keep them in the game."

— Falcons President Rich McKay

percent, under the previous kickoff rules.

One person familiar with the league's inner workings said there is a distinction to be made between expected onside kicks, those that come at the end of games with the kicking team trailing, and surprise onside kicks, like Payton's Super Bowl masterpiece. The success rate of expected onside kicks has always been low and hasn't changed all that much under the new kickoff rules, the person said.

"So this is really a conversation about the success rate of surprise onside kicks," the person said, adding that rate was historically low this season but pointing out that such plays occur infrequently during a season.

No matter how it's broken down, nobody was recovering

many onside kicks, whether expected or surprise, this season. And competition committee members previously have acknowledged the importance of onside kicks to the sport.

"It's exciting," Green Bay Packers President Mark Murphy, a member of the committee, said during the meetings in May in New York at which the new rules were discussed with special teams coaches. "One of the best things about our game is that you can catch up with the onside kick. To completely lose some of those things would be a big change to the game. But when you're staring at injury data, you've got to do something."

The reasons for the lack of success experienced by teams with onside kicks this season seem clear. Under the new rules, players

on the kicking team no longer can get a running start before the ball is kicked. The kicking team also is prohibited from overloading one side of the field by putting most of its players on that side of the formation. Those provisions contribute to making kickoffs safer. But they also reduce the level of the chaos that once existed for the players on the receiving team tasked with gathering in the loose football on an onside kick amid collisions and with so many bodies flying around.

Some teams might be simply giving up on onside kicks. The Dallas Cowboys opted against an onside kick, and instead kicked the ball off deep, last Saturday night in Los Angeles when trailing the Rams, 30-22, with just over two minutes to play. The Cowboys, with three timeouts remaining and the two-minute warning ahead, trusted their defense to force a Rams punt.

But would they have taken a different approach if an onside kick was a better option these days? That would have given them two chances: recovering the onside kick or, if that failed, forcing a

three-plays-and-out punt. As it turned out, the Rams got two first downs, ran out the clock and advanced to this Sunday's NFC title game at New Orleans.

One suggested future alternative to the kickoff simulates the onside kick by giving the "kicking" team possession of the ball in a fourth-and-15 situation. The team can either punt the ball away to its opponent, or attempt to retain possession with a fourth-down conversion. But that seems too gimmicky to some traditionalists, and the competition committee has expressed a preference to retain the kickoff if possible.

"One thing we have really tried to do is keep working with the framers, the way they framed the game, and then make adjustments, as opposed to saying we're going to start over," Atlanta Falcons President Rich McKay, the committee's chairman, said at an October owners' meeting in New York.

"So I think the kickoff's been a part of our game. Special teams have been an integral part of our game. And we need to keep them in the game if we can."

— eNEWSPAPER BONUS COVERAGE —

NBA HAS ITS EYE ON UK



The Wizards' Chasson Randle dribbles during the NBA London Game against the Knicks at The O2 Arena on Jan. 17 in London. The game sold out the 20,000-seat capacity arena in an hour.

DAN ISTITENE/
GETTY-AFP

The league sells out games in London, but basketball isn't big in Britain

BY CANDACE BUCKNER
The Washington Post

LONDON — Joshua Pattison-Neill had Wednesday off from his university classes and on this cold and rainy day in northwest London, he wanted to do one thing. So, he grabbed his Jordans, a bottle of orange Gatorade and an energy bar packed with 10 grams of protein and headed an hour southbound on the Tube. His destination: an indoor gym hidden behind low-income housing in the Lambeth's Princes Ward, a refuge for basketball-obsessed people like himself in a country where the game is struggling to gain a foothold.

"I had to play basketball," he said, explaining why he arrived half past 8 a.m. while the gym was still closed.

Anecdotal data suggests Pattison-Neill, still a teenager and one who has played basketball for nearly half his life, isn't alone among his countrymen.

The NBA's annual London Game featuring the Washington Wizards and the New York Knicks on Thursday sold out the 20,000-seat capacity O2 Arena in an hour. The No. 1 European market for NBA League Pass, the subscription service for the complete season of regular season games, is Britain. Also, according to a study conducted by Britain's Department of Culture, Media and Sport, basketball is the second-most played sport among 11- to 15-year-olds.

And still, basketball is largely an afterthought.

"It's not as popular here as it is in the States and to be honest, in Europe," Pattison-Neill said. "It's probably the fifth-most popular sport. It's not something you think about when you think about England or the U.K."

Despite evidence of the game's rampant popularity in some circles, British basketball pales in comparison to its continental European neighbors and basketball superpowers: France, Spain, Germany, Italy, Croatia, Serbia, Lithuania, Turkey and even Slovenia, a country not even a tenth of the size of Britain that still produced NBA rookie sensation Luka Doncic of the Dallas Mavericks.

The basketball community in Britain, both natives and hoop journeymen, believe the game suffers due to lack of structure, poor government support and funding and little to no national media exposure.

"There's a lot of young talent. A lot of athletes. It seems like basketball would be the perfect sport to take off over there but the infrastructure has never been quite right," said Toronto Raptors coach Nick Nurse, who spent a decade coaching in the British Basketball League, a men's professional league that is the highest level of play in the country. "There's just not enough places to play. There's not enough infrastructure in the coaching through the school systems and it's just never gotten in place, stayed in place, been



GLYN KIRK/GETTY-AFP

The Knicks' Emmanuel Mudiay, third from left, shoots during the NBA London Game between the Wizards and Knicks at the O2 Arena in London.



DAVID ZALUBOWSKI/AP

Raptors coach Nick Nurse spent a decade of his career coaching in the British Basketball League.

put in place. Take your pick."

As Nurse coached in the BBL during the 1990s, the NBA was endeavoring, and eventually succeeding, in building its brand internationally. Though basketball's European roots stretch back to the 1960s, the 1992 U.S. Olympic "Dream Team" — and its roster of Hall of Famers that included Michael Jordan, Magic Johnson and Larry Bird — helped broaden the game's appeal. Former league commissioner David Stern pioneered the concept of teams playing regular-season games abroad and his successor, Adam Silver, spoke of the

NBA's "manifest destiny to expand globally" in his first year in the role.

Although the NBA has played regular season games in London for nine consecutive years, the expansion has operated in a silo. While a Briton can find a soccer field replete with artificial turf anywhere in London, outdoor basketball courts are a rarity. And since the weather in London often isn't suitable for basketball, players who don't want to slip and slide on blacktops have to drop money to find indoor courts.

"It's not easy to play basketball," said Sam Neter, a blogger who runs the largest basketball website

in Britain, Hoopsfix.com. "It's expensive to play basketball.

"For us to get a basketball court, we have to get together a group of us and then all put in three or four pounds (about \$4-\$5) each to be able to (schedule) a court for an hour or an hour and a half."

Former NBA player Pops Mensah-Bonsu had little money growing up but found the backing and mentorship of basketball coach Joe White, who ran a club team in north London that was comprised mostly of black British kids.

Mensah-Bonsu left as a teenager to attend an American prep school, then George Washington University before playing four years in the NBA and several more seasons in Europe. His country gave him no choice. There's been a basketball exodus with talent such as Mensah-Bonsu and Minnesota Timberwolves veteran Luol Deng, who played for another top club team, the Brixton Topcats. Players have to leave Britain for better opportunities.

"It sucks and it hurts because with London being such a major city across the world, it's strange that basketball is not as big of a sport in the U.K. in general," said Mensah-Bonsu, now the G-League's Capital City Go-Go general manager. "I think it just starts from the top."

Mensah-Bonsu and other national players returned home for the 2012 Olympics. With London as the host city, the Great Britain basketball team had

the financial backing of the country's governing body. But Mensah-Bonsu said the team was given an impossible mandate to keep this support.

"We found that difficult when we went to the Olympics," he said. "I will be explicit (in criticism) because I'm disappointed in the British Basketball Federation and the U.K. Sports Federation in general. So, you're not going to get no sugarcoat from me. They told us we had to medal and obviously if we medaled, then they would've had another team that would've medaled at the Olympics and it would've looked good on them. If we didn't then: 'OK, you guys didn't meet the standards, so we're going to take the funding away.'"

Even on a national level, the game lacks the power and money to be an influence. When Nurse was a BBL coach, the league's games were televised. But now, without a television deal, the league struggles to remain solvent. This creates a cycle — without broadcast games, teams cannot find major sponsors. Without corporate funds, professional players are paid like paupers and the best talent leaves to play in other European countries.

"They could earn something very similar to working in a restaurant or working in a club," said Vince Macaulay, who owns the London Lions of the 12-team British Basketball League.

"It's quite frustrating," said London Lions player Justin Robinson, a Briton

who returned home to play in the BBL. "I have heard stories of guys getting ridiculously low money but that's also a place where the league has to improve."

Despite its issues, sometimes, ever so rarely, basketball isn't cut off. At the Black Prince Trust, home of the The Regal and Jordan courts situated in the rear of a public housing complex, playing is free.

Jason Henley, the community manager, operates the gym and boasts of it being the only place in the country where ballers don't have to pay to play. Leading up to the NBA London Game this week, the gym hosted pickup games for whoever walked through the doors.

"For me, basketball is for everyone," Henley said.

Though Henley cites Allen Iverson as a hero, even his passion may pale to the 19-year-old who journeyed an hour just to get some run.

Pattison-Neill beat everyone, including Henley, to the gym and waited more than an hour for other players to show up. He has grown accustomed to a solitary basketball life, because while his mates played football and rugby, he gravitated toward basketball. Though basketball lives within him and the several of his countrymen who trickled into the gym, Pattison-Neill wishes the rest of his country would embrace it too.

"It's difficult to see the sport you love not get the attention it needs because it's a great sport," he said. "It can be so many things for people."

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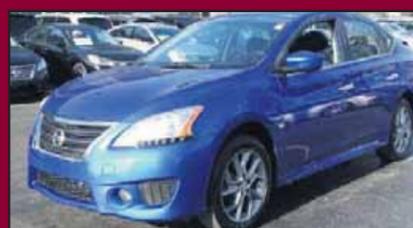
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REVIEW: 2019 BMW 3 SERIES



8 dazzling attributes of the 2019 BMW 3

By Warren Clarke, New York Daily News

Arguably, no car has been a better standard bearer for the BMW brand than the 3 Series. For decades, the compact sport sedan's sleek, muscular exterior design has been emblematic of BMW's distinctive aesthetic. More importantly, the 3 Series has offered the rewarding handling shoppers expect from the brand, and as a small, entry-level sedan, it delivers this treat at a relatively accessible price.

BMW has redesigned the 3 Series for the 2019 model year, and it handles the overhaul with the reverence due to a car that has achieved iconic status. The changes made subtly enhance the model instead of seeking to dramatically reinvent it.

The revisions made to the 3 Series' exterior design are relatively minor, and the sedan maintains its low stance and sinewy sheet metal. Squint and you could mistake it for a model from the previous generation.

Under the hood, the new 3 Series gets upgrades that are designed to boost performance. There's a new, 2.0-liter 4-cylinder engine running the show, offering 255 horsepower and 295 lb.-ft. of torque — 7 hp and 37 lb.-ft. increases over the previous generation's output. And there's a new 8-speed automatic transmission shifting the gears.

Undoubtedly, the 2019 BMW 3 Series is a car with the goods to defend the model's place at the top of the sports sedan hierarchy. Here's a look at eight great traits of the 2019 3 Series:

1: Exhilarating performance

As is the case with images in a Rorschach test, we don't all see the same thing when we look at a car. For some drivers, a car is a practical device used to facilitate transportation. For others, it's a source of enjoyment that can make life less mundane.

For drivers in the latter camp, the 2019 3 Series stands as an intriguing choice. The 3 Series has always been an entertaining companion, but its talents have been amplified with this redesign. The current model is up to 121 pounds lighter than the previous version, and this facilitates nimble handling. And a new suspension system works harder than ever to smooth out road imperfections and enhance cornering.

Also, the car's engine and transmission are more capable than ever before. Overall, the 2019 3 Series is a powerhouse in its segment when it comes to performance. BMW estimates that the sedan can sprint from zero to 60 mph in as little as 5.3 seconds.

2: Extra-generous cargo capacity

Today's compact sedans aren't as small as they once were. These size increases have brought added utility, making them a practical choice for a wider swath of car shoppers.

Many models in this segment provide more cargo capacity than their predecessors, and this is certainly the case with the 2019 3 Series. This BMW sedan provides a whopping 17 cu.-ft. of cargo space in its trunk. This is on par with the room provided by a typical midsize sedan, and it represents a 1.2 cu.-ft. increase over the outgoing model's cargo capacity. Cargo space for the 2019 Audi A4, a top rival, comes in at just 13 cu.-ft.

Drivers who need lots of room for their stuff should take a serious look at the 3 Series if shopping for a small luxury car.

3: Spacious cabin

Midsize sedans are a popular choice for shoppers seeking a car that's equipped to handle family transportation. However, there are compact sedans that have the goods to serve a family well, whether it's during holiday road trips or commutes to weekend hockey games.

The 2019 3 Series has a cabin that's spacious enough to keep a family happy. The front seats are comfortable and agreeable. The second row has enough legroom to accommodate tall teens, and BMW claims it's wide enough to fit three child seats.

With the redesign, BMW has increased the size of the car's rear door apertures, facilitating easier ingress and egress for second-row passengers. All this makes the 3 Series a solid pick for those who need a sedan with a cabin that's roomy enough to transport a family.

4: Broad range of standard comfort and convenience features

Some mainstream brands have built their reputation on offering a generous range of standard comfort and convenience features, but luxury brands have been less magnanimous. This has certainly been

HIGHER STANDARD

- The 2019 BMW 3 Series impresses with its innovative technology, and its large trunk makes it a practical ally. However, its most potent asset is its fun-to-drive disposition, and this car stands out as being one of the most entertaining picks in its segment.
- With its 2019 redesign, the 3 Series continues to set the standard in its segment, raising the bar just a bit higher.

the case with BMW. Past base models have tended to be a bit light on standard amenities.

Things take a turn for the better with the 2019 3 Series, and this model is equipped with a bevy of attractive standard comfort and convenience features. Base models come with a panoramic glass roof that adds airiness to the cabin, as well as amenities like automatic LED headlights, LED interior lighting, rain-sensing windshield wipers, and 3-zone automatic climate control.

The 3 Series is worth a look for drivers who like the idea of getting lots of standard amenities for the buck.

5: Up-to-date driver-assist features

Automakers have begun bundling various driver-assist features in ways that facilitate semi-autonomous driving. BMW has gotten on board with this trend by offering a feature it calls Extended Traffic Jam Assistant with the 2019 3 Series.

This optional feature is designed to work in stop-and-go traffic. It supports drivers on highways at speeds of up to 37 mph, and it incorporates a lane-keeping assist system and adaptive cruise control with stop-and-go capability. BMW's Extended Traffic Jam Assistant also utilizes a drowsy driver monitoring system that will allow drivers to travel without touching the steering wheel if it determines that their attention is safely focused on the road ahead.

Of course, when it comes to driver-assist features, the 3 Series offers more than just an Extended Traffic Jam Assistant. All models come standard with a forward collision warning system with pedestrian detection. And the list of optional features includes a blind-spot warning system and a rear cross-traffic alert system.

6: BMW Intelligent Personal Assistant

Amazon Alexa and Google Assistant have made life simpler with their ability to respond to a broad range of voice commands in the home. Some automakers have embraced this trend, offering digital assistants that provide support when drivers are behind the wheel.

BMW enters the fray by equipping the 3 Series with an optional Intelligent Personal Assistant. This technology responds to the prompt "Hey BMW," and it provides aid that is based on an analysis of each driver's habits and routine. It's designed to offer smart solutions to problems. For example, "Hey BMW, I feel tired" activates a vitality program that alters the car's lighting, music, and temperature in ways designed to help the driver feel more awake.

Intelligent Personal Assistant is also able to explain how certain technology features work, and it can provide status updates on how the car is functioning.

7: BMW Digital Key

Modern key fobs can sometimes be quite bulky, and this can make them inconvenient companions in certain circumstances. BMW Digital Key is an innovation that can make key fobs unnecessary for those who own the 2019 3 Series sedan.

BMW Digital Key allows the 3 Series to be locked and unlocked without a key fob, using a compatible smartphone. The car can be unlocked simply by holding the smartphone to the door handle. Once inside, it's possible to start the engine simply by placing the phone on the wireless charging or smartphone tray.

Note that this technology is compatible solely with Samsung Galaxy smartphones operating with Android 8 and above, and only on select carriers.

8: Remote 3D View feature

If a car has been parked in a location that's not within eyeshot of the driver, it may be vulnerable to damage and theft. In situations like this, it can provide peace of mind if the driver is able to check in occasionally and see how the vehicle is doing.

BMW's Remote 3D View feature makes this possible, and it's optional on the 2019 3 Series as part of the Parking Assistant package. This amenity allows drivers to summon a 3-dimensional live image of the car and its immediate surroundings to their smartphone. In so doing, it serves as a tool that can be used to monitor the vehicle when it's parked far away.

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Crossword

	1	2	3		4	5	6	7	8		9	10	11	12
13					14							15		
16					17						18			
19					20						21			
		22	23						24					
25	26								27			28	29	
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54						55						56		
57						58						59		
60						61						62		

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ACROSS

- Farm animal
- hit; big success
- Lose color
- Burrowing animal
- Piece of furniture
- "Rome wasn't built in ..."
- Jar abruptly
- Draw pictures for a book
- Reason to call in sick
- Bury
- Carrying a gun
- Ridicules
- As flat pancake
- Steals
- 19th-century U.S. president
- Like school paper
- Ornate
- "You're the boss of me!"
- As straight arrow
- Comes upon
- Sign of a past surgery
- Ornate
- Actor West
- Go out with
- Observed
- Initials for actor Fox
- Delicious tea
- Unlock
- Rainbows

DOWN

- Combine, as funds
- Lighten
- Understand
- Smells bad
- Soda shop orders
- Suffix for favor or fashion
- Insulting remark
- "got the whole world in His hands..."
- Ms. Fawcett
- Common conjunction
- Ash or alder
- Destiny
- Quarrel
- Employee's delight
- Average
- Lighthearted

Solutions

S	H	S		N	O	S	H	V		E	K	V	H	
S	D	O	D	O	G	N	I	B		H	C	R	V	
S	O	F	N		A	N	N	I		N	E	L	O	H
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E	L	V	E			S	U	T		T	I		L	T
V	A	D	V			E	T	R		A	L		E	T
F	A	D	E			S	M	A		S			P	I

25 Grand ___; bridge
26 Shrewder
27 Actor Griffith
28 Neglected
29 "All ___ lead to Rome"
31 Acceptable
32 Common conjunction
34 Ash or alder
36 Destiny
37 Quarrel
39 Employee's delight
40 Average
42 Lighthearted

43 Deep narrow valley
45 Dance from Latin America
46 Blacken
47 Bar mitzvah dance
48 "___-a-bye Baby..."
49 Couple
50 Motels
52 Fumblers' word
53 Feminine ending
55 Org. for Kings & Warriors
56 Cover-___; efforts to hide a misdeed

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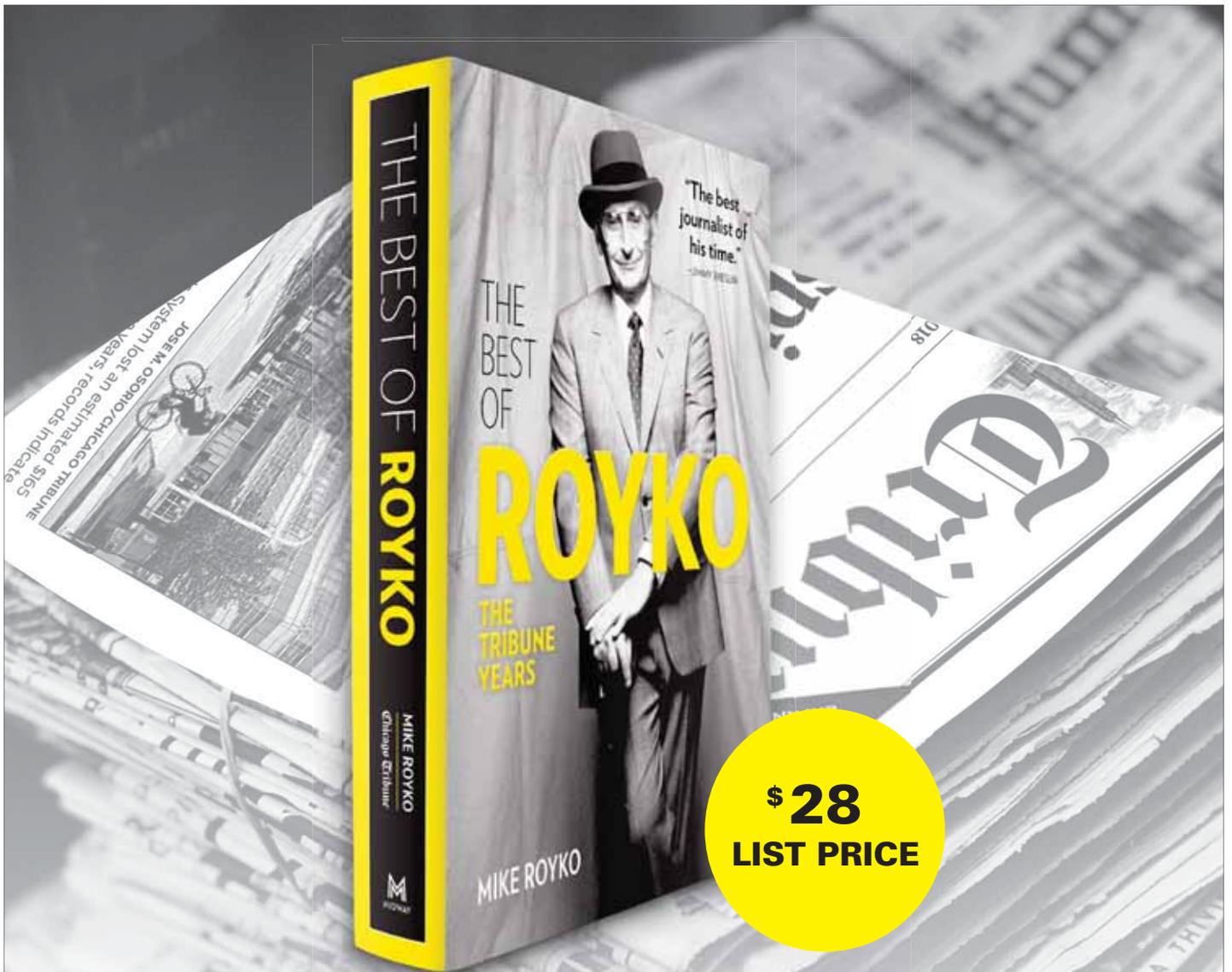


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Mayo Clinic

Guide to Healthy Eating

Welcome to the Mayo Clinic Guide to Healthy Eating, a special supplement created by Mayo Clinic and Tribune Content Agency. I'm Dr. Donald Hensrud. I've been conducting research in nutrition and weight management for more than 25 years, and I also am the editor of "The Mayo Clinic Diet."

Nutrition and weight management have been my life's work, and I can tell you, the subject is a lot more complicated than it seems. The environment and our own personal habits related to diet and physical activity often work against us when trying to lose weight.

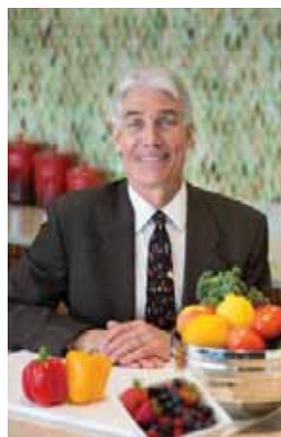
But part of this is the way many people try to manage their weight. I call it a dieter's mentality: Many times, people want to lose weight, and they want to lose it quickly. And they think that if they go "on a diet," they can lose weight and be able to keep it off.

There are problems with this approach. One is that people commonly view a diet as something that's very restrictive and negative and, therefore, it's going to be temporary. People aren't able to continue on a program that's drudgery. Eventually, they tire of it, go back to previous habits, regain any weight they have lost and lose out on the health benefits of good nutrition. They need something that's more practical and enjoyable so it can be continued.

With restrained eating, people think, "No, no, no, I can't eat this." And you can only do "no, no, no" for so long. People may be able to restrict themselves for a while. But when they go off their restrictive diet, they binge, they feel guilty, and the cycle starts all over.

There is a better way of maintaining healthy eating habits. In a nutshell, the Mayo Clinic approach to healthy eating and weight management involves making beneficial lifestyle changes in diet and physical activity — eating better, getting more active. Best of all, this approach to nutrition can help prevent disease and manage health conditions you have.

Use the Mayo Clinic Guide to Healthy Eating to help you learn new approaches to healthy eating that will work for you for a lifetime. Enjoy!



About Dr. Hensrud

Donald Hensrud, M.D., M.P.H., is a specialist in nutrition and weight management at Mayo Clinic, Rochester, Minn. He is an associate professor of nutrition and preventive medicine at Mayo Clinic

College of Medicine and Science and the medical director of the Mayo Clinic Healthy Living Program. For more than 10 years, Dr. Hensrud also served as medical director of the Mayo Clinic Executive Health Program. He writes and lectures widely on lifestyle- and nutrition-related topics and has written and helped publish several books, including "The Mayo Clinic Diet" and two award-winning cookbooks.

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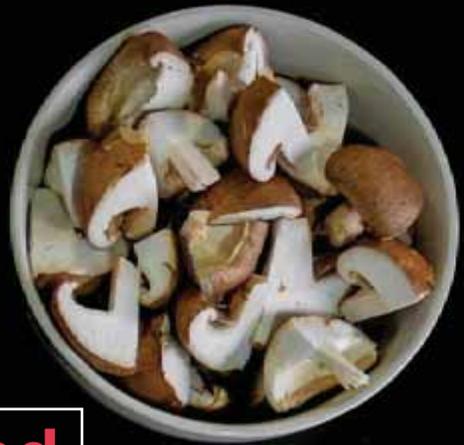
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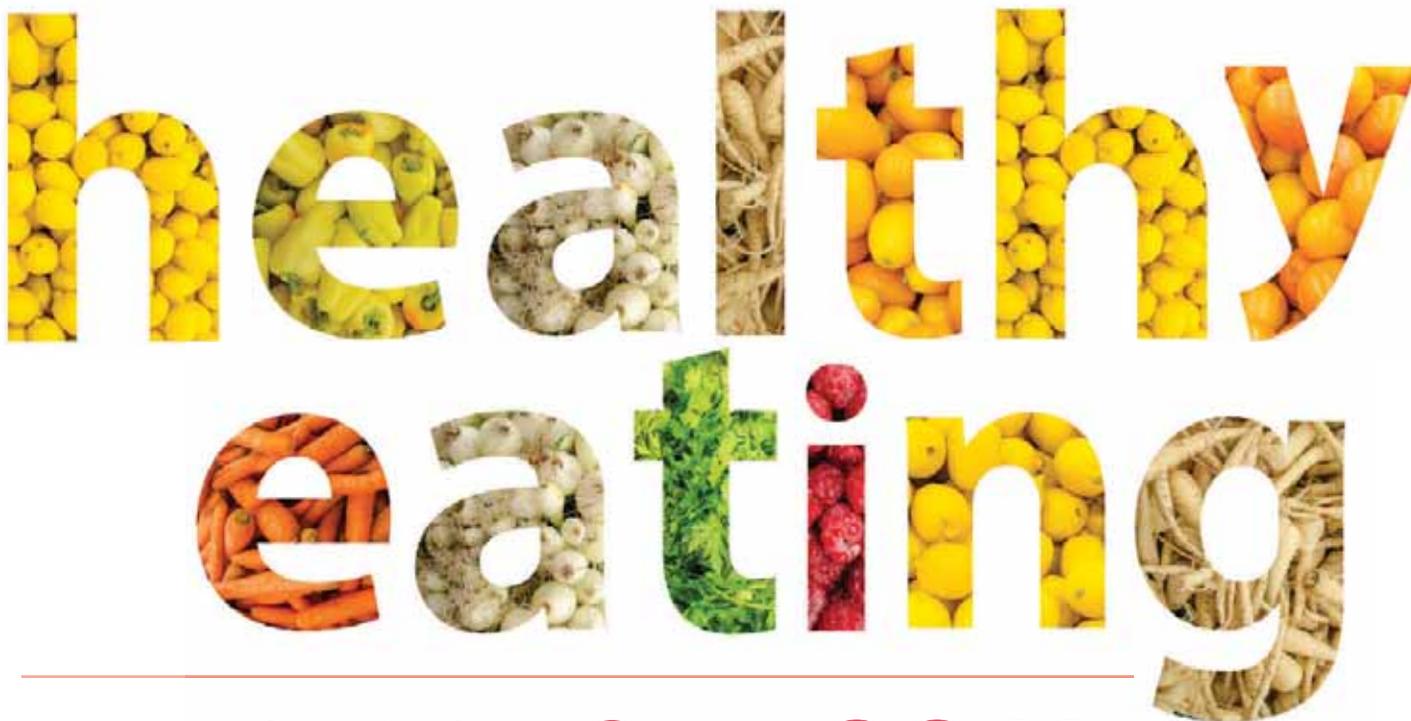
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Section 1: Getting Started





READY, SET, GOAL

Take steps on road to good nutrition

By Mayo Clinic Staff

Whenever you sit down to eat, you make choices that affect your health and longevity. Even if you don't need to lose weight, healthy eating can help lower your risk of many conditions, such as:

- High blood pressure
- High cholesterol and triglycerides (blood fats)
- Heart disease
- Type 2 diabetes
- Certain types of cancer
- Osteoporosis

How do I get started on a healthier diet?

It can seem overwhelming to change the way you're eating. But it doesn't have to be. You can start small, making a few changes. You might try eating a healthy breakfast most days, which can give you more energy and curb your hunger later in

the day. For more ideas on improving your eating habits, see pages 6-19.

What if I have chronic conditions?

Well, healthy eating may help you manage them. In some cases, eating a healthier diet may lower your need for medication — just never discontinue medication without your doctor's approval.

Depending on your personal health history, you may want to be vigilant about particular foods or nutrients. There are some foods you may want to limit (such as sodium, sugar or saturated fat) and others you might want to increase (such as oatmeal, fish and nuts). You should also consider how certain foods or nutritional supplements might interact with any medications you're taking — and whether you need to time your meals to maximize the effect of your medications. See pages 21-27

for information about nutrition and specific health concerns.

Good food is boring. How do I stay on track?

Healthy foods can be tasty, too. You can stay on track — and prevent boredom — by trying new foods and recipes. For some recipe ideas, see pages 8-11 and 29-47.

Do I need to see a doctor before I change my diet?

If you have any questions about the best eating plan for your health circumstances, talk to your doctor or a dietitian. They can help you plan tasty meals that will benefit your health. Also, be sure to let your doctor know if you try a new vitamin, nutritional supplement or diet plan. Sometimes, small, seemingly insignificant changes can make a big difference in your overall treatment plan.

Shape up your diet

You're ready to get on the path to eating healthy, but where to begin?

The Mayo Clinic Healthy Weight Pyramid and Mayo Clinic Healthy Dining Table are quick guides to help you start to make smart food choices.

The Mayo Clinic Healthy Weight Pyramid is pretty simple to use. The goal is to choose most of your food from the groups at the base of the pyramid and less from the top — and move more throughout your day. Here's an overview to help you understand the basic building blocks of the pyramid.

Vegetables. They're rich in nutrients and fiber and most are low in calories and fat. Focus on fresh vegetables; frozen or canned without added fat or salt also are OK. And try for more dark green, red and orange varieties. Note that starchy, higher calorie veggies such as corn and potatoes count as carbohydrates in the pyramid.

Fruits. Almost all fruits fit into a healthy diet. But whole fresh, frozen and canned fruits without added sugar are the best choices. They're filling and packed with nutrients and fiber. Limit fruit juices and dried fruits; they have more calories and are less filling.

Carbohydrates. Most foods in this group are grains or made from grains. Whole grains are best; they're higher in fiber and other nutrients. Look for the term whole — such as whole wheat or whole grain — as one of the first ingredients on the label.

Protein/Dairy. The best choices are low in fat and calories, such as fish, skinless white-meat poultry, fat-free dairy foods, egg whites and legumes (lentils, beans and peas, which also happen to be good sources of fiber).

Fats. Your body needs small amounts of certain types of fats to function well, but saturated fats and trans fats increase your risk of heart disease. Focus on monounsaturated and polyunsaturated fats.

Mayo Clinic Healthy Weight Pyramid



How healthy are your eating habits?

Take this quiz to assess where you are

1. Do you plan out your meals in advance?
YES NO
2. Is your pantry stocked with healthy ingredients?
YES NO
3. Do you regularly read nutritional labels as you shop for groceries?
YES NO
4. Do you eat breakfast most days of the week?
YES NO
5. Do you intentionally avoid oversized portions — except vegetables and fruits — in restaurants and at home?
YES NO
6. Do you regularly eat while in front of the TV or in the car?
YES NO
7. In a typical week, do you buy some food from vending machines?
YES NO
8. Do you keep a salt shaker on your dinner table?
YES NO

Score 1 point for every **yes** answer in questions 1-5

Score 1 point for every **no** answer in questions 6-8

Your score:

If you scored 7-8 points, congratulations! You're well on your way to healthy eating.

If you scored 5-6 points, your menu could use a tune-up. You'll find plenty of tips and ideas in **this guide**.

If you scored 1-4 points, it's time for some fresh ideas about healthy eating. Identify one or two habits from this assessment that you want to improve.

Mayo Clinic Healthy Dining Table



Sweets. This group includes candies, cakes, cookies, pies, doughnuts and other desserts, as well as table sugar. With sweets, keep it small; most are high in calories without many nutrients.

Try the Mayo Clinic Healthy Dining Table

It helps you visualize what a healthy dinner meal should look like on your plate.

- **Half a plate of non-starchy vegetables**

Examples of non-starchy vegetables include asparagus, beets, broccoli, cabbage, carrots, cauliflower, cucumber, greens, green beans, lettuce, mushrooms, okra, onions, peppers, spinach, summer squash (crookneck, zucchini), tomatoes, and turnips. For fruit, choose whole fruits, fresh or frozen, or light canned options.

- **A quarter of a plate of whole grains, breads or starchy vegetables**

Examples include 100 percent

whole-grain breads, cereals, crackers, tortillas, and pastas; as well as brown rice and oatmeal. Starchy vegetables include corn, potatoes, sweet potatoes, winter squash (acorn, butternut), and yams.

- **A quarter of a plate of protein**

Examples include poultry (chicken or turkey without the skin), fish and other seafood. Meat options include lean beef and pork. Other animal sources include eggs and lower-fat cheese. Non-animal protein sources include legumes: lima beans, kidney beans, black beans, etc.; lentils; and peas (black-eyed, green and split). Other non-animal protein sources are soy foods: tofu, tempeh, edamame, and soy nuts. Good choices include low- or non-fat milk and yogurt.

Other aspects of the Healthy Dining Table include:

- **Fruit bowl**

For fruit, choose whole fruits, fresh or frozen, or light canned options.

- **Healthy fats**

Eat nuts as a snack. Choose olive or

canola oil, soft margarine (in a tub, not a stick), and reduced-fat salad dressings. Black and green olives are healthy fats too. Just remember: Healthy fats are still high in calories.

- **Salad bowl**

Start with any kind of greens and add creative ingredients! Use olive oil from the fats category along with balsamic vinegar as dressing.

- **Fluids**

Include beverages that are low in calories or calorie-free.

- **Sweets**

They can be eaten, but focus on small portions and don't include them with every meal.

- **Beyond the table**

Add some physical activity to your day. It doesn't have to be a big workout. Even a brisk 30-minute walk can help you digest your food better — and it benefits the rest of your body too.

Get smart about shopping

Plan ahead. Decide how many major meals you'll be shopping for. Then,

consider the number of food items you'll need for breakfasts, lunches, dinners and snacks. Take an inventory of your staples, such as low-fat milk, fresh fruits and whole grains.

Make a list. A list makes your shopping trip more efficient and helps you avoid impulse purchases. But don't let your list prevent you from looking for or trying new healthy foods. And make sure your list includes healthy and convenient snack foods.

Focus on fresh foods. Chances are that the fresh produce, dairy and seafood sections of your grocery store are all located on the outside aisles. So focus your shopping there, using the Mayo Clinic Healthy Weight Pyramid as a guide. Fresh foods are generally healthier than ready-to-eat foods.

Don't shop when hungry. It's harder to resist buying high-fat, high-calorie snack items when you're hungry. So shop after you've eaten a good meal. If you do find yourself shopping on an empty stomach, buy a piece of fruit to munch on.

Read nutrition labels. Check nutrition labels for serving size, calories, fat, sugar and sodium. Remember, even low-fat and fat-free foods can pack a lot of calories. Don't be fooled. The label will list the calories, fat, sugar and sodium for one serving — but you may be tempted to eat more. Compare similar products and choose the healthiest options.

Change your eating experience

Start your day with a healthy breakfast and a glass of water. Your brain needs food and water to think clearly.

Don't skip meals. If you do, you'll probably overeat at your next meal.

Use the Healthy Dining Table to eat well-balanced, healthy meals throughout the day.

Don't eat a big meal in the evening. Space your calorie intake throughout the day. People tend to consume more calories than they realize in a big evening meal.

Drink plenty of water between meals.



Dish up your food in the kitchen; don't take food to the table. If you have leftovers, put them into containers and into the refrigerator before you eat. It's too easy to take a second serving when it's so close to you. Choose a vegetable or fruit if you think you need a second serving.

Eat slowly. It helps you digest food better. And you'll feel satisfied after eating less food than you usually would eat.

Avoid watching TV or reading while you're eating. People often overeat when they are distracted.

Eat home-cooked meals often. Whenever you can, eat with someone else. Focus on the friendly conversation.

Ways to get more fruits and veggies

Sometimes it's hard to get in all of the recommended daily servings of fruits and vegetables. Here are a few ways to fit more fruits and veggies into your diet:

Place a bowl of fruit on the kitchen counter. When the urge to snack strikes, eat a piece of fruit. One medium apple or orange

counts as one serving of fruit.

Add 1/2 cup frozen vegetables to casseroles, pasta sauce or soup.

Add 1/2 cup shredded carrots to spaghetti sauce. It will taste great!

Add 1/2 cup fresh berries to cereal or yogurt. If you enjoy some low-fat ice cream or angel food cake once in a while, add berries there, too.

Make fruit and vegetable kebabs. Grill skewers of pineapple, eggplant, nectarines, mango, zucchini, peppers, and cherry tomatoes on the grill.

Purée berries, peaches or pears as a sauce for grilled fish or chicken.

Eat fresh fruit for dessert.

A better snack — in a flash

Looking for a quick snack to try? You can make each of these in 10 minutes or less:

Make mini-pizza. Toast one-half of a whole-wheat English muffin. Top it with 1 slice of tomato and 1 slice of low-fat cheese. Microwave this mini-pizza until the cheese melts.

Go bananas. Mash some banana

Just a few bites can pile up sneaky calories

7:25 a.m.

You're no longer hungry as you clean up after the family breakfast, but instead of throwing out half a piece of toast with jam, you eat it. **(+66 calories)**

8:00 a.m.

You get to work and someone brought luscious glazed doughnuts for her birthday. You don't want to snub your co-worker, so you take only one-fourth of a doughnut. **(+75 calories)**

10:00 a.m.

You enter the break room. There are some doughnuts left! But you only take half of one. **(+150 calories)**

12:00 p.m.

You ordered a salad, but you forgot to ask the server to hold the croutons — oh well. **(+46 calories)**

12:50 p.m.

On a quick trip to the bank, you help yourself to a chocolate from the teller's candy dish. **(+44 calories)**

3:00 p.m.

You cave in to your co-worker's siren song bowl of jelly beans and grab a small handful as you pass by. **(+41 calories)**

5:30 p.m.

As you cook dinner, you munch on a slice of cheddar cheese to curb your appetite. **(+113 calories)**

5:50 p.m.

You sample a spoonful of the scalloped potatoes to test if they're ready for dinner. They were so good, you have another bite. **(+70 calories)**

7:00 p.m.

After your family has dessert, the ice-cream container is almost empty — no sense putting it back in the freezer. You enjoy the last couple of spoonfuls and toss the container. **(+70 calories)**

9:00 p.m.

Those TV food ads are so tempting. Just one oatmeal cookie before you brush your teeth should do it. **(+100 calories)**

All of these unplanned little bites add up to 775 extra calories!



(a third or a half, as you wish) into 2 tablespoons of peanut butter. Spread this on a piece of whole-grain bread or a half of a whole-grain bagel.

Take breakfast to go. Grab a small bag of dry, ready-to-eat cereal and enjoy it with a banana. Add a small carton or bottle of fat-free or low-fat milk or non-dairy milk.

Zip your veggies. Wash and fill zipped baggies with raw fresh fruit, vegetables or both. Then just grab a bag each morning before you leave the house.

Boost your bagel. Spread one-half of a cinnamon-raisin bagel with 1 tablespoon of part-skim ricotta cheese. Top it with apple slices.

Experiment. Try pairing foods that don't usually go together. For example, spread a little peanut butter on whole-wheat toast. Top it with mango or peach slices.

Try some tuna. Fill a mini-pita with drained, water-packed tuna. Add slices of cucumber or tomato.

Sample new salad greens. Greens come in a wide variety of flavors and textures. Try arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach, or watercress. Toss some mandarin orange and walnut pieces on top of 2 cups or so of greens. Add some protein with low-fat cottage cheese as your "dressing."

Mix it up. Combine 1/4 cup of cold chicken chunks with seedless green grapes, 1/2 tablespoon of sunflower seeds, some plain yogurt, and a dash of curry powder. Stuff the mixture into a hollowed-out green pepper or whole-wheat pita pocket.

Choose cheese. Layer soft corn or whole-wheat flour tortillas with 2 tablespoons of shredded low-fat cheddar or mozzarella cheese. Microwave until the cheese melts. Slice into bite-size pie shapes.

Grill fresh vegetables. Cut vegetables into 1/2-inch slices or large chunks. Brush them with canola or olive oil. Grill them until they are tender; only turn them over once.

Top your potato. Top a small baked potato with 2 tablespoons fat-free plain yogurt or low-fat cottage cheese and some Cajun seasoning.

Plan big. For example, make a casserole with chicken, vegetable and brown rice. Or make a vegetarian chili with legumes (kidney, pinto or black beans) and lots of chopped vegetables. Use small portions of the leftovers as snacks.

Plan ahead. Prepare meals so that you can use leftover food in other dishes. For example, bake more chicken breasts than you need. Use the rest of the chicken in sandwiches, soup or a stir-fry in the same week, saving you prep time.

Change the way you cook meals

You don't have to become a chef to cook healthy. Try these simple tips to cook without adding calories, fat or sodium.

Choose lean meats

To keep your fat intake low, choose lean or extra-lean ground beef, round cuts and loin cuts. Look at the grade of beef. "Prime" has the highest amount of fat. "Choice" contains more fat and calories than "Select."

When possible, choose chicken or turkey (white meat, no skin or visible fat) or seafood — instead of beef. If you eat pork, choose lean cuts, such as pork loin and tenderloin.

Try new ways to boost flavor

It's easy to add more or new flavor

to your favorite foods. Be creative with herbs, spices and low-fat condiments. Add salsa on top of chicken or fish. Poach fish in low-fat broth, or wine and fresh herbs.

For meats, try a low-fat marinade or spices. Spice examples include bay leaf, chili powder, dry mustard, garlic, ginger, sage, marjoram, oregano, pepper, and thyme. Make your own low-fat marinade. Use 1 part oil, 2 parts citrus juice and herbs or spices. (Instead of juice, you could use vinegar.)

Try other proteins

Have you ever tried a meat substitute such as tofu, tempeh, seitan or textured vegetable protein? Meat substitutes usually have soy, grains or vegetables as the key ingredients. Try a few brands until you find one that you like.

You can add tofu or other meat substitutes to stir-fry dishes.

Here are more ways to use soy:

- Use soy milk on cereal and in cream soups.
- It's good in pancake and waffle batter, too.
- Snack on soy yogurt or a small handful of roasted soy nuts.
- Add cooked soybeans to your favorite chili or baked bean recipe.
- Serve green soybeans (edamame) instead of green peas. Or use them on salads.

Tips about tofu

Most people know that cheese is made from milk. Similarly, tofu is made from soy milk. It's like soy milk cheese. Yes, it's bland by itself. However, tofu absorbs the flavor of whatever you cook it with. Flour and potatoes are bland, too. But people all over the world have found hundreds of creative and delicious ways to cook with them.

Tofu is naturally high in protein, calcium and iron. Tofu and other soy products contain isoflavones. Research is exploring the role of isoflavones in preventing osteoporosis and some cancers.



Here are two recipes to get you started:

Silken fruit smoothie

Serves 2

Ingredients

- 1/4 cup silken tofu
- 1/2 cup orange-pineapple juice (100% juice)
- 1/2 ripe banana
- 1/4 cup crushed pineapple, in its own juice

Place all ingredients into blender. Pulse until smooth. Serve immediately.

Nutrition analysis per serving:

110 calories, 2 g total fat (trace of saturated fat, 1 g polyunsaturated fat, 1 g mono-unsaturated fat), 0 mg cholesterol, 5 mg sodium, 20 g carbohydrate, 2.5 g protein

Berry 'mousse'

Serves 4

Ingredients

- 2 1/2 cups frozen, unsweetened berries (blueberries, blackberries, raspberries, or strawberries)
- 10 ounces (1 package) silken tofu
- 2 tablespoons sugar
- Vanilla to taste

Place berries, tofu and sugar into blender. Pulse until smooth. Add vanilla to taste.

Pour mixture into 4 serving glasses. Chill and serve. Garnish with whole berries if desired.

Nutrition analysis per serving:

95 calories, 2 g total fat (trace of saturated fat, 1 g polyunsaturated fat, 1 g monounsaturated fat), 0 mg cholesterol, 5 mg sodium, 16 g carbohydrate, 4 g protein

Redo your favorite meals

Simple quick pizza

Buy a pre-made whole-grain crust or use flatbread. Add some low-fat cheese and whatever veggies are in your refrigerator. Microwave or bake and enjoy.

Classic tomato-basil pizza

Pre-baked pizza crust or bread shell + diced plum canned tomatoes (drained) + fresh basil + drizzle of olive oil + low-fat shredded mozzarella cheese.

Spread tomatoes on crust. Add other healthy toppings, such as mushrooms and green olives, to your taste. Drizzle lightly with olive oil. Then top with cheese and bake at 400 F until cheese melts and crust turns golden brown. Add basil.

Pair this pizza with a salad of fresh tossed greens and a light vinaigrette dressing.

Greek pizza

Pre-baked pizza crust or bread shell + minced garlic in a jar + chopped frozen spinach (thawed and squeezed dry) + drizzle of olive oil + sprinkle of dried or fresh oregano + crumbled low-fat feta or goat cheese.

Sauté spinach and garlic in olive oil until excess water evaporates. Spread on crust; add oregano and cheese. Bake at 400 F until the cheese melts and the crust turns golden brown.

Simple quick pasta

Cook whole-grain pasta. Add warmed canned tomato sauce and a variety of vegetables. Sprinkle some grated Parmesan cheese on top and enjoy.

Stove-top 'baked' ziti

Cooked, drained ziti (or other tubular pasta) + low-fat pasta sauce + low-fat ricotta cheese + low-fat shredded mozzarella + a sprinkle of grated Parmesan cheese.

Mix all ingredients, place in a casserole and warm in the oven. Serve with a salad of fresh romaine lettuce and low-fat Caesar dressing.

Greek rotini

Cooked, drained rotini (spiral-shaped pasta) + fresh chopped spinach + pre-crumbled feta cheese + oregano + low-fat chicken broth.

Mix all ingredients and moisten the mixture with chicken broth and warm it. Top it with two or three ripe Greek olives and a splash of balsamic vinegar. This dish is excellent with a side of grapefruit and orange sections.

Tortilla wraps

Roll up a corn or whole-wheat tortilla with any healthy ingredients, such as vegetables, chicken or low-fat beans. 🍎

Mind Matters

If you eat when you're not hungry — when you're distracted or bored — or just because the food is there, this is called "mindless eating." It can lead to unconscious weight gain and unhealthy food choices.

The antidote is mindful eating. Mindfulness pulls you out of your habitual patterns of thinking, feeling and acting. Mindful eating allows you to notice each bite or sip you take. Mindful eating can also help you become more conscious of what and how much you eat and drink.

Try mindful eating the next time you have a snack or meal. Here are some suggestions to get started:

- Sit at the table. Eliminate distractions — no TV, no magazine, no cellphone.
- Be aware of your food. Notice bright colors and fresh smells of fruits and vegetables especially.
- Take a moment to give thanks. If you're eating fresh vegetables, for example, think of the soil that nourished it.
- Slowly savor the food. Notice the aromas, textures and tastes of every bite.
- Put down your fork periodically. Breathe and stay relaxed as you tune in to your body's signals.
- Know when to stop. Stop eating when you feel satisfied but before you feel full.

Practice mindful eating on a regular basis and you can learn to make healthier eating choices.

Go to www.mayoclinic.org for even more healthy eating information.



Avoid a menu meltdown

How to make smart choices when dining out

By Mayo Clinic staff

You can stick with your healthy eating habits even when eating out. Many restaurants provide healthy choices and some restaurants reserve a special section of their menu for healthier fare. And many restaurants will honor special requests to prepare an item in a healthier manner.

Dining out can be a great time to try different cuisines as long as you don't forget all you know about choosing healthy foods. Keep in mind that the same eating principles you follow at home apply to your decisions when dining out.

When reviewing a restaurant menu, use these guidelines to help you keep your eating plan on target.

Appetizer

Choose appetizers with fresh vegetables, fruit or fish. Avoid fried or breaded appetizers.

Soup

You're sometimes better off avoiding soup and choosing fruit or a salad. Broth- or tomato-based soups are often high in sodium. Creamed soups, pureed soups, chowders and some fruit soups contain heavy cream and egg yolks and may also be high in sodium.

Salad

Order a lettuce or spinach salad with the dressing on the side, and limit yourself to a spoonful of dressing. Try olive oil with vinegar for a salad topping. Caesar salads and

chef salads can be high in calories and sodium. Taco salads aren't good choices because they contain high-calorie, high-sodium items such as cheese, ground beef and a fried shell.

Bread

While it's best to avoid it, when offered a bread basket, choose whole-grain bread, rolls, breadsticks or bagels. Eat them plain or with a small amount of honey, jam or jelly. These fat-free toppings add few calories when used sparingly. Muffins, garlic toast and croissants have more calories. Crackers can be high in sodium and fat.

Entrée

Look for entrées with descriptions that indicate low-calorie content,

such as London broil, grilled chicken breast, baked or poached fish, or broiled beef or chicken kebabs. Avoid items with descriptions indicating higher calorie content.

Examples include prime rib of beef, veal parmesan, stuffed shrimp, fried chicken and filet mignon with béarnaise sauce. Ask for sauce on the side so you can control how much you add. Ask your server to ask the chef not to add salt or monosodium glutamate (MSG). Finally, ask for a lemon wedge. A spritz of lemon juice adds extra flavor.

Side dish

Choose rice, a baked potato, boiled new potatoes, steamed vegetables or fresh fruit instead of French fries, hash browns, twice-baked potatoes, potato chips, onion rings or mayonnaise-based salads, such as

potato salad. Ask that no margarine and little salt be used to prepare the dish.

Condiments

Choose items such as tomato, cucumber and lettuce for sandwiches. Avoid olives, pickles and sauerkraut, and use ketchup, mustard and mayonnaise sparingly. Taste your food first instead of reaching for the salt shaker right away.

Dessert

Choose fresh fruit, poached spiced fruit, plain cake with fruit puree, or sorbet or sherbet.

Alcohol

Alcohol is high in calories. If you choose to drink alcohol, limit the amount to one drink a day if you're a woman and one or two drinks if you're a man. 🍷

Food on the run

Does following a weight-loss or healthy diet mean you must swear off fast food? Not necessarily.

An occasional stop for fast food can fit into a healthy diet — if you're careful about what you order.

Consider these tips:

If the fast-food restaurant offers several sandwich sizes, pick the smallest. Bypass hamburgers with two or three beef patties, which can be close to 800 calories. Choose instead a regular- or children's-sized hamburger, which has about 250 calories. And skip the large serving of French fries and ask for a small serving instead. This switch alone can save 200 calories.

Take advantage of the healthy side dishes offered at many fast-food restaurants. For example, choose a side salad with low-fat dressing or a baked potato. Or add a fruit bowl or a fruit and yogurt option to your meal.

Choose an entree salad with grilled chicken, shrimp or vegetables with fat-free or low-fat dressing on the side, rather than regular salad dressing.

Watch out for high-calorie salads, such as those with deep-fried shells or those topped with breaded chicken or other fried toppings. Also skip extras, such as cheese and croutons, which quickly increase your calorie count.

Fried and breaded foods, such as crispy chicken sandwiches and breaded fish fillets, are high in fat and calories. Select grilled or roasted lean meats, such as turkey or chicken breast, lean ham or lean roast beef.

Many beverages are high in calories. For example, a large regular soda (30 ounces) has nearly 300 calories. Instead, order diet soda, water, unsweetened iced tea, sparkling water or mineral water.

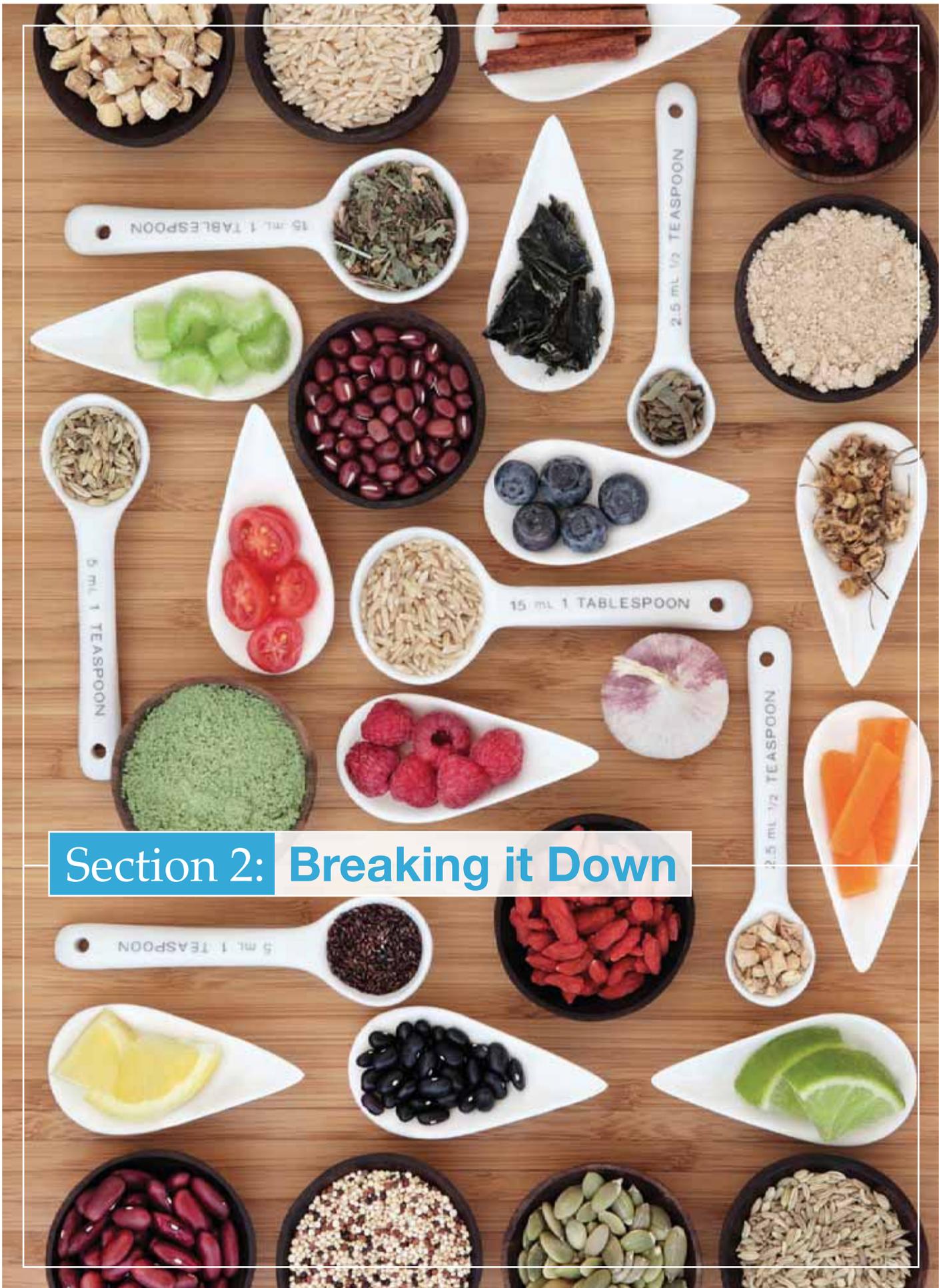
Also, skip the shakes and other ice cream drinks. Large shakes can contain more than 800 calories.

Remember, you don't have to settle for what comes with your sandwich or meal — not even at fast-food restaurants. Ask for healthier options and substitutions. And keep your eye on portion sizes.

Outsmart bad eating habits



- **Have a light, nutritious snack — such as a piece of fruit or a glass of fat-free milk — an hour before your meal to avoid eating too much at the restaurant.**
- **Choose a restaurant that offers a wide selection of foods and fresh, low-fat options. Check the website to identify healthful options and to see nutrition information.**
- **Finish half your plate and ask for your meal to be boxed up; you'll end up with two meals for the price of one.**
- **Eat slowly. You likely will feel full before you can overeat.**
- **Share your meal with a dining companion.**



Section 2: Breaking it Down

Breaking it Down

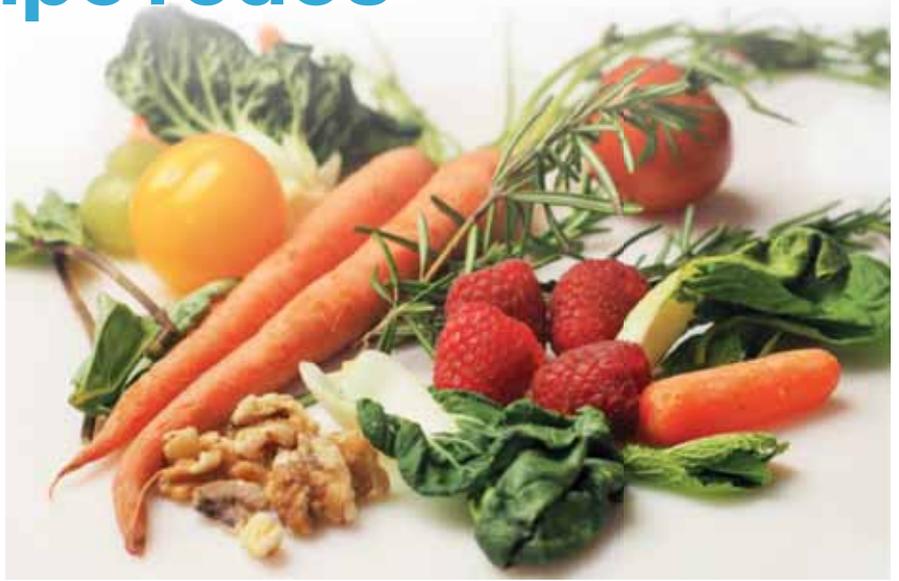
Try some recipe redos

By Mayo Clinic staff

Whipping up healthy recipes may be easier than you think. You can make simple ingredient substitutions to create healthy recipes that don't sacrifice taste and enjoyment.

To create healthy recipes, first look at what's on hand in your own pantry. You may have healthier ingredients available and not realize it. If you don't have the ingredients on hand to create healthy recipes, just make a shopping list for the next time you hit the store.

Use this substitution guide to help reduce the amount of fat, salt, sugar and calories as you prepare healthy recipes.



Your guide to ingredient substitutions for healthy recipes:

If your recipe calls for this ingredient:	Try substituting this ingredient:	If your recipe calls for this ingredient:	Try substituting this ingredient:
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham)	Lettuce, iceberg	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Bread, white	Whole-grain bread	Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Bread crumbs, dry	Rolled oats or crushed bran cereal	Meat as main ingredient	Three times as many vegetables as meat on pizzas or in casseroles, soups and stews
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats	Milk, evaporated	Evaporated skim milk
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans	Milk, whole	Reduced-fat or fat-free milk
Cream	Fat-free half-and-half, evaporated skim milk	Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Cream cheese, full fat	Fat-free or low-fat cream cheese, Neufchatel, or low-fat cottage cheese pureed until smooth	Pasta, enriched (white)	Whole-wheat pasta
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg	Rice, white	Brown rice, wild rice, bulgur wheat or pearl barley
Flour, all-purpose (plain)	Whole-wheat flour for half of the called-for all-purpose flour in baked goods <i>Note: Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.</i>	Soy Sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit	Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars
Ground Beef	Extra-lean or lean ground beef, ground chicken breast or ground turkey breast (make sure no poultry skin has been added to the product)	Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or finely chopped fresh herbs, garlic, celery or onions
		Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
		Sugar	Half sugar in baked goods; add vanilla, nutmeg or cinnamon to intensify sweetness
		Table Salt	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes or herb blends



A healthy take on meat and poultry

By Mayo Clinic Staff

Meat and poultry can be sources of protein, but they can also be sources of unhealthy saturated fat.

And meat and poultry with more fat tend to be tastier — something chefs know, which is why they often use higher fat cuts of meat and poultry in their recipes.

But before you copy their recipes, consider this: With a few simple tricks and tips, you can have tasty and healthier entrees. Learn how to choose the healthiest selections of meat and poultry and how to prepare

them using low-calorie methods. With these tips, you can reduce the fat even in higher fat marbled cuts.

Look for lean cuts. Certain cuts of meat and poultry are lower in fat. Lean cuts of beef include round, chuck, sirloin and tenderloin. Lean pork or lamb includes tenderloin, loin chops and leg. The leanest poultry is white meat from the breast with no skin.

Check percentages. When buying ground beef, look for packages with the highest percentage of lean meat — 90 percent or higher.

Watch the ground. Ground poultry can have as much fat as ground beef has, or more, because it often includes dark meat and skin. To make the leanest choice, choose ground breast meat, or look for 90 percent lean ground chicken or turkey.

Be selective. Choose beef that is labeled “Choice” or “Select” instead of “Prime,” which usually has more fat. If you can’t resist the higher fat cuts, use them as an occasional indulgence rather than a regular option.

Trim the fat. Cut off any visible, solid fat from meat and poultry. This includes the skin on poultry. When roasting chicken or turkey, it's OK to leave on the skin for cooking, but remove the skin and the fat underneath before eating. Also, remove any remaining visible fat from pork and beef before eating.

Use marinades. Marinades tenderize meat and keep it moist while cooking. They can also enhance flavor that may otherwise be lost when you trim fat. Choose low-calorie marinades, such as mixtures of herbs or spices with wine, soy sauce or citrus juice.

Go low. Low-calorie cooking methods include grilling, broiling, roasting, sautéing and baking. Cooking melts away much of the fat in meat and poultry. So when you cook meat or poultry in your oven, be sure to put it on a rack on a baking pan so that the fat drips away.

Skim ahead. Make dishes in which you cook the meat in liquid, such as soups and stews, a day or two in advance and then refrigerate. As the dish chills, the fat hardens on the top and you can easily skim it off.

Drain the fat. After cooking ground meat, drain the fat from the pan and rinse the meat with hot water. Blot the meat with a paper towel to remove any remaining fat and the water.

Watch serving sizes. Reducing your portion size reduces your fat intake. Choose 3 ounces (85 grams) of meat. That's about the size of a deck of cards. Three ounces also equals half of a boneless, skinless chicken breast, or one skinless chicken leg with thigh, or two thin slices of lean roast beef.

Branch out. Consider eating fish and seafood more often — at least twice a week — instead of meat and poultry. Try a few meatless meals, too.

That's not to say you can't enjoy meat and poultry if you choose. But keep it healthy by selecting lean cuts and using low-fat cooking methods. 🍷



Another look at meat and cancer risk

By Katherine Zeratsky,
R.D., L.D.

In terms of weight loss, research shows that many types of diets, including low-carb and high-protein diets, can produce results and even lower heart disease risk factors, such as cholesterol levels, in the short term.

But over time, adherence to these strict diets drops off, even for meat lovers on high-protein diets. The dieters eventually find they miss their fruits, veggies and grains. Perhaps for good reason, as data supports the benefits of a plant-based diet for improving long-term health by lowering both cancer and heart disease risk.

A report from the International Agency for Research on Cancer, the cancer agency of the World Health Organization, strengthened the argument for following

a plant-based diet. Their review of over 800 studies concluded that processed meat is a carcinogen and red meat is probably a carcinogen. Carcinogens are compounds that cause cancer.

The report calculated that each 50-gram portion (less than 2 ounces) of processed meat eaten daily increases the risk of colorectal cancer by 18 percent. Other studies suggest red meat has similar risks.

Examples of processed meat are hot dogs, ham, sausages, corned beef and beef jerky, as well as canned meat. Red meat refers to all types of beef, veal, pork, lamb, and goat.

Start by practicing moderation. Emphasize vegetables and whole grains and let meat be a flavorful accent rather than the main focus of meals.

Foods for healthy skin

By Lawrence E. Gibson
M.D.

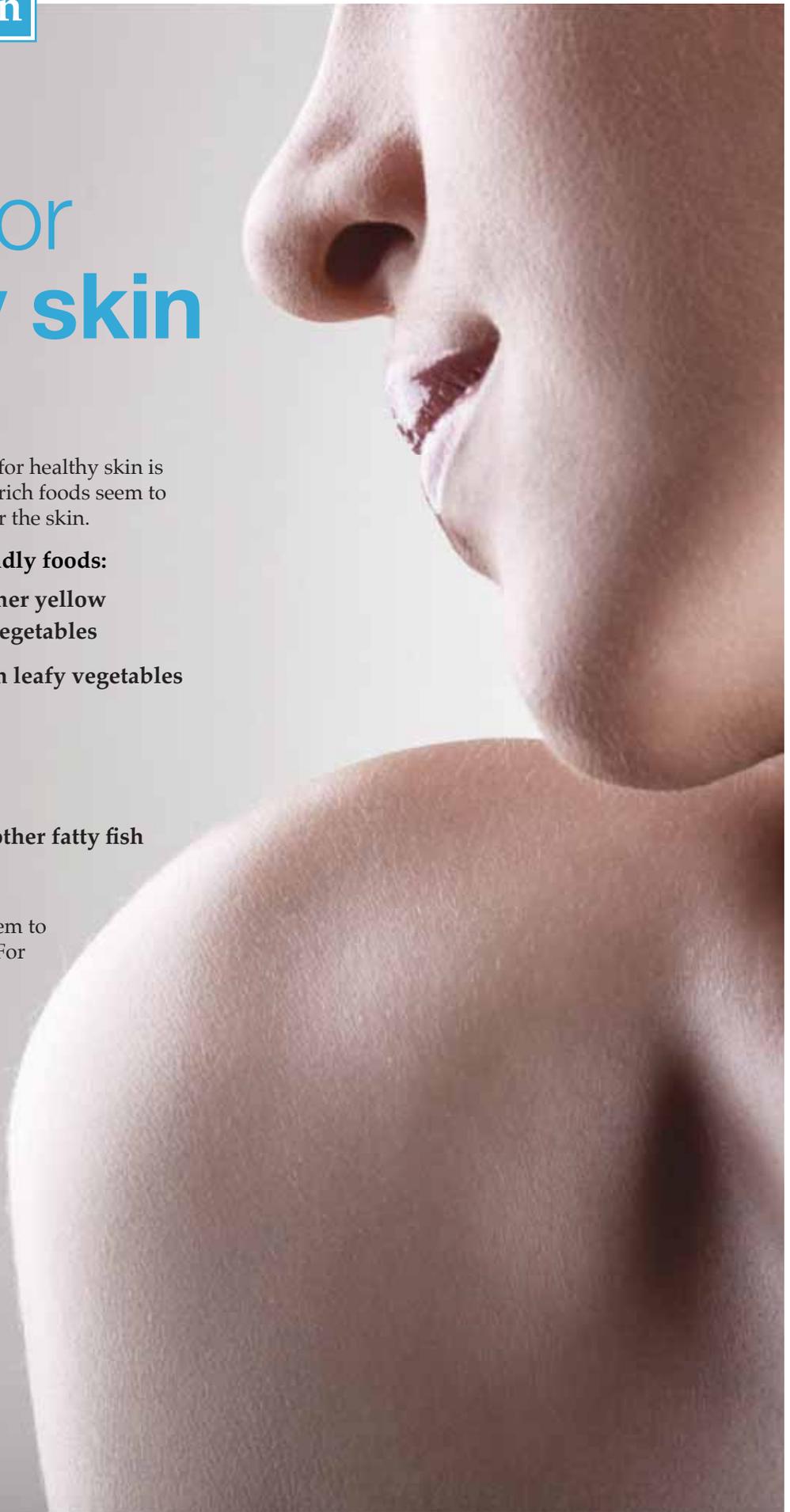
Research on the best foods for healthy skin is limited. Still, antioxidant-rich foods seem to have a protective effect for the skin.

Consider these skin-friendly foods:

- Carrots, apricots and other yellow and orange fruits and vegetables
- Spinach and other green leafy vegetables
- Tomatoes
- Blueberries
- Beans and lentils
- Salmon, mackerel and other fatty fish
- Nuts

On the flip side, some foods seem to be associated with skin damage. For example, some research suggests that a diet high in processed or refined carbohydrates and unhealthy fats promotes skin aging.

Remember, many of the best foods for healthy skin also promote good health overall. Rather than focusing on specific foods for healthy skin, concentrate on a healthy diet in general. Eat plenty of fruits and vegetables, strive for variety as you're making healthy choices. Opt for whole-grain breads and pasta. Include nuts, seeds and beans in your favorite meals. Choose low-fat or fat-free dairy products. Limit sweets. 🍓



The importance of antioxidants



By Mayo Clinic Staff

Antioxidants may protect your cells against the effects of free radicals — molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation. Free radicals may play a role in heart disease, cancer and other diseases.

Antioxidants include vitamins C and E and carotenoids, along with flavonoids, tannins, phenols and lignans. Plant-based foods are the best sources. These include fruits, vegetables and their juices, whole-grain products, nuts, seeds, herbs and spices.

As a bonus, most foods high in antioxidants are healthy in many other ways.

Don't forget your veggies

Artichokes, okra, kale and bell peppers top the list of vegetables high in antioxidants. Other options include asparagus, broccoli, red cabbage, sweet potatoes and tomatoes.

Focus on fruits

Blueberries, blackberries, raspberries, strawberries and cranberries are among the top fruit sources of antioxidants. Pears and many apple varieties (with peel) also are good sources. So are other fruits, such as grapes and most citrus fruits. Eat more stone fruits (peaches, nectarines, apricots, cherries, plums and prunes) and tropical fruits (banana, dates, mango, guava). Even pomegranate and olives contribute.

Go nuts

Walnuts, pistachios, pecans, hazelnuts and almonds are some of the top nuts for antioxidant content. Not crazy about nuts? Try sunflower seeds, sesame seeds or ground flaxseed in recipes. Legumes — such as kidney beans, edamame and lentils — also pack an antioxidant punch.

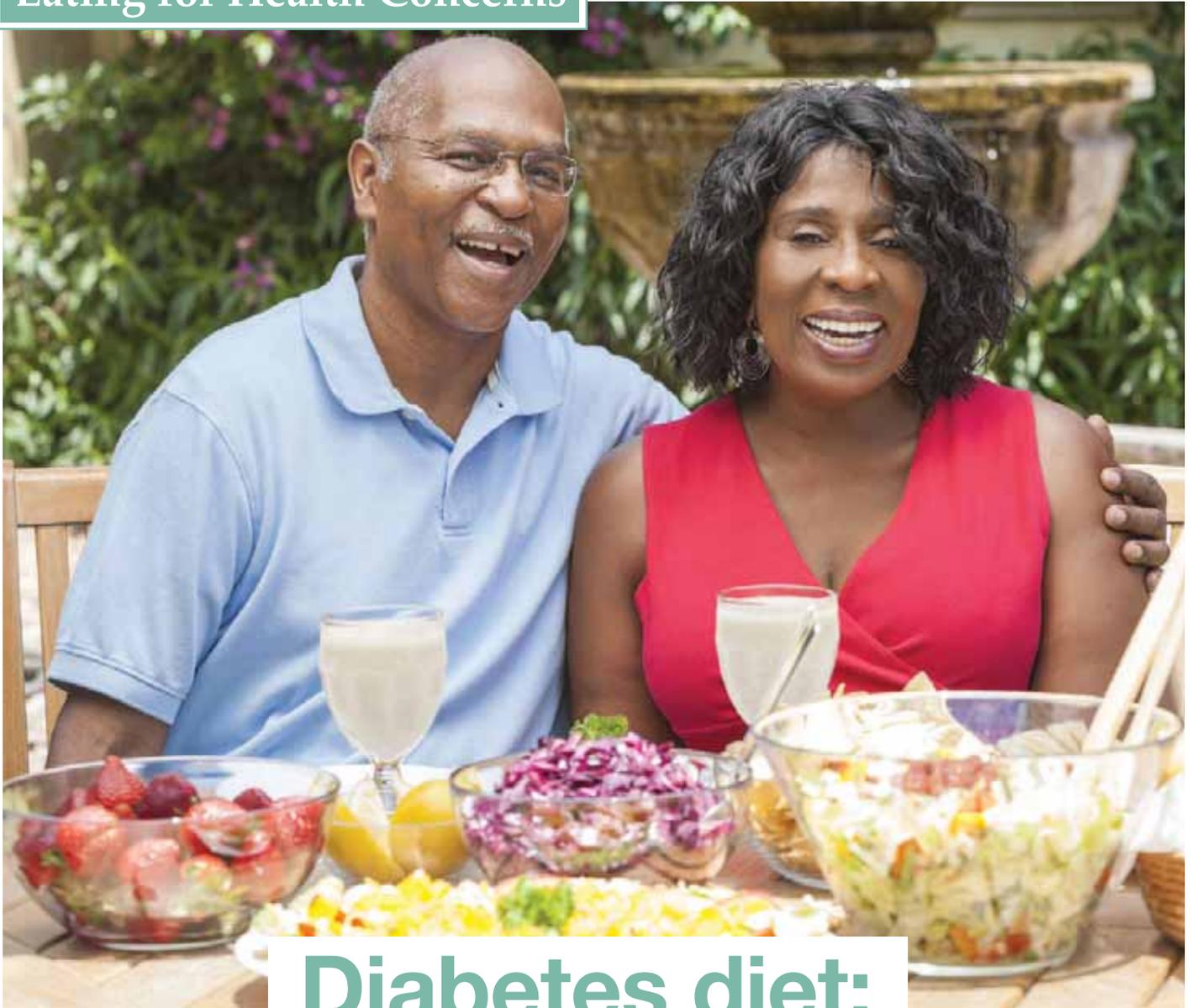
Celebrate your health

Toast your health with antioxidant-rich fruit juices, such as pomegranate juice. Red wine in moderation also has antioxidants. Coffee is one of the highest sources of antioxidants and tea also contributes. And you can even enjoy a nibble of dark chocolate for an antioxidant boost.

Remember, when it comes to adding antioxidants to your diet, no one food or food group should be your sole focus. Instead, be sure to incorporate a variety of fruits, vegetables, nuts and legumes into your diet. 🍌

Section 3: Eating for Health Concerns





Diabetes diet: Healthy eating basics

By Mayo Clinic staff

A diabetes diet means eating the healthiest foods in moderate amounts, sticking to regular meal times, and losing weight if needed.

A diabetes diet is a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. Key elements are fruits, vegetables and whole grains. In fact, a diabetes diet is the best eating plan for most everyone.

If you have diabetes or prediabetes, your doctor will likely recommend that you see a dietitian to help you

develop a healthy eating plan. The plan helps you control your blood sugar (glucose), manage your weight and control risk factors for heart disease, such as high blood pressure and high blood fats.

When you eat excess calories, your body responds by creating an undesirable rise in blood glucose. If blood glucose isn't kept in check, it can lead to serious problems, such as a dangerously high blood glucose level (hyperglycemia) and long-term complications, such as nerve, kidney and heart damage.

You can help keep your blood glucose level in a safe range by making healthy food choices and tracking your eating habits.

For most people with type 2 diabetes, weight loss also can make it easier to control blood glucose and offers a host of other health benefits. If you need to lose weight, a diabetes diet provides a well-organized, nutritious way to safely reach your goal.

A diabetes diet is based on eating three meals a day at regular times. This helps your body better use the insulin it produces or gets through a

medication.

A registered dietitian can help you put together a diet based on your health goals, tastes and lifestyle. He or she can also talk with you about how to improve your eating habits, for example, by choosing portion sizes that suit the needs for your size and level of activity.

A few different approaches to creating a diabetes diet are available to help you keep your blood glucose level within a normal range. With a dietitian's help, you may find one or a combination of the following methods works for you:

The plate method: The American Diabetes Association offers a simple seven-step method of meal planning. In essence, it focuses on eating more vegetables. When preparing your plate, fill one-half of it with nonstarchy vegetables, such as spinach, carrots and tomatoes. Fill one-quarter with a protein, such as tuna or lean pork. Fill the last quarter with a whole-grain item or starchy food. Add a serving of fruit or low-fat dairy and a drink of water or unsweetened tea or coffee. This diet is very consistent with the Mayo Clinic Healthy Dining Table.

Counting carbohydrates: Because carbohydrates break down into glucose, they have the greatest impact on your blood glucose level. To help control your blood sugar, eat about the same amount of carbohydrates each day, at regular intervals, especially if you take diabetes medications or insulin.

A dietitian can teach you how to measure food portions and become an educated reader of food labels, paying special attention to serving size and carbohydrate content. If you're taking insulin, he or she can teach you how to count the amount of carbohydrates in each meal or snack and adjust your insulin dose.

The exchange lists system: A dietitian may recommend using food exchange lists to help you plan meals and snacks. The lists are organized by categories, such as carbohydrates, protein sources and fats.

One serving in a category is called a "choice." A food choice has about the same amount of carbohydrates,

protein, fat and calories — and the same effect on your blood glucose — as a serving of every other food in that same category. So, for example, you could choose to eat half of a large ear of corn or 1/3 cup of cooked pasta for one starch choice.

Glycemic index: Some people who have diabetes use the glycemic index to select foods, especially carbohydrates. This method ranks carbohydrate-containing foods based on their effect on blood glucose levels. Talk with your dietitian about whether this method might work for you.

Sample menu

When planning meals, take into account your size and activity level. The following menu is tailored for someone who needs 1,200 to 1,600 calories a day.

Breakfast: Whole-wheat toast (1 medium slice) with 2 teaspoons jelly, 1/2 cup shredded wheat cereal with a cup of 1 percent low-fat milk, a piece of fruit, coffee

Lunch: Cheese and veggie pita,

medium apple with 2 tablespoons almond butter, water

Dinner: Salmon, 1 1/2 teaspoons vegetable oil, small baked potato, 1/2 cup carrots, side salad (1 1/2 cups spinach, 1/2 of a tomato, 1/4 cup chopped bell pepper, 2 teaspoons olive oil, 1 1/2 teaspoons red wine vinegar), unsweetened iced tea

Snack: 2 1/2 cups popcorn or an orange with 1/2 cup 1 percent low-fat cottage cheese

Getting results

Embracing your healthy-eating plan is the best way to keep your blood glucose level under control and prevent diabetes complications. And if you need to lose weight, you can tailor it to your specific goals.

Aside from managing your diabetes, a diabetes diet offers other benefits, too. Because a diabetes diet recommends generous amounts of fruits, vegetables and fiber, following it is likely to reduce your risk of cardiovascular diseases and certain types of cancer.





Make your calories count

When you have diabetes, it's especially important to choose nutritious foods. Focus on these food categories:

Healthy carbohydrates: During digestion, sugars (simple carbohydrates) and starches (complex carbohydrates) break down into blood glucose. Focus on the healthiest carbohydrates, such as fruits, vegetables, whole grains, legumes (beans and lentils) and low-fat dairy products.

Fiber-rich foods: Dietary fiber includes all parts of plant foods that your body can't digest or absorb. Fiber moderates how your body digests and helps control blood sugar levels. Foods high in fiber include vegetables, fruits, nuts, legumes, whole-wheat flour and wheat bran.

Heart-healthy fish: If you enjoy it, eat heart-healthy fish at least twice a week. Fish can be a good alternative to high-fat meats. For example, cod, tuna and halibut have less saturated fat and cholesterol than do meat and poultry. Fish such as salmon, mackerel, tuna, and sardines are rich in omega-3 fatty acids, which promote heart health by lowering blood fats

called triglycerides.

"Good" fats: Foods containing monounsaturated and polyunsaturated fats can help lower your cholesterol levels. These include avocados, almonds, pecans, walnuts, olives, and canola, olive and peanut oils. But don't overdo it, as all fats are high in calories.

Aim for moderation

Diabetes increases your risk of heart disease and stroke by accelerating the development of clogged arteries. To help manage that risk, choose fewer foods from these categories:

Saturated fats: High-fat dairy products and animal proteins such as beef, hot dogs, sausage and bacon contain saturated fats. Limit your daily calories from saturated fat to as low as possible, or definitely less than 10 percent.

Trans fats: These types of fats are found in processed snacks, baked goods, shortening and stick margarines. Avoid these items, as trans fats are the least healthy fat.

Sodium: Aim for less than 2,300 mg of sodium a day. 🥗

Can I use artificial sweeteners if I have diabetes?

By M. Regina Castro,
—M.D.

You can use most sugar substitutes if you have diabetes, including:

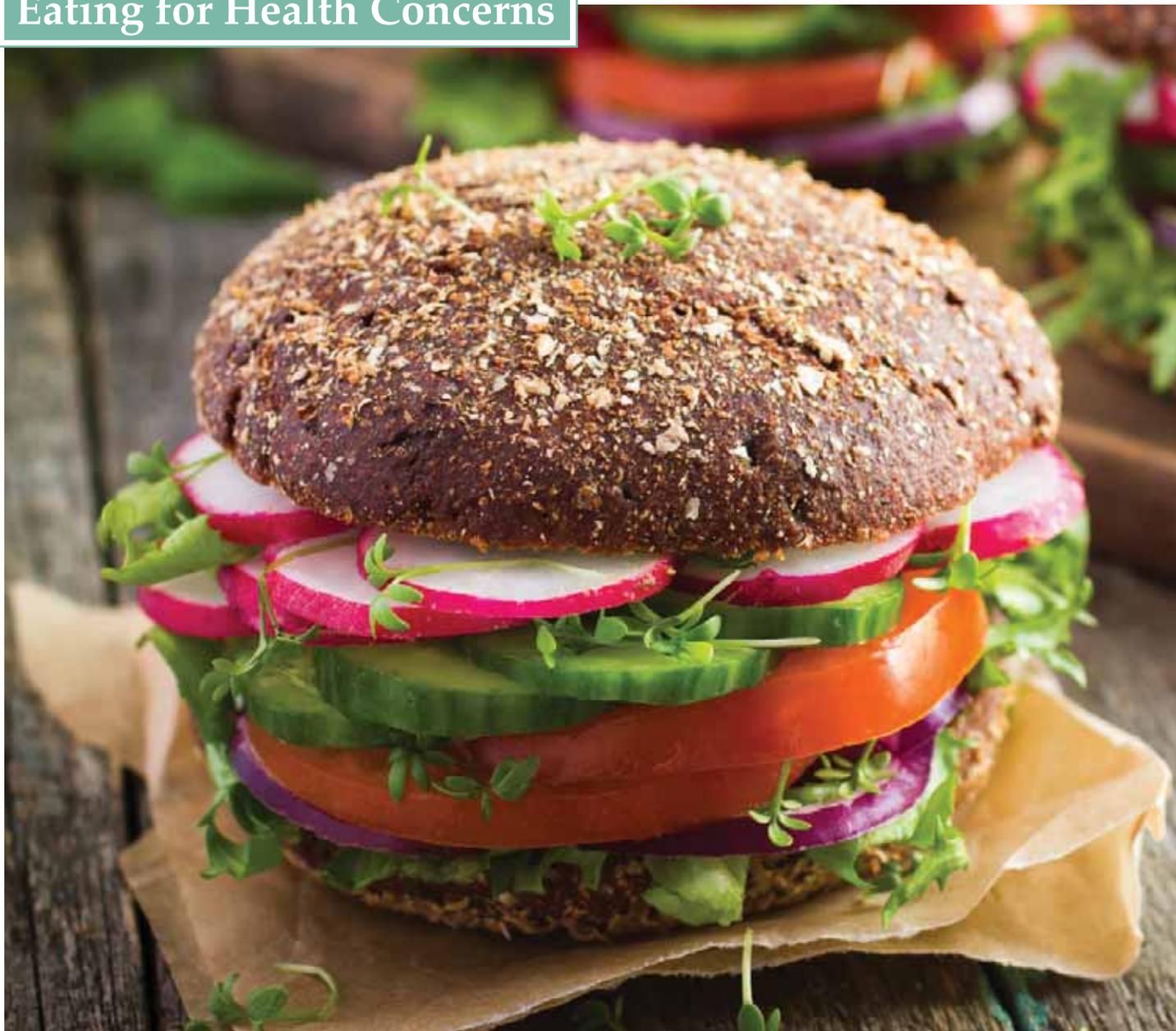
- Saccharin
- Aspartame
- Acesulfame potassium
- Sucralose
- Stevia

Artificial sweeteners, also called sugar substitutes, offer the sweetness of sugar without the calories. Artificial sweeteners are many times sweeter than sugar, so it takes a smaller amount to sweeten foods. This is why foods made with artificial sweeteners may have fewer calories than those made with sugar.

Sugar substitutes don't affect your blood sugar level. In fact, most artificial sweeteners are considered "free foods" — foods containing less than 20 calories and 5 grams or less of carbohydrates — because they don't count as calories or carbohydrates on a diabetes exchange. Remember, however, other ingredients in foods containing artificial sweeteners can still affect your blood sugar level.

More research is needed, but studies are increasingly finding that the benefits of substituting sugar-sweetened food and beverages with those that have been sweetened artificially may not be as clear as once thought, particularly when consumed in large amounts. One reason may be a "rebound" effect, where some people end up consuming more of an unhealthy type of food because of the misperception that because it's sugar-free it's healthy.

Also, be cautious with sugar alcohols — including mannitol, sorbitol and xylitol. Sugar alcohols can increase your blood sugar level. And for some people, sugar alcohols may cause diarrhea.



Whole grains and high blood pressure

By Sheldon G. Sheps
—M.D.

Eating more whole-grain foods on a regular basis may help reduce your chance of developing high blood pressure (hypertension).

Whole grains are grains that include the entire grain kernel. They haven't had their bran and germ removed by refining. Whole-grain foods are a rich source of healthy nutrients, including fiber, potassium, magnesium, folate, iron and selenium. Eating more whole-grain foods

offers many health benefits that can work together to help reduce your risk of high blood pressure by:

- Aiding in weight control, because whole-grain foods can make you feel full longer
- Increasing your intake of potassium, which is linked to lower blood pressure
- Decreasing your risk of insulin resistance
- Reducing damage to your blood vessels

According to the 2015-2020 Dietary Guidelines for Americans, as part of an overall healthy diet, adults should eat at least 3 ounces of whole-grain foods a day, which is the equivalent of about three slices of 100 percent whole-wheat bread.

If you already have high blood pressure, eating more whole-grain foods might help lower your blood pressure and may even reduce your need for blood pressure medication. 🍏



Take time for a healthy breakfast

By Sara J. Carlson,
R.N., C.D.E.

There are many good reasons not to skip breakfast. For people with diabetes, blood glucose control is one of them.

According to a study published in the medical journal “Diabetes Care,” skipping breakfast has been consistently associated with high hemoglobin A1c and postprandial (after eating) hyperglycemia in patients with type 2 diabetes. The study supported this conclusion by showing that fasting until noon triggers increased hyperglycemia following lunch and dinner.

A healthy breakfast can include fruit, whole grains, nuts, eggs, dairy and vegetables. The American Diabetes Association offers these ideas for a quick, nutritious breakfast:

Fruit: Fresh or unsweetened frozen, canned or dried fruit. If you’re pressed for time, buy pre-cut fruit or try individual-sized cups of mandarin oranges, peaches or fruit cocktail in juice, not syrup.

Whole Grains: Quick oats — in single serving packs or bulk container (can be ready in 2 minutes), 100 percent whole wheat bread or English muffins.

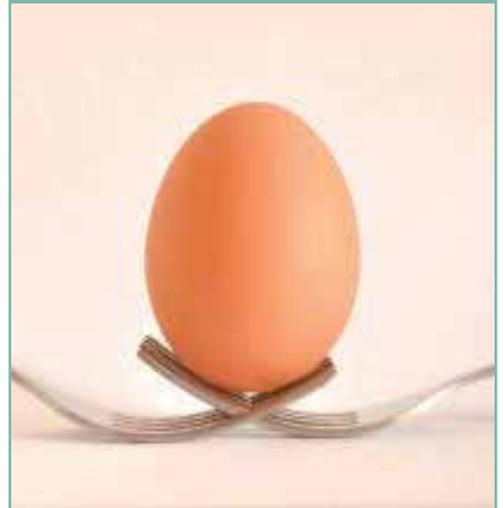
Nuts: Unsalted nuts such as dry roasted walnuts, pecans, almonds, peanuts or a mix. Peanut butter or almond butter.

Eggs and dairy: Eggs or egg substitute, skim or 1 percent milk, soy milk or almond milk, non-fat yogurt, cottage cheese.

Vegetables: Fresh or frozen peppers and onions can be added to egg sandwiches, wraps or omelets. Fresh tomatoes also go well with egg sandwiches or cottage cheese. 🍓



Do eggs raise cholesterol?



By Francisco Lopez-Jimenez,
M.D.

Chicken eggs are relatively high in cholesterol, but the effect of egg consumption on blood cholesterol is minimal when compared with the effect of trans fats and saturated fats.

The risk of heart disease may be more closely tied to the foods that accompany the eggs in a traditional American breakfast — such as the sodium in the bacon, sausages and ham, and the saturated fat or oils with trans fats used to fry the eggs and the hash browns.

Most healthy people can eat up to seven eggs a week with no increase in their risk of heart disease. Some studies have shown that this level of egg consumption may actually prevent some types of strokes.

But the story is different for people who have diabetes. In this ever-growing population, eating seven eggs a week significantly increases the risk of heart disease.

If you have diabetes, it would be prudent to limit your egg consumption to as low as you can.

If you like eggs but don’t want the extra cholesterol, use only the egg whites. Egg whites contain no cholesterol. You may also use cholesterol-free egg substitutes, which are made with egg whites.



Whole-grain options that are gluten-free

By Jennifer K. Nelson
R.D., L.D.

Whole grains are important for everyone. They're naturally high in fiber, low in fat and filling to eat. And, when eaten regularly, whole grains help reduce the risk of heart disease, diabetes and certain cancers.

The 2015-2020 Dietary Guidelines for Americans recommend that at least half of your daily servings of grains be whole grain. This means three servings a day for most people. Seems simple? It's not. Fewer than 5 percent of Americans meet this recommendation.

The most common whole-grain foods (breads, baked goods, cereals, pasta and crackers) contain gluten.

This makes getting enough whole grains even tougher for those with celiac disease because they must avoid wheat, rye and barley because of their gluten content.

So, here are five gluten-free whole grains, how to cook them and how to add them to your diet. Remember to aim for three servings of whole grains a day.

Amaranth: About the size of a poppy seed, this pseudo-grain has a light peppery taste. Use 3 to 6 parts water to 1 part amaranth. Boil water, add grain and gently boil for 15 to 20 minutes. As it cooks, amaranth softens from the inside, releases a lot of starch and thickens the cooking liq-

uid. Rinse cooked amaranth and let it drain before using. Use amaranth to thicken soups and stews. Add milk, fruit and a bit of honey for a healthy breakfast. You can even "pop" dried amaranth and make it into a granola-type bar.

Millet: About the size of a small mustard seed, this grain has a mild flavor. Use 2 to 3 parts water to 1 part millet. Boil water, add grain and gently boil for 35 to 40 minutes. You may also "toast" millet in a hot pan before boiling to get a nuttier flavor. Top with cinnamon and peaches for breakfast. Or make a salad with halved grape tomatoes, radishes and chopped basil. Millet is also a great alternative to rice in casseroles, ground-meat dishes and stuffing.

Teff: This smallest of grains is nutty and earthy in flavor. Use 3 parts water to 1 part teff. Boil water, add grain and simmer for 15 to 20 minutes. Its texture is like cream of wheat. Add cooked teff to soups or use teff as the main ingredient for polenta instead of cornmeal. Teff flour can be used to make pancakes.

Buckwheat: Despite its name, buckwheat is not related to wheat. This-pseudo grain is pyramid shaped and known as kasha or buckwheat groats. To bring out its earthy flavor, cook 1 cup buckwheat with one egg in a large skillet over medium heat. Stir to keep from clumping until the mixture is dry and separated. Add 2 cups water or broth and cook uncovered over low heat for about 15 minutes. Mix cooked buckwheat with lentils, herbs and a bit of goat cheese. Or stuff peppers or acorn squash with cooked buckwheat. Buckwheat flour can be used to make pancakes.

Quinoa: This pseudo-grain must be rinsed well before cooking to remove bitter-tasting saponins. You can also buy it pre-rinsed. The flavor is squash-like. Quinoa cooks in just 15 minutes. Use 2 parts water to 1 part quinoa. Mix with chopped fruit and drizzle with honey for breakfast. Or use quinoa instead of bulgur to make tabbouleh. Quinoa is also a good substitute for rice in rice pudding.

Whether you are going gluten-free or not, these whole grains are good for you. 🌱



Gout and the diet connection

By Mayo Clinic staff

Gout is a complex form of arthritis, characterized by sudden, severe attacks of pain, redness and tenderness in your joints. It occurs when there's too much uric acid in your blood, a condition called hyperuricemia. Your body produces uric acid when it breaks down purines.

Purines are substances made naturally in your body. They're also found in certain foods, such as organ meats, anchovies, herring, asparagus and mushrooms.

Normally, uric acid dissolves in your blood and passes through your kidneys into your urine. But sometimes your body either produces too much uric acid or your kidneys excrete too little uric acid.

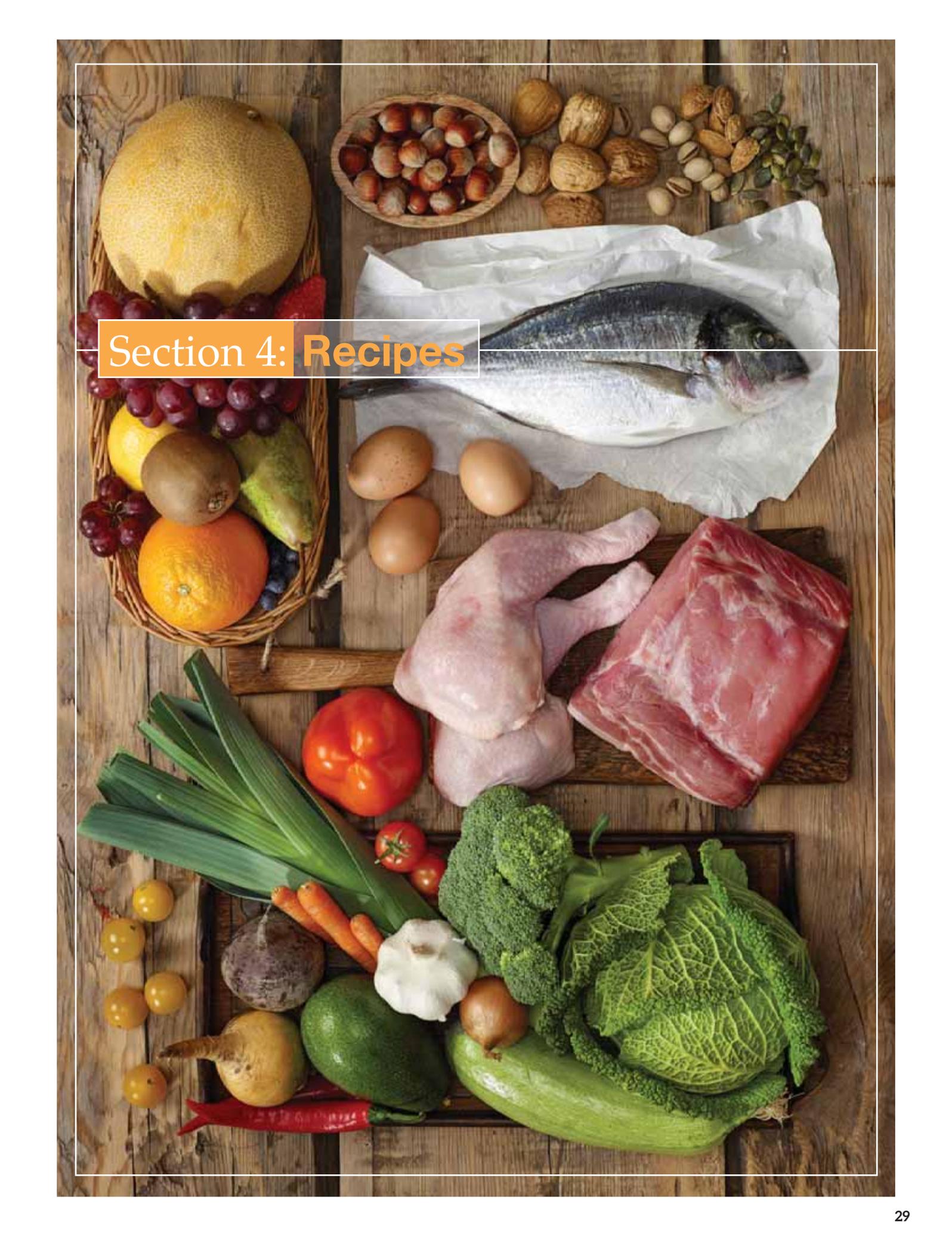
Try these diet tips to prevent gout attacks and to reduce the risk of other chronic conditions associated with gout, such as heart disease:

- **Limit red meats.** Red meats (beef, pork, lamb) can increase the level of uric acid in your blood. Organ

meats (liver, brain and kidney) are particularly high in purines. Because all meat, including poultry, contains purines, limit meat to as low as possible and no more than 4 to 6 ounces daily. To get protein in your diet, eat low-fat dairy products, nuts, dried beans and peas. They're excellent sources of protein, fiber and nutrients and minerals.

- **Cut back on fat.** Saturated fat reduces the body's ability to eliminate uric acid. High-fat meals also contribute to obesity, which is linked to gout.
- **Reduce or avoid alcohol.** Alcohol interferes with the elimination of uric acid from your body. Drinking beer, in particular, has been linked to gout attacks. If you're a male and you consume alcohol, limit consumption and have no more than one to two drinks a day. If you're a female, have no more than one alcoholic drink a day. A drink is defined as 12 ounces of beer, 5 ounces of wine or 1 1/2 ounce of 80-proof spirits.

- **Drink plenty of fluids, particularly water.** Fluids help remove uric acid from your body. There's also some evidence that drinking coffee in moderation is associated with decreased gout risk. Avoid sugary drinks high in calories.
- **Limit or avoid foods or beverages sweetened with high-fructose corn syrup.** Fructose is the only carbohydrate known to increase uric acid. It is best to avoid beverages sweetened with high-fructose corn syrup, such as soft drinks or juice drinks.
- **Eat low-fat or fat-free dairy products.** Some studies have shown these foods can help reduce the risk of gout.
- **Lose weight if you're overweight.** Weight loss helps lessen the load on weight-bearing joints such as your knees and ankles, and it may also decrease uric acid levels. But avoid rapid-weight-loss diets, which could increase uric acid levels in your blood. 🍏

A top-down view of various fresh ingredients arranged on a rustic wooden surface. On the left, a wicker basket contains a large yellow melon, purple grapes, a kiwi, a pear, an orange, and blueberries. Above the basket is a small wooden bowl filled with hazelnuts, and next to it are several walnuts and almonds. In the center, a whole silver fish lies on a piece of white paper. Below the fish are four brown eggs. To the right of the eggs is a whole raw chicken and a large piece of raw red meat on a wooden cutting board. At the bottom, a variety of fresh vegetables are displayed, including green asparagus, a red bell pepper, cherry tomatoes, carrots, a purple beet, a head of green cabbage, a green zucchini, a red chili pepper, a yellow onion, a green avocado, and a head of garlic. The entire scene is set against a background of weathered wooden planks.

Section 4: Recipes

The recipes in this section were created by Mayo Clinic and the executive wellness chef and registered dietitians at the Mayo Clinic Healthy Living Program.

Photos by MFMER

Almond-crusted chicken

Serves 4

Almonds add crunch and nutrition to the all-too-familiar chicken.

Ingredients

- 3/4 cup ground almonds
- 1/2 cup all-purpose flour
- 1 teaspoon dried thyme
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup skim milk
- 4 boneless, skinless, chicken breasts, 4 ounces each
- 1 tablespoon olive oil

Directions

Heat oven to 400 F. Lightly coat a baking sheet with cooking spray. In a medium bowl, combine the ground almonds, flour, thyme, onion powder, garlic powder, salt and pepper. Pour the milk in a separate medium-sized bowl. Coat each chicken breast in the almond mixture, then into the milk, and back into the almond mixture, and place on the baking sheet.

Heat a nonstick sauté pan on medium-high heat, and add the olive oil to the pan. Once the pan is hot, place the chicken breasts in the pan and reduce heat to medium. Sear the chicken breasts on one side until they are golden brown, then sear on the other side for 1 minute. Place chicken back on the greased baking sheet and bake in the oven for about 10 minutes or until the internal temperature reaches 165 F.

Nutritional analysis per serving

Serving size: 1 chicken breast

- Calories 250
- Total fat 11 g
- Saturated fat 1 g
- Trans fat 0 g
- Monounsaturated fat 6 g
- Cholesterol 83 mg
- Sodium 291 mg
- Total carbohydrate 9 g
- Dietary fiber 2 g
- Total sugars 0 g
- Protein 28 g





Apple cinnamon muffins

Serves 16

You can buy whole oats and whole flaxseed and mill them at home in a food processor.

Ingredients

- 1 cup nonfat plain Greek yogurt
- 2 eggs
- 2 tablespoons canola oil
- 2 teaspoons vanilla extract
- 1 cup all-purpose flour
- 1 cup plus 2 tablespoons sugar
- 3/4 cup milled oats
- 1/4 cup flaxseed meal
- 2 1/4 teaspoons cinnamon
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 medium peeled and chopped Granny Smith apples

Directions

Heat oven to 350 F. Lightly coat 2 muffin tins with cooking spray. In a mixing bowl, combine the yogurt, eggs, oil and vanilla. In a medium bowl, combine the flour, 1 cup sugar, oats, flaxseed, 2 teaspoons

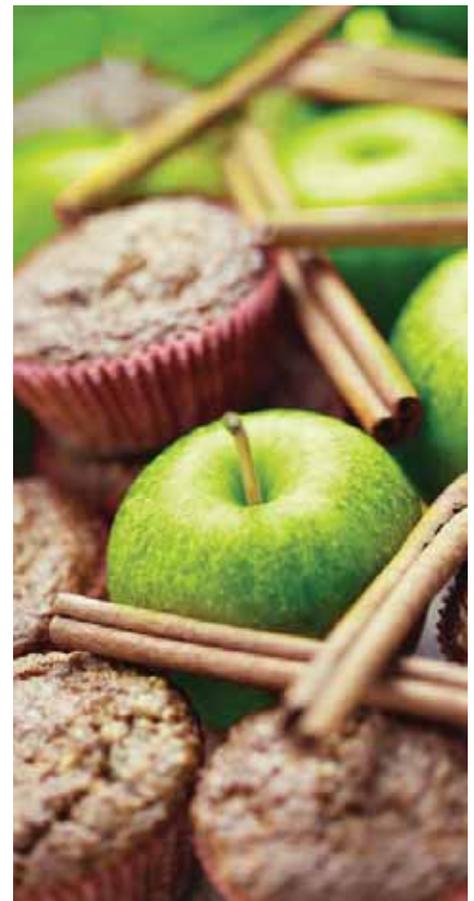
cinnamon, baking powder and salt. Turn the mixer to low speed. Slowly add the dry ingredients to the wet ingredients. Mix until just combined. Batter should be lumpy. Fold in the apples with a spatula.

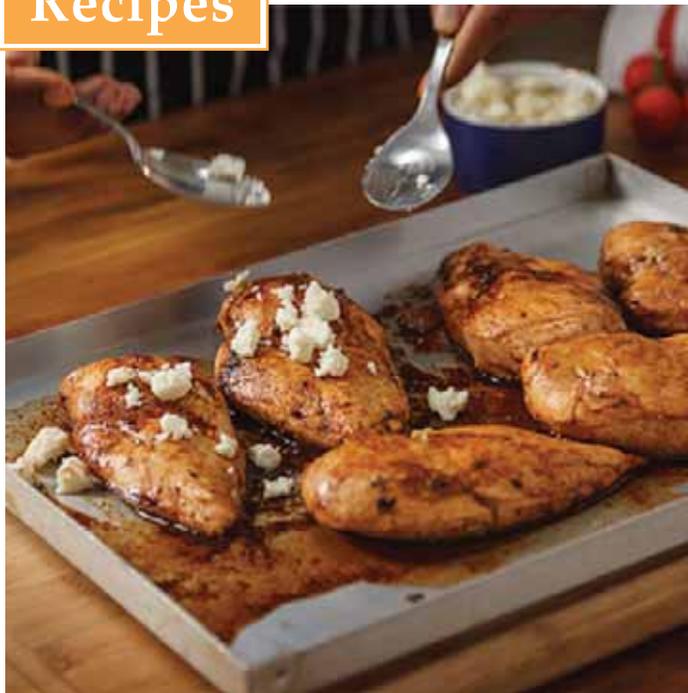
Scoop 1/4 cup of batter into each muffin well. In a small bowl, combine remaining 2 tablespoons sugar and 1/4 teaspoon cinnamon and sprinkle over the batter in each muffin well. Bake for about 22 minutes or until tops are golden brown and an inserted toothpick comes out clean.

Nutritional analysis per serving

Serving size: 1 muffin

- Calories 152
- Total fat 2 g
- Saturated fat 0 g
- Trans fat 0 g
- Monounsaturated fat 1 g
- Cholesterol 24 mg
- Sodium 122 mg
- Total carbohydrate 29 g
- Dietary fiber 1 g
- Total sugars 17 g
- Protein 4 g





Balsamic feta chicken

Serves 6

To avoid overcooking the chicken, insert a meat thermometer through the thickest part of the breast. Cook chicken to 165 F.

Ingredients

- 6 chicken breasts, 4 ounces each
- 1/2 cup balsamic vinegar
- 2 tablespoons brown sugar
- 1 tablespoon olive oil
- 1 tablespoon paprika
- 1 teaspoon chopped fresh thyme
- 1/2 teaspoon kosher salt
- 1/4 teaspoon dry mustard
- 6 tablespoons crumbled feta cheese

Directions

Heat the oven to 375 F. Lightly coat a baking sheet or baking dish with cooking spray or olive oil.

In a medium bowl, combine the vinegar, brown sugar, oil, paprika, thyme, salt and mustard. Using tongs, coat the chicken in the mixture. Marinate the chicken breasts for at least 20 minutes in the refrigerator.

Place the chicken breasts on the baking sheet and bake for 15 minutes or until chicken reaches an internal temperature of 165 F. Sprinkle each chicken breast with 1 tablespoon cheese and serve.

Nutritional analysis per serving

- Serving size: 1 breast*
- Calories 279
 - Total fat 15 g
 - Saturated fat 4 g
 - Trans fat 0 g
 - Monounsaturated fat 6 g
 - Cholesterol 79 mg
 - Sodium 337 mg
 - Total carbohydrate 9 g
 - Dietary fiber 1 g
 - Total sugars 8 g
 - Protein 25 g

Banana oatmeal pancakes

Serves 4

For a nuttier flavor, replace 1/4 cup whole-wheat flour with ground flaxseeds or ground pumpkin seeds.

Ingredients

- 1/2 cup old-fashioned rolled oats
- 1 cup hot water or boiling water
- 2 tablespoons canola oil
- 2 tablespoons brown sugar
- 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/2 cup skim milk
- 1/4 cup fat-free plain yogurt
- 1 mashed banana
- 1 egg

Directions

In a large bowl, combine the oats and hot water. Let sit for 1 to 2 minutes until the oats are creamy and tender. Stir in oil and sugar; set aside to cool slightly.

In a medium bowl, combine the flours, baking powder, baking soda, salt and ground cinnamon; whisk to blend.

Add the milk, yogurt and banana to the oats and stir until well-blended. Beat in the egg. Add the flour mixture to the oat mixture and stir until just moistened.

Place a nonstick frying pan or griddle over medium heat. Once hot, spoon 1/4 cup pancake batter into the pan. Cook for about 2 minutes, until the top surface of the pancake is covered with bubbles and the edges are lightly browned. Flip the pancake and cook for another 2 to 3 minutes. Repeat with remaining pancake batter.

Nutritional analysis per serving

- Serving size: 3 pancakes*
- Calories 288
 - Total fat 9 g
 - Saturated fat 0 g
 - Trans fat 0 g
 - Monounsaturated fat 6 g
 - Cholesterol 48 mg
 - Sodium 453 mg
 - Total carbohydrate 45 g
 - Dietary fiber 3 g
 - Total sugars 12 g
 - Protein 9 g





Barley risotto with asparagus

Serves 8

This hearty risotto is best with seasonal vegetables. Try summer squash, butternut squash, carrots or peppers. If you don't have wine, you can use more broth or water.

Ingredients

- 1 teaspoon olive oil
- 1 cup finely diced onion
- 3 cups cooked barley
- 1 tablespoon minced garlic
- 2 cups low-sodium chicken stock
- 1 cup white wine
- 3 cups sliced cremini mushrooms
- 2 cups chopped asparagus
- 2 cups cherry tomatoes, halved
- 1 1/2 tablespoons chopped fresh thyme
- 1/2 cup finely grated

Parmesan cheese

- 1/2 cup half-and-half
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

Directions

Heat a medium sauté pan over medium-high heat. Add the oil and spread around pan. Add the onion and sauté until soft. Add the cooked barley and garlic to the pan. Pour in 1/2 cup of the chicken stock, stirring continuously. Once all the liquid is absorbed, add in 1/2 cup of the white wine, stirring continuously until all the liquid is absorbed. Continue the same process, adding 1/2 cup of chicken stock followed by 1/2 cup of wine, until 1/2 cup of chicken stock remains. Add the mushrooms,

asparagus, tomatoes and thyme. Cook until the vegetables have softened, then add the last 1/2 cup of chicken stock. Once all the liquid is absorbed, add the Parmesan cheese, half-and-half, salt and pepper. Reduce heat to low and stir to combine.

Nutritional analysis per serving

Serving size: 3/4 cup

- Calories 185
- Total fat 4 g
- Saturated fat 2 g
- Trans fat 0 g
- Monounsaturated fat 1 g
- Cholesterol 10 mg
- Sodium 248 mg
- Total carbohydrate 26 g
- Dietary fiber 4 g
- Total sugars 4 g
- Protein 7 g

Blackened sole

Serves 2

You will need only 1 teaspoon of blackening seasoning for each fillet. Save the rest for other fish or chicken dishes.

Ingredients

- 2 teaspoons paprika
- 2 teaspoons onion powder
- 2 teaspoons salt
- 1 teaspoon thyme
- 1 tablespoon garlic powder
- 1 tablespoon sugar
- 1 teaspoon pepper
- 1 teaspoon oregano

- 1/2 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- 1 teaspoon olive oil
- 2 sole fillets, 4 ounces each

Directions

In a small bowl or small zip-close bag, combine the herbs and spices. Season one side of each sole fillet with 1 teaspoon of seasoning mixture on the top side of the fillet — not the skin side.

Heat a large sauté pan on medium-high heat; add olive oil. Cook fillets on the seasoned side first for about 1 minute. Flip the fillets and lower the

heat to medium. Cover for about 2 to 3 minutes. Fillets should flake when done. Use a meat thermometer to make sure the internal temperature of the fillet has reached 145 F before serving.

Nutritional analysis per serving

Serving size: 4-ounce fillet

- Calories 138
- Total fat 4 g
- Saturated fat 1 g
- Trans fat 0 g
- Monounsaturated fat 2 g
- Cholesterol 42 mg
- Sodium 319 mg
- Total carbohydrate 1 g
- Dietary fiber 0 g
- Total sugars 0 g
- Protein 23 g



Broccoli with garlic and lemon

Serves 4

This is a great way to add more flavorful vegetables to your diet. Other cruciferous vegetables, such as cauliflower or Brussels sprouts, can be substituted for broccoli.

Ingredients

- 4 cups broccoli florets
- 1 teaspoon olive oil
- 1 tablespoon minced garlic
- 1 teaspoon lemon zest
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

Directions

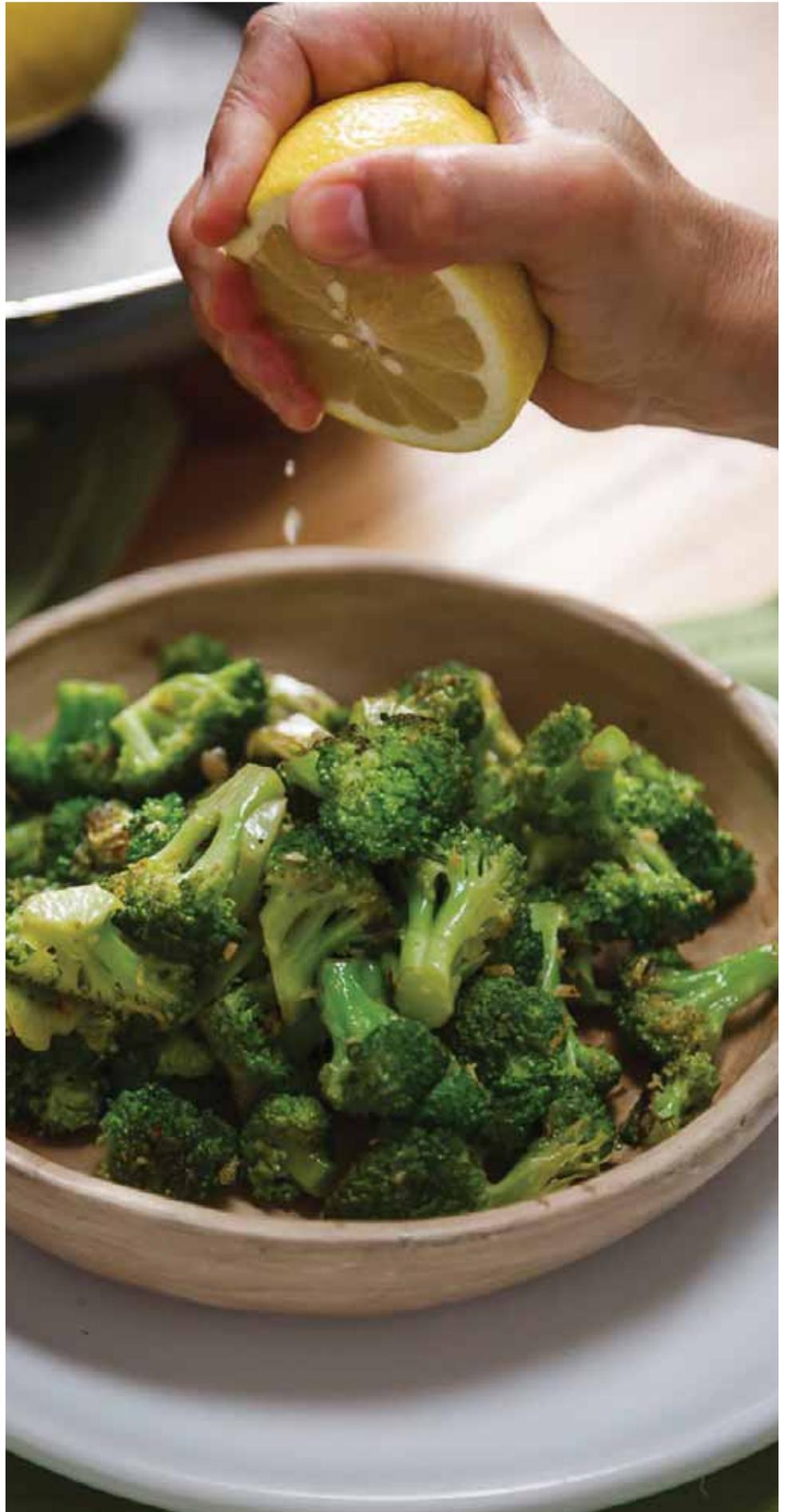
In a small saucepan, bring 1 cup of water to a boil. Add the broccoli to the boiling water and cook for 2 to 3 minutes or until tender. Drain broccoli.

In a small sauté pan over medium-high, heat the oil. Add the garlic and sauté for 30 seconds. Add broccoli, lemon zest and juice, salt and pepper. Combine well and serve.

Nutritional analysis per serving

Serving size: 1 cup

- Calories 45
- Total fat 1 g
- Saturated fat 0 g
- Trans fat 0 g
- Monounsaturated fat 1 g
- Cholesterol 0 mg
- Sodium 153 mg
- Total carbohydrate 7 g
- Dietary fiber 3 g
- Total sugars 2 g
- Protein 3 g





Blueberry lavender lemonade

Serves 16

For best results, measure lavender carefully and buy fresh lemon juice — not from concentrate — or squeeze about 10 large lemons.

Ingredients

- 2 cups water
- 1 package (16 ounces) blueberries
- 1/4 cup granulated sugar
- 1 tablespoon dried lavender flowers
- 1 cup lemon juice
- 2 tablespoons Splenda sweetener
- Cold water

Directions

In a 1-gallon pitcher, add 4 cups of ice and set aside. In a medium saucepan, bring 2 cups of water to a boil. Add the blueberries, sugar and

lavender to the pan. Boil for about 5 minutes, until the blueberries have popped and all of the sugar has dissolved.

Strain the blueberry mixture over the pitcher of ice; discard the remaining blueberry mixture. Add the lemon juice and Splenda to the pitcher. Fill to the top with cold water. Mix well.

Nutritional analysis per serving

Serving size: 8 ounces

- Calories 33
- Total fat 0 g
- Saturated fat 0 g
- Trans fat 0 g
- Monounsaturated fat 0 g
- Cholesterol 0 mg
- Sodium 7 mg
- Total carbohydrate 8 g
- Dietary fiber 0 g
- Total sugars 7 g
- Protein 0 g

Coconut shrimp

Serves 6

You can use smaller shrimp. Just plan for less breading and less baking time.

Ingredients

- 1/4 cup sweetened coconut
- 1/4 cup panko bread crumbs
- 1/2 teaspoon kosher salt
- 1/2 cup coconut milk
- 12 large shrimp, peeled and deveined

Directions

Heat the oven to 375 F. Lightly coat a baking sheet with cooking spray.

Place the coconut, panko and salt in a food processor and process until the mixture is an even consistency. Place the panko

mixture in a small bowl. Place the coconut milk in another small bowl. Dip each shrimp in the coconut milk and then in the panko mixture, and place on the baking sheet. Lightly coat the top of the shrimp with cooking spray. Bake until golden brown, about 10 to 15 minutes.

Nutritional analysis per serving

Serving size: 2 shrimp

- Calories 75
- Total fat 4 g
- Saturated fat 2 g
- Trans fat 0 g
- Monounsaturated fat 2 g
- Cholesterol 48 mg
- Sodium 396 mg
- Total carbohydrate 4 g
- Dietary fiber 0 g
- Total sugars 2 g
- Protein 5 g



Cracked wheat chili

Serves 12

Bulgur wheat adds fiber, and it tends to look like ground beef. As a result, this healthy vegetarian chili looks a lot like traditional chili.

Ingredients

- 2 teaspoons olive oil
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 6 cloves minced garlic
- 4 cups water
- 1 1/2 cups dry bulgur wheat
- 1 can (15 ounces) kidney beans, drained
- 1 can (15 ounces) black beans, drained
- 1 can (14 1/2 ounces) diced tomatoes
- 1 1/2 tablespoons chili powder
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon kosher salt
- 1/2 teaspoon cayenne pepper

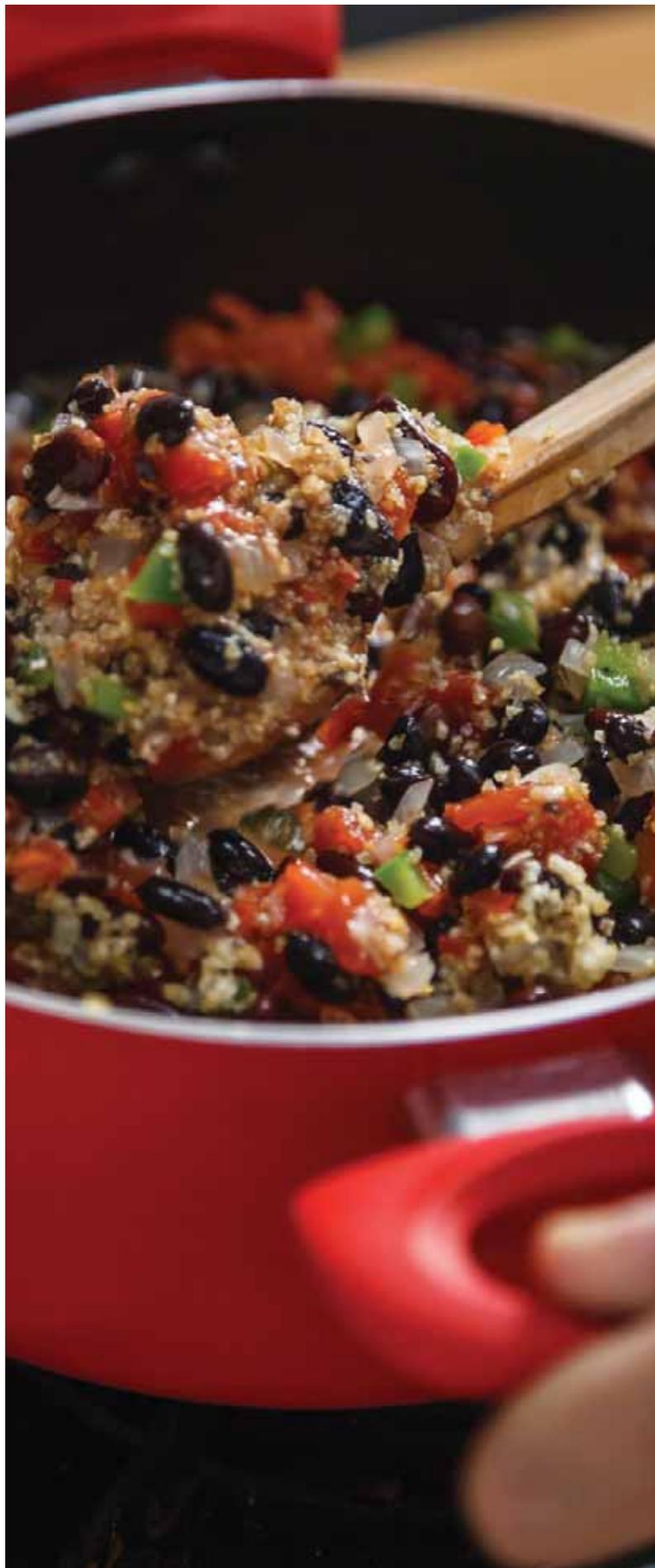
Directions

In a medium soup pot, heat oil on medium-high heat. Add the onion, bell peppers and garlic. Sauté for about 5 minutes, stirring frequently. Add the water, bulgur, kidney beans, black beans, tomatoes, chili powder, oregano, cumin, garlic powder, onion powder, salt and cayenne pepper. Bring to a boil, stirring frequently. Boil for about 10 minutes. Reduce heat and simmer, uncovered, for about 10 minutes until the mixture thickens slightly as the water is absorbed into the bulgur.

Nutritional analysis per serving

Serving size: 1 1/2 cups

- Calories 158
- Total fat 2 g
- Saturated fat 0 g
- Trans fat 0 g
- Monounsaturated fat 1 g
- Cholesterol 0 mg
- Sodium 492 mg
- Total carbohydrate 30 g
- Dietary fiber 9 g
- Total sugars 3 g
- Protein 7 g



Crab cakes

Serves 4

Most crab cakes are like breaded hockey pucks. This version has very little filler. Don't overmix it.

Ingredients

- 1 can or pouch (16 ounces) crab meat
- 2 egg whites
- 3 tablespoons reduced-fat mayonnaise
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard
- 2 teaspoons fresh dill

- 1/2 teaspoon Old Bay seasoning
- 1/2 cup panko or whole-wheat bread crumbs

Directions

Heat the oven to 350 F. In a large bowl, combine the crab meat, egg whites, mayonnaise, lemon juice, mustard, dill and seasoning; mix well. Weigh 4 ounces for each crab cake. In a separate bowl, toss each cake in bread crumbs to form crust. Continue the process until all crab cakes are coated with bread crumbs.

Place crab cakes on baking sheet. Bake in oven for 20 minutes or until cakes are browned on top.

Nutritional analysis per serving

Serving size: 1 crab cake

- Calories 124
- Total fat 3 g
- Saturated fat 0 g
- Trans fat 0 g
- Monounsaturated fat 0 g
- Cholesterol 100 mg
- Sodium 877 mg
- Total carbohydrate 7 g
- Dietary fiber 0 g
- Total sugars 1 g
- Protein 18 g



Easy nacho skillet dinner



Serves 6

Haven't tried soy? This recipe is a good way to start.

Ingredients

- 2 cups ground soy crumbles
- 2 cups frozen corn
- 2 teaspoons chili powder
- 1 can (15 1/2 ounces) no-salt-added kidney beans, drained and rinsed
- 2 cans (8 ounces each) no-salt-added tomato sauce
- 1/4 cup water
- 1 cup slightly broken baked tortilla chips (about 1 ounce)
- 3/4 cup reduced-fat shredded cheddar cheese

Directions

Place meatless ground crumbles, corn, chili powder, kidney beans, tomato sauce and water in a 10-inch skillet over medium-high heat.

Simmer for 10 minutes, stirring occasionally.

Sprinkle with tortilla chips and cheese. Cover and let set for about 5 minutes until the cheese is melted.

Nutritional analysis per serving

Serving size: About 3/4 cup

- Calories 295
- Total fat 7 g
- Saturated fat 2.5 g
- Trans fat 0 g
- Monounsaturated fat 1 g
- Cholesterol 10 mg
- Sodium 252 mg
- Total carbohydrate 39 g
- Dietary fiber 12 g
- Added sugars 0 g
- Protein 19 g

Seared scallops

Serves 2

Scallops also pair well with tarragon, dill, parsley, basil, paprika. Serve on a bed of sautéed spinach.

Ingredients

- 1 teaspoon olive oil
- 8 (1 ounce each) sea scallops, chain removed
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- Pinch of salt
- Pinch of pepper

Directions

Heat a large skillet or grill to medium-high heat. Add olive oil to the skillet, or brush both sides of the scallops with oil if cooking on the grill. In a small bowl,

combine the rosemary, thyme, salt and pepper.

Coat each scallop with the fresh herb mixture and place in the hot skillet or on the grill. Let the scallops sear for about 3 minutes on each side. The scallops should be cooked to about medium doneness.

Nutritional analysis per serving

Serving size: 4 pieces

- Calories 123
- Total fat 3 g
- Saturated fat 0 g
- Trans fat 0 g
- Monounsaturated fat 2 g
- Cholesterol 35 mg
- Sodium 427 mg
- Total carbohydrate 4 g
- Dietary fiber 0 g
- Total sugars 3 g
- Protein 19 g



Grilled salmon

Serves 2

Grilled lemons are a great accompaniment for this dish. Grill them, cut-side down, alongside the salmon. Grilled lemons have a sweet, concentrated flavor.

Ingredients

- 2 fillets (4 ounces each) salmon
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions

Heat a grill or cast-iron skillet to medium heat. Spray cooking spray on the cooking surface and on one side of the salmon fillets. Season the sprayed side of the fillets with salt and pepper. Lay the fillets, seasoned-side down, on the cooking surface and cook for about 3 minutes. Turn the fillets 90 degrees and cook for another 3 minutes.

Spray the top of the fillets with cooking spray and flip them over. Cook for about 3 minutes, turn 90 degrees, and cook for another 3 minutes until the fish is cooked through.

Nutritional analysis per serving

Serving size: 4 ounces

- Calories 200
- Total fat 10 g
- Saturated fat 2 g
- Trans fat 0 g
- Monounsaturated fat 4 g
- Cholesterol 52 mg
- Sodium 635 mg
- Total carbohydrate 7 g
- Dietary fiber 1 g
- Total sugars 0 g
- Protein 19 g





Herbed Asiago polenta

Serves 12

This recipe can be prepared a day or two in advance and be reheated in the oven. Store in the refrigerator.

Ingredients

- 8 cups water
- 2 cups stone-ground corn grits
- 2 tablespoons chopped fresh rosemary
- 2 tablespoons chopped fresh thyme
- 2 teaspoons salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 4 ounces shredded Asiago cheese

Directions

Heat the oven to 375 F. In a large saucepan, bring water to a boil. Slowly pour in the grits, whisking briskly. Once the grits become thick and creamy, add the rosemary, thyme, salt, onion powder and garlic powder. Remove from heat; whisk in the cheese until melted and well-incorporated. Coat a 9-by-13-inch baking pan with cooking spray and add the polenta mixture. Allow mixture to set up at room temperature for 15 to 20 minutes. Cut into 12 squares and bake for 10 minutes.

Nutritional analysis per serving

Serving size :1/2 cup or 1 square

- Calories 122
- Total fat 3 g
- Saturated fat 2 g
- Trans fat 0 g
- Monounsaturated fat 1 g
- Cholesterol 8 mg
- Sodium 407 mg
- Total carbohydrate 19 g
- Dietary fiber 1 g
- Total sugars 0 g
- Protein 4 g



Mango salsa pizza

Serves 4

The skin of a mango is tough, and peeling and pitting the fruit can be a challenge. For best results, cut the mango in half, working around the pit. Place half on the cutting board flesh-side up and score 1/4-inch squares in the flesh. Do not cut through the peel. Turn the half inside out and cut the fruit away from the skin with your knife.

Ingredients

- 1 cup chopped red or green bell peppers
- 1/2 cup minced onion
- 1/2 cup mango, seeded, peeled and chopped
- 1/2 cup pineapple tidbits

- 1 tablespoon lime juice
- 1/2 cup fresh cilantro, chopped
- 1 12-inch prepared whole-grain pizza crust, purchased or made from a mix

Directions

Heat the oven to 425 F. Lightly coat a 12-inch round baking pan with cooking spray.

In a small bowl, mix together the peppers, onions, mango, pineapple, lime juice and cilantro. Set aside.

Roll out dough and press into the baking pan. Place in the oven and cook about 15 minutes.

Take the pizza crust out of the oven and spread with mango salsa. Place the pizza back into the oven and

bake until the toppings are hot and the crust is browned, about 5 to 10 minutes.

Cut the pizza into 8 even slices and serve immediately.

Nutritional analysis per serving

Serving size: 2 slices (1/4 of the pizza)

- Calories 250
- Total fat 4 g
- Saturated fat 1.5 g
- Trans fat 0 g
- Monounsaturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 354 mg
- Total carbohydrate 45 g
- Dietary fiber 8 g
- Added sugars 0 g
- Protein 8 g

Lentil ragout

Serves 6

Any color of lentils may be used in this thick stew, but red lentils give the dish a beautiful rich color.

Ingredients

- 1 teaspoon olive oil
- 1 cup chopped onions
- 6 medium tomatoes, chopped
- 5 cups water
- 1 cup uncooked red lentils
- 1 tablespoon chopped fresh thyme
- 4 cloves garlic, minced
- 1 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

Directions

Heat a medium saucepan on medium-high heat. Add the oil. Sauté the onions for 2 to 3 minutes. Add the tomatoes and sauté for another 3 minutes, stirring frequently. Add the water and lentils; cook until most of the water is absorbed, about 20 minutes. Stir in the thyme, garlic, salt and pepper. Ragout should be fairly thick but not dry.

Nutritional analysis per serving

Serving size: 1/2 cup

- Calories 152
- Total fat 1 g
- Saturated fat 0 g
- Trans fat 0 g
- Monounsaturated fat 1 g
- Cholesterol 0 mg
- Sodium 179 mg
- Total carbohydrate 27 g
- Dietary fiber 12 g
- Total sugars 5 g
- Protein 10 g



Pecan-crusted tofu

Serves 5

If you've never tried tofu, this is an excellent introduction. Use whatever nuts you have on hand.

Ingredients

For tofu and coating

- 1/2 cup pecans
- 1/4 cup all-purpose flour
- 2 tablespoons brown sugar
- 1/2 teaspoon kosher salt
- 1/2 cup egg whites
- 15 ounces extra-firm tofu, drained and cut into five planks

For sauce:

- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 tablespoon maple syrup

Directions

Heat the oven to 400 F. Lightly coat a baking sheet with cooking spray.

In a food processor, combine the pecans, flour, brown sugar and salt; process until an even texture is achieved. Remove pecan mixture from food processor and place in a medium bowl. In a separate medium bowl, whisk the egg whites. Dip each tofu plank into the egg whites, then into the pecan mixture. Place each plank on the baking sheet. Bake the tofu planks for 15 to 20 minutes or until golden brown and crispy.

To prepare the sauce, in a small bowl combine the honey, Dijon mustard and maple syrup. Stir until smooth. Drizzle sauce over baked tofu right before serving.

Nutritional analysis per serving

Serving size: 3-ounce plank

- Calories 240
- Total fat 12 g
- Saturated fat 1 g
- Trans fat 0 g
- Monounsaturated fat 4 g
- Cholesterol 0 mg
- Sodium 311 mg
- Total carbohydrate 22 g
- Dietary fiber 3 g
- Total sugars 14 g
- Protein 12 g





Quinoa cakes

Serves 14

These golden-brown cakes are packed with nutrients and protein. Serve with a side salad or make smaller cakes for an appetizer.

Ingredients

- 3 sweet potatoes, peeled and cut into spears
- 1 cup uncooked quinoa
- 2 eggs
- 3 cloves garlic, minced
- 6 ounces Gruyere or Parmesan cheese, shredded
- 2 tablespoons finely chopped fresh parsley
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon nutmeg
- 2 tablespoons olive oil

Directions

Heat oven to 375 F. Place the potatoes on a greased baking sheet. Bake for 45 minutes or until potatoes are completely soft. Meanwhile, cook quinoa according to package directions; set aside to cool.

In a large bowl, combine cooked potatoes, cooked quinoa, eggs, garlic, cheese, parsley, salt, pepper and nutmeg.

Heat 1 tablespoon of olive oil in a large saucepan. Form half of the quinoa mixture into 1/4-cup patties and place in the pan; cook until cakes are golden brown. Place cooked patties on a baking sheet. Repeat process with remaining oil and quinoa mixture. Bake cakes in the oven for 5 minutes to ensure they are heated through.

Nutritional analysis per serving

Serving size: 1 cake

- Calories 122
- Total fat 7 g
- Saturated fat 3 g
- Trans fat 0 g
- Monounsaturated fat 3 g
- Cholesterol 38 mg
- Sodium 172 mg
- Total carbohydrate 10 g
- Dietary fiber 1 g
- Total sugars 1 g
- Protein 6 g

Whole-wheat orzo with roasted vegetables

Serves 4

Chop vegetables uniformly, about the size of cooked orzo. To make this dish vegetarian, substitute vegetable stock for the chicken stock.

Ingredients

- 2 medium zucchini, chopped
- 1 red onion, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 4 portobello mushrooms, chopped
- 1/4 cup chopped fresh parsley
- 2 garlic cloves, minced
- 1/4 cup lemon juice
- 1 teaspoon olive oil
- 1 teaspoon minced fresh oregano
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1/2 cup whole-wheat orzo, dry
- 1/2 teaspoon olive oil
- 3 cups no-salt-added chicken stock

Directions

Heat oven to 400 F. In a large bowl, combine the

zucchini, onion, bell peppers, mushrooms, parsley, garlic, lemon juice, olive oil, oregano, black pepper and salt. Set aside for 10 minutes to marinate. Lightly coat a 10-by-15-inch pan with cooking spray. Arrange vegetables on the pan in a single layer. Roast in the oven for 20 minutes or until vegetables are crisp-tender.

Meanwhile, in a medium saucepan, heat the orzo and oil on medium heat. Stir until the pasta is lightly browned. Add the chicken stock; stir frequently. Once the orzo is soft and tender, remove from heat and drain. Add the roasted vegetables to the orzo.

Nutritional analysis per serving

Serving size: 1 cup

- Calories 180
- Total fat 4 g
- Saturated fat 1 g
- Trans fat 0 g
- Monounsaturated fat 1 g
- Cholesterol 8 mg
- Sodium 260 mg
- Total carbohydrate 31 g
- Dietary fiber 5 g
- Total sugars 9 g
- Protein 8 g



Rancher's eggs

Serves 6

The whole-grain tortilla and beans make this breakfast high in fiber.

Ingredients

- 6 whole-grain corn tortillas (6-inch diameter)
- 1 can (15 ounces) reduced-sodium black beans, rinsed and drained
- 1 teaspoon ground cumin
- 6 large eggs or 1 1/2 cups egg substitute
- 1/2 cup grated reduced-fat cheddar and Monterey Jack cheese blend
- 6 tablespoons purchased fresh salsa

Directions

Heat oven to 350 F. Generously spray 6 (8-ounce) custard cups with cooking spray and place on a cookie sheet.

Place tortillas in the microwave and heat for about 25 seconds or until they are warm and flexible. Gently press a tortilla into each cup. Spray the tops of the tortillas with cooking spray.

Place beans in a small bowl and mash coarsely with a fork or potato masher. Add cumin and stir until combined.

Spoon the bean mixture into tortillas, dividing evenly. Crack 1 egg into each tortilla on top of the beans.

Place cookie sheet with egg cups in the oven and bake for about 24 to 27 minutes, or until the egg whites are set and the yolks are soft.

Sprinkle each egg with grated cheese and return to oven for an additional minute or until the cheese is melted.

Remove eggs from oven and run a table knife around the tortillas to loosen them from the custard cups. Then transfer to plates. Top with fresh salsa and serve immediately.



Nutritional analysis per serving

Serving size: 1 filled tortilla

- Calories 292
- Total fat 10 g
- Saturated fat 5 g
- Trans fat 0 g
- Monounsaturated fat 4 g
- Cholesterol 190 mg
- Sodium 536 mg
- Total carbohydrate 32 g
- Dietary fiber 9 g
- Added sugars 0 g
- Protein 17 g

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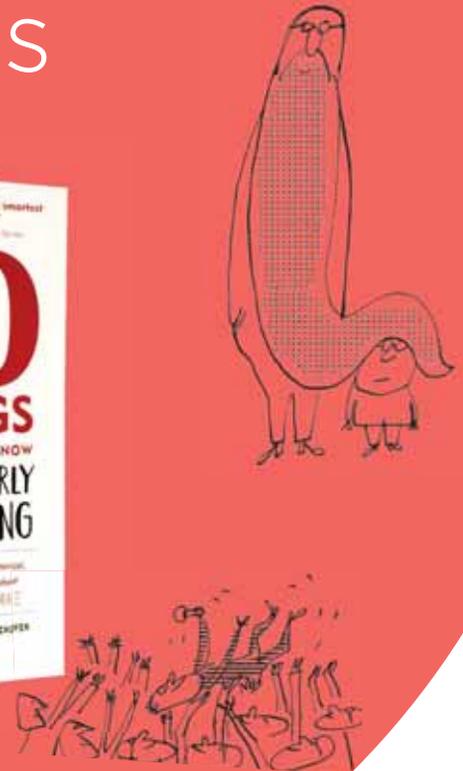
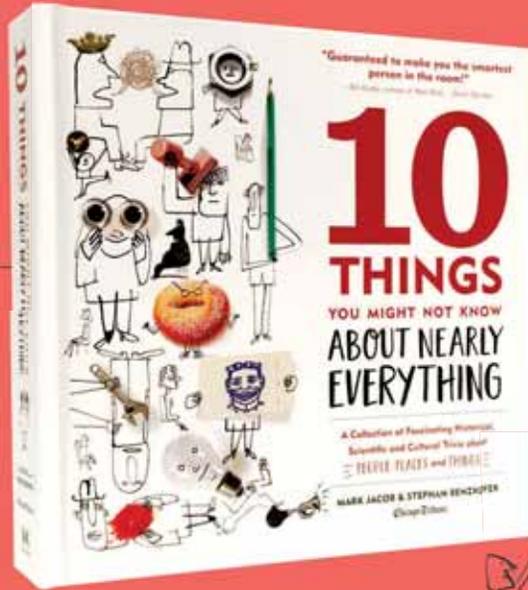
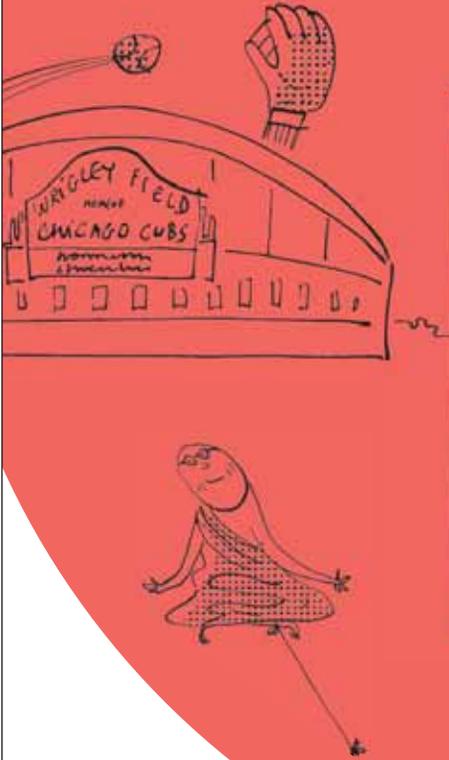
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